

The Phil Parker Lightning Process® download pack

People often ask, “How on earth can the Lightning Process training programme help you influence your body’s health?” This is something that many people are initially confused about which isn’t surprising as the answer only becomes clear when you have a fairly in depth understanding of how the human body works. As most people don’t have that, they are sometimes initially concerned that taking a training programme to improve their health might suggest that their illness was considered to be all in the mind. Don’t worry, the Lightning Process (LP) doesn’t consider your illness to be all in the mind, in fact much of the first day’s training is spent teaching you about an important response called, the **Physical Emergency Response**.

Physical Emergency Response (PER)

This is when the body experiences an emergency or threat to its safety and well being, which could include;

- Physical injury or extreme environmental conditions such as burning or freezing, etc
- Poisoning, due to Alcohol, bad food, drug reactions etc
- Emotional shock and trauma

The body then naturally produces the PER to deal with the threat and to find a way to recover or stay safe.

There are a number of key ways the PER affects the body. It stimulates the sudden:

- Activation of the Sympathetic Nervous System
- Production of the powerful hormones adrenaline, nor adrenaline, dopamine, cortisol and DHEA.

This is exactly what needs to happen to help us deal with the threat. The PER does this by primarily giving our muscles an extra burst of speed and strength and affecting the nervous system’s synapses and their neurotransmitters. Temporarily this is an excellent solution for dealing with most threats, but unfortunately long term arousal of this system has been long known to have a detrimental effect on many other body systems, and this causes disruption to normal immune, muscle and digestive system function (see below) and changes the way our nerve cells transmit nerve signals.

The Immune System

The immune system is a key system of the body that has an important role in supporting the way all other body systems work. It has many important functions, including recognising, dealing with and removing:

- Infections
- Foreign materials
- Toxins
- Old, worn out or bad functioning cells

There are two possible extremes of immune dysfunction:

1. Low functioning immune system, resulting in:
 - a) An inability to clear infections
 - b) Poor detoxification of all body tissues with resulting poor function of

all body system

c) Inability to distinguish foreign matter from own components and 'bad' cells from good

2. Over active, out of control immune system, resulting in:

a) Inability to distinguish foreign matter from own components and 'bad' cells from good – concluding with attacks directed at own, well functioning tissue (auto immune issues)

b) Wastage of body resources

As you can see from this list, any problems in this important system will have an effect throughout all the other body systems.

The Muscular System

From Phil Parker's background as an osteopath he has a detailed knowledge of the importance of the muscular system. The muscular system is the main user of energy in the body and as a result much of the body's support systems (blood, waste disposal, communications) are dedicated to keeping the muscles working well.

When the muscles don't work well, not only can we no longer move ourselves about as we would want to, it also puts an added strain onto these core support systems. As movement itself is vital for pumping blood in the veins and fluid in the tissues back towards the heart, poor movement puts more strain effect on the heart and circulatory systems.

Again as you can see from this any problems with the muscular system have an impact throughout all other body systems.

The Digestive System

This system has a number of important functions. The most obvious is of course to bring nutrition into the body; any problems in this system will have a major effect everywhere else.

Its other functions include a role:

a) In the immune system, protecting the body from invading organisms that gain entry through our food/gut

b) In removing wastes and toxins

The Nervous System

This includes the brain, spinal cord and all the nerves of the body. Their primary job is to ensure there is good communication between the brain and all areas of the body in both directions. In something as complex as our bodies any small disruptions in the way this very sensitive system works can have massive consequences.

Physiological Catch 22

Having understood the PER and the importance of these systems, this allows us to make sense of the 'Physiological Catch 22'. This is one important element of the Lightning Process, and is derived from Phil Parker's identification of the following downward spiral in people with ME/CFS, MS, Fibromyalgia and many other conditions.

1. Exactly how the problem started can be quite variable from one individual to another – but can include responses to viruses, operations, vaccines, or even emotional stress. This onset 'event', whatever it's cause, results in creating an extreme Physiological Emergency Response (PER)

2. The PER stimulates the Sympathetic Nervous System and the adrenaline, nor adrenaline, dopamine, cortisol and DHEA, as described above.
3. The effects of the original 'event' are now combined with direct effects of the symptoms, and the effects of the PER. In some cases, for various reasons which are not always clear, this produces an increased and prolonged PER. The long term stimulation of this system, has a detrimental effect on the way the immune, muscular, digestive and nerve signal transmission system and many other body systems function.
4. This takes the body back to step 2 again setting up a downward health spiral.

This spiral can be further worsened by the added effect of the emotional distress of being unwell and all the questions and uncertainties that can raise about ones future.

When viewed with this understanding of some of the physical processes that go on as a response to ill health, it becomes clear that a training programme, such as the LP, which teaches you how to influence these physical processes, can open up a route to recovery from serious physical illness.

The Destructive Spiral

