



the FOUNDATION *for*
PERIPHERAL NEUROPATHY®

Welcome!

FPN Webinar:

Thrive State: An Empowering Holistic Approach to Peripheral Neuropathy *with Kien Vuu, MD*

Wednesday, December 7, 2022

Sponsored by:

LivOn LABS
A BETTER WAY TO ABSORB
VITAMINS & NUTRIENTS

We will begin our presentation shortly.



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PERIPHERAL NEUROPATHY®

Moderator:



Lindsay Colbert
Executive Director
the Foundation for Peripheral Neuropathy

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Before We Begin



This presentation is being recorded. The recording link will be emailed to you so you can view it again later.



Submit your questions anytime via the Questions Box. We will try to answer them during this webinar.



If you are having trouble with the audio using your computer, you can dial in by phone (check your email for dial-in instructions).

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Presenter:



Kien Vuu, MD (Doctor V)

Founder, VuuMD Performance and Longevity

Assistant Clinical Professor, UCLA

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THRIVE STATE

An Empowering Holistic Approach to Peripheral Neuropathy

Doctor V (Kien Vuu, MD)

Founder, VuuMD Performance and Longevity

Asst Clinical Professor, UCLA

Kienvuu.com - @doctorvmd



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“A diamond is a chunk of coal that did well under pressure. I would like to think we'll be remembered as one big family that, under some very challenging times, remained united with sacrifice and went through these problems.”

- Captain Arma
Diamond Princess







**THE
POWER
OF
CHOICE
IS OURS**



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THE SCIENCE OF LONGEVITY
VS.
THE ART OF LIVING



THE TECHNOLOGY PARADOX



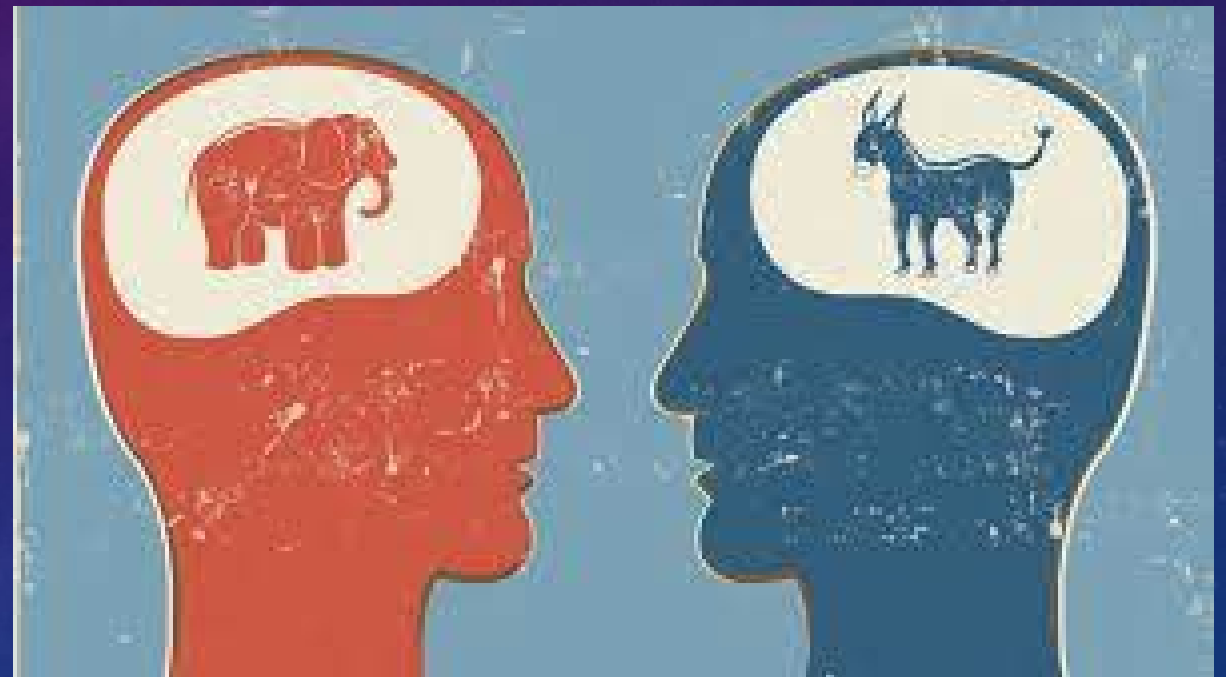
“The paradox of our time in history...
is that we have taller buildings, but shorter tempers.



wider freeways



but narrower viewpoints.



We spend more, but have less.



We buy more, but enjoy it less.

We have more conveniences, but less time



More medicine, but less wellness.





We've learned how to make a living, but not a life;

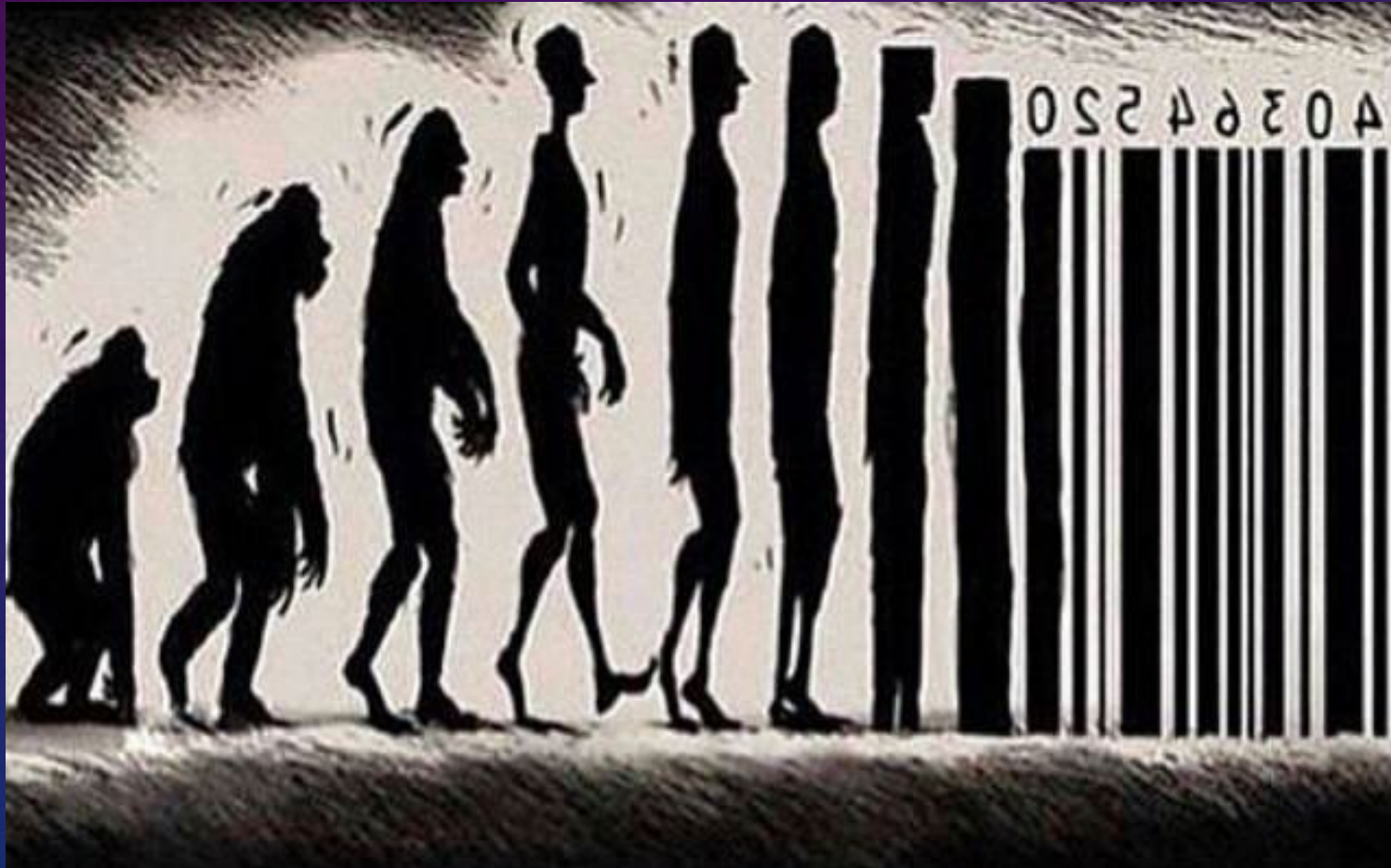




We've added years to life, not life to years."

Dalai Lama

**“Some people die at the age of 25,
but not buried until 75.”** Benjamin Franklin

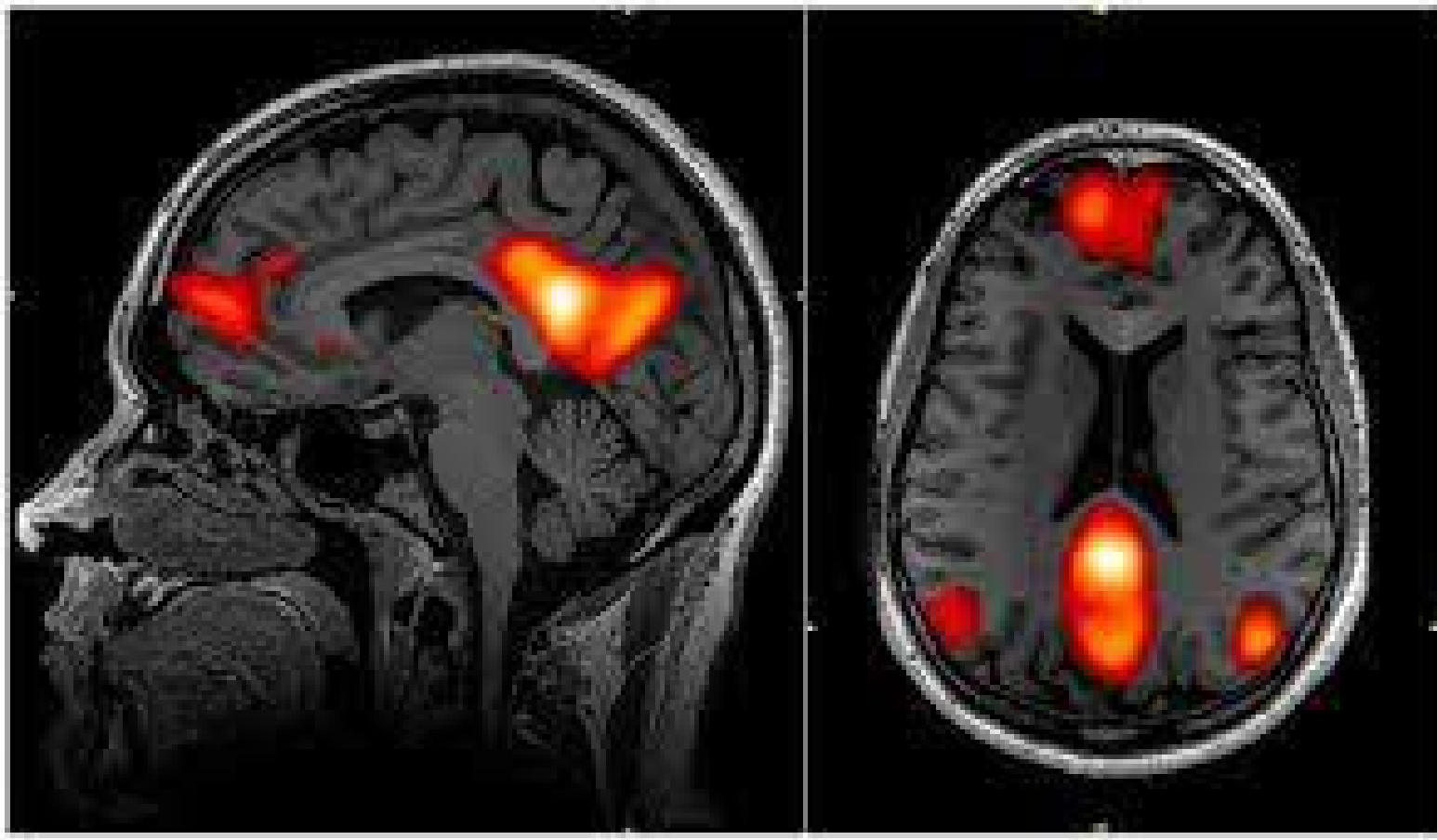


CONSCIOUS CHOICES





DEFAULT MODE NETWORK (DMN)



- Brain's Autopilot
- Stores Pain/Trauma
- Negativity Bias
- Fear
- Limiting Beliefs
- Seat of the EGO

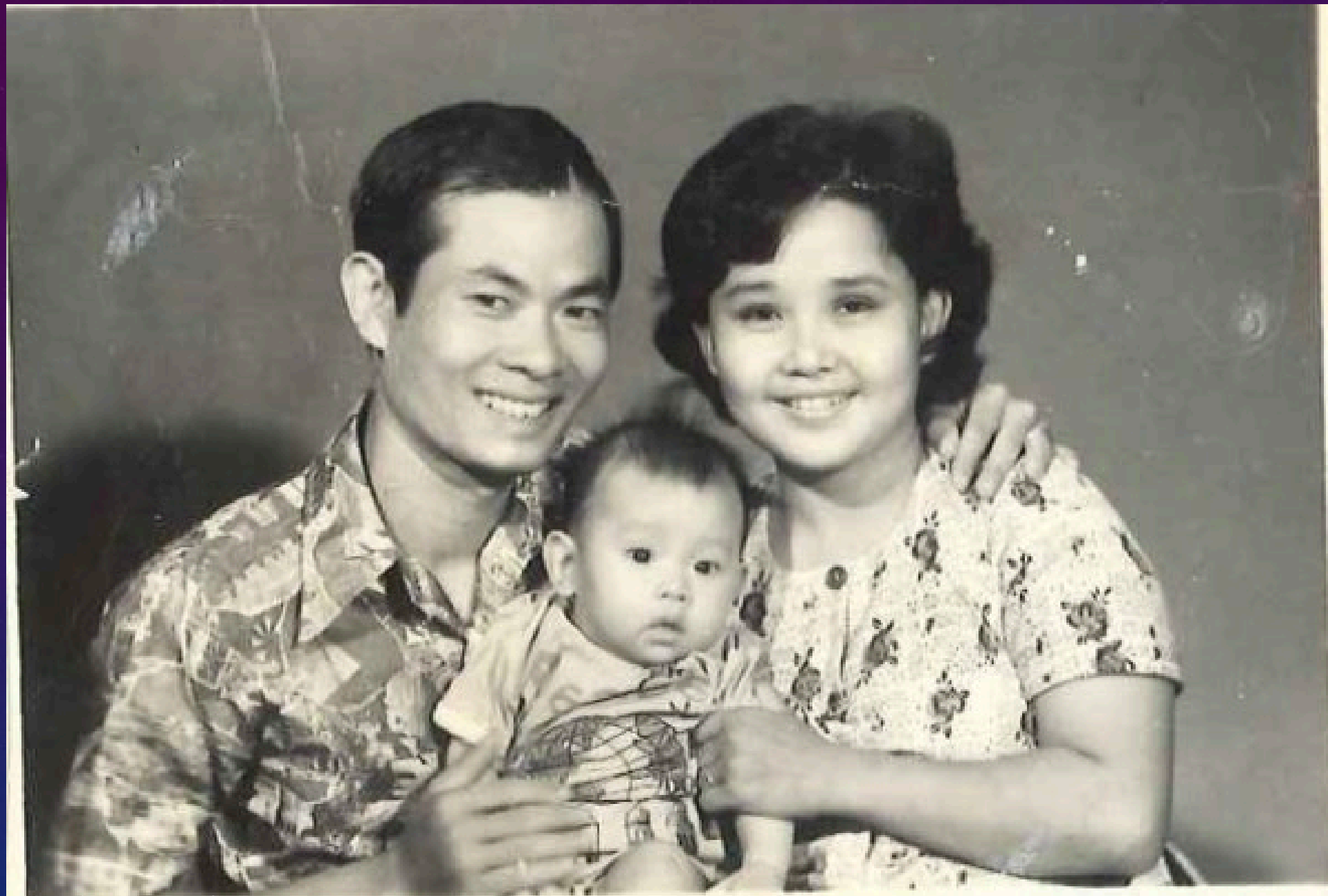
The DEFAULT MODE IS ON when you're not focused or paying attention





[Harpersbazaar.com](https://www.harpersbazaar.com) and
[time.com](https://www.time.com)

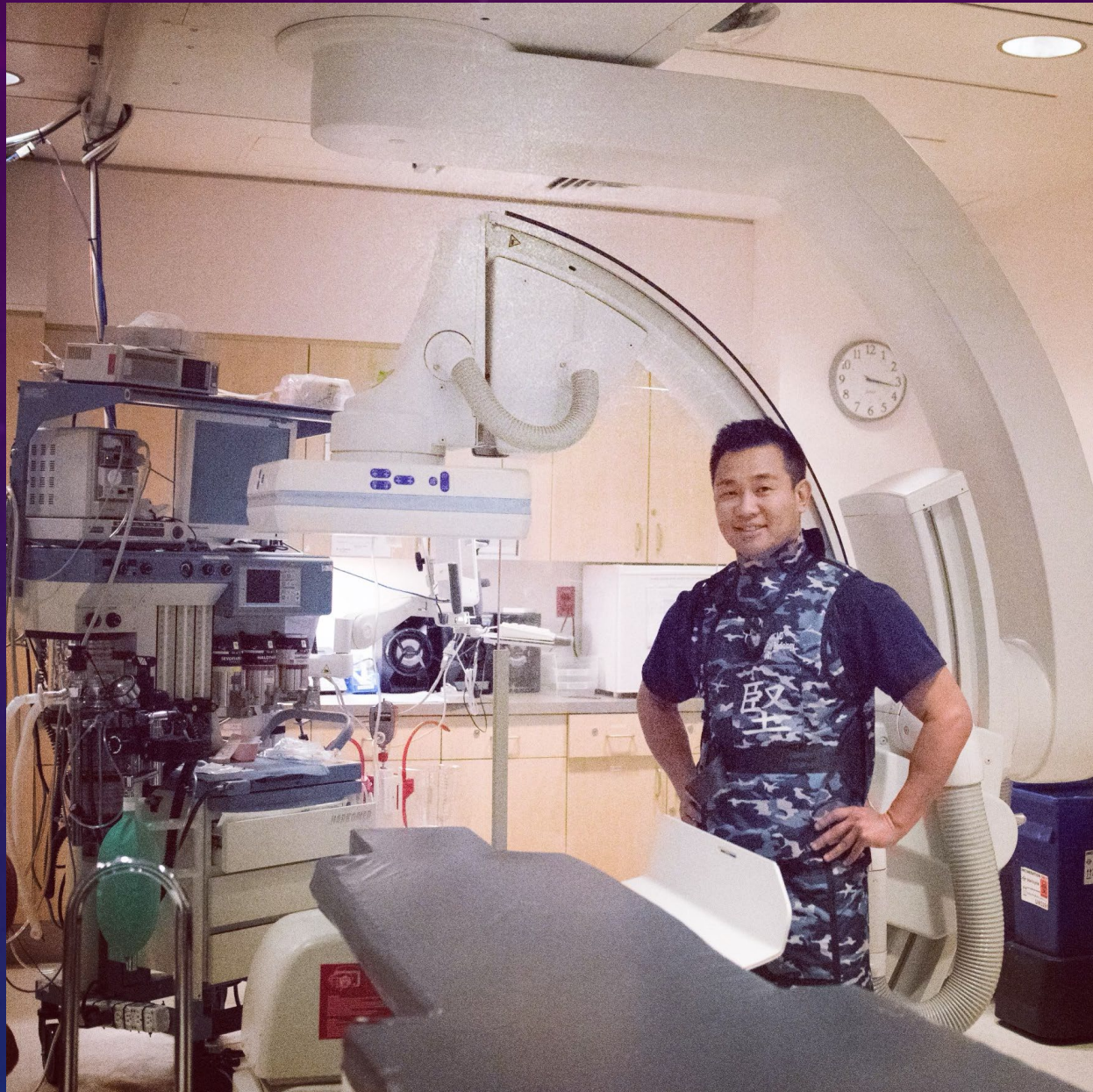




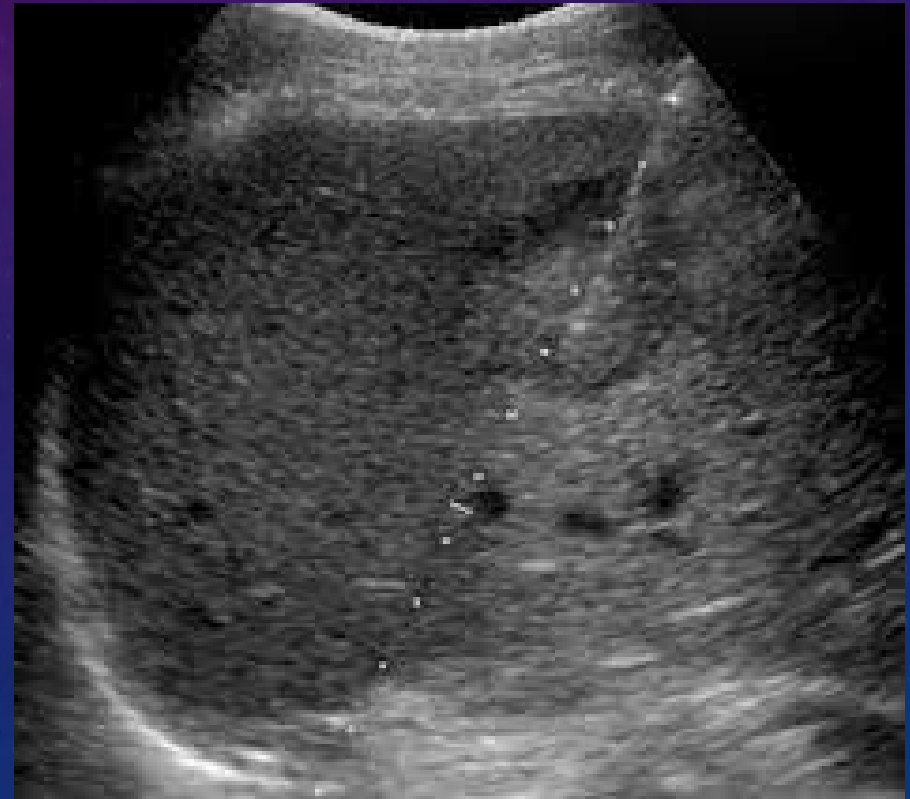
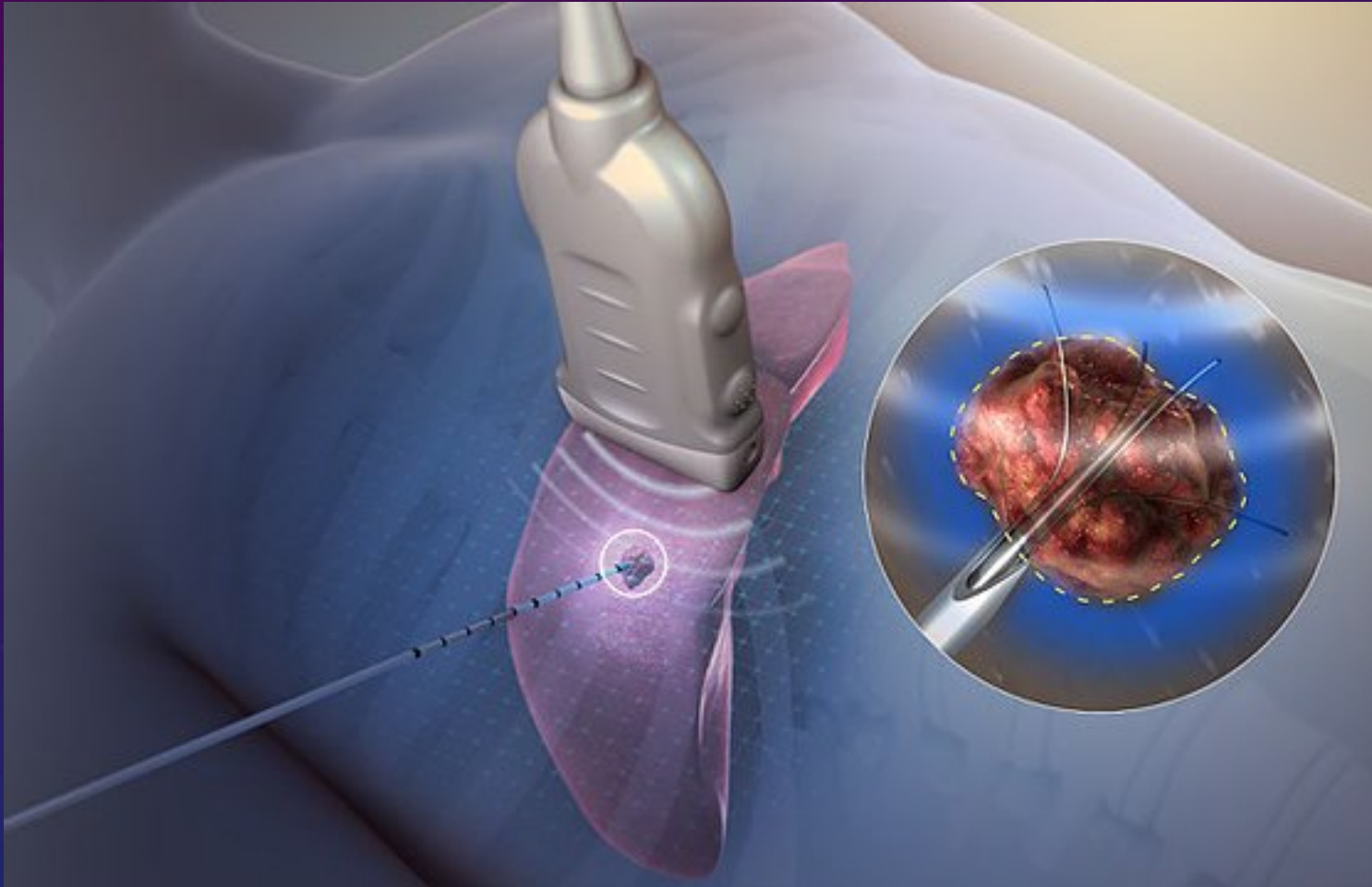








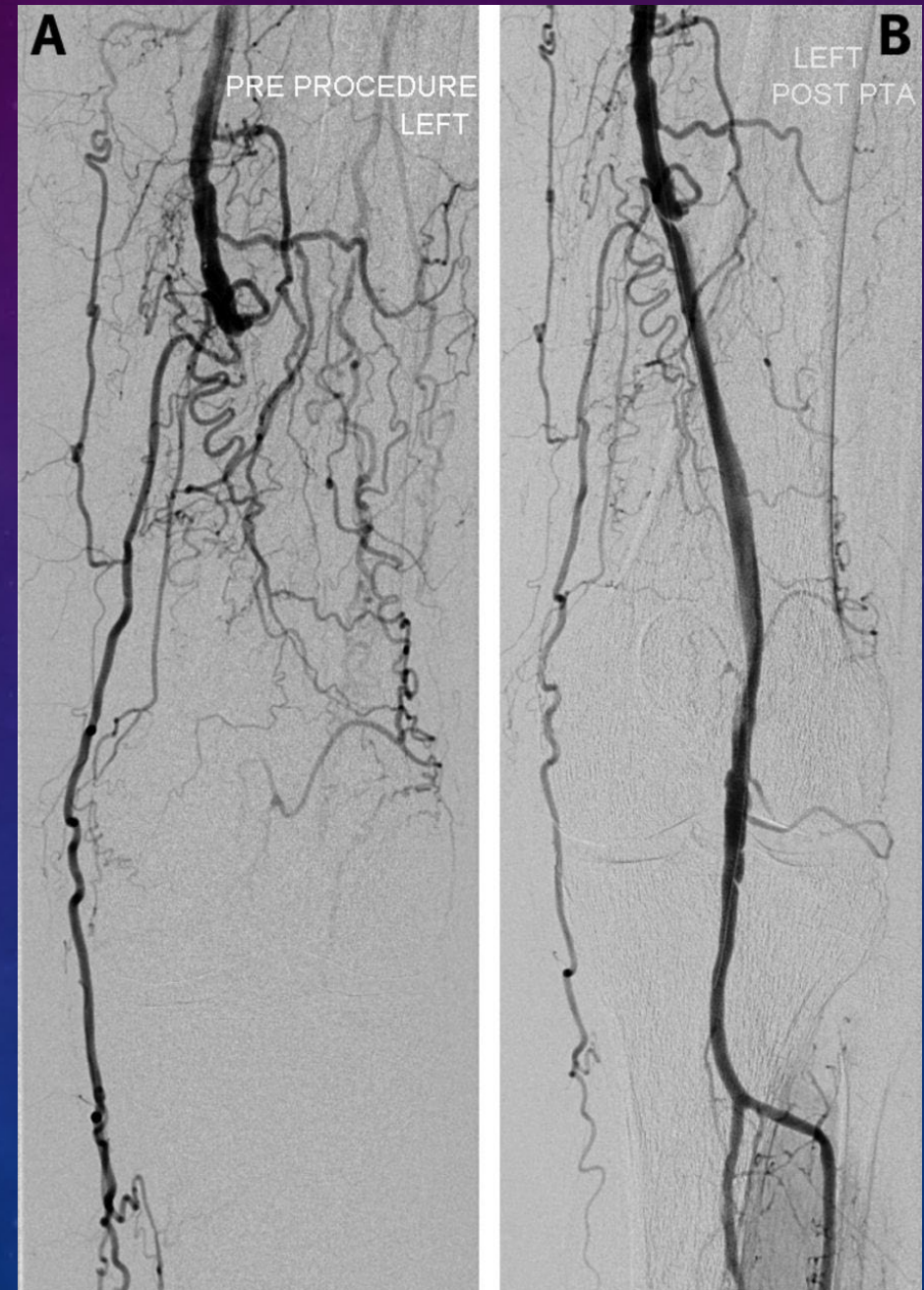
Ultrasound guided interventions



Reference: Wikipedia – Radiofrequency Ablation & pubs.rsna.org

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Real time x-ray



Source: surgery.ucsf.edu & bmj.com

Kienvuu.com - @doctorvmd

Magnetic Resonance Imaging




Source: forbes.com









“Man – because he would sacrifice his health in order to make money, then sacrifice his money to recuperate his health.”

Dalai Lama

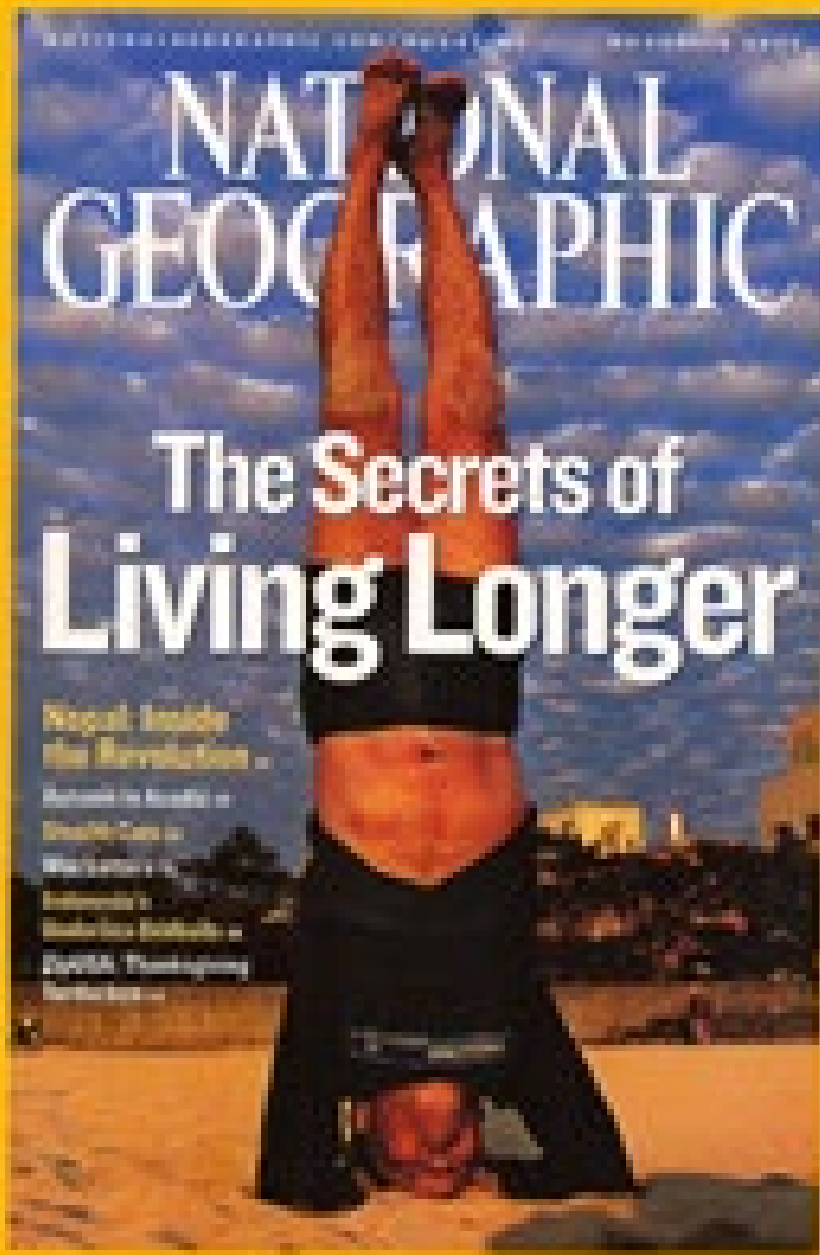


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The Blue Zones

Loma Linda, CA

Sardinia, Italy

Ikaria, Greece

Okinawa, Japan

Nicoya, Costa Rica

ANCIENT WISDOM



People in the Blue Zones
CHOSE to live in such a way that has unlocked the biology of longevity.



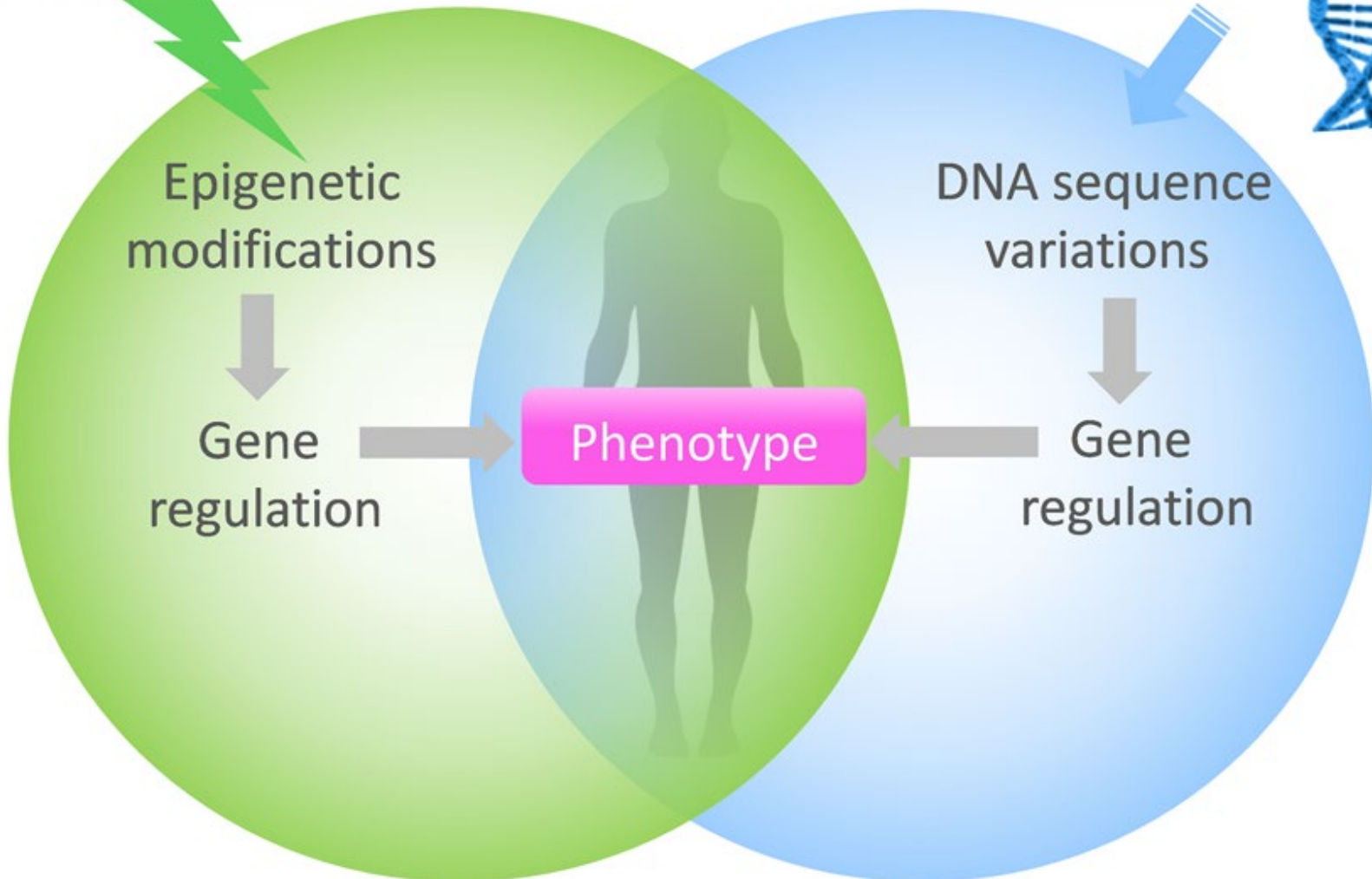
OPTIMIZED HUMAN POTENTIAL





Environment

Genetics



TELOMERES

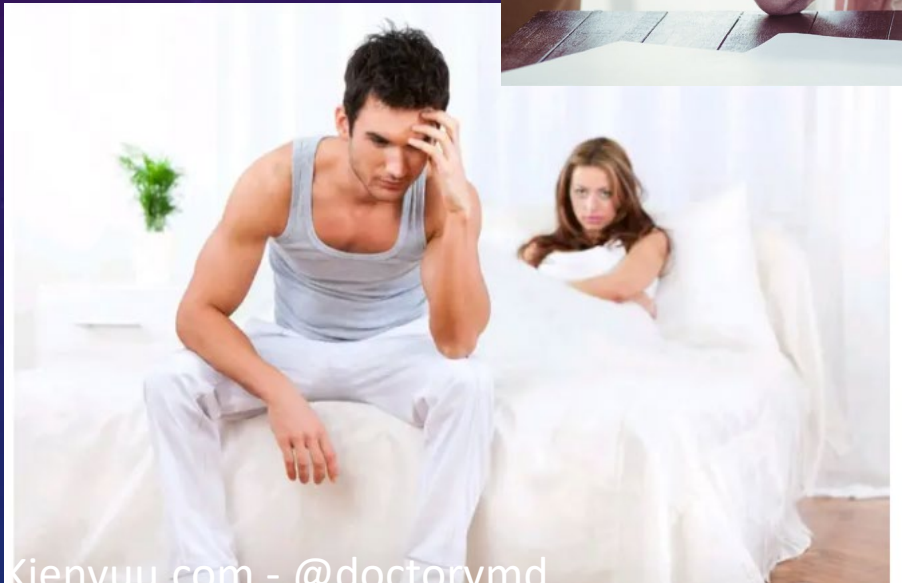
- ✓ Telomere length is inversely proportional to lifespan and age-related diseases.
- ✓ People with longer telomeres tend to be healthier and live longer.
- ✓ Unmitigated stress & negative thinking can shorten your telomeres.
- ✓ Shorter telomeres can be passed down to future generations.



Elizabeth Blackburn, Ph.D.

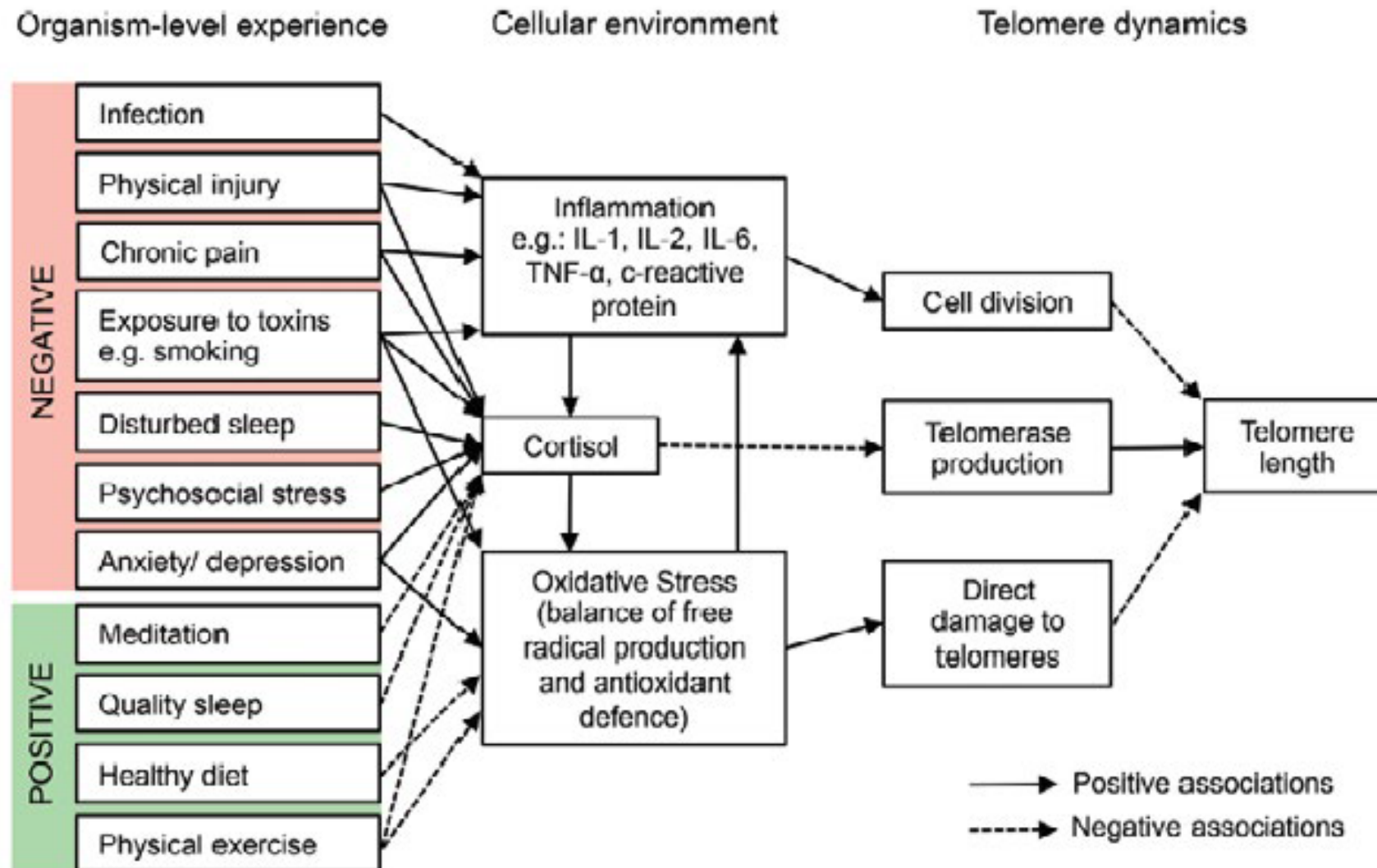


TELOMERES: Stress is... BAD !!!



TELOMERES: Positive Lifestyle is GOOD



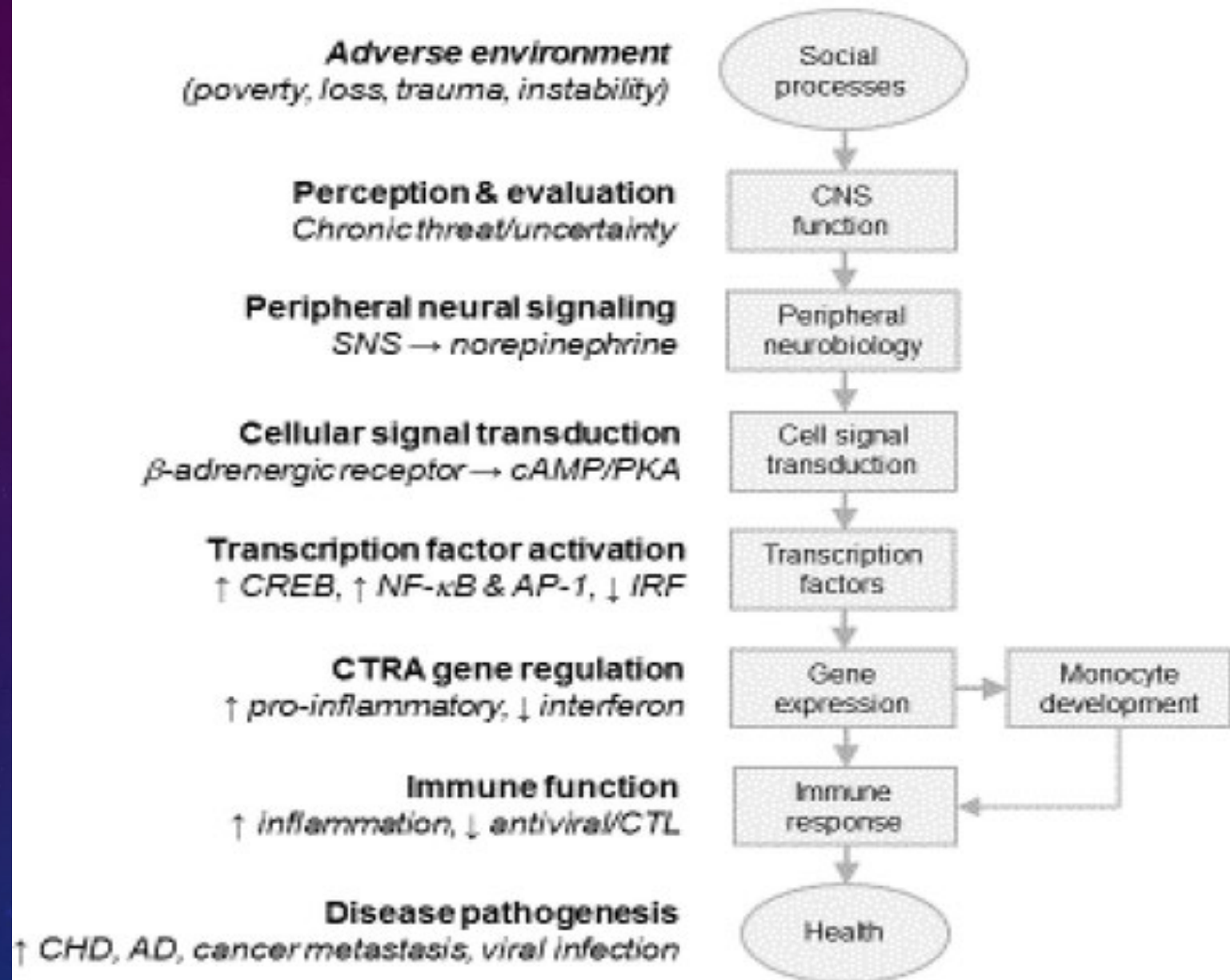


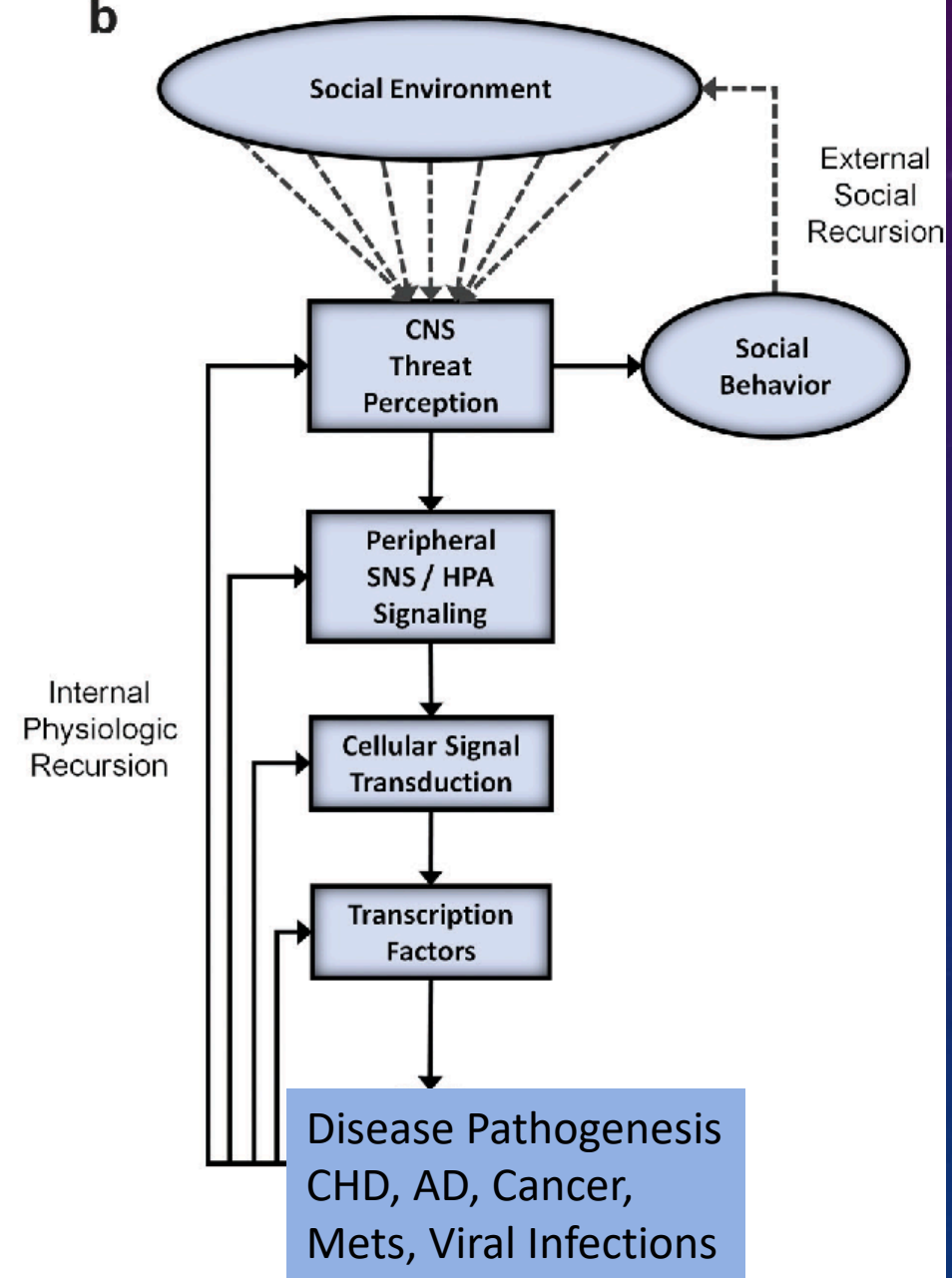
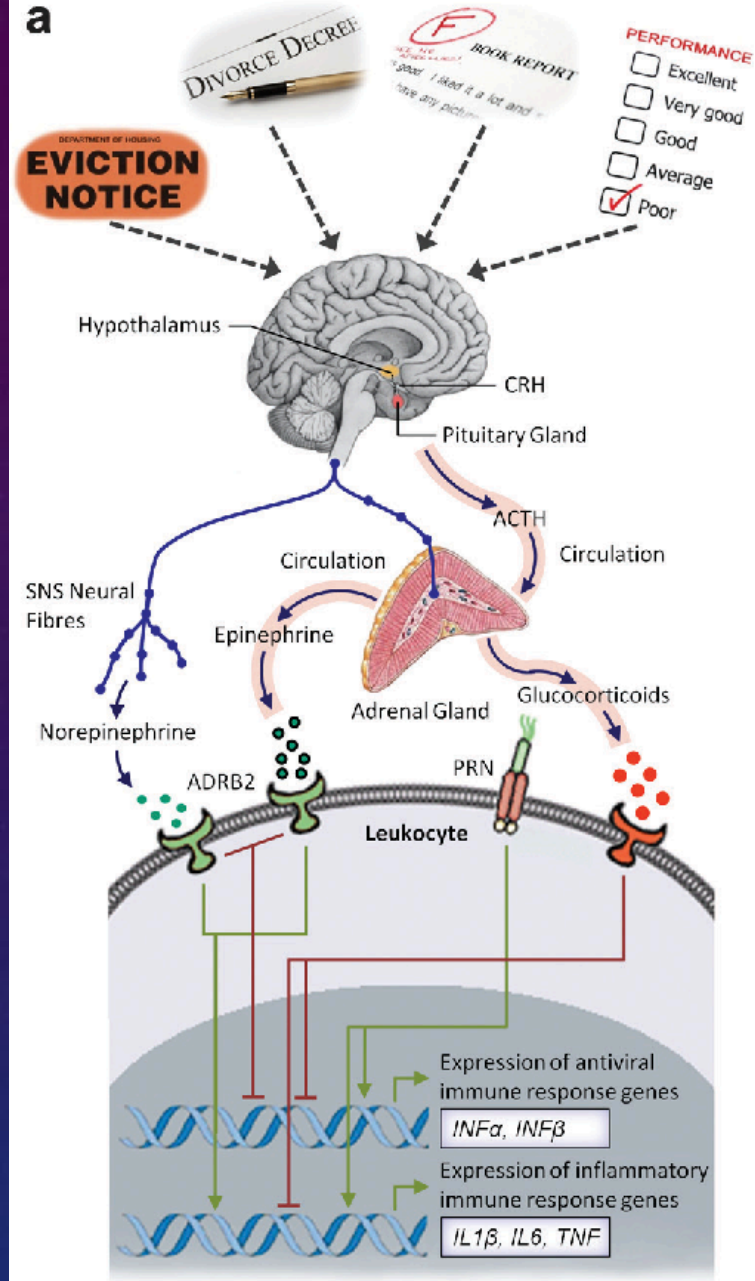
CTRA- Conserved Transcriptional Response to Adversity



The Fight-or-Flight Stress Response

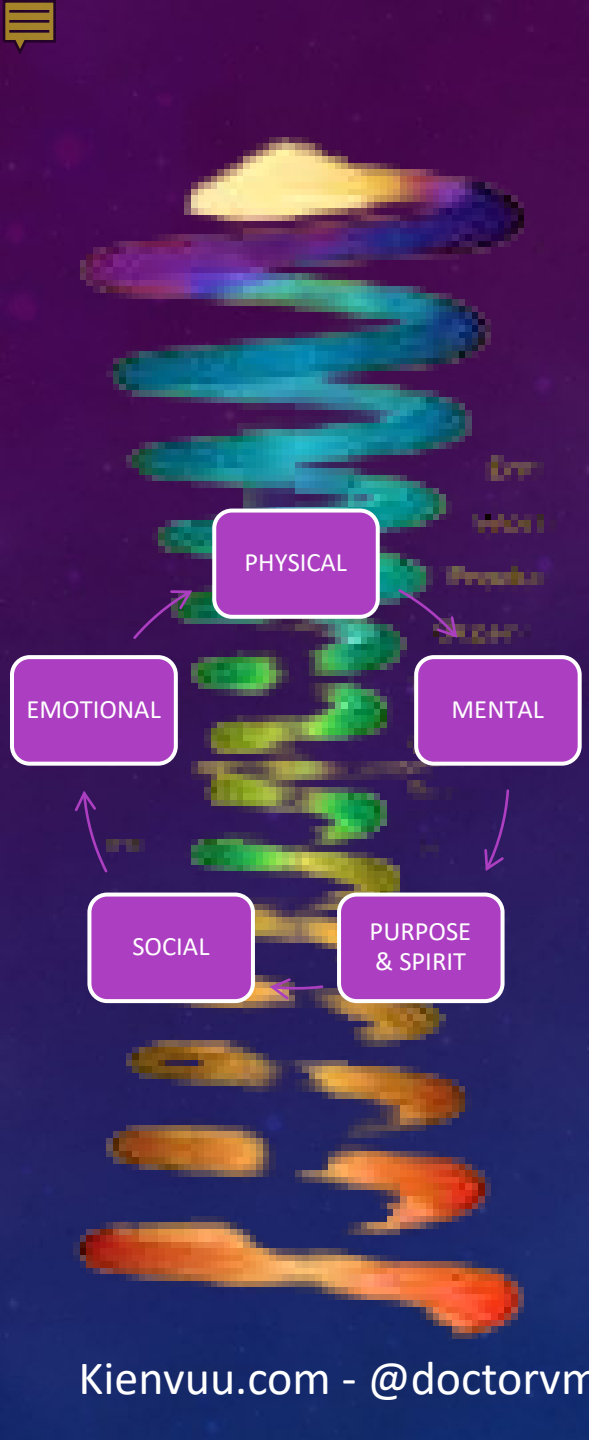
CTRA signal transduction





Where Science Meets **ART**

	Physical	Social	Emotional	Mental	Spiritual
Blue Zones	X	X	X	X	X
Telomeres	X	X	X	X	X
CTRA	X	X	X	X	X
Epigenetic Clocks	X	X	X	X	X



BIOENERGETIC STATE

7 BIOENERGETIC ELEMENTS (BEES)

- SLEEP
- NUTRITION
- MOVEMENT
- STRESS / EMOTIONS
- MINDSET/THOUGHTS
- RELATIONSHIPS
- PURPOSE



BIOENERGETIC BIOCHEMICAL MEDIATORS

- HORMONES
- NEUROTRANSMITTERS
- GROWTH FACTORS
- CYTOKINES
- PEPTIDES
- SIGNALING MOLECULES
- ENZYMES



THRIVE

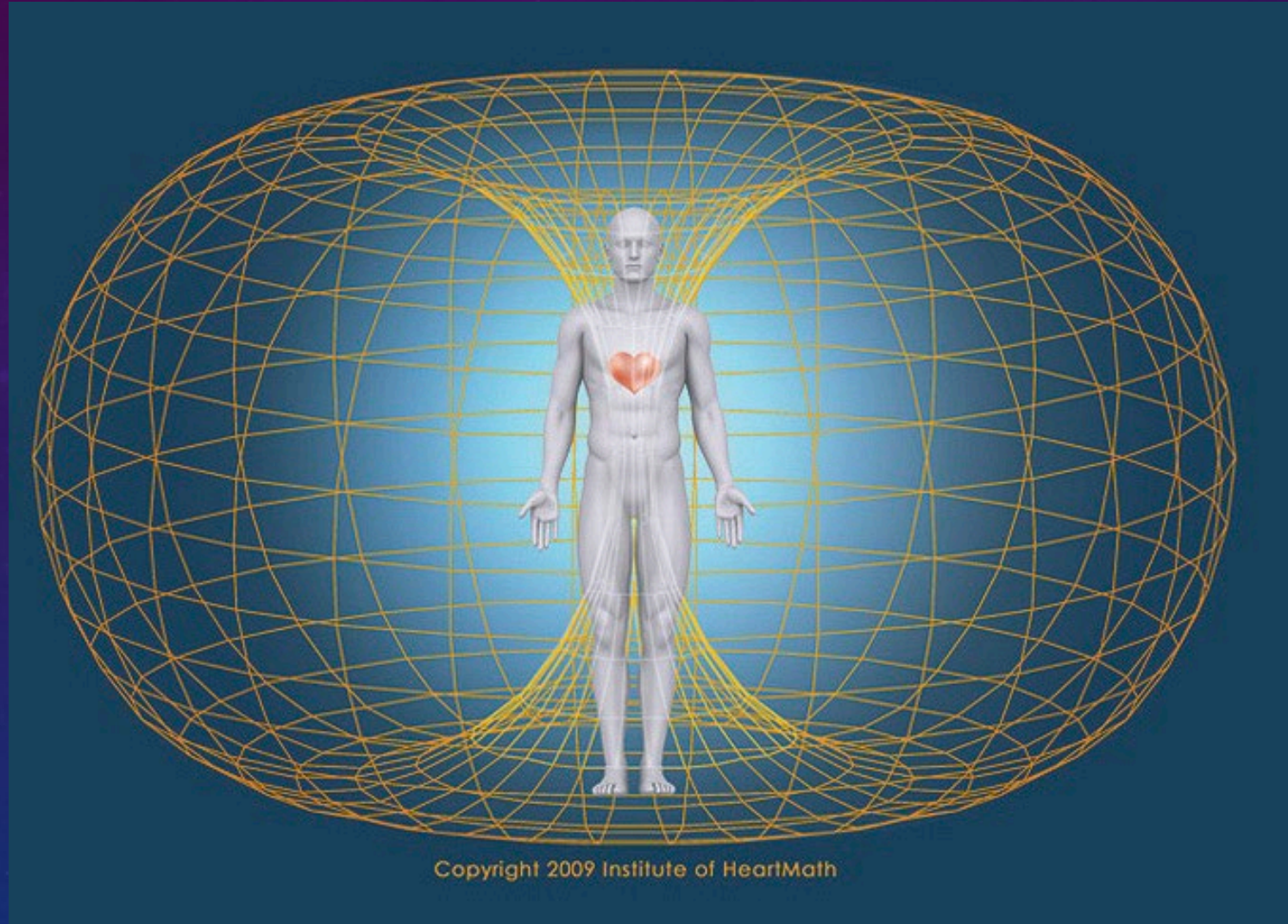
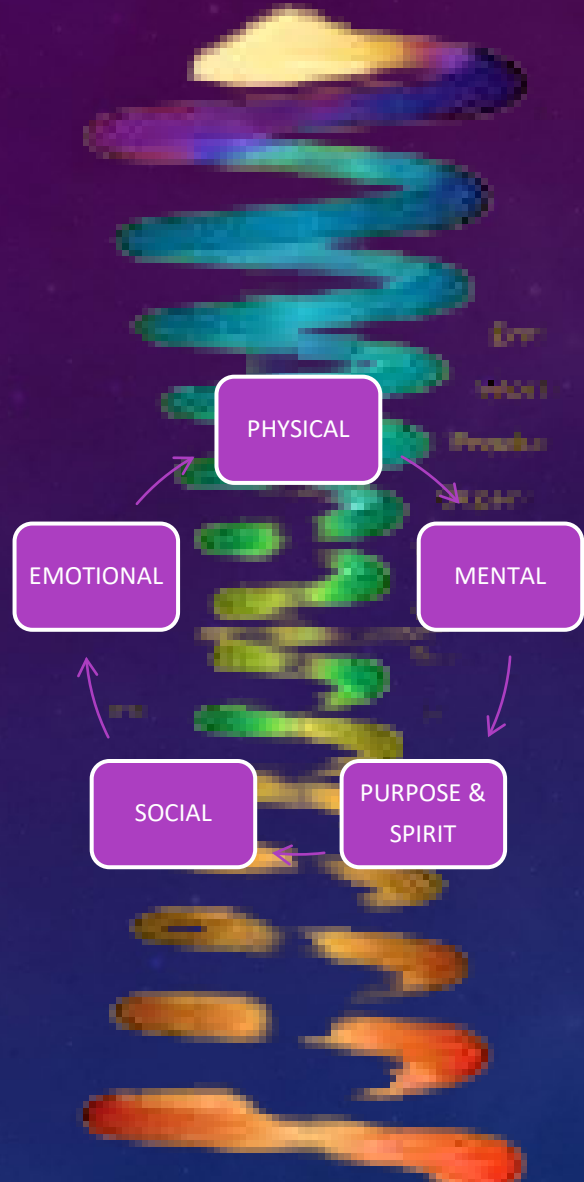


CELLS



STRESS / SURVIVE

BIOENERGETIC STATE



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POWER
OF
CHOICE
IS OURS**



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CHOICES

THRIVE

SURVIVE



CHOICES



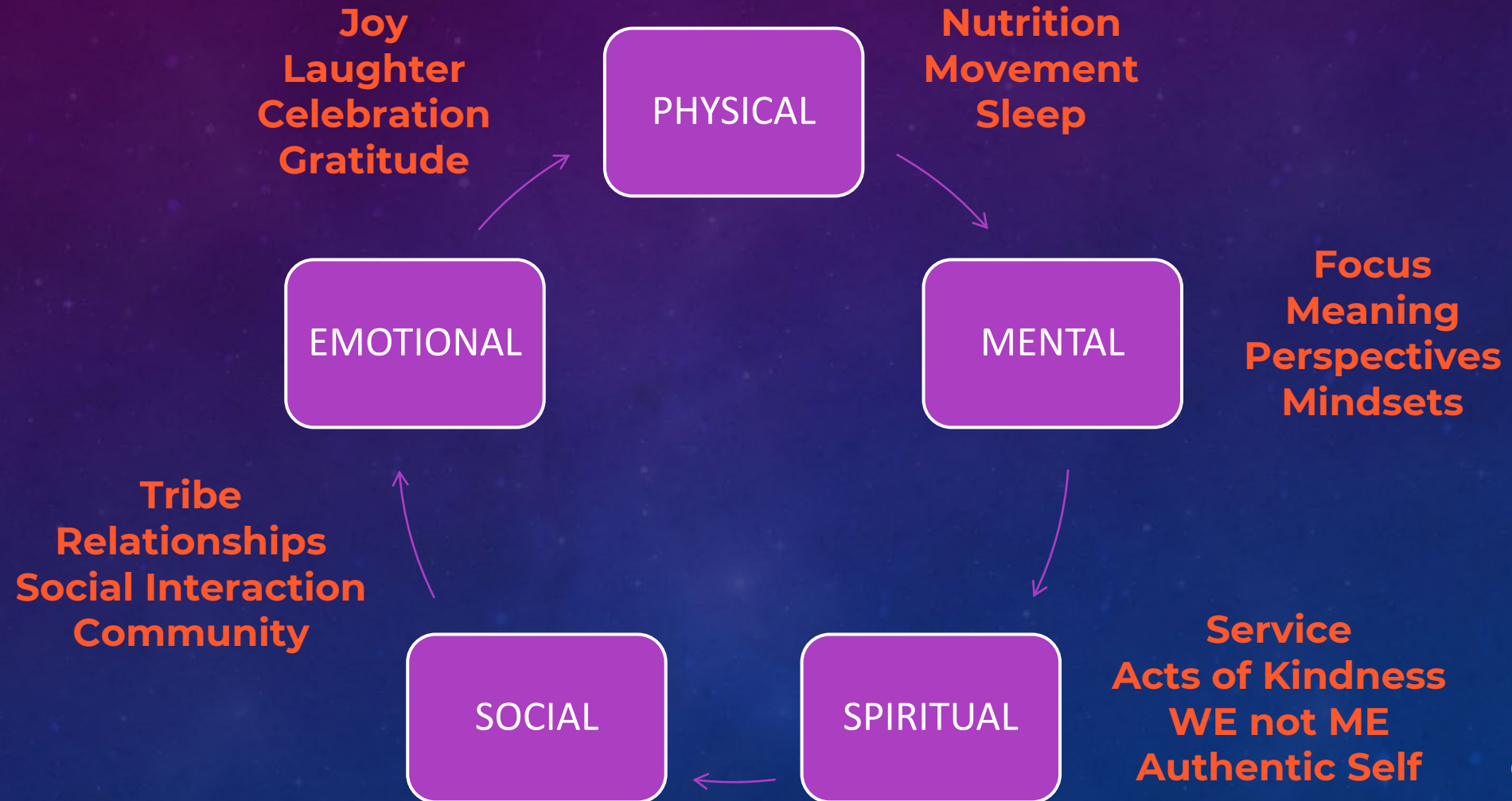
**Optimized Cells
Optimal Health
Longevity
Peak Performance**

**Suboptimal Cells
Poor Health
Chronic Symptoms
Chronic Disease**

THRIVE

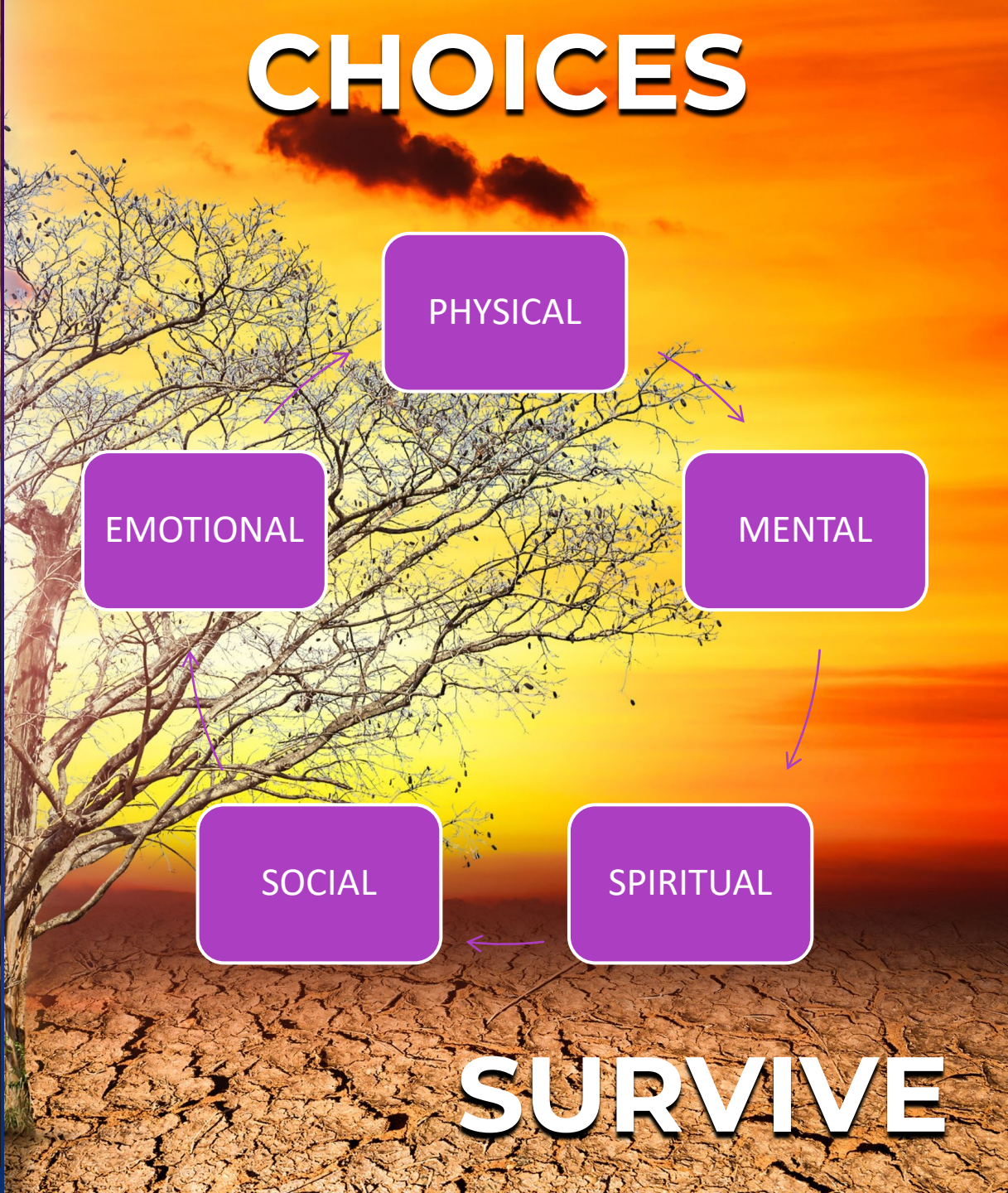
SURVIVE

THRIVE STATE PENTAD



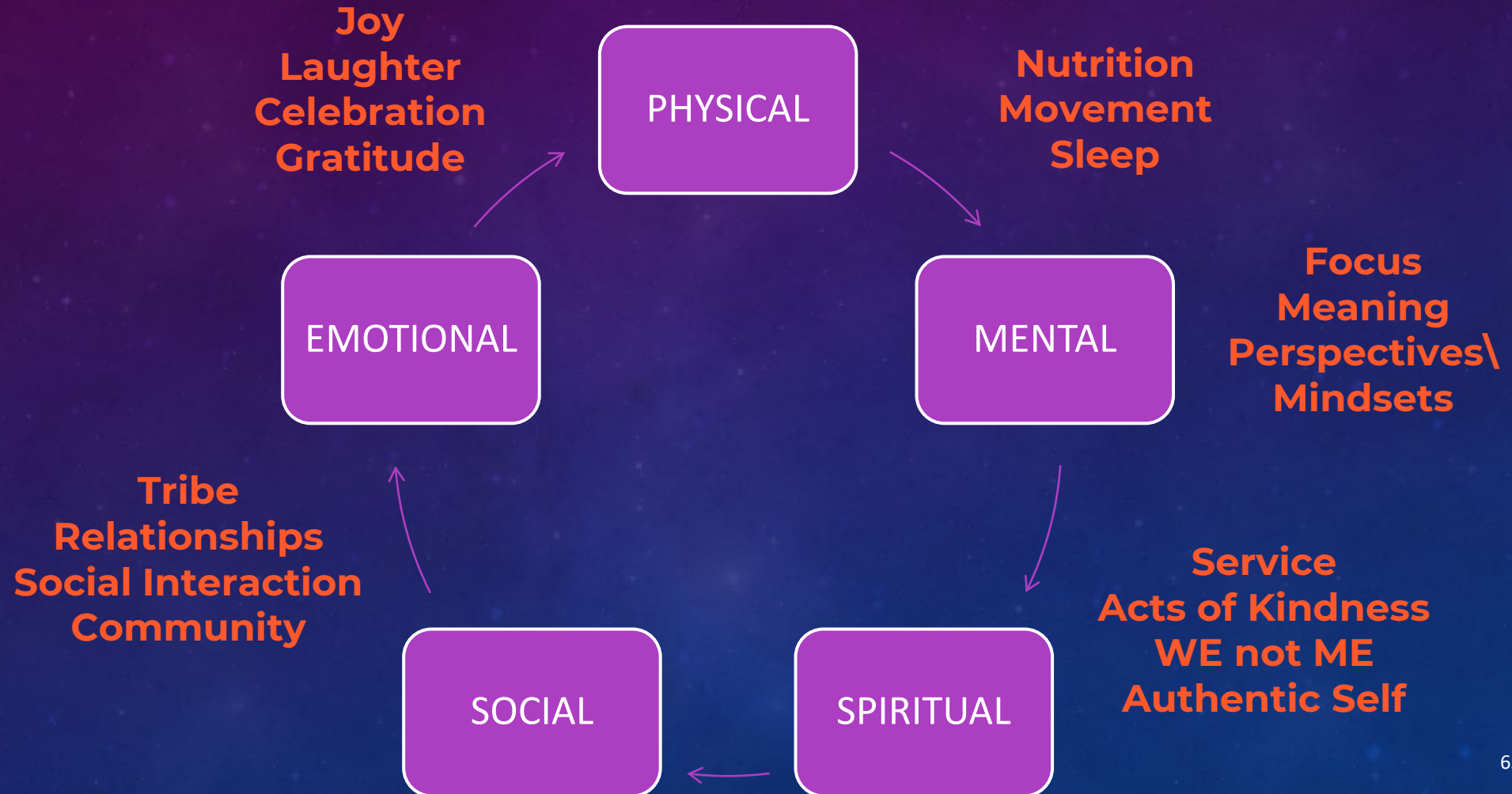


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**THE
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CHOICE
IS OURS**

THRIVE STATE PENTAD





**THE SCIENCE OF LONGEVITY
(*TECHNOLOGY*)
AND
THE ART OF LIVING
(*CHOICES*)**

CHOICES



THRIVE



**THE
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CHOICES

Joy
Laughter
Celebration
Gratitude

PHYSICAL

Nutrition
Movement
Sleep

EMOTIONAL

MENTAL

Focus
Meaning
Perspectives
Mindsets

Tribe
Relationships
Social Interaction
Community

SOCIAL

SPIRITUAL

Service
Acts of Kindness
WE not ME
Authentic Self

THRIVE

SURVIVE

THRIVE STATE PENTAD

PHYSICAL

THRIVE STATE PENTAD

SLEEP

- Regular sleep schedule (7-9 hrs)
- No food or blue light 2-3 hours before bed
- Early morning sunlight
- Environment (light, temperature, ambiance)

PHYSICAL

MOVEMENT

- More walks in nature
- Strength training
- Aerobic
- Balance and Stretching

NUTRITION

- Reduce sugar & starches/processed foods
- Limit Smoking and Alcohol
- Anti-Inflammatory diet (Omega 3s, Fiber, Antioxidants)

NUTRIENT
DEFICIENCIES
CAN CAUSE
***NERVE
PROBLEMS***

Vitamin B1

Vitamin B6

Vitamin B12

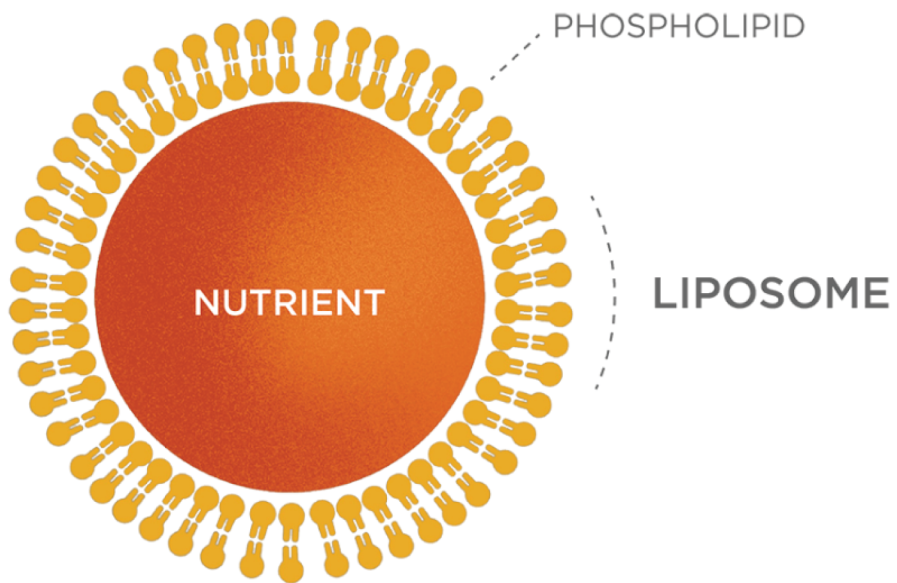
Vitamin D

Vitamin E

Copper

Magnesium

LIPOSOMAL ENCAPSULATION DELIVERS **MORE NUTRIENTS**



Liposomes are double-layered bubbles that **protect and deliver nutrients** to cells throughout the body



Because of their composition, liposomes **can pass through** the intestinal wall and into the bloodstream for distribution to the cells



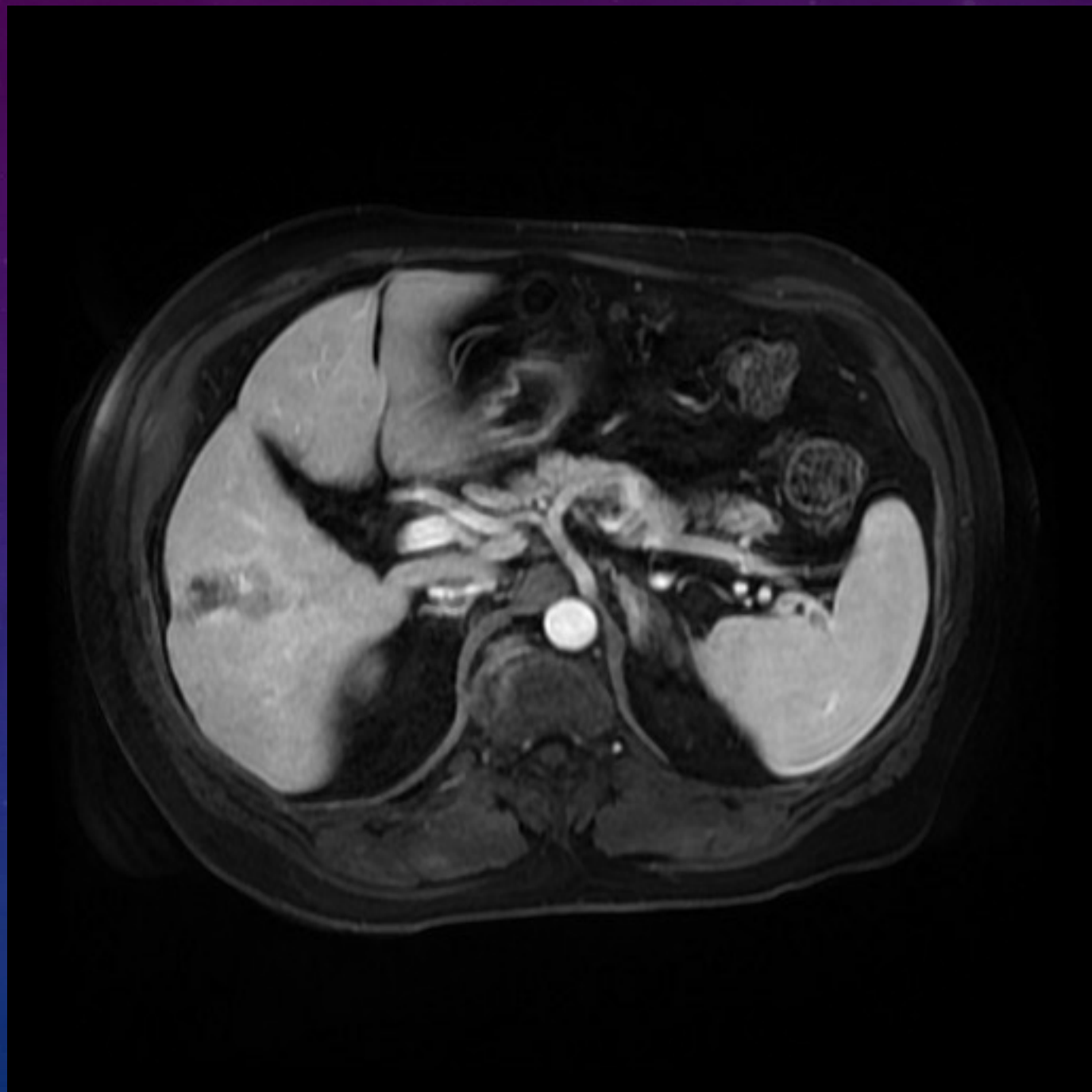
From there, they can assimilate into the cells and through the cell membrane to **release the nutrients**

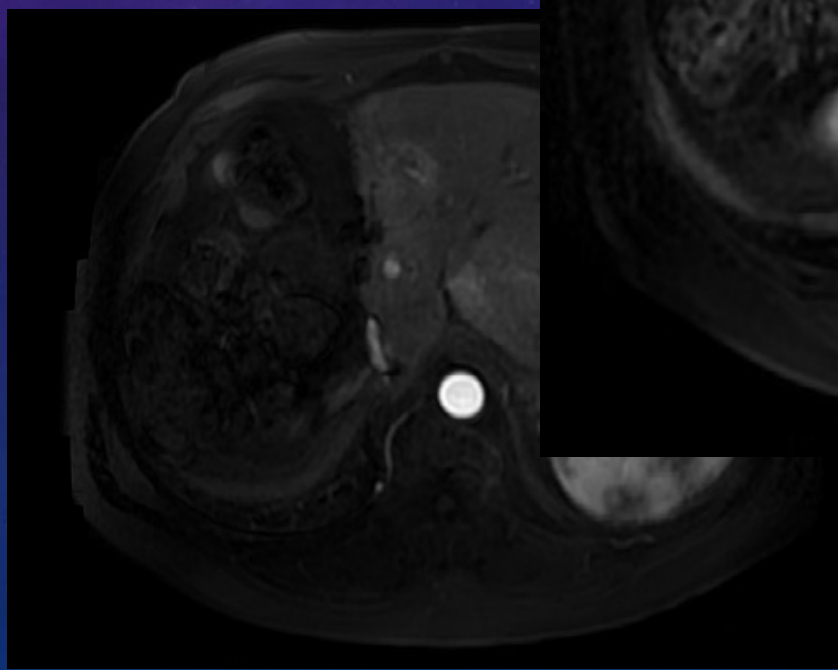
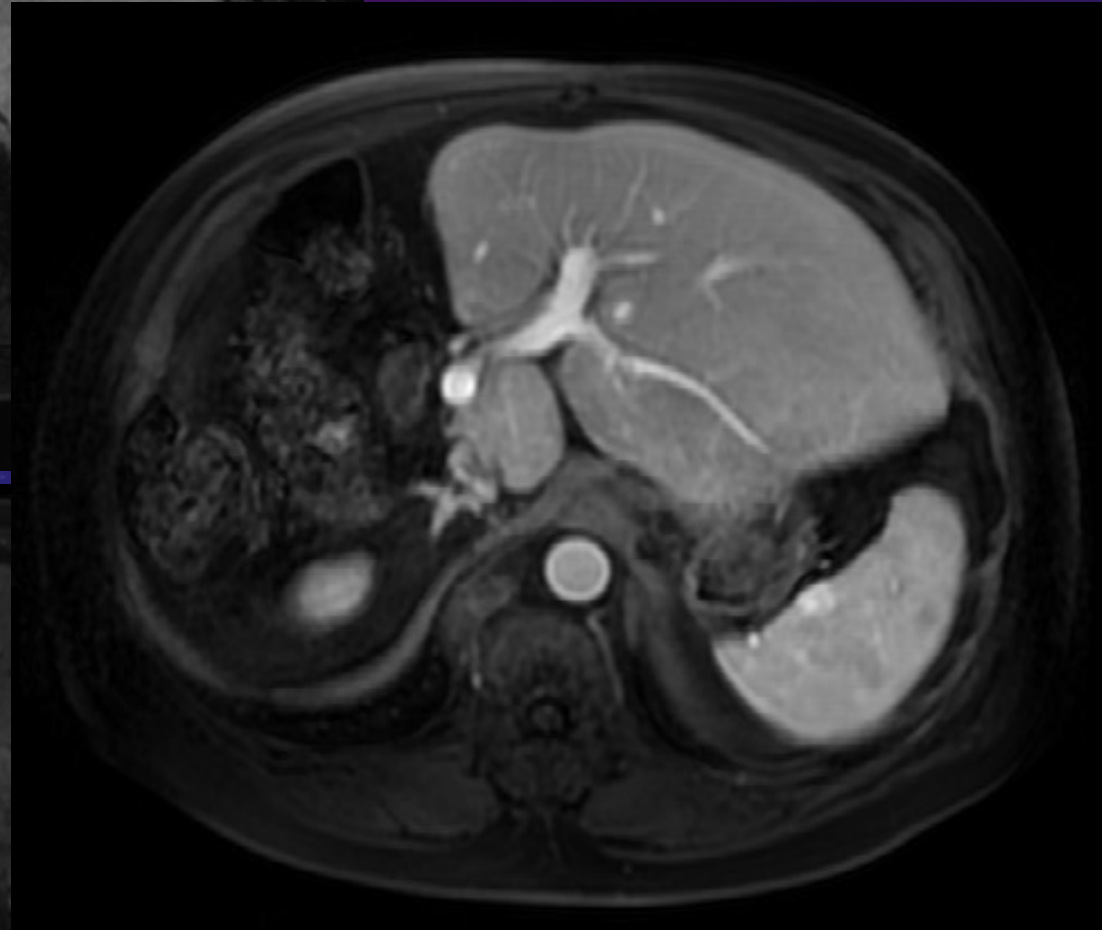
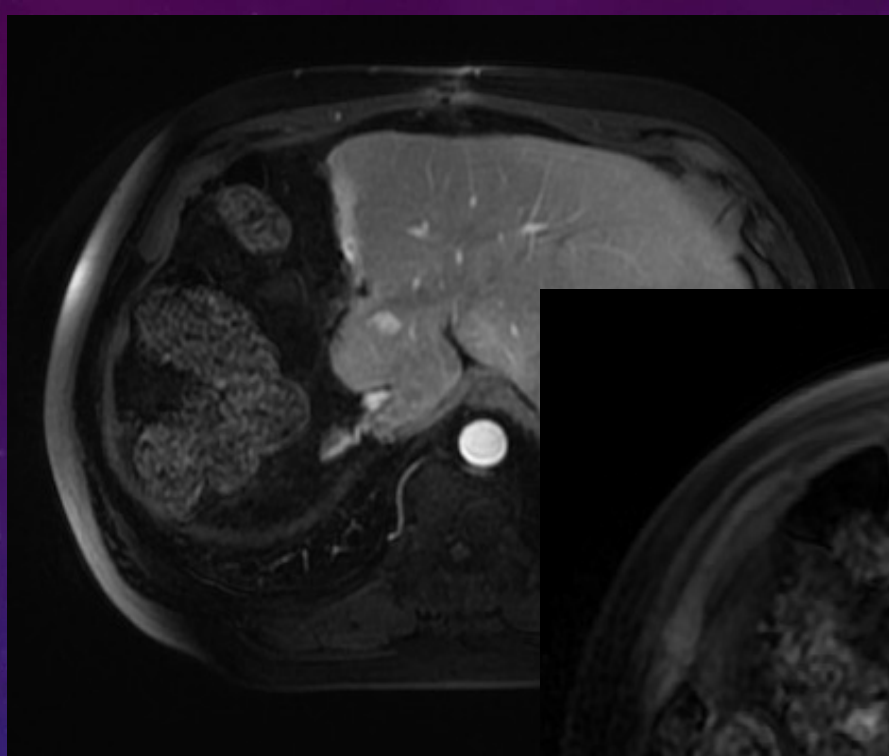
THRIVE STATE PENTAD

POSITIVE NURTURING RELATIONSHIPS

- Set boundaries
- Interest tribe
- Accountability partner

SOCIAL





Apr 18, 2019, 3:42 PM

Hi Dr. Vuu. I think of you often. You are an inspiration to me. I started working with an acting coach and loving it also Carrie and I will be great grandparents in November. Our first grandchild is pregnant . Life is good. I will never forget you. Love you man

Aug 21, 2020, 3:32 PM

Hey Dr. Vuu. Just spoke with Dr. Lam. No sign of any tumor coming back. Hope you are safe and well. Love you man.

Nov 19, 2019, 12:42 PM

Hi Dr Vuu.
I can see you are doing good things everywhere. Seems like you are happy and I am happy for you . I am still doing well. Having fun with my grandchildren. They are awesome of course. We have 11 and the 2 oldest are married. I will live to see great grandchildren. How great is that? Love ya Doc.

Yesterday 5:25 PM

Still doing well. No cancer and no hep c. Carrie and I are happy for you and your beautiful family. Our family keeps getting bigger. We now have 11 grandchildren and 3 great grandchildren. We are blessed. Love you Dr Vuu.

THRIVE STATE PENTAD

POSITIVE NURTURING RELATIONSHIPS

- Set boundaries
- Interest tribe
- Accountability partner

SOCIAL

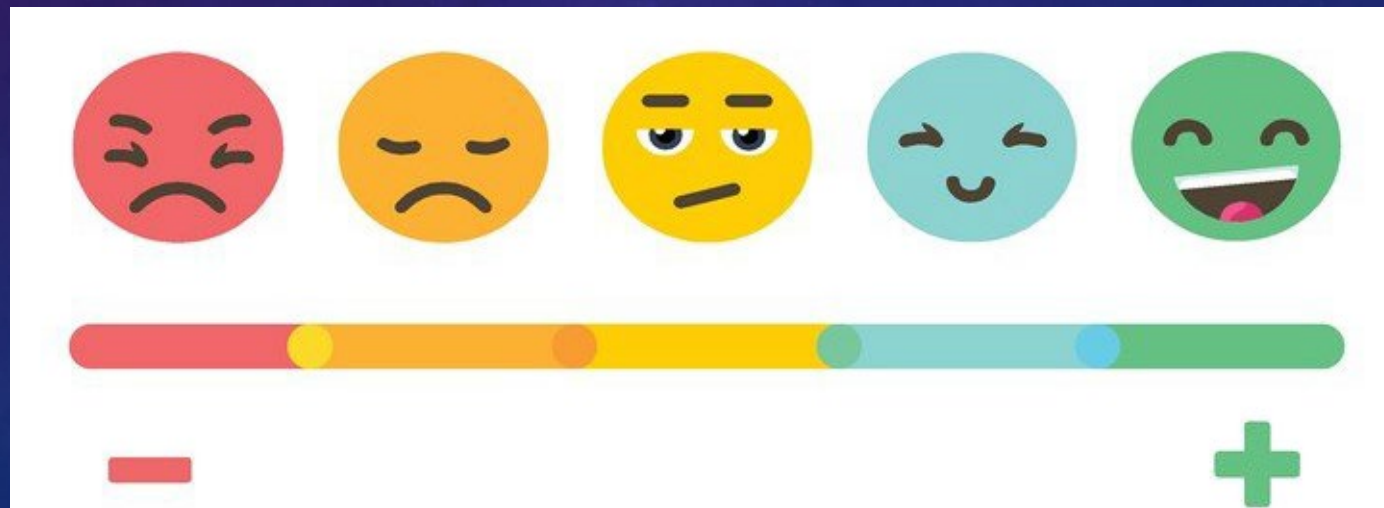
CONTACT 3 PEOPLE

- 1. Thank
- 2. Serve
- 3. Forgive

THRIVE STATE PENTAD

EMOTIONAL

- Exercise
- Breathwork
- Chi Gong
- Massage
- Journaling
- Play



CHOICES

Joy
Laughter
Celebration
Gratitude

PHYSICAL

Nutrition
Movement
Sleep

EMOTIONAL

MENTAL

Focus
Meaning
Perspectives
Mindsets

Tribe
Relationships
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SOCIAL

SPIRITUAL

Service
Acts of Kindness
WE not ME
Authentic Self

SURVIVE

THRIVE

THRIVE STATE PENTAD

SPIRITUAL

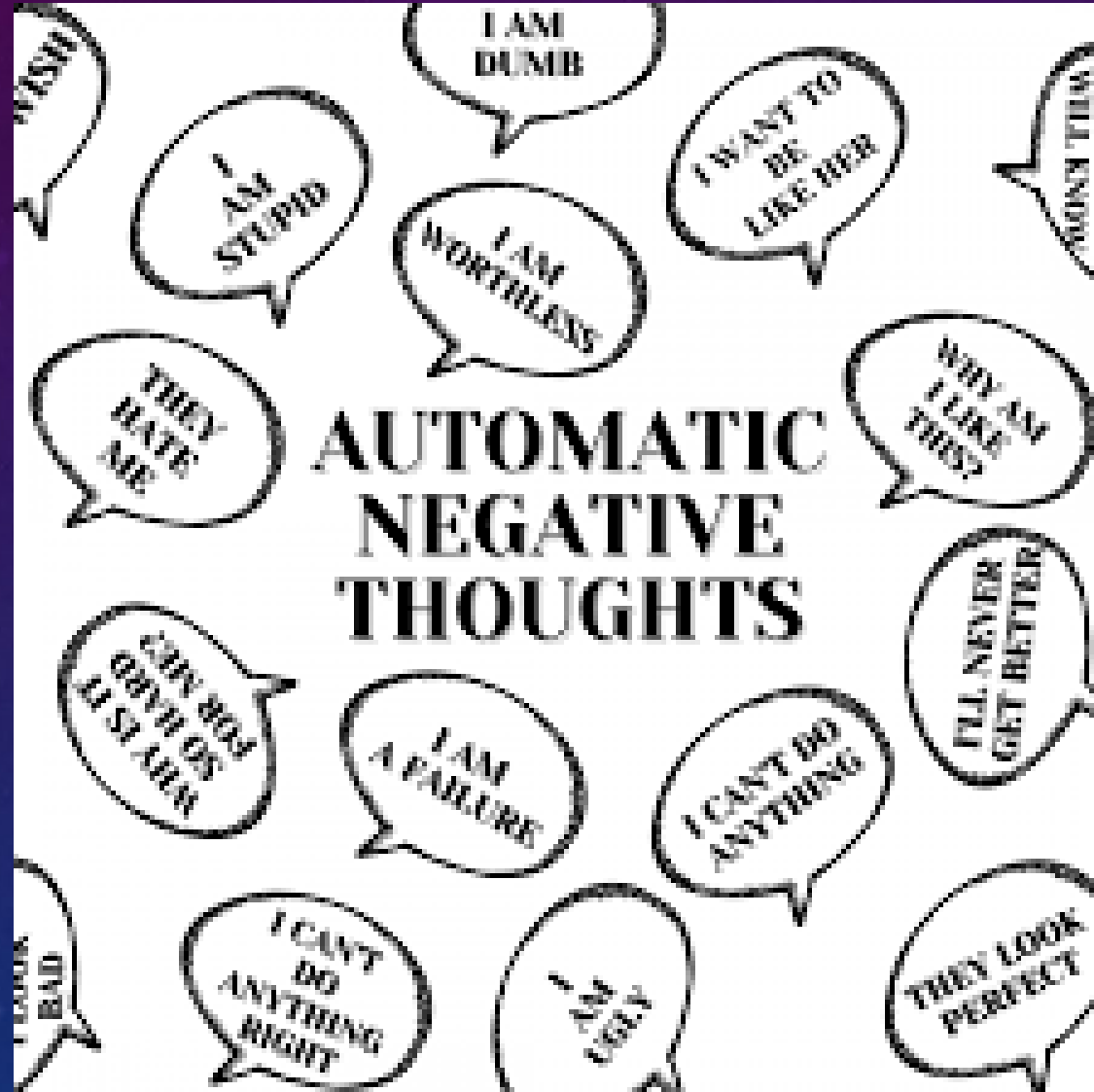
“The meaning of life is to **find your gift, the purpose of life is to give it away.”**

Pablo Picasso

THRIVE STATE PENTAD

MENTAL

THRIVE STATE PENTAD



THRIVE STATE PENTAD

FOCUS

- Can/can't control
- Have/don't
- Past or present/future

MENTAL

MEANING

- failure/learning opportunity
- Curse/blessing

**BELIEFS/
MINDSETS**

STORY

The most important decision we make is whether we believe we live in a friendly or hostile universe.

Albert Einstein

Life is simple. Everything happens for you, not to you.

Byron Katie

THRIVE STATE PENTAD

FOCUS

- Can/can't control
- Have/don't
- Past/present or future

MENTAL

MEANING

- failure/learning opportunity
- Curse/blessing

BELIEFS
MINDSETS

STORY

MEANING



“Forgiveness liberates the soul. It removes fear... Resentment is like drinking poison and hoping it will kill your enemies.”

“As I walked out the door toward the gate that would lead to my freedom, I knew that if I didn’t leave my bitterness and hatred behind, I’d still be in prison.”

THRIVE STATE PENTAD

FOCUS

- Can/can't control
- Have/don't
- Past/present or future

MENTAL

MEANING

- failure/learning opportunity
- Curse/blessing

BELIEFS
MINDSETS

STORY

STORY



**YOUR BIOGRAPHY DICTATES YOUR
BIOLOGY**

CHOICES

Joy
Laughter
Celebration
Gratitude

PHYSICAL

Nutrition
Movement
Sleep

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SOCIAL

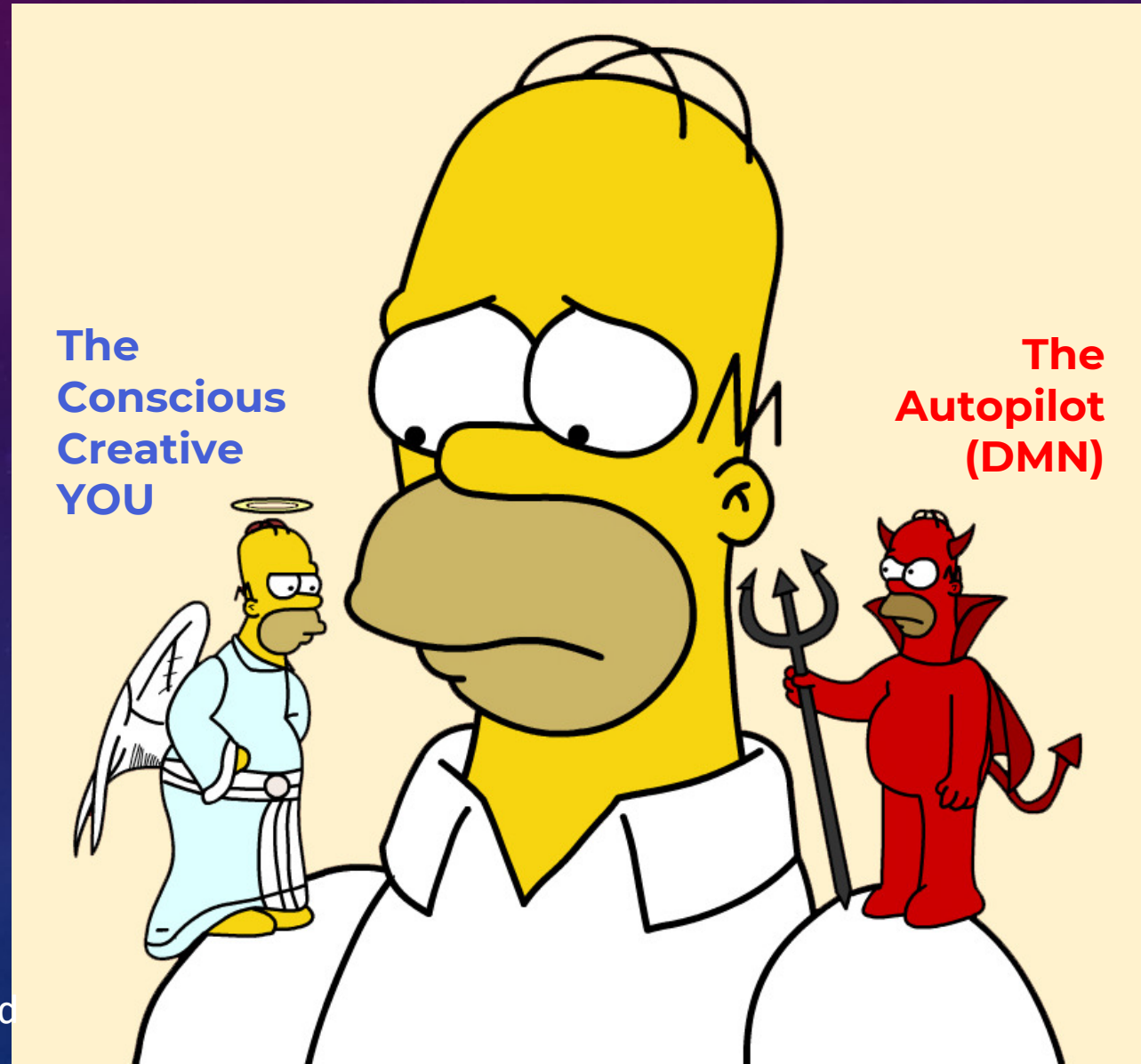
SPIRITUAL

Service
Acts of Kindness
WE not ME
Authentic Self

THRIVE

SURVIVE


WHAT CHOICE WILL YOU MAKE?



**THE
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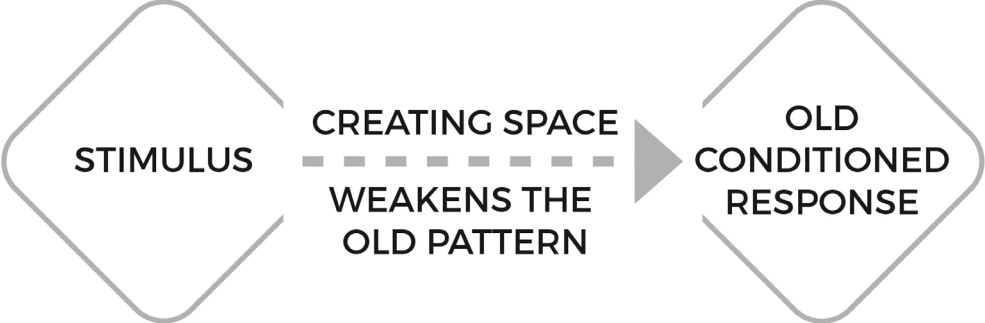
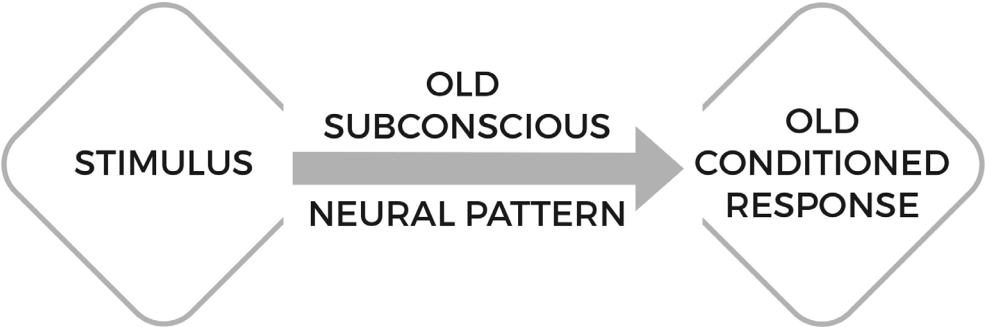


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“Between stimulus and response there’s a **space**. In that space is our power to **choose** our response. In our **response**, lies our growth and freedom.”

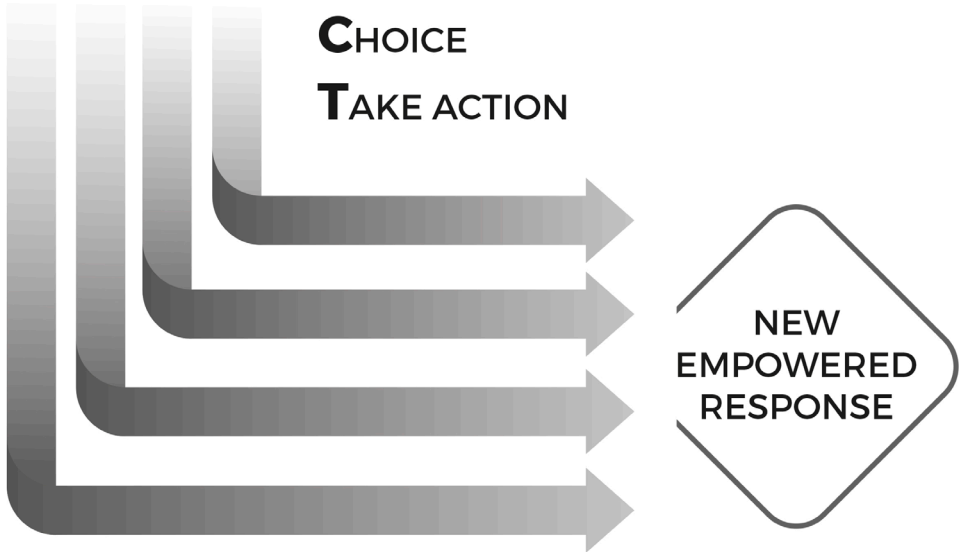
Victor Frankl



AWARENESS

CHOICE

TAKE ACTION



REPEATED ACTION WITH NEW INTENTION CREATES A NEW NEURAL PATTERN

CHOICES

RESPOND

REACT

CURIOSITY

JUDGEMENT

FORGIVE

RESENT

LOVE/GRATITUDE

FEAR/ANGER

HEART

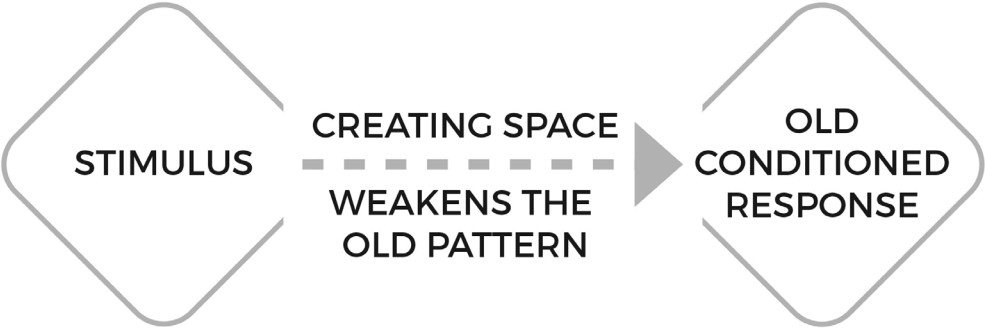
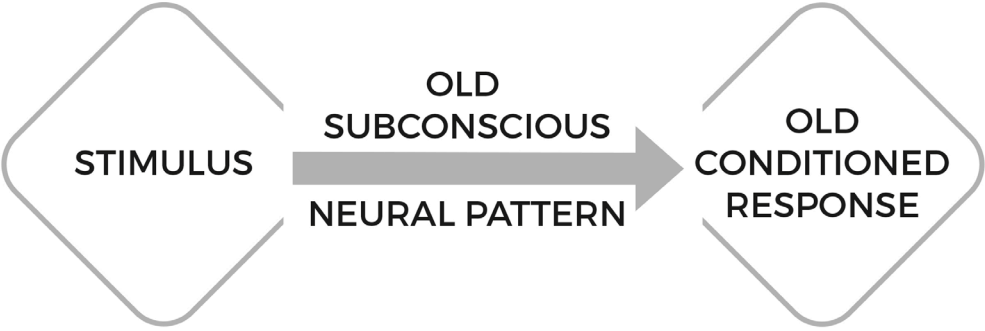
HEAD

WE

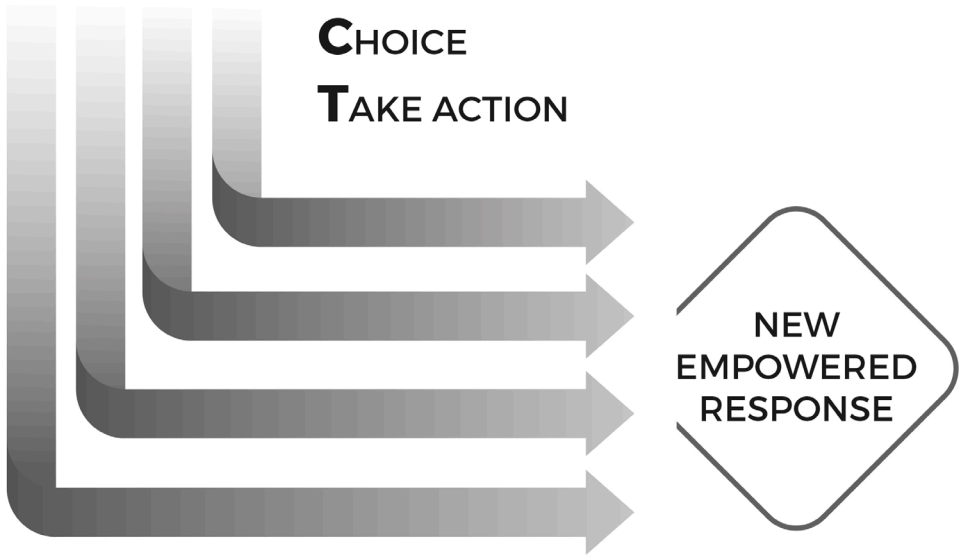
ME

THRIVE

SURVIVE



AWARENESS
CHOICE
TAKE ACTION



REPEATED ACTION WITH NEW INTENTION CREATES A NEW NEURAL PATTERN







**HEAT
PRESSURE
TIME**

=

TRANSFORMATION

**THE
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CHOICE
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Let's Connect

Get In Touch With Me.

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Questions?

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Do you like us? Please consider supporting us so that we can continue to fulfill our mission of improving the lives of people living with Peripheral Neuropathy. You can give securely online, via mail or via phone. Every dollar matters!

Can we help with anything else? Call 847-883-9942 or email info@tffpn.org. You may also mail inquiries and donations to *the* Foundation *for* Peripheral Neuropathy at 485 E. Half Day Road, Suite 350, Buffalo Grove, Illinois 60089.