Hompes Method
Practitioner Training Level I

INTRODUCTION
Part One
Hi and welcome! I am so pleased you’ve tuned in to this introductory lesson, which is the first on your journey to understanding human nutrition in a whole new light.
David (Dave) Hompes

• My name is Dave Hompes and I am thrilled to have the opportunity as your teacher on this journey.
The Hompes Method

• I’m creator of The Hompes Method, a health rejuvenation system based on two core principles:
  
  – A healthy nutrition and lifestyle (Hompes Method Level I).
My Vision

“To Provide Freedom of Choice Based on Balanced Information.”
Company Mission

“To Provide Balanced Information, Education & Consulting Services to Help Consumers Have Freedom of Choice in Creating Their Desired Level of Health.”
“I believe in the power of intention to change the landscape of our society – and it is my intention to live an authentic life of compassion and integrity and action.”

~ Zachary Quinto
Who Is Dave Hompes?

• Please allow me to briefly share my story, just so you can get to know me a little better and understand how Hompes Method came to be...

  – I’ve worked with more than 2,000 clients, including elite, international athletes and Hollywood celebrities.
  – I’ve taught doctors, dentists, osteopaths, PTs, nutritionists.
  – I’m a three time published author.
  – I’ve attended countless nutrition courses, conferences and symposia.
  – I’ve read more than 400 books on health, nutrition, medicine, spirituality and personal development.
Who Is Dave Hompes?

• Academic education:
  – First class honours degree in Geography and Sports Science (Loughborough)
  – Masters degree in Sports Science (Loughborough)
  – Fitness instructor
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• Continued:
  – Head of Health & Fitness (Northumbria University)
  – Began learning with Paul Chek (CHEK Institute - 2002)
  – Corrective exercise, program design
  – Holistic Lifestyle Coach
  – Metabolic Typing and Detoxification Advisor
  – Personal Trainer
  – They were all teaching different principles than the academics...
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• Continued:
  – Business didn’t go so well – a lot of lessons learned
  – Holiday in Egypt with major food poisoning and didn’t quite feel right for several weeks
  – Moved to London in 2005
  – Personal training and nutrition coaching work
  – Major stresses in 2007 – death of mother and bankruptcy
  – All symptoms from 2004 came back, with interest - despite eating well and maintaining a healthy lifestyle
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• I was experiencing:
  – Severe heartburn
  – Bloating
  – Nausea and morning sickness (felt like a pregnant woman)
  – Sleeplessness and low energy in the morning – couldn’t peel my face from the pillow!
  – Anxiety
  – Dandruff
  – Loss of mojo – my sex drive fell through the floor
Who Is Dave Hompes?

• What could I do?
  – I was eating pretty well and following basic principles of nutrition and lifestyle
  – But it wasn’t working
  – I contacted Dr. Dan Kalish, a Functional Medicine doctor in California
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• What could I do?
  
  – I told him about my history and symptoms
  – He recommended I run a stool test using a special home collection kit in order to check for chronic digestive infections.
  – I also ran a saliva test to check my adrenal and sex hormone levels.
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• What I did:
  – The stool test showed I had a stomach infection called *Helicobacter pylori*
  – The saliva test showed I had low cortisol levels in the morning when they should be high, and high levels at night when they should be low.
  – I also had low testosterone.
  – The tests explained my symptoms...
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• What I did:
  – Herbal protocol to deal with *H. pylori* (self-researched as Dr. Kalish’s protocol made me feel worse)
  – Herbal and bioidentical hormone protocol to help rebalance adrenal hormones and bring testosterone up
  – Inside 90-days, most of my symptoms were gone...
Who Is Dave Hompes?

• What I did:
  
  – When I retested my digestive system, the *H. pylori* had gone.
  
  – BUT, I showed up as having a parasite, *Blastocystis hominis* and a mold overgrowth, *Aspergillus*.
  
  – I took more herbs, this time specific for parasites, fungi and mold, and successfully cleared my remaining symptoms, and the bad bugs.
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• Entrepreneur:
  – I was so inspired with my outcome, that I asked Dan how I could learn the work; he invited me onto his FM training program.
  – I spotted an opportunity: on the Internet, nobody was teaching people the truth about *H. pylori*.
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- The Royal Society of Medicine:
  - I was invited by Geoff Montague-Smith to give a talk on how to use functional lab testing at the Royal Society of Medicine in London.
  - I wrote a promotional sales letter the day before, marketing a basic functional medicine introductory programme for £147.
Who Is Dave Hompes?

• Functional Medicine Secrets:
  – Twelve people enrolled (not bad considering I’d only had the idea to create the programme about 18 hours earlier)
  – This is where it got REALLY interesting
  – I had two students on the course who were qualified nutritional therapists
  – They had quite a few symptoms between them..
Who Is Dave Hompes?

• My disbelief:
  
  – One student had ongoing digestive problems – constipation, blood in stool, gas, heartburn – as well as fatigue, lack of sleep and mood swings.
    • H. pylori, C. difficile; adrenal fatigue – cleared in 90-days.

  – The other had chronic dermatitis.
    • Gluten-free diet, cleared significantly in 14 days.
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- What on Earth had they been taught?
  - I wondered why a nutritional therapist hadn’t been taught that certain forms of dermatitis were caused by gluten sensitivity.
  - I also wondered why they hadn’t been given key lab testing tools to help identify symptom causality in their clients.
  - I politely asked where they’d studied, and researched the costs of those respective programmes.
Who Is Dave Hompes?

• Oh my gosh!

  – I will admit to being completely shocked by the tuition fees that were (and still are) being charged by the institutions.
  – The fees came in at between £6,000-£9,000 (that’s approximately $10,000-$15,000).
  – I genuinely couldn’t believe that after 2-3 years of study, and this level of expenditure, these people didn’t know how to fix their own health challenges!
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- The Entrepreneur...

- I looked at the nutrition principles I was applying with my clients and asked myself, “How long would it take me to teach these principles and enable people to safely go out, do exactly the same as me, and help a lot of people?”

- I settled on “one weekend” (or roughly equivalent).

- No, I’m not kidding!

- Don’t judge me just yet – let me share with you what I have to say!
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• The Entrepreneur…

  – Whooosh - I created the Hompes Method Level I Functional Nutrition Programme.
  – I then created several advanced training modules, comprising Hompes Method Level III.
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• My promise:
  – My promise to you is that by the end of this Hompes Method Level I training course, you will:
    • Have equal, if not more, ability to apply nutrition coaching techniques with your clients and patients.
    • Achieve better results with your clients than many nutritional therapists do.
    • Have the skills to help a LOT of people.
    • Save a hell of money in the process compared with the nutritional therapy courses and programmes out there.
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• Pareto’s Law (basically the 80-20 law):

  – 80% of your clients will get sensational, life-transforming results, from 20% of the knowledge you learn in this course.
  – 20% of your clients won’t get the results you’re looking for even if you apply 80% of the knowledge you acquire.
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• Pareto’s Law:
  – Imagine 4 out of 5 five of your clients achieving sensational results: an **80% success rate in your practice!**
  – Imagine their faces, their smiles, their gratitude towards you.
  – Immerse yourself in how YOU feel on receiving that gratitude.
  – I’ve cried when clients have thanked me for the work we’ve done together...*many times.*
My Guarantee

“I guarantee you can achieve this level of success with a weekend course and applying the information you have learned.”
The Power of Food

• We know that food is the single most important environmental factor in determining a person’s level of health. Get it right and it nourishes you; get it wrong and it can slowly kill you!
The Power of Food

• It is possible to correct many, many symptoms using basic nutrition and lifestyle coaching. As long as your clients follow the recommendations, they **WILL** get results [indeed, a mere 20% of your recommendations will often inspire and propel your clients to excellent results].
The Power of Food

- I’m so confident of this, that every single product or service we offer as a company comes with a cast iron money back guarantee. No results, no pay. This goes for my practitioner training courses as well as my products and services offered to the public. It keeps me honest, and it keeps my clients relaxed.
The Power of Food

• When you really begin to use the information you learn in this course with a lot of people, you quickly see how powerful it is and how easy it is to apply. Furthermore, you create **certainty**, which gives you confidence and inspiration to help even more people.
The Power of Food

• For example, a person could suffer with symptoms such as low energy, digestive pain, skin rashes and sleeplessness for 25 years. He or she could have seen a dozen specialists at massive cost, yet you could resolve those symptoms with one or two simple recommendations – *I’ve seen and done this many times (I gave you an example earlier – the dermatitis lady)*.
The Power of Food

• Take Mel, for example, in Lancashire, England. Mel was experiencing extreme anxiety, PMS and heartburn. She told me she had lactose intolerance, so I immediately suspected she also had gluten sensitivity. I recommended she avoid gluten, and within a few days all her symptoms had disappeared and she was able to come off her antacid medication.
The Power of Food

• Here’s what Mel said:

“For the first time since May I’ve not had any pain or discomfort. I’d forgotten what that felt like! I even missed an Omeprazole tablet yesterday (something I wouldn’t normally dare do) and I’ve been ok!”

~ Mel Palmer, Lancaster, UK.
The Power of Food

- Mel’s experience is far from isolated – my graduates and I receive reports like this all the time from clients that include children and teenagers, new mums, seniors and elite athletes.
The Power of Food

• You can do this work, too, and by the end of this training programme, you will be in a position to deliver nutrition and lifestyle coaching programmes to your clients in exactly the same way my team and I do! It’s time to get excited!
The Power of Food

• What happens when you begin to achieve results like this with your clients? Silly question, really...they tell lots of other people and before you know it, you have a looooong waiting list, you can start charging more money, and begin designing the life of your dreams...
Thank You!

- Thanks for watching this presentation. In the next session, I’ll introduce the Principles and Practice of Hompes Method in a little more detail so you can really begin to see how and why it is so effective, and how it can help you build a successful health coaching practice.