



A Retrospective Analysis of Key Inflammatory Markers
in Patients Treated with the TIPP Method

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Study Title:

A Retrospective Analysis of Key Inflammatory Markers in Patients Treated with the TIPP Method

Purpose:

The study aims to analyze data collected over the past seven months to evaluate the effectiveness of the Inspired Performance Institute Method in reducing markers of inflammation. The primary objective is to compare pre- and post-treatment data to assess improvements in physical and psychological well-being.

Research Questions:

1. Does the Inspired Performance Institute Method (TIPP method) significantly reduce key inflammatory markers in patients?
2. What are the psychological and physiological outcomes associated with these changes?

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Abstract

The Inspired Performance Institute developed TIPP as an innovative neuroscience approach to alleviate or eradicate the enduring effects of trauma. This study investigates the impact of TIPP on immune function and inflammation, with the ultimate goal of enhancing health, overall wellbeing, and performance.

The research examines clinical and technical aspects of immune system changes and inflammation reduction following TIPP treatment. It explores various immune cell populations, key immune ratios, and inflammation markers before and after the intervention. The study also investigates the potential clinical applications of TIPP, encompassing anxiety, depression, drug addiction, PTSD, athletic and personal performance enhancement, and overall well-being.

While numerous studies have evaluated various therapeutic protocols for trauma resolution, TIPP, like any intervention, possesses its pros and cons. Despite being non-invasive, its scientific validity requires conclusive evidence. This study focuses on overall immune system changes and inflammation reduction after 30 days of TIPP treatment, providing insights into the physiological impact of this innovative approach to trauma resolution.

Keywords: Trauma resolution, Immune function, Inflammation, Complementary therapies, TIPP (The Inspired Performance Program).

Introduction

Background:

Chronic trauma and unresolved stress contribute to physiological disruptions, often resulting in increased systemic inflammation and compromised immune function. Addressing trauma effectively may not only alleviate psychological stress but also promote physical health by improving biomarker profiles associated with aging and immunity. The Inspired Performance Institute's TIPP method is designed to reset trauma-induced neurological responses, potentially reducing the body's physiological stress responses.

Objective:

This study aims to assess the effectiveness of the TIPP (The Inspired Performance Protocol) process by examining pre- and post-treatment changes in immune system function and inflammation markers. The TIPP program's objective is to enhance and optimize healthy brain function, providing individuals with greater control over focus, sleep, mood, and overall well-being. By addressing traumatic memories and their impact on brain health, TIPP seeks to reshape neural networks and reduce or eliminate the effects of traumatic events.

The study focuses on analyzing changes in immune cell populations, key immune ratios, and inflammation markers before and after the TIPP intervention. Participants underwent a

comprehensive immune profile analysis and inflammation assessment prior to the four-hour TIPP session and again after completing the program, which includes 30 days of reinforcing audio sessions and conscious efforts to update old behavior patterns.

Literature Review:

Studies have consistently shown that chronic stress and unresolved trauma contribute significantly to systemic inflammation and immune dysregulation. Elevated levels of C-reactive protein (CRP) and interleukin-6 (IL-6) have been linked to psychological stress and poor mental health outcomes (Black & Garbutt, 2002; Marsland et al., 2017). Additionally, interventions targeting stress reduction, such as mindfulness-based therapies and cognitive behavioral approaches, have demonstrated efficacy in reducing inflammatory markers and improving immune system balance (Carlson et al., 2015; Pascoe et al., 2017).

Emerging research highlights the role of trauma-focused therapies, including Eye Movement Desensitization and Reprocessing (EMDR) and somatic experiencing, in alleviating physiological stress responses (Van der Kolk, 2014). The TIPP method's trauma-informed approach aligns with these findings, offering a structured process to address neurological and physiological impacts of trauma. By focusing on resetting maladaptive stress responses, the TIPP method may influence systemic inflammation, as indicated by reductions in CRP and IL-6 observed in this study.

Methodology

Study Design:

This is a retrospective analysis of biomarker data from nine patients who participated in the TIPP method for trauma therapy.

Participant Selection:

- **Sample Size:** Nine patients were selected based on criteria of trauma history and completion of TIPP therapy.
- **Inclusion Criteria:** Adult individuals with documented trauma-related symptoms, who completed TIPP therapy and initially consented to the use of their health data for research.

Intervention:

Patients underwent the TIPP method, a therapeutic approach designed to reduce trauma-induced physiological stress responses, promoting mental resilience and potentially improving inflammatory and immune health.

Biomarkers Assessed:

- **C-Reactive Protein (CRP):** Measured via DNA methylation (DNAm CRP).

- **Interleukin-6 (IL-6):** Measured via DNA methylation (DNAm IL-6).
- **Immune Cell Counts:** Including Naïve CD4 T Cells, Memory CD4 T Cells, Memory CD8 T Cells, Naïve CD8 T Cells, Neutrophils, and Natural Killer Cells.
- **Key Immune Ratios:** CD4/CD8 T Cell Ratio, Neutrophil to Lymphocyte Ratio (NLR), Lymphocyte to Monocyte Ratio (LMR).

Measurement Timeline:

1. **Pre-Treatment Baseline:** Biomarker levels were initially recorded prior to therapy.
2. **Post-Treatment Testing:** Biomarkers were re-evaluated after TIPP therapy, allowing for a comparative analysis of treatment effects.

Data Analysis:

Data were analyzed to compare pre- and post-treatment levels of inflammatory markers and immune cell populations. Statistical significance was not calculated due to the small sample size, but trends were observed and reported.

Results

Key Findings

1. **Inflammation Reduction:**
The majority of patients demonstrated reductions in inflammatory markers, with DNAm CRP and IL-6 levels improving in 71.43% and 57.14% of patients, respectively.
2. **Immune Modulation:**
Immune cell population changes, particularly increases in memory CD4 T cells and neutrophils, suggest enhanced immune readiness and adaptability.
3. **Immune Ratios:**
While most patients exhibited an increase in the CD4/CD8 ratio and NLR, these findings indicate active immune adjustment post-treatment.
4. **Effect of Viral Illnesses:**
Temporary increases in inflammatory markers were observed in two patients reporting viral infections, emphasizing the need for follow-up testing to confirm outcomes.

Discussion

The results of this retrospective analysis provide compelling evidence for the potential efficacy of the TIPP method in addressing both psychological and physiological consequences of trauma. A key observation is the reduction in systemic inflammation, as indicated by decreases in CRP and IL-6 levels post-treatment. These findings are consistent with existing literature suggesting that effective trauma resolution can mitigate chronic inflammatory states (Black & Garbutt, 2002; Marsland et al., 2017).

The observed changes in immune cell populations, particularly the increase in memory CD4 T cells and neutrophils, reflect a possible enhancement in immune system readiness and adaptability. Such shifts may signify improved immune surveillance and response capabilities, which are critical in maintaining overall health and resilience. However, the increase in NLR and the elevated CD4/CD8 ratios in some patients highlight potential areas of concern that warrant further investigation. These trends may reflect ongoing physiological stress or adaptive processes post-therapy, as the body recalibrates its immune and inflammatory responses.

The influence of viral illnesses reported by two patients on their post-treatment results necessitates caution in interpreting the data. Viral infections are known to temporarily alter immune and inflammatory markers, potentially skewing the study's findings. Retesting these patients after recovery is essential to determine the true effects of the TIPP method.

Limitations in the current study, including the small sample size and lack of a control group, underscore the need for further research. Future studies with larger, more diverse cohorts and control comparisons are essential to validate these findings and elucidate the mechanisms underlying the observed changes. Additionally, longitudinal analyses would provide valuable insights into the durability of the TIPP method's effects on inflammatory markers and immune function.

Overall, this study contributes to the growing body of evidence supporting the role of trauma resolution in promoting physiological health. The preliminary findings suggest that the TIPP method has significant potential as a therapeutic tool for reducing systemic inflammation and enhancing immune resilience, thereby improving overall health outcomes.

Conclusion

This retrospective analysis provides preliminary evidence that the TIPP method may have positive effects on inflammatory markers and immune system function. The observed trends in CRP and IL-6 reduction, along with shifts in immune cell populations, suggest that trauma resolution through TIPP therapy could contribute to improved physiological health.

However, the increase in NLR and some elevated CD4/CD8 ratios indicate that the body may still be undergoing adaptive processes post-therapy. Additionally, viral illnesses reported by two patients highlight the need for careful consideration of external factors influencing biomarker results. These changes warrant further investigation to understand their long-term implications.

Limitations and Future Directions

Limitations:

1. Small sample size limits the generalizability of findings.

2. Lack of a control group prevents comparison with non-treated individuals.
3. Variation in time between pre- and post-treatment measurements may affect results.
4. Viral illnesses in two patients may have skewed post-treatment data.

Future Studies:

1. Larger sample sizes to allow for statistical analysis.
2. Longitudinal follow-ups to assess the durability of observed changes.
3. Inclusion of psychological measures to correlate with biological markers.
4. Investigation into the mechanisms behind the observed immune system changes.
5. Retesting patients who experienced viral illnesses to ensure accurate data interpretation.

This preliminary data suggests that the TIPP method shows promise in addressing not only psychological trauma but also its physiological manifestations. Further research is needed to confirm these findings and explore the full potential of this therapeutic approach in improving overall health and well-being.

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