

© This web site is copy right protected.

## **REGAIN YOUR HEALTH**

This Web site is dedicated to teaching and motivating people who are looking for direction in regaining their health. If you are serious about regaining your health, you probably already have a condition that interferes with your daily activities of life or worse: A condition that could be life threatening! Unfortunately, you are not alone. If you are at the point where your health is interfering with your life's activities and are willing to make changes in your **life style** to "**regain your health**" then this Web site will give you the direction to take control of your .life by taking control of your health. This thought is fundamentally true: **Take control of your health and you take control of your life.**

Here you can learn the principles that will help guide you in changing your belief system and life style so you can regain your health. Sometimes we will tell stories, poems and quotes to help encourage, teach or emphasize a certain point. We have tried to give enough information so you can have understanding of what you need to do and why you need to do it but not so much that it is impossible to "wade through it."

We do understand that there is a lot of reading that needs to be accomplished to understand how you can regain your health. **You will find that the ideas expressed in this Web site can literally change your life in many positive ways, giving you encouragement and direction.** It is a must for you to understand the main body of information so you can get the "BIG IDEA." Would you be willing to read 42 pages of a

small book to change your life by Regaining Your Health? **Anyone who reads the first 38 pages of this web site (the philosophy portion of the web site) I give permission to call me and I will talk to them about their health challenge at no charge.** Call me at (217)-562-9241, (8:30 to 10:30 A.M. or 2:30 to 5:30 P.M. Mon. Wed. or Fri.)

As you learn new principles and ideas to apply to your life, you will realize you are a work in progress. So, just like you, this website is also a work in progress. Various health conditions separate from the main body of this web site will eventually be addressed and will be continually added to the site. This information will inform you about what you should do (and why you should do it) for specific conditions. Due to the fact that we emphasize treating the body so the body can heal itself, it is not totally necessary for you to know an exact approach for each individual condition a person might have. You will understand this better as you learn more.

For legal purposes I must point out that the information given in this web site or from any doctor associated with this web site is not intended to examine, diagnose or treat any health condition. It is given to enhance the reader's knowledge so he or she can make their own decisions about their health condition. It is recommended before any change is made to your body that you check with your own medical practitioner who knows your specific condition best.

## **HOW TO GET THE MOST OUT OF THIS WEB SITE**

First, read the main body of philosophy so you can get the “big idea” about how to regain your health. Next, we will teach what you need to do to balance the four functional areas of your body so your body can adapt and heal itself.

**The biggest obstacle you must overcome to get well is yourself.** To get well you must change the bad health habits you have acquired in your life. **In other words, you must change what you are doing.** Most people fail at this because they do not have a belief system that supports changing their habits. Before you can change what you “do” you must change what you “think.” So the first thing we will do is teach you some concepts about how your brain works. Therefore, take the time to not only read but also to study this portion of the Web site so you can understand the “philosophy” of REGAINING YOUR HEALTH.

**Someone died today because of something they did not know!**

**Someone else died today because of something they knew but did not do!**

**If you do not change your mind (what you know) you will not change your habits (what you do).** As you study the “Regain Your Health” web site it will change your understanding (mind) so you can, in turn, change your health habits.

**“If you always do, what you have always done, you will always get, what you have always got.”**

**“You make your habits and your habits make you, change your habits and you will change your life.”**

### **The Cookie Thief**

By Valerie Cox

A woman was waiting at an airport one night  
With several long hours before her flight  
She hunted for a book in the airport shop  
Bought a bag of cookies and found a place to drop  
She was engrossed in her book but happened to see  
That the man beside her as bold as could be  
Grabbed a cookie or two from the bag between  
Which she tried to ignore to avoid a scene  
She munched cookies and watched the clock  
As this gutsy cookie thief diminished her stock  
She was getting more irritated as the minutes ticked by  
Thinking "If I wasn't so nice I'd blacken his eye"  
With each cookie she took he took one too  
And when only one was left she wondered what he'd do  
With a smile on his face and a nervous laugh  
He took the last cookie and broke it in half  
He offered her half as he ate the other  
She snatched it from him and thought "Oh brother  
This guy has some nerve and he's also rude  
Why he didn't even show any gratitude"  
She had never known when she had been so galled  
And sighed with relief when her flight was called  
She gathered her belongings and headed for the gate  
Refusing to look back at the thieving ingrate  
She boarded the plane and sank in her seat  
Then sought her book which was almost complete  
As she reached in her baggage she gasped with surprise  
There was her bag of cookies in front of her eyes  
"If mine are here" she moaned with despair  
"Then the others were his and he tried to share"  
"Too late to apologize she realized with grief"  
That she was the rude one, the ingrate, the thief

We start with the poem, The Cookie Thief; by Valerie Cox, to demonstrate that it is the things we learn after we know it all that really make the difference. What I hope to do is to perhaps change how you look at health care.

**Have you ever noticed that everything starts with a thought?**

All change begins with the mind! **If you are ever going to regain your health you must start by changing how you think.** You must change your inner being (your mind), before you can change your external being (your physical body), to improve health. In other words, you must change your belief system. **A person's behavior (what you will or will not do) always follows his personal belief system.**

**Belief is an intellectual motivator.** If someone tells you your house is burning down and you believe them your conditioned behavior will cause you to do something about it. If you do not believe them you will not change your behavior at all. Another word for belief is “trust.” So when we talk about your “belief system” we are really talking about your “trust system.” When we say “believe,” Think “trust.”

**If you do not believe (trust) that changes in your present habits will help your health condition you will not change.** We will teach you what changes you must make and why you must make them so your body can adapt and heal itself. For you to stick with a health regaining program you must increase your belief (trust) that the changes will help!

**The Conflict of Two Minds: Logical and Emotional: Emotional Mind Always Wins!**

**Each and every person is of two minds, a logical mind and an emotional mind.** When these two minds conflict the emotional mind (how you feel) almost always wins the argument. This is why people will do things that seem to be illogical from a rational (logical) point of view but are not illogical if one considers that the person has an emotional reason for continuing on a course of life, even if that course is destructive.

Why do we continue destructive health habits we know will hurt us? It is because we allow our **feelings** (emotional mind) to override our good sense (logical mind).

Emotions cause us to rationalize (try to justify) our behavior. Thus the emotional mind wins over the logical mind.:

- Logical mind says: “Eat food that is good for you.”
- Emotional mind says: I “feel” hungry now and I am craving candy.”
- Logical mind says: “So eat good food to satisfy your craving.”
- Emotional mind rationalizes: “I’m hungry now, just once won’t hurt, I’ll start again tomorrow, It won’t hurt me that bad. Everyone I know does this and it doesn’t seem to hurt them etc. etc. etc.”

If you have a strong belief system that directly connects your health condition to your bad habits your logical mind will win about fifty percent of the time over your emotional mind. **This is not high enough of a percentage of good versus bad health habits to allow most people to regain their health.** So you see that in the conflict of two minds, the emotional mind wins unless you change your thinking.

**SO WHAT DO I DO NOW?**

To change your health habits you must bring your emotional and logical minds into synchronization with each other. Your emotional and logical minds must work together to accomplish your goal to regain your health.

**So how do I get the logical mind and the emotional mind to work together?** First, let's consider changing your belief system. Your belief system controls your logical mind. To change your belief system you must first realize that **your belief system is an overall judgment of what you consider to be true or false about all the information you have gained in a lifetime. Obviously your belief system is an ongoing process that changes when new information is accepted or rejected as being true or false.**

You may have accepted something to be true when you were so young that you were not mature enough to analyze the information to see if it was true or not. You may have accepted something to be true that was not true back when you were in high school or college because you respected (trusted, believed in) your teachers. **So, to improve your belief system you must seek truth!**

**FIRST, you** must become a truth seeker. To do this you must learn to set aside your emotions so you can begin to impartially analyze any information and determine if it is true or not. This is sometimes referred to as being a “critical thinker.” **You must learn to be honest with yourself no matter how you feel about an issue.** Step outside the “box” you grew up in, look back into the box, and be honest with yourself. The easiest person to deceive is yourself.

*"This above all:  
to thine own self be true,  
and it must follow, as the night the day,  
Thou canst not then be false to any man." -William Shakespeare,  
Hamlet*

Being true to yourself can actually be very hard at times but is also extremely valuable in all of life's experiences. You do not have to share your honesty with others if you do not want to. But you must be honest with yourself.

**Truthful knowledge changes your belief system and supports a positive change in habits.**

**“You make your habits and your habits make you, change your habits and you will change your life!!!”**

Remember, **all things start with a thought.** Changing your thoughts will change your “being.” You must change your “being” (who you are) before you can change what you “do” to ultimately change what you “have.” As it applies to this Web site we all want to have good health. Being (who you are or will become) comes before doing and doing comes before having. **If you have poor health you must first change how you “think” before you will change your behavior so you can “regain your health.”** The following paragraphs will give you an example of what we are talking about. We will teach you the “truth” about why people have high cholesterol.

**Changing your knowledge will change your belief system and thus influence your**

**behavior.**

Dr. Barry Sears in his book “The Omega Rx Zone” writes:

**“Insulin is a key regulator of many of the most important enzymes in the body. For example, it activates the critical enzyme responsible for making cholesterol in the liver. The pharmaceutical industry takes in more than \$10 billion a year by selling drugs called statins that inhibit this same enzyme. Yet by simply reducing insulin levels, you will reduce cholesterol production by the liver. By reducing cholesterol production, you will eventually decrease the production of “bad” cholesterol (LDL cholesterol). Of course if you don’t reduce insulin, then you are going to have to take a lot of the statins to lower cholesterol levels.”**

**Now if you know that reducing insulin levels by reducing carbohydrates (sugar and starchy food) will in turn decrease cholesterol levels in your body then you have the necessary knowledge that gives you a choice; that choice is to lower the amount of food that is rapidly turned into sugar in the body or not. If your belief system trusts this information to be true it will motivate you to act from a logical point of view to change your present eating habits.**

**Again: The way you change your logical mind and belief system is by seeking truthful knowledge!**

**SECOND: to get the emotional mind to work with the logical mind you must use a strong emotion (feeling) to override all other emotions (feelings). This emotion must motivate but not stifle your belief system. The strongest emotion, because it affects a person so directly and intimately, is fear. If you believe that eating excessive carbohydrates will cause increased cholesterol and that increased cholesterol will cause**

heart attack then one might be emotionally motivated by the fear of having a heart attack not to eat too many carbohydrates.

**Fear is always based on loss!**

**You will take action to prevent loss!**

Fear of loss can **give you extreme motivation to pursue a specific path to accomplish your goal.**

Is there anything you fear to lose that might motivate you to change your habits to prevent that loss?

Fear is an extremely powerful motivator. If you are ever going to **regain your health** you must use the “fear of loss” to motivate you to make positive changes in your habits. The problem with fear is that it can be so powerful at times that it can over whelm you and prevent you from acting. Do not let this happen to you! Take control of your life and do the best you can in each situation that is expressed in your life. Remember, the changes fear motivates a person to actually do will depend on what they personally believe or trust in. knowledge gives you choices! **It is interesting how life situations can open our minds to new ideas.**

Suggestion: **Write down what you are afraid of losing and look at it over and over again each day!**

You must also constantly remind yourself of what you hope to gain by regaining your health. Write down what you hope to gain and look at it over and over again each day! **Now is the time to do this! Yesterday is a canceled check, tomorrow is a promissory note, today is money in the bank, now is the only time you have to act!** Take a time out and write down all the reasons you want to regain your health. Consider what you want to gain and what you do not want to lose and then reread them every day several times. Dream about what you want; don't fret about what you do not want. Think about the solution, not about the problem.

**I want to emphasize this again: Most people** who finish any course they start are those who are motivated by something they are in fear of losing (or in fear of not gaining) and constantly look toward what they hope to gain (which is their goal). **Why will this type of person finish the race?**

Because this type of person has the proper motivation, both positive and negative, so they never give up! **Negative fear of loss pushes you along and positive hope of gain pulls you toward your goal.**

Never give in--never, never, never, never, in nothing great or small, large or petty, never give in except to convictions of honour and good sense.

**-Winston Churchill-**

Your belief or trust system will direct your knowledge. It will tell you what to do and why you must do it. Your emotional mind will motivate you to do it. Thomas Edison, when asked about how many times he failed when trying to perfect one of his inventions, said: "I have never failed, I've just found 10,000 ways that it won't work." Edison understood that **you never lose if you never quit!**

“You make your habits and your habits make you. Change your habits and you will change your life.”

**“If you always do, what you have always done, you will always get, what you have always got.”**

You can find the will to change your habits when you have the knowledge (truth), the reason (logical mind) and the motivation (emotional mind) all working together.

The truth is that you as a living being are subject to the universal laws of all living organisms. The French doctor and author, Anthelme Brillat-Savarin, wrote, “Tell me what you eat and I will tell you what you are. This is where the truism, “You are what you eat,” comes from. In the Shakespeare play, Twelfth Night, the character, Viola, in Act II, scene 2 says, “*Such as we are made of, such we be.*”

Most of us are familiar with these quotations and the wisdom they embody. Yet, so many people either ignore this good sense or willfully make the poorer choices concerning their health and their bodies. Why is this? René Descartes, French philosopher, said, “*I think, therefore I am.*” It follows, then, that just like you are what you eat, you are also what you think. Your “philosophy” drives what you think.

### **Principle: Your Philosophy Directs Your Life!**

What is *your* philosophy about health care?

The word philosophy comes from two Greek words: *philos*, meaning “loving” and *sophos*, meaning “wise.” So the word philosophy means to love wisdom. The love of

wisdom gives us a more complete or thorough understanding of the universe in which we live. So, ultimately, philosophy teaches us the principles we can use to direct our lives and our health.

### **Philosophy gives you the path to follow!**

Basically, there are two health care philosophies. The predominant health care philosophy in America is the “medical model” for health care. The medical model for health care is to diagnose and treat disease. This philosophy does not come in to play until after your health, at least in some measure, is lost. **Generally, we do not have health care in America we have “disease care.”** When you buy insurance for healthcare you are not purchasing “health care” but “disease care.” Therefore, if you have cancer, your choices of “treatment” are to remove the disease with surgery, chemicals or radiation. **Real health insurance is what you think, what you eat and how you move!!! If you removed the cancer, did you in any way remove the reason you got the cancer in the first place?**

Another example of treating a disease is the treatment of high blood pressure. There are many pathways in the body that can influence high blood pressure, but when your blood pressure is high no one asks *why* the blood pressure is high. Instead, they just influence (through pharmaceuticals) one of many pathways in the body to **force** your blood pressure to be lowered. That is not really fixing your problem, however. Treatment does not actually regain your health, it just removes the symptom. In addition, when your body is **forced** there are *always* **side effects**. **No one can actually fix your problem but your own body's healing power.**

While the medical model of treating a disease can at times be very necessary and even life saving, it will never increase your overall health. And what of the side effects of such treatment? It is not uncommon that additional drugs need to be taken to counter the side effects of the primary treatment. Those other drugs likely have side effects of their own. And the downward spiral begins. Understanding this, realize that most of the time treating a disease does not address the real reason the disease occurred in the first place and can lead to other conditions.

The second health care philosophy in America is called “alternative health care.” Alternative health care recognizes that the body was actually made to heal itself. Instead of “treating the disease,” alternative health care physicians “treat the body,” bringing it back into balance, so the body can once again begin to adapt and heal itself as it was created to do. The side effect of a body in balance is the body's ability to express itself as healthfully as it can. What we are suggesting is that **you start looking at your body in a different way**. Instead of trying to fix each body part as it breaks down and becomes diseased, is it not better to **treat the body as a wholly self-contained system** using principles of “life” to direct your steps? As your body comes back into balance you will experience your body **change for the better** and **heal itself**.

**“Get the big idea and all else follows”**

**Principle: Treat the body, not the disease** (the Big Idea).

**Principle: Our body was created to heal its self** (all else follows).

It must always be remembered that the body was created (we believe by an AWESOME

God) to heal itself. Your body can heal itself because it has **intelligent organization** in its design. Intelligent organization and design demand the presence of an intelligent organizer and designer. *For every house is built by someone, but He who built all things is God (Hebrews 3:4).* Your body can heal itself because it was specifically designed to do so. Now, if this concept (your body can heal itself) is not a part of your belief system, your body can still heal, of course. But, if your *trust* system is in doubt that your body can heal itself, you may never choose to do what is needed to balance your body because you will give up too soon. Remember, knowledge leads to trust. Did you ever get over a cold? Did you ever heal a cut? Then ask yourself the question: “Was your body made to heal itself or was it made to *not* heal itself?” If the body was not made to heal itself, then mankind would have died out a long time ago. The body was healing itself long before any form of doctor came along.

### **Who is to blame for your health?**

If you can accept that your body can heal itself, then just *who* is to blame if you have lost your health? In order for you to regain your health you must first understand just who is *responsible* for your health.

### **The Lesson of a Construction Worker:**

There was once a construction worker who had the same routine for lunch each day. He would open his lunch box, pull out a peanut butter sandwich, take a bite and with each bite complain; “I hate peanut butter sandwiches!” Bite. “I hate peanut butter

sandwiches!” This would go on and on for the entire half hour. The coworkers grew tired of his complaining and one day one of them got brave enough and said to him: “If you don’t like peanut butter sandwiches why don’t you have your wife pack you something different?” To which he replied, “Leave my wife out of this I pack my own lunch!”

This is another truth: **In life we “pack your own lunch.”** If you are *ever* going to get healthy you must come to the realization that you are responsible for your own health.

The poem by William Ernest Henley, INVICTUS, ends saying:

*It matters not how strait the gate,  
How charged with punishments the scroll,  
I am the master of my fate:  
I am the captain of my soul.”*

**Principle: In life we pack our own lunch.**

**Principle: Your body can only do the best it can under the conditions you put it.**

If you do not like the way your body is performing then you must change the conditions it is working under. **After all, you cannot keep beating yourself in the leg with a stick and expect not to be bruised, can you?** The habits that got you where you are today are the habits you created long before yesterday. You must learn to stop doing those things, those habits, if you ever expect things to change.

Using our previous example of cholesterol: If you are like hundreds of thousands of Americans fighting high cholesterol, like them, perhaps your dietary habit has always been to load up on too many carbohydrates. This causes spikes of increased insulin levels in your blood which, in turn, will stimulate the liver enzymes to over-produce cholesterol.

**Principle: If you beat yourself in the leg with a stick, you will be bruised!**

You have probably heard **insanity defined** as: Doing the **same thing** over and over again *expecting* to get **different results**. Remember, “You make your habits and your habits make you. *Change your habits* and you will *change your life!*” Therefore, the only person who can change you is you. If you leave the sole responsibility for your health up to your doctor's medical philosophy, you will *never* get healthy.

**Principle: The laws of the universe work the same for all people 100% of the time.**

If you continually throw a ball up into the air how many times do you think it will fall back down? Of course you will say, “Every time.” **FOR EVERY EFFECT THERE IS A CAUSE AND FOR EVERY CAUSE THERE IS AN EFFECT.** Universal Laws always work and they work the same for all of us.

**Principle: Law always works either for you or against you!!!**

You did not get where you are at today by accident. We will teach you how to work with UNIVERSAL LAW so your body can adapt and heal itself. It has been said, “It’s not just

the cards you were dealt but how you play them that makes the difference in life.” It has also been said, “It wasn’t bad genes; it wasn’t bad luck or bad timing...It was bad choices.” *Good health is not a matter of chance; it’s a matter of choice.*

Consider Robert Frost's The Road Not Traveled

### **The Road Not Traveled**

Two roads diverged in a yellow wood,  
And sorry I could not travel both  
And be one traveler, long I stood  
And looked down one as far as I could  
To where it bent in the undergrowth;

Then took the other, as just as fair,  
And having perhaps the better claim,  
Because it was grassy and wanted wear;  
Though as for that the passing there  
Had worn them really about the same,

And both that morning equally lay  
In leaves no step had trodden black.  
Oh, I kept the first for another day!  
Yet knowing how way leads on to way,  
I doubted if I should ever come back.

I shall be telling this with a sigh  
Somewhere ages and ages hence:  
**Two roads diverged in a wood, and I--  
I took the one less traveled by,  
And that has made all the difference**

**Principal: Your life is a matter of choice not chance!!!**

**Principle: Your body was created so that it always seeks balance** (sometimes called *homeostasis*).

If the above principle is also true, then why doesn't the body *always* heal itself? **Loss of balance** (homeostasis) is the reason. The body cannot heal itself is because it has become so out of balance that it no longer has the ability to adapt and overcome the stress to which you have subjected it. To get the body to heal itself **you must reduce the stress(es)** on the body (or body systems affected) and **at the same time increase the body's ability to handle stress**. The closer you bring the body to its normal balance the more it can adapt to overcome those stresses which eroded your health in the first place, and it will then do what it is designed to do, heal itself.

**Principle: There are four areas of the body that can be influenced to bring the body back into balance!**

There are four areas which can be influenced to regain the balance to your body. These areas are the **physical, chemical, mental/emotional and electromagnetic** areas of the body. These areas are interdependent upon one another. Most everyone understands our world as a vast ecosystem; everything connected directly or indirectly to everything else. The great forests impact oxygen production for the planet. The ocean temperatures and currents affect the weather on the continents. Everything is a part of everything else. In just the same way, each area of the body is affected by all the other areas.

DEFINING THE FOUR AREAS OF THE BODY:

**Physical area of the body:**

**The physical part of the body is the part you can see and touch. It is the part that can be strategically manipulated by a Chiropractor or surgically reconstructed by a medical doctor. The physical part of your body is commonly referred to as your anatomy. It is a truth that if you change physical structure you change function. This is a universal truth if you are talking about your body, a chair or even the smallest molecule; *if you change structure you change function.***

#### **Chemical area of the body:**

**Chemistry is the science of the composition, structure, properties, and reactions of matter, especially of atomic and molecular systems. A chemical is a substance with a distinct molecular composition that is produced by or used in a chemical process. Your body's chemistry is the balance of the various molecular compounds that have reacted or will react together when combined in your body. Your chemistry is influenced by what you eat, drink, breath, absorb and eventually eliminate or fail to eliminate.**

#### **Mental/emotional**

**The mental/emotional aspect of the body is simply what you think and feel. There is no other area of the body more powerful influencing your health than what you think and feel. There is no substitute for mental and emotional *peace* in your life.**

#### **Electromagnetic energy of the body**

**All physical things are formed from energy. Einstein formulated the theory that  $E=MC^2$ , which relates that Energy equals Mass times the Speed of light. If you could throw a physical object hard enough and fast enough it would turn into a tremendous amount of energy. The atom bomb proved this.**

**Andre-Marie Ampere discovered that the nature of magnetism was basically a force between two electric currents. Since the body generates electricity it also generates magnetism.**

**In a consumer health article written by Joe Hall called “THE NEGATIVE EFFECTS OF ELECTROMAGNETIC FIELDS” Mr. Hall describes “THE BIO-ENERGY FIELD” saying: “The body has an energy field - more accurately, the bio-energy field has a body. That bio-energy field is a field of light encoded information. In the ancient Celtic tradition they had a word for photon called "lutz" or light encoded information. You can think of that bioenergy field as a holographic image of yourself. There is a holographic image of yourself for every cell in your body, every molecule in your body, and one for all of you. We relate to this physical body as reality just as we relate to this table as reality. Literally they are holographic morphogenic images of energy. There is a vast distance in between every nucleus of the atom and its electrons, and in between there is just vacuum, space, nothing else. That is what physical reality is made up of. So literally, our bodies are really holographic images. Holographic images of reality are held together by photons that carry information that tell everything above them, the electrons and the atoms, and everything below them where they need to be and what they need to do. Photons remember where everything is. They have memory and they have information carrying potential.” Mr. Hall continues saying: “WE ARE ALL ELECTROMAGNETIC BEINGS The human body grounds electromagnetic radiation in the environment because of the electrical conductivity of our body. It is attracted to us. All living systems are based on electromagnetic energy.”**

**The Big Idea: The chemistry of the body forms the material to create and maintain the physical body and generate energy. The energy in the body produces and combines with a magnetic field creating the electromagnetic force that animates the**

body's genetic blue print giving it organized life. This in turn allows the brain and nervous system to regulate and balance all the body systems (cardiac, respiratory, gastro-intestinal, genito-urinary, musculoskeletal, constitutional body systems, etc.), which permits conscience thoughts and feelings. Simply put, this is how the four body systems (physical, chemical, mental/emotional and electromagnetic) work together to allow human life to express itself. When one or more of these areas are out of balance the body will not PROPERLY do what it was created to do, heal itself. What we suggest is treating each of the body areas to bring them back into balance rather than treating the disease. In other words, let the body treat the disease because that is what it was made to do.

**Principle: Influence, either good or bad, in one area of your body, will have a like affect in all other areas of your body.**

If you influence any one of the four areas of the body in a **positive** way you will influence all the other areas in a positive way. Likewise, if you improve the balance in one of the four areas of your body you will also improve balance in **all areas** of your body. Unfortunately, it is also true that if you influence any one of the areas of the body in a **negative** way you will **decrease** balance in **all areas** of the body. Thus, your entire body will be affected positively or negatively depending on your positive or negative influential **choices**.

We will demonstrate this last principle by using a negative example that is easy to understand. If you drink a half pint of whiskey in two hours it will change your body's **chemical** balance. It will also change your **mental/emotional** self. You might get happy, or angry, or lose your good judgment. It will also affect your **physical** abilities, such as

the ability to walk and not fall, or speak and not slur. It is clear to see when the chemistry is changed, the mental and physical areas will also change.

As it relates to your condition, perhaps you have already tried working on one area of your body in an attempt to get rid of a specific condition and it did not give you the **results you desire. Do not give up. If you have not tried to address all four areas of your** body simultaneously, you have not really tried! Perhaps it is time to start working on all the areas of the body, even if you do not see or understand their connections to the specific condition you have. **Your body knows that everything is connected to everything.**

**Principle: The body is a synergistic organism.**

Synergy is an amazing phenomenon. Strictly speaking, it is when the sum of the whole is greater than any one of the individual parts. The word synergy comes from the Greek word *synergos* which means working together. As modern English uses the word, it refers to any working cooperation of a group. For our purposes we mean a combined or correlated action of a group of body organs and/or body systems which working together increases their effectiveness as a result of that working together.

These four areas of your body work together in a synergistic way. Improving just one area of your body will have a beneficial, but limited, effect on the other three areas because your body is a synergistic organism. But to effect a positive change in all four areas of your body **simultaneously** results in your body's balance (homeostasis) being restored much more powerfully than if you address only one area at a time.

The majority of people get very good results at times by influencing one of the four areas of the body as we mentioned above. Those with more complex problems get much better results by beneficially influencing all four areas at the same time. As we said before, if you have not tried to address all four areas of your body simultaneously, you have not really tried! So, it is time to start working on all the areas of the body, even if you do not see or understand their connections to the specific condition you have. Just imagine the *powerful impact on your overall health* when you influence the physical, mental/emotional, chemical and electrical areas of your body at the same time! But before you can start working on one or all the areas of your body simultaneously you must learn how to change each area of your body. Then, depending upon your condition(s), or the results you are searching for, you may make a decision to change one area, or all areas, as your need dictates.

**Principle: The body can be permanently damaged.**

It must be understood that if a part of your body is permanently damaged it is not going to heal. If the arm is cut off you will not grow a new arm. There is such a thing as the limitation of matter for all parts of your body. On the other hand, for almost every disease that is said to be incurable there is someone who has beaten the odds. Do not give up too easily. When you treat the body *instead* of the disease the worst thing that can happen is that you will get healthier. You will always reap what you sow; treat the body and the body will respond as it was designed to do.

We just made reference to the fact that for almost every disease that is said to be incurable there is someone who has beaten the odds. **How did people with seemingly incurable conditions beat those odds?** Study their lifestyle and you will find that they, in some way, (naturally or instinctively) influenced at least one and many times more than one area of their body.

Consider this: We have all heard about the many people each year who recover from life-threatening diseases that are “incurable.” Doctors call this “**spontaneous remission.**” Spontaneous remission, more times than not, happens without the help of a medical doctor, chiropractor, osteopath, witchdoctor, etc.

Caryle Hirshberg, a biochemist, has been researching cases of spontaneous remission from cancer since 1985. She has contributed to the largest collection (3,500) of medically reported, documented, spontaneous remission cases. Hirshberg discovered during her long search, which included detailed reviews of the psychological and medical literature, patient interviews, physician interviews, and other resources, that there is no one thing that heals everyone.

Healing is individual for all people, and healing does not always mean a physical healing. An ill person has to find what is true for them, their truth, and understand it. After years of research, Hirshberg's final conclusion was borrowed from Shakespeare, "and this above all, to thine own self be true."

Hirshberg explains that the remission stories she heard were all different. What helped to

heal one person would likely be irrelevant for another, but in listening to multiple stories she began to see a common thread. For each person, it is a journey of self-discovery. For each person, there is a time of tension, confusion, and even terror.

A colleague of Hirshberg's, Hans Schilder, focused his research on the psychological aspects of spontaneous remission cases. Schilder found that "prior to a spontaneous remission", patients got "in touch with something 'essential' to them".

In one case, a female patient with non-Hodgkin's lymphoma had been suffering a traumatic divorce and shared with the researcher that she felt like she had literally been "swallowing everything." She received chemotherapy and after three months, the tumors had not decreased. In fact, they had increased and so had her pain. The doctors then recommended more chemotherapy!

The patient decided she needed to take a vacation first before the next round of chemo. She went on a mountain trip with a new friend. But while on vacation, this "new friend" left her alone for several days. In the words of the patient, "The way he did it was unacceptable."

The patient resolved to find her way down the mountain on her own. For three days she was alone and walking, but she reported that during this time she began to feel her anger dissolve (mental/emotional). She later realized that she had forgotten to take her pain medicine and noticed that her pain had significantly decreased. She also noticed her belly felt differently. It was later confirmed, by her doctor's palpation and by ultrasound, that the tumors in her abdomen had decreased in size.

Dr. Schilder said, "It's not what they do, I think, so much as who they are. But in these patients, the *self who begins is a different self than the one who comes out of it*". Notice that Dr. Schilder is describing a change that occurred in the psychological area (mental/emotional area) of his patients that they attribute to saving their life. Also notice that this patient took control of her life in a physical way (getting off the mountain) that resulted in a mental/emotional change in her attitude (she resolved her anger).

Consider the example of a person who had a stressful job and found out she had cancer. After being told she was going to die in six months she decided to quit her job and spend the last days of her life in the sunshine at home working outside in the garden. It is something she always wanted to do, but had no time for. For some "miraculous" reason, after six months she was still living, doing what she wanted to do. A year later she was told that she no longer had cancer. No one has an explanation other than saying it was "**spontaneous remission!**" This example happens more often than one would think!

You probably noticed that this person got rid of stress by giving up her job and doing something she always wanted to do, giving extreme relief to the **mental/emotional** area of the body. Cutting the stress reduced the corticosteroid overload giving the adrenal glands a break. **Melatonin secretion was then not overridden by adrenalin and better natural sleep** resulted. The pleasure of doing what she always wanted to do likely caused an increase in endorphin production enhancing the sense of happiness and well-

being. Also, by working in the garden she got more sunshine causing their body to create vitamin D even further changing its **chemistry in a positive way**. Perhaps, because she no longer worked, she began to eat home meals with more raw fruits and vegetables, instead of fast food on the run. This changed her **chemistry** even more. The **physical** part of the body was influenced by the increased activity of working with mother earth in the garden. Perhaps she started taking long walks to pass the time, further influencing the physical aspect of the body. Because the earth has its own electromagnetic field when you touch the earth with your bare skin it can change the electromagnetic aspect of your body. It can be good just to take your shoes off and walk around outside on the bare earth and “reconnect” or “ground” yourself. By working in the garden the **electromagnetic** area of the body was changed.

Do these seemingly hopeless cases turn around – and dramatically so - for no reason? In a complex and balanced universe, very little, if anything, is truly random. Life always has a reason; **law always works and it works the same for all of us all of the time.** *For every cause there is an effect and for every effect there is a cause.*

We repeat: **“You make your habits and your habits make you, change your habits and you will change your life.”“If you always do what you have always done you will always get what you have always got.”**

**Your body always does the best it can under the conditions you put it. If you do not like the way your body is working then you must change the conditions you are making it work under!**

**Principle: Health comes from the inside out!**

As we stated before you must treat the body, not the disease!!! We discussed earlier that the current medical model or philosophy is to treat the disease, not the body. When a body part or system “goes wrong” it is the body part or system that gets treated. The truth is, the body should regulate itself from the *inside out* (as it was designed), without someone trying to **stimulate** a body part or system from the *outside in* to function as someone thinks it should. That treatment usually involves drugs, and we have already discussed where that road usually leads... side effects, more drugs, and so on.

Medical doctors are very good at treating the disease or its symptoms. They are worthy of honor for this because it can be necessary to save lives. They treat the disease or symptoms from the outside in with drugs and chemicals. However, this focus on the condition and symptoms omits treating the whole patient; the body and ALL its parts. As a result, the body does not heal and continues in its inability to regulate itself from the inside out. As the body gets more and more out of balance it takes more and more medication from the outside to control what is happening on the inside. This is not to say that the use of medicine is not necessary at times. **If you are currently taking medications, you *must* ask your doctor before you stop taking any of them.** But if you break a leg and have to use a crutch it makes sense to create a plan to get the leg healed and eventually get off the crutch. If you do this for your leg why not take this approach for your entire body as well?

The type of thinking that supports treating the disease (disease care instead of health care) can many times stop the process of actually fixing the problem. Instead of truly finding out what went wrong and fixing the precise problem we just treat the disease by treating the symptoms. Let me give you some examples of what I mean. If you go back in time 60 years you will find that there is almost no talk of a condition affecting over 5 million children today called Attention Deficit Hyperactivity Disorder. Do you think these children have this condition because they are deficient in the drug that is used to treat them? If you go back in time about 60 to 70 years you will find that occurrence of Autism was one in every 100,000 to 180,000 children. Today it occurs once in every 80 to 110 children. If we used the billions of dollars being spent to treat the condition to find out what is going wrong in the body we could stop the condition from getting worse and perhaps eliminate the problem all together. This will not happen as long as our focus is on treating the disease rather than the body.

What we are suggesting is that by bringing the body closer to its normal balance by treating its physical, mental, chemical and electrical areas, you will allow your body to heal its own problems from the **inside out**, rather than continue using medication as a crutch in an attempt to regulate the body from the **outside in!**

**Principle: Drugs are dangerous!**

If drugs were not dangerous, you could buy them at the local Sop 'N' Go. Yes, drugs can be a good and necessary thing. They can save your life and they work a large percentage of the time. **Drugs definitely have their place in the health industry!** The bad thing about drugs is that they can also cause a lot of damage to the body in the form of side

effects. Many drugs can be compared to driving a finishing nail into the baseboard of your house with a sledgehammer. It will work most of the time but it causes a tremendous amount of collateral damage (side effects) to the baseboard. **All drugs are toxic to the body and have side effects, even if you do not always feel them.**

**Principle: Drugs will not make you healthy!!!**

Imagine going to your doctor and saying: “Doc I’m feeling real good and I would like you to give me some medication to help me stay that way.” Your doctor would likely say something like this: “You can’t take drugs without being sick; they are dangerous and can hurt you.” Consider this: **The drugs they will not give you when you are well, because they will make you sick, are the same drugs they will give you when you are sick to make you well.** Somehow that just does not make sense!

**Principle: To get healthy, habits must be changed!!!**

*You cannot keep beating yourself in the leg with a stick and expect not to be bruised.* If habits are not changed, the body will just continue to get sicker and sicker until it becomes so imbalanced that not even drugs will help it. Using drugs to regain your health is like using a whip to stimulate a horse to pull its normal load when the horse is underfed and under rested. If you do not properly feed and rest the horse it will eventually drop where it is, no matter how much you whip it. (We do not advocate the whipping of any animals, it is just that we are all familiar with the illustration). The same is true for your body. **Drugs may keep you alive for a while longer and this is good, but they cannot make you healthy. They will not allow you to “regain your health”.** Remember, you

make your habits and your habits make you. Change your habits and you will change your life!”

Dr. B. J. Palmer once said: “**Get the big idea and all else follows.**”

Thomas Edison once said: “**The doctor of the future will give no medicine, but will interest his patients in the care of the human frame, in diet, and in the cause and prevention of disease.**”

Your dad probably said something like “**Most of the things in life that are worth having are worth the effort expended to receive them.**”

**Principle: What you sow is what you reap!** (Galatians 6:7)

## **There was once a king!!!**

There was once a good king who wanted to share all the wisdom in the world with his subjects. He gathered the wise men in his kingdom together and sent them to the four corners of the earth to gather all the wisdom. They did this, returned and filled three barns with all the wisdom in the world. The king told them that no one could read all that information and for them to reduce the wisdom to a more readable size. They did so and returned reporting that they now had only one barn full of wisdom. The king once again explained that no one could read that much information and for them to reduce it to a more readable size. The wise men did so and returned with one book that was one foot thick. The king then informed them that he wanted all the wisdom in the world reduced down to one sentence. He informed them they had one last chance and if they did not do

this he would have their heads removed. The wise men, acting with “extreme wisdom” **and motivation** returned with one sentence written on a scroll. The king announced the day he would gather all his loyal subjects together to share with them the great wisdom of the world. The day came and he stood on the balcony with all his subjects below him. He opened the scroll and read: “There is no such thing as a free lunch!” If you are ever going to get well you are going to have to **do what it takes** to get well.

**Principle:** There is no such thing as a free lunch!

**Principle:** Your body heals itself one cell at a time!!!

We live and die at the cellular level. This is an important concept. Your liver is only as healthy as each cell in your liver is healthy. This can be said for each organ in your body. Did you know that as you sit there right now each cell in your body is dying? **But don’t worry about it**, because this is the way the body was designed to function. When your cells get damaged or sick the body doesn’t fix them. The body lets them die off and replaces them. This is how the body heals itself. They even have a name for it; it’s called APOPTOSIS, programmed cell death. **As each cell dies it is replaced, being rebuilt out of what you eat and drink each day.** Think about what you eat and drink each day. Is this really what you want your body to be made of? Did you know that every 80 to 90 days all the cells in your heart have died and been replaced. In 140 days almost all the organs in the body have been replaced. Every seven years most of the cells in your body have been replaced except your nervous system.

Depending on the condition of one’s body sometimes several months of rebuilding your body can make miraculous changes in one’s health. On the other hand it can take time to

rebuild a new body because it can take several generations of new cell reproduction to totally heal and strengthen each cell properly. We previously talked about the principle of **limitation of matter**. When there is damage to an organ or bodily structure causing scar tissue the cells of that organ will usually rebuild scar tissue. That being said, some of us who have gained scars when we were younger can notice that after many generations of cell death and replacement you can see the scar disappear. The body has a remarkable ability to heal if we give it time and the balance to do so.

**Principle: Life creates life!!!**

Just as two parents pass on the life that is in them to their child so does each cell in your body pass the life that is in them to new cells before they die. The point that I am making is that the life that is in you heals by recreating life. Doctors of any kind (chiropractors, medical doctors, osteopaths or witchdoctors) do not heal you because doctors do not create life. Drugs do not heal you either, life heals you and it does so one cell at a time over a period of time. Life expresses itself through the physical, chemical, mental/emotional and electrical aspects of the body when these areas of the body are in balance.

**Principle: Your health will not come from a pill bottle!!!**

There is one thing that you must understand. When I say that you will not get well “from a pill bottle,” I am talking about nutritional supplements as well as drugs. As many of you have probably noticed, your vitamin, mineral and herb supplements may help but do not give the results you need. Many times we use vitamins, minerals and herbs to force a disease process in a way that eliminates symptoms. This is no different than using a drug

to **force** the body to function normally, although it is generally much safer than using a drug. **If you are ever going to have the persistence to get well, your thinking (belief or trust system) must evolve past the idea of treating a disease or its symptoms and start thinking about how to treat the body.** Additionally, to get the body to properly balance itself you must stop doing the things in life that are “excessively” stressing to your body. As I said before “You cannot keep beating yourself in the leg with a stick and expect not to be bruised.” No matter how many drugs you take or how much salve or band aids you put on the bruise it will never go away as long as you continue beating yourself in the leg. ***This is one of the most important principles you need to remember if you are ever going to get well!!!***

Years ago there was a commercial for Alka-Seltzer that showed a family sitting around the table after a big family dinner. Everyone was extremely bloated and had obviously eaten too much. At this point the commercial sings: “plop, plop, fizz, fizz, oh what a relief it is.” This type of a commercial teaches that you can over eat, be a pig, abuse your body and all you have to do is to take a pill and everything will be okay. I’m here to tell you, **that is just not the truth!** “You cannot keep beating yourself in the leg with a stick and expect not to be bruised!” Most people want to find that “pill” that will allow them to continue abusing their bodies with their destructive habits and still get well. Rather, people must come to the realization that they must stop the destructive habits. When someone tries to sell you a pill that will fix all your problems just remember: **“If it is too good to be true it is probably not true.”**

**Principle: Be patient with yourself!!!**

Regaining your health is not like plucking a flower; it is like climbing a mountain! It often takes years to lose health. It is unreasonable to think that it will be restored overnight. If a specific goal is not recognized, many times we give up too soon. We definitely live in a McDonald's world. You may have heard the saying: "**I want what I want and I want it now!!!**" As you strive to change habits and rebuild your body one cell at a time, you will occasionally fail. Get right back on the horse and strive again. Few people can perfectly change without reverting back to their previous habits at intervals. It is important to understand that to get the results you want you must eventually be very strict with life style changes. **Here's the good news**, once you regain-your-health you do not have to be as strict all the time. After all, your body is made to handle some stress. Once you get close enough to proper "balance" your body will take over and do what it should, "heal itself." **Don't beat yourself up emotionally or give up because you occasionally fail.** Get back up on the horse each day and start over. **Never give up.** One day you will wake up and realize the amazing results that changing your habits have made. **The good thing about being human is that at any second of our lives we do not have to be the same person we were, everything starts (or starts over) with a change of mind. You never lose, if you never quit!!!**

**Thomas Edison:** "None of my inventions came by accident. I see a worthwhile need to be met and I make trial after trial until it comes. **What it boils down to is one percent inspiration and ninety-nine percent perspiration.**"

**Thomas Edison:** "Everything comes to him who hustles while he waits."

**B. J. Palmer** said: **“It is better to light one candle than to curse the darkness.”** It is better to do something than to do nothing. **Don’t Give up!!!**

**“Inch by inch life’s a cinch; Yard by yard life is hard!!!”**

**Principle: Do what is right because it is the right thing to do.**

Many of the things you need to do to regain-your-health are things that you naturally know you will benefit from. **Do what you know to be right, because it is the right thing to do and you will be more likely to get what is the right thing for you!** You will eventually reap what you sow!

**Read and reread these principles!!! Do not give up!!!**

**“If it is going to be, it’s up to me!!!”**

You have almost made it through the philosophy portion of this website. **Pat yourself on the back!!!** There is one more thing I want to teach you because it is the one thing that will keep you from regaining your health.

## **Lesson From The Farmer:**

There was once a farmer and his wife sitting around their kitchen table eating breakfast early one morning. Their neighbor from down the road came by and knocked on the door.

The farmer got up from the table and answered the door. The neighbor told the farmer that his plow had broken down and asked if he could borrow his plow. The farmer thought for a minute and replied, "I can't let you use my plow today because my dog died." The neighbor looked at the farmer for a minute, said, "Thanks anyway" and left. The farmer went back to the table, sat back down with his wife and started eating. His wife looked at him and said, "What do you mean he can't use your plow because your dog died?" The farmer just looked at his wife and replied, "I figured that as long as I wasn't going to let him use that plow, one excuse was as good as another." **People do great things not because they are naturally great people but because they look for reasons why they can, and not for excuses why they cannot!!!**

"You can do what it takes to regain your health!!!"

***Give yourself a really big pat on the back***; you have made it through the philosophy portion of the Regain Your Health website! **Call me if you have questions (217)-562-9241, 8:30 to 10:30 A.M. or 2:30 to 5:30 P.M. Mon. Wed. or Fri.**

## **What can I actually do to begin to regain my health?**

Before we begin to explain what changes you can make in the physical, mental/emotional, electro-magnetic and chemical areas of your body to bring balance to the body as a whole, I am going to recommend to those of you that are ready to regain-your-health to start by changing your body's chemistry.

## **The first area of the body I recommend to change is the body's chemistry.**

Your body's chemistry is an area that when balanced can cause extremely powerful and positive changes to the body. You will literally begin rebuilding your body one cell at a time. The chemical system of the body can be influenced without hands on treatment by a doctor. This makes it very **affordable** to make changes, compared to regular medical treatment. For those of you that have decided at this point to make changes in your body's chemistry to help regain-your-health I am going to make some recommendations with as little reading as possible.

## **The Three steps to increase balance to your body's chemistry are:**

**First Step to Improve Your Bodies Chemistry:** Take our **no cost** online symptom survey that will **link your specific symptoms with the body organs or body systems that are out of balance, causing those symptoms.** This gives us a starting point to begin understanding your body.

### **SYMPTOM SURVEY INTERNET ACCESS INFORMATION**

If you would like to have A FREE symptom survey performed, simply provide us with the information needed to add a patient to the Maestro program, "symptom survey for

internet access.” **Your information will not be shared with anyone for any reason.**

Send this information to: [RegainYourHealth@yahoo.com](mailto:RegainYourHealth@yahoo.com)

1) First Name

2) Last Name

3) Male or Female?

4) Address

5) City, State, Zip

6) Home phone

7) Cell Phone

8) Work Phone

9) Birth Date

10) Your E-Mail address

11) Do you have celiac disease or are you sensitive to gluten?

12) Are you a vegetarian?

**Second Step to Improve Your Bodies Chemistry:** Perform the

Standard Process 21 Day Purification Program. This will help remove toxins from your

body and put whole food (balanced nutrition) into your body so you can safely remove the toxins. Changing chemistry is getting the bad things out of your body and getting the good things in. **One of the most important things the purification program will do is teach you how to change your eating habits. *It teaches you how to stop beating yourself in the leg with a stick!***

I can tell you without a shadow of a doubt that if you are not willing to make serious changes to your chemistry you will not get the health results you really want. **Are you ready to start rebuilding your body? Are you ready to learn how to stop beating yourself in the leg with a stick?** If you are ready to change your body's chemistry you must take a little time and read about the Standard Process Purification Program so you will really know what is expected of you. If you would like to study the Purification Program click on: [Purification Program](#), watch the video then scroll to the bottom of the page and study the Purification Guide. The first 16 pages explains the program, (the rest can be read later). **Call me if you have questions (217)-562-9241, 8:30 to 10:30 A.M. or 2:30 to 5:30 P.M. Mon. Wed. or Fri.**

This program was created by a multimillion dollar company with all the experts at its beckoning call. This is the best program on the market. You will find that if you want to improve your chemistry it will be easier to follow an expertly designed program than to attempt to reinvent the wheel, so to speak. The Purification Program cost about \$230.00 to \$300.00 depending on one's personal needs. Most of the time the only things you may need other than the purification products mentioned in the Guide are a good source of Omega 3 fatty acids, a digest aid (which can be determined by the computerized

symptom survey offered above) and perhaps some extra vitamin D3. **Doing what it takes to heal your body's chemistry cost less than most medical test and is 10 to 30 times cheaper than staying a few days in a hospital.** While test and hospitals can save your life (and can be very important) they will not in and of themselves regain-your-health, though they will help to treat your disease.

**Third Step to Improve Your Bodies Chemistry:** After you have successfully completed the Purification Program call Dr. Cyrus at (217) 562-9241 and retake the symptom survey (there is never a charge for this). Because you have now stopped eating the wrong kinds of food and taken stress off your body's chemistry the symptom survey will more accurately evaluate your body's organs or body's systems. The new symptom survey will then help to specifically link the body organ or system with the whole food nutrition you need to help continue to heal and balance your body's chemistry.

**Continuing on.....**

**What will changing my body's chemistry do for me?**

**First: As explained above, changing body chemistry will: LITERALLY, REBUILD YOUR BODY!!!**

**Second: Changing your chemistry will: BALANCE YOUR BODIES FATTY ACIDS!**

I want to briefly tell you why balancing fats is so critical to regaining your health.

Perhaps you have heard of Omega 3 fatty acids (fish oil). In your body Omega 3 fatty acids compete with Omega 6 fatty acids (vegetable, seed or corn oils). In a healthy balanced body **there should be a one to one ratio (1:1) of these fatty acids in the body.**

The average American diet currently has a 1 in 15 to 30 ratio of Omega 3 to Omega 6 fatty acids. First, I am going to prove to you, **without any expensive test**, that you are deficient in Omega 3 fatty acids, and then I will show you its relevancy. Omega 6 fatty acids come primarily from eating grain products like corn, wheat, rye etc. and most oils such as corn oil, vegetable oil, sunflower oil. Olive oil is the only oil you should use to cook with. Of course any meat you eat from an animal that has eaten grains is also full of Omega 6 fatty acids. Also any product from any animal fed grains (like dairy or eggs) is also full of Omega 6 fatty acids or its by product arachidonic acid. If you summed up grains, oils rich in Omega 6 fatty acids, meat, dairy and eggs how much of this would make up your diet? Most would say at least 50% to 75%.

Now consider that the main sources of Omega 3 fatty acids are **fish from the ocean that eat certain kinds of algae, flax seed and walnuts**. **How much of this have you eaten in your lifetime**, probably not much, right? For most of us we are naturally very low in omega 3 fatty acids because of the diet we have eaten all our lives. **Remember there should be a 1:1 ratio of these fats in the body!!!**

Now let's look briefly at what Omega 3 fatty acids do in your body and you will see why fat imbalance **must be corrected**. There is almost no chronic human disease in the American culture that is not affected by the body's Omega 6 to Omega 3 fatty acid ratio. I will tell you what Omega 3's do for your body but remember that Omega 6's and 3's

compete with each other. What one does the other does just the opposite. There is literally a tug of war going on in your body and **the Omega 6 fatty acids are winning.**

Function of Omega 3 fatty acids:

**Anti-tumor formation:** How many people do you know who have tumors in their body whether benign or malignant? Omega 3 fatty acids help prevent, stop and remove tumors from the body.

**Anti-inflammation:** Inflammation is part of the complex biological response of vascular tissues to harmful stimuli, such as pathogens, damaged cells, or irritants. Inflammation is a protective attempt by the organism to remove the injurious stimuli and to initiate the healing process. The main signs of inflammation include; pain, increase in temperature, reddening of the skin, swelling and loss of function. There are two types of inflammation, acute and chronic. Acute inflammation is a warning sign by the body that something is wrong. It is a good and natural process which is essential for body healing. However, when the signs of acute inflammation are ignored, it progresses into chronic inflammation which often requires medical treatment to control. Chronic inflammation is an associated factor in heart and artery disease. Too much inflammation in the body can literally be **a killer**. Omega 3 fatty acids help remove inflammation from the body.

**Anti-coagulant:** Everybody (and their dog) is taking medication in the form of an aspirin a day, plavix and coumadin (rat poison) to stop unnatural blood clotting. If the body has the right balance of fats the average person would not need to take these medications every day.

**Blood vessel dilation:** Inability of the blood vessels to dilate (expand) properly is one cause of high blood pressure. Without proper blood vessel dilation you cannot get the good nutrition and oxygen into your body or the toxins out. Omega 3 fatty acids allow proper blood vessel dilation.

**Increases serotonin levels:** How many people do you know who are on a medication to help increase serotonin levels due to depression and anxiety? Omega 3 fatty acids help increase serotonin levels in the body.

**Increases dopamine levels:** Helps in Parkinson's disease by increasing brain to body function. Omega 3 fatty acids help increase dopamine levels in the body.

**Cellular communication:** The cell walls in your body are made out of fatty acids. Without balanced omega 3 to omega 6 intake your body cannot build its cell walls properly so the cells can communicate with each other at a cellular level!!! Your hormones and neurotransmitters will not properly connect to the cells receptors and deliver their messages. Without balanced omega 3 and omega 6 fatty acids it is like the cells are listening to each other on a cell phone with a poor connection.

You now have the tools to get the necessary nutrition into your body and toxin out of your body. With the "Symptom Survey" you can determine specific nutritional needs to support each body organ and system and paired with the purification diet will lead to all balanced body chemistry. Do not underestimate a proper long-term diet. **You cannot keep beating yourself in the leg with a stick and expect not to be bruised.** Everyone wants to keep their bad habits that got them to where they are and regain their health too. As the old saying goes, "You cannot eat your cake and have it too." We all want that

“one pill” that is the “short cut” so we can continue our bad habits and regain our health also. Remember that: **“in life there is no such thing as a free lunch!”** There is a direct and straight path that will get you where you want to be. Looking for the “short cut” so you do not have to give up your bad habits will not work. **“There is no such thing as a short cut on a straight line.”**

This web site is a work in progress! How to change the physical, mental/emotional and electrical areas of the body will eventually be added this web site as time permits. These areas of the body are usually treated by a physician of some specific field and I will be glad to talk to anyone who has read this Web site in its entirety about these areas of the body. Eventually specific conditions such as how to balance female and male hormones, lower blood pressure, lower cholesterol etc. will also be added to this web site. Thank you for visiting this web site!

Dr. A. Douglas Cyrus