

Supplement To
The Ultimate Prevention and Wellness Program
The Holistic Approach to Reverse Chronic Diseases
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The Ultimate Prevention and Wellness Program and this Supplement are dedicated to the memory of my father in law, Dr. Edward Stapley, a PH d microbiologist who served as head of Merck's research laboratories. He and his team at Merck invented many life-saving drugs.

Most of all, I want to thank my wife, daughter and sons who also gave me great insights and guidance and, through the great challenges we all faced together, to research and write about prevention and wellness.

Acknowledgments

I stand on the shoulders of giants. So, many of these authors have written so many valuable articles and books. I am very grateful for them and their research and writings. Some of these giants include Gary Null, De. Mark Hyman, Dr. Joseph Mercola, Dr. Stephen Sinatra, Mike Adams, Dr. Andrew Weil, Louise Hay, Wayne Dyer, Barbara Ann Brennan, Walter Lubeck, Carolyn Myss, Doreen Virtue, Eckhart Tolle, Wilhelm Reich, Rev. Joel Olsteen, Dr. Nicholas Gonzalez to name a few.

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Chapter 1 – How to Reverse Chronic Diseases

The body has a great capacity to reverse chronic disease and heal itself, but only if we use holistic health techniques. Holistic health techniques empower the body to heal itself. The holistic approach uses natural means. It uses mind-body-spirit techniques to treat the whole person.

The chronic diseases covered by this Supplement and The Ultimate Prevention and Wellness Program include heart disease, cancer, type 2 diabetes, depression/anxiety/insomnia, multiple sclerosis, chronic pain, lyme disease and other diseases and disorders.

Use this Supplement together with The Ultimate Prevention and Wellness Program to reverse chronic diseases. This Supplement together with The Ultimate Prevention and Wellness Program contain the holistic tools needed to do this. Conventional treatment may be in order too. Holistic treatment can be used in conjunction with conventional treatment. One does not preclude the other. The combination of holistic and conventional treatment is called an integrated approach.

An integrated approach is especially important if chronic disease has taken root. The combination of conventional and holistic treatment may be the best option under these circumstances. But, holistic health techniques must be incorporated in any case. In any event, consult your physician on treatment options. It is best to select a physician who knows both conventional and holistic remedies and believes in an integrated approach.

It is especially important for your physician to know about nutrition, exercise, positive thinking, meditation and supplements and how supplements interact with prescription medicine.

Prevention is the best medicine of all. But, if you get hit with a chronic disease, do your best to stop its progress and reverse it. Do not believe that you have to live with a chronic disease forever. Do not believe that a chronic disease is a death sentence. Know in your heart that you will be healed.

The mind and spirit (i.e., beliefs, thoughts, emotions and energy) along with the body play an important role in disease and healing. The holistic approach treats the whole person, mind-body-spirit (thoughts, emotions, energy body and physical body) to reverse chronic disease. It is not enough to heal a specific body part. To reverse chronic disease, the whole person must be healed – mind, body and spirit.

To heal our bodies, our minds and emotions must be healed and balanced. From an emotional perspective, it is important to let go of the painful past and worrisome future, and to restore our love for life and our enjoyment of life. It is also important to restore our love for ourselves and develop strong feelings of self-love, self-worth, self-confidence, inner peace, joy, optimism and self-esteem. This requires us to forgive ourselves and all others, to engage in emotional release and to let go of the painful past.

The holistic approach uses natural methods to bring mind, body and spirit into balance. It cultivates inner peace, peace of mind, happiness and abundant vibrant energy. The holistic approach restores

inner power and a feeling of strength and vitality. It conserves and boosts a person's energy and strengthens the immune system and other bodily systems. The holistic approach cultivates robust and vibrant positive energy in our body.

From a holistic perspective, disease, also known as "dis-ease," takes root when we are out of balance, depleted and negative – emotionally, energetically, mentally and physically. The holistic approach seeks to bring the whole person back into balance -our thoughts, emotions, energy body and physical body. These are all linked together and affect each other to either bring us disease or good health.

It is difficult, if not impossible, to reverse chronic disease if our thoughts, emotions and energy are negative, out of balance, depleted and agitated. It is difficult, if not impossible, to reverse chronic disease if we are unhappy, stressed-out and negative, if we are not eating properly, if we are not getting needed nutrients and if we are not getting adequate rest, sleep, relaxation and exercise, or if we are not stretching, moving, exercising, meditating and praying, all on a regular basis.

The holistic techniques in this Supplement and The Ultimate Prevention and Wellness Program will help get your immune system and other bodily systems to function properly and to restore your cellular health and energy. They will help stop cellular oxidation and inflammation – attributes of all chronic disease.

The holistic techniques in this Supplement and The Ultimate Prevention and Wellness Program include diet, nutrition, detoxification, supplements, exercise and stretching, positive thinking, inner peace, peace of mind, balance and happiness. They include techniques to relax, greatly reduce emotional stress, detoxify, release stored negativity (emotional release), boost your cellular energy, health and inner power, while raising your energy level and vibrations- all at the same time.

All of this will enable your body to reverse chronic disease.

This Supplement discusses holistic techniques to reverse all chronic diseases. It then discusses holistic techniques to reverse specific chronic diseases (i.e., heart disease, cancer, type 2 diabetes, depression/anxiety/insomnia, multiple sclerosis, pain relief and lyme disease).

Chapter 2 - Holistic Techniques to Reverse Chronic Diseases

General

To reverse chronic disease, make your healing and wellness the number one priority in your life. If you have been diagnosed with a chronic disease or condition, set aside the next few months to heal. Focus on one thing - to get well. Visualize yourself as healed and well.

Make your home a beautiful, quiet, clean and restful place – a sanctuary for healing. Play peaceful, harmonious music in your home. Light candles. Open your windows and circulate fresh air in your home. Have plenty of living plants and flowers in your home along with high vibration crystals, art and bright colors. Prepare fresh organic salads, juices and smoothies for your meals and detoxify your home and your body. See the Detoxification Program in The Ultimate Prevention and Wellness Program.

Incorporate (into your daily routine) the holistic techniques in this Supplement and The Ultimate Prevention and Wellness Program. Focus on greatly reducing stress and achieving and maintaining an ongoing state of inner peace, peace of mind, peace of spirit and balance. Focus on achieving and maintaining an ongoing feeling of peace, happiness, optimism, love and high vibrations. All this is felt in the heart and torso. The ongoing peaceful energy felt in the heart and torso is Divine unconditional love. It is called “being in the flow.” You connect to this healing energy through your heart and torso. You will find amazing healing power through the “I am” presence found in your heart and your heart-centered connection to your soul/higher self.

To heal and get well, stay heart- centered and in the flow and focus on being peaceful, happy and positive. Get rid of stored negative emotions from the painful past through the techniques in this Supplement and The Ultimate Prevention and Wellness Program. At the same time, fill yourself with positive, vibrant life force energy and inner power each day through the techniques in this Supplement and The Ultimate Prevention and Wellness Program. These techniques include daily meditation, visualizations, prayer and deep breathing exercises, diet, nutrition, detoxification, exercise, stretching, supplements and positive thinking.

To reverse chronic disease, take time to de-stress, relax, let go and rest. Pamper yourself. Release stored negative emotions (which manifest as energy blockages) through emotional release techniques in this Supplement and The Ultimate Prevention and Wellness Program. Give yourself full, loving attention.

Let time stand still. Do not focus on “to do” lists, activities, problems and errands. Love yourself and all others and just be. Do not focus on the negative. Let it all go. Be fully engaged in each moment through your senses and not through ongoing thoughts. This will help conserve and boost your energy and relax your body – so needed for healing.

Cherish your own existence and value. You are completely and unconditionally loved and enveloped in love by the Divine. You will feel this love when you let go and relax and do the positive thinking techniques and inner work discussed in this Supplement and The Ultimate Prevention and Wellness Program.

Be mindful of your thoughts and emotions and move quickly from the negative to the positive, from negativity and agitation to peace, love, happiness and joy, from stress to relaxation. Negative energy is toxic. It will damage your health and impede the healing process. Do things each day that make you smile, laugh, relax and enjoy life –that make you feel happy and good inside.

Be in touch with your physical, mental and emotional states. When you are agitated or rigid, identify the beliefs and thoughts that caused this emotional state. Then return to a state of happiness, relaxation and balance through the techniques in this Supplement and The Ultimate Prevention and Wellness Program.

Stress and negativity impair the immune system and brain chemistry and damage other bodily systems and cells. Stress and negativity deplete cellular energy. They drain the energy you need to reverse chronic disease. While healing, greatly reduce stress and negativity.

Get rid of stored negativity including stored anger, fear, worry, regrets, resentment, guilt and jealousy. Forgive yourself and all others and do not dwell on injuries, betrayals and mistakes. Let the painful past go for your own mental, physical and emotional health. Otherwise the painful past will manifest into ongoing negative thoughts. These negative thoughts will cause stress, negativity and disease and result in ongoing negative emotions.

Stress and negativity block the flow of healing energy, lower vibrations, drain energy and otherwise impede the healing process.

While you will have negative thoughts and emotions from time to time, the key for healing is to not have ongoing, running negative thoughts and an ongoing negative inner voice. This will only keep you in a continuous, stressed-out and negative emotional state. The key is to not be steeped in negativity and to not dwell on negative events, situations and people. These thoughts will only make you feel bad. Instead, focus on feeling happy and good inside—and return quickly to feeling happy and good inside. Be mindful of your thoughts and emotional state and quickly move from negative to positive, from agitation to inner peace and joy. This will greatly reduce stress and negativity in your life.

Most stress comes from our beliefs, thoughts and emotions. So, we must change them from negative to positive and from agitated to peaceful. We must assert control over our thoughts to reduce stress and negativity in our lives. See the discussion below and in The Ultimate Prevention and Wellness Program about positive thinking, mindfulness and being in the moment and in the flow. The techniques and exercises in The Ultimate Prevention and Wellness Program will teach you how to center and ground yourself, improve your posture and cleanse and heal your energy body. All this will help you move from the negative to the positive.

Uncontrolled and unfocused thoughts tend to go negative. So, stop thinking. When having ongoing negative thoughts, command yourself to stop thinking about that. Instead, use your intellect for controlled and focused thoughts on positive activities –i.e., the details of work, errands, hobbies and study. If you are not engaged in thoughts about these positive activities, then shift into your heart/body center and out of your head and just be –be in the moment and in the flow. Your body and senses are

always in the moment. On the other hand, uncontrolled thoughts will go all over the place. So, live in your body and experience the moments through your senses as much as possible. Stay focused on the details of the moment and feeling good. Be optimistic. This will help you heal.

Greatly reduce stress factors in your life – i.e., people, things, situations and environments that agitate you or trigger a stress response/negative reaction. While healing, avoid negative, toxic, judgmental, controlling and manipulative people and people who push your buttons and trigger negative thoughts and emotions. Avoid angry people. Avoid people who intimidate, judge or criticize you. Avoid dependent people as much as possible- i.e., people who pull and tug at you and drain your energy.

All of the foregoing types of people will agitate you, lower your vibrations and drain your energy. They will dominate your thoughts on an ongoing basis and make them negative. This is the opposite of what you need when you are healing.

If you cannot avoid negative and toxic people altogether, then at least build boundaries with them. Do not let them in too close. They will impair your healing.

While healing, ask dependent people to take care of themselves. Get assistance to help children and elderly dependents.

Avoid negative and toxic environments and situations. They will stress you out and bring you down. They will lower your vibrations and drain your energy. They will impair your healing.

Your mind, body and spirit need to rest and get rejuvenated when you are healing. You need to conserve and boost your energy and raise your vibrations while healing. Stress and negativity will agitate you, lower your vibrations and drain your energy.

Use your great inner power (the power of your Soul/Higher Self and Divine Energy) to heal. You will find this inner power in your body – particularly in your heart chakra (for inner peace) and your solar plexus chakra (for inner power, strength and vitality). The heart and solar plexus chakras are critical chakras for healing.

So, the first step in healing is to know with 100 % certainty that you are fine and you will be healed. Do not identify yourself with the disease. View it as a temporary problem that will be solved. Visualize yourself as whole, healthy and healed. The next step is to stay in a relaxed, positive, vibrant, vital and happy state.

Live in your body and not in your head and thoughts. Live in the moment (through your senses and not through ongoing thoughts). Identify when you are living in thoughts and shift back into your heart/body center, back into the moment, aligned with your soul/higher self.

While you are healing, it is important to center yourself and improve your posture. Focus your attention on the moment. It is important to be centered and have good posture. While in the moment, become an observer and stay in the flow. Do not analyze or judge. Do not try to control others. Just be.

Through applied and focused will, stay in the moment and in positive territory-and out of ongoing negative thoughts. The location of focus is the middle of your forehead. So, center yourself in the middle of your forehead and your heart/body center and straighten your posture (sit or stand up tall). When you find that you are not centered or you are slouching, re-center yourself and straighten your posture. Centering, grounding and good posture are important to cultivate positive and focused thoughts and good energy flow. See the visualization exercises in The Ultimate Prevention and Wellness Program for centering, grounding and good posture.

When you are healing, get a lot of sleep (at least 7 to 8 hours per night) and rest (take naps), de-stress. Remain in a relaxed state. Greatly reduce stress factors in your life. Avoid stressful environments and circumstances and people who stress you out. Avoid argument, conflict and drama. Turn off the television (especially television news), turn off talk radio. Instead, turn on the music –peaceful , relaxing, harmonious and upbeat music.

Let go of stored negative emotions and the painful past, and just be. Stop dwelling on the painful past, your disease or the worrisome future and just be. Be an observer (not a judge, critic or analyst) and remain in the peaceful flow of life and just be. Have faith and give the painful past and all worries to the Divine, ask the Divine for protection, healing and help and then let go

Believe that you are whole, complete and healthy. Do not think about your disease and do not define or limit yourself by your disease. Know that your disease is a temporary condition and you will be fine. Try not to think about your disease or the future. Stay focused on the moment and all the details you encounter in the moment. Enjoy each moment. Smile, be positive and have faith. Stay centered with good posture and project out of self with positive energy.

There is no disease in the spiritual dimension. To reverse chronic disease, emphasize your spiritual aspects through inner work (daily prayer and meditation). Your energy body is a blue print of your physical body. So, when healing, clean and heal your energy body through energy healing, inner work and visualizations. De-clutter your home, open your windows and let in fresh air. Make your home a peaceful, happy and spiritual place.

Take walks in nature. Breathe deeply. Take a lot of deep cleansing breaths and make sure your breaths are slow and deep. All this will improve oxygen and life force energy accumulation and flow in your body. Turn off the news and turn on the music- especially relaxing and upbeat music. When healing, get in nature often.

Spend your time and attention on the few precious loved ones in your life (people and pets) who make you happy. Focus your attention and thoughts on them and not on those who agitate you or stress you out. Do this to stay relaxed and boost your energy and raise your vibrations at the same time, while you are healing.

Chapter 3-Mind, Body and Spirit Techniques to Reverse Chronic Diseases

Mind

Negative and rigid beliefs and ongoing negative thoughts will keep you in a stressed-out and negative emotional state. Ongoing negative thoughts and emotions generate negative energy that makes it difficult to heal. A negative emotional state and negative energy promote disease and impede healing. Ongoing thoughts lower our vibrations, deplete our energy and obstruct the flow and build-up of life force energy in our bodies – all needed for healing.

Positive and open beliefs and positive thoughts and emotions are needed for healing. Positive and open beliefs and positive thoughts and emotions are powerful tools to reverse chronic disease. They generate positive energy needed for healing. An open heart, open mind, inner peace, peace of mind, high energy and high vibrations are all important for healing. These are all needed for positive thinking also.

When you are healing, it is important to be happy, optimistic, relaxed and positive. This will help boost your immune system and other bodily systems, along with your energy level. This along with stretching will ensure that blood and life force energy flow freely to each cell of your body, bringing them needed oxygen, life force energy and nutrients to enable them to repair. Positive thinking and spiritual techniques are needed to maintain a relaxed and positive state.

Assert control over your thoughts and inner voice. Do not dwell on the negative –on people, events and situations that agitate you or make you angry or worried. The key is to stop ongoing negative thoughts and an ongoing, negative inner voice and shift to the positive. Be in the moment and in the flow. This requires the positive thinking techniques, inner work and visualizations discussed in The Ultimate Prevention and Wellness Program and this Supplement.

For positive thinking, it is important (i) to cleanse and heal the energy body (because a damaged and negative energy body compels ongoing negative thoughts), (ii) to live in your heart/body center (and not in your head), in the moment and in the flow (and not in your thoughts), (iii) to forgive and let go of the painful past and (iv) to change beliefs to open, positive and optimistic (from rigid, negative and pessimistic).

It is difficult to heal while you are in a stressed-out and negative emotional state. A stressed-out and negative emotional state causes the body to become rigid (not relaxed). Energy is drained and does not flow freely (along with blood, oxygen and nutrients) and vibrations are lowered.

Do not blame or judge. Let go of control, guilt, resentment, anger, worry and fear, do not argue –Just Be Sleep, rest, meditate and pray. Be fully engaged in the moments with full focus, attention and awareness. Focus on the details of things and people you encounter in the moment. Be an observer and not an analyst or judge.

Be in the moment through your senses (your eyes, ears, nose, touch, etc.) and not in ongoing thoughts. Stop thoughts about the past or future, or something or somewhere else. Draw your attention back to the details encountered in the moment and re-focus with full attention and awareness on these details.

To focus, center yourself in the middle of your forehead and heart/body center. Focused thoughts about positive activities and plans are positive thoughts.

Uncontrolled and unfocused thoughts tend to go negative. Thoughts go negative because the intellect is tied to ego (and ego is all about self –self- protection, drawing attention to self, self-aggrandizement, promoting self, etc). But, some ego is needed to survive and thrive as individuals. Ego is not bad in and of itself, so long as it is balanced by heart, soul, spirit and love. We just don't need that much ego, especially when we are healing. So, assert control over your thoughts and make them positive and focused thoughts from the middle of your forehead.

Ongoing negative thoughts generate negative energy, which impedes the healing process. The intellect tends to attach to injuries and actual and perceived threats and compels ongoing negative thoughts about them. This is due to ego and the intellect's combination with ego.

So, don't live in your thoughts. Live in the moment, in the flow, in your heart/body center and in your senses. Stay centered in your heart/body center and middle of your forehead. When you find that you are having ongoing negative thoughts, center yourself – in the middle of your forehead and heart/body center and improve your posture.

Do not suppress negative thoughts. Rather, move from the negative to the positive, from thinking to being. For positive thinking, change beliefs from (i) negative and rigid to (ii) open and positive. This is done primarily through Positive Affirmations. See the Positive Affirmations in The Ultimate Prevention and Wellness Program and this Supplement. Positive Affirmations include the words "I am" followed by descriptive words.

When healing, recite on a regular basis the positive affirmations in The Ultimate Prevention and Wellness Program and this Supplement. Recite Positive Affirmations to yourself, from your heart with your eyes closed. Some Positive Affirmations to help reverse chronic disease include the following: " I am happy, peaceful and serene. I am so loved by the Divine. I am grateful for all that I have. I am so blessed. I am healthy, whole and complete. I am filled with radiant health." Say the following over and over to yourself with your eyes closed: "I am," " I am here" "I am love" "I am filled with love." Look in a mirror and say to yourself: "I love you." "I love you completely and unconditionally." "I accept and admire you unconditionally." " I am kind and patient. I am happy, positive and strong. I am perfect just the way I am. I am balanced, intelligent and powerful. "

Forgive, detach, let go and release the painful past and all those who intentionally hurt, betrayed or deceived you through the techniques and exercises in The Ultimate Prevention and Wellness Program and this Supplement. When negative thoughts come in, acknowledge them, learn from them-and let them go. Focus on your breathing until the negative thoughts gently drift away.

Move from the negative to the positive, i.e., (a) from thoughts about negative and toxic people to thoughts about loved ones, pets, scenes and images that make you happy, (b) from thoughts about past mistakes to thoughts about past achievements or (c) from thoughts about negative environments and events to thoughts about beautiful scenes from nature.

With respect to positive thinking and a positive emotional state, follow the techniques in the Chapters in The Ultimate Prevention and Wellness Program on Stress Reduction including positive thinking techniques (Chapter 6) and Optimism and Happiness (Chapter 7). Employ these techniques on a daily basis. The body will heal more quickly if you are in a positive and happy state. Use the Distract and Substitute techniques found in The Ultimate Prevention and Wellness Program to stop dwelling on your disease or condition and, instead, to focus on positive images.

Forgive yourself and all others for everything and let go of the painful past. Do not judge, blame or condemn yourself or others. Be gentle with yourself and all others through your thoughts, words, acts and speech. If you get off track momentarily, dust yourself off and get back to being relaxed, happy, positive, in the moment and in the flow.

Inner work including heart centered prayer and meditation are important to get the body and mind in a relaxed, peaceful, balanced and positive state. This emotional state will improve your circulation and help bring blood, oxygen, nutrients and life force energy to all your cells - and this will help repair them.

Embrace and love your inner child and fully connect and integrate with your inner child and soul/higher self. Do the inner child and higher self -visualizations in The Ultimate Prevention and Wellness Program.

Fill and surround yourself with unconditional love each day as visualized white light.

Believe that you are healthy, well and complete, free of disease. Do not think about the disease. Do not define or limit yourself by the disease. Do not believe you are a person who has a disease. Visualize that you are fine and the disease does not exist. When thoughts of disease and mortality come in, get back to being in the moment and in the flow, and in a relaxed, positive and happy state.

From an energy perspective, energy attachments and blockages lead to ongoing negative thoughts and a negative inner voice. Energy healing and inner work are necessary to remove energy blockages and attachments. If you have obsessive thoughts or ongoing negative thoughts, then you have energy blockages and/or attachments. They are the same as emotional blockages and attachments. They can be removed only through inner work, visualizations and energy healing. You will know they have been removed when your thoughts, inner voice and emotions are balanced.

Body

When healing, do regular detoxification. See the Ultimate Prevention and Wellness Program for detoxification techniques. Heavy metals and chemicals get lodged in our cells and trigger chronic disease and obstruct the healing process. These toxins are ingested through air, food, water, cleaning products, body products, vaccines and drugs. They then get lodged in our cells. These toxins trigger chronic disease and keep the body in a diseased state.

Some of the best natural ways to detoxify the body and flush out heavy metals and chemicals lodged in your cells include: warm water with fresh lemon (drink this plain a couple times each day and add one or two teaspoons of Himalayan salt to one of the warm drinks or a cold drink of water and lemon), fresh cilantro and parsley, a tea made with of fresh cilantro and parsley, Himalayan salt (a fully mineralized salt), green tea, a drink made with one or two teaspoons of bentonite clay or diatomaceous earth, activated charcoal supplements, modified citrus pectin, chlorella, chlorophyll, psyllium husk/corn silk, wheat grass, turmeric, garlic, avocado, beets, broccoli, fresh spinach, a High Nutrient Diet (primarily whole fresh organic green leafy vegetables), iodine, probiotic and digestive enzyme supplements, milk thistle, dandelion root supplements, apple cider vinegar, kidney flush supplements and colloidal trace minerals, silver and gold supplements.

Follow the detoxification program in The Ultimate Prevention and Wellness Program. Detoxify your body and your home. Get rid of cleaning fluids, soap, lotions, shampoo and other body products that contain chemicals (your skin is porous and will absorb chemicals). Use green and organic cleaning and body products instead.

Most chronic disease involves candida over-growth, a fungus that grows in the colon and lower intestine. In connection with detoxification, rid the colon and lower intestine of candida over-growth. Candida over-growth leads to leaky gut syndrome and blocks the body's ability to absorb needed nutrients from food and supplements. Candida detoxification is often necessary to reverse chronic disease.

Candida over- growth is often triggered by antibiotics and toxins in the air food, water, vaccines and drugs that we ingest (that kill good and bad bacteria alike in the gut). We need the good bacteria to keep candida growth in check. Processed, refined and junk food and sugar feed candida and an acidic PH balance (as opposed to an alkaline PH balance) promotes candida over- growth.

Through detoxification, we kill the candida and parasites in our colon and lower intestine. Intestinal candida and parasites are common to all chronic disease. The colon and intestine break own the nutrients in food and enable the boy to absorb these nutrients. Intestinal candida over-growth and parasites damage the immune system and other bodily systems and lead to chronic diseases.

For at least 4 to 8 weeks: adopt a strict Modified High Nutrient Diet that consists primarily of raw, whole, organic vegetables (salads and fresh vegetable juices). Sprinkle salads with flaxseeds and chia seeds if you like or eat flaxseeds and chia seeds separately. Use lemons and limes for dressing. You can get all the protein you need from a plant based diet. But, if you feel the need for additional protein and iron, consider taking a plant-based, protein powder supplement. This diet will help make your body alkaline. Drink aluminum- free baking soda and fresh lemon in water. This will also help make your PH balance alkaline.

An alkaline PH balance is important to reverse chronic diseases. An acidic PH balance promotes chronic diseases. A strict Modified High Nutrient Diet is alkaline (and not acidic).

When ridding the body of intestinal candida over-growth and parasites, avoid all processed, refined and junk food. Avoid sugar. Greatly reduce starch including grains, potatoes, sweet potatoes and yams. All of this is sugar or converts into sugar and acid. Sugar and an acidic PH balance feed intestinal candida over-growth and parasites. So, avoid sugar and refined and processed foods and starches. Avoid meat and dairy. Coffee, meat and dairy lead to an acidic PH balance. Avoid all fats except plant-based fats such as avocado, extra virgin olive oil and extra virgin coconut oil and whole plant-based oils and nuts and seeds.

Drink at least eight, eight ounce glasses of filtered or spring water daily. Drink some of your water with fresh lemon or lime. For intestinal candida over-growth and parasites, take wormwood, black walnut shell and cloves supplements. Take natural anti-fungal supplements including bee propolis, oregano essential oil, colloidal silver, fresh garlic, grapefruit, grapefruit seed extract, coconut oil, caprylic acid, berberine, olive leaf extract, apple cider vinegar and food grade hydrogen peroxide diluted in water. It can take weeks or months to eliminate intestinal candida over-growth and parasites. So, have patience.

Also, detox the liver and kidneys with supplements such as milk thistle, dandelion root, avocado, avocado seeds, chlorella, spirulina, green leafy vegetables and molybdenum.

Eat plenty of grapefruit, drink grapefruit juice and eat grapefruit seed and take grapefruit seed extract. Grapefruit, grapefruit seed and grapefruit seed extract kills candida and parasites in the gut. Also, colloidal silver, oregano oil, fresh garlic, wormwood, black walnut shell, cloves, barberry, berberine, bearberry, bee propolis, diatomaceous earth, bentonite clay and food grade hydrogen peroxide diluted in water kill candida and parasites in the gut.

Re-populate your gut with beneficial bacteria. This helps the body digest and metabolize food and maximize the nutrients your body gets from food. This also helps to keep intestinal candida over-growth and parasites in check. You can re-populate your gut with beneficial bacteria by using probiotics, digestive enzymes and prebiotics. These come in supplement form. Fermented foods contain probiotics and digestive enzymes. These foods include sauerkraut, pickles, kimchi, kombucha tea, kefir and coconut water. Prebiotics can be found in fresh garlic, onion, Jerusalem artichoke and dandelion greens. Many fresh whole, organic vegetables contain digestive enzymes. Heal leaky gut with the diet used for candida, collagen powder, NAG, L-glutamine and quercetin supplements along with fiber, prebiotics, probiotics and digestive enzymes. This will help repair the cellular wall of the intestines that may have been damaged by leaky gut.

Drink a lot of filtered, spring, distilled or well water to flush out stored toxins. Toxins damage the cells and organs and the immune system and other bodily systems. They are stored in the body's cells. They cause inflammation and oxidation at the cellular level (which leads to chronic disease). Alkalize your water with an ozone machine. Take ionic foot baths to further improve your pH balance.

Follow the exercise program in The Ultimate Prevention and Wellness Program. This exercise program involves daily cardio, light weight lifting and stretching. It is especially important to, at the very least, walk 2 to 3 miles per day at a brisk pace, move and stretch your arms, legs and body and lift light weights. Stretch, dance and do yoga and tai chi.

Stretching and exercise help get the blood (and oxygen, nutrients, and life force energy) to flow freely in your body and to all of your cells to repair them. Make sure to get your heart rate up in your cardio.

Breathe deeply to maximize oxygen and life force energy in your body. Take deep, cleansing breaths often and make sure that your regular breathing is deep and slow. This will also help to relax your body and improve energy flow and the function of your bodily systems –along with your blood pressure.

Get outside daily, open the windows and circulate fresh air into your home. Put living plants and flowers in your home. This will improve oxygen and life force energy around you, and will help the healing process.

Follow the High Nutrient Diet (and the Modified High Nutrient Diet). You can find these diets in The Ultimate Prevention and Wellness Program. While healing, the Modified High Nutrient Diet may be better. This diet promotes healing with fresh, whole, raw organic vegetables and fruits and a lot of green leafy vegetables. These foods are alkaline and filled with vitamins, minerals, anti-oxidants, oxygen, water, fiber and life force energy – all needed for healing and cellular health. Eat these foods primarily in fresh salads, juices and smoothies.

Think of food as medicine and focus on the vitamins, minerals, anti-oxidants and fiber in food. The High Nutrient Diet and Modified High Nutrient Diet in The Ultimate Prevention and Wellness Program combat oxidation and inflammation at the cellular level. Focus on clean, whole, fresh organic vegetables and fruit. If not certified organic, than at least make sure they are labeled non-GMO.

Whether you are on the High Nutrient Diet or Modified High Nutrient Diet, avoid processed, packaged and junk foods, and avoid refined sugar and starches and animal-based, saturated fats (primarily from dairy and meat) and trans-fats (these are manufactured fats). Eat plant-based, whole, unprocessed fats instead (i.e., organic nuts and seeds, olive oil and coconut oil are natural fats). For protein, eat plant-based protein (i.e., organic nuts, seeds and certain whole grains) and protein supplements.

Plant-based foods are living foods. They are full of nutrients, life force energy, water and oxygen that are needed to heal the body. These foods also contain a lot of life force energy and fiber that is needed to reverse chronic disease. Plant-based foods are also easy to digest and metabolize.

The body uses most of its energy to digest and metabolize food. By eating a plant based diet and limiting calories to between 1500 and 2200, you will conserve and boost your energy. Plant-based foods are easily digested and metabolized by the body. All this extra energy can then be used to reverse chronic disease instead of being used to digest and metabolize food.

Use organic, almond and soy milk and organic soy cheese instead of dairy. Many recommend going grain-free/gluten free altogether. But, if you wish to eat starch, do not eat refined, packaged or processed starches. Instead, substitute whole grains (i.e., quinoa, buckwheat, brown rice, wild rice, yams, sweet potatoes and potatoes, etc.) in limited quantities. If you decide to go grain-free, you can get starch from sweet potatoes, yams and whole, white, purple and yellow potatoes, while you are healing.

Digestive health is important for overall good health. The High Nutrient Diet and Modified High Nutrient Diet will help with digestive health. For digestive health, also eat prebiotic and probiotic foods. Prebiotic foods include fresh garlic, onion, banana, asparagus and dandelion green. Probiotic foods are fermented foods such as sauerkraut, pickles, kimchi, kombucha tea, miso soup, tempeh, kefir and yogurt. Fresh ginger and turmeric also help with digestive health.

Obesity contributes to chronic disease. End obesity through the steps in The Ultimate Prevention and Wellness Program and the Modified High Nutrient Diet. It is important to get your BMI in a normal range in order to reverse chronic disease. Use the diet and exercise program in The Ultimate Prevention and Wellness Program to lose body fat, gain muscle and improve BMI.

Stop smoking. Cigarettes are filled with toxins- heavy metals and chemicals. Alcohol is a toxin. So, stop or, at the very least, greatly reduce alcohol consumption.

Focus on improving body metrics such as blood pressure, blood sugar and BMI through the exercises and techniques in The Ultimate Prevention and Wellness Program.

Take the following supplements on a daily basis in good sized doses: Vitamins A, B complex, C, D, E, K1 and K2 and Co-Q 10 or Ubiquinol, grape seed extract, flaxseed oil, fish oil, black cumin or black cumin seed oil, resveratrol, astragalus and turmeric or curcumin, boswellia, ginseng, cat's claw and coconut oil. These supplements will bring needed nutrients to your cells, while they combat inflammation and oxidation at the cellular level. Also, put apple cider vinegar on your salad or in a glass of water and drink it.

Also, for digestive health, take probiotic supplements and digestive enzymes supplements.

Eat the following: fresh lemon and lime squeezed in water and fresh juices and tea (and on vegetables and salads), fresh garlic, cinnamon, ginger, turmeric and coconut oil, chlorella, spirulina, wheatgrass and seeds including chia seeds, sunflower seeds, pumpkin seeds, flaxseeds and hemp hearts.

When you are healing, eat mostly fresh salads with plenty of greens (mixed greens, arugula, spinach, kale, collard greens, etc.) and whole, fresh organic vegetables. Put fresh and grilled vegetables on your salad. Use citrus and olive oil and apple cider vinegar for dressing. Create delicious dressings by mashing avocado together with the juice from fresh orange, lemon or lime.

Drink plenty of fresh vegetable juices. Get a juicer and make your own fresh juices.

Eat a High Nutrient Diet or Modified High Nutrient Diet (raw, organic, whole fresh plant-based foods are best) and take the herbs and supplements recommended in The Ultimate Prevention and Wellness Program and this Supplement (i) to boost your immune system, metabolism, energy, muscles and circulation and to balance your hormones, (ii) for relaxation and stress reduction, mental clarity, depression and anxiety, (iii) to detoxify the cells of the body including the liver, kidneys, pancreas and thyroid, (iv) to improve digestion, (v) for sleep and (vi) for pain relief.

Do not drink soda, sugary drinks or drinks with artificial sweeteners. Drink filtered, spring or well water. Drink at least eight, eight ounce glasses of water per day. Drink lots of green tea. Squeeze fresh lemon and lime in your water and green tea.

Get plenty of rest and sleep. Sleep at least seven to eight hours per night and take naps during the day. Supplements that help with sleep include valerian root, gaba, melatonin and tryptophan.

Stay centered and grounded (see the visualization exercises for centering and grounding in The Ultimate Prevention and Wellness Program). Maintain good posture. All this helps with energy flow.

Take salt baths with bath salts or Epsom salt and/or magnesium. Use lavender and other essential oils in your bath. This will help you relax. Use essential oils for healing. Put them on your skin and they will be absorbed by the cells of your body for healing. For example, lavender and frankincense essential oils have great anti-inflammatory properties and clove and oregano essential oils have great antioxidant properties. Use only natural, organic essential oils.

Get direct sunlight on your arms, forehead and face each day- at least 15 minutes per day. This helps your body produce needed Vitamin D3. Use LED light bulbs indoors. LED light bulbs emit clean, bright white light, which closely mimics the sun's full spectrum light. This is a healthy light, much like the sun's rays. Light is absorbed through the skin. So, use healthy, LED lighting. Avoid CFL or compact fluorescent lighting because this lighting does not emit bright white light. Also, this lighting contains mercury, which is toxic.

It is difficult to be calm, happy, positive and vibrant when you are in pain. So, if you are in pain, follow the holistic techniques for pain relief below.

Spirit

Your spirit is your energy body. Each cell of your body is mostly energy. Your spirit is your aura, chakras, meridians and nadis. Your spirit is the structural energy and life force energy in each of your cells. Your spirit is connected to your soul/higher self.

Spirit is about relaxation and happiness. Your spirit is structural energy that draws into your body life force energy and facilitates the flow of life force energy through your body and into each cell of your body. Spirit is all about filling all of your cells with high vibration, radiant, positive cellular energy. All this is needed for healing. Low vibration, negative and dark energy causes disease. High vibration, positive energy is the antidote for low vibrations and low vibration, negative and dark energy. From an emotional perspective, we can say that healing requires deep relaxation, inner peace and happiness- i.e., ongoing relaxation and high vibrations. Inner peace and happiness drive away stress and negative emotions. Stress and negative emotions drain from us the vibrant life force energy we need to heal.

Low vibrations are a result of negative energy that is generated by our thoughts, acts and speech. Low vibration, negative energy also comes from the outside and can penetrate our cells if we have a

damaged energy body and are not filled with and surrounded by high vibration, positive energy (sometimes referred to as spiritual armor). Inner work and energy healing is often needed to rid yourself of negative energy and shield yourself from it.

There is no disease in the spiritual dimension. So, to reverse chronic disease, the more spiritual/inner work you do, the better. Spiritual/ inner work is necessary for inner peace, peace of mind and high vibrations. Inner work is necessary for positive thinking.

To reverse chronic disease, you need to achieve and maintain inner peace, peace of mind and high vibrations. This requires Reiki and other forms of energy healing and inner work (heart centered meditation and prayer and visualizations). To reverse chronic disease, you need to fully connect and integrate with your soul/higher self through your heart/heart chakra. To reverse chronic disease, your energy body needs to be clean, healthy, relaxed, vibrant and intact. In this energetic state, your energy body can automatically draw in, process and distribute life force energy to every cell of your body.

Obsessive and running thoughts will deplete your energy. These types of thoughts are caused by energy blockages and attachments. They occur when you attach to situations, events, people and things that are outside of yourself. Attachment is a function of ego combined with intellect. All addictions involve attachment. Obsessions and addictions start with unbalanced desires that lead to attachment. This throws us off balance. Balance is needed for healing.

Inner work (heart centered prayer and meditation and visualizations) will elevate heart and soul over ego in governance of self and automatically dissolve energy blockages and attachments. Inner work helps restore balance. Ask the Divine to dissolve all unwanted attachments to people, places, things and events and remove from you all energy blockages and attachments and negative and dark energy. Ask from your heart with your eyes closed and feel the attachments dissolve. Do the emotional release and vibration boosting visualizations in The Ultimate Prevention and Wellness Program to dissolve energy attachments and blockages.

Spirit is about feeling good, whole and complete. Spirit is about making this your number one priority: to feel good. Nothing from the outside will make you feel good for very long. When you look outside yourself for happiness, this often leads to attachment to people, things or situations that you desire. Desire is ok. Unbalanced attachment is not. So, put your wishes out there and let the Universe take care of things.

In any case, inner work is needed to feel good, whole, complete and happy.

To heal and reverse chronic disease, you must conserve and boost your energy and improve the flow of energy through your body, while raising your vibrations. Through inner work (heart centered meditation, prayer and visualizations), you will conserve and boost your energy and improve the flow of energy through your body. Through inner work, you will also raise your vibrations and relax your body and get blood, oxygen, nutrients and energy to flow to each cell of your body –all at the same time.

Inner work (heart centered meditation, prayer and visualizations) will greatly reduce stress and negativity. Inner work will greatly reduce the effects of stress and negativity on your body. It will improve your blood pressure and blood sugar at the same time.

Life force energy is positive energy. Fill yourself with positive energy and generate positive energy through your thoughts, speech and acts. Align your thoughts, speech and acts with your soul/higher self, heart center and with love. Align your thoughts, acts and speech with peace, love, kindness, happiness and patience. Center yourself in your heart and send out unconditional love from your heart. This will all help bring you inner peace and peace of mind, while raising your vibrations at the same time. This will help you conserve and boot your energy for healing.

Also, de-armor your energy body, release negativity, negative emotions, negative energy and energy blockages and attachments through inner work and energy healing (Reiki, Qi Gong, Integrated Energy Techniques, acupuncture and other forms of energy healing). This is also done through emotional release techniques and chakra cleansing, healing and alignment exercises, by dissolving energy chords and blockages and melting the hard shell that often forms around the heart chakra. Do the exercises, meditations and visualizations in The Ultimate Prevention and Wellness Program and this Supplement for all of this.

Crystals interact favorably with your energy body. They help bring in positive energy, dispel negative energy, bring inner peace and raise vibrations. All of this helps to reverse chronic disease. Hold crystals in your hands when you mediate (and put them over your heart when you meditate lying down) to (i) balance your energy (with blue jasper, angelight, rose quartz, amazonite, fluoride, lithium quartz, calcite, kunzite and gold), (ii) raise your vibrations (with clear crystals, orgone, citrine, Herkimer diamond, smoky quartz and gold) and (iii) heal (green aventurine, malachite, amber, amethyst, clear quartz, Herkimer diamond and gold). Use black tourmaline and black jet to absorb negative energy. Put crystals throughout your home to help bring in positive energy and dispel negative energy.

Essential oils interact favorably with your energy body. Use essential oils to relax and balance your energy (sandalwood, vanilla, rose, floral, lavender), to raise your vibrations (citrus) and to heal (oregano, rosemary, frankincense, myrrh, tea tree and eucalyptus among others). Frankincense essential oil boosts the immune system and helps with healing.

Get massages (you can use essential oils in a massage) including foot massages to remove toxins and negative energy (and toxins from stress and negative energy that cause pain) and to relax the body. Reflexology, acupuncture and chiropractic care will also help with energy flow through the body (and reduce pain) because many chakra and meridian points (i.e., terminal points for energy channels) are in the soles of your feet. Soak your feet in warm salt water to draw out toxins and negative energy (salt is a crystal).

Focus on the repair, cleansing and healing of your energy body (through inner work and energy healing). This is very important for inner peace, peace of mind, happiness and high vibrations – all needed for healing.

Stress, negativity and negative energy will cause pain, trigger chronic disease and obstruct healing. Ongoing chaotic and negative thoughts and emotions (fear, anger, worry, resentment, regrets, guilt, jealousy, etc.) will cause pain, trigger chronic disease and obstruct healing. So, cultivate inner peace, peace of mind, balance, happiness and high vibrations.

To reverse chronic disease, it is important to raise your vibrations and boost your energy. Use the stress reduction and relaxation strategies, positive thinking techniques and the techniques and visualizations to boost your energy, vibrations and vitality in The Ultimate Prevention and Wellness Program and this Supplement.

Reiki, Integrated Energy Therapy Qi Gong, Acupuncture, Massage, Chiropractic Treatment and Hypnosis will help with energy body cleansing and healing. Life force energy can be sent to you by energy healers on a long distance basis or on a hands-on basis. Get rid of the painful past and the grip of traumas from the past through the emotional release techniques and visualizations in The Ultimate Prevention and Wellness Program.

Express gratitude each day for all your blessings, accept and let go, cultivate patience and kindness. Smile. Enjoy life – the simple aspects of life. While healing, activities should be enjoyable and not taxing. Focus on a hobby. Express yourself creatively through art, arts and crafts, music, writing, etc. and read. Dance, exercise, do yoga, listen to upbeat music. Have fun. All this generates positive energy.

Daily meditation and prayer are important for relaxation, balance, and energy. The best meditation exercises for this purpose are white light and zone out meditation. These meditation exercises are in The Ultimate Prevention and Wellness Program. They require you to sit or lie down and center yourself in your heart and focus solely on your breath.

Breathe deeply into your heart and torso through your nose and focus only on your breath. Slow your breathing down. Hold your breath for a few seconds, then breathe out all negativity through your pursed lips. While you breathe in through your nose and focus only on your breath, visualize that you are breathing in white light as pure unconditional love. To zone out, stay in a pre-sleep state for awhile. This is the theta brain wave state. It is very relaxing and rejuvenating.

Also, on a regular basis, do the visualization and other exercises in The Ultimate Prevention and Wellness Program to draw in life force energy and Earth energy. On a regular basis, do the deep breathing exercises and visualizations in The Ultimate Prevention and Wellness Program to relax, raise your vibrations and conserve and boost your energy and power.

Turn off the news (tv and radio news and talk shows are designed to stress you out and lower your vibrations) and turn on relaxing and upbeat music. To cleanse, heal and repair your energy body, do all the visualization and meditation techniques in The Ultimate Prevention and Wellness Program. Close your eyes and send love as visualized white light to yourself and your inner child, to the past and future and all others from your heart. This will help heal emotional wounds from childhood. These wounds, left unhealed, will negatively impact your conscious and unconscious beliefs and energy body.

Take supplements.

For relaxation: use B complex vitamins, valerian root, passion flower, chamomile, ashwagandha, dark chocolate/cocoa, magnesium, holy basil, kava, maca, hawthorn, chamomile, l-theanine, albizia and bacopa along with essential oils (lavender, sandalwood, floral and rose).

For energy: Resveratrol, Astragalus, Ginseng (American, Korean, Siberian and/or Asian Ginseng), Asian Mushroom Supplements (shiitake, maitake, reishi, cordyceps and chaga), Ashwagandha, Cat's Claw, raw organic honey, Omega fatty acids – Omega 3, 6 and 9 (found in fish oil and flaxseed oil supplements), Echinacea, 5-HTP, St. John's Wort, SAMe, Rhodiola, Holy Basil, Co-Q 10/Ubiquinol, PQQ and L-Carnitine.

Pray for healing. Ask others to pray for your healing. Fill yourself up with visualized white light for healing and ask this Divine energy to heal every cell of your body. Use the prayer exercises in The Ultimate Prevention and Wellness Program and/or recite the powerful prayers from your faith (e.g., the Lord's Prayer and the Holy Rosary from Christianity) including prayers for healing and wellness. When you do, close your eyes, shift into your heart and pray from your heart.

Recite this prayer on a daily basis:

“Please fill and surround me with radiant Love and Light. Please remove all discordant energy and disease from my body. I let go, offer up and release to the Divine all negativity. I let go, offer up and release to the Divine the painful past. I forgive myself and all others, I send Love and Light from my heart to myself and all others and I am healed. And so it is.” Ask the Divine to take all negativity and pain from you.

On a regular basis, do the emotional release exercises in The Ultimate Prevention and Wellness Program. Also, on a regular basis, do the exercises in The Ultimate Prevention and Wellness Program to boost your self-confidence, self-esteem, inner power, energy level and energy flow, to heal your inner child and to fully connect to and integrate with your soul/higher self.

Forgive yourself and all others. Visualize the person you forgive and say to yourself “I forgive you.” For you, look in a mirror and say “I forgive you.” This is important for relaxation, positive thinking and healing. Forgiveness and letting go are important to stop thinking about the painful past and worrisome future and those who hurt you.

So, let go of the painful past and the worrisome future. Do not attach to them. When thoughts about the painful past or worrisome future come in, use the Distract and Substitute techniques in The Ultimate Prevention and Wellness Program to stop them. Or, simply focus on your breath and draw your attention back to the details you encounter in the moment.

Do the exercises in The Ultimate Prevention and Wellness Program to achieve and maintain happiness and optimism and restore your feeling of being whole and complete, powerful and self-confident. Stay heart centered and in the flow. This will help you stay relaxed and out of ongoing thoughts. On a daily basis, close your eyes and take a few moments to visualize yourself filled with and surrounded by

visualized white light. See yourself in an intact egg shaped bubble of pure white light. In prayer, ask to be filled and surrounded with pure white light –pure unconditional love.

Here are visualizations to help you relax and boost your energy and raise your vibrations:

Sit or lie down, close your eyes and shift into your heart, focus only on your breath and breathe deeply into your heart and torso through your nose. Visualize that with each breath you are breathing in visualized white light as pure unconditional love. Hold each breath for a few seconds and breathe out all visualized negativity and tension through your pursed lips. This will help you relax. With this healing visualization and the visualizations below and in The Ultimate Prevention and Wellness Program, shifting into your heart and closing your eyes is imperative. This facilitates concentration and focus while at the same time it gets you out of your head and thoughts and into the heart chakra- your connection to Divine energy. Thoughts, whether positive or negative, will impede the flow of life force energy needed for healing, inner power and high vibrations –all needed for healing

Here are some more visualizations and meditation exercises for healing:

To get your body to relax: Sit or lie down, close your eyes and focus only on your deep and slow breaths. Visualize the color light blue for relaxation. Visualize the following: you are lying on your back on a raft in the middle of a calm blue ocean, surrounded by a beautiful light blue sky. There is light blue everywhere. Visualize that you are sitting on a beach chair on a beautiful, tropical beach with palm trees and lush tropical vegetation nearby. You are surrounded by the light blue sky and a calm blue ocean with soft waves that gently roll up the beach. Imagine that you smell the salt air and hear the gentle waves go in and out.

When healing, boost your energy and raise your vibrations on a daily basis. To boost your energy and vibrations, sit or lie down and close your eyes. Visualize that there is a bright white sun in the middle of your solar plexus. Now, visualize that you push out white light from that inner sun through your torso and about two inches from your torso and hold it there as you feel your vibrations rise. Close your eyes and center yourself in your heart and/or solar plexus. Focus all your attention solely on your breath and these locations of your body with your eyes closed.

Here are some other ways to raise your vibrations: Lie down on your left side and put your right arm on your left forearm, close your eyes and stay heart centered and feel your vibrations rise. To raise your vibrations, close your eyes and clasp your hands together or place your hands on your thighs. Visualize a bright white sun in the middle of your solar plexus and push out visualized white light about six inches from your body.

Here are some additional ways to raise your vibrations. Sit down and relax, elevate your legs and close your eyes. Focus on your solar plexus with your eyes closed with the intent of raising your vibrations. Put your hand on your solar plexus and direct healing energy there. Hold high vibration crystals like orgone or citrine in you left hand while you do these exercises. Open your hand and repeatedly slap your upper chest, just below your neck. Do this at least 10 times in a row and then stop. Feel your vibrations rise. Some other ways include sounds designed to raise your vibrations that you will find in

videos and CDs including on YouTube, crystal bowls, drumming, high vibration rock music, vibrating chairs, beds and massage devices. Center yourself in your heart and send unconditional love from your heart to the world or another person as visualized white light. To raise your vibrations, elevate your mood, smile, laugh, dance, listen to upbeat music, exercise, do yoga or take a walk in nature.

To boost your energy and inner power, sit down, take your shoes and socks off, put your bare feet on the floor and close your eyes. Visualize that you draw up your legs and into your solar plexus energy from the Earth that accumulates in your solar plexus in a molten mass of bright energy (white, yellow or red). Visualize that energy streams into your solar plexus from the Universe through the crown of your head or heart. It accumulates there as a molten mass of white or golden energy.

To boost your energy and raise your vibrations, get into nature. Do the grounding exercises in the prior paragraph. Stand next to a large tree and put the palms of your hands on the tree. Close your eyes and center yourself in your heart and, with your applied will, visualize that you are drawing energy from the tree. This will boost your energy, inner power and vibrations. Trees are filled with life force and Earth energy. You will not hurt the tree through this exercise. Nature is glad to replenish you.

For emotional release: tap and/or rub your forehead and the spot under your nose and slap your upper chest and forearms repeatedly. Feel your vibrations rise. Visualize scenes from the painful past in a glass ball that is floating in front of your body with energy chords attached to your heart. Put your hands on top of that imaginary ball and thrust it deep into the ground over and over, as the energy chords snap and fall away. Say over and over: Deep into the ground you go. I forgive myself and all others, I let go and release the painful past and all those who hurt me. In prayer, offer up the painful past and all negativity to the Divine as you raise your hands up and ask the Divine to take the painful past and all negativity from you.

The physical body is a reflection of the energy body. To heal the physical body, you must heal the energy body. For energy body healing, do the white light, violent flame, emotional releases and energy chord cutting exercises in The Ultimate Prevention and Wellness Program. Also, do the following visualizations. They will improve your mental and emotional state and promote healing at the same time.

Sit or lie down, close your eyes and focus on each major chakra and the corresponding color for it one at a time and imagine that it is bathed in that color as the chakra: focus on your lower back and the color red (say the word red a few times), next your belly and the color orange (say the word orange a few times), next, your solar plexus and the color yellow (say the word yellow a few times), next your heart and the color green (say the word green a few times), next, your higher heart just above your heart and the color pink or teal (say the word pink or teal a few times), next your throat and the color blue (say the color blue a few times), next the middle of your forehead and the color indigo (say the word indigo a few times) and finally your crown and the color purple (say the word purple a few times). With your eyes closed, focus your attention on the major chakra points of the body. Focus on each one, one at a time, for a couple of minutes: the belly, the solar plexus and the heart. Visualize each of these charkas, one at a time, are filled with white light and turning clockwise like a wheel, free of blockages.

Do the violet flame visualization. Sit or lie down, close your eyes and, focus your attention on your torso. Focus on a violet flame that surrounds and fills your torso, raises your vibrations and transmutes all low vibration, negative energy in your body to high vibration, positive energy.

When healing, it is important to be balanced, centered and grounded. Follow the exercises in The Ultimate Prevention and Wellness Program to balance, center and ground yourself. It is also important to be fully aligned and connected to your soul/higher self. Your soul/ higher self must be tapped for the full flow of life force energy.

To align, connect and integrate fully with your soul/higher self will enable you to draw in more life force energy and improve the flow of life energy through your body. Do the heart centered meditations, exercises and visualizations in The Ultimate Prevention and Wellness Program. Next, with your eyes closed, shift into your heart and ask to be aligned with your higher self/soul. Say the following over and over: "I am the Divine White Light." "Please fill me with Divine White Light." Visualize pure white light fill up your entire torso for healing.

Sit or lie down and close your eyes. Shift into your heart and remain there while you keep your eyes closed and focus on your breath only. Send love as visualized white light from your heart to all. Visualize that a beam of white light comes down from above and goes straight through your crown, bolsters and blasts white light from your heart out and then straight down your legs, through the soles of your feet and deep into the ground, anchoring you to the Earth and the crystal core of the Earth.

It is important to use these healing energies. So, open your heart and mind to these healing energies let them flow freely through you for healing.

Life force energy is the greatest medicine of all. It brings you needed energy and high vibrations for healing. Happiness, optimism and balance are critical to harness life force energy for healing. Thoughts cut off the flow of healing energy. To achieve all of this, do the exercises, meditations, visualizations and positive thinking techniques in The Ultimate Prevention and Wellness Program.

The body, thoughts, emotions and energy body all work together. As you heal your energy body, your thoughts and emotions will become more positive and peaceful. Do as much inner work as you can. It will help you heal.

Focus on yourself. Focus on feeling happy, serene, fully energized, powerful and vibrant. Focus on the positive. Focus your thoughts and attention on the few precious loved ones and pets in your life. When negative thoughts come in, get back to the moment and thoughts and images of the few precious loved ones in your life who make you happy.

To reverse or, at least to impede the progress of, chronic disease, it is important to incorporate the holistic exercises and techniques in this Supplement and in The Ultimate Prevention and Wellness Program into your daily routine.

Chapter 4 - Holistic Remedies to Reverse the Following Chronic Diseases: Heart Disease, Cancer, Type 2 Diabetes, Depression, Anxiety and Insomnia, Multiple Sclerosis and Pain Relief

Heart Disease

The holistic approach to heart disease uses holistic techniques to greatly reduce LDL cholesterol and blood pressure, improve circulation and fortify arteries and veins. This requires the holistic and relaxation techniques described above a High Nutrient Diet or Modified High Nutrient Diet and supplements. Heart centered meditation and prayer and deep, slow breathing into your heart and abdomen will help. Reflexology is also important to improve circulation.

The holistic approach to heart disease is also to end obesity, greatly reduce stress and relax the body. Follow the techniques above and in The Ultimate Prevention and Wellness Program to greatly reduce body fat and bring the body into a normal BMI range. Do the meditation and visualization exercises above for inner peace and peace of mind. Adopt positive thinking techniques to greatly reduce stress.

From an energy perspective, stay heart centered as much as possible. Sit down and with your eyes closed visualize that you are breathing in and drawing in white light into your heart. Do the heart melt exercises- visualize that your heart is encased in a grey shell and that it is bombarded by a streaming laser beam of visualized white light that melts the hard shell around your heart, leaving it pink and healthy. Take magnesium baths to relax. Do the meditation, deep breathing, visualization and other de-stress and relaxation exercises in The Ultimate Prevention and Wellness.

A High Nutrient Diet or a Modified High Nutrient Diet is optimal while healing. At least 80 percent of your diet should consist of whole, fresh organic vegetables and fruit with a lot of green leafy vegetables like spinach, kale and arugala. If not certified organic, than at least eat fresh vegetables and fruit that are labeled non-GMO. Raw and organic whole, plant-based foods are best. Rely primarily on fresh salads and fresh vegetable and fruit juices and smoothies.

Eat avocados, nuts and seeds and extra virgin olive oil, extra virgin coconut oil, and Omega 3, 6 and 9 supplements. These fats and oils are beneficial for heart health. Also, eat dried beans. They are high in protein and fiber. Dried mung beans, black beans, garbanzo beans, lima beans and lentils are particularly good. Eat steel cut oatmeal and take activated charcoal and psyllium husk supplements to get rid of bad LDL cholesterol in your arteries and veins.

Avoid refined sugar and starches, processed and junk foods and trans-fats (manufactured fats) and animal-based saturated fats from dairy, meat and eggs. Avoid soda and sugary and artificially sweetened drinks. Avoid sodium. These ingredients are the primary culprits that cause obesity and raise bad, LDL cholesterol, blood pressure and blood sugar levels.

Avoid caffeine.

If you want to eat starch, eat whole grains such as cut steel oatmeal, buckwheat, quinoa, barley, wild rice and brown rice, yams, sweet potatoes and potatoes. Do not consume sodium or refined salt. Limit salt consumption. If you consume any salt, make it Himalayan salt. Himalayan salt is better for you than refined salt because it is a fully mineralized salt.

Exercise daily. Cardio is especially important. Get your heart rate up when you do cardio. Walk a few miles each day at a good pace. Walk up hill for some of your routine. Work with cardio equipment like tread mills and stationary bicycles.

If obese, follow the recommendations in the Chapter entitled Obesity and the Modified High Nutrient Diet in The Ultimate Prevention and Wellness Program to get your BMI in a normal range.

Take the vitamins, minerals and supplements listed above (especially vitamin C, D, K and B complex vitamins). With respect to vitamins and minerals and heart health, the minerals magnesium, potassium and calcium are particularly good along with vitamin D. Holistic research indicates the benefits of good sized doses of turmeric or curcumin and Co-Q 10 or Ubiquinol, grape seed extract, resveratrol, garlic, PQQ and L-Carnitine and fish oil/krill oil/flaxseed oil (omega 3, 6 and 9), omega 7 supplements, cayenne pepper, olive oil and olive leaf extract, lechtin, lycopene, lutein, butcher's broom, ginseng, ginkgo biloba, black cumin seeds , alpha lipoic acid, gama linolenic acid, quercetin, hawthorn, pycogenol, Indian gooseberry, nitric oxide supplements, l lysine, l proline, l taurine, pantethine, l arginine, l citrulline, berbrine, jiogulan, silica supplements, modified citrus pectin and ormus/monoatomic gold and colloidal gold and silver. Also, holistic research indicates the benefits of N-acetyly cysteine (NAC) to help replenish cellular glutathione to fight disease. Beets and tomatoes are also very good for heart health.

L argnine and l citrulline boost the body's production of nitric oxide needed to repair artery and vein walls. These supplements along with the vitamins, colloidal trace minerals and other supplements listed above help stop oxidation and inflammation at the cellular level associated with heart disease.

Holistic research indicates the benefits of the following supplements to lower bad LDL cholesterol, while raising good HDL cholesterol and lowering blood pressure: beta sosterol, beta glucan, pycogenol, alpha lipoic acid, gamma linolenic acid, quercetin, red yeast rice, amla/Indian gooseberry,phytosterosis, coleus forskholii/forskolin, cardamom, hawthorn,fenugreek seeds,artichoke leaf extract,fiber supplements, apple cider vinegar, gugggulipid, psyllium husk,policosanol, olive leaf extract and alpha linolenic acid. Oatmeal also helps lower bad LDL cholesterol.

Holistic research indicates the following supplements are beneficial to lower high blood pressure: **Co-Q 10/Ubiquinol, turmeric/curcumin, niacin, hawthorn, cardamom, cayenne pepper and cayenne pepper extract, fish oil/krill oil/flaxseed oil supplements, olive oil, lecithin, lycopene, beta sistosterol, guggulipid, magnesium, phytosterols, valerian root, holy basil, black cohosh, fenugreek, olive leaf extract, yarrow, pycnogenol, policosanol, garlic and garlic extract, ginger and ginger extract, celery seed extract, cardamom seed, American, Siberian and Asian ginseng, ginkgo biloba, resveratrol, astragalus, alpha lipoic acid, berberine, amino acid/protein supplements, glutamine and jiaogulan, red yeast rice, rosemary, nattokinase, pomegranate extract, cacao, motherwort, bilberry.**

Take co-q 10/Ubiquinol, lycopene, lutein. ginkgo biloba, butcher's broom, cayenne pepper and fish oil, krill oil, flaxseed oil and/or hemp oil to improve circulation. Also, beets and tomatoes are good for circulation.

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques. Eat fresh turmeric.

Follow the meditation and visualization techniques above to let go of any stored negative emotions and traumas, and to boost the immune system, energy level and vibrations. Greatly reduce stress. Do daily heart-centered meditation and prayer. Adopt the positive thinking and mindfulness techniques in this book and Supplement. Get plenty of rest and relaxation so the body can rejuvenate and heal.

Detoxify your body. Follow the Detoxification Program in The Ultimate Prevention and Wellness Program. Stop smoking. Stop drinking alcohol.

Cancer

The holistic approach to cancer is to boost your energy and immune system so the body can stop the proliferation of cancer cells. Because an acidic PH balance and lack of oxygen in the body feeds cancer, the holistic approach to cancer is to make your PH balance alkaline (i.e., non-acidic) and filled with oxygen. Eat primarily alkaline foods (i.e., whole fresh organic and raw vegetable salads and juices with plenty of fresh greens), drink alkaline water and breathe deeply, meditate and get into nature often to maximize your intake and absorption of oxygen. The High Nutrient Diet and the Modified High Nutrient Diet are alkaline.

Oxygen and ozone therapy may also be in order. Put aluminum-free baking soda in water and drink it to help make your body alkaline. Add fresh lemon to your water to further alkalize your body. Add apple cider vinegar to your water for detoxification. Consider making your water further alkaline and boost your oxygen intake with an ozone machine. An ozone machine will boost the oxygen in your water. Take ionic foot baths to further improve ph balance of your body.

While you are healing, eat a High Nutrient Diet or Modified High Nutrient Diet with a lot of fresh, organic leafy greens including spinach, kale, arugala, chard and collards and cruciferous vegetables including broccoli, cabbage, kale and cauliflower along with tomatoes, mushrooms, beets, asparagus, chia seeds and flaxseeds. Eat primarily fresh salads and drink fresh vegetable juice. Organic is best. If not certified organic, than, at least, eat and juice fresh vegetables labeled non-GMO and soak the vegetables in salt water for at least 15 minutes before eating them. This will help draw out the toxins in them.

Raw and certified organic whole, plant-based foods are best. Include fresh garlic, ginger, turmeric and onions in your diet. While you are healing, avoid sugar (including sugar from fruit (except some recommend red grapes and berries for their anti-cancer fighting properties), refined sugar, starches, grains, gluten, meat and dairy. Sugar feeds cancer. Drink green tea and filtered water with fresh lemon and lime. Avoid trans-fats (manufactured fats) and animal-based saturated fats (from dairy and meat).

Plant based fats are fine (i.e., from extra virgin olive oil, nuts, seeds, coconut, extra virgin coconut oil, avocado and unrefined and in processed vegetable oil).

Eat super foods such as chlorella, spirulina, wheatgrass, turmeric, ginger and garlic along with reishi, miatkai, chaga, cordyceps and other mushrooms, aloe vera (supplements), kelp, nori, kombu and hemp oil. Eat garlic, onion, turmeric, ginger and coconut/coconut oil on a regular basis.

Take the vitamins, colloidal trace minerals and other supplements listed above and in The Ultimate Prevention and Wellness Program.

Holistic research indicates the benefits of good sized doses of the following to destroy cancer cells: turmeric or curcumin, soursop, pau' d arco, bitter melon, goji and acai berries, blueberries, dragon fruit, laetrile (vitamin B 17 - a good source of Vitamin B 17 includes apricot kernels and the seeds in cherries, prunes, plums, nectarines, apples and grapes) , grapefruit and grapefruit seed extract, wormwood, black walnut extract, cloves, dandelion root, garlic, ginger, turmeric, onion, wheat grass, kale, broccoli, bromelain, intravenous high dose vitamin C, cayenne pepper, mistletoe/iscador, papaya leaf extract, grape seed extract, cannabis oil, resveratrol, olive leaf extract, quercetin, black cumin seeds, Indian black salve, sulferaphane, pathenolide, andrographalide, piperine, aloe vera supplements/juice, artimisinin (especially when combined with iron supplements), thunder god vine (lei gong teng), modified citrus pectin, cannabis oil, oregano oil, boswellia, pomegranate and iodine supplements.

Holistic research also indicates the benefits of ormus/monoatomic gold, essiac tea, coconut oil, carpylic acid, food grade hydrogen peroxide diluted in water, colloidal gold and silver all destroy cancer cells and help shrink tumors. Holistic research indicates the benefits of a combination of tiny particles of gold and iron oxide together with infrared light to shrink tumors. Also, holistic research indicates the benefits of N-acetyl cysteine (NAC) to help replenish cellular glutathione to fight disease along with a daily drink of pure water, fresh lemon juice and aluminum free baking soda.

Holistic research indicates the benefits of good sized doses of the following supplements to help boost your energy level and immune system: Co-Q 10 or Ubiquinol, Asian mushroom supplements (reishi, chaga, shataki, miataki, cordyceps and others), colloidal silver, frankincense essential oil and supplements, oregano essential oil and supplements, olive leaf extract, turkey tail mushrooms, echineica, astragalus, resveratrol, alpha lipoic acid, American, Korean, Asian and Siberian ginseng, eleuthero, rhodiolo, ashwghanda, grape seed extract, DHEA, NADH, quercetin, prebiotics, probiotics and digestive enzyme supplements, cat's claw, bee propolis, bee pollen, ormus/monoatomic gold, colloidal gold and silver, vitamins C, D, and B complex vitamins, Vitamin B 17, gamma linolenic, and alpha linolenic acid and green tea extract supplements. Also, consider the supplements listed above to boost your energy level. Holistic research also indicates the benefits of food grade hydrogen peroxide diluted in water and coffee enemas.

Large doses of Asian Mushroom, Echinecia and Curcumin supplements boost the immune system to fight the proliferation of cancer cells.

For skin cancer, holistic research indicates the benefits of the topical application of BEC and BEC 5 (extract derived from eggplant), pure, organic olive oil with a few drops of one or more of the following:

grape-seed oil, oregano oil, black cumin seed oil, frankincense oil, ground turmeric/curcumin, vitamin C, aloe vera, vitamin E and tea tree oil. These nutrients have strong anti-oxidant and anti-inflammation properties. Holistic research also indicates the benefits of bloodroot salve and oil for skin cancer.

For breast cancer, holistic research indicates the benefits of the topical application of black cumin seed essential oil, frankincense essential oil and oregano essential oil.

Some recommend the use of high frequency generators for cancer treatment. Some recommend the use of aluminum-free baking soda, fresh lemon and water to help the body stay in an alkaline state to fight cancer.

Exercise daily. Do cardio and lift light weights. Lifting light weights is especially important. Get your heart rate up when you do cardio. Light weights will help improve your energy flow and circulation.

For cancer, it is especially important to get energy healing (i.e., Reiki, Qi Gong, Integrated Energy Therapy and Acupuncture) and do the spiritual/inner work and emotional release exercises along with positive thinking and positive energy techniques. That is because cancer is often triggered by negative energy that gets embedded in the energy body. It is also triggered by stress and negativity and stored negative emotions from the painful past. So, it is important to bring yourself inner peace, peace of mind and happiness/joy/high vibrations, while removing or dissolving energy blockages and energy chords. This is done through inner work and the visualizations in The Ultimate Prevention and Wellness Program and this Supplement.

For cancer, it is also important to follow the detoxification program in The Ultimate Prevention and Wellness Program and this Supplement while booting the immune system, energy level and vibrations. This is done through diet, nutrition, exercise, supplements and visualizations. That is because cancer is also triggered by cellular damage from toxins, stress and negativity.

Detoxify your body and your liver, kidneys, colon, intestines, adrenals and thyroid. Follow the Detoxification Program in The Ultimate Prevention and Wellness Program. Some of the best natural ways to detoxify the body include: a drink of water with fresh lemon, a drink of water with apple cider vinegar, a drink of warm water with fresh lemon and one or two teaspoons of Himalayan salt, fresh cilantro and parsley, a tea made with fresh cilantro and parsley, Himalayan salt (a fully mineralized salt), green tea, a drink made with one or two teaspoons of bentonite clay or diatomaceous earth,, activated charcoal supplements, pectin, chlorella, psyllium husk/corn silk, wheat grass, curcumin or turmeric, black walnut extract, wormwood extract, grapefruit seed extract, , garlic, ginger, avocado, beets, broccoli, iodine, probiotic and digestive enzyme supplements, milk thistle, dandelion root supplements, apple cider vinegar, kidney flush and liver cleanse supplements and colloidal trace minerals, silver and gold supplements.

Lavender and frankincense essential oils have great anti-inflammatory properties and clove and oregano essential oils have great antioxidant properties. They will help boost your immune system.

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques.

Stop smoking. Stop drinking alcohol.

Follow the meditation and visualization techniques above to let go of any stored negative emotions and traumas, and to boost the immune system, energy level and vibrations. Greatly reduce stress. Do daily heart-centered meditation and prayer. Adopt the positive thinking and mindfulness techniques in this book and Supplement. Get plenty of rest and relaxation so the body can rejuvenate and heal.

Type 2 Diabetes

The holistic approach to type 2 Diabetes is to greatly reduce blood sugar and improve metabolism and the body's ability to burn and metabolize blood sugar. The holistic approach to Type 2 Diabetes is also to end obesity, greatly reduce stress and relax the body. Follow the techniques above and in The Ultimate Prevention and Wellness Program to greatly reduce body fat and bring the body into a normal BMI range. Do the meditation and visualization exercises above for inner peace and peace of mind. Adopt positive thinking techniques to greatly reduce stress.

Follow the High Nutrient Diet or the Modified High Nutrient Diet in The Ultimate Prevention and Wellness Program. Avoid processed and junk foods and refined sugar and starches. Avoid dairy and meat, trans-fats and animal-based saturated fats. Avoid or greatly limit starchy vegetables like potatoes, corn, sweet potatoes and yams and fruit. All of these will raise blood sugar levels. If you eat fruit at all, do not eat much because the fructose in fruit will raise blood sugar levels. Berries are better than apples, pears, bananas, etc. because they contain less sugar. When healing, at least 80 percent of your diet should consist of non-starchy vegetables. For snacks, eat nuts and seeds. For whole grains, eat quinoa. Take the vitamins, colloidal trace minerals and other supplements listed above and in The Ultimate Prevention and Wellness Program.

It is important to eat a lot of green leafy vegetables like spinach, kale and arugula. Also, eat dried beans. They are high in protein, fiber, vitamins and minerals and they are low glycemic foods. Dried mung beans, black beans, garbanzo beans, lima beans and lentils are particularly good. Pinto beans, kidney beans, green beans, black eyed peas, great northern beans and navy beans are also good for type 2 diabetes.

Okra and bitter melon help reduce blood sugar. Make a bitter melon-okra juice and drink it at least twice a day. Boil water and pour it into a pitcher filled with sliced fresh bitter melon and several pieces of sliced fresh okra. Let the juice steep for 24 hours before drinking it. Pour the juice into a glass and drink it. Also, eat cooked or fresh okra and cooked and sliced bitter melon. You can also take bitter melon supplements.

Cinnamon and cinnamon extract and vanadium sulfate and chromium also help reduce blood sugar.

Breakfast should be your biggest meal. Consider a no carb, protein dinner like a protein shake consisting of plant-based protein powder and almond milk. Limit calories to approximately 1500 per day.

If you want to use a sweetener, make it honey, stevia or maple syrup. They will not raise blood sugar as much as other sweeteners. Do not use artificial sweeteners. They are chemical compounds and toxic.

Circulation is often damaged by Type 2 diabetes. Take co-q 10/Ubiquinol, lycopene, lutein, ginkgo biloba, butcher's broom, cayenne pepper and fish oil, krill oil, flaxseed oil and/or hemp oil to improve circulation. Also, beets and tomatoes are good for circulation.

Exercise daily. It is important to do cardio and lift light weights. Lifting light weights is especially important. Get your heart rate up when you do cardio. This means getting the heart rate up over 110 beats per minute during some of your exercise. Walk at least three miles per day at a fast pace and use cardio equipment. Include uphill walks and jogging. All of this will help burn blood sugar. Exercise with light weights to help improve your BMI and the absorption of blood sugar. It will also boost your metabolism and improve your circulation.

Take the vitamins, minerals and supplements listed in the Ultimate Prevention and Wellness Program and listed above in this Supplement.

Holistic research indicates the benefits of the following supplements for type 2 diabetes and to reduce blood sugar and body fat: gymnera sylvestre, alpha lipoic acid, chromium, chromium picolinate, pine bark extract, vanadyl sulfate, vanadium, inositol, cinnamon, bitter melon, okra, fenugreek, celery seed supplements, olive leaf extract, berberine, prebiotics, probiotics and digestive enzymes and good sized doses of Co-Q 10 or Ubiquinol, grape seed extract, fish oil/flaxseed oil (omega 3, 6 and 9) and omega 7 supplements, CLA, HCA, cayenne pepper extract, turmeric or curcumin, astragalus, resveratrol, dhea, olive leaf extract, berberine, apple cider vinegar, bilberry, magnesium, ginseng, black cumin seed supplements, nutmeg, aloe vera, banaba leaf, neem, coffee, green tea and green tea extract supplements, dhea, nadh, B complex vitamins, Asian Ginseng, caffeine, vitamin D, calcium supplements and ormus/monoatomic gold and colloidal gold and silver and grapefruit seed extract. Also, holistic research indicates the benefits of N-acetylcysteine (NAC) to help replenish cellular glutathione to fight disease.

If obese, follow the recommendations in the Chapter entitled Obesity and the Modified High Nutrient Diet in The Ultimate Prevention and Wellness Program to get your BMI in a normal range.

Also, take supplements to boost your energy level and immune system (See the Cancer section above for a list).

Detoxify your body. Follow the Detoxification Program in The Ultimate Prevention and Wellness Program. Some of the best natural ways to detoxify the body include: a drink of cold water with fresh lemon, a drink of warm water with fresh lemon and one or two teaspoons of Himalayan salt, cold or room temperature water with fresh lemon, cold or room temperature water with apple cider vinegar, fresh cilantro and parsley, a tea made with fresh cilantro and parsley, Himalayan salt (a fully mineralized salt), green tea, a drink made with one or two teaspoons of diatomaceous earth or bentonite clay, activated charcoal supplements, black walnut extract, wormwood extract, grapefruit seed extract, pectin, chlorella, psyllium husk/corn silk, wheat grass, curcumin or turmeric, garlic, ginger, avocado,

beets, broccoli, iodine, probiotic and digestive enzyme supplements, milk thistle, dandelion root supplements, apple cider vinegar, kidney flush supplements and colloidal trace minerals, silver and gold supplements. Most recommend a diet that consists primarily of whole, fresh organic vegetables (lots of green leafy vegetables).

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques. Eat fresh turmeric.

Stop smoking. Stop drinking alcohol. Take salt and magnesium baths to relax and do the meditation, deep breathing, visualization and other de-stress and relaxation exercises in *The Ultimate Prevention and Wellness*.

Greatly reduce stress. Do daily heart centered prayer and meditation and adopt the positive thinking and mindfulness techniques in this book and Supplement. Adopt the positive thinking and mindfulness techniques in this book and Supplement. Take supplements to help relax the mind and body especially magnesium, b complex vitamins, ashwagandha and valerian root.

Type 2 Diabetes is often accompanied with neuropathy. Read the Section on Pain below for the holistic approach to neuropathy.

Depression, Anxiety and Insomnia

The holistic approach to depression, anxiety and insomnia is to normalize brain chemistry and brain wave activity. Depression and anxiety are often triggered by a damaged energy body (primarily from trauma and stress) and negative energy that gets into the energy body. As a result, energy body cleansing and healing and inner work are critical to reverse depression and anxiety and normalize brain chemistry and brain wave activity. Depression, anxiety and insomnia are also triggered by negative thought patterns, toxins, nutritional deficiencies, de-hydration and lack of exercise.

Let's start with the energy body. Energy body cleansing and healing can be done through Reiki, Qi Gong, Integrated Energy Therapy, Acupuncture and other forms of energy healing. Get cranio sacral energy healing of your brain. This is done to run life force energy directly into your brain to heal brain chemistry and brain wave activity. Also, for energy body cleansing and healing, do heart centered meditation, prayer and visualizations, emotional release and energy chord cutting, heart melt exercises. Remove energy blockages and attachments through visualizations and inner work. See the visualization techniques above and in *The Ultimate Prevention and Wellness Program*.

For depression and anxiety, take several deep and strong cleansing breaths through your nose. Shift out of your head and thoughts and into your heart. Focus only on your breaths in and out. Breathe into your heart and abdomen through your nose, hold your breath for a few seconds and breathe out through your pursed lips. Breathe in visualized white light as pure unconditional love and breathe out all negativity as visualized black or grey smoke.

Stay focused with full awareness on the moment. For example, if you are eating, focus on eating. If you are working, focus on the details of work. If you are walking focus on what you encounter as you walk

without judgment or analysis. Just be in the moment. If negative thoughts come in, re-focus on the moment. Alternatively, focus on a positive image or close your eyes and focus on your breath or close your eyes and count and focus on your counting – do this until the negative thoughts melt away.

Cultivate positive thoughts. Positive thoughts are controlled thoughts on the details of what you encounter in the moment. Positive thoughts come from the middle of your forehead. Generally speaking, negative thoughts are uncontrolled and unfocused thoughts from the sides and back of the head. They may be obsessive thoughts. In any case, it is important to do the energy work discussed in The Ultimate Prevention and Wellness Program to cut energy chords, dissolve energy blockages and get rid of negative energy. Energy chords, energy blockages and negative energy compel negative and obsessive thoughts.

Do the visualizations and other exercises above to raise your vibrations and energy level. Whenever you feel depression or anxiety, shift into your heart and solar plexus and raise your vibrations through the exercises above. This will help transmute the energy that triggers depression and anxiety from negative to positive energy.

Sit down and close your eyes. Elevate your legs. Focus your attention on your heart and solar plexus. Do white light meditation and visualizations that are focused on your heart and solar plexus. Put your right hand over your heart and then your solar plexus and direct visualized white light there. Do the heart-melt exercise in The Ultimate Prevention and Wellness Program.

Breathe deeply and take in a lot of oxygen with your breaths. When depression or anxiety come in, close your eyes and take some deep cleansing breaths. Then breathe deeply, strongly and rapidly into your abdomen and focus only on your breath until the depression or anxiety disappears.

For depression, do heart centered, white light meditation. Close your eyes and put your right hand over your heart and direct visualized white light into your heart. Do the visualization and meditation exercises above to burn off negative energy and raise your vibrations. Put the palm of your hand on your chest right below your neck and slap your chest repeatedly at least 15 times and feel your vibrations rise. Hum- Do long, deep, base humming deep in your chest (or the ohm sound) and feel your vibrations rise. Use a high vibration, electric massage stick on your chest and shoulders and feel your vibrations rise. Try to maintain your vibrations at this level.

For depression, listen to upbeat, vibrant music, dance, laugh, smile. Watch comedies. Exercise. Do yoga. Focus on the colors green, yellow and orange. Go into nature where there are a lot of trees and greenery. Draw in all that green. Put the palms of your hands on tree trunks, close your eyes and draw in all that life force energy from the trees.

For anxiety, do the visualization exercises in The Ultimate Prevention and Wellness Program and this Supplement for inner peace and relaxation.

Sit down and close your eyes. Shift into your heart and focus only on your breath. Get out of your head and thoughts and focus only on your breath and then go back to being heart centered and in the

moment with full focus and attention. Focus on all the details that you encounter in the moment without analysis or judgment – just be, just observe.

Brain wave entrainment is important to reverse depression and anxiety and improve sleep patterns– i.e. alpha, beta, delta and theta brain wave entrainment. Theta brain wave entrainment is particularly important with respect to depression, anxiety and insomnia. This is done through brain wave entrainment CDs, tapes and videos. There are some good videos on YouTube for this. Work with chakra healing, cleansing and alignment CDs, tapes and videos too. There are some good videos on YouTube for this as well.

For anxiety, listen to soothing music, focus on the color light blue, focus on images or videos of large bodies of water or running water. Put your right hand over your solar plexus, close your eyes and direct visualized white light into your solar plexus. For anxiety, spend time around large bodies of water and running water. For depression, focus on the colors green, yellow and orange. Spend time in nature, around green trees and flowers. Listen to soothing and upbeat music. Avoid negative and agitating stimulus such as the news or movies and shows with a lot of drama and conflict.

Also, work with the positive thinking and mindfulness techniques in The Ultimate Prevention and Wellness Program and this Supplement. Center and ground yourself through visualizations in The Ultimate Prevention and Wellness Program. Center yourself in the middle of your body and forehead. This will help with focused and controlled thoughts. Do positive affirmations to change unconscious beliefs from negative to positive ones.

Get reflexology and massages (including foot massages). The energy meridians go from the feet to the brain. So, reflexology and foot massage help to open up the meridians and get life force energy to flow to the brain for healing.

Take salt baths and include magnesium and lavender and other essential oils along with bath salts or Epsom salts in your bath.

Eat a High Nutrient Diet or a Modified High Nutrient Diet and avoid processed, packaged and junk foods and refined sugar and starches and soda, sugary drinks and artificially sweetened drinks. Eat primarily salads and fresh vegetable and fruit juices. Drink a lot of water – at least 8, 8 ounce glasses of water. Take good sized doses of the vitamins, minerals and supplements listed above and in The Ultimate Prevention and Wellness Program. Follow the Detoxification program above and in The Ultimate Prevention and Wellness Program to rid the body of stored heavy metals and other toxins and candida overgrowth and parasites in the colon and intestines.

Holistic research indicates the benefits of the following supplements for depression and anxiety: good sized doses of Co-Q 10 or Ubiquinol and B complex vitamins, folic acid (vitamin B 9), vitamin D, turmeric or curcumin, fish oil, krill oil and flaxseed oil supplements (Omega 3, 6 and 9), Omega 7 supplements, St. John's Wort, Sam-E, 5 HTP, Holy Basil, Colloidal Gold and Silver, Ormus/Monoatomic Gold, Valerian Root, Gaba Kratom, Skullcap, DHEA, Siberian Ginseng (Eleuthero), Ashwagandha, Tryptophan, Lion's Mane mushrooms, Inositol and Choline, Cannabis essential oil, Dark Chocolate/Cocoa, Kava ,

Chamomile, Magnesium, Gaba, Passion Flower, coconut oil. Holistic research also indicates the benefits of N-Acetyl-L-Cysteine (NAC), Lactium and L-Theanine along with amino acid supplements for depression and anxiety.

Use plant based fats for depression and anxiety such as avocados, extra virgin olive oil and extra virgin coconut oil. They improve brain chemistry.

Nuts and seeds are helpful with respect to depression and anxiety. They are natural, plant-based fats that improve brain chemistry. Walnuts, cashews, almonds, pumpkin seeds and flaxseeds help with depression. Almonds help with anxiety. These foods together with the supplements mentioned above help the brain produce serotonin. Holistic research also indicates the benefits of medical marijuana, lemon balm, chamomile and lavender for anxiety.

Also, take the supplements to boost your immune system and energy level (see above for a list in the Cancer Section).

Check your thyroid function. Stress reduction, detoxification and a diet that consists primarily of whole raw fresh organic vegetables (except for a lot of raw cruciferous vegetables), fruit and seeds in salads and juices should improve the health of your thyroid. Avoid processed foods, refined sugar and starches, dairy and meat. Drink pure water with fresh lemon.

Holistic research indicates the benefits of magnesium, iodine, nascent iodine, kelp, bladderwrack, colesu forskholii/forskolin, selenium, guggulgu, zinc and protein powder supplements for thyroid health. Also, holistic research indicates the benefits of herbal supplement blends for thyroid health. Many of these blends include ashwaganda, holy basil, l-tyrosine, kelp and shizandra among other herbs. For thyroid health, avoid gluten, dairy and meat.

For insomnia, get long distance Reiki or Qi Gong prior to sleep. Also, holistic research indicates the benefits of the following supplement for insomnia: valerian root, tryptophan, melatonin, magnesium, 5 HTP and GABA.

Crystals interact favorably with your energy body. They help bring in positive energy, dispel negative energy, bring inner peace and raise vibrations. All of this helps to reverse chronic disease. Hold crystals in your hands when you mediate (and put them over your heart when you meditate lying down) to (i) balance your energy (with blue jasper, angelight, rose quartz, amazonite, fluoride, lithium quartz, calcite, kunzite and gold), (ii) raise your vibrations (with clear crystals, orgone, citrine, Herkimer diamond, smoky quartz) and (iii) heal (green aventurine, malachite, amber, amethyst, clear quartz, Herkimer diamond). Use black tourmaline and black jet to absorb negative energy. Put crystals throughout your home to help bring in positive energy and dispel negative energy.

Aromatherapy helps. Breathe in lavender, vanilla, rose and floral essential oils for relaxation. Breathe in orange and other citrus essential oil to raise vibrations. Get into nature often and breathe deeply when you are in nature- large bodies of water and running water are good for anxiety, while taking hikes in the woods and being around green trees, flowers and nature is good for depression. As mentioned above,

colors help (actual or visualized in meditation). Green, orange and yellow are good for depression and light blue is good for anxiety.

Multiple Sclerosis

The holistic approach to Multiple Sclerosis includes all the techniques in The Ultimate Prevention and Wellness Program (and especially to reduce stress and increase nutrition and take supplements that reduce pain and fatigue and improve cognitive and motor function). The Modified High Nutrient Diet is best while healing. A raw diet is best while healing – fresh salads and juices. Eat the super foods discussed in The Ultimate Prevention and Wellness Program.

A grain-free diet is best while healing. It is important to avoid refined, processed, packaged and junk foods along with trans-fats and saturated fats. Focus on nutritious, whole, fresh organic vegetables and fruits filled with vitamins, minerals and anti-oxidants.

Take good sized doses of the basic vitamins, minerals and supplements listed in the Ultimate Prevention and Wellness Program. Holistic research indicates the benefits of the following supplements for multiple sclerosis: ginkgo biloba, pyrroloquinoline quinone (ppq), Omega 3,6 and 9 fatty acids (fish oil and flaxseed oil supplements) and Omega 7 supplements, olive oil, coconut oil and soy lecithin for mental clarity and supplements to boost energy (especially American, Asian or Siberian Ginseng, Resveratrol, Astragalus, alpha lipoic acid and other supplements that contain a lot of anti-oxidants (including green tea extract supplements).

Holistic research indicates the benefits of Cannabis essential oil and Lion's mane mushroom supplements for mental clarity and neurological problems associated with multiple sclerosis along with coconut oil and walnuts.

Also, take the supplements to boost your immune system and energy level (see above for a list in the Cancer Section). Use olive oil and coconut oil for cooking and to put on salads.

Follow the detoxification techniques in this Supplement and in The Ultimate Prevention and Wellness Program including the methods in this Supplement above on the ways to eliminate candida and heal the gut. Some of the best natural ways to detoxify the body include: warm water with fresh lemon (drink this plain a couple of times each day and add one or two teaspoons of Himalayan salt to one of the warm water drinks or a cold drink of water and lemon), fresh cilantro and parsley, a tea made with fresh cilantro and parsley, Himalayan salt (a fully mineralized salt), green tea, a drink made with one or two teaspoons of bentonite clay, activated charcoal supplements, pectin, chlorella, psyllium husk/corn silk, wheat grass, turmeric/curcumin, garlic, avocado, beets, broccoli, a high Nutrient Diet (primarily whole fresh organic green leafy vegetables), iodine, probiotic and digestive enzyme supplements, milk thistle, dandelion root supplements, apple cider vinegar in water, kidney flush supplements and colloidal trace minerals, colloidal silver and gold and oregano essential oil.

Pain Relief

The holistic approach to pain relief focuses on natural remedies, stretching and yoga, deep breathing and relaxation techniques. All pain involves inflammation. So, the anti-inflammatory, High Nutrient Diet recommended by The Ultimate Prevention and Wellness Program is important to reduce pain. It is also important to avoid foods that trigger inflammation (especially refined, processed, packaged and junk foods, trans-fats, saturated fats and processed starches and gluten). Use olive oil and coconut oil for cooking and to put on salads.

Natural anti-inflammation supplements are important to counter pain caused by inflammation. Salt and magnesium baths will also help reduce pain. The primary anti-inflammation supplements for pain include turmeric or curcumin, fish oil and flaxseed oil (Omega 3, 6 and 9), Omega 7 supplements, boswellia, kratom, bromelain, cayenne pepper/capsaicin, tart cherry juice and tart cherry supplements, gamma linolenic acid and intravenous high dose vitamin C. Holistic research indicates the benefits of these supplements for back pain, joint pain, arthritis and muscle pain.

Do the Detoxification Program in The Ultimate Prevention and Wellness Program to reduce inflammation, which is often triggered by toxins. Also get massage, Reiki, Qi Gong, acupuncture and other types of energy healing and chiropractic treatment.

Also, consider the following supplements:

For back pain, muscle pain, joint pain and arthritis and headaches, holistic research indicates the benefits of the supplements recommended in The Ultimate Prevention and Wellness Program. They include among others:

For back pain, arthritis and joint pain- glucosamine, chondroitin sulfate, MSM, sulfur crystals, DMSO, devil's claw, turmeric or curcumin, kratom, boswellia, ginger, bromelain, cayenne pepper/capsaicin, white willow bark, tart cherry juice and tart cherry supplements, valerian root, skullcap, colloidal gold and a Chinese herb called lei gong teng.

For muscle pain- B complex vitamins, vitamin B1, valerian root, holy basil, and St. John's Wort along with magnesium, skullcap, ginger, turmeric or curcumin, sulfur crystals, boswellia, bromelain, cayenne pepper/capsaicin, arnica and kratom.

For headaches- magnesium, white willow bark, cayenne pepper supplements, capsaicin, ginger and ginger powder, B complex vitamins, tart cherry juice and tart cherry supplements.

For arthritis- holistic research indicates the benefits of a combination of the following supplements: glucosamine, chondroitin sulfate, sulfur crystals, methylsulfonylmethane (MSM) and dimethyl sulfoxide (DMSO), along with turmeric or curcumin, boswellia, ginger, valerian root, ashwagadha, white willow bark, capsaicin, arnica, hyaluronic acid, bromelain, tart cherry juice and tart cherry supplements, aloe vera, vitamin C and rose hips, skullcap, kratom, olive oil (rubbed into the joints), silica, colloidal gold, fish oil, tart cherries, devil's claw, a Chinese herb called lei gong teng, bone broth soup and eggshell membrane supplements.

For muscle and joint pain, also try the topical application of turmeric, sea salt and castor oil with a wet wash cloth or towel, olive oil and essential oils including frankincense, myrrh, cyprus, cedarwood, juniper berry and peppermint. Take baths with Epsom salt or bath salts. Include lavender and magnesium in your bath. Apply a washcloth to the area of pain soaked in warm water and Epsom salt or bath salts.

Fibromyalgia, Lyme disease and neuropathy all involve nerve pain.

For fibromyalgia, holistic research indicates the benefits of SAM-e, 5-HTP, magnesium, melatonin, St. John's wort, ashwagandha and capsaicin.

For neuropathy, holistic research indicates the benefits of B complex vitamins (especially vitamin B12), Vitamin D3, magnesium, Co-Q10 or Ubiquinol along with feverfew and skull cap, alpha lipoic acid, gamma linolenic acid and bilberry along with the following amino acid supplements- L-Citrulline, L-Arginine and Acetyl-L-Carnitine. Also, do the grounding and Earth energy exercises above for neuropathy in the feet and legs. Follow the holistic recommendations in this Supplement for Type 2 Diabetes to reduce blood sugar levels. Also, take good sized doses of lycopene, lutein, grape seed extract, alpha lipoic acid, cayenne pepper, butcher's broom, ginkgo biloba and HCA and get cranio-sacral Reiki and reflexology and foot massage. All this will help increase blood flow to the legs and feet.

Additional holistic remedies for pain include Reiki, Qi Gong and other forms of energy healing, acupuncture, massage and essential oils, chiropractic care, fresh turmeric, hot salt baths with magnesium and lavender and medical marijuana. Use a heating pad and apply heat to the area of pain. For back, neck and muscle pain also use vibrating massage chairs and devices.

Reduce stress. Pain can be greatly reduced through relaxation techniques and by raising your vibrations. So, meditate on a daily basis-especially zone out meditation and heart centered meditation. Do daily heart centered prayer. Also, do the meditation and visualization exercises in the Ultimate Prevention and Wellness Program and this Supplement to calm and raise your vibrations. Do deep breathing and focus on your breath. Breathe through the pain while you focus on your breaths. Adopt the positive thinking techniques in this book and Supplement. Through mindfulness, stop your thoughts from dwelling on your pain.

Do deep breathing exercises. Breathe directly into the area of your pain. Pain is low vibration, negative energy and inflammation. So, while you relieve the inflammation also raise your vibrations and relax your body (see the exercises and visualizations in The Ultimate Prevention and Wellness Program to relax your body and raise your vibrations).

Use the "Distract and Substitute" techniques found in The Ultimate Prevention and Wellness Program to stop dwelling on your pain and to focus your attention on positive images and activities. Stretch, exercise and do yoga to bring healing energy to the area that is in pain. This will help bring needed blood and healing energy to the cells in the affected area.

With respect to chronic pain, check your thyroid function. Stress reduction, detoxification and a diet that consists primarily of whole raw fresh organic vegetables (except for a lot of raw cruciferous

vegetables), fruit and seeds in salads and juices should improve the health of your thyroid. Avoid processed foods, refined sugar and starches. Drink pure water with fresh lemon. All this will help make your body/PH level alkaline and non acidic. This will help for thyroid health. Holistic research indicates the benefits of magnesium, iodine, nascent iodine, kelp, bladderwrack, coleus forskholii/forskolin, selenium, zinc and protein powder supplements for thyroid health. Also, holistic research indicates the benefits of herbal supplement blends for thyroid health. Many of these blends include ashwaghandha, holy basil, l-tyrosine, kelp and shizandra among other herbs. For thyroid health, avoid gluten, dairy and meat.

Follow the detoxification techniques in this Supplement and in The Ultimate Prevention and Wellness Program including the methods in this Supplement above on the ways to eliminate candida and heal the gut. Some of the best natural ways to detoxify the body include: warm water with fresh lemon (drink this plain a couple of times each day and add one or two teaspoons of Himalayan salt to one of the warm water drinks or a cold drink of water and lemon), fresh cilantro and parsley, a tea made with fresh cilantro and parsley, Himalayan salt (a fully mineralized salt), green tea, a drink made with one or two teaspoons of diatomaceous earth or bentonite clay, activated charcoal supplements, pectin, chlorella, psyllium husk/corn silk, wheat grass, turmeric/curcumin, garlic, avocado, beets, broccoli, a high Nutrient Diet (primarily whole fresh organic green leafy vegetables), iodine, probiotic and digestive enzyme supplements, milk thistle, dandelion root supplements, apple cider vinegar in water, kidney flush supplements and colloidal trace minerals, colloidal silver and gold and oregano essential oil.

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques.

To repair damaged bone and cartilage, drink bone broth, use gelatin powder, silica, Biosil, drink diatomaceous earth in water (high in silica) and crushed and powdered organic egg shells (high in calcium). It is important to repair bone and cartilage for arthritis and joint pain.

Lyme Disease

The holistic approach to Lyme disease is to use natural means to boost the immune system and energy level and detoxify the body of ingested toxins that are stored in the body's cells. The body's immune system will then kill the invading microbes that trigger lyme disease. At the same time, detoxification will sweep out toxins from the body's cells. This will boost the body's immune system and energy level. At the same time, the holistic approach to lyme disease is to take supplements that destroy the microbes that trigger lyme disease.

Follow the meditation and visualization techniques above to boost the immune system, energy level and vibrations and get plenty of rest and relaxation so the body can rejuvenate and heal.

For lyme disease, holistic research indicates the benefits of the following to boost the immune system: cat's claw, banderol, samento, pinella, asparagus root extract supplements, sulphur and the detoxification and immune system boosting supplements discussed in The Ultimate Prevention program and this Supplement.

Holistic research indicates the benefits of the following supplements to help boost your energy level and immune system: Co-Q 10 or Ubiquinol, Asian mushroom supplements (reishi, chaga, shataki, miataki, cordyceps and others), echineica, astragalus, resveratrol, alpha lipoic acid, American, Korean, Asian and Siberian ginseng, eleuthero, rhodiolo, ashwghanda, grape seed extract, DHEA, NADH, quercetin, prebiotics, probiotics and digestive enzyme supplements, cat's claw, bee propolis, colloidal gold and silver, vitamins C, D, and B complex vitamins, turmeric/curcumin and green tea extract supplements .

Follow the detoxification techniques in this Supplement and in The Ultimate Prevention and Wellness Program including the methods in this Supplement above on the ways to eliminate candida overgrowth.

Lavender and frankincense essential oils have great anti-inflammatory properties and clove and oregano essential oils have great antioxidant properties. They will help boost your immune system.

Holistic research indicates the benefits of the following supplements to specifically target the bacteria connected to lyme disease: colloidal silver, chlorophyll, high doses of vitamin c, oregano oil, olive leaf extract, bee propolis, l-lysene and grapefruit seed extract taken on a daily basis. You may need to take these supplements a few times per day for a few months to rid the body of the microbes that trigger Lyme disease.

Drink filtered water with baking soda (that does not have aluminum in it) and fresh lemon to keep the body alkaline. Greatly reduce stress and engage in daily heart centered prayer and meditation.

Lyme disease is believed to be caused by bacteria from tick bite(s). To prevent lyme disease, cover your skin when you go into nature. Spray on your skin natural insect repellent. Manufactured insect repellents often contain toxic chemicals unless they are green and organic insect repellents. The chemicals you spray on yourself can get absorbed into your cells. There are many recipes for home-made insect repellents. They normally include a solution mixed together with water in a spray bottle and one or more of the following: vinegar, rubbing alcohol, witch hazel and essential oil.

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques in The Ultimate Prevention and Wellness Program and this Supplement. Use the High Nutrient Diet or the Modified High Nutrient Diet to boost the body's immune system and energy level and to keep the body's PH balance alkaline.

Viruses, bacteria, parasites and fungus

The holistic approach to viruses, bacteria and parasites is to use natural means to boost the immune system and energy level and detoxify the body of ingested toxins that are stored in the body's cells. The body's immune system will then kill the invading microbes. At the same time, detoxification will sweep out toxins from the body's cells. This will boost the body's immune system and energy level.

Follow the meditation and visualization techniques above to boost the immune system, energy level and vibrations and get plenty of rest and relaxation so the body can rejuvenate and heal.

Use the supplements listed in The Ultimate Prevention and Wellness Program and in the Section to the Supplement on Lyme Disease above to boost your energy level and immune system.

A combination of colloidal silver, chlorophyll, oregano oil, high doses of vitamin C, olive leaf extract, l-lysine, Asian mushroom supplements, bee propolis, coconut oil, and paw paw destroys viruses and bacteria, while B 17 wormwood and black walnut destroy fungus. You may have to take these supplements a few times per day for a couple of months to entirely destroy the microbes. .

Follow the detoxification techniques in this Supplement and in The Ultimate Prevention and Wellness Program including the methods in The Ultimate Prevention and Wellness Program and this Supplement to eliminate candida overgrowth.

Lavender and frankincense essential oils have great anti-inflammatory properties and clove and oregano essential oils have great antioxidant properties. They will help boost your immune system.

Holistic research indicates the benefits of the following supplements to specifically target viruses, bacteria, parasites and fungus: colloidal silver, oregano oil, olive leaf extract, coconut oil, Asian mushroom supplements, l-lysine and bee propolis taken on a daily basis (in some cases, a few times per day for a couple of months). Consider taking a combination of them to destroy viruses, viral clusters, bacteria and fungus (also B17, wormwood and black walnut for fungus). Depending on your condition, you may need to take these supplements a few times per day for a couple of months to rid the body of these viruses, bacteria, parasites and fungus. Consult your naturopath.

Drink filtered water with baking soda (that does not have aluminum in it) and fresh lemon to keep the body alkaline. Greatly reduce stress and engage in daily heart centered prayer and meditation.

Holistic research indicates the benefits of ozone/oxygen therapy combined with the other holistic techniques in The Ultimate Prevention and Wellness Program and this Supplement. Use the High Nutrient Diet or the Modified High Nutrient Diet to boost the body's immune system and energy level and to keep the body's PH balance alkaline.

Caveat:

This Supplement is for information purposes only and to be used under the care and supervision of a licensed medical doctor only. This Supplement is not intended to be used to diagnose or treat disease. It is not intended to be medical advice. For medical advice and to diagnose and treat disease, consult a licensed medical doctor. It would be best to find a medical doctor who understands both holistic/alternative medicine and conventional medicine and can provide an integrated approach to health care.