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37 YRS, SINGLE



ACADEMIC HISTORY

UNIVERSIDAD DEL VALLE DE MÉXICO	2005 - 2010
LIC. NEGOCIOS INTERNACIONALES	Nov 2010
DOBLE DEGREE: WALDEN UNIVERSITY	
• Bachelor in Business Administration (BBA)	

PROFESSIONAL HISTORY IN HEALTH AND BEHAVIOR

- ◆ ADVISOR IN HEALTH AND WELLNESS
- ◆ ADVISOR IN BEHAVIOR, EMOTIONAL TRAUMA AND LIFESTYLE

AFTER 6 YEARS OF APPLICATION REGARDING HEALTH AND BEHAVIOR I CREATED A DUAL PROGRAM IN ORDER TO COMBINE THE DIFFERENT METHODOLOGIES IN A SYSTEMATIC AND SYSTEMIC WAY, WHICH ARE FULLY INTEGRATIVE.

THE HEALTH AND BEHAVIORAL FOCUS STARTS AT A CELLULAR LEVEL BY UNDERSTANDING THE ESSENTIAL REQUIREMENTS NEEDED AS WELL AS OUR REQUIREMENTS AS A MULTICELLULAR ORGANISM AND OUR PLACE IN THE ENVIRONMENT.

BEHAVIORAL, EMOTIONAL TRAUMA AND LIFESTYLE ADVISING

- ◆ CLINICAL EMOTIONAL FREEDOM TECHNIQUE
- ◆ OBSERVABLE HOMO SAPIENS BEHAVIOR
 - WAKING BEHAVIOR
 - NATURAL COMPARATIVE ANIMAL BEHAVIOR VERSUS DOMESTICATED AND CONFINED ARTIFICIAL BEHAVIOR (URBAN/RURAL GATHERINGS) AND COPING MECHANISMS. SOCIAL TRANSACTIONAL ANALYSIS.
 - SLEEP PERFORMANCE ASSESSMENT PROFILE AND GLOBAL CHRONIC STRESS

BY USING THE CLINICAL EMOTION TECHNIQUE AS WELL AS OTHER TECHNIQUES MY FOCUS IS ON STARTING FROM A CLIENT ORIENTED PATH. THE MOST PRESSING ISSUES AND EMOTIONAL TRAUMA, THEN GUIDING THROUGH A SERIES OF DIFFERENT STEPS AND INTEGRATING TECHNIQUES WHICH INCLUDE GROUNDING AND HARMONIZATION TECHNIQUES.

BY IDENTIFYING THE MOST FREQUENT PATTERNS, DISTRESS INTENSITY, SOCIALLY TRANSACTIONAL PREFERRED CURRENCIES, UNMET NEEDS AND RECOGNIZABLE MOTIVATORS WHICH LEAD TO HUNGER RECOGNITION, LIFE EXPERIENCE STRUCTURAL COMPONENTS, LIFE CONTENT AND ASSOCIATIONS, STEMMING FROM A BELIEF SYSTEM. ORIENTATION LEADS TO THE CLIENT'S SELF-IMAGE AND COMMUNICATION WITH THE IMMEDIATE SOCIAL AND PHYSICAL ENVIRONMENT.



ACHIEVEMENTS

MY CLIENTS HAVE DEMONSTRATED THE REDUCTION AND/OR DISAPPEARANCE OF TRAUMA AND THE CREATION OF NEW BELIEF SYSTEMS TO REPLACE THE OLD DYSFUNCTIONAL ONES. THE FOCUS OF DIFFERENT SYMPTOMS SUCH AS POST-TRAUMATIC STRESS, ANXIETY, DEPRESSION, PHOBIAS AS WELL AS THE CREATION OF NEW BELIEF SYSTEMS THROUGH COGNITIVE REFRAMING IS KEY.

- DOZENS OF PEOPLE HAVE BEEN SUCCESSFULLY COUNTER CONDITIONED AGAINST RAPE, PHYSICAL ABUSE, KIDNAPPING, DEPRESSION, PANIC ATTACKS, EXTREME ANXIETY, BULLYING AND PHOBIAS WITHIN 4 SESSIONS.
- THE CHANGE IN LONG LASTING BEHAVIORAL PATTERNS ASPECT TAKES BETWEEN 3 AND 6 MONTHS IN AVERAGE TO SHOW NOTICEABLE PROGRESS.

HEALTH AND WELLNESS ADVISING

- ◆ FUNCTIONAL AND ORTHOMOLECULAR NUTRITION AND SUPPLEMENTATION BASED ON FUNCTIONAL BIOLOGY AND NEUROLOGY.

THIS APPROACH TAKES INTO CONSIDERATION MULTIPLE FACTORS BY USING FUNCTIONAL MARKERS AND UNDERSTANDING CERTAIN BEHAVIORS LIKE PICA AND CRIBBING AS WELL AS SEVERAL OBSERVATIONAL SIGNS THAT POINT TO ESSENTIAL AND CONDITIONALLY ESSENTIAL NUTRITIONAL DEFICIENCIES.

BY ADDING THE REQUIRED CO-FACTORS AND BUILDING BLOCKS WE CAN OPTIMIZE THE ENZYMATIC AND CO-ENZYMATIC FUNCTIONALITY IN TISSUE. THE USE OF MEGA-DOSES OF MINERALS, VITAMINS, FATTY ACIDS THAT MEET THE AT LEAST 2 REQUIRED CRITERIA FOR ESSENTIALITY IN COMBINATION WITH SEVERAL SPECIAL FOOD FACTORS AS A STARTING POINT. FOLLOWING UP WITH NUTRITION TAILORED FOR THE HOMO SAPIENS SPECIES SET UP FOR 3 DIFFERENT STAGES, PHYSICAL PERFORMANCE GUIDANCE, FASTING, PROLONGED FASTING, FASTING MIMICKING DIETS, BRAIN FOCUSED JUICING AND HEAVY METALS DETOXING.

USING OTHER OBJECTIVE TOOLS SUCH AS BIO-WELL, QEEG (BRAIN MAPS), HRV, CARDIAC RESONANT FREQUENCY AND BODY MASS DISTRIBUTION ALSO AID IN PATTERN RECOGNITION.

ACHIEVEMENTS

SYMPTOM REDUCTION OF APPEARED REVERSAL OF DIFFERENT ISSUES IN SEVERAL CASES:

DIABETES, ASTHMA, HYPERTENSION, SEVERE PREMENSTRUAL SYNDROME, TINNITUS, TMJ, DERMATITIS OF SEVERAL FORMS, IBS, DIABETES TYPE 2, HYPOTENSION, DIABETES TYPE ONE REDUCTION OF INSULIN BY HALF THE INITIAL AMOUNT, HASHIMOTO'S HYPOTHYROIDISM, BREAST FIBROSIS, ADD, ADHD, PANIC ATTACKS, A-FIB. ELIMINATION OF MEDICATION AFTER DISAPPEARANCE OF SYMPTOMS IS QUITE COMMON.



CERTIFICATIONS AND VALIDATED CERTIFICATES

◆ **EFT UNIVERSE**

CERTIFIED PRACTITIONER OF THE CLINICAL EMOTIONAL FREEDOM TECHNIQUE ALSO KNOWN AS “TAPPING”.

◆ **NUTRITION AND SUPPLEMENTATION**

DIPLOMA OFFERED BY “LA ASOCIACIÓN MEXICANA DE NUTRICIÓN ORTOMOLECULAR A.C.”, REPRESENTATIVE OF THE INTERNATIONAL SOCIETY OF ORTHOMOLECULAR MEDICINE.

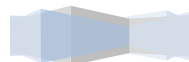
(GENERAL OVERVIEW)

- ✓ CENTRAL NERVOUS SYSTEM – STRESS REACTION.
- ✓ CIRCULATORY AND CARDIOVASCULAR SYSTEM - CHOLESTEROL AND ARTEROSCLEROSIS.
- ✓ IMMUNE SYSTEM – ARTHRITIS AND INFECTIONS, INFECTIONS, INTRAVENOUS RIORDAN PROTOCOL.
- ✓ DIGESTIVE SYSTEM – LIVER DISEASES.
- ✓ URINARY SYSTEM - KIDNEY STONES TREATMENT, RENAL INSUFFICIENCY.
- ✓ MUSCULO SKELETAL SYSTEM – MUSCLES.
- ✓ CIRCULATORY AND CARDIOVASCULAR SYSTEM - CARDIOPATHIES.
- ✓ CIRCULATORY AND CARDIOVASCULAR SYSTEM - BLOOD PRESSURE REGULATION.
- ✓ REPRODUCTIVE SYSTEM – HORMONAL REPLACEMENT.
- ✓ REPRODUCTIVE SYSTEM – GYNAECOLOGY.
- ✓ ONCOLOGY – CANCER TREATMENT.
- ✓ IMMUNE SYSTEM – SCLERODERMA AND AIDS.
- ✓ IMMUNE SYSTEM – ALERGIES.
- ✓ RESPIRATORY SYSTEM – TREATMENT OF PULMONAR ENPHYSEMA.
- ✓ CIRCULATORY AND CARDIOVASCULAR SYSTEM - VARICOSE VEINS.
- ✓ IMMUNE SYSTEM - LUPUS.
- ✓ DEPRESSION, ANXIETY, TOXICITY, SARCOPENIA, FIBROMYALGIA, ADD, ADHD.
- ✓ CHELATION THERAPY.

◆ **WAGENINGEN UNIVERSITY AND RESEARCH / EDX**

(VALIDATED CERTIFICATES)

- ✓ NUTRITION AND CANCER.
- ✓ NUTRITION, HEART DISEASE AND DIABETES.
- ✓ MICRONUTRIENTS AND MALNUTRITION.
- ✓ MACRONUTRIENTS AND OVERNUTRITION.



FUNCTIONAL BIOLOGY

◆ INSTITUTE FOR FUNCTIONAL BIOLOGY

(GENERAL OVERVIEW)

- ✓ MOLECULAR MAGNITUDE.
- ✓ CELLULAR MAGNITUDE.
- ✓ MULTIPLE MULTICELLULAR ORGANISM INTERACTION (SCIENTIFIC SOCIOLOGY) MAGNITUDE.
- ✓ FUNCTIONAL HUMAN BIOLOGY AND HEALTH APPLICATION.
- ✓ OBSERVABLE HOMO SAPIENS BEHAVIOR
 - NATURAL COMPARATIVE ANIMAL BEHAVIOR VERSUS DOMESTICATED AND CONFINED ARTIFICIAL BEHAVIOR (URBAN/RURAL GATHERINGS) AND COPING MECHANISMS.
 - INTIMACY AND PAIR BONDING.
- ✓ PLANETARY MAGNITUDE.
- ✓ INTEGRATION OF DIFFERENT MAGNITUDES AND SCALES.

FUNCTIONAL NEUROLOGY

◆ NATIONAL UNIVERSITY OF HEALTH & SCIENCES AND INTERNATIONAL ASSOCIATION OF FUNCTIONAL NEUROLOGY

(VALIDATED CERTIFICATES)

- ✓ FUNCTIONAL NEUROLOGY ANATOMY AND CENTRAL NEUROLOGICAL PATHWAYS.
- ✓ THE INITIAL CLINICAL SURVEY AND HOW TO IDENTIFY LESIONS BEFORE THE EXAMINATION.

BIOFEEDBACK

◆ HEARTMATH INSTITUTE

- ✓ HEARTMATH® CERTIFIED COACH
- ✓ HEARTMATH® CERTIFIED MENTOR

◆ STENS CORPORATION (HEART RATE VARIABILITY)

- ✓ LEHRER´S DE HRV PROTOCOL
- ✓ CARDIAC RESONANT FREQUENCY
- ✓ SINUS RESPIRATORY ARRHYTHMIA
- ✓ BAROREFLEX SYSTEM

NEUROFEEDBACK

- ◆ 36 CERTIFIED DIDACTIC HOURS OF TRAINING IN EEG BIOFEEDBACK
- ◆ TECHNICAL PROFICIENCY TRAINING FOR THE NEWMIND SYSTEM
- ◆ NEUROFEEDBACK CLINICAL CERTIFICATION
- ◆ ALPHA THETA – DEEP STATES WORKSHOPS PART 1 Y 2



BIO-WELL ELECTRO PHOTONIC IMAGING.

- ◆ BASIC, ADVANCED AND EXPERT LEVEL
- ◆ TRAINER CERTIFICATE

GENERAL APPLIED METHODOLOGIES:

- ◆ CLINICAL EMOTIONAL FREEDOM TECHNIQUE (EFT UNIVERSE)
- ◆ HEARTMATH MENTOR AND COACH (HEARTMATH INSTITUTE)
- ◆ HRV BIOFEEDBACK AND RESONANT FREQUENCY (STENS CORPORATION)
- ◆ NEUROFEEDBACK CLINICAL PRACTITIONER (NEWMIND ACADEMY)
- ◆ BIO-ELECTROGRAPHY TRAINER AND EXPERT USER (BIOWELL)
- ◆ ASSESSING SLEEP PERFORMANCE TOOL - (INSTITUTE FOR HUMAN BIOLOGY)

