DR TOM - Bonus - Parasympathetic Notes Worksheet for Base Hits 3 - 2020 Q&A

1. **REGISTER FOR WEBINAR WITH DR. TOM ON SAUNA! https://ib742.isrefer.com/go/saunawebdrtom/IB21/**
   (Discover proven health benefits of infrared saunas + how you can save hundreds & get $1300+ in freebies.)

2. **Link to our Clinical Services Team: https://thedr.com/clinical-services/**

   Tests Dr. Tom Mentioned. (Remember, our team recommends starting with the Wheat Zoomer: https://store.thedr.com/product/vibrant-wheat-zoomer/**)**

   - **Vibrant Wellness Fungal Test:** https://store.thedr.com/product/vibrant-wellness-fungal-antibodies-test/
   - **Intracellular Test re Magnesium:** https://www.exatest.com/physicians.htm
   - **Cyrex 11 for Chemical Testing** https://store.thedr.com/product/array-11-chemical-immune-reactivity-screen/
   - **Neural Zoomer Plus:** https://store.thedr.com/product/vibrant-america-neural-zoomer-plus/
   - **Coco pulse test.** https://sciencebasedmedicine.org/cocas-pulse-testing-to-diagnose-allergies/
   - **DetoxiGenomic® Profile. https://store.thedr.com/product/detoxigenomic-profile/**
   - **And here are the Zoomers: https://store.thedr.com/lab-tests/**

3. **Parasympathetic Summit (on now - and encore 11/22-23):** https://parasympatheticsummit.com/?idev_id=863

   Essential Oil that supports Parasympathetic via The Vagus Nerve:
   https://dv216.isrefer.com/go/paraaf/TheDr/

   And click here for a blog with more info on that product and process.

4. **Dr. Tom Co-authored on CBD and the Endocannabinoid system with Dr. Mary Clifton MD**
   https://cbdandcannabisinfo.com/ebook_ty/

5. **Biocidin GI Program for Adults:**
   https://basehits2.s3-us-west-2.amazonaws.com/GI-Program-ADULT-012315.pdf
   Biocidin GI Program for Children:
   https://basehits2.s3-us-west-2.amazonaws.com/Biocidin_Trilogy_GI-Detox-Child.pdf

6. **Certified Gluten Practitioner Program**

   FOR PROFESSIONALS: Use code: ROMA1000 to save $1,000 https://thedr.com/cgp-home/

   NON PROFESSIONALS: ALSO, there is a less expensive version of the program for "civilians" (non practitioners). This offers all of the education, but not the certification and no tests, etc. This course includes 8 powerful video modules and the research behind many autoimmune and neurological diseases that can be triggered by gluten, plus the science behind key nutraceuticals that help build a healthy gut.
   https://gg110.infusionsoft.app/app/orderForms/CGP-Non-Practitioner-Course

7. **Wim Hoff Method:** https://www.wimhofmethod.com/

8. **Citation of the showerhead toxins…**
   https://www.healthline.com/health-news/want-to-kill-dangerous-bacteria-in-your-home-attack-your-showerhead-and-open-your-blinds

9. **Joe Pizzorno, The Toxin Solution:**
   https://www.amazon.com/Toxin-Solution-Products-Destroying-Health/dp/0062427458

10. **HOMA Score Formula: Fasting Sugar x Fasting Insulin / 405.**
    Normal is less than 1.9
    Between 1.9 and 2.9 = PreDiabetic
    Over 2.9 means you're functioning like a diabetic

11. **E3 Advanced Plus (with education videos)** https://thedr.com/e3-advanced-plus-quantity-savings-offer/

12. **Our recommended Castor Oil expert:**
    https://shopdrmarisol.com/pages/food-empowerment-kit?rfsn=4593838.dc9870

13. **Our recommended Fatigue Expert and program: Dr. Evan Hirsch** https://thedr.krtra.com/t/SDKmV5P9B8Za

14. **Recipe for DIY Cleaners:** https://basehits2.s3-us-west-2.amazonaws.com/Do_It_Yourself_Cleaners.pdf

15. **AIR PURIFIER:** Click here for the great savings Dr. Tom got us all on AirDoctor with a ton of information - And yes to sharing this with family and patients: https://www.airdoctorpro.com/?src=affiliate&aid=64957

16. **The Gut Fix Program: www.TheDr.com/thegutfix** (use the code **BASEHITSGUTFIX** to save 75% **JUST** ON THE PROGRAM - NOT THE PRODUCT BUNDLE.)

17. **Stinky Homework -** Dr. Tom asked everyone to please watch his videos on the **Smell Test** he helped develop - that smell is a powerful indicator of toxicity.

18. **This is a super valuable class on cancer from Dr. Nalinin Chilkov** https://www.aiiore.com/planner