

## 7 Steps to Healing

### 1) Appropriate Lifestyle and Proper Diet

#### *Lifestyle*

- Enhance your spiritual/religious life.
  - Lower stress (increase fun).
  - Increase movement (exercise).
- (Movement/exercise is probably the best way to detoxify.)***
- Breathe deeply as often as you can throughout the day.
- (Good air and water are the most effective detoxification medicines!)***
- Spend time outside daily (walk, jog, hike, etc).
  - Stop smoking.

#### *Diet*

- Eat your food slowly and consciously.
  - Increase water intake to 6-8 glasses of water daily (drink filtered water only).
- (Good water and air are the most effective detoxification medicines!)***
- Reduce or stop consuming sugar, alcohol, and coffee.
  - Avoid your food allergies (Most common allergenic foods are gluten and dairy.)
  - Increase vegetable consumption. Eat a wide variety with lunch AND dinner (raw and cooked).
  - Eat whole grains (such as brown rice, quinoa, amaranth versus white rice/bread).
  - Eat organic foods.

#### **EFT helps with eating healthy:**

In many cases, EFT (Emotional Freedom Technique) can be more important than Drainage and Constitutional Homeopathy. Why? EFT is often a critical tool in enhancing a person's health simply due to the fact that Diet and Lifestyle are the top two therapeutic modalities. EFT significantly helps correct both. If a person drinks alcohol or eats junky sweets (table sugar containing cookies, etc.) a few times a week, their internal organs may not be able to keep up with this heavy toxic load.

To find out what others have to say about EFT, you can google EFT as well as watch a number of actual patient testimonial videos on our website at [www.WholeHealthClinic.net](http://www.WholeHealthClinic.net).

### **2) Optimizing the Health of Your Internal Organs (Liver, Kidneys and Intestines), or Detoxifying/Cleansing (Ideally "Draining") them:**

- Liver/kidney detoxification using UNDA numbered compounds, etc.
- Intestinal detoxification (dysbiosis therapy) using herbs and probiotics.
- Deep intracellular detoxification throughout the entire body.

You must continue liver and kidney cleansing/detoxification/drainage while doing dysbiosis therapy and/or deep cellular drainage throughout the body. It would not make sense to push toxins out of certain areas within the body if the “doors” to the body (liver and kidneys) are closed (toxic).

Note that drainage is basically detoxification plus optimization of organ/tissues. Therefore, if your liver is being “drained”, not only are the toxins being pushed out of it; but also the cells in the liver will end up functioning more optimally.

Castor oil applied over the abdomen several times a week can most definitely assist with detoxification or drainage. Castor oil, absorbed through the skin, stimulates lymph flow which is critical for effective drainage and detoxification. Dry skin brushing is also very helpful for systemic detoxification.

**3) Optimizing/balancing your Chi or Vitality using homeopathy, acupuncture, etc.**

Our main tool for improving your Chi is homeopathy. Your “constitutional” homeopathic medicine can balance your Chi (increase your energy & vitality) and enhance your mood. By optimizing your Chi or vital force, homeopathic remedies can result in optimization of the health of your internal organs/tissues (i.e. detoxification) as well. Additional detoxification using herbs and other natural medicines is required, however, to treat chronic, debilitating conditions.

**4) Restoration of various bodily tissues**

There are times when you have to use specific natural medicines in order to restore the health of various organs/tissues in your body. For example; taking glucosamine sulfate can restore the health of the cartilage in the joints. Another example; taking DGL can repair and restore the health of the mucosal surfaces in the digestive system.

**5) Proper Musculoskeletal Integrity**

- Chiropractic.
- Massage.
- Craniosacral therapy.
- Visceral manipulation.

**6) Nutritional Supplementation**

- Multivitamins/minerals (contains all essential vitamins and minerals).
- Omega 3 fatty acids (such as fish, flax, or various EFA formulations).
- Probiotics and Vitamin D.
- Calcium/magnesium (especially important for postmenopausal women).

**7) Palliation (Symptom Relief without Addressing the Root Cause)**

There are times when a person needs/wants palliation. At such times, you might have to utilize pharmaceutical drugs and/or natural medicines in order to survive an illness and/or improve the quality of your life. Palliation without addressing the root cause of your illness is only a temporary solution. If you are suffering from chronic disease, you will likely be dependent on your palliative medicines indefinitely unless you address the underlying cause of your ailment. ***(Refer to the above six steps to healing.)***

- Natural supplements (example: Saint John's Wort for depression).
- Pharmaceutical drugs.
- Surgery.