

The Ultimate Prevention and Wellness Program

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A Program to Prevent and Reverse Chronic Disease

“An ounce of prevention is worth a pound of cure.” Benjamin Franklin



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The Ultimate Prevention and Wellness Program is dedicated to the memory of my father in law, Dr. Edward Stapley, a PhD 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.

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Introduction

The Ultimate Prevention and Wellness Program is designed to prevent and reverse chronic disease and to bring you good health and vitality. The Ultimate Prevention and Wellness Program focuses on the whole person. It works at all three levels of a person, mind-body-spirit (mental, emotional, physical and energy) and it works at the cellular level.

The Ultimate Prevention and Wellness Program will boost your immune system and energy level, which is so important for prevention and wellness.

The body has a natural capacity to stay healthy and fully energized and to heal itself. This book provides the information and techniques to prevent and reverse chronic disease and to stay healthy and fully energized.

The Ultimate Prevention and Wellness Program will get your organs and bodily systems to function properly – immune, digestive, metabolic, circulatory, nervous respiratory, endocrine, lymphatic, muscular and skeletal systems among others. All these systems must function properly for good health.

The Ultimate Prevention and Wellness Program works at the cellular level. Chronic disease starts at the cellular level. The Ultimate Prevention and Wellness Program will boost the health and energy of your cells. This will improve the health of your organs and your bodily systems.

The Ultimate Prevention and Wellness Program is the optimal anti-aging program. It enables you to maintain your vitality without chronic disease.

Chronic diseases are at epidemic levels. These diseases include heart disease, cancer, type 2 diabetes, liver disease, lung disease, depression/anxiety/PTSD/insomnia fibromyalgia and multiple sclerosis among others. Chronic diseases occur mostly in adulthood and, generally speaking, are not healed by conventional medicine. People are expected to live with chronic diseases, while conventional medicine manages the

symptoms, but does not cure them. Chronic diseases have a negative impact on quality of life and often result in premature death.

Over 100 million Americans suffer from one or more chronic diseases. It is estimated that 100% of American adults will eventually suffer from one or more chronic disease. As many as (i) 60 million Americans suffer from mental disorders (including depression, anxiety, PTSD and insomnia), (ii) 30 million Americans suffer from depression alone, (iii) 30 million Americans have cancer (it is estimated that 1 in 3 American women and 1 in 2 American men will ultimately get cancer (i.e., 100 to 150 million plus Americans) and it is predicted that eventually 1 in 2 American men and women will get cancer) (iv) 50 million Americans suffer from heart disease, (v) 25.8 million Americans suffer from Type 2 diabetes and (vi) 79 million Americans have pre-diabetes. Over 60 million American adults suffer from obesity. Obesity is a leading cause of chronic disease. For a country of 300 million people, this is a lot of disease.

Billions of dollars are spent to treat and find cures for chronic diseases. But, little is done to prevent them. All of the billions of dollars spent on research do not result in cures. Very little comes out of research because research is focused on cures. It is not focused on reducing the causes of chronic diseases. In order to reduce chronic diseases, it is critical to eliminate or greatly reduce their causes.

Generally speaking, chronic diseases are adult onset diseases. Adults live with them and manage the symptoms with conventional medicine. Conventional medicine manages symptoms and attempts to impede the progress of chronic disease.

For prevention and wellness, we need to understand the causes of chronic diseases and eliminate or greatly reduce them. The Ultimate Prevention and Wellness Program provides specific ways to eliminate or greatly reduce the causes of chronic diseases in your life.

So, what are the primary causes of chronic diseases?

The primary causes are: (i) toxins in the air, food ,water, drugs and environment (many of which lodge in our cells and organs), (ii) poor diet and PH imbalance (i.e., an acidic PH level), (iii) obesity, (iv) poor nutrition and diet leading to deficiencies of vitamins, minerals and anti-oxidants, (v) lack of adequate exercise, stretching and hydration, (vi) stress, negativity and unhappiness, negative thinking, negative self-talk and a negative emotional state, (vii) energy and oxygen deficiencies from poor diet, hydration, digestion, metabolism and circulation and (viii) lack of adequate rest and sleep.

The above listed causes of chronic disease include physical, mental and emotional causes. These causes work together to damage the body's cells and deplete cellular energy. These causes lead to oxidation (free radical damage) and inflammation at the cellular level. Oxidation and inflammation at the cellular level leads to, and/or evidences, chronic disease. All chronic disease involves oxidation and inflammation at the cellular level.

The above-listed causes of chronic disease drain our energy and damage our cells' ability to replenish and rejuvenate. This results in damage to our organs and bodily systems. These causes of chronic disease damage our digestion, slow down our metabolism, damage our circulatory, nervous and immune system and negatively affect our brain chemistry. When our cells, organs, immune system and other bodily systems do not function properly, chronic disease occurs.

If the heart gets damaged or arteries get clogged, blood does not flow properly to the body and brain. Good circulation is needed to bring oxygen, nutrients and energy to all of the body's cells. Without good circulation, the body's cells get damaged and chronic disease ensues.

The causes of chronic disease damage our organs including our liver and kidneys. Our liver and kidneys are filters that remove toxins from our blood. These toxins are then removed from our bodies as waste. But, if our liver and kidneys do not function properly, toxins will not be effectively removed from our bodies.

The causes of chronic disease also damage the thyroid and adrenal glands. Our thyroid and adrenal glands and other glands and organs must be healthy for our digestive, metabolic and other bodily systems to function properly. If they do not function properly, our organs and brain will not be effectively nourished. This will eventually result in chronic disease.

Our cells need oxygen, nutrients and life force energy to be healthy and vibrant. If our cells are deprived of an adequate amount of oxygen, nutrients and life force energy, chronic disease ensues.

Likewise, if oxygen, energy and nutrients do not flow adequately to the brain, brain chemistry and brain wave activity get damaged. This leads to depression, anxiety, PTSD and other mental and emotional illnesses.

Your birthright is to be happy and healthy (happiness and good health go together). If you are not healthy, you need to re-claim your birthright now. What do you need to do to re-claim your birthright? You need to put the information and tools in this book to work in your daily routine.

Develop a plan with goals and action steps to greatly reduce the causes of chronic disease in your life. Then follow the plan. The plan and tools include diet, nutrition, exercise, natural supplements, stress reduction, hydration, positive thinking and relaxation. The mind, body and spirit must work together to bring us good health. If mind, body or spirit gets knocked off balance, chronic disease ensues.

The action steps in your plan do not take a lot of time. But, they require you to make behavioral changes oriented toward achieving and maintaining good health and happiness. Many of the action steps involve the elimination of certain behaviors. Other action steps require you to add activities to your routine.

The Ultimate Prevention and Wellness Program is designed to get your body to function well. Your body can then effectively prevent and reverse chronic disease and keep you healthy and vibrant.

The Ultimate Prevention and Wellness Program will get your bio-metric factors into a normal range. These include weight and body mass index (BMI), blood pressure, blood sugar, cholesterol, triglycerides and blood lipid levels, heart, kidney and liver health, thyroid and adrenal gland health, vitamin levels and cortisol/adrenalin levels. These factors are measured through blood, urine, hair and stress tests.

The Ultimate Prevention and Wellness Program focuses on a change in diet (a high nutrient diet is recommended- consumption of primarily organic, fresh, whole plant-based foods (primarily whole, fresh vegetables, fruit, berries, nuts, seeds and whole grains)), a detoxification program, a substantial reduction of ingested and absorbed toxins, daily use of vitamins, minerals, anti-oxidants, anti-inflammation supplements and other natural herbs and supplements, daily exercise and stretching and the daily relaxation and stress reduction techniques, the use of positive thinking techniques, and the use of practical techniques to conserve and boost your energy and immune system and improve the functioning of all your bodily systems.

The Ultimate Prevention and Wellness Program focuses on how to bring the whole person back into balance-mind, body and spirit.

Many believe that genes determine health and wellness. This is not true. Many blame genetic predisposition for chronic disease, but they do not examine the causes of chronic diseases. If our bodies are flooded by toxins, even “good” genes and DNA will ultimately get damaged.

Genes and DNA are dynamic and malleable. They are not static. They can be changed for the better (through the action steps in this book) or for the worse (through toxic exposure, lack of nutrition, vitamins and minerals, stress and negativity and the other causes of chronic disease).

Genetic predispositions to chronic diseases can be altered through healthy lifestyle choices. Genetic predispositions to chronic diseases can be positively affected by nutrition, diet, exercise, stress reduction, supplements, positive thinking, happiness, positive energy and rest and relaxation.

In connection with the Ultimate Prevention and Wellness Program, get a complete physical. Get comprehensive bio-metric tests. These tests include BMI, blood, heart, urine, hair, stress tests and tests for vitamin, mineral and hormone deficiencies. These tests will reveal your blood pressure (including an EKG and stress tests of your heart), blood sugar level, cholesterol, triglyceride and blood lipid levels, weight, BMI (body mass index – a conventional way to measure body fat) and hormone levels. Also, consider tests that show the health of your liver, kidneys, thyroid and heart, vitamin, mineral and anti-oxidant deficiencies, stress/cortisol levels, toxicity levels and PH balance.

Next, follow the Ultimate Prevention and Wellness Program to bring your bio-metric factors back to normal levels. You may need medicine. Your physician will let you know. But, you also need to employ the information and techniques in this book to bring your bio-metric factors back into normal range.

Get your bio-metric factors re-tested from time to time to measure your progress.

The Ultimate Prevention and Wellness Program provides specific information and techniques for prevention and wellness. It identifies the primary causes of chronic disease and then provides the antidotes to eliminate or greatly reduce these causes in your life. Through the information and techniques in The Ultimate Prevention and Wellness Program, you will bring your mind, body and spirit back into balance and re-claim your birthright to be happy and healthy.

The Ultimate Prevention and Wellness Program is arranged in chapters. The chapters include the primary causes of chronic diseases and the antidotes for those causes. At the end of each chapter is a blank page for your Action Plan - where you can write down your specific goals and action steps with respect to the antidotes in that chapter.

Chapter 1 - Toxins and Detoxification

Chronic Disease Cause 1 – Toxins in the air, food, water, drugs and environment

In the United States, we are continuously exposed to dangerous toxins. Toxins are in the air, food, water and environment. They are in body and cleaning products, gardening products and in drugs and vaccines. Toxins are also in tobacco and alcohol.

Toxins include chemicals, heavy metals, radiation and electromagnetic bombardment. Toxins include genetically modified foods, refined sugar, high fructose corn syrup, refined starches, refined salt and sodium, trans-fats and animal-derived saturated fats –all toxic. They include electromagnetic bombardment from cell phones, computers and other electronic devices. Toxins are found in processed, packaged, refined and junk foods and in non-organic meat, dairy and egg products.

Our bodies absorb these toxins when we eat toxic food. Toxins that are not eliminated from our bodies as waste are stored in our cells. They are stored in our organs including the intestines, colon, liver, kidneys, thyroid and brain. These toxins damage the body's cells and organs and deplete cellular energy. They often result in leaky gut and other problems with the intestines that damage the immune system.

Toxins cause oxidation, free radical damage and inflammation at the cellular level. They cause an acidic PH balance that leads to cellular damage. They damage the immune system and the digestive, metabolic, circulatory, nervous, respiratory, endocrine, lymphatic, muscular and skeletal systems. They damage organs, glands and DNA.

The food supply is the primary source of ingested toxins. Processed, packaged, refined and junk foods (including soda) and canned and refined sugar and starches along with non-organic meat, dairy and eggs are the primary source of ingested toxins. The American diet is filled with dead, toxic, food contaminated with chemicals and heavy metals (and with no nutritional value). These foods also make the body's PH

balance acidic. An acidic PH balance promotes chronic disease. While, an alkaline PH balance promotes wellness.

Even whole vegetables, fruit, grain, meat, dairy and eggs (that are not certified organic) contain toxic GMOs and toxic chemicals and heavy metals from pesticides, herbicides, insecticides and fertilizer that find their way into animal feed.

Most toxins in food come from chemicals and heavy metals in pesticides, insecticides, herbicides and fertilizer used to grow food. These toxins get absorbed in the food and ingested through the food we eat. They also come from genetically modified foods. Genetically modified foods include vegetables, fruit and grains that have been genetically altered to absorb more pesticides and herbicides than non-GMO foods or to grow their own pesticides internally (i.e., toxins that are absorbed into the body when they are eaten). GMOs dominate corn, soy and wheat crops.

The soil is often devoid of essential minerals and contaminated with chemicals and heavy metals (unless they are certified organic foods). Toxic chemicals and heavy metals are in animal protein and dairy too because these toxins are in the feed eaten by the animals. These toxins then get into meat, milk and eggs. Animals are given hormone shots and drugs that are toxic and end up in meat, milk and eggs. Tuna fish and sword fish have mercury in them –a toxic heavy metal.

Ingested toxins damage the body's cells and lead to cellular oxidation and inflammation. They raise blood sugar, blood pressure, triglyceride, blood lipid and LDL cholesterol levels and damage brain chemistry. They cause chronic disease and they make it difficult to reverse chronic disease.

Processed, packaged, refined and junk foods cause obesity. These manufactured foods are not easily digested and metabolized. The molecules of these manufactured foods are much harder than the molecules of plant-based foods. These manufactured foods turn to fat much more easily than natural foods.

The body creates fat cells to store ingested toxins, so the liver and kidneys (which act as filters) do not get overloaded by them. Processed, packaged, junk and refined foods along with

non-organic meat, dairy and eggs are a primary source of ingested toxins. They also generate body fat. These foods also cause the body to have an acidic PH level (which promotes chronic disease). Processed, packaged, refined and junk foods also spike blood sugar levels.

Healthy mitochondria in our cells keep our metabolism healthy and our energy level strong. Toxins in processed, packaged, junk and refined foods (and the resulting acidic PH level from them), damage the mitochondria at the cellular level. This damage to cellular mitochondria slows our metabolism and drains our energy.

Ingested toxins impede the flow of oxygen, nutrients and life force energy to the cells because they impair circulation. Toxins from food often get stored in our cells and further damage them. This cellular damage results in inflammation, oxidation and free radical damage that starts in the cells.

We are meant to eat primarily natural, organic whole plant foods –vegetables, fruit, herbs, whole grain, nuts and seeds. Natural, certified organic, whole plant foods are living foods grown by farmers. These farmers use natural means, without toxic chemicals and heavy metals. The same is true for organic meat, dairy and eggs.

Natural, organic, whole plant foods and herbs keep our bodies in balance and enhance our health. They do not contain toxins and they help (i) cleanse toxins stored in the cells and (ii) heal, rejuvenate, re-energize and revitalize the body's cells.

Genetically modified foods (GMO) are crops that have had their DNA scientifically modified in laboratories. GMO is not natural food. GMO crops are engineered through the artificial transfer of genetic material from certain organisms into crops to create specific traits in the crops (such as making crops resistant to pests). Many GMO crops are artificially modified to absorb a lot more dangerous pesticides, herbicides and insecticides than non-GMO foods. GMO foods also produce their own pesticides.

GMO is toxic. The toxins in GMO foods get into our cells when we eat them. Most processed, packaged, refined and junk

foods contain GMO foods. Most of the corn, soy and wheat in the United States is genetically modified and toxic.

GMO is fed to cattle, chickens and pigs, and then we eat their meat, dairy and eggs. Non-organic crops are also fed to animals and they ingest the toxins in them. Animals are given drug and hormone shots too. This puts toxic GMOs, chemicals, heavy metals, drugs and hormones in the meat, dairy and eggs that come from these animals.

When we ingest the toxins in these foods, oxidation and inflammation at the cellular level occurs along with negative effects to DNA. Chronic disease ensues.

Food allergies are a sign of cellular inflammation triggered by foods. The leading cause of food allergies is gluten, dairy and processed, packaged, junk and refined foods. Many of these foods have GMO in them.

Think of food as software and the body as hardware.

Natural, whole organic plant foods contain information and codes that induce the cells to function properly. This information and these codes are contained in natural, plant foods and in the nutrients and life force energy that is in them. Plant foods are filled with vitamins, minerals and anti-oxidants along with protein. Ingested toxins and toxic foods such as GMOs and processed, packaged, junk and refined foods are like software with malware in them. They cause cells to malfunction. This leads to chronic disease.

The best way to avoid GMOs and toxins in food is to eat certified organic foods. These foods are natural foods that are certified by the USDA to be grown without chemical pesticides, insecticides and herbicides. They are not GMO. They are certified to be grown in non-toxic soil, without sludge-based, chemical based or petroleum-based fertilizers. Certified organic livestock and poultry must only be given organic feed to eat.

There are toxins in tap water and the air. Unfiltered tap water contains sodium fluoride and other toxic chemicals and heavy metals. So, we drink and breathe in toxins. Ingested toxins also come from cigarettes, drugs and alcohol.

Many body products (soap, shampoo, tooth paste, sunscreen and lotion) and cleaning fluids contain toxins. Many of the toxins in cleaning fluids and body products are absorbed through the skin. So, when it comes to body products, “Go Green.” Use organic soaps, shampoo, lotions, deodorant and sunscreen. Use organic cleaning fluids.

Pharmaceutical drugs and vaccines are another source of ingested toxins. Pharmaceutical drugs are chemical compounds. These drugs often enter the water supply through waste. Vaccines contain toxic chemicals and heavy metals. Also, we are exposed to toxic radiation in the air and water and through the electromagnetic field, cell phones and wireless devices.

For prevention and wellness, employ the detoxification program in this chapter to rid the cells of stored toxins that you have ingested over the years. Then, greatly reduce your exposure to toxins and build up your health, immune system and energy level through the action steps in this book. This will help your body combat the effects of ongoing toxic bombardment.

Antidote- Detoxification Program

For detoxification, follow the steps in this chapter and the other chapters of this book. The Detoxification Program in this chapter will flush out stored toxins in the cells, liver, kidneys, thyroid, adrenal gland, intestines and in other organs and glands. These toxins include chemicals, heavy metals and GMOs that have not been eliminated as waste.

The Detoxification Program requires you to follow the antidotes in this book. Start with focused detoxification for a period of from 2 days to 2 weeks. Do focused detoxification at least two times each year. Focused detoxification will remove toxins from your cells and organs and flush them out as waste.

The liver and kidneys are filters that remove toxins from the body. So, they must be kept healthy, cleansed and re-charged. The Detoxification Program will do that.

This Detoxification Program is based on (i) whole, fresh, raw, certified organic green leafy vegetables, seaweed, kelp and nori, (ii) other fresh, raw, certified organic vegetables, herbs, fruit and berries, (iii) a lot of filtered water and pure spring water with fresh lemon, (iv) fermented foods (v) a daily drink of warm water with Himalayan salt and fresh lemon (some include cayenne pepper in the drink) and (vi) specific supplements.

In connection with detoxification, eat (or drink as juice) only whole, fresh, raw and organic greens (spinach, lettuce, arugula, collard greens, Swiss chard, mustard greens and others), wheat grass, oat grass, along with seaweed, kelp and nori and algae based super foods such as chlorella and spirulina. All of these foods contain chlorophyll and fiber, natural detoxification agents. Also, for detoxification, eat fresh ginger, garlic, avocado, and grapefruit and use a lot of fresh lemon and lime.

Also eat cilantro and parsley. They help to remove stored toxins from the cells. Make a tea with a bunch of cilantro and parsley and boiled water. Drink the tea. Then eat the remaining boiled cilantro and parsley. This helps with detoxification. Use Himalayan salt. This is whole salt that contains minerals that help cleanse the cells of stored toxins. Apple cider vinegar helps to detoxify your body.

Schizandra is another natural detoxification agent and comes in the form of supplements.

Prebiotics and probiotics and digestive enzymes are important to detoxify the body and for good intestinal health- and good intestinal health is important for a strong and healthy immune system (and for other bodily systems and organs and glands). In addition, if leaky gut is an issue, then the intestine walls can be repaired with bone broth and the following supplements: proline, glycine and L glutamine.

Prebiotics are contained in foods such as fresh garlic, onion, Jerusalem artichoke and dandelion greens. Probiotics and digestive enzymes are contained in fermented foods. These fermented foods contain beneficial bacteria that help the intestines digest and metabolize food. Fermented foods

include sauerkraut, pickles, kimchi, Greek yogurt, kefir, miso and kombucha tea. Probiotics and digestive enzymes are also available as supplements. Coconut oil is also important for intestine health.

After 2 to 5 days, add fresh, whole, raw organic vegetables, fruit and berries to your diet. Eat them in salads or juice them. They contain fiber, which helps cleanse toxins from the cells.

Take prebiotic, digestive enzyme and probiotic supplements. They help detoxify and improve the digestive system. To help cleanse the intestines, eat fermented foods, avocado, chia seeds, flaxseeds and avocados along with fresh garlic, onion, turmeric and ginger.

Take good sized doses of high potency multi-vitamin and mineral supplements. Take the supplements listed in the Chapter on vitamins, minerals, herbs and other supplements below. Besides vitamin and mineral supplements, take anti-oxidant, anti-inflammation agents and other supplements. See the Chapter on vitamins, minerals, herbs and other supplements below.

Take iodine (especially nascent iodine), NAC and glutathione supplements to detoxify your body of stored radiation, chemicals and heavy metals.

Many also take liver, kidney and colon cleanser supplements during Focused Detoxification. Take milk thistle and dandelion root supplements to cleanse the kidneys and liver.

Take the supplements listed below to cleanse the body's organs and glands (including the liver, kidneys, thyroid, the pancreas and adrenals) and intestines.

After Focused Detoxification is over, eat a High Nutrient Diet or a Modified High Nutrient Diet, as applicable (see below) and greatly reduce your exposure to toxins. Eat lots of fresh, raw green, organic, vegetables and fruit- i.e., eat primarily salads and fresh juices. This is a detoxifying diet along with an alkaline and a high nutrient diet. Plant foods contain a lot of vitamins, minerals and anti-oxidants along with protein.

During Focused Detoxification, drink 8 oz glasses of warm water with a teaspoon of sea salt or Himalayan salt and a whole fresh lemon squeezed in it at least twice a day. Sea salt and Himalayan salt contain minerals, which help cleanse toxins from your cells.

Each day (during and after detoxification) drink at least eight, 8 oz. glasses of filtered, distilled or spring water. Squeeze fresh lemon in your water for extra vitamin C. Many also put fresh cucumber slices in their water to boost vitamin C.

No drink is better for your body and more important for detoxification than pure water. Pure water contains oxygen that replenishes and rejuvenates the body's cells. Water flushes out toxins and keeps your body hydrated.

If you drink tap water, filter or distill it. Spring and distilled water are great. Avoid water from plastic bottles that are not BPA free. Use glass bottles instead of plastic bottles, if possible. BPA is a toxin that can leach into your body through plastic bottles that are not BPA free.

Also, drink green tea each day.

This Detoxification Program works to remove and flush out toxins stored in the liver, kidneys, thyroid, adrenal glands, pancreas and intestines. The liver and kidneys are filters that cleanse the blood of toxins. The intestines help eliminate toxins through waste removal and, along with the thyroid and adrenal gland, support the digestive, metabolic and other bodily systems. So, they must be cleansed and healthy to help detoxify the body on an ongoing basis.

The following herbs and supplements help detoxify and stimulate the liver- milk thistle, dandelion root and leaves, turmeric, curcumin, fenugreek, licorice, yellow dock, astragalus, cilantro, eyebright, burdock, phosphatidylcholine, green tea and green tea extract, licorice, pau d'arco, tabebuia heptaphylla, stilingia root, prickly ash, St. John's Wort, wood betony, chickweed, fennel and sassafras leaf and root, methylsulfonylmethane (MSM) and nux vomica, Indian gooseberry (amalaki), Indian Tinospora (Guduchi), chicory

The following herbs and supplements help detoxify and stimulate the kidneys- milk thistle, dandelion root and leaves, cilantro, echinacea, fenugreek, ginger, fennel, cranberry and psyllium husk/corn silk.

The following herbs and supplements help detoxify and stimulate the thyroid: iodine and nascent iodine, echinacea, ashwagandha, bacopa, Siberian and Asian Ginseng, B complex vitamins, magnesium, l tyrosine and beta carotene.

The following herbs and supplements help detoxify and stimulate the adrenal glands: ashwagandha, rhodiola rosea, Siberian ginseng, licorice root, maca root and schizandra.

The following herbs and supplements help detoxify and stimulate the pancreas: horsetail, oregano, dandelion, goldenseal, olive oil, cedar berries.

Colon cleanser supplements help to detoxify the intestines along with grapefruit, grapefruit seed and grapefruit seed extract.

Many recommend a drink of filtered or pure spring water with a teaspoon of bentonite clay or diatomaceous earth on a daily basis during Focused Detoxification. Diatomaceous earth contains minerals and silica and bentonite clay contains minerals. They help detoxify the body's cells of stored chemicals and heavy metals.

Other natural agents to use for detoxification include psyllium husk/corn silk (this has a lot of fiber to help detoxify the intestines) and activated charcoal and modified citrus pectin to remove heavy metals and chemicals from the cells along with prebiotic foods and supplements and probiotic fermented foods and supplements.

Burdock root, cilantro, yellow dock root, cascara sagrada, chlorella, parsley, cilantro, alfalfa, avocado, nutmeg and olive leaves all help to detoxify the body. Also, Essiac tea helps to detoxify the body.

Many recommend chelation therapy for detoxification. Chelation therapy uses chelating agents such as EDTA and DMSA to cleanse the body of heavy metals.

Take saunas and steam baths and do hot yoga to sweat out toxins. Reduce stress and exercise each day. Breathe deeply to get more oxygen and life force energy into your cells. Get massages. All of this will help the body eliminate toxins.

Salt baths (use Epsom or bath salts) and foot baths in a solution including ionic foot bath (Epsom or bath salts, herbs and minerals) also help detoxify the body. The salt draws out the toxins from your cells.

Greatly reduce the toxins you ingest and are exposed to. Stop smoking. End or reduce alcohol consumption.

Adopt a High Nutrient Diet or a Modified High Nutrient Diet as applicable and incorporate a daily exercise program. This will help with detoxification. See below.

Toxic BPA (from cans and plastic bottles and containers) often finds its way into the foods and beverages contained in such cans and plastic bottles and containers. So, avoid them.

Refined sugar (including high fructose corn syrup) is toxic. Refined, table salt is toxic. Refined salt and sodium do not contain the vital trace minerals found in whole salts (sea salts, Himalayan salt) that the body needs for good health.

Processed, packaged, junk and refined foods and canned foods are filled with refined sugar and high fructose corn syrup and refined salt and sodium. They also often contain trans-fats. These ingredients are toxic. These foods contain lots of other toxins including chemical preservatives. Stick to the foods grown by farmers (but avoid genetically modified foods) and eliminate or greatly reduce processed, packaged, junk and refined foods.

The crystals in packaged, junk, processed and refined foods and refined sugar (including high fructose corn syrup) and refined table salt and sodium and trans-fats are hard and they scratch the inside of the veins and arteries. This causes the body to produce cholesterol to repair the damage done to the artery and vein walls by these hard crystals. As a result, these manufactured foods contribute to high cholesterol and heart disease.

An important part of detoxification is to stop candida overgrowth in the colon and lower intestines. Candida is a fungus that grows in the colon and lower intestine. Candida overgrowth in the colon and lower intestines obstructs the absorption of nutrients from food and supplements and suppresses the immune system.

Candida over- growth in the gut is often triggered by antibiotics and toxins in the air food, water 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, packaged and junk food and refined 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 in our colon and lower intestine. For at least 4 to 8 weeks: adopt a strict Modified High Nutrient Diet that consists solely of raw, whole, organic vegetables (salads and fresh vegetable juices) with lots of dark green, leafy vegetables like spinach, arugala and kale. Take a combination of wormwood, black walnut shell and cloves supplements to kill the candida.

Sprinkle salads with seeds like pumpkin seeds, flaxseeds and chia seeds. Eat pumpkin seeds, flaxseeds and chia seeds separately. Seeds contain a lot of vitamins, minerals and protein. Use lemons and limes for dressing. You can get alot of protein from a plant based diet. But, if you feel the need for additional protein and iron, consider taking a protein powder supplement and iron supplements.

This diet will help make your PH balance alkaline. Drink baking soda and fresh lemon in water. This will also help make your PH balance alkaline. An alkaline PH balance is needed to kill candida.

A strict Modified High Nutrient Diet that is all vegetarian/vegan is alkaline (and not acidic). Avoid all processed, refined, packaged and junk food. Avoid refined sugar. Avoid dairy. Reduce fruit and starch including grains, potatoes, sweet potatoes and yams. These foods contain or convert to sugar. Sugar and an acidic PH balance feed candida over-growth. So, avoid sugar and refined, packaged and

processed foods and starches. Avoid meat and dairy. Meat and dairy cause the PH balance to be acidic. Avoid all fats except olive oil and coconut oil and whole oils from nuts and seeds.

Take natural anti-fungal supplements on a daily basis including bee propolis, oregano essential oil, colloidal silver, fresh garlic, grapefruit, grapefruit seed and 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 candida overgrowth. So, have patience.

Examine the ingredients in soaps, lotions, shampoo, tooth paste, body wash, sunscreen and other skin care products you use. Do they have chemicals in them? If so, stop using them. Your skin is porous and the toxic chemicals in these products will enter your body through your skin. Use natural soaps, lotions, shampoo, tooth paste, body wash, sun screen and other natural skin care products instead.

Stop using chemical products to clean your home, to kill insects and to spray on your weeds. They are absorbed by the body. Switch to green and natural cleaning products, insecticides and weed sprays. There are many commercial green brands for home cleaners, insecticides and weed sprays that do not contain chemicals. Also, you can make your own (i) baking soda, lemon, vinegar in water as a home cleaner to scrub and spray, (ii) Borax for insects and (iii) lemon, vinegar and salt for weed sprays.

Wear natural fibers. Clothing should allow your skin to breathe and perspire naturally. Also, the soles of your shoes should be made of natural materials. This will allow the soles of your feet to breathe.

Action Steps

Write in the space below when you will begin your Detoxification Program and what you will eat and drink during the Detoxification Period including focused detoxification. Then, write down what you will incorporate and what you will eliminate to reduce your exposure to toxins going forward. Make the steps detailed, measurable and meaningful.

Before you get started with a detoxification program that is right for you, consult a medical doctor, naturopath, homeopath and/or osteopath.

Chapter 2 - Nutrition Deficiencies and a High Nutrient Diet

Chronic Disease Cause 2 - Nutrition Deficiency and PH Imbalance

The American diet is filled with processed, packaged, canned, refined and junk foods along with refined sugar, refined flour, refined salt and sodium and soda (both plain and diet soda) – all toxic. Toxins in the American food supply damage the cells, organs, glands, bodily systems and brain.

Manufactured foods are not natural. They have no nutritional value. These manufactured foods contain toxins including refined sugar and high fructose corn syrup, refined salt/sodium, refined wheat flour, artificial sweeteners (i.e., toxic chemicals), trans-fats, chemicals (including preservatives and residue of pesticides, herbicides and insecticides) and GMOs-all toxic.

Processed, packaged and junk foods (including soda) and refined foods are not food. They are manufactured. Food is grown by farmers.

Processed, packaged, junk, canned and refined foods are dead foods. They are devoid of life force energy, oxygen and nutritional value. They are devoid of vitamins, minerals, antioxidants, protein, enzymes and fiber. The body needs all this for good health and energy.

Processed, packaged, junk, canned and refined foods are lead to an acidic PH balance and low oxygen levels. An acidic PH balance and low oxygen levels promote chronic disease.

Processed, packaged, junk foods and refined foods do not contain water or oxygen needed for good health.

Processed, packaged, junk, canned and refined foods contain refined sugar. Refined sugar (including high fructose corn syrup) raises blood sugar and insulin levels and leads to obesity. Manufactured foods contain a lot of refined salt and sodium which raise blood pressure. These manufactured “foods” raise blood sugar, triglycerides, blood lipids and bad, LDL cholesterol levels.

Processed, packaged, junk, canned and refined foods cause the body to produce bad, LDL cholesterol. The body produces LDL cholesterol to repair damage done to the arterial and vein walls from these foods. The crystals in these foods are hard and scratch the arterial and vein walls. The body then produces LDL cholesterol to repair the damage.

Processed, packaged, refined and junk foods result in obesity and impede the body's production of good HDL cholesterol (good HDL cholesterol and a high Nutrient Diet along with certain natural supplements listed in this book and the Supplement help to remove bad LDL cholesterol from the body and repair damaged cells). The toxins in these foods cannot be processed by the liver. So, the body produces fat to encapsulate the toxins. This along with a lot of calories in these manufactured "foods" result in obesity.

The American diet consists of a lot of fatty meats and dairy. These foods are also toxic and lead to an acidic PH balance while

Processed, packaged, junk, canned and refined foods and fat from meat, dairy and eggs are unhealthy and are a primary source of bad LDL cholesterol. They damage the cells, organs, the brain and brain chemistry, the immune system and all other bodily systems. They cause oxidation, free radical damage and inflammation at the cellular level (the basis of chronic disease). They raise blood sugar, blood pressure, triglycerides, blood lipids and bad, LDL cholesterol levels (and lower good HDL cholesterol levels). All this leads to chronic disease.

For good health, eat primarily whole fresh, organic plant foods (whole fresh vegetables, fruit, berries, whole grains, nuts and seeds). These foods facilitate an alkaline PH balance (and not an acidic PH balance). Eat primarily fresh salads, juices and smoothies. These natural, raw foods (along with pure water) improve the body's oxygen level and facilitate an alkaline PH balance and thereby help prevent chronic disease. These natural foods are filled with vitamins, minerals, anti-oxidants, protein, fiber, water, life force energy and oxygen – all needed for good health. Vitamins, minerals, anti-oxidants, water, life force and oxygen replenish and repair the body's cells.

Whole fresh, organic plant foods do not cause inflammation, free radical damage and oxidation at the cellular level. They actually reverse these conditions.

These whole plant foods are living foods that contain life force energy that the cells need for good health. Whole fresh organic plant foods revitalize and repair the cells to keep the body in good health.

While organic is best, non-organic whole, vegetables and fruit are better for health than processed, packaged and junk foods. Most of the toxins can be extracted from non-organic whole foods (with the exception of GMOs) if you soak them in a bowl of water and apple cider vinegar or a bowl of water and Himalayan salt for at least 15 minutes before eating them.

Antidote – The High Nutrient Diet

The optimal diet for good health is the High Nutrient Diet. The High Nutrient Diet is a natural, whole plant food diet. A high nutrient diet consists primarily of whole, fresh vegetables, fruit and berries with some nuts, seeds and whole grains. These whole foods can be made into salads and wraps and blended into fresh juices and smoothies.

These foods are best when consumed in raw form-i.e., lots of salads, fresh juices and smoothies.

The High Nutrient Diet consists of at least 75% fresh, whole, organic vegetables (primarily non starchy vegetables, but a limited amount of starchy vegetables is fine). The foundation of a high nutrient diet food pyramid is green leafy vegetables, especially spinach, kale, collard greens, mustard greens, Swiss chard and arugula.

The remaining 25% or less of a high nutrient diet consists of fruit, berries, nuts, seeds and whole grains and, if desired, a limited amount of animal protein (i.e., eggs, fish and lean meats). Animal protein is a good source of whole proteins/amino acids, but you can also get whole proteins/amino acids from plant-based foods- see below.

The High Nutrient Diet consists of whole, natural plant foods that are filled with a lot of vitamins, minerals, anti-oxidants and fiber. The High Nutrient Diet provides the body with what it needs. It will boost your energy and bodily systems including your digestive, metabolic, circulatory, nervous and immune systems. It will improve your brain chemistry, brain wave activity and mental and emotional states. The High Nutrient Diet will improve all your bodily systems including

The High Nutrient Diet will reduce your blood sugar, blood pressure, bad LDL cholesterol, blood lipid and triglyceride levels and, at the same time, boost good HDL cholesterol. It will help bring your weight and body mass index (BMI) into normal range. It will prevent obesity.

Because it is an alkaline diet, a high nutrient diet will reduce acidity and indigestion and improve PH balance and oxygen levels. To prevent chronic disease, it is important to maintain an alkaline PH balance. This is done through diet- avoiding acidic foods and consuming alkaline foods and drinking primarily pure water.

Dark green leafy vegetables (i.e., spinach, collards, kale, argali, chard, etc.) and whole, non-starchy vegetables, fruit and berries all contribute to alkaline PH balance. Also, nuts, seeds, plant-based fats and whole grains contain vital nutrients and good fats and protein. They are important to eat in limited amounts. For good health substitute plant protein, fats and starches for processed, manufactured and animal protein, fats and starches.

Your body needs Omega 3, 6 and 9 fatty acids for good health. Good fats are the building blocks of the body's and brain's cells. You can get Omega 3, 6 and 9 fatty acids from supplements along with plant based fats, nuts and seeds. Supplements are less caloric than plant-based, nuts and seeds. Omega 3, 6 and 9 Supplements include fish oil, krill oil and flaxseed oil. These Supplements are anti-inflammatory also. You can also get fatty acids through salmon, extra virgin olive oil, avocado and extra virgin coconut oil.

The foods in the High Nutrient Diet will help remove toxins from your cells through the fiber, chlorophyll and minerals in them.

The whole foods in the High Nutrient Diet are easier to digest and metabolize than processed, packaged, junk and refined foods. That is because they are natural and living foods –not manufactured and dead foods. The whole foods in the High Nutrient Diet contain digestive enzymes for good digestion and metabolism. Thus, they are good foods for weight reduction and to keep BMI within a normal range.

The whole foods in the High Nutrient Diet contain anti-oxidants. Anti-oxidants help stop oxidation and reverse free radical damage at the cellular level. These whole foods are anti-inflammatory. So, they help stop the factors common to all chronic disease – oxidation, free radical damage and inflammation.

The first step in the High Nutrient Diet is to eliminate, or, at least greatly reduce, processed, packaged, junk, canned and refined foods.

The High Nutrient Diet focuses on fresh, whole foods. It focuses on food as fuel and the primary source of nutrients to keep the body fully energized, balanced and healthy. Raw and certified organic is best. Eat these foods in fresh salads, juices and smoothies.

Eat as much certified organic whole foods as possible. But, non-organic fresh and frozen whole foods are better than processed, packaged, junk, canned and refined foods. Even if your foods are non-organic, avoid GMO.

Certified organic is a label that certifies that the related foods have been produced in accordance with USDA organic regulations. Organic crops must be grown in safe soil, must not be grown with chemical, sludge-based or petroleum-based fertilizers or chemical pesticides or herbicides and must not be GMO. Organic livestock and poultry must be fed organic feed only. Organic growers are inspected each year and can be inspected at any time by the US government.

As an alkaline diet, the High Nutrient Diet brings your internal PH level back into balance and fills your cells with oxygen.

As a low glycemic index diet, the foods in a high nutrient diet do not spike blood sugar levels. At the same time, they are filled with needed anti-oxidants.

The High Nutrient Diet is a healthy diet because it consists primarily of complex carbohydrates, protein/amino acid, healthy fats, starch and digestive enzymes –the foods that the body needs for good health. The High Nutrient Diet is a healthy diet because it delivers vitamins, minerals, anti-oxidants, protein, water, oxygen, fiber and life force energy to the body's cells.

It is best to eat fresh, whole foods close to when they have been picked. They are more nutritious and have more oxygen and life sustaining energy in them at that time. It is best to eat them raw because the process of cooking these live foods destroys the digestive enzymes and depletes the water, oxygen and life force energy in them.

For good health, include fresh garlic, onion, ginger, cinnamon and turmeric in your diet. These foods are great anti-oxidants and anti-inflammation agents. For good health, include in your diet avocado, extra virgin olive and extra virgin coconut oil. These are healthy fats that are needed by the body. Include lemons, limes and grapefruit and fermented foods for detoxification and vitamins.

Although raw is best, it is ok to lightly cook your foods and steam them too. Eat fresh salads. Make your salads with lots of greens. Include assorted vegetables on your salad like cucumbers, mushrooms, carrots, peppers and radishes. Include tomatoes, avocado, corn and beans on your salads. Use natural salad dressings on your salads. Make salad dressings with fresh ginger, fresh lemon or orange juice and mashed avocado. Use vinegar and a little olive oil on your salad. Processed and bottled dressings are often highly caloric and they contain toxins.

Make fresh juices and smoothies with whole, raw fresh vegetables and fruit. Combine fruits and vegetables in your juices. Your juices and smoothies can include fruits like lemon,

apples and pears and vegetables like beets, cucumbers, carrots, ginger, celery, kale and other greens. Make juices with oranges and grapefruit. Use ginger in your juices and smoothies.

Some juicers remove the skins of fruit and vegetables. While the juice retains the vitamins and minerals in the fruit and vegetables, the juice loses the high concentration of antioxidants and fiber in the skins that are important for good health. Thus, the juicers that retain and mix the skins in the juice are better for health than those that do not.

Make smoothies in your blender with vegetables, fruit and berries. Drink cold pressed organic vegetable and fruit juices. These juices are not pasteurized. So, the nutrients are not cooked out of the foods. The cold press process is used to eliminate bacteria instead.

Many vegetables are more delicious if they are lightly cooked. Peppers, mushrooms, eggplant, broccoli and spinach are nice to lightly cook and mix together with whole grains and whole grain pasta. Add a little extra virgin olive oil, garlic, ginger and herbs and spices to your food.

The High Nutrient Diet eliminates (or, at least, greatly reduces) processed, packaged and junk foods such as pizza, bagels, white pasta, bread, cookies, cake, ice cream, chips, crackers and other packaged or processed snack foods. Substitute plant based starches for these foods- such as yams, potatoes and whole grains. Your diet can include a limited amount of animal protein –wild fish (not farm raised) (wild salmon is especially good) and organic and cage free eggs and organic and cage free poultry are best. But, dairy and meat are acidic and should be avoided or, at the very least, greatly reduced. You can also get protein from organic plant-based foods and protein powder.

Many avoid gluten products. Processed gluten products often cause food allergies and inflammation. Processed gluten products often contain GMO. Many believe it is not gluten that is the problem, but GMO-wheat and pesticides and herbicides used to grow non-organic wheat.

The body needs starch. For starch, rely on whole starchy organic vegetables (yams, sweet potatoes and other potatoes), organic corn and whole grains (such as steel cut oatmeal, oats, quinoa, barley, kasha, buckwheat, couscous, amaranth, bulgar, millet and wheat berries). These are whole foods and contain protein, vitamins, minerals and fiber –all needed for good health.

Refined sugar (including high fructose corn syrup), refined flour, refined white rice, refined corn, refined wheat products and refined salt and sodium are all bad for your health. These refined ingredients are found in processed, packaged, refined and junk foods. Refined foods are stripped of vitamins, minerals, fiber and life force. They are often GMO. Avoid these “foods.”

Instead of refined sugar, artificial sweeteners (i.e., toxic chemicals) and salt, use Himalayan salt and natural sweeteners such as organic agave, stevia, organic cane sugar and organic honey.

Avoid or reduce your consumption of dairy products. Dairy products contain unhealthy animal-based saturated fats and often cause food allergies and inflammation. They often contain GMO and toxins. Saturated fats are fats that congeal and harden at room temperature. Saturated fats are found in fatty dairy (milk, cream and cheese) and fatty meat. Saturated fats from meat and dairy are not good for cholesterol, blood lipids, blood sugar and blood pressure levels. You can get plenty of good fat from coconut, extra virgin coconut oil, avocados, extra virgin olive oil, nuts and seeds.

Substitute organic soy, almond and/or coconut milk for dairy milk.

Your body needs protein for good health. Generally speaking, limit protein to 10% to 15% of your diet (increase the percentage of protein if you are on a diet for obesity (see below on the chapter on Obesity) or are exercising vigorously).

The U.S. Recommended Dietary Allowance (RDA) of protein is 0.8 grams/kg per day for adults. For a woman weighing 125 lbs (57 kg), her needs would be met with 46 grams of protein per

day. For a man weighing 154 lbs. (70 kg), his needs would be met with 56 grams of protein per day.

Your body needs complete proteins/amino acids for good health. Complete proteins/amino acids come from eggs, fish and lean meat. But they also come from a combination of fresh vegetables, legumes, nuts and seeds. You can also get complete protein/amino acids from organic plant-based protein powder.

The oil in fish helps reduce cellular inflammation. Avoid tuna fish and sword fish because they contain mercury and other toxins. Wild salmon and other fresh water fish are better for health. Some animal protein is fine as long as it is lean (poultry, fish and eggs), organic, cage free and not processed. If you eat beef, make it grass fed and organic beef.

You can get full protein/amino acids from whole, plant-based foods. Most whole vegetables contain protein. Vegetables rich in protein include beans, legumes, peas, nuts, seeds, spinach, broccoli, asparagus and cauliflower. While many plant-based proteins are not whole protein/amino acids, you can get full protein/amino acids from spinach, sun dried tomatoes, beans, legumes, nuts and seeds. Whole grains contain protein. You can get full protein/amino acids from quinoa and buckwheat.

Super-foods such as wheatgrass, chlorella, spirulina, chia seeds and hemp seeds contain full protein/amino acids.

The body needs a limited amount of fat. Substitute good fats for bad fats. Good fats include polyunsaturated and mono-saturated fats. These are plant based fats along with fatty fish such as salmon. They include Omega 3, Omega 6 and Omega 9 fatty acids, extra virgin olive oil, extra virgin coconut oil and non-processed and non-refined vegetable oil, peanut oil, safflower oil, canola oil and sunflower oil along with avocado, coconut, nuts and seeds (and the non-processed, non-refined oils derived from nuts and seeds).

Bad fats include saturated fats in dairy and fatty meat and trans-fats and hydrogenated fats (these are manufactured fats found in processed foods). Bad fats will raise your LDL cholesterol, lead to obesity and damage your cells, organs and

bodily systems. Bad fats lead to cardiovascular disease and other chronic diseases.

Your body needs a limited amount of Omega 3, 6 and 9 fatty acids. You can get Omega 3 fatty acids from extra virgin olive oil and fish oil, flaxseed oil and krill oil supplements. You can get Omega 6 fatty acids from extra virgin olive oil, flaxseed oil, sunflower seeds, safflower oil, hemp oil, extra virgin coconut oil, sesame oil and most other whole, organic vegetable oils (although for cooking and to put salads, olive oil seems best), and seeds such as pumpkin and sunflower seeds and nuts such as cashews, almonds and walnuts. Nuts and seeds are also a great source of vital nutrients and protein. You can get Omega 9 fatty acids from olive oil, canola oil and safflower oil. You can get essential fatty acids from avocado and fish. These are all good fats and they are natural.

Good fats are needed for cellular repair and rejuvenation. They are alkaline and not acidic for PH balance (unlike bad fats). For good cellular health, you need to consume Omega 3, Omega 6 and Omega 9 fatty acids and not the bad fats discussed above (i.e., trans-fats, hydrogenated fats and animal based saturated fats). You can get good fats from food and/or supplements. Good plant based fats reduce the risk of cardiovascular disease and bad, LDL cholesterol.

Prepare your own meals with whole, natural foods as often as possible. When you prepare your own meals, you control the ingredients and you know what you are eating. Use Himalayan salt, pepper, herbs and spices for flavor.

When you eat out in restaurants, be careful. The foods in restaurants are most likely not organic and they may be GMO. Foods in restaurants are often prepared with refined sugar, saturated and trans-fats and refined table salt. This gives them flavor, but also makes them unhealthy.

Eat a variety of whole, fresh organic vegetables and fruit.

As mentioned above, make the foundation of your food pyramid fresh green leafy vegetables such as spinach, kale, lettuce, arugula, collard greens, Swiss chard and mustard greens. Then eat a lot of fresh broccoli, tomatoes, cucumbers, mushrooms, asparagus, avocados, bok choy, Brussels sprouts,

asparagus, celery, fennel, squash, carrots, sweet potatoes, yams, cabbage, cauliflower, eggplant, string beans, lima beans, peppers, artichokes and root vegetables (such as beets, yams, parsnips and turnips). Eat plenty of fresh garlic and ginger.

The following vegetables contain protein, vitamins (including a, niacin, b1, b2, b6, folate, pantothenic acid, c, k, e and more) and minerals (including potassium, phosphorous, magnesium, calcium, iron, sodium, zinc, copper, manganese, selenium and more): alfalfa, artichoke, asparagus, beets, broccoli, Brussels sprouts, butternut squash, cabbage, cauliflower, celery, cucumber, eggplant, fennel, green beans, green pepper, kale, leeks, mushrooms, onions, parsnips, peas, potato, radish, spinach, squash, sweet potato, Swiss chard, turnip, garlic and ginger

Cruciferous vegetables are rich in anti-oxidants (such as broccoli, cauliflower, cabbage and kale). Eggplant is also rich in anti-oxidants. Garlic and ginger are powerful anti-oxidants and anti-inflammation agents and are important for cardio health. Green leafy vegetables (spinach, kale, collard greens, arugula, lettuce, and Swiss chard and mustard greens) also contain powerful anti-oxidants and anti-inflammation agents and vitamin K. They are important for cardio health and help prevent chronic disease. Legumes help lower blood pressure, cholesterol and blood sugar. Carrots, yams and sweet potatoes have vitamin A for eye health.

Eat a variety of fresh, whole fruit and berries.

Blueberries, blackberries and strawberries are great. Eat fresh fruit like apples, bananas, grapes, peaches, plums, pears, melons, watermelon, citrus, figs, dates, mangos and pineapples.

Eat some nuts- especially almonds, cashews, walnuts and macadamia nuts. Eat some seeds, especially sunflower seeds, chia seeds pumpkin seeds, flax seeds.

Drink coconut water. Coconut water is filled with vitamins and minerals. Drink acai berry juice and carrot juice. They are also filled with vitamins and minerals.

The following fruit and berries contain vitamins (a, b1, b2, niacin, folate, pantothenic acid, b6, e, and k) and minerals

(potassium, calcium, phosphorous, magnesium, manganese, selenium iron, sodium, copper, zinc):

apple, avocado, banana, blackberries, blueberries, cantaloupe, cherries, dates, figs, grapefruit, grapes, kiwi, lemon, lime, mango, orange, papaya, peach, pear, pineapple, plum, raspberries, strawberries, tomato, watermelon

Blueberries, raspberries, black berries, goji i berries, cranberries and red grapes and pomegranates are rich in anti-oxidants. Bananas are an important source of potassium, which is vital for heart health. Tomatoes contain lycopene, which helps prevent chronic diseases including heart disease.

Meat, dairy and eggs are a primary source of bad LDL cholesterol. In addition, processed, packaged, canned and junk foods and refined foods such as sugar, table salt and sodium are also culprits. These dead, manufactured foods are composed of hard crystals that are not effectively digested and metabolized. These crystals scratch the inside walls of arteries and veins. The body then produces LDL cholesterol to repair the walls of the arteries and veins. This leads to blockages and heart disease.

Substantially reduce or eliminate white rice, white pasta and white bread. These foods are refined. The refining process removes the essential nutrients (i.e., vitamins, minerals, anti-oxidants and protein) from the food along with needed fiber.

For starch, substitute sweet potatoes, yams, potatoes, whole grains (brown rice, quinoa, kasha, oats, barley). Sweet potatoes, yams and potatoes are also rich in vitamins and minerals and contain needed fiber, water/oxygen and life force. Also, if you desire pasta, eat whole grain pasta and pasta made from quinoa and beans.

Whole food starches will fill you up and they contain vitamins, minerals, protein and fiber. Whole grains along with oatmeal help reduce bad LDL cholesterol levels and help raise good HDL cholesterol levels.

Refined starches spike up blood sugar and quickly turn into body fat. Whole food starches are more effectively digested and metabolized.

Do not drink soda or other drinks sweetened with refined sugar or artificial sweeteners. They are toxic. Drink filtered water (or distilled or spring water), green tea and other teas including herbal teas, organic coffee and other organic drinks instead. Use natural sweeteners such as organic stevia, agave and cane sugar.

Water is so important for good health. Water is filled with oxygen. Hydration and oxygen are so needed by the cells for good health. Eat seaweed, kelp and nori. They are powerful anti-oxidants and anti –inflammation agents.

To maintain a healthy weight, burn more calories than you consume. Be conscious of the food you eat, both type and amount and the calories in the food. Generally speaking, limit your daily calories to between 1500 to 2200 calories, depending on your age, weight and metabolism and level of activity. If you are over 45 years old, move toward 1500 calories per day.

With the High Nutrient Diet, you will be filled up, and feel less hungry, with much less food. This is because whole plant-based organic foods contain the vitamins, minerals, anti-oxidants, protein and other nutrients and fiber that the body wants. Processed, packaged, junk, canned and refined foods do not contain nutrients or fiber. Thus, the body wants more and more food to get less and less of what it needs for good health.

As we age, we lose muscle and our metabolism slows down. It becomes more difficult for our bodies to burn calories. Do the daily exercises discussed below including light weight exercises to boost muscle and metabolism. Do not eat between meals. But, it is fine to have some raw vegetables or fruit for a snack. Include celery, carrots, cucumber slices, beets, apples, bananas, pears, peaches and plums for snacks.

Your energy will greatly improve from the High Nutrient Diet, especially if most of your foods are eaten raw. Also, as you reduce calories, your energy will improve. This is because most of your energy is used in the digestion process.

If you eat three meals per day:

Make breakfast your largest meal. You can eat protein (eggs, yogurt and fish), vegetables/berries/fruit, salad and whole grains and potatoes. Eat oatmeal.

Make lunch your second largest meal and dinner your lightest meal (salad and fresh vegetable/fruit juices is a healthy choice for dinner).

Alternatively, you can eat 5 or 6 smaller meals during the day. This may be better for blood sugar and hunger. Do not eat after 8 pm until you wake up the next morning. Your body will burn body fat as you rest and sleep because it will not have food to burn then. Get plenty of rest and sleep. If you get hungry, drink green tea, hot water with lemon or juice or eat some fruit. Do this prior to a meal to curb your appetite.



With the High Nutrient Diet, you will prepare most of your own meals. But, whole foods can be very easy to prepare, especially if you eat them primarily in raw form.

If you lightly cook your food, use extra virgin olive oil, extra virgin coconut oil or another, natural, whole, plant-based oil (often from nuts or seeds). You can also steam and bake vegetables. Use Himalayan salt, pepper, herbs and spices to season your food.

The process of shopping for a variety of vegetables, fruit and whole grain can be a lot of fun – a new adventure. The process of planning and preparing meals can be a lot of fun too. Enjoy the variety, flavors, scents and colors of fresh whole vegetables, fruit and berries.

Super foods are plant-based foods that contain a large amount of nutrients. These foods include wheatgrass, garlic, ginger, turmeric, onion, chlorella, spirulina, chia seeds, flaxseeds, hemp seeds, cinnamon, pumpkin seeds, sunflower seeds and other seeds, goji berries, acai berries, blueberries, coconut and soursop.

Also, for prevention, eat fruit seeds along with fruit. Fruit seeds are a great source of Vitamin B 17 and natural cyanide that helps prevent cancer. The best source of Vitamin B 17 is apricot kernels. But, B17 is also found in apple seeds, grape seeds, watermelon seeds, the small seeds of berries (strawberries, raspberries, and blackberries), the kernels of cherries, peaches and plums and other fruit along with almonds, cashews, macadamia nuts alfalfa sprouts and mung beans.

Incorporate some or all of these super foods into your diet for good health. You can put chia, sunflower and pumpkin seeds in salad and juices. Eat chia seeds in soy or almond milk with berries, cinnamon and vanilla. Put chlorella and spirulina in juices.

Fresh ginger, garlic, cinnamon and turmeric are super-foods. They are filled with ant-oxidants and anti-inflammation agents. These foods will also help with metabolism, blood pressure and blood sugar and will help prevent and reverse chronic disease. It is important for digestion and metabolism for you to relax when you eat and to chew your food slowly. A great way to relax and slow down before you eat is to silently bless your food and express gratitude for your meal.

Action Steps

The High Nutrient Diet is your agreement with yourself as to what you will eat and eliminate from your diet to improve your health. Write down what you will do on a daily basis to implement the high nutrient diet. Write down the foods you will eliminate or greatly reduce. Write down the foods you will incorporate for breakfast, lunch and dinner (or for 5 or 6 smaller meals during the day) and for healthy snacks (i.e., raw vegetables, fruit, berries, whole grains, nuts and seeds). Write down your plans for when and where you will shop for and buy healthy foods, get recipes and prepare healthy foods.

Before you get started with a diet, consult a medical doctor, naturopath, osteopath, homeopath and/or nutritionist.

Chapter 3 - Obesity and a Modified High Nutrient Diet

Chronic Disease Cause 3 - Obesity

Obesity is a leading cause of chronic disease. Obesity is a condition of excess body fat. It is measured through the body mass index (BMI), a ratio of weight to height. Obesity is measured by dividing a person's weight in kilograms by the square of the person's height in meters. A person is obese if his or her weight exceeds 30 kg/m squared.

Obesity raises bad, LDL cholesterol, blood pressure and blood sugar. Obesity raises blood lipid levels and damages all the bodily systems – including digestion, metabolic, circulatory, nervous, respiratory, endocrine, immune and lymphatic systems. Excess body fat chokes off the flow of nutrients, oxygen and life force energy to your cells and thereby damages the body's cells. Obesity damages the body's organs and glands including the heart, liver, kidneys and adrenals. Obesity drains our energy and vitality and makes it difficult for us to be active.

Antidote – A Modified High Nutrient Diet and Exercise Program

It is important for good health to get your BMI into a normal range. You will feel healthier, more energized and full of vitality. The Ultimate Prevention and Wellness Program will do this for you. There are free online calculators that measure BMI based on height and weight.

Obesity occurs when, over a long period of time, you consume more calories than you burn. Obesity occurs when you eat a diet of manufactured foods –processed, packaged, junk, canned and refined foods. These manufactured, dead foods are filled with calories that are not easily digested or metabolized.

Because they are not easily burned by the body, manufactured foods quickly convert into body fat. They are dead foods that have no nutritional value and they contain addictive refined

sugar, sodium and fats. As a result, the body craves more and more of them. The body gets no nutrition out of them. Yet, the body wants nutrition. So, the body craves more and more. Because they are addictive, we tend to over-eat them.

In addition, the body produces fat cells to store the toxins ingested from dead, manufactured foods. The body does this to protect the liver from toxic overload. The liver is an organ that filters out toxins and flushes these toxins out as waste.

Excess body fat is unhealthy. You can only burn off excess body fat when you consume less calories than you burn. To do this, move to a Modified High Nutrient Diet (see below) and incorporate daily exercise into your routine. When you get your BMI into normal range, move to a High Nutrient Diet to maintain your BMI in a normal range.

To bring your BMI into a normal range, start with a commitment and a plan. Write down your goal weight and the date by which you will bring it into normal range. Make sure this goal is realistic and achievable. It can be three months or two years. It is up to you. The most important thing is to move in the right direction.

Now read what you have written and commit to it.

Close your eyes and visualize yourself trim, vibrant, healthy, full of energy and joy. Know that this is you and this will happen.

Include exercise in your daily routine to burn more calories than you consume. The Modified High Nutrient Diet, daily exercise and the other techniques in this book will work together to reduce your weight, boost your metabolism and energy and improve your immune system, brain chemistry, digestion, circulation and other bodily systems.

Use the positive thinking, stress reduction, relaxation and emotional release techniques in this book to bring your weight down. These techniques will help you feel good and boost your happiness, self-esteem and self-confidence. This is important to enable you to fully adopt and incorporate the Modified High Nutrient Diet.

When you reduce stress and negativity and boost your happiness, self –confidence and self-esteem and feel good about yourself, you will then reduce stress and binge eating, Stress and binge eating cause overeating of comfort foods- i.e., manufactured and processed “foods” that soothe and comfort (because they are made with refined sugar, sodium and fat).

Set your intent and apply your will to live, be healthy, happy and full of energy. It is important to do this to end obesity. It is important to feel good about yourself and cultivate inner peace, peace of mind, self-confidence, self-esteem, joy and happiness to end obesity. Mind, body and spirit work together to end obesity and bring good health.

It is important to greatly reduce stress in your life because, as mentioned above, stress leads to “stress and binge eating” and “stress and binge eating” leads to obesity. Also, stress causes the body to hold onto calories. This is because stress puts the body in a fight or flight mode. The body then believes it must store calories to be used for fuel after the crisis ends.

The mental and emotional techniques in this book include positive thinking techniques, and how to boost your self-confidence, self-esteem, happiness, joy and energy. They also include relaxation and stress reduction exercises.

As mentioned above, stress and negativity cause the body to produce cortisol. Cortisol causes the body to retain body fat to act as an energy reserve. The stress reduction and relaxation techniques in this book will reduce your body’s production of cortisol.

For exercise, start by briskly walking two to three miles at least four times each week. Ease into this routine. As your body gets adjusted to more exercise, pick up the pace, activity and intensity. Walk and jog uphill to burn calories and increase heart rate.

Adopt a daily exercise program to build muscle and burn calories. As you build lean muscle, you will lose body fat at the same time. Daily exercise burns body fat and improves the function of all bodily systems. Lean muscle by itself burns body fat even while you rest and sleep.

Daily exercises include daily cardio exercises (at least 40 minutes per day) (walking, jogging, bicycling, swimming, etc.), daily light weights and resistance exercises (at least 20 minutes per day). Increase your exercise, weights and resistance as you reduce body fat and build up muscles and increase endurance, stamina and strength. With respect to cardio, walk 2 to 3 miles per day, at a good pace and uphill at times.

Resistance exercises include push-ups and sit-ups. Also, do daily flexibility exercises by stretching. Always stretch before you exercise. Stretching improves circulation and the flow of energy in your body.

You need some intense cardio, in short bursts, to burn calories and body fat. Get your heart rate up and perspire from your cardio exercises. You may need to gradually build up the intensity level of your cardio exercise.

If your cardio consists of walking, then walk or jog uphill or at an incline on your treadmill in part. Increase the resistance, pace and incline on your cardio equipment like treadmills, elliptical equipment and stationary bicycle to raise the intensity level and burn calories.

If your cardio routine consists of walking, incorporate short bursts of jogging or running to raise your heart rate. Walk up hills and on inclines and do short bursts of jogging or running to raise your heart rate. This will boost your metabolism.

Be active - walk, stretch and do yoga. When you are home, get up, move around, dance and jog in place. You can move, stretch, exercise and watch TV at the same time. Daily exercise and physical activity will burn calories and reduce body fat and get the body to function more effectively.

If you have not been exercising on a regular basis, ease into this exercise program. Increase the amount of time and intensity of your routine slowly.

Become a conscious eater. Do not eat when you are under stress or upset. Do not eat between meals.

Develop a daily and weekly food plan. Plan your meals and snacks each day. Use a calendar. Write down your meals and snacks for each day during the week. Follow your plan.

Keep a food diary. In your food diary, record what you eat each day, when you eat it and the amount of calories in each item of food consumed.

In the action steps below, write down the goals and actions steps you will take to reduce your calories and increase the calories you burn from exercise.

Adopt a Modified High Nutrient Diet (see below). See above for information on the High Nutrient Diet. A Modified High Nutrient Diet is a lower calorie version of the High Nutrient Diet. A Modified High Nutrient Diet will feed your body what it needs -nutrition. The vegetables in this diet contain a lot of vitamins, minerals, anti-oxidants, protein and fiber. Through a Modified High Nutrient Diet, you will feel less hungry because you will feed your body what it needs – nutrition (vitamins, minerals, anti-oxidants, protein) and fiber. When you feel full, you will not overeat.

A Modified High Nutrient Diet is similar to the High Nutrient Diet, but limits calories to approximately 1500 per day. Because you are strictly limiting calories, that is why it is important to develop food plans, keep a food diary and be a conscious eater.

A Modified High Nutrient Diet consists of 80 % to 100 % whole, fresh, non-starchy organic vegetables (lots of dark green leafy vegetables – i.e., spinach, chard, collards, kale, etc.). Greatly reduce or avoid animal protein (if you eat meat, make it a very limited amount of lean organic, light meat such as poultry, wild fish and organic eggs). You can use organic, plant-based amino acid powder for some protein. Dairy should be eliminated. It is highly caloric. Plants contain all the protein you need and they are a much healthier source of protein than meat. Meat does not contain the vitamins, minerals and fiber the body needs for good health. So, meat consumption should be avoided or greatly reduced in favor of plant-based sources of protein.

Raw, fresh, organic vegetables are best – make fresh salads and juices. You can have a little fruit, but limit the intake of fruit because fruit contains a lot of sugar. Berries (i.e., blueberries, blackberries, raspberries) are best because they have less sugar in them.

A Modified High Nutrient Diet will reduce your body fat. During your weight reduction period, a limited amount of fruit is fine. Some recommend that people eat primarily animal protein during the weight reduction period. This type of diet might help with weight loss, but it deprives the body of essential nutrients and fiber needed for good health.

Your body needs Omega 3, Omega 6 and Omega 9 fatty acids. Get Omega 3, Omega 6 and Omega 9 fatty acids from supplements. You can get these fatty acids from foods such as nuts, seeds and avocado. But, supplements (such as fish oil, krill oil and flaxseed oil supplements are a far less caloric way to get these fatty acids).

Consult the High Nutrient Diet above for the vegetables in a Modified High Nutrient Diet. Eat mostly non starchy vegetables (a lot of green leafy vegetables such as spinach, chard, kale and arugula). When you get close to a normal range for your BMI, use the High Nutrient Diet going forward to maintain a normal BMI.

A Modified High Nutrient Diet does not include processed, packaged, canned, refined or junk foods. It completely eliminates pizza, bagels, bread, pasta, cookies, cake, ice cream, chips, crackers, etc. Processed, packaged, refined and junk foods do not contain nutrients or fiber. These manufactured foods spike up blood sugar and turn into stored body fat and damage the body's systems making it difficult to burn calories and lose body fat. A Modified High Nutrient Diet eliminates toxic refined sugar, trans-fats and refined and processed oils. It also eliminates or greatly reduces animal-based saturated fat (fat from meat and dairy). These fats and oils are toxic and highly caloric, lead to obesity and make it difficult to lose weight.

Prepare your own meals with whole foods in the Modified High Nutrient Diet.

At least 15 minutes before each meal, drink plain water, water with fresh lemon in it or tea. Alternatively, eat some fruit or drink a small glass of fruit juice prior to a meal. All this will help curb your appetite.

Relax before you eat. Close your eyes and bless your food. Express gratitude for your food. Chew your food slowly. This will help you relax while you eat and improve your digestion and metabolism.

Detoxify your body. Use the detoxification program described above. Stored toxins in the cells interfere with the body's systems, damage digestion and slow down metabolism and make it difficult to burn calories and lose body fat. Ingested toxins tend to induce the generation of body fat that encases the toxins. So, detoxification, diet and exercise will work together to reduce body fat and release stored toxins.

Try to not snack in between meals. However, if you get hungry between meals, drink water and tea and/or eat some raw vegetables or a piece of fruit –an apple, a banana, a peach or plum or some melon as a snack (berries are best because they contain less sugar than other fruit).

Drink filtered or pure spring or distilled water and green tea. Drink at least eight, 8 oz. glasses of filtered water each day. This will keep the cells hydrated and filled with oxygen. This will also help flush toxins out of your body. Do not drink soda, whether sweetened with sugar or artificially sweetened. Do not drink flavored drinks.

Plate your food and use a small plate. Do not eat after 8 pm. Eat regular meals. Three meals per day is conventional. Some recommend five smaller meals per day instead of three larger ones. With respect to three meals, make breakfast your biggest meal, followed by lunch and then dinner.

Use apple cider vinegar on your salads. Drink a little apple cider vinegar with water each day. Drink water with fresh lemon each day.

Do not eat after 8 pm until you wake up the next morning. Your body will burn body fat as you rest and sleep because it will not have food to burn then. Get plenty of rest and sleep.

Supplements that help boost metabolism and burn blood sugar that help with weight loss, include cayenne pepper extract, prebiotics, probiotics and digestive enzymes and good sized doses of Co-Q 10 or ubiquinol, turmeric, astragalus, resveratrol, gymnema sylvestre, alpha lipoic acid, chromium, chromium picolinate, vanadyl sulfate, vanadium, berberine, bilberry, magnesium, ginseng, cinnamon and cinnamon supplements, fenugreek, banaba leaf, bitter melon and bitter melon supplements, green tea and green tea extract supplements, dhea, nadh and 5 htp.

All the antidotes in this book will work together to help you lose weight. They will get your body and its systems to work more efficiently and effectively. Besides diet and exercise, these antidotes include detoxification, vitamins, minerals, protein and anti-oxidant supplements, herbs and other supplements, stress reduction, relaxation and positive thinking techniques, emotional release techniques, happiness and optimism and regaining lost energy, power and self-confidence.

Action Steps

The Modified High Nutrient Diet is your agreement with yourself as to what you will eat and eliminate from your diet to end obesity. So, in the space provided below, write down specifically what you will eat and what you will eliminate from your diet to end obesity. Make sure the steps you will take are detailed and measurable. Also, in the space below write down the exercises you will do on a daily basis. Be specific and make sure what you write down is measurable, realistic and sustainable.

Before you get started with your weight reduction program (including diet and exercise), consult a medical doctor, naturopath, homeopath, osteopath and/or nutritionist.

Chapter 4 – Vitamin, Mineral and Antioxidant Deficiency and Supplement Program

Chronic Disease Cause 4 – Vitamin, Mineral and Antioxidant Deficiency

The body is an aggregation of billions of cells. These cells need vitamins, minerals and anti-oxidants for good health.

The main source of vitamins, minerals and anti-oxidants is fresh, whole organic vegetables, fruits, berries, nuts, seeds and whole grains. However, our cells need an extra boost from supplements (i.e., vitamins, minerals, anti-oxidants, anti-inflammation agents and herbal supplements) because food does not contain sufficient nutrients (due to soil toxicity and nutrient depletion in the soil) Our cells get damaged and drained of energy from toxins (in the air, food, water, drugs and environment), acidity, stress and negativity. Also, the nutrients from food do not get absorbed into the cells as well as they should when the body is under stress or the intestines are coated with candida overgrowth. Nutrition from food is important, but it alone is not sufficient to fortify the cells so they can effectively combat the ongoing bombardment of toxins, stress and negativity. In order to get adequate nutrition, supplements and a High Nutrient Diet are both important.

Antidote-Supplements

While the High Nutrient Diet (consisting of fresh, nutritious, organic, whole, plant-based food) is the first line of defense in the war against chronic disease, we also need supplements to prevent and reverse chronic disease. This is because we are continuously bombarded with toxins, stress and negativity that damage our cells and deplete our cellular energy. We also need supplements because of the deficiencies of vitamins, minerals and anti-oxidants in the food we eat.

Fresh, organic, raw whole, plant-based foods contain a lot more vitamins, minerals and anti-oxidants and a lot less toxins than non-organic foods. But, even if you eat primarily organic, raw plant-based foods, the soil has been depleted of essential nutrients. Toxins in the air and water still get into the food, even if it is organic. Supplements will fortify your cells with the essential nutrients and energy they need for good health.

Supplements will boost your energy and immune system and other bodily systems, improve sleep, help reduce blood pressure, blood sugar and cholesterol levels, help relieve stress and anxiety and help improve brain chemistry. Vitamin, minerals and anti-oxidant supplements are essential to good health. They energize and boost the health and functionality of the body's cells, organs and immune system and other bodily systems.

Work with naturopaths, homeopaths, osteopaths and health coaches and advisors who can advise you which supplements to take for your specific needs. If you consult with an MD, make sure he or she has naturopath training. Experiment with supplements to determine which ones work best for you. Consult www.consumerlabs.com to determine the quality and absorption of the supplements you choose.

On a daily basis, take good sized doses of high potency multi vitamin and mineral supplements including, at a minimum, Vitamins A, B-Complex, C, D, E and K1 and K3 and full spectrum minerals (colloidal trace minerals that come in liquid form are best). Many recommend daily doses of these multi-vitamin supplements of anywhere from 10 to 20 times the RDA (recommended dietary allowance), depending on your specific needs.

Vitamins are best to take with some fat (i.e., extra virgin coconut oil, avocado, etc.) and black pepper. This will help your body absorb the vitamins.

Consult a physician or other expert on vitamins and minerals to design a vitamin and mineral protocol that is right for you.

Some of the essential minerals include iron, zinc, manganese, potassium, magnesium, calcium, copper, iodine, selenium,

molybdenum, chromium, calcium, sulfur, cobalt, nickel, boron, beryllium, sodium, copper, tin, silicon, vanadium, fluorine.

Also, on a daily basis, take Co Q 10 (or Ubiquinol) (a super anti-oxidant) (many recommend from 200 to 300 mg) and turmeric or curcumin supplements (a super anti inflammation agent) and fish oil, krill oil or flax seed oil supplements because they contain needed Omega 3, Omega 6 and Omega 9 fatty acids (these are super anti-inflammation agents) (many recommend at least 2,000 mg of these fatty acid supplements). Also, on a daily basis, eat one or two teaspoons of coconut oil and some apple cider vinegar in water and eat fresh cinnamon, garlic and ginger (anti-oxidants and anti-inflammation agents) and lemon and/or lime in water (there is a lot of vitamin C in lemons and limes).

Use Himalayan salt instead of table salt. Himalayan salt is a fully mineralized and contains all of the minerals needed by the body.

Antioxidants are essential to stop oxidation and free radical damage at the cellular level. Free radical damage is caused by toxins, stress and negativity. All disease starts with oxidation, free radical damage and inflammation at the cellular level. To combat oxidation, free radical damage and inflammation at the cellular level, take (i) antioxidant supplements such as CoQ10 (or Ubiquinol), green tea and green tea extract supplements, grape seed extract, garlic, resveratrol and others and (ii) anti-inflammatory supplements such as fish oil, krill oil, flax seed oil and turmeric (or curcumin) supplements and others. Anti-oxidant and anti-inflammatory supplements will help repair the body's cells.

Many also recommend cayenne pepper for better circulation and good health

Also, consume super foods such as garlic, ginger, wheat grass, chlorella, spirulina, chia seeds, goji berries, acai berries, blueberries, and soursop. They are replete in vitamins, minerals and anti-oxidants.

Our bodies need Omega 3, Omega 6, Omega 7 and Omega 9 fatty acids.

You can get Omega 3 fatty acids from olive oil and fish oil, flaxseed oil and krill oil supplements. These are also anti-inflammation agents.

You can get Omega 6 fatty acids from olive oil, flaxseed oil, sunflower seeds, flaxseed oil, safflower oil, hemp oil, coconut oil, sesame oil and most other vegetable oils (make sure the vegetable oils you use are unprocessed and unrefined), and seeds (such as chia seeds, flax seeds, pumpkin seeds and sunflower seeds) and nuts (such as cashews, almonds and walnuts).

You can get Omega 7 fatty acids from macadamia nuts.

You can get Omega 9 fatty acids from olive oil, canola oil and safflower oil.

You can get good fatty acids from avocado and fish. Salmon has good fatty acids.

You can also get Omega 3, 6, 7 and Omega 9 fatty acids from supplements. This is a less caloric alternative to getting these fats from food.

Eat fresh herbs and spices for good health and flavor for your foods such as basil, rosemary, thyme, oregano, fennel, cumin, saffron and cilantro. Fresh herbs and spices contain antioxidants, anti-inflammation agents and nutrients.

When your energy is low and/or you feel a cold coming on, take some of the following: B complex vitamins (especially B 6 and B12 vitamins), D and C vitamins, Echinacea, Goldenseal, American and Asian ginseng, colloidal silver, oregano oil or oregano oil supplements, olive leaf extract, astragalus and Asian mushroom supplements (i.e, reishi, miataki, cordyceps and shiataki mushrooms), resveratrol, maca and zinc.

Our bodies need some full spectrum proteins/amino acids for good health. You can get full spectrum proteins/amino acids from plant-based protein powders as well as from plant-based food.

Get outdoors often. Expose your arms forehead and face to the sun. Get at least 20 to 30 minutes of sunshine each day. Even if it is a cloudy day, you will get radiant energy from the

sun. The body converts sunlight into vitamin D. The sun is the source of vitamins in plant based food. Sunlight will help mitigate vitamin deficiencies in your body.

Most of the herbs and supplements listed below come from plants and will help boost your energy and immune system, improve your blood sugar, blood pressure, cholesterol, circulation, metabolism, digestion, sleep, and mental and emotional health.

Many of the supplements listed below are redundant and are good for multiple conditions. So, choose the ones that work best for you with the assistance of experts. Experiment with supplements. If you are on medication, consult with your physician to ensure there is no adverse reaction between medication and supplements you take.

On a daily basis, take the supplements listed above for overall good health including good sized doses of multi vitamins and colloidal trace minerals supplements. Then add some of the following supplements for particular conditions:

Herbs and Supplements for high blood sugar

Cinnamon and cinnamon extract, ginger and ginger extract, vanadyl sulfate, gymnema sylvestre, alpha lipoic acid, chromium and chromium picolinate, fenugreek, banaba leaf extract, bitter melon and bitter melon extract, turmeric/curcumin, hawthorn, valerian root and magnesium

Herbs and Supplements for high blood pressure and cholesterol and for heart health

Co-Q 10/Ubiquinol, turmeric/curcumin, cayenne pepper and cayenne pepper extract, fish oil supplements, olive oil, lecithin, lycopene, lutein, butcher's broom, beta sistroteral, guggulipid, phytosterols, magnesium, hawthorn, valerian root, holy basil, black cohosh, fenugreek, olive leaf extract, yarrow, pycnogenol, policosanol, garlic and garlic extract, ginger and ginger extract, American, Siberian and Asian ginseng, ginkgo biloba, resveratrol, astragalus, alpha lipoic acid, berberine, plant-based amino acid/protein supplements, glutamine and jiaogulan, red yeast rice, rosemary, nattokinase, pomegranate extract, cacao, motherwort, bilberry

Herbs and Supplements to boost energy, metabolism and the immune system

Cayenne pepper and cayenne pepper extract, green tea and green tea extract, American, Siberian and Asian ginseng, Co-Q 10, pyrroloquinolene quinone (ppq), policosanol, lecithin, lycopene, turmeric and curcumin, colloidal silver, Asian mushrooms and Asian mushroom supplements (such as cordyceps, reishi and shiitake, chaga and matsutake mushrooms), oregano oil supplements, live leaf extract supplements, astragalus, resveratrol, alpha lipoic acid, schizandra, cat's claw, pycogenol, dhea, echinacea, goldenseal, grape seed extract, yellow dock root, astaxanthin, iodine (especially nascent iodine), bromelain, sour sop, pau d arco, maca, mugwort, eclipta alba, ligustrum lucidum, ashwaganda, (Chinese herbs: fo-ti teng, ho shou wu, huang-lia, xio yao wan), bee pollen, bee propolis, nadh, nac, glutathione, glutamine, burdock, aloe vera, astaxanthin, colloidal gold and silver, frankincense essential oil

Herbs and Supplements to boost the immune system when you get run down

Echinacea, goldenseal, Asian mushrooms and Asian mushroom supplements (such as reishi, shiitake, matsutake, cordyceps and chaga mushrooms), Asian, American and Siberian ginseng, colloidal silver, oregano oil supplements, olive leaf extract, zinc, bee propolis, raw honey, nac, glutathione, astaxanthin, prebiotics, probiotics and digestive enzymes

Herbs and supplements as natural antibiotics

Colloidal silver, oregano oil, clove oil, tea tree oil, olive leaf oil, garlic and garlic extract supplements, Echinacea, raw honey, bee propolis, turmeric/curcumin, goldenseal, myrrh essential oil

Herbs and Supplements for circulation

Co-Q 10 or Ubiquinol, pyrroloquinolene quinone (ppq), ginkgo biloba, cayenne pepper, butcher's broom, mistletoe, arjuna, nadh, xio yao wan, nac, lycopene, lutein, glutathione, glutamine, nattokinase, hawthorn, l-arginine, niacin, gaba, picamilon, Siberian, American and Asian ginseng, Omega 3,6,7

and 9 fatty acids (fish oil and flaxseed oil and other supplements)

Herbs and Supplements for mental clarity

Co-Q 10 or Ubiquinol, pyrroloquinolene quinone (ppq), Omega 3,6,7 and 9 fatty acids (fish oil and flaxseed oil and other supplements), coconut oil, ginkgo biloba, soy lecithin

Herbs and Supplements to build muscle

Full spectrum plant-based protein/amino acid powder, dhea, chrysin, nettle, muira pauma

Herbs and Supplements for stress and anxiety

Valerian root, B complex vitamins, dhea, holy basil, hawthorn, magnesium, valerian root, ashwaghandha, lithium orotate, gaba, dark chocolate/cocoa, kava kava, chamomile, rhodiola, ginger and ginger extract supplements, green tea and green tea extract supplements, cashews, almonds, omega 3,6,7 and 9 fatty acids (fish oil, krill oil and flaxseed oil), yerba mate, asenicum album, kali, phosphoricum, muniticum acid, ticitum acid, full spectrum amino acid supplements, tryptophan, colloidal gold and silver, American, Siberian and Asian Ginseng, passionflower, medical marijuana and coconut oil

Herbs and Supplements for depression

B complex vitamins (especially B 6 and B 12), Vitamins C and D3, St. John's Wort, Sam-E, 5 HTP, NAC, lithium orotate, gaba, holy basil, dpla, coconut oil, walnuts, full spectrum amino acid supplement and omega 3, 6, 7 and 9 fatty acids (fish oil and flaxseed oil and other supplements), tryptophan, aurum metallicum, ignatia, pulsatilla, L tyrpone, colloidal gold and silver, saffron, turmeric, curcumin and supplements to improve circulation

Herbs and Supplements for sleep

Valerian root, melatonin and L- tryptophan, magnesium

Herbs and Supplements for digestion

Prebiotics, digestive enzymes and probiotics, peppermint, spearmint, other mints, ginger, fennel, lemon balm,

chamomile, aloe vera and bitters (i.e., angelica, black cohosh, dandelion, skullcap, yarrow) and, for indigestion/heartburn, baking powder/baking soda, licorice, nettles, calcium bicarbonate, bromelain

Herbs and Supplements for eye health

Lutein, vitamin a, bilberry, eyebright, fish oil/flaxseed oil - omega 3, 6 and 9 fatty acids, co-q 10 or ubiquinol and lycopene supplements to improve circulation, mistletoe, arjuna, nadh , xio yao wan, nac, glutathione, glutamine, nattokinase, hawthorn, l-arginine, niacin, gaba, picamilon, green tea and green tea extract, turmeric, grape seed extract.

Herbs and Supplements for kidneys

B complex and C vitamins, green tea and green tea extract, banaba, java tea, dandelion, milk thistle, ginger, l-carnitine, lemon juice, apple cider vinegar, selenium

Herbs and Supplements for liver

Milk thistle, dandelion, licorice, turmeric, yellow dock root, astragalus, Asian mushrooms, licorice, apple cider vinegar, selenium

Herbs and Supplements for thyroid

Iodine and nascent iodine, guggulgum, echinacea, ashwaganda, bacopa, American, Asian and Siberian Ginseng, selenium, glutathione

Herbs and Supplements for pancreas

Horsetail, oregano, dandelion, goldenseal, olive oil, cedar berries

Herbs and Supplements for adrenal gland

Ashwagandha, rhodiola rosea, Siberian ginseng, maca root

Herbs and Supplements for pain relief

For inflammation and pain – turmeric, curcumin, sulfur crystals, ginger and ginger extract supplements, garlic and garlic extract supplements, holy basil, cat's claw, dpla,

cinnamon, medical marijuana, methylsulfonylmethane (MSM), chondroitin and dimethyl sulfoxide (dms0)

For muscle and general pain and soreness- sulfur crystals, valerian root, holy basil and St. John's wort supplements along with b complex vitamins and magnesium, devil's claw supplements, white willow bark supplements, dpla, cayenne pepper, ginseng and capsaicin. bromelain, boswellia, omega 3, 6,7 and 9 fatty acids (fish oil, krill oil and flaxseed oil)

For arthritis and joint pain- a combination of glucosamine, chondroitin, methylsulfonylmethane (msm) and dimethyl sulfoxide (dms0) and dpla along with turmeric/curcumin sulfur crystals, valerian root, white willow bark and capsaicin (also, herbs and supplements that improve circulation –see above)

For headaches—Vitamin B6, evening primrose, magnesium, glucosamine, white willow bark, picamilon (also, herbs and supplements to improve circulation -see above)

Herbs and Herbal Teas for general well- being

Herbs and herbal teas are natural and beneficial to your health.

Turmeric, curcumin, ginger and rosemary are good for inflammation. Thyme helps boost the immune system. Garlic, ginger, oregano, rosemary and thyme are good anti-oxidants that also help boost the immune system.

Cinnamon helps lower blood sugar. Peppermint and spearmint help with digestion. Cayenne pepper helps boost metabolism and circulation and cocoa powder helps calm and soothe.

Chamomile tea, lavender, hawthorn and lemon balm tea calms and soothes, ginger tea boosts energy, rosehip tea, Esaias tea, and echinacea tea boost the immune system and hawthorn tea helps with cardiovascular health and peppermint, spearmint, ginger, fennel, lemon balm, chamomile, bitters (i.e., angelica, black cohosh, dandelion, skullcap, yarrow) tea for digestion. Green tea and white tea help boost the immune system.

Action Steps

Write in the space below the supplements you will take on a daily basis and what your health goals are in connection with supplements. Research the best brands and locate stores and online sites (including amazon.com) that sell these products. Visit the stores and talk to the staff at these stores for the supplements that are best for you, given your goals.

Before you start a supplement program that is right for you, consult a physician, naturopath, osteopath, homeopath, health advisor or other expert on herbs and supplements.

There should be few side effects from herbs and supplements because, for the most part, they are natural. However, it is possible to have a reaction from some of them, especially if you are on medication. Consult a physician if you are on medication.

Chapter 5 - Exercise and Stretching

Chronic Disease Cause 5 – Lack of Exercise and Stretching

A lack of exercise and stretching leads to chronic disease. Without exercise and stretching the body loses muscle and gains body fat. Healthy muscle tissue is needed to metabolize food and improve blood flow through the body.

Daily exercise and stretching will boost your energy, build up your muscles and organs and boost your digestive system, metabolism, circulation, immune system and other bodily systems. It will get your body to better distribute nutrients, oxygen and life force energy to all your cells. Daily exercise and stretching will boost your health and energy level.

Chronic disease begins at the cellular level with cellular oxidation, free radical damage and inflammation. A daily exercise program impedes cellular oxidation, free radical damage and inflammation and helps prevent chronic disease.

Daily exercise and stretching will burn body fat and calories. It will help keep the body in a healthy weight range and improve BMI (body mass index), blood sugar, blood pressure, triglycerides, blood lipids and bad LDL cholesterol levels. It will also reduce stress and help you remain in a relaxed state, all necessary for good health.

Antidote – Exercise and Stretching Program

The Exercise Program in this chapter consists of (i) cardio exercises, (ii) light weights and resistance exercises and (iii) stretching.

This Exercise Program can be done at home, outdoors or in a gym. Dedicate at least one hour each day for exercise. Your daily exercise should consist of cardio, light weights and resistance and stretching.

The goal of cardio is to build endurance, stamina and muscle, burn calories and fat and improve digestion, metabolism, circulation and the immune system. When you do cardio

exercises, get your heart rate up and perspire. Get out of your comfort zone and give your body true exercise. Do cardio with moderate to high intensity. If you are in weight loss mode, do cardio at a moderate pace interspersed with high intensity bursts.

The heart and lungs work together to pump needed oxygen, nutrients and life force energy to your cells through your blood vessels. When you raise your heart rate and perspire through cardio, the heart pumps blood through the body at an accelerated rate and into all the cells to revitalize and replenish them.

Cardio consists of walking briskly at least 2 to 3 miles each day (best to do on a treadmill at an incline), walking and/or jogging (including some uphill walking and jogging), riding a bicycle briskly for several miles (including a stationary bicycle), swimming, using an elliptical machine or walking stairs or a stair machine. Cardio also includes jogging, dancing, marching and jumping in place, jumping jacks and jumping rope.

Do cardio exercise at least 30 to 40 minutes a day, at least 5 days per week at a moderate to intense pace. If your cardio consists of walking, then walk or jog uphill or at an incline on your treadmill.

Increase the resistance, pace and incline of cardio equipment like treadmills, elliptical equipment and stationary bicycles. This will help you raise your heart rate and perspire and get your blood and energy flowing well. Challenge yourself and get out of your comfort zone for the best results.

Warm up and stretch before you do cardio. Warm up means at least 5 minutes of low intensity activity (like a slow walk and stretching or slow walk on a treadmill or slow bicycling on a stationary bike without resistance) before you do high intensity cardio.

After you do cardio that raises your heart rate and gets you to perspire, cool down for a few minutes. A cool down is the same as a warm up, i.e., at least 5 minutes of low intensity activity (like a slow walk and stretching or slow walk on a treadmill or slow bicycling on a stationary bike without resistance).

Do light weights and resistance exercises for at least 20 minutes per day, at least 5 days per week. Light weights and resistance exercise builds muscle. Muscle burns calories and body fat. Light weights and resistance exercise helps improve your BMI and your body's efficiency and energy level. Light weights and resistance exercise also improves your flexibility because it involves a lot of stretching.

Increase the amount of weights, resistance and repetitions over time. Get out of your comfort zone. As with cardio, challenge yourself and get out of your comfort zone for the best results.

The most common resistance exercises are push-ups and sit-ups. Also, you will find resistance machines at most gyms.

Light weights and resistance exercises will all help build muscle and burn fat. They are also an important part of your stretching routine.

Use free weights, weight machines and resistance machines. Use weights and machines for the legs, arms, shoulders, abdomen and chest. Weights for the legs are very important. The legs contain the most muscle tissue in our bodies. As you do all these light weight exercises, blood and energy will flow more freely through your body.

Flexibility exercises get the muscles and joints to move comfortably through a full, normal range of motions. Flexibility exercises include stretching, yoga and pilates. The body tends to get rigid and inflexible when it is sedentary. This damages the body's circulation. Stretching gets the blood to flow better through the body. This brings needed nutrients, oxygen and life force energy to all the cells.

Stretch your neck, arms, shoulders, legs and hamstrings. Touch the space between your feet and then your toes on each foot with both hands at the same time. If you cannot reach your toes or the floor, stretch as far as you can. Do this several times.

Stand up and stretch your arms. Stretch them up as far as they go. Stretch your left arm out to the left and your right arm out to the right. Touch your toes from a standing position. Squat

and touch the ground. In the sitting position, put your legs straight forward and touch your toes and stretch your hamstrings. Do squats. Squat and then jump as you lift your body up.

Lie down on your back and bring your knees up to your chest, hold your left thigh and then your right thigh and pull your left knee and then your right knee toward your chest. Lie down on your back and turn to the left. Bring your left leg over your right leg and stretch your left leg. Lie down and bring your knees up.

Hold your ankles/lower leg and bring your torso up, between your knees. While lying down, turn to the right and bring your right leg over your left leg and stretch your right leg. Raise your arms and bend your elbows, and then pinch your shoulder blades together by moving your elbows back.

Stretch your neck. Roll your head to stretch your neck. Move your head to your left shoulder and then your right shoulder. Move your head forward and all the way back.

Add yoga to your exercise program. As it is practiced in the United States, yoga combines flexibility exercises by achieving and holding various positions along with meditation and deep breathing. Practitioners achieve and hold positions that stretch the entire body. These include positions that stretch the legs, arms, shoulders, neck and torso.

Cardio, light weights and stretching all get blood to flow through the body and this brings needed oxygen, nutrients and life force energy to all the cells for good health. These exercises work together to help stop oxidation, inflammation and free radical damage at the cellular level.

Pilates is also very beneficial. It involves muscle strength exercise and stretching. It helps to build up core muscles and burns calories

Move, stretch and stay active. When you are at home, stretch, dance, march and jog in place. Use weights and exercise equipment. Incorporate activity, into your daily routine. For example, use the stairs instead of elevators.

Stretch and exercise at home while you watch tv. Stretch your arms up and out while you sit or stand. Touch your toes. Sit down, cross each leg over the opposite thigh and stretch your hamstring. From a sitting position, curl your legs up and then stretch them straight out and then lift them up from the floor. Stand up and touch your toes. Do jumping jacks, sit -ups and push –ups. Dance, shadow box, shadow kick box and jog in place.

If you have not been exercising on a regular basis, ease into this exercise program slowly. Increase the amount of time and intensity of your routine slowly.

An exercise and stretching program includes light weights and resistance exercises.



An exercise and stretching program includes cardio exercises that get your heart rate up



An exercise and stretching program includes stretching to improve your flexibility



Yoga is a great physical activity to incorporate into your exercise program



Yoga stretches the body and gets the blood to flow properly through the body bringing the cells needed nutrients, oxygen and life force energy for good health. It helps stop oxidation, inflammation and free radical damage at the cellular level.

Action Steps

An exercise program is an agreement with yourself to exercise on a daily basis. Write below your agreement with respect to your daily exercise program. Write down what you can reasonably do with respect to exercise. Remember, that exercise has three components – cardio, strength (light weights/resistance exercises) and stretching/flexibility. Make the action steps detailed, measurable and sustainable. Agree to a certain amount of exercise and time each day for exercise.

Before you start an exercise program that is right for you, consult a medical doctor, naturopath, osteopath, homeopath, chiropractor and/or trainer.

Chronic Disease Cause 6 – Stress and Negativity

Sustained stress and negativity will drain your energy and damage your health. For good health, you need to conserve and build-up your energy level and remain in a relaxed, positive and happy state as much as possible.

A relaxed, positive and happy state will improve your bodily systems and keep your organs and cells healthy and fully energized. It will help your blood flow freely, bringing needed nutrients, oxygen and life force energy to your cells. It will help balance your brain chemistry and emotional state at the same time. It will help bring your bio-metric factors into normal levels – i.e., blood pressure, blood sugar, cholesterol levels, BMI, etc.

Stress and negativity cause the body to secrete cortisol and adrenalin. Cortisol and adrenalin are toxins that damage the cells and organs over prolonged periods. They take you out of a relaxed state and put you on edge.

What is stress? Stress is the response of the body to demands put on it. It is accompanied by a feeling of agitation, negative emotions (especially anger, fear and worry), rigidity and pressure. Stress takes you out of a positive, happy and relaxed state.

Some amount of stress is unavoidable. Stress is the natural consequence of action. Generally speaking, whenever you take action, you are likely to encounter resistance, pressure, reaction, obstacles and even push-back from others. But, you can still greatly reduce stress in your life through the techniques in this book.

There is normal stress like the stress of meeting deadlines, performing tasks, doing errands, taking care of responsibilities at home and/or at work and the normal stress that comes from taking action. Occasional stress is not the problem. Ongoing stress, especially ongoing negative emotional stress is the problem.

Ongoing negative emotional stress is caused by continuous negative thoughts, self-talk and emotions. Ongoing emotional stress will keep you in an agitated and negative state –i.e., anger, fear, worry and anxiety. This type of stress is especially harmful.

Continuous negative emotional stress leads to a fight or flight state and a victim state. Negative thoughts and self-talk begin with negative and rigid beliefs. These negative and rigid beliefs often come from trauma (especially childhood trauma). Trauma changes beliefs from “the world is a wonderful place” to the “world is a dangerous and scary place.”

A negative inner voice causes ongoing emotional stress. It blames and complains. It is focused on injuries, mistakes, threats and perceived threats. It is focused on how bad things are. A negative inner voice tends to focus on the negative. It is often opinionated, critical and judgmental. It will take you back to injuries, assaults and mistakes and cause obsessive, running negative thoughts and self-talk. Ongoing obsessive, running negative thoughts and self –talk will cause you to remain in an ongoing, negative and agitated emotional state. This is harmful and leads to chronic disease.

Antidote - Stress Reduction Program

Reduce and Manage Stress Factors and Reactions to Stress Factors and Use Emotional Release and Positive Thinking Techniques.

For good health, it is important to keep yourself in a happy, positive and relaxed state. This will improve your health. This will improve your circulation and get life force energy, nutrients and oxygen to flow freely through your body and to all of your cells. This will conserve and boost your energy and improve your cellular health, immune system, circulatory system and all other bodily systems. This will stop the body’s secretion of adrenalin and cortisol, which are toxic.

The antidote to negative energy is positive energy. The antidote to stress is relaxation and stress reduction. The antidote to negative thoughts and talk is positive thinking, mindfulness (i.e., being in the moment and in the flow).

Make positive energy, relaxation and stress reduction a priority. Do this for the sake of your own health. Incorporate the techniques below into your daily routine.

The first step to stress reduction, relaxation, positive energy and positive thinking is to set your intent to maintain a state of inner peace, peace of mind and joy. Make this your priority. Use your applied will and intent to achieve and maintain this state. When you get agitated or negative, always come back to inner peace, peace of mind and joy. The techniques in this book will help you do that.

Scan your body and mind for tension and negativity. Then use the techniques in this book to come back to a positive, happy and relaxed state.

To reduce stress and negativity, reduce stress factors and control your reaction to them. Identify when you are agitated. Then, quickly take control of your thoughts and get back to positive thinking or no thinking- i.e., just being in the moment and in the flow.

The flow is peaceful. Being in the flow will bring you inner peace and joy. You will find the flow in your heart when you center yourself there and live in your heart. You will live in the flow when you experience the moment through your senses (and not through ongoing thoughts and self-talk).

You will live in the flow when you stay fully focused on the details of the moment with full attention and awareness - without ongoing thoughts, mental chatter analysis or judgment that take you out of the moment.

Do daily inner work – i.e., heart-centered meditation and prayer. The daily inner work will help bring you balance, inner peace and peace of mind. It will relax you. It will help you stay balanced. Balance, inner peace, peace of mind, joy and relaxation will automatically reduce stress.

Do not get easily provoked. Do not dwell on the negative. Let it go and move back to being in the moment and in the flow. Do not dwell on the news or on people and situations that agitate you. When thoughts take you somewhere else, always move back to being in the moment and in the flow.

Reduce your exposure to negative and toxic people, environments and situations. Establish and maintain strong boundaries. In this way, you will have fewer negative and toxic provocations, situations or events to think about or dwell on.

Negative and toxic people, environments and situations are stress factors that lead to negative emotional stress. They will agitate you, provoke you and lead to conflict and drama. They will put you on edge, drain your energy and cause you to experience continuous negative thoughts and self-talk. Avoid them as much as possible. If you cannot avoid them altogether, then establish and maintain strong boundaries. Protect your privacy and private information.

Negative and toxic people include unhappy, negative, stressed-out and pessimistic people. They are often obsessed with the negative. They are often bullies. They complain. They blame. They belittle. They intimidate. They judge. They criticize. They are opinionated, intrusive, manipulative, needy and controlling.

They include people who make you feel inadequate, sad, angry, ashamed, unworthy or guilty. They are people who intentionally deceive or harm you and others. They include jealous and unkind people. They include people who press your buttons. Avoid them and build and maintain strong boundaries when you are around them.

When you are around negative and toxic people, relax. Be polite, positive and happy. Stay on the surface and in the mundane. Be a quiet observer. Respond to questions with few words.

In the end, you are in control of your reactions, thoughts and inner voice and emotions. In this chapter, you will learn techniques to control your thoughts, inner voice and emotions so you can remain happy, even when you encounter negative and toxic people, environments and situations.

First, do not speak to negative and toxic people when you are in an agitated, fearful or angry state. Do not be argumentative. Do not give negative and toxic people a lot of time or attention. Get away from them as quickly as possible. Let them know you have somewhere to go and move on. Do this for the sake of your own health.

The negative and toxic people in your life may be friends and family members. To avoid negative and toxic people may mean you need to end relationships and close doors. This may be difficult to do. But, you must do this for the sake of your own health.

Negative and toxic environments are often filled with negative and toxic people, conflict and drama. These environments will provoke, agitate and exhaust you and keep you on edge. They will drain your energy. To avoid negative and toxic environments may mean that you need to change jobs or leave a religious or social organization. Do this for the sake of your own health.

You will not be able to avoid all negative and toxic people, environments and situations. That is ok. The key is to reduce and limit your exposure to them and build and maintain strong boundaries.

Focus on the positive - on being and feeling relaxed, peaceful and happy and on conserving and boosting your energy. Focus on nature, beauty, art, hobbies, music and taking care of your health (diet, exercise, yoga, dancing, listening to music, staying in the moment and on task, etc.).

Focus on the details of tasks. Focus on the few precious loved ones and pets in your life that make you happy. Focus on all your blessings, all that you are grateful for. Focus on maintaining inner peace, balance, peace of mind and joy.

An important antidote for stress is to relax and rest. This means to relax and rest your body and mind. This requires inner work (meditation, prayer, visualizations, etc.) and deep breathing techniques, positive thinking, exercising, eating right, getting into nature often and being in the moment and in the flow. Stress reduction techniques are described below and in the Appendix.

Positive Thinking

What you think about determines how you feel. How you feel determines what you think about. What you think about and how you feel are strongly influenced by energy. There is a strong interconnectedness between thoughts, emotions, energy and health. Negative thoughts generate negative emotions and energy, which compel more negative thoughts. Positive thoughts and being in the moment and in the flow generate positive energy and emotions and lead to positive thoughts and emotions. The negative is bad for your health. The positive is good for your health.

Thoughts can be negative or positive. They can agitate you and stress you out or bring you to the positive, happy and relaxed inner state you need for good health.

Most stress and negativity comes from ongoing negative thoughts and ongoing negative self-talk. It is normal to have negative thoughts from time to time. This is not the problem. The problem is ongoing negative thoughts and negative self-talk. The problem is dwelling and focusing on the negative. This will put you in a negative emotional state and bring more and more negative energy into your body – all bad for health.

Positive thinking is the antidote. Being in the moment and flow without ongoing thoughts is the antidote. Positive thinking and being in the moment and the flow will conserve and boost your energy, make you feel relaxed, positive and happy and improve your health.

Positive thinking is the art of (i) creating positive thoughts, focusing on the positive and not dwelling and focusing on the negative and (ii) being in the moment and flow with no thoughts. Positive thoughts will crowd out negative ones. When you live in the moment with full attention and awareness, in your senses and not in your thoughts, you will stop ongoing negative thoughts.

Positive thoughts are controlled and focused thoughts, focused on positive ideas and activities. You control and focus your thoughts from the middle of your forehead through your

applied will. The middle of your forehead is the locus of your will. Positive thoughts are focused on the details of positive activities –i.e., tasks, errands, work, studies, hobbies, day-to-day living and related plans.

Negative thoughts tend to be unfocused and uncontrolled thoughts. They tend to be obsessive and running thoughts. Negative thoughts tend to come from the sides and back of the head. They evoke negative emotions and cause agitation. They are often about the painful past, worrisome future, injuries, insults and problems. When you center yourself in the middle of your forehead and heart and focus on your breath for several moments, negative thoughts tend to drift away.

Negative thoughts are usually about the past or future. They are often thoughts that judge, criticize and condemn. Ongoing negative thoughts and a negative inner voice lead to sustained negative emotions such as worry, anger, guilt, resentment, shame and regrets. A negative inner voice often judges, blames and complains. Ongoing negative thoughts and a negative inner voice will put you in an unbalanced and stressed-out state.

For positive thinking, use mindfulness techniques. Mindfulness is the art of consciously identifying (i) when you experience ongoing negative thoughts and negative self-talk and (ii) when you are in an agitated, stressed-out, unbalanced, unhappy and negative state. Stop negative thoughts and negative self-talk as quickly as possible. Command yourself to stop thinking about these things, focus only on your breath for a minute or two and let go of the negative.

Use “Distract and Substitute” methods to stop ongoing negative thoughts. Distract yourself and substitute a positive thought or image for negative ones. The positive thought or image can be of a beautiful scene from nature, a place you love, your loved ones or pets.

Through mindfulness techniques, you identify the related specific negative thoughts that cause you emotional stress. You scan your body and mind for stress, tension and negativity. You then move from the negative to the positive,

from ongoing thoughts to being in the flow and in the moment with full awareness, focus and attention.

Mindfulness provides you with the tools to assert control over your thoughts and emotions. Through mindfulness, control and focus your thoughts and orient them to the positive. Focus on the details of the moment without ongoing thoughts. When you eat, focus on eating. When you walk, focus on walking. When you work, focus on working. Focus on what you are doing in the moment. At the same time, relax your body and raise your vibrations through deep breathing techniques and inner work (meditation, prayer and visualizations). See below.

Stop negative thoughts and negative self-talk by switching from the negative to the positive and from thoughts to the details of the moment. Do not suppress negative thoughts. The act of suppression is stressful. Negative thoughts can provide you with useful information. They tell you what or who agitates you. They tell you if you are angry about the past or are worried about the future. This information then enables you to make adjustments, avoid and release the negative and move to the positive.

For positive thinking, live more in your heart, body center, senses, in the moment and in the flow - and less in your head and thoughts. Put your hand over your heart and shift out of your head and into your heart. Live there and not in your thoughts.

When you experience ongoing negative thoughts and negative self-talk, close your eyes, shift into your heart and focus on your breath- the in-breaths and exhalations and smile gently. Take a deep cleansing breath and then breathe slowly into your heart and solar plexus. Focus only on your breath and smile gently as the negative thoughts drift away.

To be in the moment also means to be fully focused on the details of tasks, work, errands and hobbies and the details you encounter in the moment. When you focus on these details, do not think about the future, past or something or somewhere else. Stay focused with full concentration on tasks and positive activities, the details you encounter in the

moment. When negative thoughts come in, draw your attention back to these details.

Do not judge. Do not analyze. Just be. You will feel a lot better.

Give people you encounter your full attention. Keep interactions positive, polite and light. Be an observer and not a judge or analyst -just observe. Just be. Listen to and observe words, tone and body language.

When you are on task and in the moment, stay centered in your heart and middle of your forehead - the "Locus of Focus." Stay focused.

Positive thoughts are either emotionally neutral thoughts or thoughts that make you feel happy. Positive thoughts are sharp and focused on the details and processes of positive activities (i.e., tasks, errands, hobbies, day-to-day living, plans and education).

Happy thoughts include positive mental images. These are mental images of loved ones, positive and happy people, pets and pleasant scenes from nature or the past. These thoughts and images will make you feel positive and happy. Call on them through Distract and Substitute discussed above.

For positive thinking, it is important to forgive, detach, let go, flush out and release the painful past and related stored negative emotions-i.e., anger, fear, guilt, shame, hate, resentment, regrets, victim-mentality, etc. These stored negative emotions are energy/emotional blockages and attachments that will cause ongoing negative thoughts and self-talk and impair your health. It is important to forgive yourself and all others, so the painful past no longer affects your thoughts and emotions.

Forgiveness is about your health and happiness. Forgiveness is about letting go. Good health and happiness go together.

Forgiveness coupled with inner work and energy healing enable you to let go of the painful past and stored negative emotions so they no longer affect your thoughts and emotions. They help you flush out energy/emotional blockages and cut energy chords.

To forgive does not mean to condone bad behavior. To forgive does not mean you need to reconcile with anyone who hurt or deceived you. To forgive simply means to let go of emotional pain and the painful attachment to injuries, betrayals, violations, deceptions and mistakes.

Forgiveness means to forgive all others and yourself in your heart. It means to detach and let go of the painful past, so the painful past cannot continue to undermine your happiness and health. This will enable you to achieve and maintain inner peace, peace of mind and joy. In this way, the painful past will no longer grip you emotionally and affect you negatively.

Forgive yourself for past mistakes. Let them go so you do not experience ongoing negative thoughts and self-talk related to them. If you hold onto your mistakes or remain emotionally attached to them or dwell or focus on them, this will damage your happiness, health and self-esteem.

You cannot change the past. You are not the same person you were in the past. Learn from the past and let it go. Learn from mistakes and let them go. Do not let the painful past dominate your thoughts and emotions and impair your health and happiness.

Guilt and shame about the past are often held as energy blockages and attachments. To dissolve these blockages and attachments requires inner work and energy healing. To then heal the unconscious mind requires positive affirmations.

If you do not forgive yourself and do repeated positive affirmations, you will hold onto guilt, shame and regrets and a negative self-image. This will undermine your efforts to be positive and happy.

In order to forgive yourself, close your eyes and visualize yourself standing in front of you. Now say to that visualized person in front of you silently from your heart "I forgive you completely. You are perfect just the way you are. All I want is for you to be happy and healthy." Now visualize that you hug the person in front of you. Command yourself to let go and release the painful event(s) for all time.

If you do not forgive others, you will hold onto anger, fear and resentment. To forgive others, close your eyes and visualize the person in front of you. Now tell that person that, while you do not condone their behavior, you forgive him or her. If you do not wish to have the person in your life, see him or her walk away (or float away in a hot air balloon). Understand that, when that person hurt you, they hurt you from a place of their pain, loss and darkness. Most likely, they had been hurt themselves.

Forgiveness of self and others often has to be done layer by layer. We often have to forgive more than one person and let go of more than one event. So, do the above exercises one at a time, layer by layer. Do them over and over until the painful past no longer affects you. Also, do the positive affirmations and visualized white light and violet flame exercises (described below) to raise your vibrations and to burn off stored negativity.

You will find the key to your thoughts in your body. The energy aspect of the cells of your body contains the unconscious mind. Structurally, the energy aspects of your cells can be described as the energy body. The state of your energy body (soul/higher self, aura, chakras, meridians and nadis) affects your thoughts and emotions/moods. There is an ongoing interconnectedness between thoughts, emotion, moods and energy. See a description of the energy body in the Appendix below.

For positive thinking, you need a clean, intact and vibrant energy body. You need energy to flow freely through you without energy blockages or attachments. This will help you feel peaceful, balanced, positive and happy. When you feel good, your thoughts tend to be positive. When your thoughts are positive, you will feel happy, positive, balanced and peaceful.

You can cleanse and heal your energy body and get energy to flow freely through your body through inner work and energy healing (i.e., Reiki, Qi Gong and other methods of energy healing).

Generally speaking, when we get hit by trauma and ongoing stress and negativity, armoring occurs. Through armoring, energy gets blocked and does not flow freely through our bodies. Armoring is the unconscious, energetic reaction to trauma and ongoing stress and negativity. Armoring energetically closes us off and blocks us from the flow of life force energy. This leads to ongoing negative thoughts and a negative inner voice.

Armoring protects us from future emotional pain by numbing our hearts/heart chakras. Armoring empowers the ego, intellect and thoughts to control and protect us. It makes us rigid and tense and not able to relax. It blocks the free flow of energy needed for health and happiness. Armoring (along with energy blockages and attachments) leads to negative thoughts, emotions, moods and energy. All this leads to ongoing emotional stress and remaining in a “fight or flight state.

To heal the energy body, you must de-armor, cut energy chords and flush out energy blockages. Otherwise, you will continue to hold onto the painful past. Unless you do this, your thoughts, emotions/mood and energy will tend to go negative.

The inner work and energy healing will enable you to feel unconditional love – the flow of peaceful energy through your body. This will help you relax and improve your health and happiness.

De-armor, cut energy chords and flush out energy blockages and attachments through inner work, positive affirmations and visualizations. See the visualizations in the Appendix . Also, see the meditation, prayer, positive affirmations and visualization techniques below. Incorporate them into your daily routine. Do them over and over until you feel peaceful, balanced and happy. Fill yourself with visualized white light/positive energy through inner work and visualizations.

Inner work, energy body cleansing and healing and positive thinking techniques all work together to automatically reduce negative thoughts.

Obsessive and running thoughts will agitate you and throw your emotional state out of balance. This is also known as negative self-talk. Obsessive and running thoughts are caused by energy blockages and attachments. These thoughts are often mired in the past or future. They also come from attachments to results, outcomes, expectations, desires, things, events, relationships and people.

You are attached to that which you obsess about. So, to get back into a balanced state, cut and remove energy blockages and energy chords through energy body cleansing and healing and inner work. See below an in the Appendix for these techniques.

Through mindfulness, identify when you are having obsessive thoughts are unbalanced and running thoughts or negative self-talk. Then, focus yourself in the middle of your forehead and assert control over your thoughts from the middle of your forehead. Command yourself as follows “Stop thinking about that! “ Take deep and slow breaths. Focus only on your breath until the thoughts fade away. Stay centered in your heart and middle of your forehead and then move back to being in balance and in the moment. Keep everything in perspective.

Negative thoughts are toxic. They cause stress and generate negative emotions and energy. Negative thoughts are tied to ego. Ego is about self. Ego’s role is to protect and promote self. Ego uses the intellect to do this. If ego is not controlled, it will spin out ongoing negative thoughts about threats and perceived threats, insults, injuries and mistakes and what is lost or lacking.

If you live in your thoughts, ego will take control. Your thoughts will go negative if you do not center yourself in your heart and middle of your forehead and stay fully focused in the flow and in the moment. Your thoughts will go negative if you do not experience the moment through your senses – and instead experience the moment in ongoing thoughts. This happens because thoughts are tied to ego.

For positive thinking, it is important to reduce ego by elevating (i) heart/soul over (ii) ego/thoughts in governance of self. This is done through inner work (prayer, meditation and

visualizations), energy healing and centering and grounding. This will keep you in the flow and in a relaxed state.

As mentioned above, when you become aware of negative thoughts or a negative inner voice or obsessive and running thoughts, command yourself as follows: “Stop thinking about that!” This should be a strong, declarative and assertive command.

Alternatively, as mentioned above, close your eyes, take a few deep cleansing breaths. Then do some deep, slow breathing and focus solely on your breaths- your inhalations and exhalations and smile gently. Once the negative thoughts drift away, shift into your heart and the middle of your forehead (centering) and re-focus on the moment and being in the flow. As negative thoughts come in, re-focus on tasks and errands and related details of tasks and errands or just be in the moment with full focus, awareness and attention.

Imagine that your head is a laptop computer that you carry on your neck wherever you go. When you are not using it for positive activities- i.e., the details of tasks, work, errands and hobbies, then shut it off and live fully in the moment without ongoing thoughts.

Move away from comparative and judgmental thoughts. Comparative and judgmental thoughts come from ego. They can make you feel negative, jealous, petty, angry, resentful, inferior and unhappy or superior and arrogant. Either way, this generates negative emotions and negative energy.

When comparative thoughts come in, bring your attention to what you are grateful for. Focus on your blessings. Close your eyes and express gratitude for them.

If ongoing thoughts make you feel bad about yourself, recite some positive affirmations about how blessed and loved you are and do the inner work discussed below for inner peace, self-confidence and self-esteem.

Put your hand over your heart, close your eyes and send yourself blessings and love. When judgmental, jealous or negative thoughts come in about a person, shift into your

heart and send that person love from your heart. This will help bring you back to the positive.

Focus, grounding, centering, letting go and love are important aspects of positive thinking. Do inner work and use visualizations for these. See the Appendix below for the visualizations. Visualizations are powerful tools for positive thinking. They will improve your thoughts and inner voice.

Distract and Substitute

“Distract and substitute” is an important tool to help you move from negative thoughts to positive ones. With distract and substitute, you distract yourself from negative thoughts and negative self-talk. Focus on the positive: positive thoughts, your breath, positive images, symbols, images of loved ones or pets or images of scenes from nature or the past that make you feel good.

Focus on a song, lyrics, poems, mantras or prayers that make you feel good. Alternatively, focus your attention on something positive that you encounter in the moment, i.e., a plant, a tree, a flower, an object, art, etc. The negative thoughts will pass.

As mentioned above, when negative thoughts come in, close your eyes, shift from your head to your heart and focus solely on your breath. Breathe in through your nose and exhale through your pursed lips. Focus only on your breaths and smile gently. The negative thoughts will pass. Command yourself to “Let Go and Relax.” All these techniques are designed to distract you from the negative and shift to the positive.

Reading, listening to music, exercise, doing yoga, focusing on the details of errands, hobbies, art, creative activities and work are all ways to distract and substitute. Your focus on these activities will take your mind off the negative and channel your energies to the positive. Then, you must release the negative and use positive affirmations, prayer, meditation and visualizations to detach from, and let go and release, the negative.

Sleep and rest are important for good health. The body needs at least 7 to 8 hours of sleep per night. Energy healing and daily inner work will help you sleep. Staying in a relaxed state, will help you rest. Mindfulness and being in the moment will help you rest. Take some time to meditate and focus on your breath. Stay out of stress. Control stressful thoughts. This will all help with sleep and rest. Before sleep, take the supplements listed above that help with sleep. Some of the best supplements for sleep include valerian root, 5 htp and magnesium.

Planning

Financial stress is a leading cause of emotional stress. Financial stress includes the stress of personal finance, jobs and business. While financial stress cannot be eliminated, it can be managed through inner work, positive thinking and planning.

Financial stress is often related to the pressure of deadlines, demands, expectations and performance and ongoing anxious thoughts about them.

With respect to work, it is not the deadlines and expectations that cause stress. It is the ongoing thoughts and worries about the deadlines and expectations.

Financial stress comes from fear about the future. It comes from fear of not being able to achieve financial goals or afford a reasonable lifestyle. If you are having worried thoughts, focus on what you have and what you are grateful for. Silently ask for help in your heart. Then, quiet your mind and do some white light or zone-out meditation. See these visualizations in the Appendix. Know that all will be fine. Eventually, the answers will come to you.

Planning is a critical antidote for business and financial stress. Through planning, write down goals and action steps. Make sure your action steps are specific, realistic and achievable. Include a timetable for these action steps. Then, focus on taking these action steps. Let go of outcomes, expectations or results. Focus on the details of your action steps instead.

If you encounter obstacles, adjust your plans. Keep moving forward, step-by-step. When worried thoughts come in, re-focus on the details of your plans.

Stress also comes from multi-tasking. It comes from ongoing anxious thoughts about all the tasks you must perform. Plans and lists help reduce this type of stress. Prioritize goals and tasks in your plans and lists. Write them down, focus on the ones at the top of your list and work your way down. Once you write them down, stop thinking about them. Focus on action.

Many worry about how to pay their bills, pay the mortgage and educate the children and have enough money left for retirement. It is not your financial situation that causes stress. Rather, it is the ongoing worries about your financial situation that causes stress.

Financial stress often comes from unrealistic expectations and goals about lifestyle. Many fund their current expenses with borrowed money. Borrowed money has to be re-paid with interest and penalties. The interest rate and penalties may be high. Debt often causes financial stress.

To reduce financial stress, do not incur debt for consumption, pay debt off, reduce debt, cut expenses and plan. Reduce your expenses so they do not exceed your income. Be disciplined about expenses. When it comes to consumption, focus on what you truly need as opposed to what you want or desire. Be flexible and meditate on it. Answers will come.

Smile. Be happy and positive and stay in the flow and in the moment. Stop the worries and remain centered and relaxed. Always express gratitude for what you have from your heart and know that it will all work out. Be happy with what you have at each moment in time. Do not focus on what you lack. Look at life as a journey.

Prepare a line-item budget of your monthly expenses. Finance is about how much money you bring-in vs. how much money you spend. The difference is what you save and invest for retirement.

So, set realistic goals with respect to amounts you bring in, amounts you spend (budget), amounts you save and your

investment goals. Set these goals for each week, month and year. Write them down. This is your budget. Follow your budget with discipline and resolve.

Balance your budget. Your expenses should not exceed your income and should include regular amounts you put away for savings. Create a budget with line items for all monthly expenses and stick to the budget. If expenses are higher than income, cut budgeted expenses to get expenses back in line with income. To cut expenses, you may need to downsize and/or lower your expectations. Do this to reduce stress and preserve your health and happiness.

Ending or Adjusting Co-Dependent Relationships

Co-dependent relationships cause emotional stress. They lead to negative thoughts, negative self-talk and negative emotions. They will agitate you and drain your energy and take you out of a relaxed state.

For positive thinking, it is important to end, avoid and/or adjust co-dependent relationships.

Co-dependents are often bullies and abusers who use fear and intimidation to control others. They attack, criticize and be-little. Many co-dependents are needy. Co-dependents are often angry, depressed and/or bi-polar. They often have obsessive and addictive personalities.

Alternatively, co-dependents often act as victims and needy. They approach others from a place of victimhood. Under these circumstances, they will demand attention and help from others. These types of co-dependents will often not take care of themselves and may have low energy and low self-esteem.

As a result, co-dependents often cause stress in others. They cause others to experience and hold onto anger, depression, resentment, fear and anxiety. They drain others' energy. Co-dependents tend to take others' self-esteem, self-confidence, power and energy away. They tend to make others feel used, afraid, stressed-out and exhausted.

Avoid co-dependent relationships. If you cannot completely avoid them, adjust the terms of co-dependent relationship so they do not bring you down.

Minimize negative interaction and conflict with co-dependents. Establish and maintain strong boundaries with co-dependents. Say no to excessive demands.

Use positive affirmations to boost your own self-esteem if negatively affected by a co-dependent personality. Identify the co-dependents in your life and how they take you out of a relaxed, happy and positive state. Remember that your primary goal is to reduce stress and achieve and maintain a relaxed, positive and happy state- inner peace, peace of mind and joy. This is important for your health.

Good relationships are important for good health and happiness. Good relationships are balanced. They will make you feel relaxed, positive and happy. They will make you feel good. They will boost your energy and power. They will help you with positive thinking.

Good relationships involve a mutual flow of positive energy between you and the other. With good relationships, there is ongoing give and take between you and the other. Focus on good relationships. Focus your time and attention on the few special, positive loved ones in your life who make you feel positive, relaxed and happy.

Spend time around positive and happy people and in happy and positive environments as much as possible.

Reducing Conflict

Conflict will agitate you, drain your energy, bring you down and result in ongoing negative thoughts and negative self-talk. Conflict will take you out of a positive, relaxed and happy state. For positive thinking, greatly reduce conflict in your life.

Conflict often comes from negative and impulsive reaction to provocation. This is caused by ego and clash of egos. Inner work will help reduce ego. A reduction of ego will reduce anger, fear and conflict.

It takes two egos (tied to two wills) to clash. You will greatly reduce clashes if you subdue ego through inner work. When one person's ego and will meet resistance from another person's ego and will, a clash ensues. When one person's ego and will does not meet resistance from another person's ego and will, no clash ensues.

Ego is all about self –self- protection and self- aggrandizement. Ego is about pride. Ego is not about self-love. Self-love is about your health and happiness. Ego holds fast to opinions. It pushes us to express our opinions. It then leads to clashes when ego meets ego, opinion meets opinion, will meets will, speech and action meets resistance and counter-speech reaction.

Ego needs to get its way. It elevates self above others, but it always undermines health and happiness. Ego leads to stress when we do not get our way, when our will meets resistance from another. Ego makes us thin skinned and easily provoked.

Through inner work, the grip of ego will fade. Regular heart-centered meditation and prayer will help subdue ego. So, will the visualizations in the Appendix.

Ego tends to harden the heart and this makes it difficult to relax, be happy and give and receive love. The heart-melt visualization in the Appendix will help soften the heart and subdue ego.

An open mind, an open heart and acceptance help subdue ego and reduce stress. Through an open mind and open heart, we let go of the painful past. We let go of the desire to control others. We accept others as they are (and stop trying to control them), we let go of negative and rigid beliefs and we project love and positive energy.

Through acceptance, we do not try to change or control others and we let go of the desire to change or control others. The desire to change or control others is stressful and leads to negativity. Stress comes when others resist and counter our efforts to change or control them.

Acceptance, respect, kindness and politeness reduce conflict and stress. Others may try to obstruct and resist you. When

people obstruct and resist you, it is less stressful to listen and try to accommodate them. Of course, it is less stressful to go around them than to go through or against them. But, try to understand the other person's point of view.

Sometimes, you may feel that it is important for you to speak your truth. Yet, you may not be able to speak your truth and avoid conflict at the same time.

In this event, do the following exercise:

Find a quiet place, close your eyes and visualize the person in front of you. Now speak your truth to that visualized person silently from your heart. Be articulate and to the point without emotion. Write down what you wish to say and then say it silently to the visualized person.

Conflict often is the result of communication problems. You will experience less conflict if your words and body language are positive and your words are few and clear.

Good communication skills require you to be mindful of your thoughts and emotions. They require you to tune into the emotions and feelings of others. They require you to be a good listener and observer.

With respect to communications, stay on topic and focused. Speak in clear, positive and respectful words. Listen more and talk less. Stay factual and on point.

Try not to speak when in a negative emotional state –anger, fear, frustration, etc. This often leads to a clash of egos. Try not to get provoked. Minimize contact with those who provoke you.

Try not to react to provocation. Let provocations pass through you. This requires you to be conscious of your emotions and stay focused on inner peace, balance, peace of mind and joy. Before you respond emotionally to provocation, take time to do deep breathing exercises and cool off. Close your eyes and focus only on your breath.

To minimize conflict, help and serve others. Try to understand and accept the other's perspective, opinion and feelings. Be respectful and courteous. Use humor. Be tactful and clear.

Silently send love from your heart to all others and wish them happiness. This will help minimize conflict.

To minimize conflict, do not judge, condemn, criticize, blame or attack others. Avoid gossip, slander and blame. Gossip, slander and blame lead to a negative mental and emotional state and conflict.

To minimize conflict, forgive those who attack, insult or harm you. Let it all go. Do this for the sake of your own balance, inner peace, peace of mind and happiness. Also, forgive yourself for any conflicts with others. Apologize and then let it all go. We all make mistakes.

Unconditional Love

Unconditional love is the greatest medicine of all. It is an energy that must be harnessed for relaxation and stress reduction. Unconditional love obliterates stress and negativity. It heals. It calms. It relaxes and balances. It releases the negative. It washes away energy blockages and attachments. It is peaceful energy that is essential to positive thinking.

Unconditional love is the way that positive energy/ life force energy feels in your heart. It is the peaceful flow of positive energy/life force energy.

Life force energy is all around. It is in the atmosphere and in the breath. Breathe it deeply into your lungs through your nose. Fill your whole body with this peaceful energy. It will relax you.

Life force energy is accessed through energy healing. Life force energy is also accessed through visualizations and heart centered meditation and prayer and just being in the moment and centered in your heart. See the visualizations below to bring in, send out and fill yourself with unconditional love. Also, the energy you send will come back to you in multiples. So, send positive energy only. Be kind, patient and polite with all. Silently send unconditional love to all from your heart and wish that they all find happiness.

Action Steps

Write down what you will do when negative thoughts and self-talk come into your head – i.e., deep breathing, distract and substitute, positive thinking, meditation, being in the moment and visualizations. Write down the images that you will visualize when you use Distract and Substitute techniques. Write down stress factors in your life and what steps you will take to reduce them. Write down co-dependent relationships in your life and what steps you will take to end or adjust them. Write down negative and toxic people, situations and environments in your life and what you will do to reduce them and build and maintain boundaries.

Adopting Positive and Open Beliefs

Positive thinking requires positive and open beliefs and an open heart and mind. Beliefs lead to thoughts and thoughts are either emotionally neutral or they generate positive or negative emotions and energy.

To move from negative to positive and emotionally neutral thoughts, use the positive thinking techniques above. Also, use positive affirmations to change your beliefs from (i) negative and rigid beliefs to (ii) open and positive beliefs. See the positive affirmations below.

Beliefs are often held in the unconscious mind. Positive affirmations are an effective way to change beliefs from negative to positive. If you experience ongoing negative thoughts, then examine your beliefs. If your beliefs are negative and rigid, they will lead to negative thoughts. So, change them or let go of them.

Beliefs are filters that can prevent you from being a good observer. They can cause stress and impede your enjoyment of life. When you accept and open your beliefs, mind and heart, you stay more in the flow and in the moment. To open your mind and heart, do the following:

Close your eyes and relax, breathe deeply and focus on your breath. Shift into your heart. Now declare to yourself, over and over, at least three times – *“I open my mind and my heart. I allow myself to receive and give love and be loved, and to let go of all rigid and narrow beliefs and accept, and I allow myself to be in my heart, in the flow and in the moment –right here, right now.”*

Positive affirmations will change your beliefs over time – whether they are conscious or unconscious beliefs about self, the world or Universe. Generally speaking, positive affirmations start with the words “I am.” Positive affirmations need to be recited a few times each day from your heart with your eyes closed until you truly believe them. Recite them to yourself over and over in the morning and before you go to sleep and any other times.

Here are some positive affirmations that will help make you feel happy, self-confident, powerful and relaxed:

I am happy

I am peaceful

I am loved, loving, and lovable

I am grateful for all that I have

I am perfect just the way I am

I am love

I am filled with love

I am a child of God

I am amazing

I am beautiful inside and out

I am safe and protected at all times

I am relaxed, balanced and peaceful

I am positive and optimistic

I am intelligent, talented and creative

I am powerful, confident and strong

Wonderful things will happen to me

I am blessed beyond all measure

I am loved and forgiven for all

I forgive myself and all others

I set myself and all others free

I am free

I trust and have faith in the Universe

I am completely relaxed

I love myself, I love who I am

I love life

I love all others

I am filled with joy

I love, approve and accept myself completely and unconditionally exactly as I am

In order to change your thoughts, change your beliefs. In order to change your emotional state, change your beliefs and thoughts. This requires you to change your beliefs and thoughts from negative to positive. It requires you to let go of rigid beliefs. Nobody is perfect at this. But, it is important to get good at this for stress reduction.

All negativity begins with fear. Negative beliefs often stem from traumas that cause fear. These beliefs view the world as negative and scary. Childhood traumas are deeply embedded in the unconscious mind. Childhood traumas change beliefs from positive to negative and armor the body and heart. Traumas take you out of a relaxed, positive and happy state needed for good health.

Do not spend a lot of time analyzing traumas and the painful past. Instead, let go and focus on the inner work and energy healing. Do the inner work and energy healing to let go and release the painful past and to de-armor your body and achieve and maintain a relaxed, positive and happy state.

Do the visualizations in the Appendix below. Then use positive affirmations to change your beliefs from negative and rigid beliefs to open and positive ones. Bring traumas from the unconscious mind to the conscious mind and flush them out and let them go. Cut the energy chords that connect you to them. Do this through visualizations and meditation.

Action Steps

Write down the positive affirmations you will say on a regular basis to develop positive beliefs and a positive mindset. Say them in the morning and evening and any other time. Say them silently in your heart. The more you say them the better. Repeat each positive affirmation at least three times when you say them and believe them.

Relaxation Techniques

Deep Breathing

Whenever you feel stress, worry or anxiety, take one or more deep cleansing breaths through your nose, deep into your abdomen. Hold your breath for five to six seconds and then exhale through your pursed lips. Focus only on your breaths in and out. Sit or lie down, close your eyes, shift from your head to your heart and focus only on your slow deep breaths in and out for a few minutes, holding your breath for five or six seconds. Gently smile as the negative thoughts drift away.

Deep breathing has the added health benefit of bringing oxygen and life force energy deep into your lungs. Take one or more deep and strong cleansing breaths from time to time through your nose into your abdomen. Bring all that oxygen and life force energy into your lungs. Deep breathing is slow, deep breathing. Stress causes short and quick breaths that do not bring adequate oxygen and life force energy into your lungs.

Meditation

Meditation has many health benefits. Meditation will help you relax and reduce stress and rejuvenate mind, body and spirit. It will bring you inner peace, balance and happiness. Meditation will help improve your blood pressure and blood sugar levels. It will help boost your energy and immune system and the health of your cells, organs and bodily systems.

Meditation helps stop negative thoughts and negative self-talk because it elevates (i) soul/heart over (ii) ego/intellect/thoughts in governance of self. Heart-centered meditation will connect you to your soul/higher self and source energy.

The best meditation for relaxation and rejuvenation is referred to as zone out meditation. It is heart-centered meditation. Zone-out meditation is deeply relaxing. It will put you in a pre-sleep state. This is a very healing state. Delta and theta brain waves are bolstered by zone-out meditation. This is good for brain chemistry, relaxation and health.

It is important to meditate each day. Start with ten to twenty minutes per day and increase this over time.

You may use crystals when you meditate. Crystals interact well with the energy body. They will help to calm and heal you and lift your spirits. To help calm yourself and reduce blood pressure and blood sugar levels, use green aventurine, angelite, fluorite, rose quartz and gold when you meditate. To help lift your spirits, use citrine, orgone and amethyst. Hold these crystals in your hands. Place them over your heart when you lie down.

So, let's begin with zone-out meditation:

Sit comfortably or lie down. Close your eyes and shift from your head into your heart. If you are sitting, open your hands and rest them on your knees. If you are lying down, rest your hands at your sides or put them over your chest.

Get relaxed. Breathe deeply through your nose into your heart. Hold your breath there for a few seconds then breathe out through your pursed lips. Focus only on your slow breaths and exhalations in and out. As thoughts come in, do not focus on them. Stay focused on your breath. The thoughts will drift away.

Visualize that you breathe in bright white light as pure unconditional love on the in-breaths and exhale all negativity as black smoke. Let go of all negativity. Fill yourself with visualized white light and inner peace.

Breathe visualized white light into specific areas of your body that hold any tension or pain – shoulders, arms back of neck, upper back, etc. Scan your body for any tension then breathe visualized white light into that area, let go of the tension and pain and relax the area. Then focus only on your breaths, in and out and relax. As you do this for a few minutes, you will get into a pre-sleep state. If you fall asleep while doing this, that is ok. Sleep is very healing too.



Meditation with Imagery

Meditation with imagery will help you relax. Here are some meditation exercises that will help.

Sit comfortably or lie down. Close your eyes and shift from your head into your heart. If you are sitting, open your hands and rest them on your knees. If you are lying down, rest your hands at your side. Get relaxed. Breathe deeply through your nose into your heart. Hold your breath there for a few seconds. Then breathe out through your pursed lips. Focus only on your breaths. Let any thoughts that come in drift away. Breathe in visualized white light and fill yourself with visualized white light as pure unconditional love.

Now imagine the following:

You are sitting on a beach at the ocean. It is a beautiful sunny day. The sky is blue and forms a blue canopy above you. The beach is long and wide and the ocean is calm. The surf rolls in and out. Imagine it and see and hear the calm, rolling surf come in and out, breaking gently on the beach. Smell the salt

air. Feel yourself get totally relaxed. Feel the bright sunlight on your skin.

You are lying on your back on a large raft. The raft is in the middle of the ocean. The blue ocean surrounds you and extends in all directions as far as you can see. The ocean is calm. You cannot see land. It is a beautiful sunny day. The sky is blue and forms a blue canopy that surrounds you and connects to the ocean. Everything is blue – the sky and the ocean, all around you. Feel the bright sunlight on your skin. Hear the water gently lapping on the sides of the raft. Smell the salt air. Hear and see the seagulls.

You are walking on a trail in the woods. There are lush leafy, green trees as far as the eye can see. See the trees that you pass by on the trail. The birds are chirping. In the distance is a clearing. The clearing looks out onto rolling wooded hills. To your right is a stream. You see and hear the water move over rocks and pebbles. You find a large rock to sit on near the stream and you sit there. You close your eyes and feel the sun on your skin and listen to the sound of the running water as it rolls over rocks and pebbles.

Visualize pleasant scenes from your life. These are scenes that make you feel happy. Now, with your eyes closed focus on one or more of these scenes. Visualize details of these scenes and smile gently.

Music

Harmonious music helps bring inner peace and joy. Listen to music often. Play peaceful and harmonious music in your home. Soft, ambient music helps bring inner peace and relaxation. Classical music and meditation music help bring inner peace and relaxation. Upbeat music will raise your vibrations and make you feel happy. Classic rock is great for this. Drum music will do the same.



Prayer

Daily prayer from your heart will help bring you inner peace, peace of mind and balance. It will help make you happy and relaxed. Pray each day with your eyes closed silently from your heart, in your own words with full concentration.

You can pray from your heart anywhere. Through spiritual prayer from your heart with your eyes closed, you connect to source energy. As with meditation, spiritual prayer helps you connect with your own soul/higher self and source energy.

Spiritual prayer is heart centered prayer. It can be done at home, at work, at a park. It is not confined to prayer at a church, synagogue, temple or mosque. But, you can certainly engage in spiritual prayer at churches, synagogues, temples and mosques. Spiritual prayer is personal and silent prayer from your heart.

Before you begin your prayers, shift into your heart, close your eyes, relax and focus on your breaths –in and out. Pray with complete focus on the words from your heart.

Express gratitude for all your blessings. Focus on gratitude for the basics –your life, your health, body parts that work, shelter, food, clothes, a job, a car, etc. Your prayers of gratitude can be as simple as saying “Thank you for all the blessings- the blessings of life, good health, love, abundance, food, shelter and body parts that work.

Next, ask that all stress and negativity be lifted from you- all stress, fear, worry, stress, anxiety, anger, resentment, regret, guilt and shame. Ask the Divine to take all problems and burdens from you. Offer all problems and burdens up to the Divine. Ask for help and guidance. Visualize that all stress and negativity lift off you.

Forgive yourself and all others and ask for forgiveness. Ask for forgiveness for all sins (sins of commission and omission) and all wrong thoughts, speech and acts and failure to speak out and take action.

Repeat at least three times:

“I forgive all, I bless all, I send love to all.”

I release all anger, fear, anxiety and negativity”

“I forgive myself and ask for forgiveness”

Ask for forgiveness and know you are forgiven.

Next, ask for healing, protection and blessings and know you will be healed, protected and blessed. Ask for long life, good health, inner peace, peace of mind and happiness, protection and abundance. Ask not only for yourself. Also, ask for your loved ones.

Ask for you and your loved ones to be filled and surrounded with pure white light and protected from all evil. Ask that you and they be filled with unconditional love.

You can also incorporate the powerful prayers from religion into your spiritual prayers. For example, the Lord’s Prayer and the Holy Rosary from the Christian faith come to mind. Memorize them and say them silently from your heart.

When you get hit by negative thoughts and emotions, find a quiet place, take a few moments to relax, focus on your breath and give thanks for your blessings and then ask for inner peace, peace of mind, strength and protection.

Here is a simple prayer to say when you feel fear, worry or anxiety:

“The love of God enfolds me. The power of God protects me. The presence of God watches over me. Wherever I go, God is.”

Worry will put you in a state of stress. One of the best ways to zap worry is to be positive and have faith and pray. Trust that everything will work out and pray for answers and help. They will come.





Spend Time in Nature

Nature will have a soothing effect on you. To be in nature helps bring inner peace and joy. Nature has a natural relaxing rhythm to it.

Nature is all around us – in gardens, parks, flowers, trees and birds, parks, and forests, woods, rivers, lakes and oceans. Get into nature each day and be fully present in the moment when you are in nature.

Deeply breathe in the oxygen and life force energy from nature. When you feel unhappy, go to where nature is green and lush (or visualize it). Breathe it all in. When you feel anxious, be around (or close your eyes and visualize) running water or large bodies of water and breathe it all in.

Art, Arts and Crafts and Hobbies

Art, arts and crafts and hobbies will help you relax. They will help keep you in the moment and in positive territory. They will also help you focus. This will distract you from negative thoughts and provide you with a relaxing and positive outlet. Also, art and arts and crafts are soulful and creative activities that will help make you feel positive and happy. They will surround you with positive and relaxing energy and beauty.

Other Relaxation Techniques

Take vacations. Find relaxing venues for vacations in nature, mountains, lakes and beaches. Find images of nature, mountains, lakes and beaches and meditate on them. This will be a mental vacation that will help relax the mind. Find time on weekends to unwind and relax in nature that is all around you. Take mental vacations Turn off the thoughts and be in the moment. Meditation and deep breathing techniques discussed above will provide you with short mental vacation. In any case, turn off the thoughts and relax.

Certain essential oils will help you relax and feel calm. Essential oils also work with your energy, thoughts and emotions. Calming essential oils include rose, floral and vanilla. Breathe them deeply into your lungs through your nose. Make sure they are pure essential oils and do not contain artificial ingredients. It will be indicated on the label.

Certain colors help you relax and feel calm. Colors also work with your energy, thoughts and emotions. These include white and light blue. Visualize these colors surround you. Now imagine there are clouds of white and light blue slightly above you. Now breathe those visualized clouds of color deeply into your lungs.

Supplements that will help you relax include valerian root, B complex vitamins (especially vitamin B6, B 9 and B12), holy basil, hawthorn, magnesium, dark chocolate/cocoa, kava kava, motherwort, dhea, passionflower and chamomile. Exercise and yoga will help you relax.

For relaxation and stress reduction, drink cocoa or coffee with a heaping spoon of unsweetened cocoa powder in it. Drink chamomile tea. Take salt and magnesium baths. Use bath salts or Epsom salt. Pour a lot of salt in your bath. Put lavender in your bath too. Get massages and take saunas and steam baths.

Keep your home clean and orderly. Have a lot of art, plants and flowers in your home. Play soft, ambient music in your home. White sage, incense and floral scents will help remove negative energy and bring in positive energy. All this will help you relax.

When under stress, take a few minutes to close your eyes and massage the back of your neck, forehead, face and arms. Roll and stretch your neck. Move your head to your left shoulder and then to your right shoulder. Move your head up so you look straight above you and then push your chin down. This stretches you neck up and down and helps you relax.

Take one hand and use the index finger and thumb to rub the web of the other hand between the other thumb and index finger. Clasp your hands together. Now, with your right thumb massage the palm of your left hand and with your left thumb massage the palm of your right hand. This will help you relax.

Tap and rub your forehead, your chin and the surface above your upper lip and below your nose.

Reiki, Qi Gong, acupuncture and other types of energy healing will also help you feel peaceful, relaxed, calm and happy. Reiki and Qi Gong can be done on a hands on or long distance basis. Reiki and Qi Gong can be combined with massage for relaxation. Reiki and Qi Gong healers channel life force energy into the body at amplified levels, which is good for relaxation and healing. Reiki and Qi Gong and other types of energy healing help relieve stress and physical and emotional pain.

Certain crystals will help you relax. Calming crystals include blue jasper, blue lace agate, angel light, rose quartz, apophyllite, aquamarine, fluorite, howlite. Gold also helps. Hold them in your hands when you meditate. Put them over your heart when you lie down and relax. Carry them in your pockets.

Action Steps

Write down what you will do on a daily basis with respect to prayer and meditation and when you will pray and meditate and how much time you will devote to prayer and meditation (the more, the better for health and happiness). Write down your daily, spiritual prayers and commit them to memory.

Chapter 7 - Happiness and Optimism

Chronic Disease Cause 7 – Unhappiness, Pain and Negativity

Antidotes: Happiness, Pain Management, Optimism and Gratitude

Happiness

Happiness, optimism and positive energy are important for good health. They are antidotes to negativity and negative energy. Negative states of mind and negative energy will ultimately manifest in illness. Make your happiness a priority. Do this for your own health.

Happiness is an inner state. It is a mental and emotional state that is achieved through inner peace, peace of mind, balance and joy. Happiness is the absence of emotional and physical pain. It is achieved through positive, high vibration energy. You can generate positive or negative energy through your thoughts, acts and speech.

We all have emotional pain from time to time. For the sake of your own health, return to a happy state as soon as you can. We all suffer losses. It is normal to mourn losses. But, after you go through a reasonable mourning period, get back to being positive, happy and optimistic and in the moment and flow. This is important for good health.

Happiness, optimism and being positive will conserve and boost your energy. This is critical for good health. Happiness does not have to be an elated state. It is enough if you feel good.

Generally speaking, happiness begins with positive thoughts and being in the moment and in the flow. It comes when you stop dwelling on the painful past, the worrisome future and the negative. It comes when you stop dwelling on people, situations, events and things that agitate you. It comes when

you forgive, let go, accept and express and feel gratitude for your blessings.

Our emotional state is affected by our thoughts. Our thoughts are affected by our energy and beliefs. See the positive affirmations above to change beliefs from (i) negative and rigid to (ii) positive and open.

For happiness, cleanse and heal your energy body (see the Appendix below for a description of the energy body) through inner work (i.e., meditation, prayer and visualizations including the visualizations in the Appendix). Energy healing (Reiki, Qi Gong, acupuncture and other types of energy healing) will help. Yoga, exercise, dance and stretching will help.

For happiness, fully connect and integrate with your soul/higher self through your heart. This will be achieved through inner work (heart-centered meditation and prayer and visualizations). See below for the visualizations including visualizations to connect and fully integrate with your soul/higher self and inner child.

Your inner child is positive, playful, happy and vibrant and loves life. So, bring that inner child back into your personality and enjoy life, play, be free, have fun and smile. Do something positive each day for fun and enjoyment.

Your acts and speech can generate positive or negative energy. When you feel positive and happy, your acts and speech will tend to be positive. When you forgive, let go, accept others and see the light and goodness in others, you will feel positive. When you serve, help and give to others, you will feel positive.

Negative self-talk will undermine your happiness. Negative self-talk dwells on your mistakes or injuries. Over time, we harm our own health through critical and negative self-talk. Negative self-talk begins with a negative self-image and negative beliefs about self, others and the world.

If you have a negative self-image or a negative image of others and the world, change it to a positive one through the visualizations, positive affirmations and other exercises in this book.

To cultivate happiness, be around happy and positive people and environments. Do little things to generate positive energy – a smile, a few kind words, a nice greeting, a hug, holding doors for people. All this will help cultivate positive energy and happiness. Work on making your thoughts, acts and speech positive and kind.

Nothing from the outside can bring sustained happiness - not even money, possessions or relationships. They can help lift your spirits temporarily, but the feeling of unhappiness will return unless your mind, energy and inner state are positive and happy.

Relax your mind, energy and body and raise your vibrations. This will help bring happiness, which is a relaxed and high vibration inner state. By raising your vibrations, you will zap the negative energy in and around you. Negative energy is low vibration energy that will, ultimately, make you feel low. High vibration, positive energy is the antidote to low vibration, negative energy.

To raise your vibrations:

Do daily inner work- meditation, prayer, visualizations.

Silently express gratitude for all the blessings you experience each day- i.e., being alive, waking up, food, shelter, loved ones, pets, taking a shower or bath, going to bed, etc.

Send love from your heart to all and silently wish everyone to be happy.

Smile and laugh, listen to upbeat music, dance, exercise and stretch.

Cultivate positive thoughts, acts and speech.

Celebrate life. Add happiness to the moments of life. Celebrate birthdays and holidays. Do something fun and enjoyable each day - just for you and your happiness.

Focus on making the few precious loved ones in your life happy.

Smile. The act of smiling will make you feel happy. Watch comedies and comedians and laugh. Humor, smiling and laughing will make you feel happy.

Stand straight and project out of self in a positive and happy way.

Serve others. Help others. Give to others.

Be kind, polite, respectful and patient.

Take care of your health. Exercise. Eat right. Move and be active.

Be around positive and happy people and in positive and happy environments.

Do the visualizations in the Appendix to raise your vibrations.

Here is an easy and effective physical technique to raise your vibrations. Sit down, relax, shift out of your head and into your heart, close your eyes and gently smile. Next, open your hand and with the palm of your hand repeatedly slap your upper chest, upper arms and thighs. Then stop and feel the vibrations in your body as they rise. Find a quiet place and do this whenever you feel down.

Pain Management and Relief

It is difficult to be happy when you are in pain. For pain relief, it is important to reduce stress and keep your mind and body in a relaxed state. It is also important to raise your vibrations. Do the relaxation and stress reduction exercises above and do the exercises and visualizations to raise your vibrations that are in this book.

For pain relief follow the techniques in this book including diet, nutrition, detoxification, supplements, exercise and stretching. All pain involves inflammation and the techniques in this book will greatly reduce inflammation. Exercise and stretching get healing energy to flow through the body including to places that are in pain. The High Nutrient Diet is an anti-inflammation diet. Toxins often trigger pain. So detoxification is important for pain relief.

Massage, salt and magnesium baths will help with muscle soreness and general pain. Stretching and yoga will also help with this type of pain along with joint pain and stiffness.

Certain essential oils massaged into the painful area will help. These include eucalyptus, wintergreen and peppermint essential oils. Reiki, Qi Gong, acupuncture and other types of energy healing including chiropractic healing and massage will also help relieve pain.

The mind plays a powerful role in pain relief. So, for pain relief, cultivate positive thinking, happiness and optimism.

Here are some techniques to help relieve pain:

For joint pain and stiffness, stretch the areas of the body in pain to permit the blood and life force energy to flow more freely into the spot. Put your right hand over the spot that is in pain and visualize that you are sending white light as pure unconditional love for healing from your heart and through your hand to the area of pain. Breathe deeply and visualize that you are breathing visualized white light directly into the area in pain.

Do not focus on the part of your body that is in pain. Instead, distract yourself. Then focus on another part of your body or a positive image or an object.

Lie down and do deep breathing exercises and white light and zone-out meditation techniques that are discussed above. Focus only on your breath and the feeling of being whole, happy, healthy and free of pain.

Certain herbs and supplements will help with pain. All pain involves inflammation. So, use natural, anti-inflammation agents for pain relief. Turmeric, sulfur crystals, curcumin and fish oil/flaxseed oil supplements boswellia, kratom and gamma linolenic acid will help relieve pain. Holistic research indicates the benefits of these supplements for back pain, joint pain, arthritis and muscle pain. Medical marijuana will also help. Do the Detoxification Program in The Ultimate Prevention and Wellness Program to reduce inflammation, which is often triggered by toxins.

Here are some herbs and supplements that will help relieve pain:

For muscle and general pain, stiffness and soreness- valerian root, holy basil and St. John's wort supplements along with b complex vitamins and magnesium, devil's claw supplements, white willow bark supplements, cayenne pepper, ginseng and capsaicin, bromelain, boswellia, fish oil/flaxseed oil and turmeric/curcumin and sulfur crystals.

For arthritis, stiffness and joint pain- a combination of glucosamine, chondroitin, methylsulfonylmethane (msm) and dimethyl sulfoxide(dms0) along with sulfur crystals,turmeric/curcumin,valerian root, white willow bark, devil's claw, capsaicin, tart cherry juice and tart cherry supplements, ginger, Vitamin C and rose hips supplements and a Chinese herb called lei gong teng.

Also, herbs and supplements that improve circulation will help with pain relief -vitamins C, D3 and E, Co-Q 10, ginkgo biloba, cayenne pepper, lycopene, lutein, butcher's broom, mistletoe, arjuna, nadh , xio yao wan, nac, glutathione, glutamine, nattokinase, hawthorn berries, l-arginine, niacin, gaba, picamilon

For headaches- cranio sacral energy therapy and grounding exercises. For grounding exercises, sit down, close your eyes and visualize the energy flow out of your head through your body and out of your feet into the ground. Hold grounding crystals such as boji stones in your hands when you do grounding exercises to relieve headaches. For headaches, try the following herbs and supplements: B complex vitamins (especially B6, B9 and B12), evening primrose, magnesium, white willow bark, glucosamine, picamilon, turmeric, ginger and ginger powder, cherry juice and tart cherry supplements and supplements to improve circulation (see above).

Optimism

Optimism is important for good health. Optimism is an antidote to worry, pessimism and negativity. Worry, pessimism and negativity will ultimately manifest in disease. Optimism is an attitude. It means to accept what is and believe that everything will work out.

Optimism means to have faith, trust in the Divine and stop worrying about the future. In fact, optimism requires us to stop dwelling on the future and focus on living, on being in the moment instead. Optimism is about letting go of fears and worries and being fully focused on living in the moment with full attention and awareness and knowing that things will work out.

The first step for optimism is to adopt the positive thinking techniques in this book including positive and open beliefs. The second step is to relax your mind, body and spirit and raise your vibrations. The third step is to let go and do the inner work discussed in this book.

Close your eyes and visualize positive outcomes and a positive future. Believe that positive outcomes will occur. Pray for them and then stop thinking about them. Let it all go, trust in the Universe and be in the moment and in the flow. Be happy and enjoy life as it is, moment by moment. Live in your heart and your senses and not in ongoing negative thoughts.

Whenever problems crop up, quiet your mind and meditate and ask for answers. Over time, the answers will come to you.

The answers to “problems” are “solutions”. The keys to solutions are an open mind, an open heart, intuition, quiet meditation and reflection.

Worries about the future start with uncertainties. These uncertainties lead to fear. Uncertainties start with negative beliefs about the future. So believe that everything will be fine. If your beliefs about the future are negative, change them through positive affirmations.

Gratitude

Gratitude is important for happiness. Through gratitude, we stop dwelling on what we lack and, instead, focus on what we have - our blessings and we silently give thanks for them each day. Gratitude generates positive energy and helps bring inner peace, peace of mind and joy.

Write down a gratitude list, i.e., all the things for which you are grateful. Read that list daily and express gratitude for what

is on it. Truly appreciate what is on your list. Express your thanks for all the items on your list each day. Many like to do this when they wake up and before they go to sleep. Include the simple things on your list- life and the breath of life, waking up, good health, body parts that work (eyes, ears, nose, legs, arms, hands, etc.), food, shelter, clothes, children, loved ones, friends, pets, etc.

Action Steps

Write down some simple activities that make you feel positive and happy. They can be simple, like taking a walk, exercising, doing yoga or spending time in nature or by a garden or body of water, etc. Now, commit to do one or more of these activities each day. Use the space below to write your gratitude list. This is a list of all your blessings. Be very specific. Memorize them. Each day express gratitude for all your blessings.

Chapter 8 - Regaining Lost Power, Energy and Self Confidence

Chronic Disease Cause 8 – Loss of Power, Self- Confidence, Low Energy and Low Oxygen

Robust energy and vitality are needed for good health. For good health, conserve and boost your energy. This will improve the health of all your cells, organs and bodily systems.

All of the antidotes in this book will help you conserve and boost your energy including diet, nutrition, exercise, detoxification, stretching, stress reduction, inner work, positive thinking, happiness and optimism. The visualizations below and in the Appendix will also help. Do the visualizations in the Appendix to conserve and boost your energy.

Apply your focused will to fill yourself with positive energy. The will to live and be healthy is an important tool for good health. The will to live and be healthy are all about the mind and spirit and their role in prevention, health and wellness.

Negativity and negative energy will drain your vital, life force energy. The feeling of being negative, pessimistic, worthless, tired, unimportant or powerless will drain your energy and make you feel unhappy. So, will the belief that you are a victim. Low self-confidence and low self-esteem will also drain your energy. The feeling of high self-confidence and self-esteem will boost your energy and health.

Because self-confidence and self-esteem are inner states, inner work is needed to boost your self-confidence and self-esteem. Inner work and positive energy are required to feel powerful, fully energized and confident. See the visualizations below and in the Appendix to boost your self-confidence, self-esteem and inner power and vitality.

Many people feel powerless and believe they are victims. They tend to focus on the past and blame themselves and others. They tend to complain. When they blame themselves, they feel guilt, shame and regrets. When they blame others, they feel anger and resentment. When they complain, they feel like

victims. To blame, complain and feel like a victim take away your inner power, self-confidence, energy and happiness.

If you blame yourself or others for anything, it means that you continue to hold onto the painful past. Forgive yourself and all others. Cut the energy chords that connect you to the painful past and those who hurt you. Flush it all out and let it all go.

Ongoing anger, fear and worry and negative, running and obsessive thoughts will drain your energy. So, when they occur, follow the techniques on this book to get back to being in the moment and in the flow.

Energy attachments and blockages will drain your energy. So, do energy chord cutting and energy body and chakra cleansing techniques in this book.

Antidote – Techniques to Build Up Your Inner Power, Self Confidence, Self Esteem, Energy and Oxygen

If you were abused and/or traumatized, you may believe you are a victim. Change your beliefs from negative to positive. Believe you are a survivor and not a victim. Believe you are strong because you survived. Do the positive affirmations in this book over and over and believe them. They will help change your beliefs from negative to positive.

Say the following to yourself over and over in your heart until you believe it: “I am a survivor” “I am powerful and strong. I am amazing. I am filled with energy and power. ”

Boost your inner power, confidence and self-esteem through inner work, positive thinking, positive affirmations, and positive acts and speech.

Generate positive energy through your thoughts, acts and speech.

To build up your inner power, confidence, self-esteem and energy and raise your vibrations and burn off negative energy, do these visualizations:

Sit comfortably. Close your eyes and shift from your head into your heart. Clasp your hands together (this closes you off as an energy circuit) so you can now boost your energy and power.

Alternatively, lie on your back, close your eyes and clasp your hands together or lie on your side, close your eyes and clasp your hands together or clasp your lower forearm with your upper cupped hand, then close your eyes. This also closes you off as an energy circuit and permits you to accumulate and build up your energy and power. Focus your attention on your solar plexus.

Visualize that there is a bright white sun in the middle of your solar plexus. With your eyes closed, see that bright white sun in your solar plexus shine bright and white and get brighter and brighter. Focus. Now with your applied will and intention push out the visualized white light from your solar plexus about three to six inches in front of you and hold it there with the intent to build up your energy, raise your vibrations and burn off all negative energy. Do this for at least five minutes with your eyes closed and full focus and concentration. Focus your attention on your solar plexus and feel all that life force energy accumulate there in a concentrated mass. Feel it boost your energy, power and vibrations.

Sit up straight, take your socks and shoes off and place your bare feet on the floor. Imagine there are roots or energy bolts that go out of the soles of your feet straight into the earth and fully connect you to the earth. This will help ground you.

Clasp your hands together and do the following to re-charge your body:

Visualize that energy from the earth streams through the soles of your feet, up your legs and into your solar plexus where it forms a mass of molten energy. See it. Feel it. See and feel bright white, yellow or red energy streams and a bright white, yellow or a lava- red ball of energy that builds up in your solar plexus. Hold it there. Feel it boost your energy, power and vibrations. Do this for at least five minutes with your eyes closed and full focus and concentration.

Now visualize life force energy from the Universe (seen as visualized white light from the Universe or a white light orb above you head and/or below your feet) streams into your solar plexus where it forms a mass of molten energy. See it. Feel it. See and feel bright white energy streams and a bright

white ball of energy that builds and builds in your solar plexus. Hold it there. Feel it boost your energy, power and vibrations. Do this for at least five minutes with your eyes closed and full focus and concentration.

Sit comfortably. Close your eyes and shift from your head into your heart. Open your hands and rest them on your thighs. Get relaxed. Breathe deeply through your nose into your heart. Hold your breath there for a few seconds then breathe out through your pursed lips. Focus only on your breaths as any thoughts that come in drift away. Now imagine the following:

Breathe in visualized white light through your nose and imagine that this white light is pure unconditional love. Breathe it in and see and feel it fill up your entire torso, then your legs, arms, neck and head, so that you are completely filled with white light, as pure unconditional love. Feel the energy flow through your body and legs and arms and out your feet and hands.

Next, imagine that you are completely surrounded and protected by this same white light. See it as an egg, circle or column of pure white light that completely surrounds you. You are in the middle of it. Imagine that nothing can break through this protective shell of positive energy. You are safe. There is nothing to fear.

Negative thoughts burn a lot of energy. For good health, use the positive thinking techniques in this book to conserve and boost your energy. Digestion also burns a lot of energy. So, adopt the high nutrient diet in this book and limit your calories. This will conserve and boost your energy.

Exercise, stretching, yoga, walking, dancing and physical activity will also boost your energy and blood oxygen level.

Deep breathing will also boost your energy and oxygen. Breathe deeply through your nose into your solar plexus or abdomen. Take one or more deep cleansing breaths through your nose and your abdomen from time to time. Fill your lungs up with all the oxygen and life force energy that is in the breath.

Certain crystals help raise your vibrations, burn off negative energy and make you feel more vibrant. These include citrine, amethyst, orgone, clear quartz, diamond, Herkimer diamond and gold. Hold them in your hands when you meditate. Put them over your heart when you lie down and relax. Put them in your pockets.

Certain essential oils help raise your vibrations, burn off negative energy and make you feel more vibrant. These include orange, lemon and citrus. Breathe the fragrance from these essential oils deeply into your lungs through your nose. Make sure they are pure, high quality essential oils

Certain colors help raise your vibrations, burn off negativity and make you feel happier. These include white, yellow and orange. Visualize these colors surround you. Now imagine there are clouds of white, yellow or orange slightly above you. Now breathe these visualized clouds of color deeply into your lungs.

Sunlight on your arms and forehead will boost your energy. Even if it is a cloudy day, radiant sunlight will boost your energy. Replace the light bulbs in your home with LED light bulbs. LED light bulbs emit white light that is close to sunlight. You can also get exposure to white light at suntan salons. If you go to a suntan salon, get moderate exposure only. Don't overdo it.

If your energy is low, do the energy recharging exercises above and in the visualizations in the Appendix, get plenty of rest and sleep and use the positive thinking and relaxation techniques in this book.

Also, organic raw honey helps boost energy along with fresh, whole beets, red grapes, citrus (grapefruit, lemon, lime, orange) and pineapple (these fruits are high in vitamin C).

Supplements that will help boost your energy include B Complex (especially B6, B9 and B12), C and D vitamins along with echinacia, ginseng, goldenseal and other adaptogenic supplements like Asian mushroom supplements (reishi, shiitake, maitake and cordyceps) astragalus, resveratrol and maca.

Do not dwell on the negative. Stay positive and in the moment. Focus on all the blessings in your life. Focus on how amazing you are. All this will make you feel happy and positive and conserve and boost your energy and oxygen at the same time. This is important for good health.

Posture

Good posture is important for good health. It will help get your energy to flow freely through your body and to all your cells. Good posture is also important for centering and grounding and to build up and project self-confidence, self-esteem and inner power.

So, stand and sit erect. Be mindful when you are slouching. Then take a deep breath and lift yourself up and straight. Stand against a wall with your body and head touching the wall. Now raise yourself up. If you are slouching at your desk, raise your upper torso up. Put a phone book or two under your computer to raise it up closer to eye level, so you do not have to keep your head down when you look at the screen.

Stand tall when you walk and project your energy out in a positive and confident way. Take your power back. You will feel better if your posture is good and you project out. This generates positive energy for you.

Deep breathing is important for good health and energy. Short breaths do not take in adequate oxygen and life force energy needed for good health. So, adopt deep breathing techniques.

Sleep and Rest

For good health, you need at least 7 to 8 hours of sleep per night. You also need to rest each day and the weekends and on vacation. Sleep and rest will help rejuvenate and repair your body and cells. Give yourself downtime before sleep. Turn off the thoughts, electronics and relax.

Greatly reduce stimulus an hour before sleep. Put on some peaceful and harmonious music like meditation and classical music. Read a book. Take a salt and/or magnesium bath. Use Epsom salt or bath salts. Put lavender in your bath. Drink some

calming herbal teas like chamomile tea, kava kava or cocoa. This is very relaxing. See the supplements below for sleep and rest.

Shortly before sleep, lie down or sit down and do some zone out meditation. To rest means to relax. Relax the body and the mind.

Take time during the weekend to relax, rest and nap. Get outdoors and take walks and hikes in nature or just sit in nature including gardens, parks and large bodies of water.

Take time for your own health by getting away from work, errands and ongoing thoughts. Find beautiful places in nature to unwind and re-charge.

Supplements recommended for sleep include valerian root, melatonin and L- tryptophan.

Supplements recommended for rest and relaxation including valerian root, 5 htp, dark chocolate/cocoa, kava kava, rhodiola, B vitamins (especially B6, B9 and B12), chamomile, passionflower, ashwaghandha and magnesium.

Hot cocoa, chamomile tea, lavender tea and lemon balm tea all help to relax, calm and sooth before sleep.

Techniques to Cultivate Inner Peace

For good health, cultivate inner peace, peace of mind and patience. This will help keep your body in a relaxed state and will get blood, oxygen, nutrients and life force to flow freely throughout your body. This will help repair and rejuvenate your cells.

Inner peace will also help you conserve energy. Stress, negativity, negative energy and agitation drain energy. Inner peace, happiness, optimism and peace of mind conserve energy.

First and foremost, do the daily inner work discussed above. Do daily zone out meditation and deep breathing exercises. Do daily spiritual prayer and express gratitude. See above. Do the visualizations in the Appendix below for inner peace.

Get outdoors and into nature often. Spend time in parks. Take hikes in the woods. Spend time around gardens and trees. Spend time at the ocean and lakes and around rivers and streams. Focus on the beauty of nature. Do some gardening. Grow vegetables and flowers. This will all help you cultivate inner peace.

Slow down and be patient. Take time to smell the flowers. Reduce what you must do. Simplify, delegate, reduce your debts, commitments, attachments and burdens. Do not overload yourself with tasks.

All of this will conserve and boost your energy for good health.

Impatience comes from attachment to desired goals, results, expectations and outcomes in a set timeframe. These attachments lead to ongoing thoughts about them. They take your body out of a relaxed state.

So, slow down. Take the extra time to be in the moment. Savor the moments of life through your senses. Once you set the goals, desires and expectations in your plans, then let them go and stop ongoing thoughts about them. Do this for your own health.

Get energy body healing and massages. Take salt baths and magnesium baths. Use Epson salt and bath salts in your bath. Use lavender in your bath. This will help you relax.

Certain crystals help calm and balance your energy and this helps calm and balance your emotions and thoughts. Calming crystals include blue jasper, blue lace agate, angel light, rose quartz, apophyllite, aquamarine, howlite.

Techniques to Improve Energy Flow, Energy Level and Oxygen

We are complex energy systems. Our cells are mostly energy. Life force energy and earth energy along with the energy from food sustain us. Electric energy runs through our nervous system.

Good health requires that these energies flow freely through our bodies.

Chiropractic healing, acupuncture, Reiki, Qi Gong and other types of energy healing will all help get your energy to flow freely through your body.

The energy body and life force energy are well understood in Asia. Life force energy is called Chi in China, Ki in Japan and Prana in India. Energy healing is widely practiced in Asia.

In order to be able to easily draw in, process and distribute life force energy and earth energy to all our cells, our energy body needs to be clean, healthy, vibrant and intact, free of energy blockages and attachments and fully connected to our souls/higher selves. See the visualizations in the Appendix to get rid of energy blockages and attachments. See the Appendix for a description of the energy body.

Life force energy and earth energy are automatically drawn in, processed and distributed throughout our bodies if our energy bodies function properly. Our energy bodies can get damaged and blocked through trauma, stress and negativity.

A clean, healthy, vibrant and intact energy body requires energy healing and inner work – visualizations, meditation and prayer, relaxation and positive thinking techniques, yoga, stretching and exercise.

Also, massage, salt baths (including foot baths) and foot massages and reflexology all help cleanse the energy body. Do the visualizations below to cleanse and heal your energy body.

Stretching and yoga will help get energy to flow freely through your body and into all your cells. Stretch your legs and arms. In a sitting position, stretch your legs straight out and lift them. Touch your toes. In a sitting or standing position, stretch your arms straight up above your head and straight out to the right and left. Move your head to your left shoulder and then to your right shoulder. Move your head down so your chin touches your upper chest and then look up and stretch your neck up.

Many use emotional freedom techniques (i.e., tapping) to help improve energy flow. Through these techniques, you tap repeatedly on certain meridian points on your face – the sides and middle of your forehead, the spot under your nose and

your chin. You can also rub these spots with your fingers for emotional release.

Self-massage helps improve energy flow. With self-massage, rub your arms a few times from your shoulders to your wrists with your opposite hand. Then with your left hand cup the right arm and squeeze all sections of your right arm from the very top of your right arm to your right wrist. Do the same thing with your right hand cupped on all sections of your left arm. Then firmly slide your cupped hands along your arms. Massage your temples, forehead and back of your neck. Massage your thighs and calves.

Because our bodies are a lot like drums, drumming techniques help improve energy flow and raise vibrations at the same time. Take the palm of your hand and slap repeatedly (not too hard) your upper chest, upper arms and thighs. Slap repeatedly the soles of your feet. You will feel your vibrations rise as energy flows more freely through your body.

Action Steps

Write down the techniques you will use on a daily basis to relax, cultivate inner peace and better energy flow, inner power and energy, high self –confidence and high self-esteem and to get better sleep and rest.

Conclusion

Benjamin Franklin wrote that an ounce of prevention is worth a pound of cure. When it comes to chronic diseases, prevention is the cure. The cure is to greatly reduce the causes of chronic disease.

The Ultimate Prevention and Wellness Program will help everyone. But, it takes commitment. It requires conscious living and follow-through.

The Ultimate Prevention and Wellness Program is the answer to continued good health and wellness. It is the only way to defeat the epidemic of chronic diseases.

The Ultimate Prevention and Wellness Program provides specific antidotes to greatly reduce the causes of chronic diseases. It focuses on the whole person –mind, body and spirit. It focuses on the health of the body's cells because our bodies are a compilation of cells. It focuses on nutrition, oxygen and energy because our cells are primarily energy and are fed by nutrients, oxygen, life force energy and earth energy. It focuses on detoxification and the health of all the cells, bodily systems and organs. It focuses on detoxification because our cells absorb so many toxins in the food and environment.

I am not opposed to conventional medicine. On the contrary, the best approach to good health is an integrated approach – an integration of conventional medicine and natural treatments oriented toward prevention and wellness. Conventional medicine provides sophisticated diagnostic tools to identify disease along with pharmaceutical drugs and conventional treatments to stabilize a diseased body. But, I also believe that there are effective, natural remedies for disease. I also believe that prevention is best and that the holistic path provides the information and tools needed for prevention.

The holistic path is the natural path. It is the vital path to prevention, healing and wellness. The holistic path, also called alternative medicine, helps the body heal itself and stay well. It involves specific techniques, including detoxification, diet,

nutrition, supplements and exercise to bolster and balance mind, body and spirit, and keep the whole person well.

The body has a great capacity to heal itself if given the means to do it. Many holistic techniques can be done by you. They require changes in lifestyle, diet, nutrition, detoxification, supplements, exercise and routines. They require that you take your power back and become more self-reliant, involved in and, responsible for, your own health.

The holistic approach also involves holistic practitioners such as naturopaths, homeopaths, osteopaths, chiropractors, therapeutic massage therapists, acupuncturists, Reiki/Qi Gong and other types of energy healers.

Many medical doctors are now becoming educated in holistic techniques. This is a welcome development. So, it would be wise to seek medical doctors who know how to integrate conventional and holistic medicine.

See the Supplement to this book on The Holistic Approach to Reverse Chronic Diseases.

Appendix: The Human Energy Field

The cells of the body are mostly energy. The Human Energy Field is the structure of this cellular energy. Some use the term Spirit to describe the Human Energy Field.

The Human Energy Field is the blueprint for the physical body. Disease begins in the Human Energy Field and manifests in disease in the physical body. Disease can be reversed and prevented with cleansing and healing of the Human Energy Field.

The Human Energy Field consists of the aura, chakras, meridians and nadis connected to the soul or higher self. The soul or higher self is our own chi energy tank. Chi energy is life force energy or source energy visualized as white light.

The soul/higher self is suspended in the fifth dimension (the source of life force energy, and also called source energy) and is connected to us primarily through the heart chakra. The aura is a positive energy shell that encapsulates the body and protects us from negative energy. It is important for good health that the aura be clean, intact and vibrant. If it is damaged or cracked from trauma, negative energy can seep into our energy field.

We draw-in life force energy from our souls/higher selves through the aura. The chakras are energy vortexes that break up the white light of chi energy into various colors of the spectrum and then distribute all this life force energy to the cells of the body including the organs through the meridians and nadis. The meridians are energy channels that correspond to the arteries and veins and the nadis are energy channels that correspond to the nerves.

Each of the major chakras corresponds to an organ and replenishes such organ with life force energy so long as the chakras are not blocked. Earth energy is also drawn into us and distributed through us via the energy body. It is important for good health to keep the energy body clean and free of energy blockages and attachments, to balance and raise the vibrations of the energy body and to ensure that the aura is intact and fully connected to the soul/higher self.

Appendix: Visualizations

Visualizations are important for positive thinking and feeling good. They will help with focus, centering, grounding, balance, inner peace, peace of mind, letting go and raising vibrations. Negative energy is low vibration energy that gets in and on our energy body. Low vibration negative energy can only be burned off through high vibration positive energy. Visualizations will help you raise your vibrations and bring positive energy into your for your health and happiness. Visualizations require focus. Visualizations rely on applied will. Do these visualizations on a regular basis for good health, happiness and balance:

Everyday Visualization

Each morning and evening, quiet your mind, close your eyes and visualize all that you are grateful for. Silently express gratitude for your blessings. Visualize yourself as happy, smiling, vibrant, positive, healthy and full of light and smile gently.

Visualization to Focus

Positive thoughts are controlled and focused thoughts. Assert control over your thoughts from the middle of your forehead. Here is a visualization to improve your ability to focus your thoughts.

Take your index and middle fingers and together place them lightly on the middle of your forehead. Now, close your eyes and focus on the touch of these fingers. Alternatively, visualize a positive image, object or symbol in front of your forehead. Keep your eyes closed and focus on that visualized image, object or symbol. In both cases, as thoughts come in, re-focus on your fingers, image, object or symbol. Do this for at least a few minutes.

Visualization to Center

To focus your thoughts, center yourself in the middle of your heart/body center and the middle of your forehead and stand or sit straight. Centering, good posture and grounding are all important aspects of controlled and focused thoughts. To center yourself, close your eyes and shift your energy and consciousness from your head to your heart or body center. Shift from the sides and back of your head to the middle of your forehead.

Visualize a big white sun where your heart or body center is located. Close your eyes and put your hand over your heart or body center and shift your consciousness to that spot. Alternatively, visualize an orb or crystalline grid of white light above your head and below your feet in the ground. Sit or stand up straight. Visualize that a beam of white light shoots out from the orbs or crystalline grid above and below you. Visualize that these beams of light meet at the center of your body. Stand straight and reach up and bring that white light straight down your body, through your legs and feet and into the ground. Now bring your hands together in a prayer position to your heart or body center and center yourself there. Now center yourself in the middle of your forehead and heart at the same time. Close your eyes and focus your attention to the middle of your forehead. Shift your energy and consciousness there instead of in the sides or back of your head. Negative and unfocused thoughts come from the back and sides of your head. Positive and focused thoughts come from the middle of your forehead.

Visualization to Ground

To focus and control your thoughts, it is important to be grounded. To get grounded, sit comfortably with your eyes closed and your feet firmly planted on the ground. Take off your shoes and socks. Visualize that laser beams of white light or roots shoot out from your feet and into the earth. Visualize that they anchor you firmly to the earth. Visualize that you draw the energy of the earth in through the soles of your feet and up your body. If you are standing, imagine that you are a tree and your roots extend from the soles of your feet deep into the ground to anchor you firmly to the earth.

Visualizations to Let Go of the Painful Past

For positive thinking, it is important to let go of the painful past. We stay emotionally connected to the painful past through energy/emotional chords and blockages. To be free of the painful past, remove these energy chords/blockages through inner work and energy cleansing and healing. This will greatly reduce negative thoughts and negative self-talk. To do this, close your eyes and imagine that energy chords connect from the painful event to your heart. These energy chords keep you emotionally connected to the painful event. Visualize that the painful event from the past is in a glass ball in front of your body connected to you with energy chords. To cut these energy chords and detach from them, close your eyes and, with your non-dominant hand imagine that you grab these energy chords. Make a fist and grab them and imagine that you hold these energy chords in your fist. The front of your fist can rest on your heart. Then, take your dominant hand and flatten it out so it is like a knife or sword. Now, swipe your dominant hand between your other fist that holds the chords and your heart. Swipe your hand decisively through the imaginary energy chords over and over (with applied will and intent to cut them) and believe that you have completely cut them and severed them from your heart. Visualize that the energy chords are severed and fall away.

Do this with power and authority and say “I cut and sever you. You are gone forever.”

Visualize the event or events that cause you ongoing emotional pain –one at a time. Close your eyes and visualize each event in a glass ball that hovers a few feet in front of your body. Imagine that there are energy chords that run from the glass ball to your heart and connect you emotionally to the painful event. Put your hands on this visualized ball and push it with force deep into the ground with conviction. Hear and feel the energy chords that attach you to the image snap and fall away. Do this over and over until the image no longer has an energetic grip. Imagine that all related negative emotions melt away. In an alternative visualization, imagine that all these events are in shoe boxes that are connected to you. Visualize

that you throw these shoe boxes down a well, over and over, and you feel the energy chords connected to you and these boxes snap and fall away.

As you push the ball deep into the ground say the following to yourself: "Into the ground, into the core go away, melt away, gone."

Send love as visualized white light to all these painful events from the past to heal yourself from their emotional grip.

Do this with all painful events from the past, one at a time, layer by layer.

Visualization to Let Go of Obsessive Thoughts and Addictions

For positive thinking, it is important to stop obsessive thoughts and compulsions. These are unbalanced thoughts. Positive thinking requires balance. Obsessive and compulsive thoughts will take you out of balance and the moment and flow and make it difficult for you to concentrate on positive thoughts. Obsessive thoughts and compulsions come from energy attachments to the thing or person you are obsessing about and energy blockages in the major chakras. But, they can be stopped. White light meditation will help break these attachments. So, will the following visualization:

Visualize that energy chords run from your heart to the thing or person that is the object of your obsession or compulsion. Close your eyes and, with your non-dominant hand, imagine that you grab these energy chords. Make a fist and grab them and imagine that you hold these energy chords in your fist. The front of your fist can rest on your heart. Then, take your dominant hand and flatten it out so it is like a knife or sword. Now, swipe your dominant hand between your other fist that holds the chords and your heart. Swipe your hand decisively through the imaginary energy chords over and over and believe that you have completely cut them and severed them from your heart. Visualize that the energy chords are severed and fall away.

Do this with power and authority and say "I cut and sever you. You are gone forever."

Hear and feel the energy chords snap and fall away. Do this over and over until the obsession or compulsion is gone. Do this with all obsessions and compulsions one at a time, layer by layer.

Also, do chakra cleansing through meditative visualization and energy healing.

Heart- Melt Visualization

The painful past is stored in the chakras (see the Appendix below for a description of the energy body) by way of energy/emotional blockages. For positive thinking, inner peace and happiness, energy/emotional blockages in the heart chakra are the most important ones to remove.

Trauma often causes a hard shell to form around the heart chakra. This hard shell protects us from the pain of future traumas. But, the hard shell also makes it difficult for us to feel and give love and to be in the flow of unconditional love. It is impossible to be a positive thinker and be happy when our heart chakra is blocked and encased in a hard energy shell.

Do the following to melt the hard shell around the heart chakra and burn off stored negative energy in the heart chakra. Sit comfortably or lie down. Close your eyes and shift from your head into your heart. If you are sitting, open your hands and rest them on your knees. If you are lying down, rest your hands at your side. Get relaxed. Breathe deeply through your nose into your heart. Hold your breath there for a few seconds then breathe out through your mouth. Focus only on your breaths as any thoughts that come in drift away. Now close your eyes and shift into your heart and visualize the following:

Imagine that your heart is encased in a grey hard shell. Imagine that laser beams of white light stream continuously at your heart. The beams are powerful and strong. They hit your heart very hard and cause the hard grey shell to melt away. See and feel the hard grey shell melt away and leave a pure pink heart in its place.

Imagine that a violet flame is in front of you. Invite that flame into your body and imagine that it first surrounds your heart

and then fills your entire torso and burns off all negative energy, while it raises your vibrations.

Alternatively, visualize that pure white light (the energy of pure unconditional love) flows into your body from the outside, surrounds your heart and then fills your heart and then your entire torso with pure white light that raises your vibrations and burns off all negative energy. Close your eyes, shift into your heart and simply focus on your heart with full attention. This will raise your vibrations and burn off negative energy.

Center yourself in your heart as often as possible. Open your heart and send out visualized white light as pure unconditional love to the world. Send it out from your heart when you walk, when you shop, when you exercise, when you watch TV, when you listen to music and when you lie down. Stay heart centered as much as possible. This will generate positive energy that will burn off negative energy.

When low vibration, negative energy gets into your energy body or is around you, it compels negative emotions, moods and thoughts. Negative energy is channeled into us and the world through our own negative thoughts, acts and speech and the negative thoughts, acts and speech of others. Low vibration negative energy in and around us can only be burned off through high vibration positive energy. We can bring this positive energy in through our thoughts, acts and speech and through inner work and visualizations.

White Light, Violet Flame and Releasing Visualizations are powerful tools to raise your vibrations and burn off negative energy. Other tools include spiritual prayer from the heart, heart-centered meditation and sending visualized white light from your heart. Zone-out meditation and positive affirmations will also help burn off negative energy and bring you to a place of inner peace.

All of these tools will help you feel more balanced and happy as you burn off negative energy and fill yourself with positive energy.

Use the tools that work best for you. Use them on a daily basis, even if it is only for 10 or 15 minutes each day. The more

time you spend on them the better. But, they are powerful tools and even 15 minutes a day will make a big difference.

See the Appendix above for a description of the energy body.

White Light Visualization for Relaxation

White light visualizations bring you inner peace and calm and raise your vibrations at the same time. This reduces stress and puts you in a relaxed state. At the same time, white light visualizations burn off low vibration negative energy in and around you with high vibration positive energy. This will help with positive thinking.

Sit comfortably. Close your eyes and shift from your head into your heart. Open your hands and rest them on your thighs. Get relaxed. Slowly breathe deeply through your nose and into your heart or body center. Hold your breath there for a five or six seconds then breathe out through your pursed lips. Focus only on your breaths -in-breaths and exhalations. As any thoughts come in, do not attach to them. Let them gently drift away. Focus only on your breath. Breathe in visualized white light and imagine that this visualized white light is pure unconditional love. Breathe it in and visualize that it fills up your entire torso. Feel peaceful and calm.

White Light Visualization to Raise Your Vibrations and Re-Charge and Re-Energize You

Sit down, close your eyes and clasp your hands together. Visualize a bright white sun in the middle of your solar plexus. Alternatively, lie down on your side and either clasp your hands together or cup your hand from your upper arm over the forearm of your lower arm. Now, visualize that this inner sun emits pure white light that fills up your entire torso. Visualize that you push out the white light about three to six inches from your torso. Now hold the light there. Feel your vibrations rise to burn off all low vibration negative energy in and around you, leaving you vibrant, re-charged and re-energized.

Alternatively, sit down with your eyes closed, hands open and feet firmly planted on the ground or elevated. Sit straight. Take your shoes off. Now visualize pure white light from your

heart and from the Universe at the same time. Feel it fill each cell of your torso and arms with pure white light. Keep your eyes closed and focus your mind on your body. Feel your vibrations rise and your body tingle. Alternatively, close your eyes, shift into your solar plexus and focus with full attention on your solar plexus.

Sit comfortably. Close your eyes. Visualize the bright white sun. Imagine that you fly into the center of the sun and you are then surrounded by the blazing white light of the sun. Now, linger there and feel your vibrations rise as you are surrounded and filled by the sun's blazing white light. Imagine each cell of your body is filled with sparkling white light.

Violet Flame and Golden Light Visualization to Raise Your Vibrations

Sit comfortably. Close your eyes and shift from your head into your heart. Open your hands and rest them on your thighs. Get relaxed. Breathe deeply through your nose into your heart or body center. Hold your breath there for five or six seconds then breathe out through your pursed lips. Focus only on your breaths—slow in-breaths and exhalations. As any thoughts come in, do not attach to them. Let them gently drift away. Visualize a violet flame in front of you. It looks like a violet campfire flame. Now invite that flame into your heart and torso to raise your vibrations. Visualize the violet flame now fill your body, raise your vibrations and burn off all low vibration, negative energy in and around you. Do the same with visualized golden light. Visualize that you fill your torso with golden light. Feel the violet flame and golden light burn off all negativity and negative energy, leaving you vibrant, re-energized, re-charged and happy.

Visualization to Release Negative Energy

Sit down, take your shoes and socks off and plant your feet firmly on the ground. Close your eyes. Place the palms of your hands on your thighs just above your knees. Now, press down on your thighs with your focused will and intent to push all negative energy out of your body, through your legs and deep into the ground through the soles of your feet.

Alternatively, lie flat on your back (on a bed or the ground) and place your arms palms down next to you. Now with your applied will and intent, visualize that you push out all negative energy from your body, through your hands and into the ground through your bed.

On a regular basis, do the following to release the painful past and all negative energy and negativity. Sit down and close your eyes. Relax. Now, with your open palms, extend your arms and hands up and offer to the Divine the painful past and all negativity (all anger, worries, fear, anxiety, hate, guilt, shame, regrets, resentments, etc.) and negative energy. Visualize it. Ask the Divine to forgive you for everything (all wrong thoughts, acts and speech and omissions) and to take all negativity and negative energy and all wrong thoughts, acts, speech and omissions away from you. Feel the burden of all negativity and sins lift from you. Then say "I completely forgive myself and all others for anything and everything." Now smile gently and know that all is forgiven and released.

With your eyes closed, visualize that a vacuum tube goes straight through your crown into your body and sucks up all negative energy from your body (visualize it as gray energy being sucked out of your body). Then, visualize the tube lifts up from your body and into your head and sucks up all negative energy from your head. Visualize an angel right above you with that vacuum cleaner that sucks up all negative energy and debris on and around your body.

Now do the white light visualizations and fill your body with the pure white light of unconditional love and smile.

Take salt and/or magnesium baths and when you take a bath or shower visualize all negative energy being removed from your body by the water and sent down the drain. Take foot salt baths and when you do imagine all negative energy is drained from your body through your feet and into the water.

Visualization to Cleanse and Align Chakras

To cleanse and align your chakras, sit or lie down, close your eyes and get into a meditative state. Focus your attention on one major chakra at a time, for a few minutes each –the crown, the third eye, the throat, the heart (upper heart and

lower heart), the solar plexus, the sacral and the root. Then visualize each of the chakra colors, one at a time as you focus on the corresponding chakra –white, indigo, blue, green, yellow, orange, red and brown. Put your right hand on the chakras, one at a time, and then send love as visualized white light from the palm of your hand to cleanse each chakra.

See the prior Appendix for a description of the energy body.

Visualization to Connect and Integrate with your Soul/Higher Self

Sit or lie down and get comfortable. Close your eyes and shift into your heart. Focus only on your breath. Visualize yourself as a white angel floating above you. Now, send love as visualized white light to him or her. Next, with your heart and hands open, invite that angel into your heart and torso. Visualize that he or she then enters your body and becomes one with you.

Visualization to Connect and Integrate with your Inner Child

Sit or lie down and get comfortable. Close your eyes and shift into your heart. Focus only on your breath. Visualize yourself as an angelic child above you. Now send love as visualized white light to him or her. Get a pillow. Imagine that the pillow is your inner child. Now, hug the pillow as if you are hugging your inner child and tell your inner child that you love him or her and that he or she is safe to play. Next, with your heart and hands open, invite that angelic child into your heart and torso. Visualize that he or she enters your body and becomes one with you, in mind, body and spirit. In your mind, see the child at play and having fun.

See Youtube.com for visualizations and meditation exercises.

Caveat:

This book is for information purposes only. It 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.

See the Supplement to this book on The Holistic Approach to Reverse Chronic Diseases

Biography

Michael E. Goldberg is a Reiki Master/Teacher, NLP Practitioner, Hypnotist, Life Coach and Health Coach. He is an author of books and articles on holistic health. His book *The Road to Healing, Good Health and Wellness* is available at amazon.com, kindle and barnes and noble.com. His book *End of Mood Disorders* is available at amazon.com and barnes and noble.com. His book *The Road to Happiness* is available for free at <http://www.theroad2happiness.com> and the Facebook Page entitled *The Road to Happiness*. His articles on holistic health are available for free at Ezine.com under Michael E. Goldberg, as author or at <http://ezinearticles.com/?expert=Michael E. Goldberg> . You can reach Michael at mikegoldberg8888@gmail.com or at PO Box 861 Red Bank, NJ USA 07701.

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