



Science of Human Optimization
Practitioner Certification

Ten-Week Training Program With Top Integrative Healers from Around the Nation

9.3.20 - 11.5.20



Bestselling AUTHOR
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Bestselling AUTHOR
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Bestselling AUTHOR
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Unleash your innate entrepreneurial self and create a thriving coaching business in this next trillion-dollar industry.

Become a certified ScHO practitioner and guide those within your reach to the science, technology, and resources for life at its peak level of health expression. Learn the fundamentals (and discover innovative modalities) that address the underlying cause of chronic conditions. Help refocus the current model of healthcare, from the indefinite management of chronic disease, to that of providing the human body everything it needs for optimal function, ageless beauty, and inspiring longevity.

If a CURE exists You'll Find It.





How the ScHO Practitioner Can Save America

Refocusing Healthcare from the indefinite management of chronic disease will take an army



Seven-Time NYT Bestselling Author **Joel Fuhrman, MD** at a ScHO Graduation Event.

By now, I should have been completely disabled. Because 13 years ago, I had such severe joint pain that I could barely walk or move my fingers. And then most of my body became covered with psoriatic lesions that flaked, bled and hurt when I moved.

Of course, when it first began, I took my excellent health insurance card and went to see one of the top dermatologists in the area. After seeing me for three minutes, I was diagnosed with Psoriatic Arthritis, prescribed a steroid cream, and sent on my way. Well it did not take me long to realize that the indefinite management of chronic disease is a recipe for disaster.

So that is when I began my search. My savior came in the form of a medical doctor who was himself diagnosed with terminal cancer just two years prior. The bleak prognosis from his oncologist left him with few options. So, at the time, he was on his own journey, exploring every technology, treatment and idea from around the world.

After we began working together, it only took him about three months, to help me completely and permanently repair the underlying cause of my debilitating joint pain. It was at that moment that I dedicated my life to looking for any scientific ideas, technological breakthroughs, innovative people and out-of-the-box philosophies that could help others who were given little hope in solving their health problem, to see the possibility of doing so from an entirely new perspective.

Science of Human Optimization Practitioner Certification

After being at this for so many years, I have come to realize that no matter how hard I work, it will be virtually impossible to make any kind of a serious impact in the well-established, heavily financed models that have allowed our 'healthcare' system to balloon to over three trillion dollars per year while leaving us as a nation #43 on the longevity list from countries around the world. Monaco and Japan have the top two slots, and spending about half

the money per capita than the United States combined. Honestly, it's embarrassing.

But it's not just about living longer. As a society, 70% of our population are taking a medication to suppress the underlying cause of some kind of a chronic health condition. The obesity epidemic is quickly engulfing our children. And the future, if nothing changes, looks very bleak indeed.

So, I decided to enlist the help of people who are just as passionate about making a difference in this crucially important segment of our lives. They are simple, regular people, who have jobs and families, mortgages and pets. They are already busy, but they like I, understand that there is so much at stake for our future as a nation. Perhaps, they're kind of like that rebellious bunch who decided to form this country in the first place, because they saw the injustice, and were willing to act and do something about it.

And that is what makes these regular people very, very extraordinary.

The ScHO Practitioner Certification Program is a 10-week course that begins by discussing the importance of the business aspect of this all-too-important service. To that end, we invite physicians and entrepreneurs who have already built multi-seven-figure businesses to discuss the mindset and protocols of how to succeed in a free market economy.

Then on a weekly basis, we invite an integrative, cause-focused practitioner to thoroughly explain different aspects of proactive care to: first, address the underlying cause of a current, festering health problem and later, lay the ground-work for life at its peak level of health expression.

Our physicians cover topics like gut biome, optimization of the oral cavity, helping the body heal and restore joint damage, ozone therapy for infections, healthy weight loss, nutritional approaches for optimal well-being, stem cells, DNA testing, as well as improving mitochondrial function to reverse chronic fatigue, and a variety of other topics that give a pretty wide scope of addressing many of the most pressing conditions afflicting our society.

We certify those who complete the program as a ScHO Practitioner. Now they are armed with the knowledge to help guide those people in their lives to the resources

that can help them avoid having to deal with the kind of debilitating health issues that would have, in all probability, destroyed my life had I gone the conventional course of health insurance, three-minute visits, and more symptom-suppressing medication.

If you are someone who already works with people and gets to see or hear their health complaints, if you are a massage therapist who is there literally hands-on every day, if you're a psychotherapist or acupuncturist, we reach out to you. Whether you are a health professional or a hair stylist, if you are around those who have lost hope searching for the answers to their deeper health challenges, perhaps this may be a way for an entirely new model for bringing proactive, cause-focused healthcare of the future to a population in desperate need for it.

“You Cannot Solve a Problem in a System that Profits from its Existence.”

My friend, Dr. Richard Linchitz, by that way—that amazing physician who saved my life—ended up living another 15 happy, productive years that allowed him to make a difference in the lives of thousands of people and spend some precious time with his beautiful family and adorable grandchildren.



Alex Lubarsky was born in the former USSR. He is the founder of the Health Media Group that has, over the last decade, produced some 50 events, reaching millions of consumers and attracting many 10's of thousands to the live events. As a host of a radio program, he had the honor of hosting some of the top names in health and fitness, including Suzanne Somers, Carol Alt, Mark Hyman and the legendary Jack LaLanne. Recently, Alex published a book called *The Art of Selling The Art of Healing: How the Rebels of Today are Creating the Health Care of Tomorrow; and why your Life Depends on It*. He lives on Long Island, NY with his adorable family!



Practitioner Certification Curriculum

Every Thursday SEPT 3rd - NOV 5th 7:00 PM- 10:00 PM



AUTOIMMUNE AND EXOSOMES: Using Stem Cell Therapy to Reboot Cell Function and Immune System

With some 70% of the population on a symptom-suppressing medication, very few doctors are asking the question of how do we optimize this remarkable, self-regenerating machine called the human body. Join **Joseph E. Bosiljevac, Jr, MD, PhD, FACS**, a cardiovascular surgeon with a Doctorate in Natural Medicine, as he discusses the breakthroughs in using Stem Cells derived from the umbilical cord, as well as the newly discovered exosomes, and growth factors that have allowed him to bring renewed vitality, accelerated recovery, and ageless rejuvenation to his exclusive client base.



AUTOIMMUNE & THE MERCURIAL THYROID: Restoring Youthful Vitality and Ageless Beauty

An imbalance in thyroid hormones can result in weight gain, fatigue, constipation, anxiety, hair loss and restless sleep. Trying to address the symptoms without resolving the underlying cause will only make an unruly thyroid even more vicious. In this SCHO Keynote, **Dr. Marina Yuabova**, Family Nurse Practitioner, Assistant Professor at City University of New York, and founder of Integrative Wellness NY, will explain her unique approach to addressing deficiencies and toxicity, with a focus on the permanent resolution of chronic illness through the art and science of human optimization.



AUTOIMMUNE AND HEAVY METALS: Recognizing the Underlying Cause of Mysterious Ailments

When diagnosed with any of the possible conditions that enrage the immune system, the first place to look is heavy metal toxicity. Most people, however, will exhaust every other possibility before indicting this most likely cause. Join **Emil J. Haldey, PharmD**, founder of a technologically advanced compounding pharmacy in NY, who suffered the effects of heavy metal toxicity (and has inadvertently become a world expert on the topic), as he explains how to best diagnose it, as well as the safe and effective protocol for gentle and ongoing detoxification.



AUTOIMMUNE AND FATTY LIVER: Resolving Chronic Illness by Detoxifying Systems of Elimination

The many thousands of chemicals we are exposed to daily through the food we eat, air we breathe and water we drink may, inadvertently, clog an important system of filtration, forcing the immune system into a civil war. Join **Garry D'Brant, DC, CTN, LCSW** who holds licenses and certificates in chiropractic, nutrition, naturopathic medicine, social work, acupuncture and homeopathy, as he discusses the channels of detoxification within your body, how they sometimes malfunction, and the things we can do to provide the body with optimal resources to do its job effectively.



AUTOIMMUNE AND OZONE: Exploring the Origins and Efficacy of Intravenous Ozone Therapy

In 1896, Nikola Tesla patented the first medical ozone generator in the US that creates ozone gas capable of destroying all bacteria, toxins, viruses, fungi, yeast and mold in our bodies and has been the ultimate adjunct to correct Lyme disease, Herpes, chronic fatigue and many difficult health challenges. Join **Dr. Howard Robins, D.P.M.**, who performed over 225,000 direct IV treatments and is the principle doctor in *Ozone Therapy: The Miracle Medicine Documentary* by Gary Null, PhD., as he explains how ozone works— its history and the many conditions it helps eliminate at the root.



FUNCTIONAL GENOMICS: Exploring the DNA of Autoimmune Conditions

The question of where we come from was answered in the 1950's when humanity discovered DNA. This self-replicating molecule is responsible for how we look (the color of our eyes), how we behave and if we are predisposed to develop autoimmune, heart disease or cancer. Join **Mansoor Mohammed, PhD**, founder of The DNA Company, considered one of the most innovative leaders in the emerging personalized medicine and lifestyle genomics space, as he explores the fascinating world of human makeup, and perhaps the answer to the many bewildering conditions that plague mankind.



HEALTHY WEIGHT-LOSS: Nutritional Plan That Will Permanently Shrink and Eliminate Fat Cells

A breakthrough approach to weight loss includes optimizing your digestive system, detoxifying the body, rebalancing your hormones, and permanently shrinking and eliminating fat cells through doctor-supervised methods that include programs for emotional eating, healthy body-wraps, Whole Body Vibration, and high-quality, nutritional food plans. **Dr. Michael Berlin**, a highly-skilled and talented healer and communicator, who provides a multi-faceted and holistic system of permanent weight loss, he brings to the community over 25 years of experience working in alternative health and mind-body healing.



AUTOIMMUNE AND ORAL HEALTH: The Correlation between a Tooth Infection and Diabetes

Oral infections up-regulate several systemic inflammatory reactions that play a role in the development of systemic diseases. In a study that looked at the association between oral health and autoimmune diseases in a cohort of Swedish adults, hypothesis supposed that poor oral health associates with incidences of autoimmune diseases. Join **Jimmy Kilimitzoglou, DDS, FACD, FPFA, DABOI, MAGD, FAAID, FICOI**, founder of ESI Healthy Dentistry in Smithtown, as he shares how biomimetic dentistry (mimicking nature) can resolve a tooth infection that may be adding to the cause of many chronic conditions.



EXOSOMES AND CHRONIC MYOFASCIAL PAIN: Rebooting the Body's Self-Healing Mechanism

What do migraine headaches, carpal tunnel, scoliosis, as well as pelvic, neck, knee and back pain have in common? They are all symptoms of underlying problems that demand a more rounded approach than simply suppressing the symptoms with medication. In this SCHO Keynote, **Hal S. Blatman, MD**, a nationally-recognized specialist in treating myofascial pain, Board Certified Practitioner of Integrative and Holistic Medicine, and founder of the Blatman Health and Wellness Center, will explain his breakthrough paradigm in resolving chronic pain at the root.



SUPER IMMUNITY: Slow Aging, Prevent Cancer, and Live Longer in Great Health

There is a right way to eat and there is a wrong way to eat. Most Americans indulge in poor eating habits that accelerate aging, cause cancer and other chronic illnesses, and bring about a shortened lifespan. This is the wrong way to eat. Join **Joel Fuhrman, MD**, a board-certified family physician, six-times New York Times best-selling author and internationally recognized expert on nutrition and natural healing, who specializes in preventing and reversing disease through nutritional methods as he shares how a Nutritarian Diet can slow aging, prevent cancer, and help you feel better and live longer.