

# Hompes Method

## Chris Salmon



*"In a few short months, I brought my cholesterol levels down by more than 50% and completely normalised my thyroid function. My specialist could not conceive how I'd achieved these results and actually demanded my blood work to be re-analyzed."*

Today, aged 53 I feel great - probably the healthiest I've ever been. I'm in control of my wellbeing and feel inspired to practice Functional Medicine, Nutrition and Spinal Rehabilitation. But it hasn't been an easy ride.

Working long hours in a job I didn't really like or enjoy, enjoying a varied and busy social life, and training very hard to maintain a high level of fitness as a "weekend warrior" competitive athlete gradually took its toll on my body (and mind).

On top of all this, the breakdown of my marriage and a traumatic experience in which I was involved in an abusive relationship (men also suffer as a consequence of domestic abuse) created a health "crash" of sorts.

Whilst I looked lean and healthy on the outside, inside I felt anything but. I experienced depression, a variety of digestive problem and, despite my high level of fitness, didn't feel energized or motivated.

At times I was very low and unable to work or function on a daily basis, either physically or emotionally. Prescription antidepressants and sleeping pills did nothing to improve things and, such was my desperation, I actually attempted suicide at one point.

My own health challenges acted as a catalyst and I began to take control of my life, health and career. I trained with the CHEK Institute in California in both Exercise and Nutrition coaching and founded a successful coaching business.

Driven to develop more skills I began studying Functional Medicine. Along the way I met Dave Hompes at one of his seminars. As a client of Dave's I made further breakthroughs using functional lab tests.

My stool test identified bacterial overgrowth and intestinal parasites, which we cleared with herbal protocols.

My organic acids urine test revealed toxicity and nutrient imbalances, specifically in neurotransmitters such as dopamine that govern mood, which explained why I had felt so low in the past.

Working with Dave I experienced rapid improvements in health and felt more emotionally balanced, positive and focused, but there was one more chapter to come.

Following the sudden passing of my elder brother from a heart attack, I was invited by my recently appointed medical doctor to do an 'Over 50's Wellman Health Check'. The test revealed a very high cholesterol level and underactive thyroid.

# Hompes Method

Following the Consultant's recommendations, I initially decided to take the recommended prescription, which made me feel a lot worse, whilst giving no improvement to my lab test results.

I was not satisfied, stopped the medication and focussed my research on how to reduce cholesterol and improve thyroid function naturally. In a few short months, I brought my cholesterol levels down by more than 50% and completely normalised my thyroid function.

My specialist could not conceive how I'd achieved these results and actually demanded my blood work to be re-analyzed.

My health transformation inspired me to take Dave's Hompes Method Training programme and join his team of practitioners so I can educate and help others to achieve the same results.

## Qualifications:

- Hompes Method Master Practitioner
- Functional Medicine Student (FMU University, Carolina USA)
- Certified Functional Diagnostic Nutritionist (FDN, California USA)
- CHEK Practitioner/Spinal Rehabilitation Specialist (CHEK Institute, California USA)
- CHEK Holistic Nutrition and Lifestyle Coach (CHEK Institute, California USA)
- Certified Metabolic Typing Adviser (Healthexcel, UK/USA)
- NeuroMuscular Therapist (NERI UK)
- Co-Author of 'The Giardia Solution' with Dave Hompes – due for release late 2014