

What is the COPP Method?

The program, *Retrain the Allergy Brain* is written using the COPP Method, which is a strategy to improve cellular optimization through enhanced polyvagal communication, active phenolic metabolism and delivery systems, and foundational functional nourishment.

I developed the COPP Method through 15 years of being in practice as a Board Certified Natural Health Practitioner specializing in cellular process and Digestive disturbances. My time and experiences led me to researching the biochemical processes of the cell and what happens when we eat. After years of research and accumulation of data, the COPP Method was born of understanding true dysfunction causing symptoms and disease in a very under-used area of science: phenolics. Combined with the imperative skill of the Vagus nerve and Sympathetic/Parasympathetic nervous systems, Cells can be optimized for performance of their multi functions, leading to a better expression of health.

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