



# 2026 Brimhall Homecoming | Seminar Itinerary

January 22-25th, 2026

DoubleTree by Hilton MESA  
1011 W Holmes Ave, Mesa, AZ 85210  
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## "Activate the Healer Within: "Systems that create bioindividuality evaluation and treatment"

**Friday, Jan 23<sup>rd</sup>**

8:00 - 9:00am	Douglas Grant, BS	How to activate the Healer Within personally as a Holistic Doctor and in your clinic. "This talk is crucial for you to raise your floor within your practice so that you rely on systems with your patients to heal faster and create a profitable clinic"
9:00 - 10:00am	Dr. John Brimhall, DC, BA, BS, FIAMA, DIBAK	A constant presence & threat to health and wellness from Long Covid. Chiropractic Neurologists say nothing has remained the same since Covid in predicting outcomes for the patient. Almost everyone on the planet has been affected from the presence of the acute or chronic condition. You must be able to diagnose and treat the long-haul effects of covid. We will teach how to test, evaluate and assist the body in correction.
10:15 - 11:15pm	Dr. Marc Harris, ND	FGF21: Needed for Weight Control and Insulin Sensitivity and most other metabolic hormones <ul style="list-style-type: none"><li>· Thyroid Health</li><li>· White adipose tissue to brown adipose tissue</li><li>· Microbiome</li><li>· Weight loss</li><li>· Cartilage health</li></ul>
11:15am - 12:15pm	Dr. Vaughn Cook, OMD	Activate your inner healer through focusing on Gut Health. The gut is the segway to all healing in the body. Dr. Cook will be doing a deep dive into the microbiome and how clinicians can assess, diagnose and treat gut dysbiosis through physical and nutrient protocols.
1:15 - 2:15pm	Dr. JeNeen Ridgeway, DC, ND, ACN, CSCS	Activating the healer within by understanding how to eliminate disease and subluxation causing free radicals. Dr. Jeneen will educate and provide exact protocols on how to neutralize ROS molecules, increase all 5 antioxidant pathways and stimulate the bodies natural master antioxidant "glutathione" through physical, nutritional and emotional protocols.
2:15 - 4:00pm	Dr. Brett Brimhall, DC & Dr. John Brimhall, DC, BA, BS, FIAMA, DIBAK	Hands on and learning 6 Steps in your clinic utilizing technology  <b>Step 1: Re-establish Structural Integrity, The Foundation of Health.</b> <b>Step 2: Rebalance Electromagnetics</b> <b>Step 3: Rebalance Nutrition</b> <b>Step 4: Reprogram the body for any Allergy or Sensitivity</b>

		<b>Step 5: Re-evaluate Emotional Patterns &amp; Remove Limiting Belief Systems</b> <b>Step 6: Remove Heavy Metals and Other Toxins from the Body</b>
4:15 - 5:15pm	Douglas Grant, BS	<p>Destroying the social media supplement myths. Doug will utilize his extensive organic chemistry knowledge as a clinical nutritionist to help clinicians understand the truth versus hype on many of the questions they get from patients daily. You will learn the true science and be given simple guides to better explain patient needs and eliminate the influencer hype.</p> <ul style="list-style-type: none"> <li>- Minerals - Testosterone</li> <li>- Vitamins - Fatty Acids</li> </ul>
5:15 - 6:15pm	Dr. Brett Brimhall, DC	<p>ACTIVATE THE GUT!</p> <p>Disruption of the Gut Microbiome is a key driver behind rising autoimmune and allergy disorders, as immune tolerance begins in the GUT.</p>

## Saturday, Jan 24th

8:00 - 9:00am	Dr. John Brimhall, DC, BA, BS, FIAMA, DIBAK	<p>Adrenal exhaustion, chronic fatigue, or POTS Syndrome.</p> <p>The adrenals play a very important step in preventing the effects of chronic stress. Every chronic patient has adrenal burnout, which treating structurally and nutritionally is part of the road to health restoration. Adrenal health is paramount to recovery from POTS Syndrome.</p>
9:00 - 10:00am	Dr. Patrick Porter, PhD	<p>Activating the brain for optimal health... using BrainTap Technology.</p> <p>After extensive research, BrainTap has created the perfect at-home solution for better brain health. Now you have the tools you need to think, sleep, and perform better anytime, anywhere.</p>

		Unlike traditional meditation apps, BrainTap's proprietary neuro-algorithm produces brainwave entrainment – the synchronization of brainwaves to a specialized sound – with no added effort. These sounds create full-spectrum brainwave activity (neuro-activity), a matrix that BrainTap uses to maximize its impact on neuroplasticity.
10:20 - 11:20am	Dr. Marc Harris, ND	<p>Klotho Protein, Critical for brain health and inflammation reduction</p> <ul style="list-style-type: none"> <li>• Cancer prevention</li> <li>• Inflammation Control</li> <li>• NRF2 signaling</li> <li>• Many important genetic controls</li> </ul>
11:20am - 12:20pm	Joshua Dixon, RN	Deep dive for chiropractors and other holistic professionals on the mechanisms that peptides follow in order to heal the body. Learn about treatments from physical, nutritional and amino acid protocols to help patients heal. Understanding peptides and how the body makes and uses them is a must to stay up on what your patients are hearing and asking about.
12:20 - 1:00pm	Vendor Highlights	Detox highlights
2:00 - 3:00pm	Douglas Grant, BS	Activating and reactivating protein synthesis on the cellular level. One of the biggest factors for patient healing and subluxation removal success is muscle. Learn about muscle atrophy with age (sarcopenia) and how to stop it in its tracks so your patients can benefit longterm from your treatments. This is a must watch lecture to increase the LTV of your patients.
3:00 - 4:00pm	Dr. John Brimhall, DC, BA, BS, FIAMA, DIBAK	<p>You can choose: Healthy, Fit or Fat, with insulin a deciding factor.</p> <p>You can make yourself fat or thin with nutritional understanding and nutritional habits. The Metabolic Syndrome or Syndrome X is the key to lean or fat, diabetes, blood pressure, triglycerides, belly size and your HDL. The X Factor is insulin.</p>
4:20 - 5:20pm	Dr. Marc Harris, ND	<p>TFAM: Death without it, and used for mitochondrial function</p> <ul style="list-style-type: none"> <li>• Critical to mitochondria</li> <li>• Controls oxidative stress</li> <li>• Controls uncoupling</li> <li>• Mitochondrial DNA support</li> </ul>

5:20 - 6:20pm	Dr. Brett Brimhall, DC	Activating your inner sleep needs   Address sleep and fatigue from a neurological and metabolic perspective. Deep and interrupted sleep is one of the best doctors we have.  The body seeks balance and homeostasis. Sleep is a major component of that science. Never before in the history of time has sleep been so disrupted with computers, cell phones, night lights, light on any equipment in the bedroom to keep melatonin secretion low.
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## Sunday, Jan 25th

8:00 - 9:30am	PANEL DISCUSSION	Dr. Marc Harris, Dr. John Brimhall, Dr. Brett Brimhall, Doug Grant, Dr. JeNeen Ridgeway, Dr. Patrick Porter, & Dr. Vaughn Cook
9:30 - 10:30am	Weston Wiltbank Dr. Jason Pickel, DC, DACNB	How to activate your inner marketing systems in your clinic to ensure a low CAC (cost to acquire customer) and attract patients that have a higher LTV (life time value).
10:30 - 11:30am	Douglas Grant, BS	Activating the healer within by taking action now. This talk will recap the calls to action from all the speakers and Doug will help each clinic create specific "to do's" in order to benefit immediately from the healing techniques covered over the weekend. Education is not enough, we must apply and this talk will help the clinician do just that.