New Patient Instructions

General Instructions

1. Working with Other Doctors

I do not work with other functional medicine doctors or other protocols. Period. I have been in practice since March 1983 and there is very little that I have not seen, heard, or tried. If you have another functional medicine doctor, pick them or me. As for your PCP, keep them—you may need them for acute care.

2. Contact

The best way to contact me is via text at my patient-only number or my old number (these will be supplied to you), because I receive hundreds of emails daily. Both numbers are checked frequently throughout the day. If you do need to email me anything, please text me to let me know that you have sent it. That way, I will know to look for it.

3. Schedule

We will set up a weekly call to check in. Please understand that I am booked solid, so if you cancel on short notice—and I understand that it can happen—and you need to reschedule, we may just have to wait until our next appointment the following week. You can text and ask because there are cancellations from time to time, but please be aware that my schedule is very tight.

If you miss two calls in a row without notice, I will assume that you no longer wish to work with me and I will stop contacting you.

4. Homeopathic Remedies

You will receive 14 bottles of homeopathic remedies:

- 3 for clearing bacteria (B1, B1A & B2)
- 2 for clearing viruses (V1 & V2)
- 4 for clearing chemicals (C1-C4)
- 3 for clearing mold and parasites (M1-M3)
- 2 “S” to help your symptoms

TAKE ONLY ONE DROP, not one dropper full—just one drop.

New Weekly Protocol

You will receive a new homeopathic remedy along with a neurology protocol after our weekly call.

“S” Homeopathic

In addition to your weekly homeopathic protocol, take two drops of the “S” homeopathic daily. Take it daily. This is automatic because you will not receive a weekly reminder.

IF by chance that I forget to send you the weekly homeopathic remedy, simply text me a reminder.

Let Me Start by Saying This…

In 2022, I went into the hospital with what I thought was a heart attack. I had severe chest pain and pressure. It felt like an elephant was on top of my chest.

It turns out that it was a severe gallbladder attack. I also had Klebsiella pneumonia, so there was fluid on my lungs. In order to remove my gallbladder the next day because it was gangrenous, they had to get the fluid off of my lungs, so they gave me Lasix. They gave me TOO MUCH Lasix! I mean, I am a big guy (6’4” 240#) but they gave me enough Lasix to kill a horse. All of that Lasix caused kidney, liver, and heart failure. My kidneys were only functioning at 26% and the MDs wanted me to go on dialysis. BNP is a protein in the blood work that measures heart failure with 900 or above severe heart failure, and my reading was 1204. I was also in Stage 4 Liver Disease. I wasn’t able to work for 11 months and I had severe ascites (32 liters or 8 gallons of fluid on my abdomen) and cachexia (muscle wasting to skin and bone). The ONLY thing that saved me and brought me back to health were these homeopathic remedies and the other protocols that I have listed below! THAT is how I know that they will help you!

What Exactly Is in the Bottles/Vials & How Are They Made?

The homeopathic remedies that we use to clear underlying toxins and infections from your body are not standard homeopathic remedies.

They are different combinations of supplements that will save you from taking 500 to 700 capsules and tablets per week plus $600 to $800 in supplement expenses every month.

Each remedy vial contains sterile water. Specialized equipment is then used to transfer the different supplement combinations.

Why Only “One, Two or Three Drop(s)” Is to Be Taken from Each Remedy Vial?

It only takes a very small amount of the remedy (i.e., one or two drops) to have a profound effect on the body. In this single droplet of water, a tremendous amount of ‘frequency

information' is contained. Once the droplet is placed in the mouth, the frequency is immediately transferred throughout the body. With the body's innate intelligence, it recognizes this information and knows immediately how to respond. Taking more of the remedy at one time doesn't create a stronger, clearer, or more effective result.

How Do I Take the Remedies?

Take one or two drops under the tongue, wait 5 seconds, and swallow. DO NOT eat or drink anything (including water) 5 minutes before or after taking a drop. Dr. Johnson will instruct you on how many drops to take each day.

How Often Will I Receive a New Homeopathic Protocol?

You will receive a new homeopathic remedy protocol every week after our weekly scheduled phone call via text.

5. Functional Neurology Protocols

Your brain/nervous system and your immune system are one in the same.

There are 3 parts to your brainstem: top, middle, and lower. The top is called the mesencephalon, and when you are stressed, it overfires, putting you into a "fight or flight" or sympathetic response. You will be holding different points on your head. Please watch the video in my playlist at the top of my TikTok page, "Implementing Dr J Neuro," for more information. (These will be provided to you along with your homeopathic protocol every week.)

6. Brain-Based Exercises

While the Functional Neurology Protocols work the brainstem, brain-based exercises heal your brain to help increase your concentration and memory. (See instructions below.)

7. LZR 20,000-Watt Red Light

Red light therapy supports your mitochondria. Your mitochondria are the powerhouses or batteries of your cells. There are 5000 mitochondria per cell in your brain, heart, and liver. I will be sending you complete instructions on how to use the LZR red light. Try to use it one to 3 times per day. I personally use it twice a day: once when I get up before I shower and before bed. I feel that the LZR 20,000-watt red light is the best on the market. It is $3,995.00 at www.lzrultrabright.com. Once they have started using it, we have had many patients purchase a second light, and we sell it at our cost of $2,500.00. (See instructions below.)

The LZR Red Light Instructions

The LZR Red Light is the most powerful unit available on the market for home use.

NOTE: ONLY USE ON BARE SKIN! Do not cover the air intake on the back or on top of the unit.

Use it 2-3X per day. Total treatment time is only 5-9 minutes.

- **FOREHEAD (frontal lobe of brain):** 30 secs on the forehead.
- **EAR (temporal/parietal lobe of brain):** 30 secs on each ear.
- **BACK OF HEAD (cerebellum):** 30 secs on the back of the head.
- **NECK:** 30 secs on each side of the neck.
- **HEART:** 30 secs over the solar plexus.
- **ABDOMEN:** 30 secs painting over the abdomen.
- **LIVER:** 30 secs over the liver (right-hand side of the chest over the lower rib). Do this multiple times per day.

Brain-Based Exercises to Increase Brain Function

Watch these videos:

1. Easy Brain Fix… https://www.tiktok.com/@drmichaelljohnson1/video/7545251736978476319
2. Simple Hack to Improve Focus and Memory… https://www.tiktok.com/@drmichaelljohnson1/video/7561203268257385759

Your brain needs two things to survive: fuel and activation.

Fuel in the form of oxygen and glucose. That is why it is important to consume a low-carb diet (meat, seafood, vegetables, low-glycemic fruit—with a pit or berries, nuts, and seeds).

O2 can be increased with box breathing, which is: take a deep breath for 4-5 seconds, hold it for 4-5 seconds, exhale for 4-5 seconds, hold the breath out for 4-5 seconds, and repeat.

Visual Stim

Visual stim is the most powerful stimulation to the brain. Get the OKN Strips app (or Opti Drum app) and install it.

Watch the strips move horizontally (hold your phone on its side) for 30 seconds with the strips moving to the right and 30 seconds with the strips moving to the left. Try to do this multiple times during the day. You can change the direction by swiping the screen in the opposite direction, and you can change the speed (1-5) by tapping the screen.

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Auditory Stim

Auditory stim is the second most powerful stimulant to the brain. Using your earbuds, listen to Mozart in a major key while performing everyday tasks.

Olfactory Stim

Olfactory stim is the third most powerful stimuli to the brain. Go to your spice cabinet.

Do all of these separately the first few weeks and then… start combining them. Start with two combined and work up to doing all three at once. Do visual and auditory stim together, then add olfactory stim, or do visual and olfactory stim together and then add in auditory stim.

Spin Therapy

Once you have the three stimuli above working for you, you can add in spin therapy. All that you need is a chair that spins. Spin with a target to begin by holding out your thumb and looking at it. Make a slow full spin to the right and then one to the left. Do that a few times.

Additional Visual Stim

Looking at familiar faces stimulates your left brain, and looking at unfamiliar faces stimulates your right brain.

Doing a maze stimulates your right parietal lobe, and word searches stimulate your left parietal lobe. Your parietal lobe is important for sensory perception like touch, taste, smell, sight, and hearing.

Radionics

Radionics was founded by Dr. Albert Abrams (1863-1924), a native of San Francisco, under the original name of ERA—Electronic Reactions of Abrams. This was in the same era as the discovery of radio transmission and many related electric phenomena. Therefore, Dr. Albert Abrams naturally assumed that those effects he was observing when dealing with his patients were also electromagnetic in nature, and he therefore named them radionic.

How Does It Work?

Radionics is a method of sending precisely defined healing energy through the use of scalar waves to people, animals, or plants, no matter where they are in the world. The name reflects the view of early practitioners that they were ‘broadcasting’ healing.

Practitioners use an instrument to both analyze and treat the physical and emotional weaknesses evident in the patient’s subtle energy field. Understanding this field requires

extensive study. The instrument serves to focus the thoughts of the practitioner, and many types are in use, varying in complexity from computerized machines to quite simple devices. Once the weaknesses in the subtle energy field have been identified, specific healing treatments—usually coded in the form of numbers called 'rates' which represent the ideal energy states to be induced—are conveyed to the patient with the aid of the instrument.

What Are Scalar Waves?

You do not need to be an expert in Quantum Physics to understand Scalar Waves. Scalar Waves are a well-known phenomenon observed in Geology, Astrophysics, and Hydrodynamics. They are often referred to as Longitudinal Waves or Tesla Waves.

These Non-Linear, Non-Hertzian Waves can carry information. Amazingly, Scalar Waves can travel faster than the speed of light and do not decay over time or distance. Scalar Waves increase the Energy Level of every Hydrogen Atom; this can be observed on Spectograph Imaging. A Spectograph is a device that separates light by its wavelengths and documents this data. Hydrogen bonds and hold DNA together, so it can be postulated that Scalar Energy can promote profound balancing on a Cellular Level.

How Is Scalar Energy Created?

Scalar Energy is generated when two Electromagnetic Waves converge from two opposite paths. When these Energy Vectors meet, the equal frequencies cancel each other out, leaving a Static or Stationary form of Energy and zero frequency. Scalar Energy does not flow like regular Electromagnetic Waves but occupies space and increases spatial mass. The Scalar Energy space is alive with checked and balanced energies. Scalar Electromagnetic Pairs create this balanced energy. This Longitudinal, Scalar Energy space has extraordinary properties that promote energy balancing.

The bottom line is this… Radionics helps you get better faster!

My Experience with Radionics…

We really dialed in radionics at my last homeopathic seminar. The Thursday after the seminar, I woke up with a severe sore throat. I have had this happen in the past, and when it did, I would have to cancel patients, and it would take about a week to recover.

I decided to broadcast myself a homeopathic remedy using radionics. I did, and within the next couple of hours, I noticed that I no longer had a sore throat.

Next, my right leg had been bothering (pain and weakness) me for the past 6 weeks, and I felt that my MS was flaring up. I decided to broadcast a remedy to myself to help with my

leg, and I got the same result… the pain and weakness were gone in a few hours, and they have not returned. It was at that point that I decided to use radionics with all of my patients. You don't have to do anything. After I text you the new protocol each week, I will broadcast your homeopathic remedy to you via radionics.

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