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PERIPHERAL NEUROPATHY®

# Welcome!

*FPN Webinar:*

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

Wednesday, December 7, 2022

*Sponsored by:*



***We will begin our presentation shortly.***





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***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.

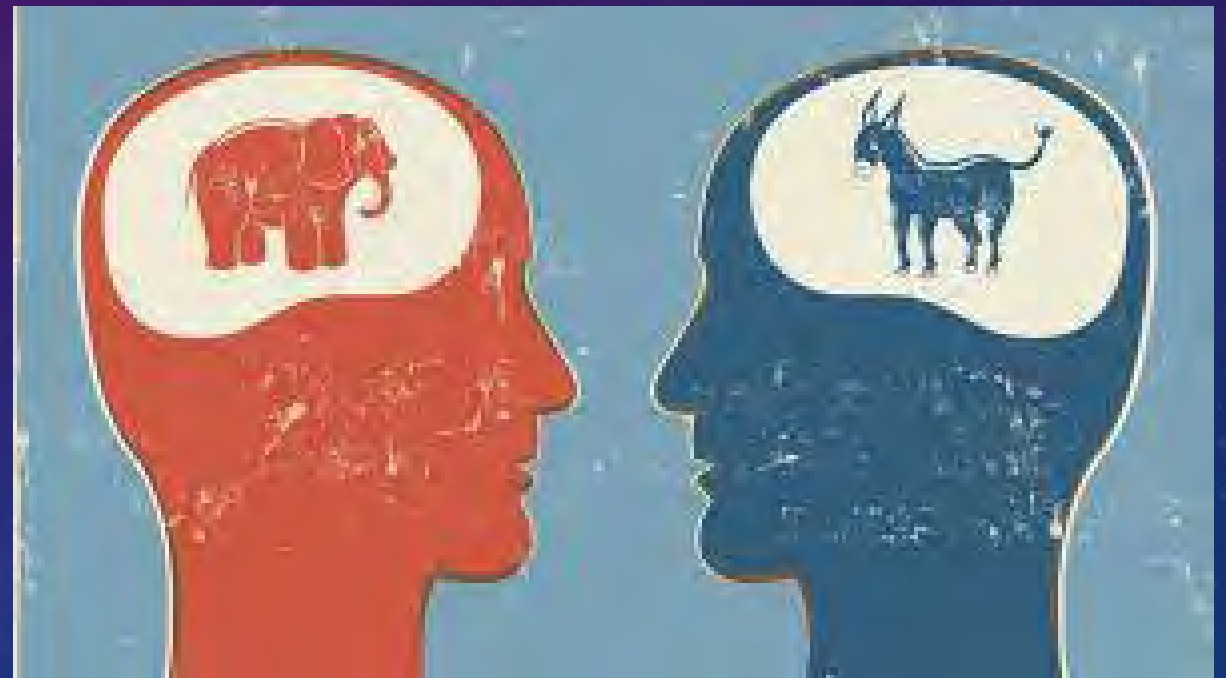




wider freeways



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;





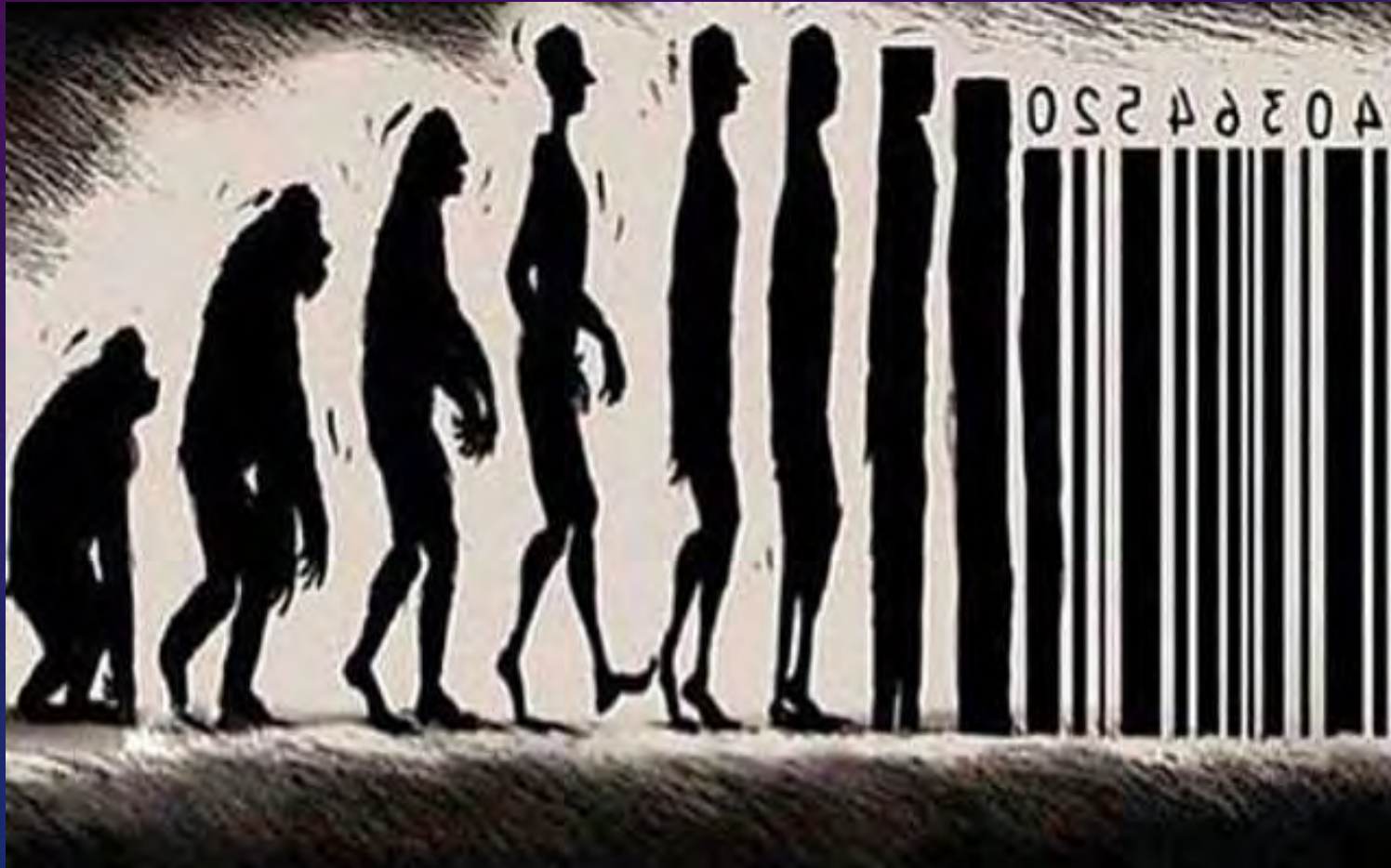


We've added years to life, not life to years."

Dalai Lama



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





# CONSCIOUS CHOICES

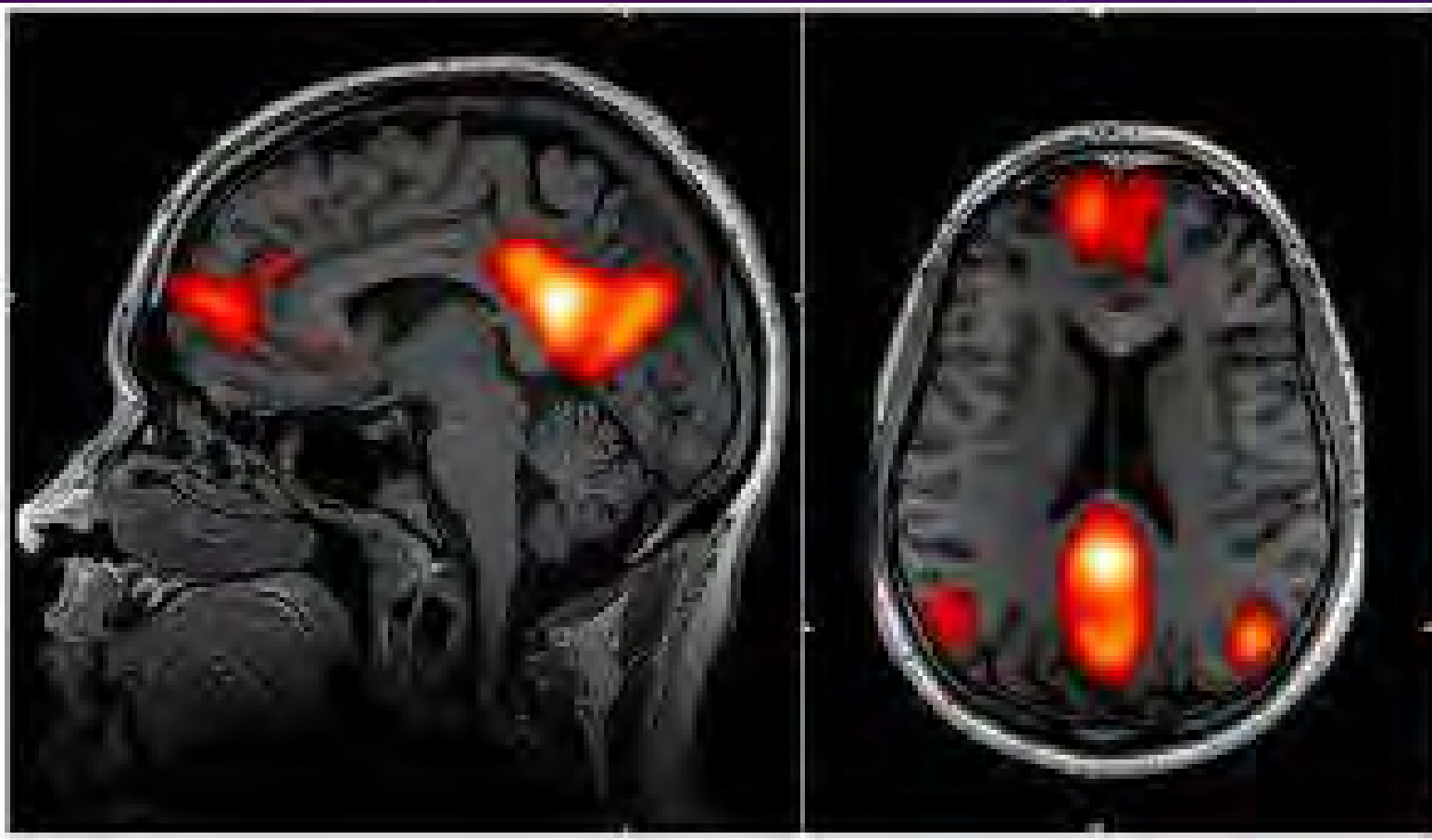








# DEFAULT MODE NETWORK (DMN)



- 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)



















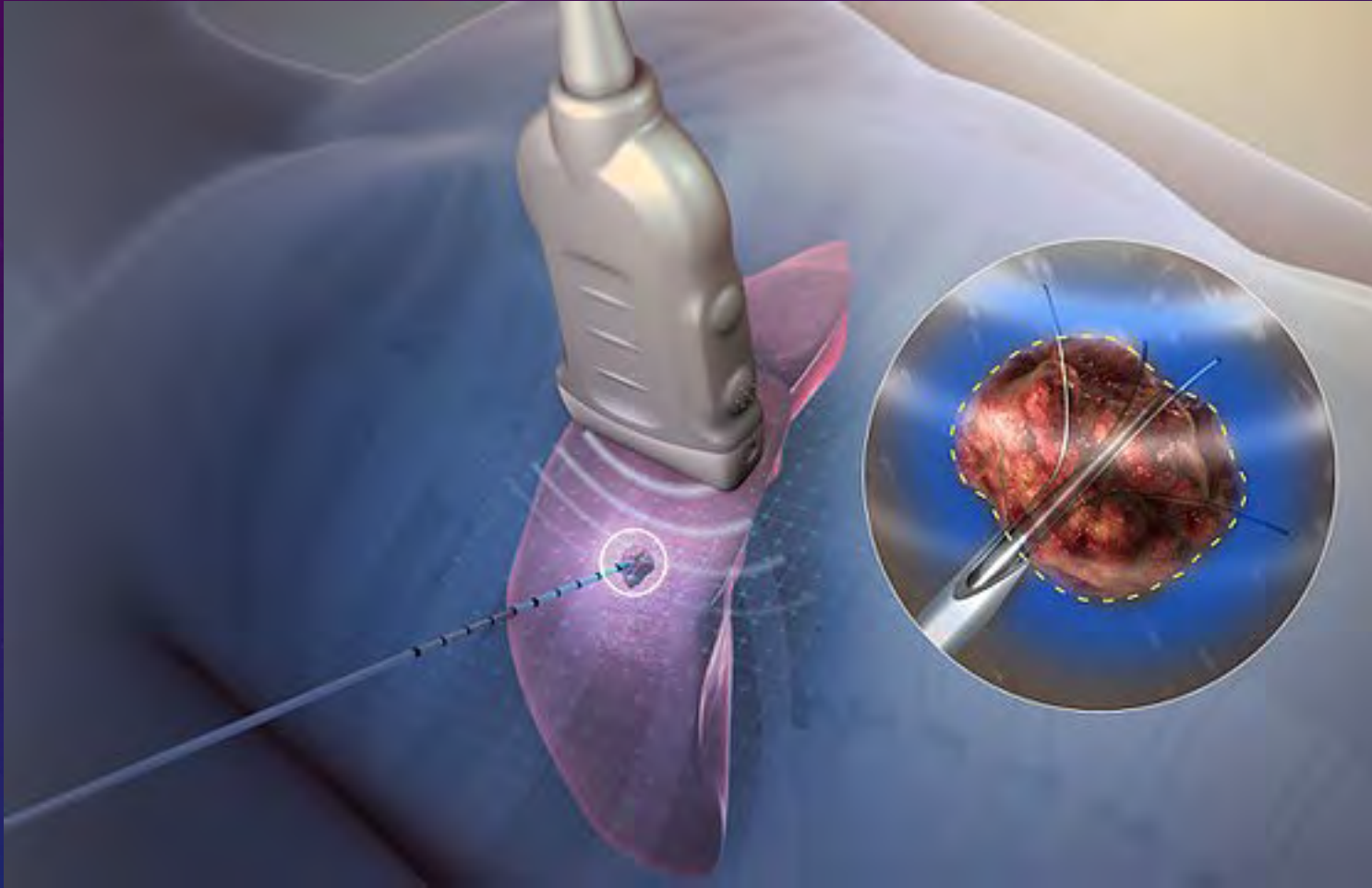








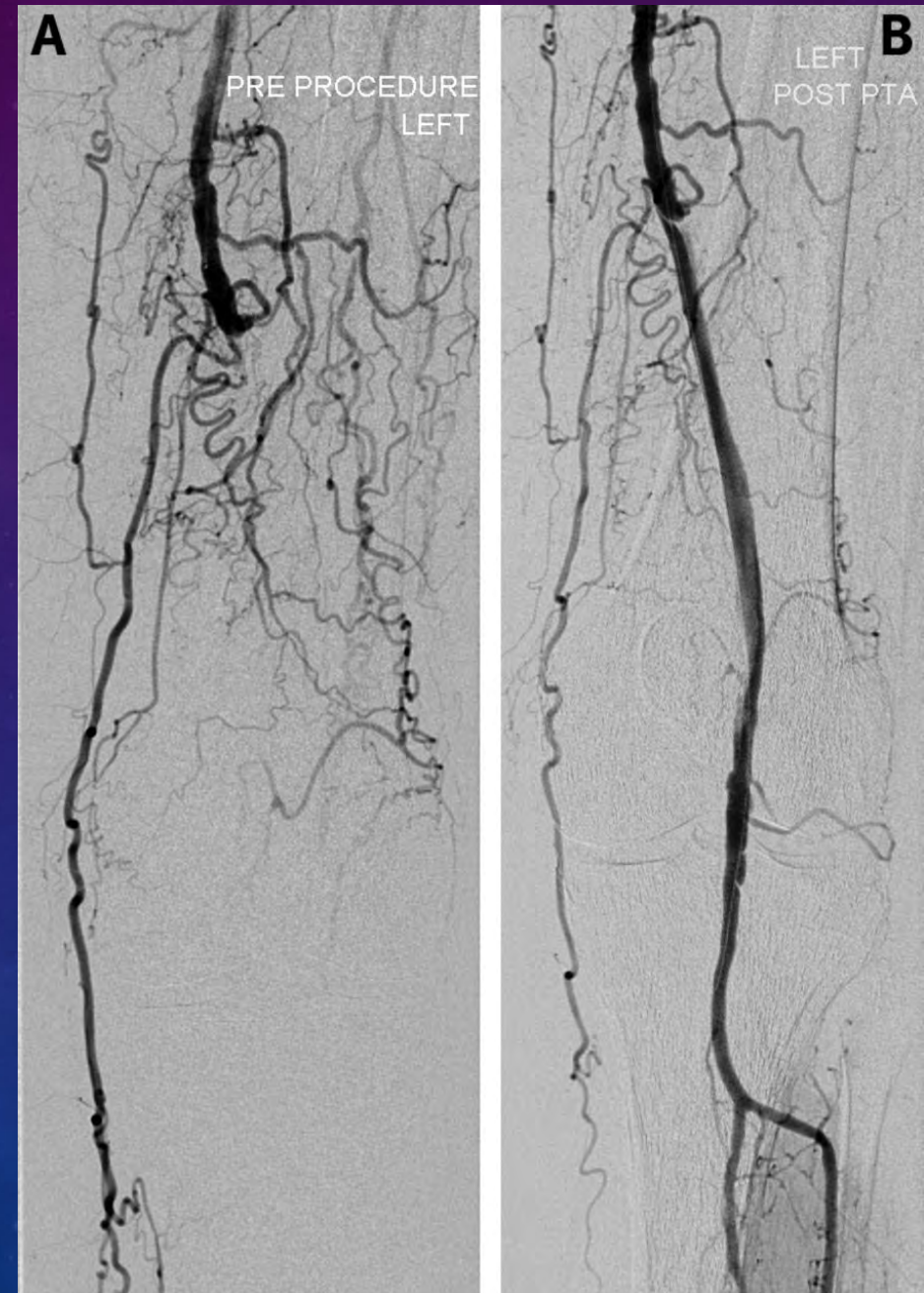
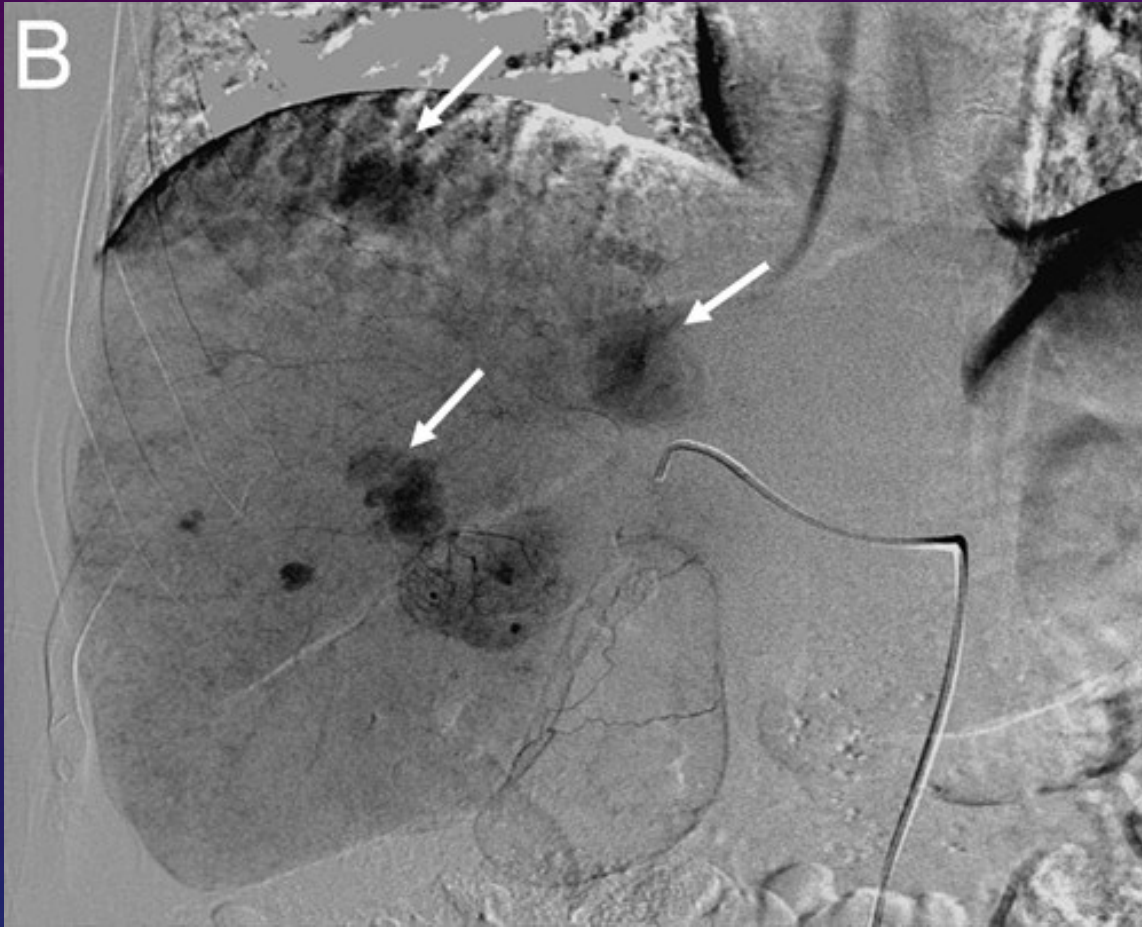
# Ultrasound guided interventions



Reference: Wikipedia – Radiofrequency Ablation & [pubs.rsna.org](https://pubs.rsna.org)



# Real time x-ray



Source: [surgery.ucsf.edu](http://surgery.ucsf.edu) & [bmj.com](http://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







**THE  
POWER  
OF  
CHOICE  
IS OURS**

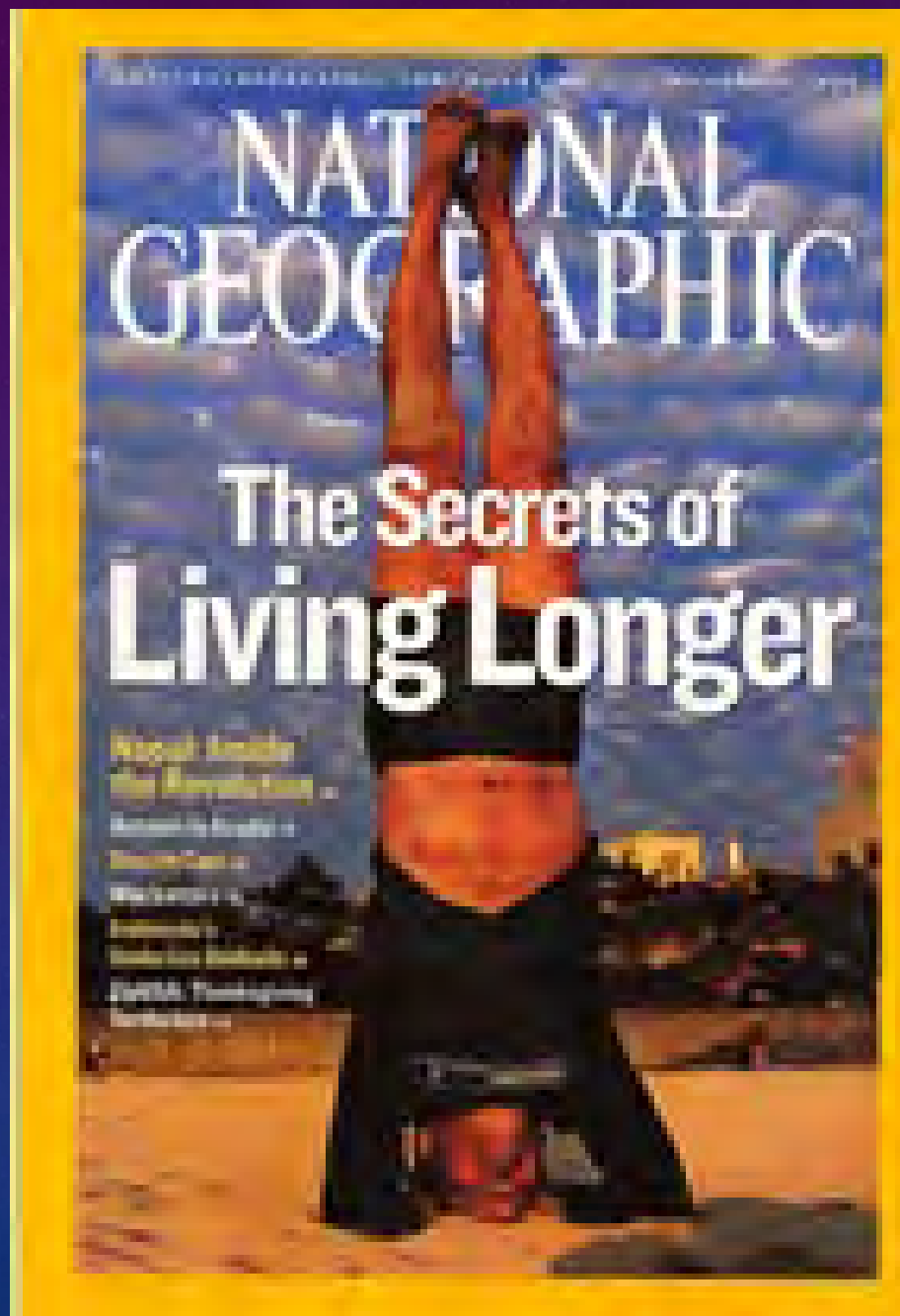


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# The Blue Zones

**Loma Linda, CA**

**Sardinia, Italy**

**Ikaria, Greece**

**Okinawa, Japan**

**Nicoya, Costa Rica**



# ANCIENT WISDOM



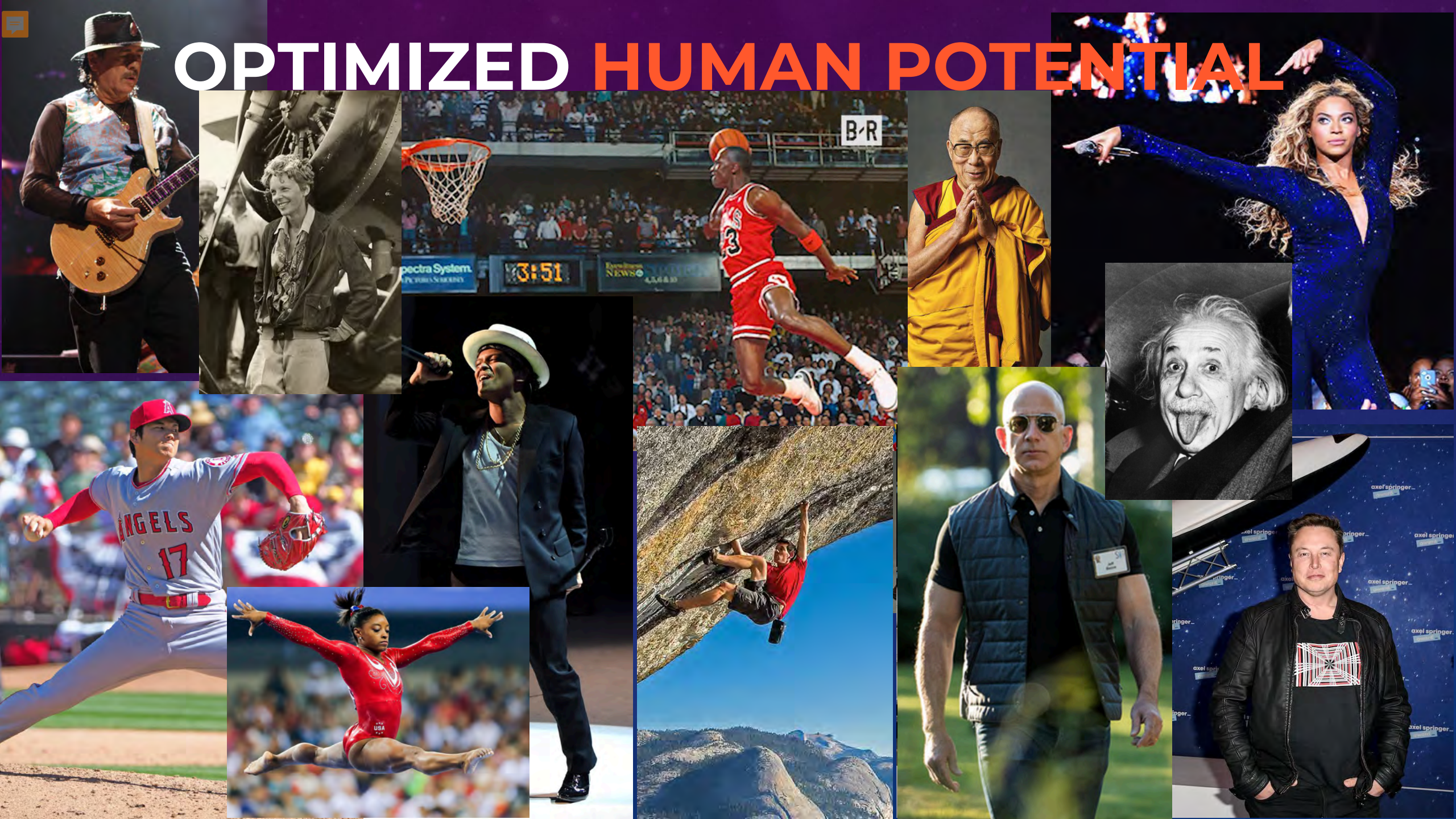


People in the Blue Zones  
**CHOSE** to live in such a way that has unlocked the biology of longevity.

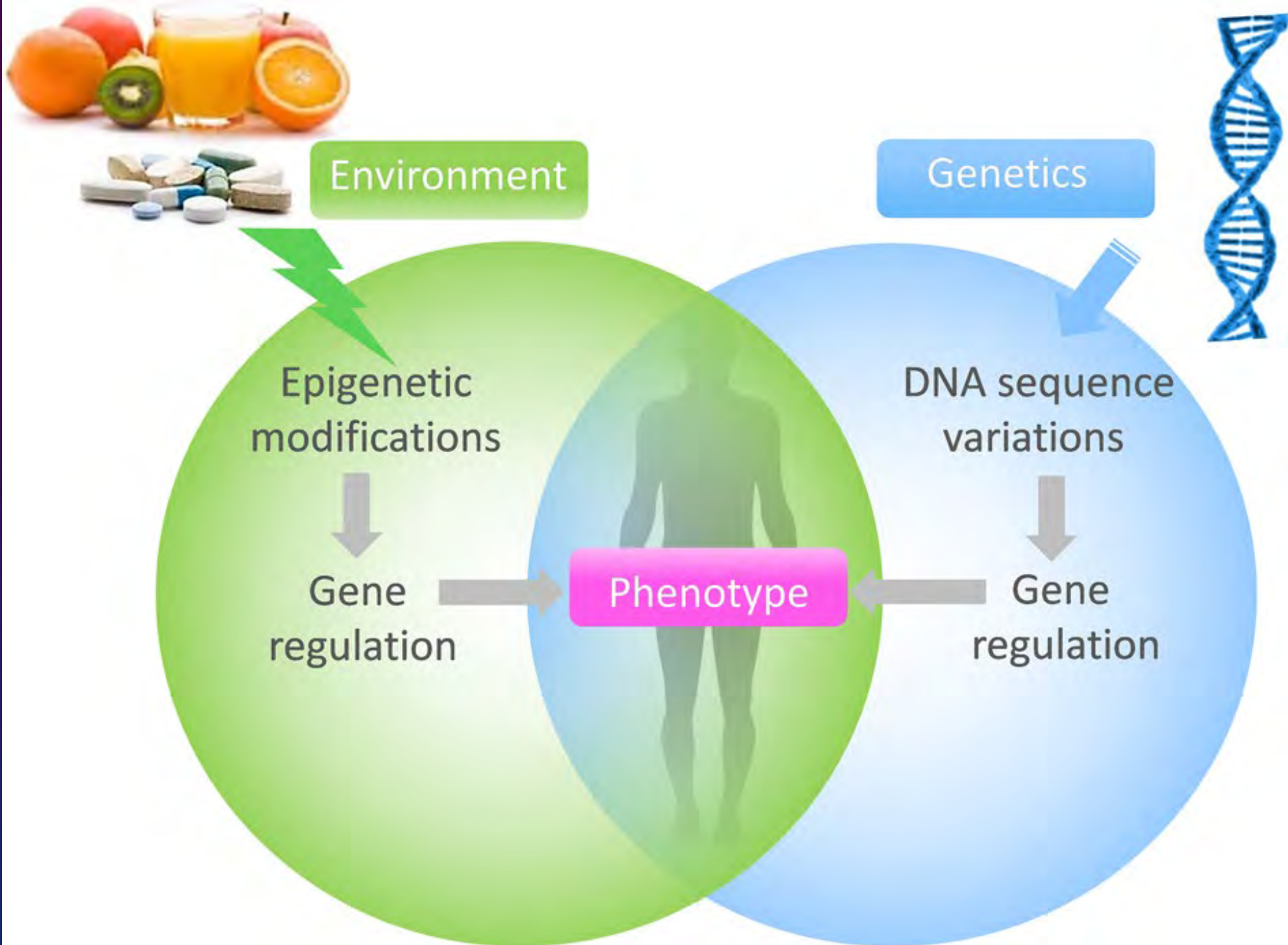




# OPTIMIZED HUMAN POTENTIAL









# TELOMERES



Elizabeth Blackburn, Ph.D.

- ✓ 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.





# TELOMERES: Stress is... BAD !!!

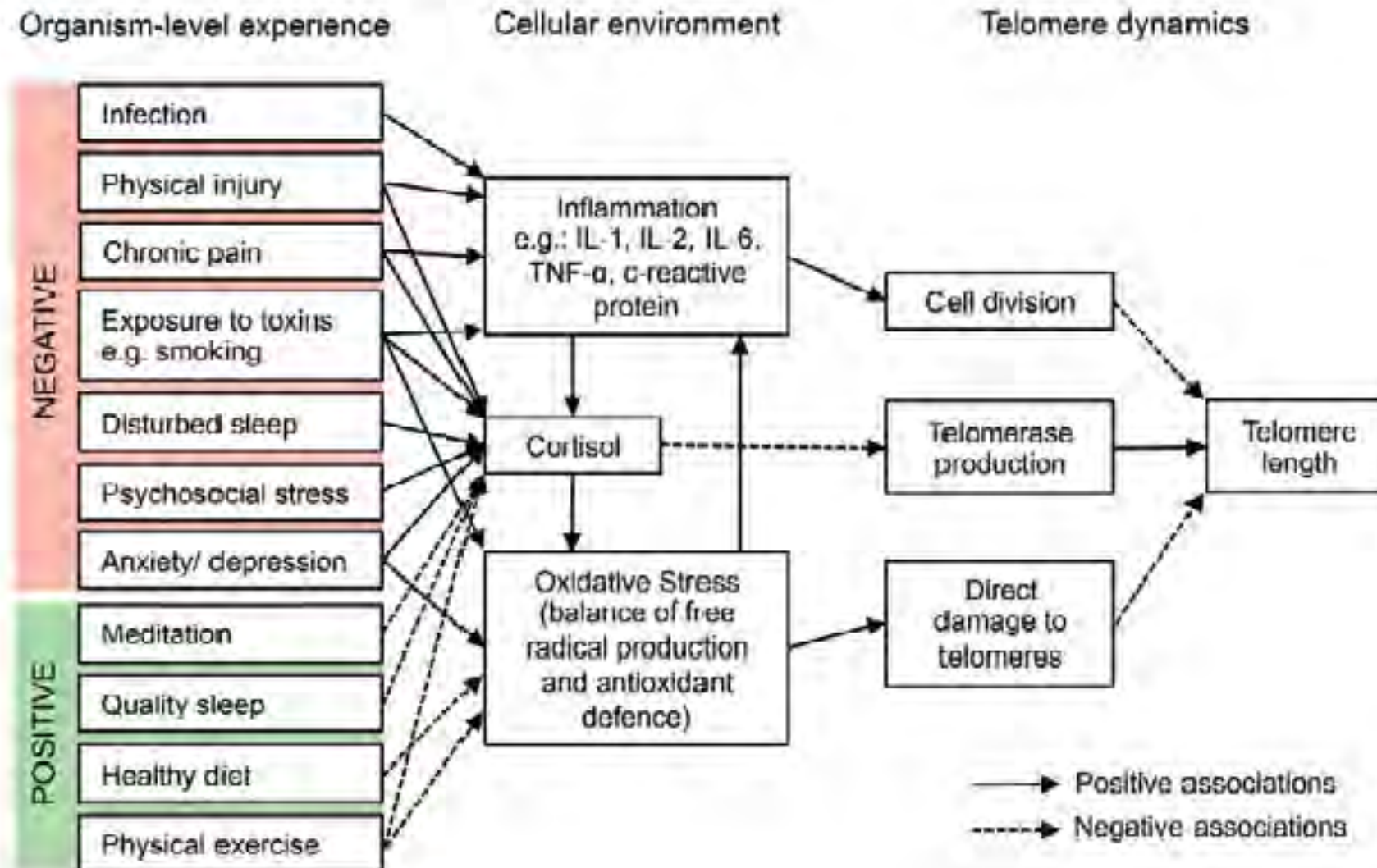




# TELOMERES: Positive Lifestyle is GOOD









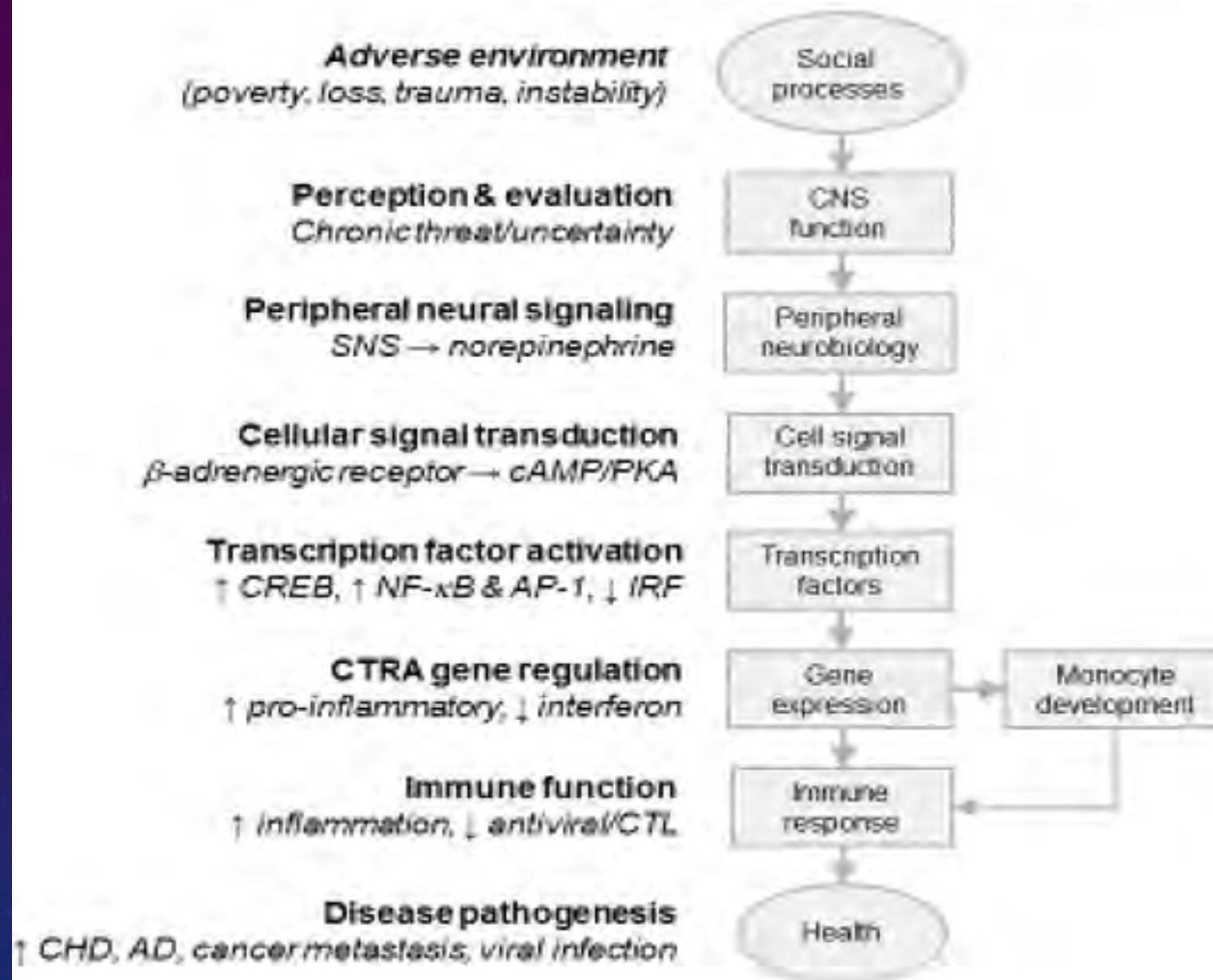
# CTRA- Conserved Transcriptional Response to Adversity



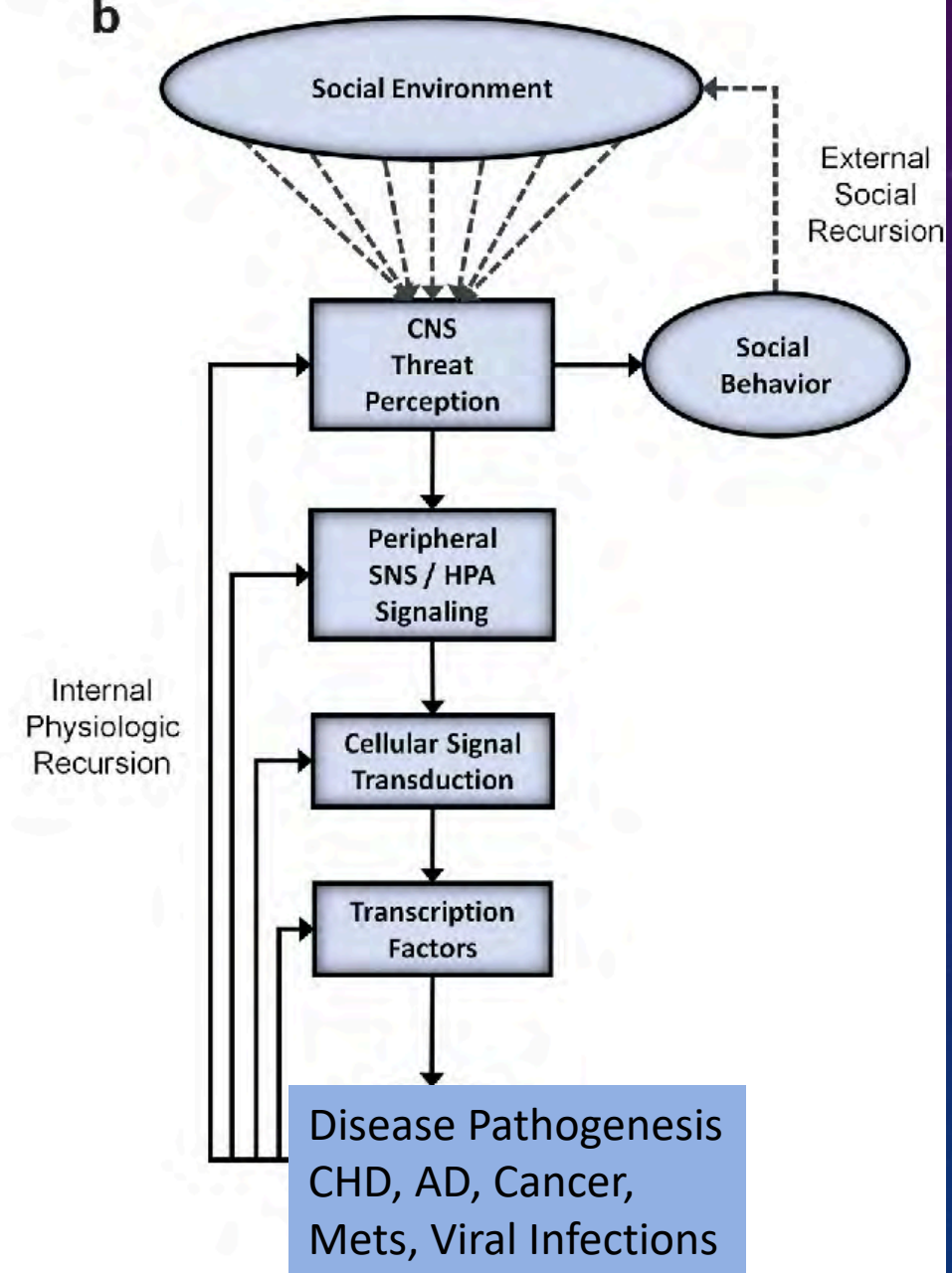
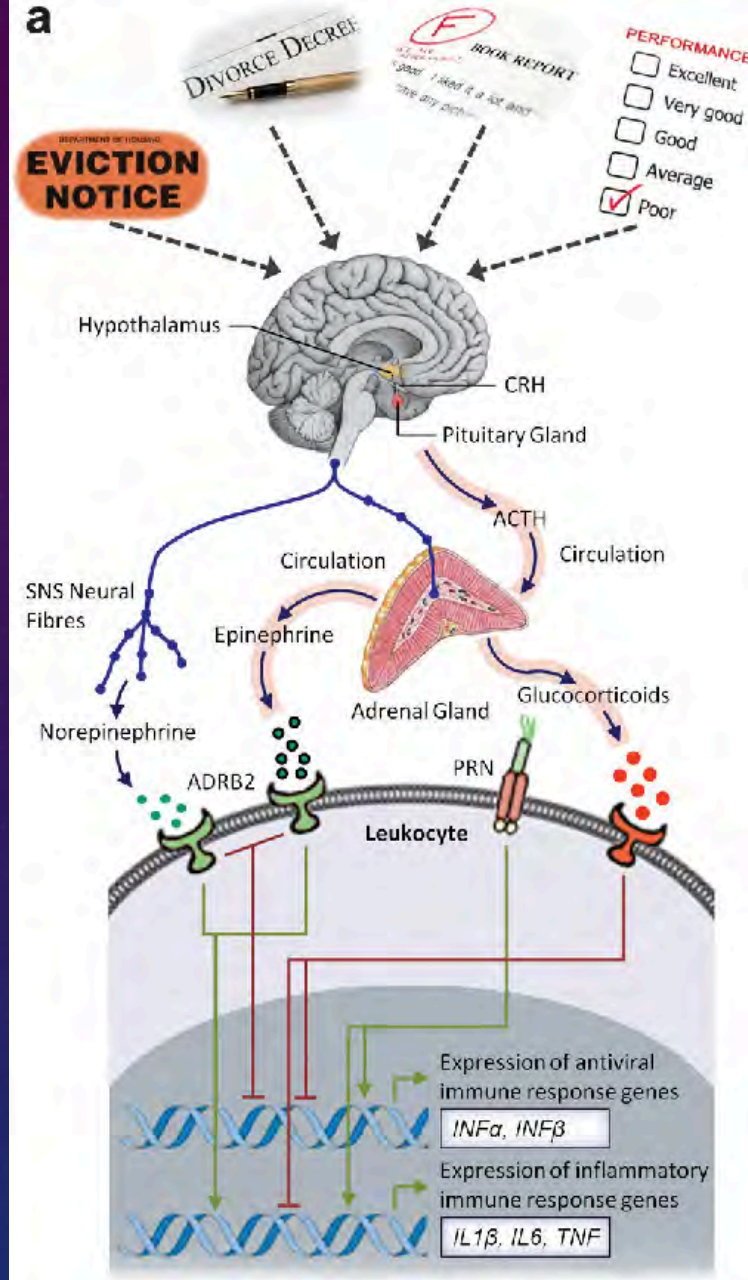
The Fight-or-Flight Stress Response



# CTRA signal transduction





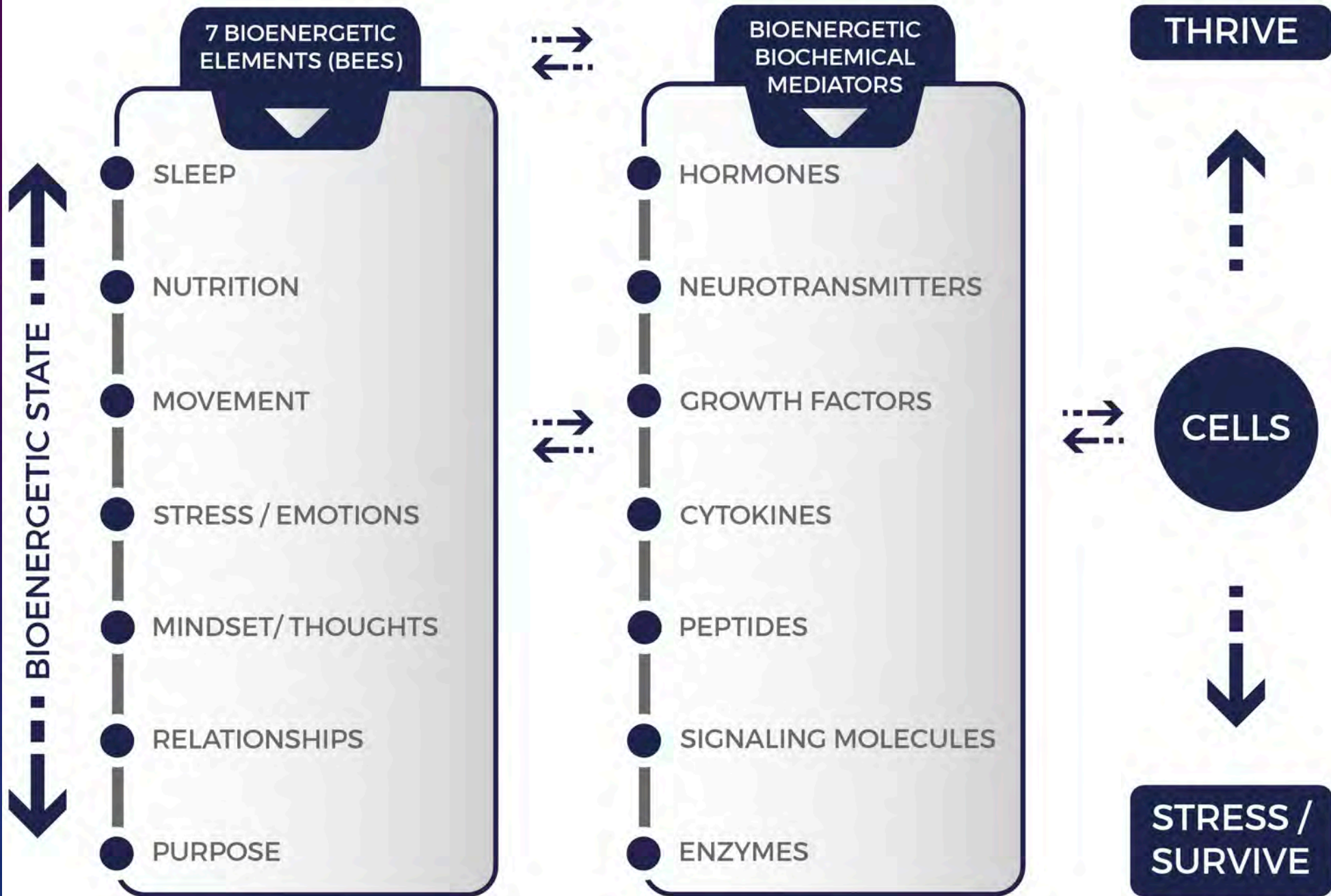
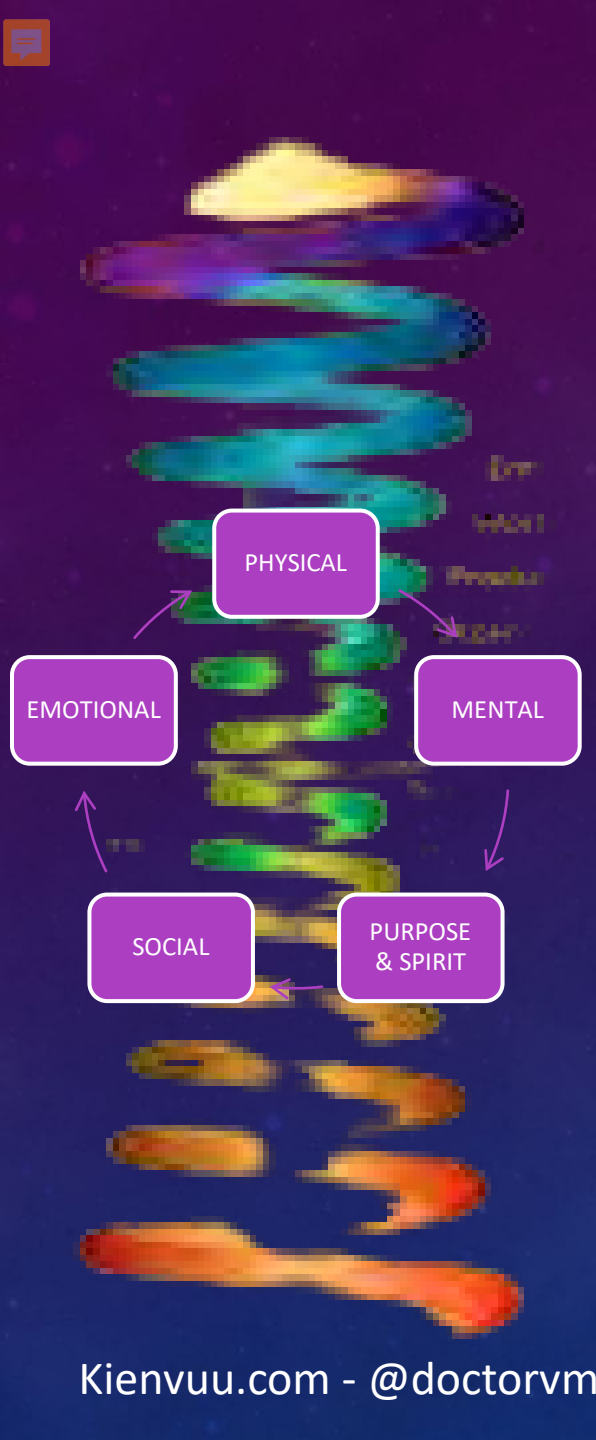




# Where Science Meets ART

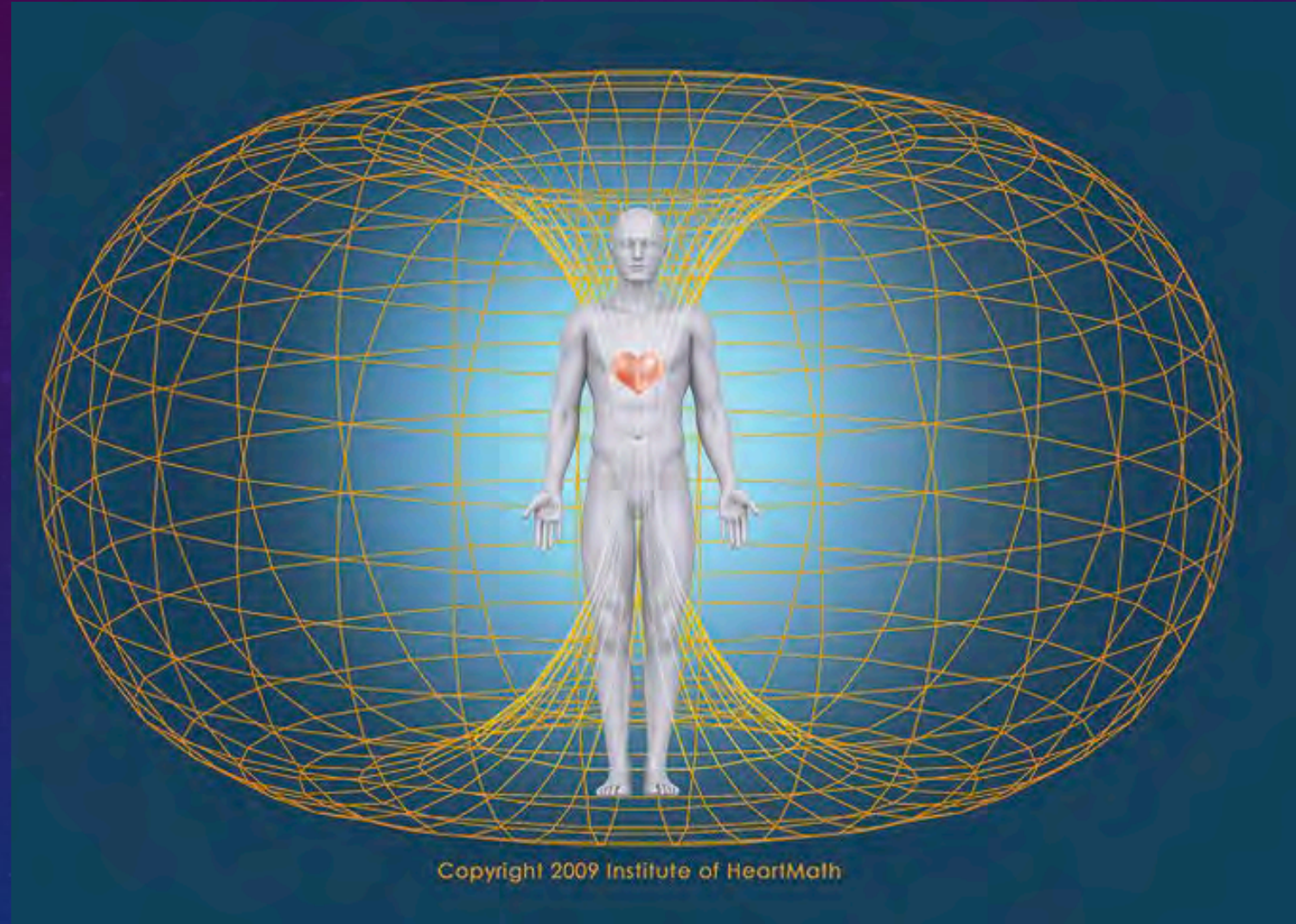
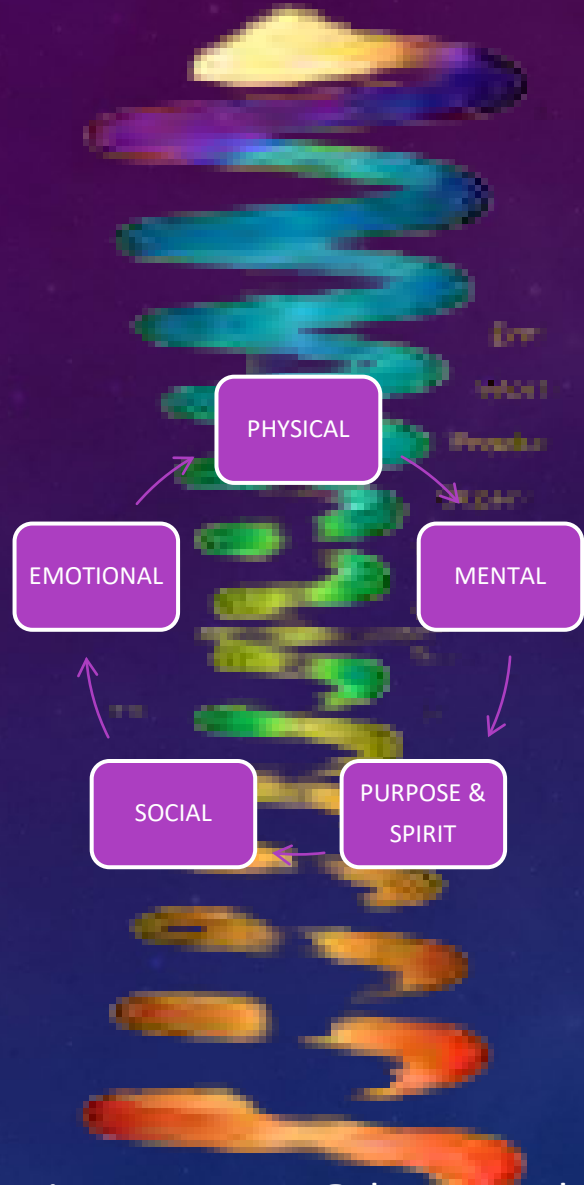
|                   | Physical | Social | Emotional | Mental | Spiritual |
|-------------------|----------|--------|-----------|--------|-----------|
| Blue Zones        | X        | X      | X         | X      | X         |
| Telomeres         | X        | X      | X         | X      | X         |
|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







# BIOENERGETIC STATE





**THE  
POWER  
OF  
CHOICE  
IS OURS**



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# CHOICES

**THRIVE**

**SURVIVE**



# CHOICES

A large tree stands as the central visual element, split vertically. The left half of the tree is lush with green leaves, while the right half is bare and brown. The background is also split: the left side shows a bright blue sky with white clouds and several butterflies, while the right side shows a fiery orange and yellow sunset sky with dark, smoky clouds. The ground is equally divided, with vibrant green grass on the left and parched, cracked brown earth on the right. The word 'CHOICES' is written in large white letters at the top center, spanning both halves of the image.

**Optimized Cells  
Optimal Health  
Longevity  
Peak Performance**

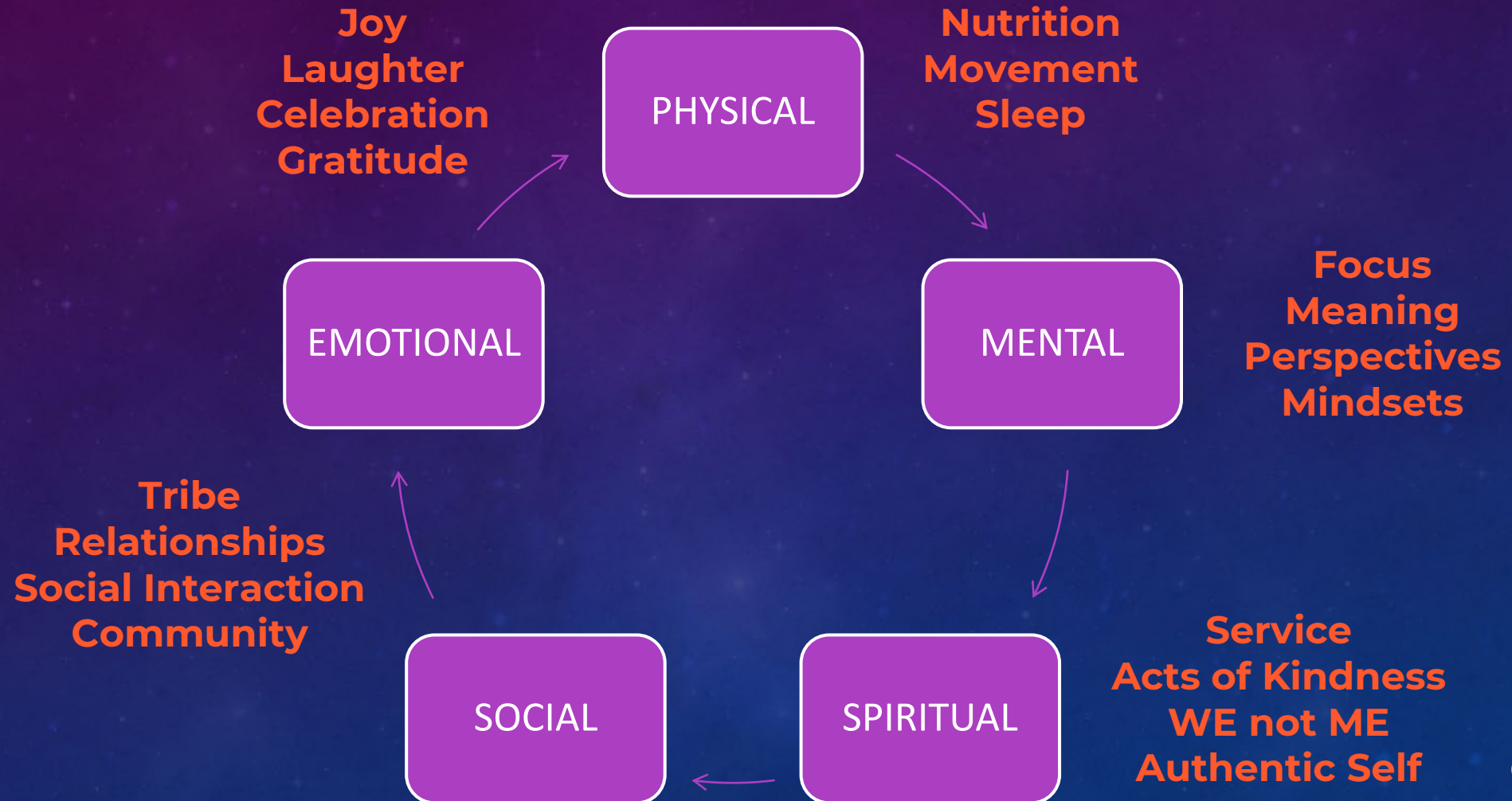
**Suboptimal Cells  
Poor Health  
Chronic Symptoms  
Chronic Disease**

**THRIVE**

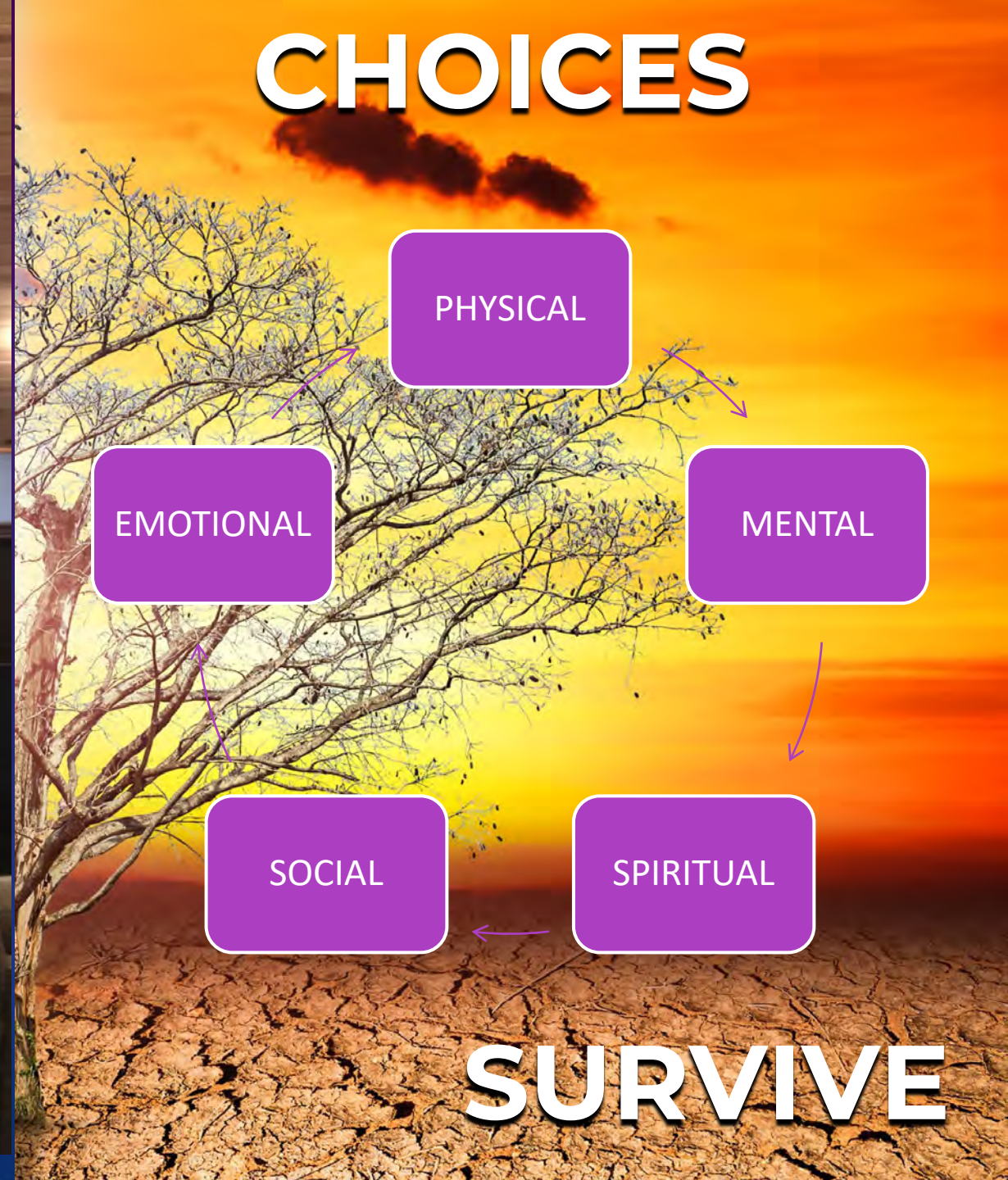
**SURVIVE**



# THRIVE STATE PENTAD





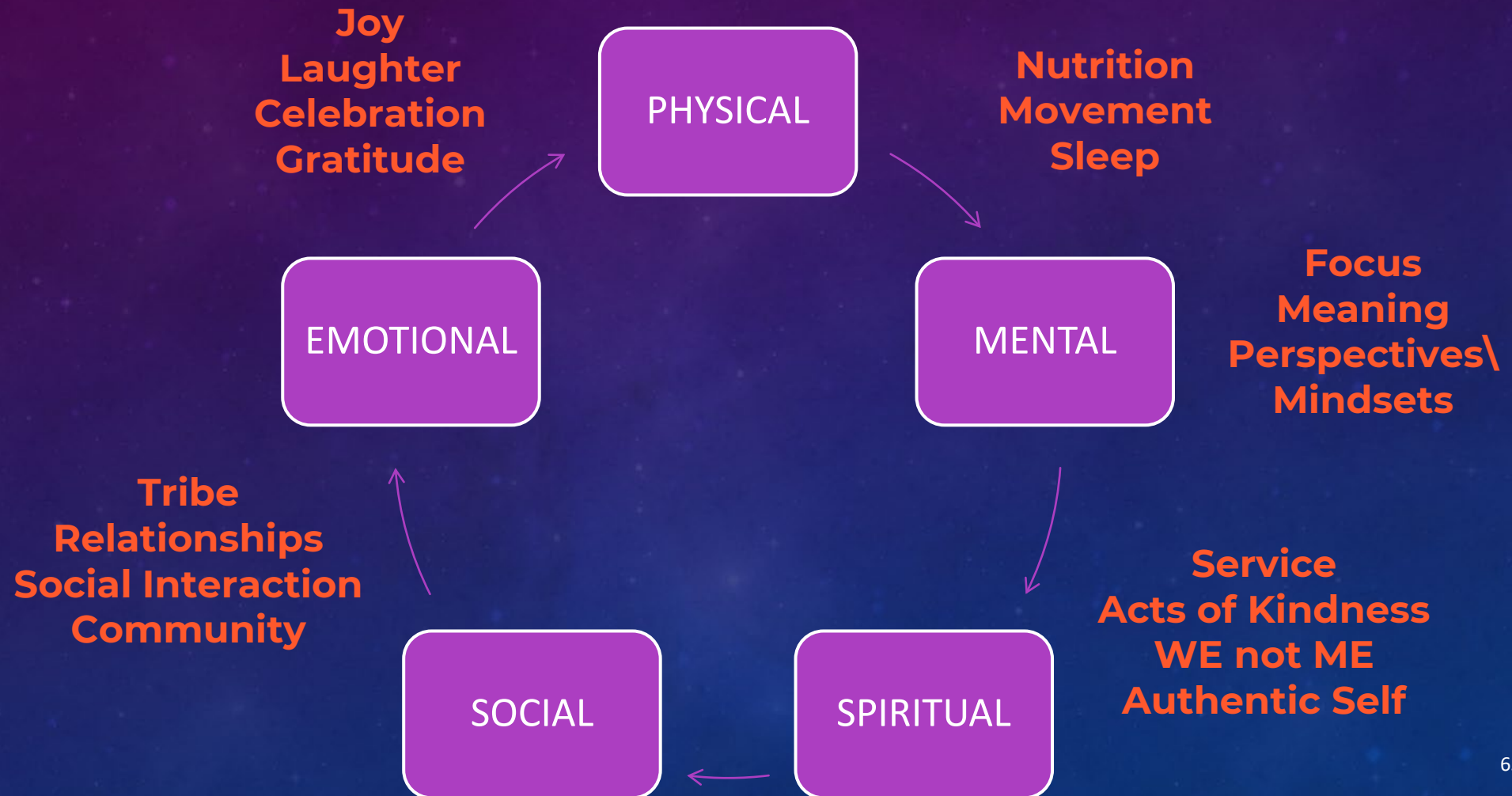





**THE  
POWER  
OF  
CHOICE  
IS OURS**



# THRIVE STATE PENTAD







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



# CHOICES

PHYSICAL

EMOTIONAL

MENTAL

SOCIAL

SPIRITUAL

# THRIVE





**THE  
POWER  
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CHOICE  
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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

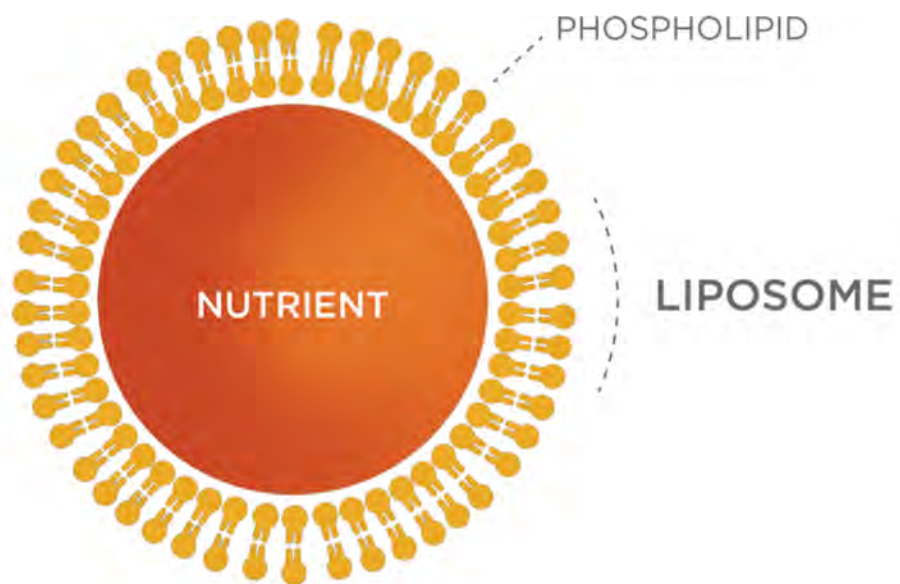
Vitamin E

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**

**KIEN VUU MD**



# THRIVE STATE PENTAD

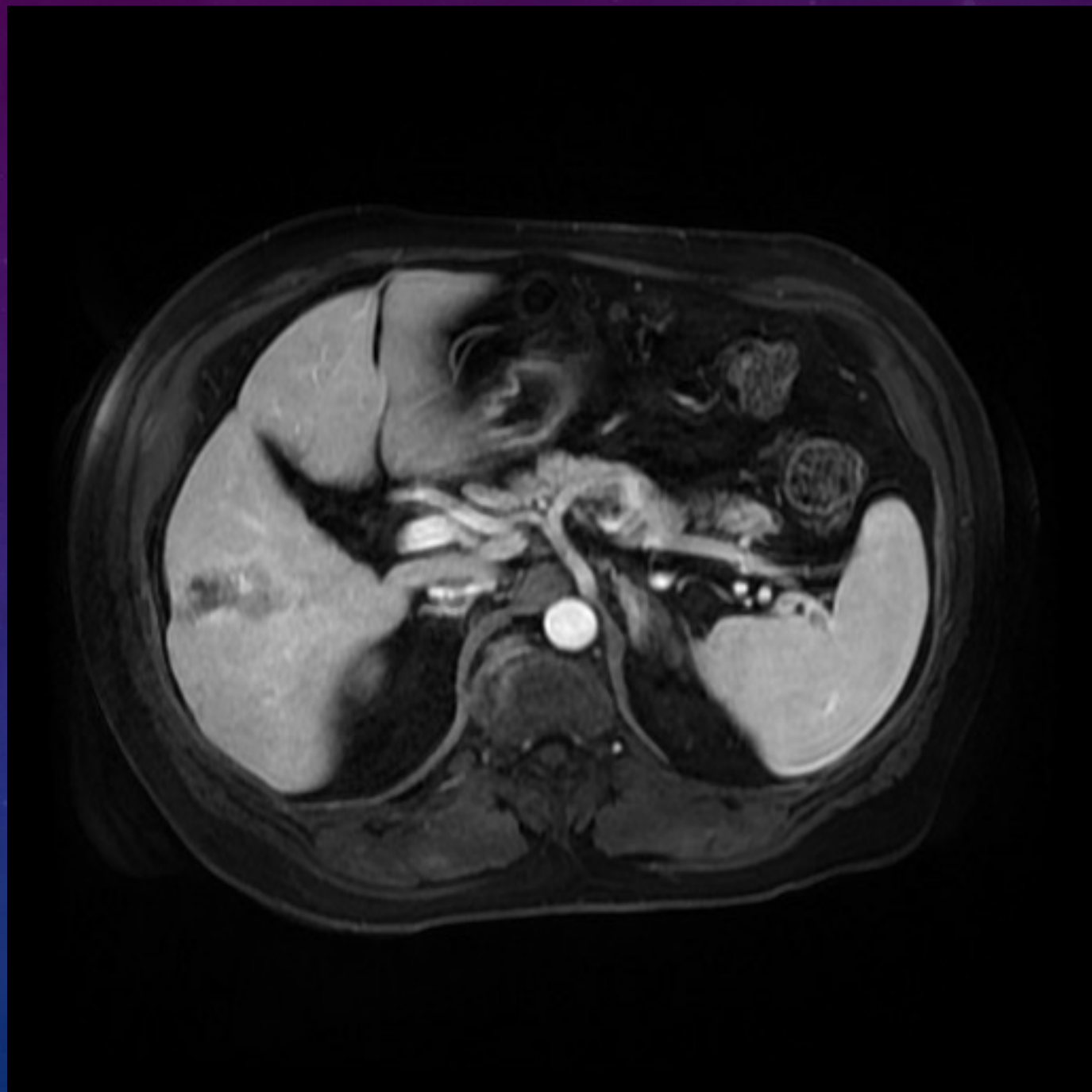
## POSITIVE NURTURING RELATIONSHIPS

- Set boundaries
- Interest tribe
- Accountability partner

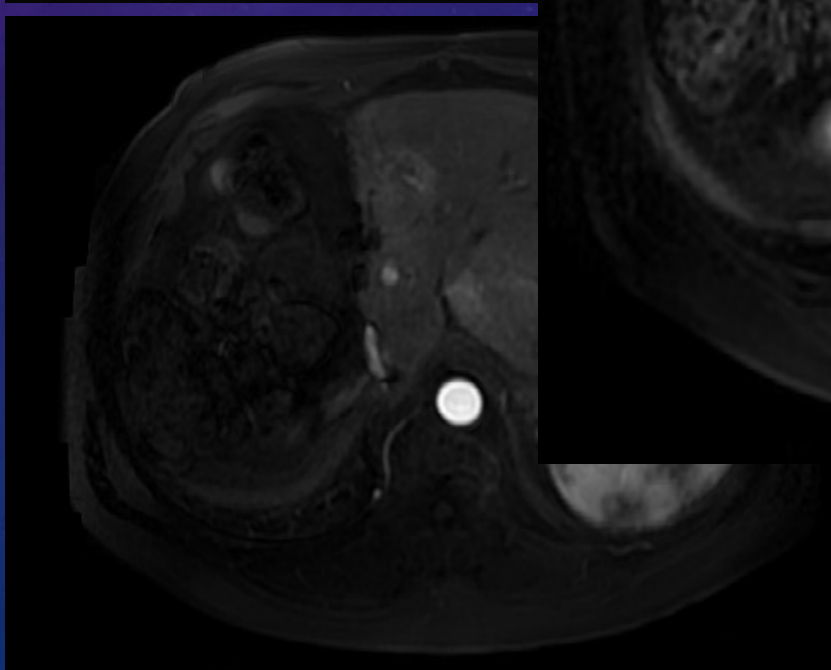
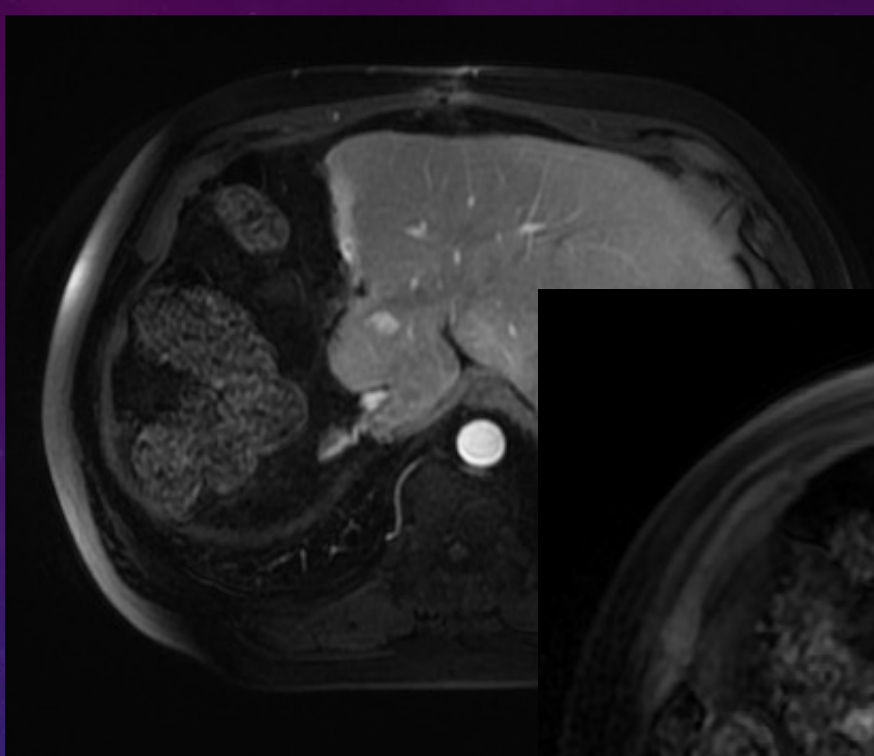


SOCIAL











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

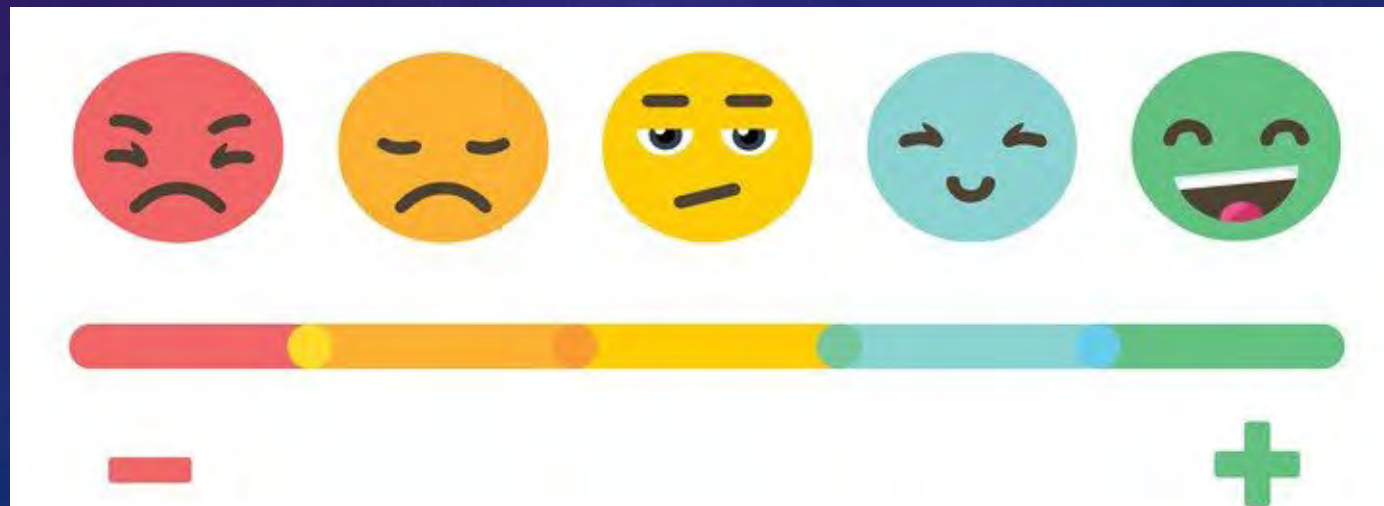
- 1. Thank
- 2. Serve
- 3. Forgive



# 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  
Social Interaction  
Community**

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

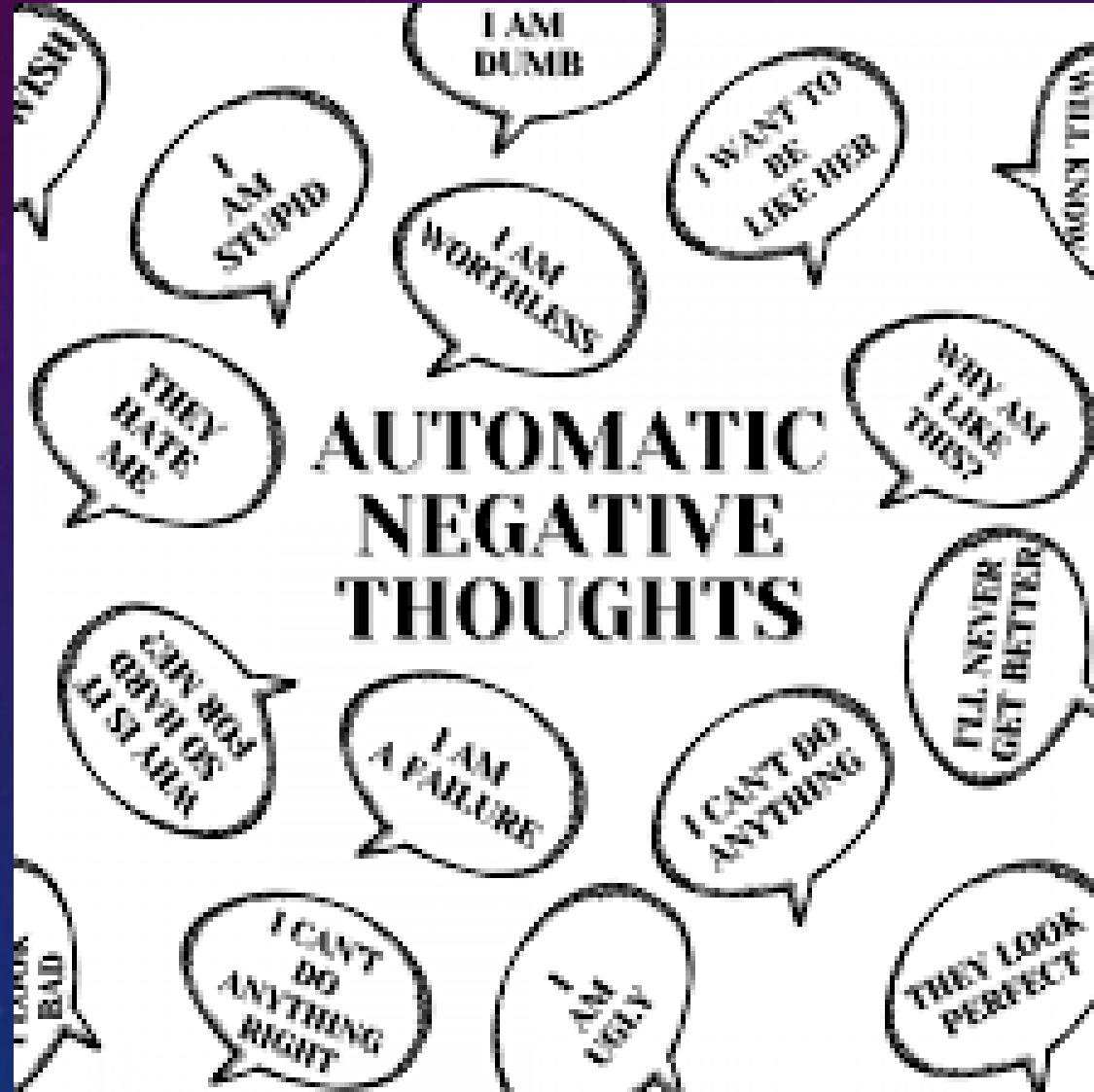


# THRIVE STATE PENTAD

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

EMOTIONAL

MENTAL

Focus  
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Relationships  
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SOCIAL

SPIRITUAL

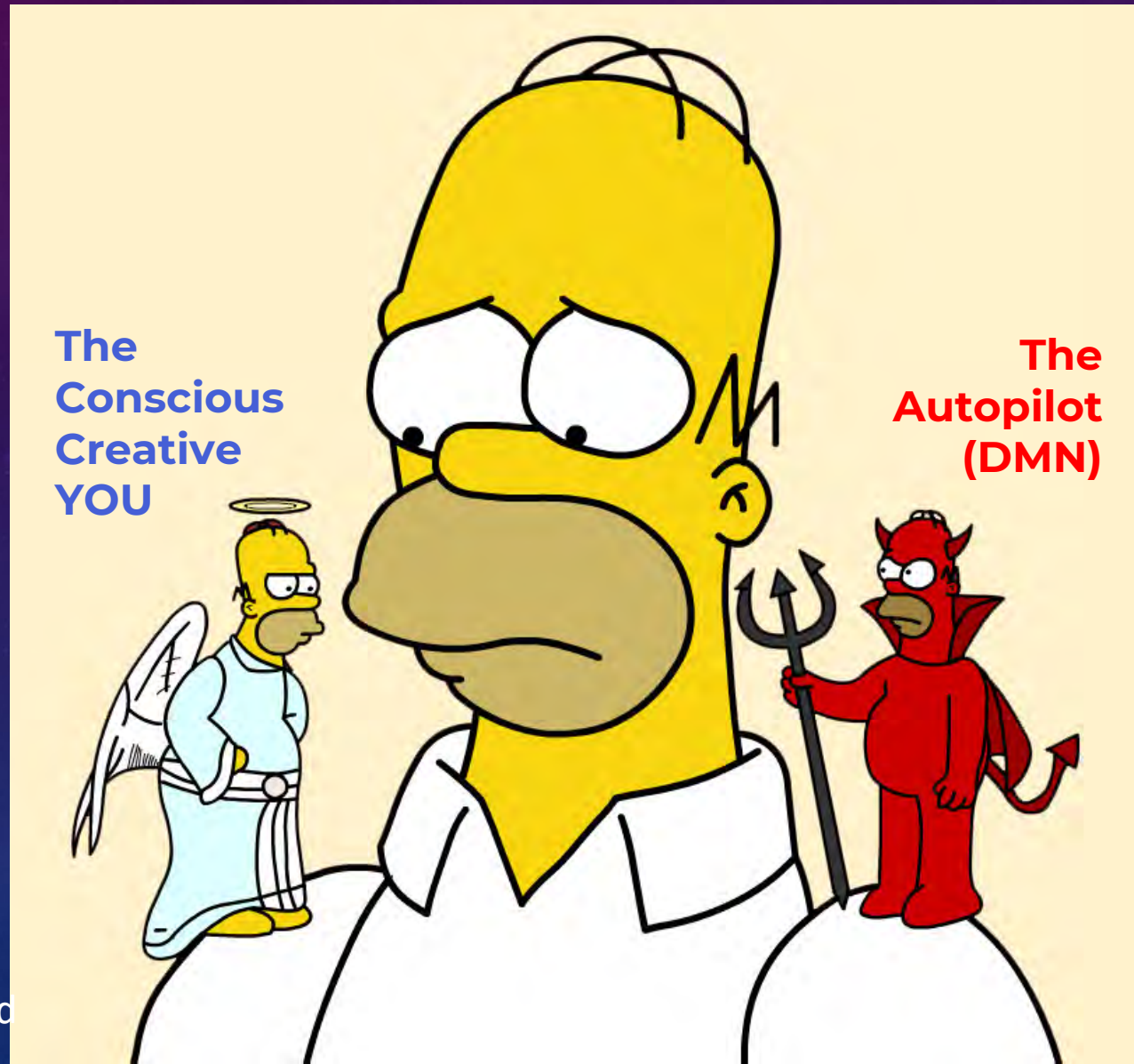
Service  
Acts of Kindness  
WE not ME  
Authentic Self

# THRIVE

# SURVIVE



# WHAT CHOICE WILL YOU MAKE?






**THE  
POWER  
OF  
CHOICE  
IS OURS**



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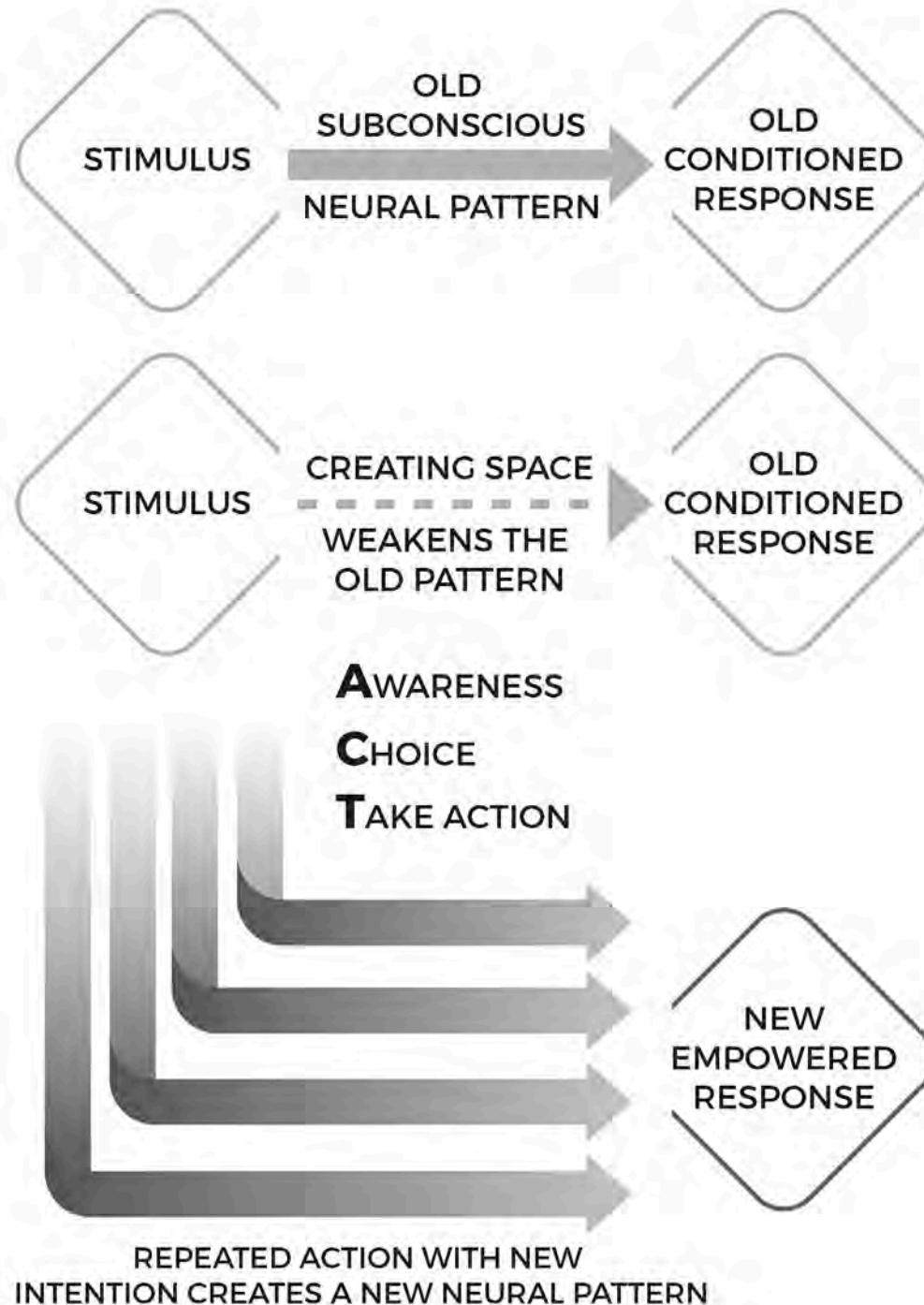




**“Between stimulus and response  
there’s a **space**. In that space is our  
power to **choose** our response. In  
our **response**, lies our growth and  
freedom.”**

Victor Frankl







# CHOICES

**RESPOND**

**REACT**

**CURIOSITY**

**JUDGEMENT**

**FORGIVE**

**RESENT**

**LOVE/GRATITUDE**

**FEAR/ANGER**

**HEART**

**HEAD**

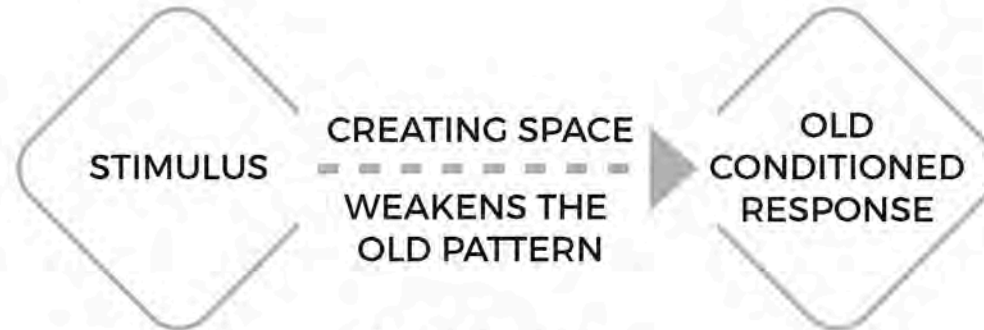
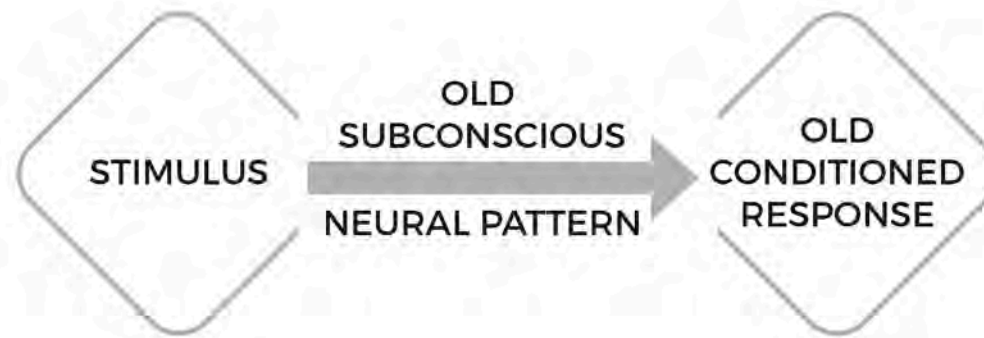
**WE**

**ME**

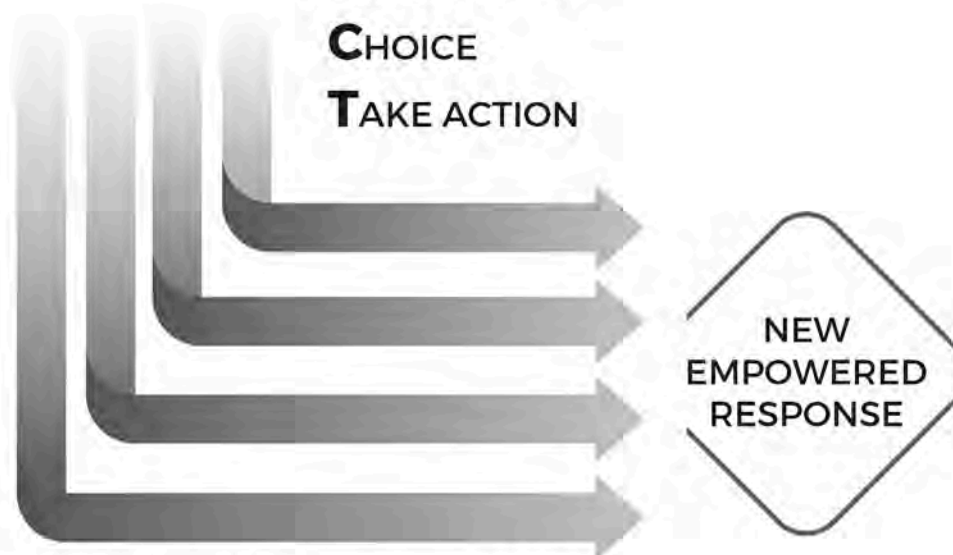
**THRIVE**

**SURVIVE**





**A**AWARENESS  
**C**HOICE  
**T**AKE ACTION



















**HEAT  
PRESSURE  
TIME  
=**

**TRANSFORMATION**



**THE  
POWER  
OF  
CHOICE  
IS OURS**



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# Let's Connect

Get In Touch With Me.

**kien@kienvuumd.com**



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[facebook.com/kienvuumd](https://facebook.com/kienvuumd)



[@doctorvmd](https://www.instagram.com/doctorvmd)







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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](mailto: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.