

Kickstart Your RECOVERY through HOLISTIC HEALING



Understanding The Basics of
Detoxification, Holistic Therapies,
Nutrition and Supplementation

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Medical Disclaimer: Yes, my attorney threatened I post this everywhere. I'm not a medical doctor, nor do I play one on television. I am not offering any medical advice. The statements in this handbook have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.

Take responsibility for yourself. You'll be glad you did. Educate yourself in truth. Remember, science was created by humans. Our current world is now mostly humans employing science instead of God. For your health, let's not go after treating symptoms but rather eliminate what causes them. Seek the truth; find the freedom.



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Introduction

Hi there Health Warrior!

It's an honor to be on this road to health with you. As someone who has conquered many battles to overcome poor health, my purpose with this handbook is to deliver years of research and experiences into a simple to use reference guide. This handbook provides a basic, yet solid understanding of how to support the body to heal itself through detoxification, holistic practices and high quality nutrition and supplementation.

Mostly, the steps for reclaiming your health are easy to do– and easy not to do. Some steps require little preparation or changing current habits. Others may be a little more challenging. You're worth every effort made. You're also the only one who can take the responsibility since it is your Earth suit!

This handbook consists of two major parts. The first part lays a foundation to cleanse the body. The second part shows you how to nourish the body's brilliant immune system by incorporating healthy habits and optimal nutrition. This handbook, along with the Anti-Inflammation Handbook, are your go-to resources. In them, you'll find clarity to get and stay on track.

[At MEDICUS, LLC](#) we're here to help you overcome your health challenges and step into complete wellness. Our great hope is that you

will become the expert on your health and enjoy every single bit of beauty that life offers.

As you read, remember this timely, yet ancient proverb, “a merry heart does good like a medicine: but a broken spirit dries the bones.” You won’t be forced to laughed, just encouraged. And, if you’re broken in spirit, consider forgiveness of yourself and others, releasing fear and/or trusting that God’s got big plans for you.

To Your Complete Restoration,

Paige Hunter, PhD

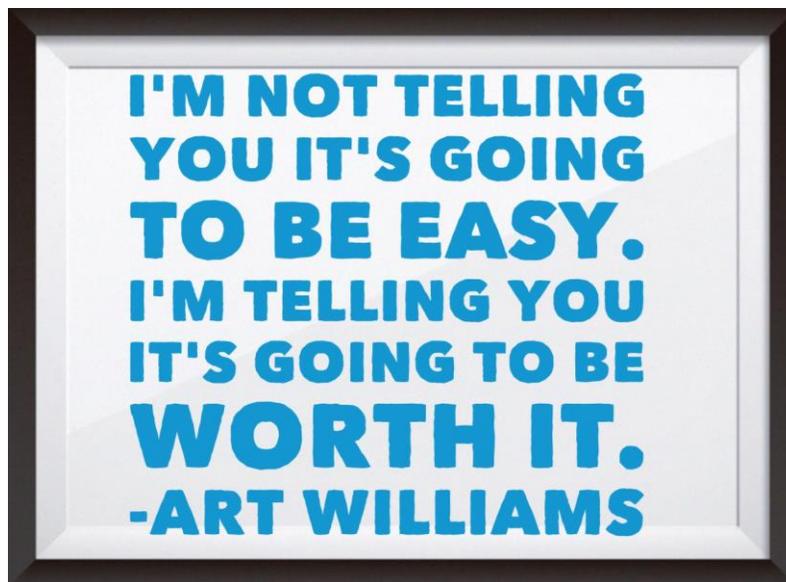
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If you've been waiting for a sign, here's your sign!



Chapter 1

When the Body's Sirens Blast

Regardless of what brings you to MEDICUS, LLC you have reached a turning point in your health. Perhaps the blasting sirens are Autoimmune, Cancer, Lyme, or Multiple Sclerosis. Whatever it is that's been robbing you of vitality, you're ready to overcome. . . as in yesterday!

Modern medicine teaches us that a set of symptoms like poor energy, allergies, achy joints, headaches, and feelings of sadness are all separate problems. Holistic healing takes a different route, where our complete being is taken into consideration. The focus is more patient-centered and less disease-centered. Yes, we believe you are you, and not a disease.

Where many standard medical treatments leave a patient desiring more relief, our goal is to bring homeostasis, or optimal function and balance to the body. Together, we'll embark on a holistic healing adventure. Often, where small, incremental changes can simultaneously create a wellness avalanche. First, we must understand the body's cry for attention.

Aches and pains are sirens. Fatigue and mind-fog are sirens. Bloat, indigestion, and nutrient deficiencies are sirens. Immune and hormonal dysfunctions are sirens.

Sirens are good as they warn us of inflammation. Want great news? Sirens can be turned off. When we remove the bad and inoculate our bodies with good, our cells take to action like a super hero saving kittens from a burning building.

Your will to thrive plays a powerful role in your healing. As you engage in the holistic healing process, you can see the benefits for yourself.

In fact, studies in Epigenetics demonstrate that what we choose to eat or avoid eating makes a difference.¹ Our choice to use high quality supplements can play a pivotal role in radically altering and/or maintaining our health.

We don't have to lie down and die or suffer when handed a nerve-wracking diagnosis. What we consume affects our DNA through methylation. This process alters our epigenome and genetic expression, not just ours but future generations as well.²



Nerd alert: I'll refrain from sharing further details around Epigenetics. Just know, you'll find endnotes that provide references to the statements being made.

Don't worry, you'll have multitudes of books and articles to delight you during your leisure time. It's encouraging that research supports the fact that avoiding processed and fast foods while embracing whole, fresh foods really does matter.

Do your best. Don't go after perfection. Along the way you may overlook something. It's okay, you will catch on soon enough and the new practices you've put into place will become second nature.

Chapter 2

De-Liver Me Please! Understanding Detox

Let's suppose you have gone to great lengths to get on the straight and narrow path. Maybe you've moved far away from a toxic dumpsite, banned fast foods, or said goodbye to alcohol and cigarettes. Perhaps you chose to no longer secretly indulge in Cheetos, Twinkies or Cocoa Puffs. This is ALL well and good!

Removing harmful toxins is a plus. In fact, let's celebrate any efforts you've made in the right direction! Such efforts help lighten the toxic load. However, there still may be detox issues to pursue in achieving greater health.

You may wonder, how is it possible that I'm toxic if my body is already supposed to do that on its own? Ever had a clogged sink or bathtub? Sure it drains but it takes an eternity. It's down right inefficient.

Stored toxins can continue to cause damage to our cells, tissues and organs creating inflammation because they cannot exit fast enough. A clogged drain is draining you and your energies. Also, there may be toxins we're clueless about and they're wreaking havoc in our bodies. This, friend, is why it's important you understand the basics of detoxification.

➤ *"Illnesses do not come upon us out of the blue. They are developed from small daily sins against Nature. When enough sins have accumulated, illnesses will suddenly appear." ~Hippocrates*

In case you're wondering how toxins enter the body, they infiltrate in a variety of ways. Think food allergies, parasites, yeast and bacterial overgrowth in the small intestines, chemicals, heavy metals, excessive alcohol or prescription drugs all making our gut, colon and liver sluggish and puttering along like an old jalopy. More than that, other body systems get compromised like the gallbladder, lymph and cardiovascular system and more³.

When our intestinal tract is out of balance and our colon is backed up, our body is stressed. When our lymphatic system doesn't flow as it should, our body becomes puffy and inflamed. We need deliverance so our liver doesn't become too angry. It's amazing that when our liver isn't clogged, beat up or abused, it performs like an Olympic Athlete.

A detox program can champion the body's natural cleansing process to become less taxed by:

- Resting organs through fasting (this does not mean starvation. Think smoothies or juices and not a 40-day fast in the wilderness.);
- Improving blood circulation
- Stimulating the liver to push out toxins from the body
- Promoting elimination through the intestines, kidneys and skin; and
- Replenishing the body with healing nutrients.

At MEDICUS, LLC , we understand that the body is a resilient, wondrous genius. Our task is to guide you to make wise choices that accelerate healing and strengthen your immune system and life. We believe detox plays an integral role in creating long-term vitality.

Let's remember that 70-80% of our immune system is encased in our digestive tract. Dr. Alejandro Junger shares that our gut's most important and challenging role is to acquire the necessary building blocks for the body⁴. As such, it can build and run itself from the outside world by utilizing food while diligently guarding it from harmful intruders.

Showing kindness to the gut is a game-changer for most. Regardless of pinpointing the exact culprits, we need to treat ourselves like a garden. We begin cultivating optimal health by pulling out the weeds, then fertilizing and nourishing with food, drink and supplementation that help our cells flourish.



We can actually aid our body in recovery by removing what causes inflammation. For most people who have food allergies or intolerances, there are three prevalent foods to steer clear of- corn, soy and wheat⁵.

DURING A HEALING CRISIS IT IS BEST TO AVOID THE CONSUMPTION OF CORN, SOY, WHEAT, AND SUGAR; AND POSSIBLY DAIRY.

When we are focused on reducing inflammation by taking control of our food choices, eliminating and cleaning out the plumbing, we're actually "de-livering" our self from toxins.

If you agree it's time to "de-liver" your body from toxins (and I know you do!), the best we can do is come alongside the liver by cleaning up the gut (specifically the colon part of it), and loving on our lymph system. We can show support to our kidneys by taking in plenty of clean water and giving our body a tune-up so it runs as smooth as a ship.

Let's stop for just a minute to revel in our body's largest and hardest working single organ, shall we? Weighing in around five pounds, the mighty liver and detox organ performs over 500 tasks⁶. Whoa! That's impressive! Three of the liver's most important tasks include:

- breaking down and detoxifying hormones, chemicals, toxins and metabolic waste,
- playing a crucial role in our body's immune defense by filtering our blood to remove pathogens like viruses, bacteria, yeast and other toxic invaders, and
- storing essential vitamins, minerals and carbohydrates.

As we care for other parts of our body, we help our liver quiver with joy by reducing the "heavy lifting". Based on your specific needs, we'll devise an easy-to-follow plan to move you towards greater health.

Warning: Sometimes discussions around detoxification lead people to paranoia. Don't be that person. Trust me, being that person is no fun. Yes, we want to care about what we put in our mouths, on our bodies and in our homes⁷, let's do so without paranoia.

Removing and reducing the toxic loads need to be our way of life. Drinking clean water, steering clear of chemicals in our food, as well as personal products and our environment are all part of the show. Use natural hygiene products that are chemical and paraben free. When you put something on your skin or scalp it absorbs into your blood stream, circulating throughout your body. This can damage the heart, brain, kidneys and most specifically, the liver.

Just remember, the lifestyle you're now embracing can help you avoid or limit harmful effects of today's modern world. Adding stress into the equation won't serve you. Do the best you can. Use wisdom and begin to look at the things that can really support you.

If you are like most people, you and your Health Coach will begin loving up the liver in the first month of working together by making sure all elimination pathways are functioning at their highest capacity. You will also receive help with digestion or building up your immune system. There will be a focus on specific ways to support over all cleansing so the bad goes out and the good comes to stay and play.

Chapter 3

What to Expect During Detoxification

A good detox program is designed to be gentle and not cause you to camp out in the bathroom or miss out on your normal life. You'll feel more energy, better focus and overall wellbeing when the body becomes less toxic. Below I'll address the most frequently asked questions to best serve you on your healing journey.

Will I experience side effects when detoxing?

It's possible. For most, it feels like an overall discomfort in the body as toxins are eliminated in the blood stream. It can show up as body aches, skin eruptions, irritability, headaches, low energy, brain fog, and cramps. Good news! This doesn't last long. Usually it last a day or so. However, it can last for up to a week depending on how laden your body is with toxins. There are ways to alleviate discomfort through colonics, enemas, bathing, and massages⁸. Hold your hats! You'll be reading all about it in the next chapter.

No Need to Shock the Body

That's right, there's no need to shock the body when detoxing. Simply begin by removing the biggest offenders (like sodas, fried and high sugar foods). When possible, replace them with something good. Here's an example, coffee fans will transition from multiple cups to one cup or reach for a less acidic alternative like Green Tea. Chocolate fans will ease off the high sugar content and replace it with an occasional small organic dark cacao bar.

Keeping the body humming along in health doesn't require an all-liquid cleanse though they definitely have their place. It's in the daily diet practices where we keep the body's detox system revved up for success.

Daily consumption of a green juice or smoothie, whole foods, proper supplementation and a move toward an active lifestyle is the best way to support the detoxification of our organs⁹. The majority of long-standing health issues clear up when we remove food that our bodies can't assimilate or process, which create and leave toxic residue. The important point is to leave behind bingeing and destructive habits to embrace healthier ones. Let's focus on clean habits and staying cleansed so we can be ready to take on life with strength.

What if some Detox Symptoms Linger?

As previously mentioned, you may experience some detox symptoms during the first couple of days to a week after sudden changes in your eating or lifestyle (this includes supplementation too.) If the symptoms continue beyond a week, or they show up after following a particular diet, then it may signal a necessary change. By working with your Health Coach, you can take steps to fill in the blanks.

Yikes! What's a Healing Crisis?

On occasion when detoxing, particularly during your first few detoxes, you may experience some symptoms. This healing crisis is also known as Jarisch-Herxheimer reaction, or herxing. It's characterized by a temporary increase in symptoms during the cleansing or detoxification process¹⁰. When these reactions occur, they're almost always mild. In some cases they are severe.

Here are some primary triggers that can cause a healing crisis or Herxheimer Reaction.¹¹

- Because we're choosing to be proactive about cleansing ourselves, the cells of our bodies suddenly have an opportunity to release an even greater than normal quantity of stored toxins, pathogens, impurities, metabolic wastes and other materials that do not belong inside us.
- Several of the body's innate pathways through which it normally and naturally eliminates toxins become overwhelmed, stagnated, and debilitated by the larger quantities of waste being released on a cellular level throughout the body. As such, the remaining pathways of exit are stressed.
- In some cases, there may also be pathogens like bacteria or yeasts that have been feasting on what we've been regularly eating. Public Service Announcement: Please do not feed the bugs or fungus! For example, candida is well known for thriving on a diet high in sugars. Candida can be starved and die when we deprive it from it's favorite foods which in turn, release toxic substances into the bloodstream.

Such die-offs tend to contribute to and intensify the problem of already compromised and overburdened elimination pathways.

The bottom line is this; the body must go through an elimination process to achieve good health. There can be some ups and downs. Symptoms, if they appear, can vary from mild to severe. Understand, the symptoms you experience are indicative of the cleansing and purifying process that's underway.

This doesn't need to be a sprint. Go as slowly as your body needs to so that your elimination is gradual and comfortable. Bear in mind that this is not an endurance contest. If symptoms become too severe, reach out

to your Health Coach. You may need to stop the detox and regroup or to reduce certain efforts.

Easing Your Way through the Healing Crisis

- Drink plenty of fresh water, juices, and herbal teas to flush the body of toxins.
- Use a colon stimulation formula to make sure that you are eliminating waste promptly. Symptoms frequently disappear immediately after a good bowel movement. Remember– Going poo is good for you! 😊
- Use fiber daily like psyllium seed husks, ground flaxseed, or oat bran to absorb toxins and send them on their merry way.
- On occasion, a good enema or colon irrigation can provide relief.
- Sometimes, rest is the best therapy. Sleep, bathing, earthing, chilling on the couch listening to good music: It's all good rest.

The Body's Modes of Elimination

Your magnificent body is innately equipped. It is made up of a brilliant and elegant interactive system of organs and processes that naturally mobilize and purge toxic materials from itself on a continuing basis. These organs are true freedom fighters designed to synergistically push out invaders.

Let's show some gratitude and love to the colon, liver, kidneys, lymph system, skin and blood! Their interconnected and interdependent teamwork get our bodies to properly function and be in health.

Unfavorable symptoms result when one or more of these pathways becomes sluggish, congested, or overwhelmed. Let's look to our liver again. If it's congested (especially during a cleanse), we may experience

some skin eruptions like an adult acne or a rash. While we are following a detox protocol, it's possible to experience constipation, flu symptoms like swollen lymph glands, a sore throat, or perhaps a cough or lung congestion¹².

Here is the game plan. Along with the help of your Health Coach, you will support your organs, gently moving your health forward in the right direction by offsetting any toxins that are slowing down your body's progress or vitality.

Supporting the Body's Detox Pathways

We can opt-in to better health by being proactive and employing various holistic methods. Obviously the body is a true star, but there are times our detoxification organs and pathways need a little support in cheering on what they already do well. Let's go for optimal. Let's mobilize our body into deeper healing by offloading toxins and waste.

The following recommendations are helpful while engaging in detox or maintaining it. Often, these go-to practices help alleviate discomfort. Your Health Coach can help guide you to more clarity if need be.

Poop Envy

Keeping the bowels moving during any detox/cleanse is crucial. Three of the best ways to help get things moving if constipation is a problem include taking supplemental magnesium, a clean source of fiber, or a source of Vitamin C (not synthetic acid.) Later on, you'll have more opportunity to read holistic therapies that help the poo and it's toxins exit peacefully. Stay tuned. It's sure to be a moving experience for you.

Activated charcoal

Activated charcoal, when it's ingested, is well-known for its powerful ability to safely draw toxins, pathogens and wastes into its massive surface area, hold them fast, and efficiently remove them from the body right along with the feces during a bowel movement. It's a favorite for many walking through detox because it's a champion for those who desire to de-bloat and de-gas.

Bathing without the Bubbles

If you feel achy, constipated or outright horrible, take a bath. We'll highlight more on bathing in the next chapter but this is always a safe, effective means for helping eliminate symptoms. If you don't feel like actually bathing your entire body, a foot bath can also be helpful. Draw some warm-hot water, throw in some Epsom salt and baking soda and say "Ahhhh!"



Liquid Love

Daily consumption of plenty of water, lemon water, green juices, smoothies and shakes are ideal in supporting the body's detox pathways. How? By actually reducing the consumption of toxic or unhealthy substances through a change in diet.

Think about ongoing, long-term health. By pursuing healthy habits on a daily basis like drinking a green smoothie, embracing whole foods, and moderate exercise we successfully support detoxification.

Chapter 4

Help the Body Overcome with Holistic Therapies & Practices

"The doctor of the future will give us no medicine, but will interest his patients in the care of the human frame, in diet and in the cause and prevention of medicine." ~ Thomas Edison

You need direct, not-tiptoe-through-the-tulips information. You want your body to overcome with flying colors.

To help your body overcome, we'll be examining at the following holistic practices to clean, shimmy and shine your incredible healing machine.

- Colon Hydrotherapy
- Enemas (Really, you'll be fine. Pinky promise.)
- Dry Brushing
- Rebounding
- Grounding/Earthing
- Massage Therapy
- Breathing
- Essential Oils/ Aromatherapy
- Sweat it out- Saunas & Bathing
- Bath Time
- Food Therapy

Colon Hydrotherapy (Colonics)

A word to the wise, if laughter is the best medicine then it's only logical to make your healing journey the butt of many jokes. Yes, bad puns intended.

Say goodbye to autointoxication. It's time to remove unwanted waste. Literally.

Good health is linked to a happy colon. Our bodies are more interested in its vital internal organs. What our system is designed to do is push toxicity from the internal organs and out the colon. However, when our body loses its flow, gets clogged or backed up, we become septic. Toxins stick around, wreaking havoc on the body's systems.

Think about this. We give our outer body a shower to be clean. So doesn't it make sense to cleanse the inside?

Irrigating the colon through colonics and enemas helps to remove poisons of impacted, decaying, fermented and putrefied foods¹³. It prevents the colon from recycling that crud into your blood.

Colon Hydrotherapy brings about a healing flow comparable to a river versus a stinky sludge-like swamp. As the sewage system begins to regain full functionality, we invite our bodies to heal. As the body begins to easily and effectively eliminate waste, it also absorbs and allocates more nutrients.

Here are some answers to the most common questions regarding Colonics.

Is it painful?

Generally, no. Sometimes during therapy the colon muscles can quickly contract. The contraction may feel like cramping or gas with pressure in

the rectum. Most first timers claim to feel lighter and more relaxed afterwards.

Will I be embarrassed?

There's no reason to be. Colon Therapists are some of the kindest, most supportive, nurturing people on the planet. Even though your rump is indeed special, it's not the first hiney they've seen, nor will it be the last. The entire time you are treated, you're completely covered except for the quick insertion of the tube that remains there during the procedure. When you receive a closed-system colonic (always do so!), the tubing carries water in and waste out. There is no smell or mess.

How do I prepare?

Forgo eating two hours before your appointment. Days prior to a colonic, try eating smaller meals or opt for fruits, vegetable, shakes, smoothies and green juices. After you've completed a few colonics you can really impress your Colon Therapist by preparing your gut and colon for an abundant release by using Slippery Elm or adding a little Fibergy to a shake or smoothie. This contains psyllium so only use a teaspoon. Drink plenty of water and consider having some probiotics and soaked chia seeds to move out waste like Storm Troopers, or in this case, angelic Storm Poopers.



How many sessions of colonics do I need?

It depends. Think of it this way. If you have avoided restaurants, sodas, sugar, wheat, soy and corn for most of your life while eating an all organic, plant-based diet, then one or two colonics can suffice. However, if you have 30 years of eating SAD (the Standard American Diet), imagine

the build up of gunk! Most likely you'll want to continue cleaning the gunk in your trunk and help the body cleanse at a deeper level. Right?

Many of us have ten or more pounds of impacted poo in our colon. Yes, you read poo. Your individual condition determines how many sessions you need. After you reach a place of health, maintenance is advised. You won't desire to go back to where you were and perhaps a colonic every 3 months or an occasional enema can be just the trick for staying on track.

While this is quite engaging, we need to keep things moving along; so onto enemas we go!

Enemas

While enemas aren't a popular topic of discussion at the dinner table, we really need to cover this amazing little procedure. What's great about it is that it can be done in the privacy of your own home.

Like colon hydrotherapy, an enema administers liquids into the rectum and colon. Enemas assist and support our bodies with hydration, elimination, and congestion¹⁴. They are most effective when engaging in a natural detox/cleansing program.

There are two types of enemas- cleansing and retention.

The **cleansing enema** is held for a short period of time until our natural peristaltic movement eliminates both the water and the loose fecal material. This simple type of enema is used to gently wash the colon. While lying on our left side we administer a cleansing enema by reasonably filling as much as our body can receive with distilled water.

The **retention enema** is held in the body for approximately 15 minutes, and sometimes longer. For example, the famous "coffee enema" is held

for a suggested 15 minutes. This was made popular by Dr. Max Gerson with treating cancer patients. Coffee enemas open the bile ducts and increase bile flow, helping to rid the liver of impurities¹⁵. When using a coffee enema, hold the sugar and cream, please. (Just making sure you're paying close attention.)

The coffee enema is administered after a few water fills have been completed with a release. You will lay on your right side when administering the coffee enema. Juicing is an important follow up to coffee enemas to add minerals and electrolytes. This helps you avoid sluggishness and greatly increases energy.

Another type of retention enema that is an even smaller amount of liquid is called an **implant**. An implant is fully retained until the next bowel movement. An implant holds less than a cup of distilled water mixed with probiotics or something green with chlorophyll like wheatgrass. What more could you want than some healthy bacteria and added greens to increase oxygen to the body? (Note: on some rare occasions wheatgrass has caused some reactions to those who are highly allergic to wheat.)

Below are a variety of cleansing enemas:

- Apple Cider Vinegar (ACV) in Water- Helps with viral conditions and clearing mucous from the body¹⁶.
- Catnip Tea - Relieves congestion and constipation. It can also be used to help reduce a high fever.
- Lemon Juice - Cleans the colon of fecal matter, improves the pH levels with greater alkalinity to aid in detoxifying the body.

Examples of retention enemas:

- Coffee - A good organic breakfast blend, not decaf or instant. Better yet, a green organic coffee to stimulate the liver and gallbladder to release toxins.
- Chlorophyll/ Wheatgrass- Directly oxygenate your bloodstream and provide a shot of energy thanks to quickly absorbed nutrients found in these greens.
- Probiotics - Perfect for candida and other yeast infections. Add healthy bacteria into your colon.

As you've read, each enema is administered slightly different. Results for each should provide you with a moving experience and more energy. If you still have questions about this, there are great resources to help you along. There's nothing to fear but toxic poop itself!

Dry Brushing

Our skin is our largest organ and a complex system made up of nerves, glands, and cell layers. When our skin is healthy it serves as a buffer to help protect our body from extreme temperatures and chemicals. Our skin plays a supporting actor role in optimal detoxification. Sadly, if it is overrun with toxins or dead skin cells, it becomes challenging for it to efficiently eliminate waste from our body.¹⁷

Enter dry skin brushing. Visualize the Karate Kid's "wax on, wax off," only with different strokes. Brushing sloughs off dead skin cells while also activating waste removal via our lymph nodes. It boosts our circulation, and exfoliates the skin.¹⁸

How to Dry Brush Your Skin

Use a high-quality dry brush with bristles made from natural materials. Choose a long handle brush to get to hard-to-reach places.

For best detox results, dry skin brush daily before a shower or bath. A brushing session may last from two to ten minutes.

When brushing, always brush toward your heart, which is best for the lymphatic system and blood circulation. Brush your entire body including the soles of your feet. From your feet, you may make small circles or longer strokes up your legs, then to your arms, chest, back, and stomach. Remember, all brushing moves toward the heart.

Brushing Chart

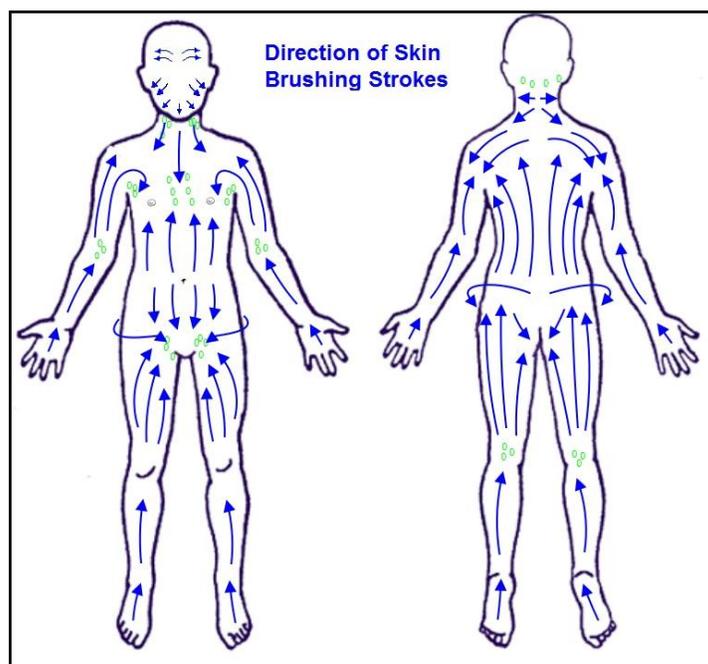


Image Credit: www.flowingfree.org/discover-what-skin-brushing-can-do-for-your-health-and-complexion/

Please Note: Dry brushing is not scrubbing. Your skin may become pink after brushing, but never irritated or red. The purpose of dry brushing is to keep the largest organ in your body “open” 24/7 for detox business.

While it will be nice to get compliments on glowing skin, it's even more important to feel your best.

Rebounding

In holistic health circles, rebounding is often referred to as "lymphasizing," a great way to gently support the detoxification of the lymphatic system by removing excess fluid. Rebounding happens on a mini-trampoline. To benefit from rebounding, your feet don't need to even leave the mat. You can simply shift your weight. If you require balance support, you can purchase a rebounder with balance bars.

Rebounding creates an increased G-force resistance (gravitational load) and positively stresses every cell in our body. As a result, it strengthens our entire musculoskeletal system; (bones, muscles, connective tissue, and organs included).¹⁹

Rebounding is one of the best exercises we can do because it is very low impact and allows us to jump and aerobically exercise in longer intervals than we can while on the ground. We can accomplish much more without tiring or creating harmful oxidative and adrenal stress²⁰.

Years ago even NASA shared about the positives of rebounding. It reported that the acceleration and deceleration of rebounding provides benefits on a cellular level, and at a greater rate than other forms of exercise like running²¹. Sounds like a good deal, right?

Here's something you may like even better. Certified Lymphologist, Dave Scrivens shares that twenty minutes of rebounding is equal to one hour of running for cardiovascular workout²². This is not a promotion of laziness but rather a highlight of efficiency.

We are all at different wellness and fitness levels. Some are ready to full-on “Tiggersize”. However, if you are too weak to jump at this time, begin by sitting on the rebounder and bounce gently in a seated position. There is no shame in starting small and working up to more. Start slowly with the health bounce whether seated or standing. As your body heals, scale up to jumping for strength building and aerobic stamina.

In the morning create a routine for rebounding 5-10 minutes with the health bounce after having warm lemon water. If you don't have a mini-trampoline yet, stretching and breathing exercises, walking and swimming are other great options. When you're able to get a rebounder, do it as soon as possible.

Toward the end of the day, consider rebounding again for 10-20 minutes. You can do this while listening to some great music, or watching something inspirational. Obviously twice a day may be a challenge. Just remember, do what you can and do your best.

Grounding/Earthing

“It is possible that there exist human emanations which are still unknown to us. Do you remember how electrical currents and ‘unseen waves’ were laughed at? The knowledge about man is still in its infancy.”

~ Albert Einstein

Earthing, also referred to as Grounding is an ancient health practice that is regaining our attention in a modern world where chronic pain, inflammation, stress and fatigue are rampant. Way before trains, planes and automobiles, we walked barefoot or in breathable footwear. Before

comfortable beds and homes, we slept on Earth's surface. Unknowingly, this simplicity provided great benefit.



Today, many of us experience a lost connection between our body and the Earth's natural flow of electrical energy and electron deficiencies. So guess what, Earthling? It's probably time to reconnect and become more grounded!

Perhaps you're wondering, is it time to take a camping trip into the wilderness? While that's not a bad idea, Lil' Camper, the recommendation is easier than packing up a tent, and chasing butterflies in hiking boots. Quite the contrary.

The concept of Earthing involves us going barefoot. By removing our socks and shoes while sitting, standing or walking barefoot on the ground we're reconnecting our electrical body to the oldest, free-of-charge anti-inflammatory treatment available. It's remarkable that Earthing naturally protects the body's bioelectrical circuitry against static electrical charges and interference²³.

Think of it like this. We understand we need Vitamin D, something our body assimilates through sun exposure. We also need "electrical nutrition" in the form of electrons that we receive from ground exposure. Think of this as Vitamin G. The G stands for Ground and feel Good.

There are also other ways you can ground yourself without venturing out on your front lawn to sleep (seriously, explain that to the local authorities). There are Earthing products like bed sheets, blankets, or mats.²⁴

Such products are linked by wire to a grounding rod outside of a home or plugged into an electrical outlet so you may receive the same benefits of going barefoot.

Understand that Earthing research doesn't claim to cure diseases or health conditions. Rather, it explains how we may reunite with the natural electrical signals from Earth that govern all living creatures that dwell on it. It restores our natural internal electrical stability and circadian rhythms.²⁵

Guess what? The Earth-body connection stimulates a normal functioning cardiovascular, digestive, immune and respiratory system.

Earthing helps remedy an electron deficiency to reduce inflammation, the underlying culprit of disease. This simple therapeutic practice can empower our nervous system from a stress-dominated mode to one of calmness, better sleep and greater wellbeing.²⁶

Massage Therapy

When it comes to healing and wellness, massage therapy is a favorite. While it can be relaxing, it also aids our body in the removal of toxins. There are over 200 types of massage therapies;²⁷ you'll be briefed about few.

Our lymphatic system is one of the main elimination systems that plays an integral part in the detox process. It carries hormones, proteins, and fat to the cells while eliminating all sorts of toxins from emotional

residue, electromagnetic pollution, chemicals and stagnant flow. It carries responsibility for absorbing nutrients and regulating the waste disposal system in our body. A gentle yet powerful therapy for aiding the lymphatic system is **Lymphatic Drainage**.

With lymphatic drainage a variety of neurolymphatic reflex points are repeatedly pumped and gently kneaded to clear toxins and other unwanted substances from the body while increasing the flow of the lymph. Its simplicity and contribution to well-being puts the discipline of lymphatic drainage for detoxification in a valuable position for increasing health.

Swedish massage is the most popular massage in the Western Hemisphere. Swedish massage enhances our immune system, strengthens the muscles and connective tissue. If our muscles are relaxed, then our body is far more likely to detoxify and cleanse.

Swedish massage can simultaneously increase oxygen levels, while helping with relaxation. As Swedish massage logically reduces stress, our organs including the digestive system and gastrointestinal tract, are encouraged to perform at optimal levels. In regard to massage, why not allow a capable therapist to work wonders toward your wellbeing?

Thai massage works our entire body. It's a more invigorating massage than most, as the therapist deliberately manipulates the body, moving it into stretching-like exercises. The therapist uses every part of his or her body—hands, knees, legs, and feet—to not only stretch you but also apply pressure on your muscles and loosen your joints. Some even get walked on!

New to massage? Begin with a Lymphatic Drainage or Swedish massage. You will assist your healing journey in the hands of a professional.

Breathing

Breathing is often overlooked and yet the simple practice of deep breathing can bring about great detox benefits to our lungs as absorbed oxygen in our bloodstream increases our energy levels and speeds along healing. It also helps transport lymph around our body.²⁸

Deep breathing unleashes gentle detox. Lymph is the clear fluid filled with immune cells that carts these cells around the body's vessels, drops off nutrients while removing cellular waste and taking down pathogens.

Good news. We don't all need to be serious athletes to benefit from exercise and lymph flow. Sure, it is best to incorporate slow movement exercise like stretching, however, deep breathing helps eliminate toxins and increase lymph flow.

Deep breathing is good. Deep breathing with exercise is even better. While you're healing, do the best your body can manage. One more thing, deep breathing is a great help in lowering stress and anxiety levels (cortisol), and helps to reduce insomnia.

How deep breathing is done (no, it's not like Darth Vader):

Inhale slowly through your nose from your abdomen as deeply as you can. Hold that breath for ten seconds and release through your mouth.

Practice deep breathing exercises 2-3 times a day (especially when you may feel stress and right before you go to sleep).

My nurse friend, Terry, advises to focus on the following helpful phrases during breathing exercises. "Breathe in the peace of God." "Breathe out the

cares of the world." I believe this simple practice centers me in the greater picture of life and that God is with me. My hope is the same for you.

Essential Oils/ Aromatherapy

Essential oils are not new on the scene in holistic health practices. In ancient times, history has shown that Cyprus, Egypt and Pompeii were some of the first cultures to use distillation methods as far back as 3500 B.C. Later this wisdom reached Hippocrates, who harnessed aromatherapy to enhance massage techniques. Around the same time, China and India began utilizing essential oils.²⁹

There are a variety of ways to utilize the extractions of plants and flowers. "Essential oils are extracted directly from the bark, flower fruit, leaves, nut, resin or root of plant or tree."³⁰

The use of pure essential oils can be used to enhance mental and physical wellbeing. Please note, unless you are working directly with a professional in essentials oils, do not ingest them. Only use them topically via bathing, compresses or salves or inhale the botanical extracts by using a diffuser, simmer pot or aromatherapy lamp. These simple uses are still very beneficial.³¹

Certain essential oils like lavender are associated with helping the brain release serotonin creating a calming effect to address feelings of anxiety or stress. Citrus essential oils uplift the spirit and help bring about greater mental clarity. Peppermint may be the most versatile essentials oils known to help alleviate headaches, and indigestion and stomach issues.³²

Because essential oils are growing in popularity, there are some companies rushing to join the bandwagon for profits. Be wise when you

buy. Find oils that are 100% pure plant extracts without fake fragrances or chemical reproductions as the effectiveness of it providing health benefits plummet when the products aren't pure.

Sweat it out- Saunas and bathing

Saunas

The skin has an impressive ability to assist organs in elimination. Detoxing through the skin can be a game-changer. For centuries this purification process has been found throughout multiple cultures. From Finnish saunas to Native American sweat lodges (not recommended), sweating with purification in mind has been in practice for centuries.

Sweat is a crucial elimination route for toxins. In today's world, the majority of people have been exposed to toxic chemicals and heavy metals like zinc, copper, nickel, cadmium, lead, manganese, and mercury. Sadly, our skin is very underutilized even as a major organ for elimination.³³

Sauna treatments are helpful because with repeated use they can slowly help restore the skin's ability to rid the body of toxins. By inducing a fever through the use of a sauna, the body's defense mechanism and healing forces literally get heated up, producing profuse therapeutic sweating.

Toxins are released through both perspiring and the intestinal tract. According to Dr. Sherry Rogers, sauna usage is favored because it helps remove fat-soluble chemicals from the body by promoting elimination through our skin's sebaceous and sweat glands.³⁴

Sauna safely

Saunas are known to be a safe and powerful method for eliminating addictive drugs, radiation, and environmental toxins. The infrared sauna provides a more pleasurable experience for many people and is more effective for detoxification than the dry sauna.³⁵

Most people can benefit from sauna treatments. Just keep these helpful pointers in mind.

- Be hydrated before undergoing treatment.
- Take a quick shower before heading to the sauna in order to open pores and encourage sweating.
- Ease into sauna use. Never go past 30 minutes at a time.
- Sit or lie down for a minimum of 10 minutes. It's okay to get out, shower off and go in for another round. This will prevent reabsorption of toxins.
- Take a cool shower for the grand finale to wash off any toxic sweat.
- After the treatment, be sure to replenish electrolytes with coconut water or by taking 500-1000 mg of magnesium or an overall multi-mineral supplement to replace the essential minerals that were lost by profuse perspiration.

Saunas are reported to improve circulation and relieve internal congestion. Bacteria, viruses and tumors can be destroyed when the "heat is on." Beyond this, an infrared sauna can penetrate deeper than a traditional heat sauna, which speeds along healing and improves oxygen levels.³⁶

I'm personally a fan of the far-infrared sauna because it can produce two to three times the amount of sweat that a conventional sauna can, due to operating at lower temperatures, the heat penetrates deeper. If high heat saunas are a challenge for you, try the lower heat, far-infrared sauna. It's also better for people with fragile health or cardiovascular risk factors since the lower temperatures don't dramatically elevate blood pressure and heart rates.

Sauna treatments can stimulate the metabolism, support the nervous system and blood circulation, reduce stress and increase overall wellbeing. Lastly, sauna treatments provide time to detoxify while praying, meditating, or releasing any fears and negativity so you can and focus on what truly matters.

Bathing

Therapeutic bathing is a practice that is centuries old. We have a lot to learn about relaxing and wellness from the Roman and Japanese cultures and their glorious bathhouses.

Many of us find bathing too time-consuming. Others like me cannot wait for their next tubby time. I propose that wherever you fall on the "bathing is important" continuum, consider the following. The Journal of Complementary Therapies in Medicine found that soaking in warm water daily for 8 weeks is more effective at reducing anxiety than a prescription drug.³⁷

It was not until I lived in Japan and frequented its bathhouses that I learned of the numerous styles of bathing. There were aromatherapy baths, green tea baths, coffee baths. You name it, I bathed in it. It was a far cry from my plain 'ole water bath or Mr. Bubbles special.

Each bath has specific additives to support wellness in addition to relaxation. For this handbook, our focus highlights baths that are specifically designed to help your body detoxify while also de-stressing.

Detoxifying baths can be taken two to three times per week. This helps most people to keep elimination channels open while gently encouraging the detoxification process on a regular basis.

Baking Soda Detox Bath

Dissolve 4 cups of aluminum free baking soda³⁸ into a regular sized bathtub of delightfully, hot water. Take care that the water is not scalding. If you have an oversized tub, add more baking soda. Remain in the bathtub until the water begins cooling. You should be relaxing for approximately 30-45 minutes. Do not rinse after the bath – simply towel dry.

This bath is beneficial to neutralize acidity and alkalize the body, thus helping regulate the pH level. It also helps support swollen glands and digestive issues.

Epsom Salt Bath for Detoxing

Dissolve 2 cups of Epsom salts in a regular sized tub. Add more if the tub is oversized. The temperature should be comfortably warm but not overly hot. Soak for 20-30 minutes. Rinse and towel dry.

The scientific name for Epsom salt is magnesium sulfate. Magnesium and sulfur are critical nutrients that can be challenging to absorb from our food. Therefore, soaking in Epsom salt helps to overcome this problem because the two minerals quickly absorb readily via the skin.

According to the Epsom Salt Industry Council,³⁹ a simple soaking can ease muscle pain and eliminates harmful substances from the body,

support heart and circulatory health, and help lower blood pressure. These also encourage nerve function by promoting proper electrolytes regulation.

Epsom salt baths are great for overall health maintenance or to alleviate bruising and sprains. Bathing in Epsom salt also furthers detoxification of residual drugs, like anesthesia that remain in the body post-surgery.

Sea Salt and Baking Soda Detox Baths

Dissolve one pound of sea salt or rock salt⁴⁰ and one pound of aluminum-free baking soda into a standard-sized tub of water. Add more if the tub is larger. Add toasty hot, yet not scalding water. Remain in the bathtub until the water has cooled. This takes 30-45 minutes.

Dry off with a towel after bathing. Do not shower or rinse. It's highly probable that you will feel tired or sleepy taking this type of a bath, so it's best to do it before bed if possible.

This therapeutic bath is excellent for exposure to environmental radiation, x-rays, TSA airport screenings or flying.

Apple Cider Vinegar (ACV) Detox Baths

Add 2 cups of pure apple cider vinegar into a standard-sized tub of tolerably hot water. Add more ACV if the tub is oversized. Remain in the ACV bath until the water begins cooling. Towel dry and avoid showering for eight hours.

This overall detoxifying bath is great for addressing muscle aches and pains. It is also a helpful bath and the best detox choice for candida issues that affect the skin. ACV bathing helps return the skin to a more

optimal, slightly acidic pH which creates a challenging environment for candida to live and grow.

What is also great about an ACV bath is that it draws excess uric acid from the body. Uric acid is created when the body breaks down substances called purines in certain foods and drinks. Most uric acid exits through the kidneys in urine, but some people who have issues like gout can have problems with excess levels.⁴¹

Apple Cider Vinegar bathing can provide relief for those with arthritis, bursitis, gout, joint problems, or tendonitis. ACV bathing is also helpful for those with excessive body odor problems.

Word to the Wise

For optimal effects, do not mix ingredients from different bath recipes. You can add ten drops of 100% pure essential oils⁴², this would be okay.

Food Therapy

Even though we are designed with precision and absolute wonder; we still cannot survive, let alone thrive, without proper nourishment. We cannot ignore or deemphasize consuming beneficial foods as a healing practice.

Sadly, our modern world has led us to such busy lives that food preparation is often sacrificed in order to pursue other tasks. We tend to go for what is convenient, packaged, carry-out, or simple open and serve without giving much thought to the food's nutritional integrity. Often, it's just fake food, deplete of nutrients.

While the "speed for feed" has helped many of us advance in other areas of our lives, there is a price our bodies pay. We become structures

devoid of life-sustaining nutrients. The fake food or “food-like products” lead us astray from feeling our best. “Food” with extended shelf-life and robust flavors often consisting of highly processed corn, soy and wheat fail to extend our lives. Artificial colors, chemicals, preservatives are not real food. Until we realize this is not part of a natural eating plan, we may not lay hold of the health we desire.

Go For Real Food

When possible, buy organic, local and seasonal. Keep it simple. If you have the opportunity to buy your food from a Farmer’s Market, great. If not, do your best and stay on the outside perimeters of the grocery store. Actively pursue helpful fruits and vegetables in the produce section.

Make it your mission to try something new from the produce section. When we turn it into a game we enjoy the journey.

Search for recipes that can show you how to healthfully prepare produce; or simply use your diet handbook to get started. Be *that* person at the check out stand that people turn to and ask, “What is that and how do you prepare it?” Then pipe in and say something like this, “Oh this? It’s ginger root, an edible anti-inflammatory. Its popular benefits include aiding digestion and overcoming nausea. I personally like the taste of it in lemon and honey tea, or in juices and smoothies for a nice kick of flavor. I also like ginger in a tasty stir-fry or in chopped salads, and especially added to chicken soup.”

The real adventure cannot be found inside of a cereal box or can of creamed corn. The real adventure is found in wholesome foods that bring nutritional benefit with rich flavors. Opt for healthy foods that are free of synthetic substances like pesticides and growth hormones.

We need to think about what we are placing in our bodies. We cannot be slaves to SAD and MAD (the Standard American Diet and Modern American Diet). It's time to join the resistance. Our bodies deserve better.

It's time to think about how marketing plays a role in making you hunger or thirst for nutritionally empty foods and drink. Let's look at soda, for example. "After drinking soda not only will you have a distended colon and an insulin rush but you will also reduce your IQ level, invite brain fog, and throw your body into toxic stress."⁴³

It's time to sock it to 'em! Yes, sock it to the mass producers of fake foods. Let's show our bodies a little R-E-S-P-E-C-T. Let's move and groove with food that can help us thrive.

Chapter 5

The Case for Nutritional Supplementation

You might wonder why taking supplements are necessary. After all, most of us have heard from our doctors comments like this: “vitamins just create expensive urine,” or “most of that is snake oil, it’s not real medicine.”

Also, most of us have heard the scientific community say we can get all the nutrition we need from our food, right? At one point in time, this was generally true. Sadly, times and farming practices have drastically changed.

Today nearly all of us purchase food from the grocery store. If, in fact it is fresh and not processed, it was grown through commercial farming. The majority of commercial farming relies on pesticides and herbicides, which I submit, slowly induce chemical homicides.

However, if you are in the small percentage who live on an Israeli Kibbutz or own your own farm where you grow and raise *all* organic food, you’re one of the few who may actually benefit from receiving all the nutrients you need. If you are not part of this small percentage, then nutritional supplementation can greatly support your body’s health.

Even modern science has joined the bandwagon supporting nutritional supplementation. In 2002, the Journal of the American Medical Association reversed its longstanding anti-vitamin policy. The authors, Drs. Fairfield and Fletcher, noted that, “Most people do not consume an

optimal amount of all vitamins by diet alone.” They continue by sharing “from randomized trials, it appears prudent for all adults to take vitamin supplements. The evidence base for tailoring the contents of multivitamins to specific characteristics of patients such as age, sex, and physical activity and for testing vitamin levels to guide specific supplementation practices is limited.”⁴⁴

“Our main weapon against disease is our body– its defensive and immune systems. Most modern medicines only provide a crutch while the body does the healing.”⁴⁵ Therefore it only seems logical to feed the body with essential nutrients so it can properly function.

The research is now leading us to a logical conclusion. By providing our bodies with the vitamins and minerals and other nutrients it needs to function, we have greater resistance to disease and more fortitude in coping with or kicking illness to the curb.

Bring on the Best You Can

Not all supplements are created equal. There is a growing trend that is leading us back to nutrition. Many of us have personally experienced our doctors’ limitations in helping us heal. We see the prescriptions they write masking symptoms or carrying too high a price to take with side effects.

We sooner bypass living in a chronic or critical state rather than depend on multiple prescriptions. We want real solutions to serious problems.

The body is naturally designed to overcome infirmity when it receives the support it needs. Here’s a tip. Do not compromise your body to the lowest bidder. The cheaper supplements found in the market are cheaper for a reason.

High quality supplementation may cost more, but there is a value to it. It's the difference to staying at a run down roach motel (think minimum Recommended Daily Allowance, RDA's for preventing scurvy, rickets or beriberi) to that of a nice 5-star hotel (optimal nutrition that helps reinforce the immune system). Sometimes we rather pay less but we regret it when we take the cheaper option, and wake up next to a cockroach.

It's highly improbable that you're battling scurvy or rickets. What is happening in today's modern world is chronic or acute inflammation, or stress in the body that needs nutritional supplements that are beyond antiquated RDA levels. What we need are supplements that are balanced and complete. We need to reduce inflammation that is caused by free radical damage. We need "antioxidants working in different areas of the body and are designed to neutralize different kinds of free radicals"⁴⁶

Let's look at why supplements vary in quality.

The supplement industry is unregulated. The FDA considers all nutritional supplements as food. What does this mean to us? That there is no guarantee that what is on the label is actually in each tablet. Here's good news.

The nutritional supplements you'll be taking are actually made with Pharmaceutical-Grade Good Manufacturing Practices (GMPs). What does this mean? It means quality. Very few companies manufacture products according to GMPs. When GMPs are followed, there's an assurance that the raw ingredients purchased to manufacture the tablets follow the same quality control that a pharmaceutical company

does. If a label reads that each tablet contains 500 milligrams of Vitamin C, there is no doubt.

Before I had any understanding of nutrition, I was shopping “buffet style” at the local health food store. Choosing a little of this supplement and a little of that; never feeling or sensing any improvements. You can rest assured that the nutritional supplements recommended to you are developed and manufactured by a company that understands how to provide your cells with the nutrients they need in a complete and balanced way.

A high quality nutritional supplement manufacturer will also follow USP standards: the abbreviation for U.S. Pharmacopoeia. Government guidelines ensure that these supplement tablets and capsules will properly dissolve and be absorbed into the body.⁴⁷

Hippocrates said, “Let thy food be thy medicine and thy medicine be thy food.” It makes a lot of sense. However, we need to keep in mind that this Greek Physician died in 370 BC. The soils and growing of foods have greatly changed. This is why our foods don’t give us the same density of nutrients. Please take this challenge. As you heal, make wise food choices, and take quality supplements.

There is a fallacy in comparing taking supplements to taking prescription drugs. Often prescription drugs bring an immediate alleviation to a symptom. Allow for a minimum of six to nine months to build the body’s natural defenses. Sometimes, an introduction to supplements creates a fast and noticeable improvement. Other times, and like my own personal experience, it can take longer. Do not throw the towel in early. Stay the course. Your body is resilient and can respond in a positive manner when it receives balanced and complete nutrients at the cellular level.

One last thing, good supplementation isn't about replacing a healthy diet.⁴⁸ Continue to eat as well as you can, especially fruits and veggies. Once you are balanced, strong and whole again, it's okay to splurge a little, especially when that splurge includes chocolate! Of course, solely for the antioxidant benefits it brings.

Chapter 6

Planning Means Success: A Day in Your Life

"Do the best you can until you know better. Then when you know better, do better." ~ Maya Angelou

We've all heard or read somewhere that it takes 21 days to formulate a new habit. It can feel overwhelming when we begin to put into place more than one change.

Small incremental changes help bring about big results. Keeping this philosophy in mind, you are being provided with a simple, yet powerful way to track your healthy habits.

This is this daily guide to help you create healthy habits once the detoxification phase is completed. Because you have individual needs, there may be some empty blanks for you to fill in while you and your Health Coach work together.

Upon rising

- Drink warm lemon water to help alkalize the body
- Get moving- This may include dry brushing, walking, stretching or rebounding
- Drink more fresh water
- Drink something green, preferably a green juice or water with chlorophyll drops

Breakfast

- Enjoy a smoothie or protein shake or a healthy breakfast from your diet handbook
- Take supplements

Before Lunch

- Drink water, infused water with fruit, or a probiotic drink like kefir or kombucha

Lunch time

- Eat what fuels you. Go for anti-inflammatory choices
- Take digestive enzymes if needed

Before Dinner

- Drink water
- Get Moving- This may include dry brushing, walking, stretching or rebounding

Dinner

- Eat a small meal or have a smoothie, shake or soup. Take something simple to digest so your body can work on healing and resting throughout the night
- Take digestive enzymes if needed
- Take supplements at dinner or right before sleeping

Wind down

- Unplug from electronics 90 minutes prior to sleeping
- Therapeutic bathing or sauna (3 times a week, not daily)

Upon Rising	Breakfast	Before lunch	Lunch	Before dinner	Dinner	Wind Down
Drink warm lemon water	Healthy Food	Healthy Hydration	Healthy Food	Hydrate	Easy-to-digest meal	Unplug 90 mins
Get moving	Supplements		Enzymes if needed	Move the body	Enzymes if needed	Bathing or Sauna
Drink fresh water					Supplements or at bedtime	
Drink green						

Chapter 7 Planning Your Future

Vision

Illness has a way of bringing us to our knees. Often it's accompanied by pain, isolation and despair.

I want to offer up a challenge. I believe your body can be healthy and whole. It's resilient. You're resilient. Perhaps you are familiar with this proverb, "without a vision, people perish."

Therefore, take some time to write out a vision. If the word 'vision' seems daunting, insert the word 'goal' instead. Begin simply by filling in the space below. Take all the time you need. Be as elaborate as you like. Once this is complete, make sure to place it where you can see it multiple times throughout the day. This is your compass.



It's best to assume you are completely healed, agree? "Yes" is the answer!

Personalized Vision/Goals

Because I feel so healthy, I can see myself enjoying life to the fullest.

I have always wanted to _____ with _____ ...

Now head to the Internet for some images, or find a magazine you can cut up. Put together some images that represent your vision/goals so that it is burned deeply into your mind.

Here's an experience from my own healing story long before I heard of vision boards. My maternal grandmother was adventurous. She was a hard working woman and after she retired, she began travelling internationally. On one of her trips she went to Egypt, she had a picture taken atop of a camel with the pyramids of Giza in the background. Something in me always lit up when I saw that picture.

As I found myself in bed 10-12 hours a day to simply function, I felt inspired by God to tape the picture of her, atop that camel, on the wall right in front of my bed. I would stare at that image and imagine the joy I'd experience traveling the world and interacting with these desert animals. Her smiling image became so engraved in my conscious and subconscious that it stirred up hope deep within me. As my body was overcoming, this image served as a future projection of where I would be one day even when things seemed impossible.

Now, I cannot begin to tell you how it all worked, but I do know having a vision as corny as a camel, empowered each step back to health. To this day I am happy to report I've ridden a camel with the Bedouin people of

Petra, Jordan; I've ridden among the locals of Cappadocia, Turkey; I've trekked across the Sahara in Morocco and camped inside of tents; and I've enjoyed a short ride just outside of Jerusalem, Israel. While I haven't made it to the pyramids of Giza, the vision of following my Grandmother and her camel's footsteps helped guide me straight into wellness and the adventures behind it.

I'm not sure what yours will be, yet I know you have a vision in your heart, whether it's simple or grandiose. Write down your vision. Make it plain. Allow it to be sealed in your heart and serve you.

Take inventory of the important things

It's never too early or too late to gain insight and depth into our own life experience. Often time illness has a gift that we can't see unless it's pointed out or we look for the silver lining.

Recovering from poor health allows for reflection and direction with how we truly desire to live the rest of our life. It takes courage. And yet if faced honestly, it brings renewal and restoration.

Below are a few questions to help you take inventory of what you want to create from the "gift" of the illness you're now overcoming.

- Is there anything I need to "let go of" or "clear up" to be more peaceful?
- For what and whom am I most grateful? Am I expressing this gratitude?
- What brings me joy?
- What have I learned of love, vulnerability and intimacy?
- What have I learned of faith, strength, and compassion?

- How would I like to express my true self? How can I do that now?
- What wisdom and values do I wish to share with those I love?
- How do I want to grow and develop as a person?

Go there! It's healing.

Hope in the present brings power to the future. Look at this exercise as a personal manifesto. It's your opportunity to take life by the horns, to relish what matters. This is about your legacy. While you plan to live now, and live large, the gift of saying goodbye to illness is offering up the gift of saying hello to life. Now let's do this!

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*Beloved, I pray that you may prosper in all things and be in health,
just as your soul prospers. ~ 3 John 1:2*

Medical Disclaimer: Yes, my attorney threatened I post this everywhere. I'm not a medical doctor, nor do I play one on television. I am not offering any medical advice. The statements in this handbook have not been evaluated by the Food and Drug Administration. This is not intended to diagnose, treat, cure, or prevent any disease.

Take responsibility for yourself. You'll be glad you did. Educate yourself in truth. Remember, science was created by humans. Our current world is now mostly humans employing science instead of God. For your health, let's not go after treating symptoms but rather eliminate what causes them. Seek the truth; find the freedom.



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