

Holistic Health and Healing



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How Life Gets In The Way of Living

One of my clients said: "I'm not sure who 1st said it ...", then shared this quote . . .
"I thought I'd live forever - I just didn't think forever would come this soon!"

Then the client spoke about all of the "priorities" that seem to control life and all the decisions it takes to accommodate them.

It made me think, too, about all the things that life demands – and how life gets in the way of living – so I charted it out.

While I'd rather be helping people stay as healthy as possible, what you need to know is: the people who make an appointment with me are usually seeking a means to address some sort of declining or failing health.

Often, it's a moderate inconvenience like:

- Indigestion
- Sore or cranky joints
- Hormone imbalances
- Stress
- Yeast and the like.

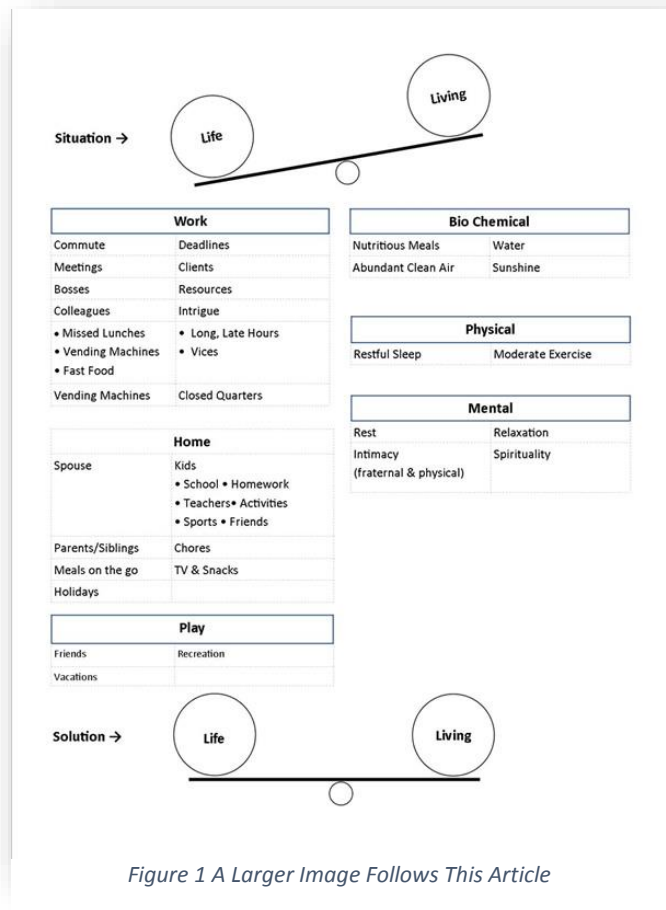
Other times, it's something more serious that's diminishing the client's quality of life.

Then, there's the occasional client with a critical health issue – that has stolen their health and their quality of life.

They are always surprised that "it" happened to them, frustrated with how their life has changed and the expected - and unexpected - side effects of their medical treatments.

There are demographics for the people, too.

1. 20+ – think they're bullet proof
2. 30+ – moderate issues
3. 40+ – moderate to serious conditions
4. 50+ – serious to critical conditions
5. People who dodge the bullet



Depending on the nature of the complaint, there is:

1. Frustration with their complaints
2. Disillusionment with their treatment(s)
3. Feeling of abandonment
4. Grief for the loss of their quality of life

The top 5 causes of death, classified as degenerative diseases, are:

1. Heart Disease
2. Stroke
3. Cancer
4. Chronic Respiratory Disease
5. Diabetes

Traditional Medicine proclaims: *"If detected early – they are manageable."*

... which means your life will be prolonged, not necessarily improved.

All of the associations of these various afflictions proclaim: *"They are preventable!"*

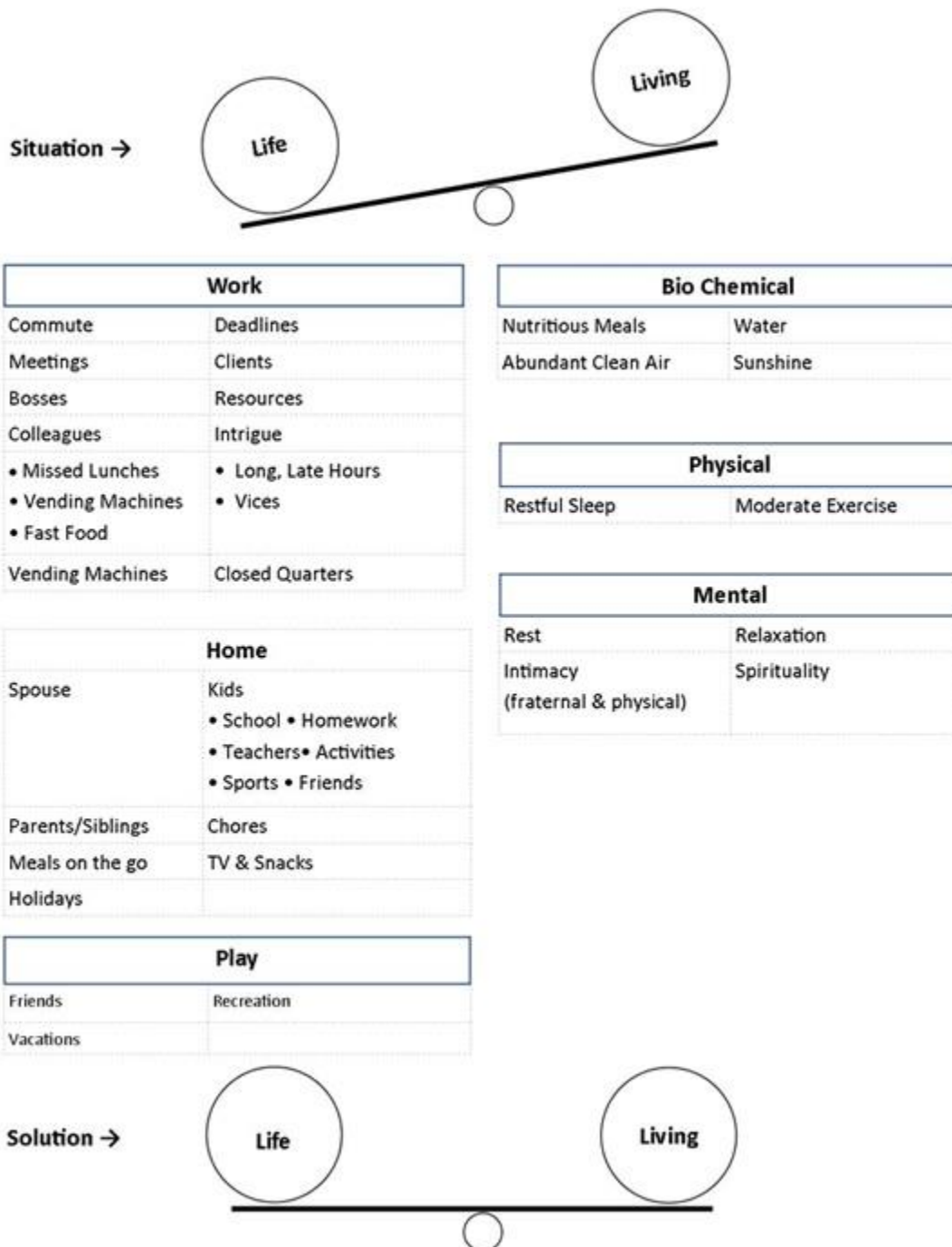
... which means an ounce of prevention is worth a pound of cure.

How Can You Prevent or Reverse Declining & Failing Health?

... by putting your priorities in balance.



How Life Gets in the Way of Living



What Are Your Health Care Options?



Do you know anyone who dreams about the day when they can spend all their waking hours dealing with health problems?

No? Me neither. So ...

Why are they spending big money on Traditional Health Care – frustrated and disappointed with the bargain and looking for better health care options?

Why do so many people find themselves immersed in the “tar pit” of nagging problems, declining health, sickness and disease?

Sometimes, it’s a hereditary condition, although I firmly believe that many of these inexplicable health conditions are a function of nurture (imitated bad habits) – not nature.

Sometimes, it’s bad luck – an injury or infection. People can be in the wrong place at the wrong time and end up with something that they couldn’t have anticipated – that changes their life forever.

Most of the time – it’s choices.

People either knowingly, or unknowingly, make choices that will – sooner or later – steal their health and change their life – forever.

For Example:

Stan, the client I mention earlier, said: *“I thought I would live forever, but I didn’t know forever would come so soon.”* He was lamenting all of his aches and pains after over-doing his work as a Master Stone Mason – again.

My comment to him was: *“That’s creeping normalcy – major negative changes happen slowly – in many unnoticed ways that you don’t find too objectionable – until it’s a big problem.”*

Stan said, *“I just thought I could ...”*

I interrupted and asked: *“Was that false-confidence?”*

Stan nodded his head in agreement and said: *“So, An ounce of Natural Medicine is worth a pound of Medical Treatment!”*

It took Stan a while, but he gets it! There are better health care options.

He’s asking *“Why ...?”* - instead of saying *“Why me?”*.

Stan has learned 7 important things:

1. How his body works
2. Real food doesn’t come in bags, boxes and cans
3. Lifestyle tactics and supplements fill the gaps left by the demands of life
4. What you do, occasionally, won’t hurt you – too much
5. What you do, every day, can help you – a lot
6. He has the most to lose, his health, if he ignores the needs of his body
7. Staying healthy, or becoming healthy is a journey not a destination.

Composition of the Human Body

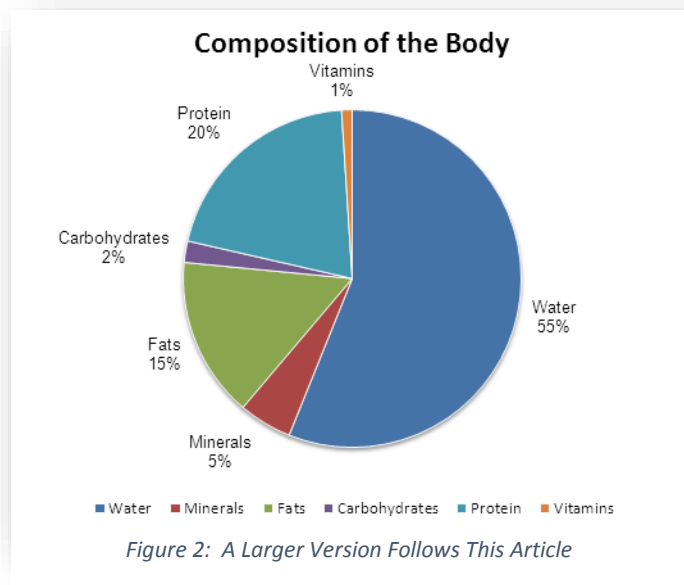
When you understand the composition of your body, you'll be able to meet the thresholds of nutrition required to keep it operating efficiently – which is the precise definition of health.

Water is the most abundant nutrient

(accounting for roughly 2/3 of body weight) and, by far, the most important because it's involved in nearly every process including: digestion, absorption, circulation and excretion; water is the primary transporter of nutrients and is necessary for all the building processes, maintaining body temperature and is essential for carrying wastes out of the body.

Protein is the 2nd most abundant

component. It is materials that build muscles, blood, skin, hair, nails and internal organs like the heart and brain.



Protein forms hormones that control growth, sexual development, and metabolic rate. It helps control pH (acidity and alkalinity) and regulates water. It is the component of enzymes, antibodies, lactation and blood clotting. Protein is a source of energy, producing 4 calories of energy/gram.

NOTE: Sources for protein are meat, dairy, fruits and vegetables. To determine protein requirements, divide body weight by 2, the result will indicate the approximate number of grams you require each day (There's 28.3 grams per ounce.).

IMPORTANT: Balance meals with the types of protein in the diet – a good rule of thumb is 30% animal source, 70% plant source.

Fat (lipids) is a concentrated source of energy delivering more than twice the energy of either protein or carbohydrates (9 calories/gram). They carry vitamins A, D, E and K; aid in the absorption of D, make Calcium available to tissue, bones and teeth. Fat insulates the body, protects it, holds organs in place, insulates, contours its shape and prolongs digestion.

Unsaturated fats are usually liquid at room temperature and derived from: vegetables, nuts, seeds and fish.

Saturated fats are usually solid at room temperature and usually come from animal sources (except coconut oil).

Cholesterol is a fat-related substance that is a component of tissue – especially the brain, nervous system, liver and blood. It forms sex and adrenal hormones, vitamin D and bile (necessary for the digestion of fat).

NOTE: Nutritionists suggest eating a diet that provides 25% to 30% of its calories from unsaturated fat.

IMPORTANT: If a lack of carbohydrates is accompanied by a deficiency of water, or a kidney malfunction, fat cannot be completely metabolized and becomes toxic.

Minerals make up about 5% of the body, but they're vital to 100% of mental and physical well-being. They're essential part of all structure, organs and functions. All of the minerals need to be supplied by your diet. Physical and emotional stress causes a strain on the body's supply of minerals.

Carbohydrates are the main source of energy for all body functions, body heat and muscular exertion. The chief sources are: sugars, starches and cellulose.

Simple sugars, like honey and fruit are easily digestible. Double sugars like table sugar, white flour, dairy and root vegetables, require some digestion, but they too are a ready source of glucose.

Starches, like whole grain, require prolonged digestion to be broken down into glucose (the fuel the body uses).

NOTE: Overindulgence in starch and sweet foods may crowd out other essential foods and can result in nutritional deficiencies, obesity and tooth decay.

Vitamins have no caloric or energy value but they're important as constituents of enzymes, which function as catalysts in nearly all metabolic reactions. They are not a component of major body structures but aid in the building of these structures.

NOTE: The Recommended Daily Intake (RDI) is the daily intake level of a nutrient that is considered to be sufficient to meet the requirements of 97–98% of healthy individuals in every demographic in the United States (where it was developed, but has since been used in other places).

IMPORTANT: With a few exceptions, the body cannot synthesize vitamins; they must be supplied in the diet or by the judicious use of dietary supplements.

Of the body's 4 processes (ingest, digest, assimilate, eliminate), you control only one – ingest – choosing and consuming stuff.

1. When you match the food and beverages that you choose to consume, to the composition of your body, you'll be able to meet the thresholds of nutrition required to keep it operating efficiently – the precise definition of true health.
2. **You create a mismatch**, regardless of the reasons, with your: preferences for sugary, fast or prepared meals, schedules and lifestyle.
3. **Commercial farming practices** like: continuous cropping, early harvest, fertilizers, pesticides, handling or shipping can make it worse!

When your diet creates a mismatch between what you consume and the needs of your body it creates a deficiency that prevents your body from operating efficiently – the precise definition of declining health, sickness and disease.

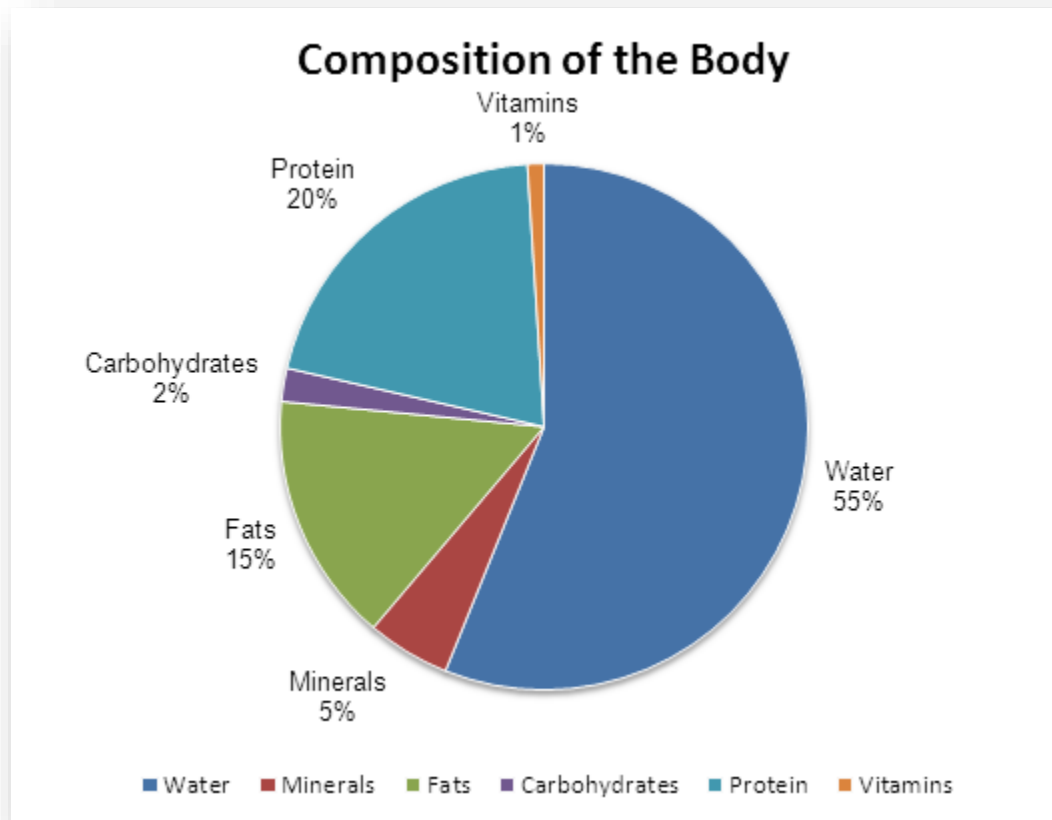
What Can People Do?

Try to make your diet match the needs of your body.

When it's impractical, fill the gaps with supplements. But when you do, choose a high quality, professional-grade supplements, suited to you needs, rather than price-sensitive consumer versions . . . it will pay dividends when you do.

Health is a Journey

Staying or becoming healthy, naturally, is a journey – what you do, every day, can help you, what you do occasionally won't harm you. And, if you hit one of life's pot holes, an injury or infection, you'll be ready.



How the Human Body Works

The Human body is self-replicating, self-healing, self-energizing and self-protecting. It is adaptable, resilient and forgiving.

Research about how the human body works suggests that the body **replaces all of its 750 trillion cells every cell – every 7 years.**

Your body accomplishes all of this by performing 4 processes and 4 functions that make your body work.

There are 4 Processes that support your body:

1. Ingest
2. Digest
3. Assimilate
4. Eliminate

Ingest is simple: it is taking in bio-mass: air, water and food from plant and animal sources.

Digest has 2 components:

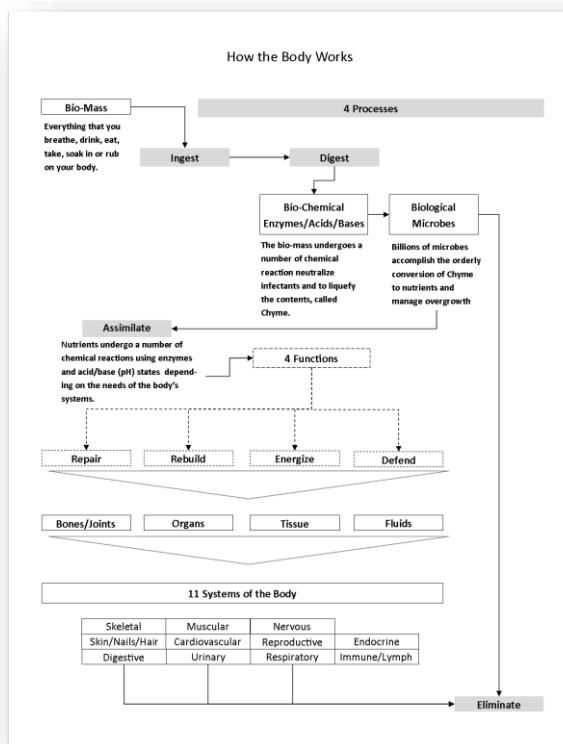
1. **Bio-chemical action treats the bio-mass with enzymes, acids and bases** to breakdown and liquefy the biomass and attack infectants.
2. **Biological action of billions of microbes consume and convert** the liquid to produce the nutrients that ultimately support the needs of the body and control overgrowth of other friendly microbes or infectants that may have slipped through.

Assimilate is an enzyme/chemical action that allows the exchange of nutrients from the intestinal tract – to the blood stream – to the bones, joints, organs, tissue and fluids – to carry out the 4 functions of the body.

Eliminate is an enzyme/chemical action that allows the exchange of wastes from the cells and tissue – to the blood stream – to the kidneys and liver – to the bowel – where internal debris and toxins are combined with dietary waste, quickly, to protect the body.

There are 4 functions that support your human body:

1. Repair damaged cells
2. Rebuild cells that are beyond repair or programmed to die
3. Energize the body
4. Defend the body from threats, infection and infestation.



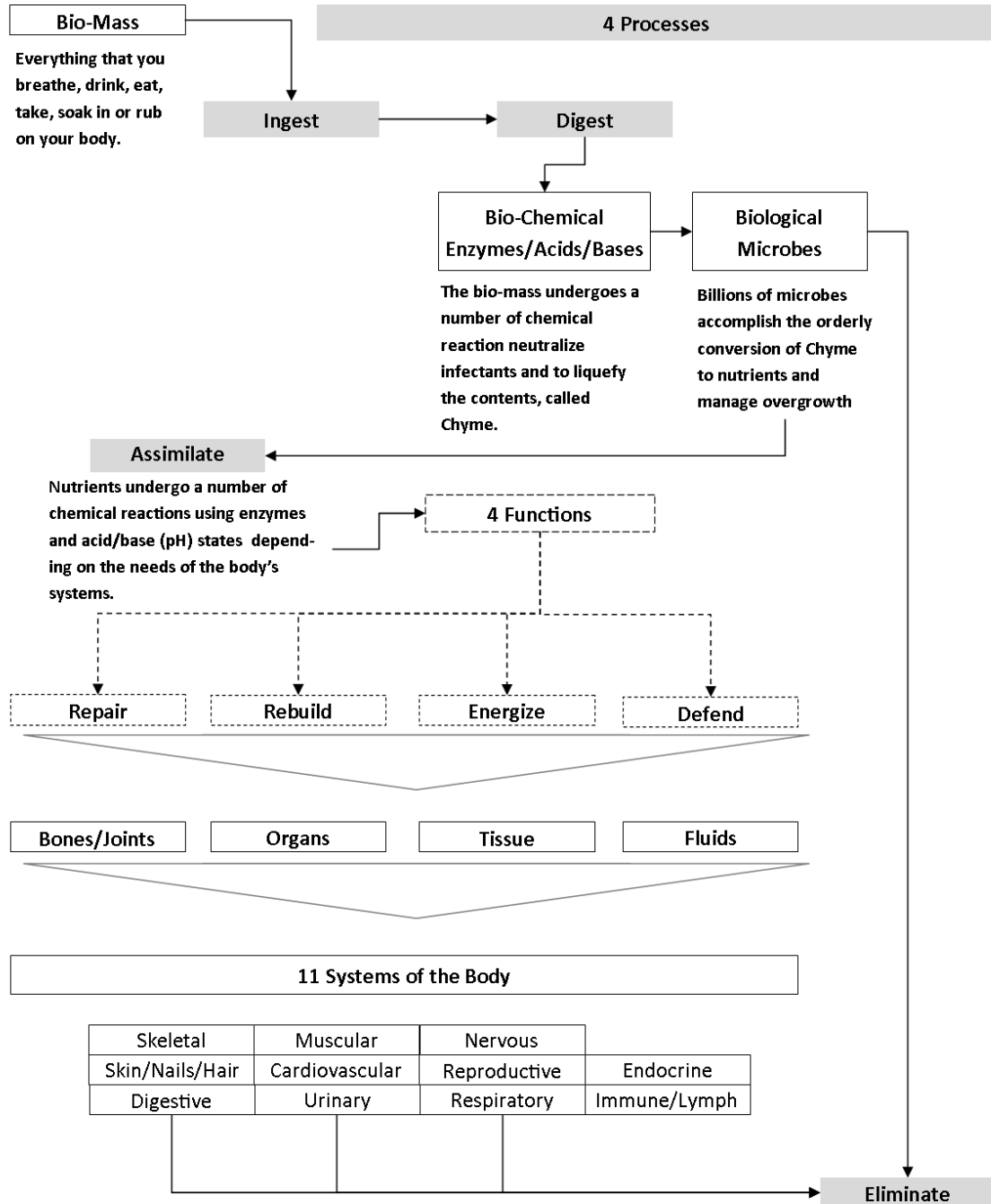
There are 11 systems of the body.

1. Hormones manage and enzymes work in a liquid solution of nutrients, acids and bases that are adjusted depending on the task.
2. Once the task(s) are completed, another enzyme/chemical action performs the exchange of wastes – internally produced toxins and debris – to the blood and lymphatic system – to the kidneys, liver and colon – to be quickly recycled and eliminated from the body.

It all happens automatically – except 1 function.

The 4 functions, 3 of the 4 processes and 11 systems that make your body work rely – absolutely – on the 1 process the body can't control – ingest – the purity, diversity, quality and quantity of the bio-mass that enters the system – you make those choices.

How the Body Works



When Does “Not Me!” Become “Why Me?”

Who among you believes you will suffer from Failing Health? - Anyone?

1. The statistics show about 50% of you will suffer and ultimately succumb to one of these indignities: Cancer, Diabetes, Stroke, Heart Attack or Cardiovascular Disease.
2. When you add another leading cause of suffering and death – medical errors (people made ill by vaccination, antibiotics, drugs and surgery) - the number is higher!

The exact moment when “Not Me.” becomes “Why Me?” is when your body stops sending you suggestions that things aren’t right and issues a formal complaint.

Like the moments when:

- You didn’t lose the 5 pounds you gained over winter.
- The antacids you were taking for your indigestion stopped working.
- You stopped eliminating wastes - every day.
- Your blood pressure, cholesterol, or sugar jumped off the charts.
- You felt bad and the tests didn’t show anything was wrong.
- You received your body’s ultimatum - when you clutched that little piece of paper that contained a prescription for “managing your condition” or a referral to a specialist.

Welcome to the Medical Merry-Go-Round!



When Does” Not Me!” become “Why Me?”

Answer: It is the exact moment when your body can no longer compensate for failing to have its minimum threshold of nutrition, water, moderate exercise and/or rest and relaxation met.

Pay Me Now or Pay Me Later

You can take this to the bank: every one of you, sooner or later, will experience the effects of neglecting the needs of your body - unless you change your ways.

You can choose to ignore the situation - or do something about it.

I recommend the latter. There are many options to help you supplement your diet. And, as you would expect, I recommend choosing Holistic methods, natural remedies and implementing practical tactics and strategies.

Remember: Insanity is doing the same thing - again - and expecting different results.

Why Limit Your Health Care Options?



Why do people automatically choose Traditional Medicine instead of an alternative option when they experience a health issue?

3 words: Faith, Hope and Trust, come to mind.

1. **Faith** is: *a state of being convinced about what we hope for.*
2. **Hope** is: *wanting something to happen.*
3. **Trust** is: *a belief that someone/something is good, reliable, honest & effective.*

People automatically choose Traditional Medicine because they are convinced that:

1. Traditional Medicine can help them – that’s faith.
2. They want their affliction to go away – that’s hope.
3. Physician’s training and experience will fix them – that’s trust.

Visiting your Doctor is a good idea if: you have a bacterial infection, injured or need profound emergency intervention – because the physician’s training and resources are focused on detecting and killing infecting microbes, stabilizing an injury or performing a surgery.

Traditional medicine employs a sick care model – they treat sick and injured people - then try to manage the side effects of their treatments.

What if You Are Just – Not Healthy?

1. What if “the inconvenience” you’ve been accepting as a part of your life sends you to the Drug Store for some relief.
2. Then, after a while – into a Doctor for a prescription that quiets your complaint.
3. Next, more tests that show a condition that, ultimately, needs to be managed by a prescription.

Traditional Medicine calls it “Chronic Disease” for which there is no cure

... only a lifetime of more prescriptions, tests, procedures and symptom management.

1. That’s creeping normalcy - when you begin settling for good enough
... not sick, but not healthy, either.
2. That’s the precise point where people need an alternative plan
... instead of another fruitless prescription or test.
3. **That’s when making appropriate alternative health care choices is important**
... it’s your off-ramp.

People can:

1. Avoid or reverse that inevitable creep from the state of true health, but it will require you to reevaluate the role you play when it comes to your health.
2. Become proactive when it comes to protecting your health.
3. Participate in the process of recuperation from the symptoms of creeping normalcy – instead of waiting until you are forced to react to the inevitable – declining health – or worse – the desperate search for something that can right your sinking ship.
4. Learn how to care for your body, naturally.

People need to believe 3 things:

1. Their body can – and will – protect and heal itself – **that's Faith.**
2. They can stay or become truly healthy – **that's Hope.**
3. There is a combination of holistic methods, natural remedies and lifestyle tactics that can help them maintain, rebuild and care for their bodies – **that's Trust.**

But it's not easy, because faith never means being gullible.

. . . There's no magic bullet. In the end, you are responsible to yourself.

What's the Difference between Holistic Treatment and Medical Treatment?



One of the most frequently asked questions I hear is: *“How is holistic treatment with natural medicine different than medicinal treatments?”*

It's a short question that demands a big answer.

Medical Treatments

The philosophy of Medicine relies on empirical data (tests) to identify a factor that can be destroyed or managed with medication(s) or treatment(s), or an injury that can be repaired surgically.

This philosophy has contributed to the eradication of water and air borne diseases and crippling injuries that plagued humanity since the beginning of time through the development and commercialization of antibiotics, sophisticated equipment, treatments and surgical techniques.

The sophistication of Traditional Medicine has given rise to a myriad of diagnoses, specialized practitioners, tests to confirm and treatments that may or may not provide an end to the treatments. In other words, the symptom requires management until death occurs – often requiring additional treatments to accommodate the known and unknown side effects of the treatments.

The model for Traditional Medicine is not without faults.

Tests, for example, require a “norm” before they can show an abnormal condition. Ongoing research reveals the flaws in the assumptions for testing “norms” that leads to the misapplication of treatment.

NOTE: Wide spread use of medical treatments often reveal more or different side effects or interactions than were revealed during the trials for the treatment.

Traditional Medicine is very good at what it is good at!

Because of its success, people have grown to expect that medicine will have all the answers when their health begins to decline or fail. As a result, they become complacent – either knowingly or unknowingly neglecting the care and maintenance of their healthy body – then frustrated when they discover their symptoms require life-long management, intensive, risky interventions, or worse, untreatable.

Natural Medicine and Holistic Treatments



Holistic philosophy holds that health is the result of a balanced body. Health conditions, sickness and disease are caused by imbalances in physical activities, mental strain and inappropriate bio-chemical reactions.

This philosophy for holistic treatment is new and old-fashioned – at the same time. It considers the bio-mass (all the things that you eat, drink, breathe, take or rub on your body) immoderate physical activities and mental stressors.

The Holistic treatment philosophy holds that health can be maintained or restored by returning these 3 components to the historical needs of the body.

Holistic philosophy contends that health emanates from the construct of the balanced diet, moderate exercise and stress management because they support the internal biological and chemical reactions that produce an active, healthy body.

The Holistic Health Practitioner relies on lifestyle strategies, diet (augmented with nutritional supplements) and natural remedies to establish the balance to produce the condition of health.

The model Holistic Treatment and Natural Medicine is not without faults, either.

It requires that people become actively involved by choosing and consuming wholesome food, drinking water and setting boundaries to assure adequate relaxation and sleep and to overcome the societal conditioning that encourages them to do otherwise.

Choosing a Type of Treatment

... Traditional Medicine or Natural, Holistic Treatment and Natural Medicine

There is a misconception that people should choose one or the other of these philosophies.

... The fact is: true health is the result of the convergence of the two philosophies.

Both schools of thought – Holistic treatment with Natural Medicine and Traditional Medicine are very good at what they're good at and not very good at what they're not.

Choose a Physician for an injury or bacterial infection – then allow enough time for your body to recover and recuperate.



For the rest, if you don't like the way things are - change the things you do

... to support your body's ability to protect and heal itself with:

1. Lifestyle modifications
2. and/or an improved diet
3. and/or a dietary supplement to fill the gaps in the diet
4. and/or a natural remedy to support a particular structure or function that is creating the situation

... that's holistic treatment and natural medicine at its best.

If you're concerned, frustrated with your medical treatment, or just curious about another way to protect or improve your health, naturally, using holistic treatment, natural remedies and practical, common-sense suggestions, a Natural Health Consultant can help you make a plan to protect or improve your health – naturally.

What are the differences between Natural Medicine and Traditional Medicine?

Holistic, Natural Medicine is a system of treatment that complements and enhances the body's natural capacity to heal by restoring balance – without the use of synthetic drugs or chemicals.

There is a clear difference between Natural Medicine and Traditional Medicine.

1. Natural Medicine focuses on you, the patient, rather than a condition or disease.
2. It provides individualized treatments rather than an assembly-line approach.
3. It treats the whole person instead of a symptom or the processes of a disease.

4. Natural Medicine promotes proactive self-care and self-healing rather than reacting after the fact.
5. It honors the core psychological and spiritual nature of each individual rather than the pursuit of treatment.
6. It focuses on nutrition, lifestyle and preventive practices.

Many people insist that your choice for healthcare is an either/or proposition between Traditional Medicine and Natural Medicine.

It's simply not true!

There is a time and place for both approaches – the challenges are deciding and, then, determining the best plan for your particular health care need.

The choice between Traditional Medicine and Natural Medicine is neither as simple as advertised or as complex as you're lead to believe.

That's where you can get stuck -Traditional medicine versus Natural Medicine – because they both have a place when it comes to protecting or improving your health.

When you need help, it's important to find someone who has your interest foremost in their mind. That's where choosing the right Natural Health Consultant will pay you dividends.

Staying or becoming healthy is a partnership between you and the professionals.

And, you need to choose to be an active member of your team. When each member of the partnership does their part – you are the beneficiary!

Holistic Methods and Natural Remedies



Belief:

Health is Not Just the Absence of Disease
... It is Being Well in All Areas of Health

Objective:

Establish the Balance That Creates True Health

Method:

1. Uncover the Cause
2. Recommend Practical Solutions
3. Recommend Natural Remedies
4. Help You Implement Your Natural Health Plan

The Triangle of Health is a holistic, natural medicine approach

These 3 Factors Affect Your Health:

BIO-CHEMICAL

Things you eat, drink, take and breathe, and how they are absorbed and eliminated determine bodily function and health.

MENTAL

The mind affects the body in many ways: including the release of chemicals that make us happy, angry, fearful or depressed. Mental, physical and/or emotional stress can be detrimental over time, causing damage to body systems, create sickness and prevent healing.

PHYSICAL

Muscles, joints, bones and organs need to be efficient so the nervous system can relay messages to and from the brain. Over or under exertion, injuries, bacterial, viral, yeast or parasitic infection can be detrimental over time, causing damage to body systems, create sickness and prevent healing.



Each corner of the triangle of holistic health ...

1. Must be in balance – and working optimally – to maintain the balance that produces health.
2. Imbalances in the triangle produce declining health and disease
3. Balance creates health and healing

A Natural Health Consultant

1. Analyzes these 3 factors that can – either individually or together – create human health or produce declining health and disease.
2. Uses comprehensive interviews and Holistic Methods to discover the barriers that are blocking your body's ability to stay or become healthy.
3. Next, your consultant helps you build a plan using Alternative, Complementary and Holistic, Natural Medicine techniques along with natural remedies and other practical recommendations to release your body's power to restore true health and help you achieve a permanent solution for your health and healing challenges.
4. Then your Natural Health Consultant helps you implement your Holistic Health Plan . . . if you're satisfied with your personal action plan.

Holistic Medicine and Natural Health Consulting can be helpful if your objectives are:

1. Proactively, Protect Your Health with Holistic Natural Medicine and Natural Remedies . . . to help you address or avoid the factors that are causing your concerns, infirmity or disease.
2. Identify and Address the Causes of Your Declining Health or Chronic Disease . . . using a Holistic approach, Natural Remedies and Practical Strategies & Tactics

How Do You Recover From Sickness and Disease – Holistically?



It's common that people expect an instant, or at least fast way to recover from sickness and disease or a health complaint. It's called the aspirin syndrome -take a pill, headache gone. That's a mistake!

The urge to resume their GO-GO schedules, before their body has had a chance to fully recover, puts them right back on track to relive their sickness or disease – or worse, experience even more challenging complaints later on.

The difference between people's expectation – instant recovery . . . and reality – it takes time – is what gets people in trouble.

The word disease is part of our language - most people take disease to be a medical term that evokes thoughts of prescriptions and medical treatment – but, it's not.

A quick trip to the dictionary can easily dispel all this confusion.

You will read: “Disease is an abnormal condition affecting the body.” It breaks down nicely, too: dis means: “the opposite of”; ease means: “comfort”.

The Opposite of Dis-ease is Comfort.

Excluding conditions of birth and injury, most of the health complaints that people experience are degenerative and chronic in nature.

The body has been decaying – over time – due to physical, mental and/or nutritional negligence.

Chronic Health Conditions

These chronic health conditions are symptoms of the body's inability to adapt to this long-term negligence.

1. When people stop the negligence, their complaints generally diminish.
2. When people change their habit(s) – the complaints go away.

In holistic terms, nagging health complaints (chronic diseases) are the warning signs that the body is reaching the limits of ability to adapt to the negligence.

1. If the sickness-causing habits are nipped in the bud with improved diet, natural remedies, rest and lifestyle modification, the body bounces back.
2. If the sickness causing habits continue, or are repeated, health deteriorates – as the body continues or resumes to decay.
3. When the body can no longer adapt – death occurs.

Recovery from Sickness and Disease or Declining Health Instantly or Fast

Convalescence

“Convalescence” is a word is missing from the list of pseudo-medical terms that people recognize.

The definition of convalescence is: to make progress toward the restoration to health and strength after the cessation of disease. As the definition implies, it takes time for the complete restoration to health.

Convalescence needs to be the watch word – when sickness and disease happens!

Your body is not a machine. It is a miracle of Creation that is:

1. Adaptable: allowing your body to adjust to changing circumstances, for a short period of time.
2. Resilient: allowing it to bounce back from those short-term changes.
3. Self-Repairing and Replicating: allowing your body to heal and rebuild itself – if it has the nutritional resources and enough time.

Convalescence is: How to Recover from Sickness & Disease!

1. Removing the offending lifestyle choices – physical, mental, biochemical – for a period of time – to allow the body to recover from the effects of past neglect and abuse.
2. Reflecting on the circumstances and choices that put them in their plight, in the first place.
3. Taking the time to make the permanent changes to avoid repeating the ordeal, or worse, a magnified version of their symptoms of decay and declining health.

The duration for convalescence is generally 1 month for each year of discomfort.

Convalescence is progressive, too. People feel better sooner than the calculation suggests because the latest complaint is the 1st to diminish, so they can resume life – sooner and moderately – but, full recovery will take the full time.

Natural Medicine and Holistic Healing is really that simple.

The Objective is: Help You Become Responsible and in Control of Your Own Health.

Remember this: It's easier to stay healthy, than to become healthy, once you're not! Insanity is doing the same thing – again – and expecting something different to happen.

Why Choose a Natural Health Consultant?



Picture this:

- You're feeling down. Your belly seems perpetually upset.
- Your nose is stuffed up and, to top it off, you're not sleeping well.
- You head to your Doctor for
if you're lucky - a 10-minute chat about what's ailing you.
- Afterwards, the Doctor hands you a prescription, shakes your hand and shows you the door.

Has this "Here's-a-prescription – see ya-later" encounter made you healthier? In a word – no!

7 Reasons You Should Choose a Natural Health Consultant Using Natural Medicine

1. A Natural Health Consultant uses natural medicine and holistic methods
2. Each consulting session is all about you – not an assembly-line.
3. Your Natural Health Consultant looks for the cause instead of a way to cover-up your symptoms.
4. Uses natural remedies, holistic methods and practical tactics.
5. Uses your body to heal itself.
6. True craft of Health Care.
7. Healer on a mission.

**I believe it's the most effective way to help people protect or improve their health
... especially those with chronic health issues—here's why:**

1. Natural Health Consulting and Coaching is all about you!

Think of it as the ultimate in personalized, one-on-one, therapeutic relationships to help you protect or improve your health. It's a health-focused, client-centric partnership, in which the Natural Health Consultant and client work together to uncover the causes of the symptom, illness or disease.

A Natural Health Consultant looks beyond the laundry list of symptoms; I examine the client's unique history, environment, lifestyle and underlying factors, and then develop a health-enhancing, usually drug-free plan to help restore the client to good health and put him or her on a life-long path of health and vitality.

2. Natural Health Consulting and Coaching is not a conventional medicine.

Natural Health Consulting and Coaching involves time, care and patience. He or she treats the person rather than the symptom(s) or disease.

It's not unusual to spend an hour or more with clients, listening to their histories, doing the detective work, asking questions, and examining the genetic, environmental, and lifestyle patterns that effect health.

By addressing the underlying causes of the symptom(s), illness or disease, a Natural Health Consultant is able to design unique, personalized healing plans for which Conventional Medicine literally doesn't have the tools, training or the time.

3. Natural Health Consulting and Coaching is not assembly-line medicine.

Our current health care system expects physicians to:

1. Manage huge caseloads.
2. Keep people moving through the system as quickly as possible.
3. It's mass-produced, assembly line, quick-fix, put-a-band-aid-on-it medicine, with little hope of creating long-term health.

To its credit, Conventional Medicine is best at:

- Managing medical and surgical emergencies
- Medical crises
- Acute infections and trauma

But, it falls short when it comes to protecting patient health or treating chronic diseases such as diabetes, heart disease, gastrointestinal problems, chronic fatigue, autoimmune diseases, functional disorders, musculoskeletal problems and stress related disorders.

This is where Natural Health Consulting shines so brightly!

It's more comprehensive, thoughtful approach seeks to restore the balance that produces true health using holistic methods, natural medicine and practical tactics rather than hiding the symptoms.

4. Natural Health Consulting and Coaching offers the best of all worlds.

It is not an either/or system, but rather it's a true combination of many different natural, alternative, and complementary therapies. It acknowledges the strengths of Conventional Medicine for acute and crisis-care, but also realizes that the Traditional Medicine approach does not have the tools for protecting health or preventing or treating chronic diseases.

A Natural Health Consultant is able to apply all the tools of healing—drawing from Western, Eastern, Alternative, Preventative and Integrative medical practices—to help the client stay or become healthy.

By pulling from all of these approaches and by paying special attention to diet, exercise, nutrition, supplementation, natural remedies and the workings of the mind, I'm not just giving clients a band aid, I'm giving them the tools to create sustainable wellness and vitality – the definition of True Health.

5. A Natural Health Consultant looks for the cause – not a symptom.

In Conventional Medicine, doctors try to make a diagnosis and then apply a medical treatment for particular symptoms.

With Natural Health Consulting, Coaching and Mentoring, I am more concerned with the underlying imbalances or dysfunctions that are the mechanisms of the symptom, illness or disease. I target the underlying mechanisms and ultimately look for the causes of those imbalances.

6. A Natural Health Consultant and Coach is a healer on a mission.

I call myself an evangelist for health – because I am a healer on a mission. I strive to show people how to protect their health and the unhealthy how they can transform their health.

Of course, clients need to do their part – because I can't do it for them – but I will work as a partner to help restore balance and true health to their lives. Participating in the process, the transition from illness or diseased to wellness, is one of the greatest joys for both my clients and me.

7. Natural Health Consulting and Coaching is the true craft of Health Care.

Unlike the symptom and disease management model of Conventional Medicine, a Natural Health Consultant has the knowledge to go beyond crisis care and offer clients a much better approach to their health.

He or she can help you incorporate:

1. Lifestyle Medicine
2. Nutrition
3. Dietary Supplements
4. Natural Remedies
5. Stress Reduction
6. Exercise

... to help you improve the function, structure and organs of your body as a means of preventing disease and creating vibrant, sustainable health.

A Natural Health Consultant can help you release the healing powers within you that produce a strong body, energized mind and vibrant spirit.

Bonus



Do you Struggle with Strange Symptoms or Unexplainable Illnesses?



Do you experience:

- Bloating
- Indigestion
- Brain Fog
- Weight Gain
- Headache
- Strange Symptoms

Food sensitivities might be the culprit.

**They're not really food allergies – nor are they as profound as anaphylaxis
... but, food sensitivities are very disagreeable!**

The process of elimination, in the Exclusion Diet, helps people identify the subtle – sometimes gradual – reactions to the foods – common to their diet – that are, more than likely, causing their strange symptoms.

The Exclusion Diet is like pushing the “reset” button for food sensitivities and strange symptoms. During a short 2 weeks, the exclusion diet helps your body clear out any sensitivities and the antibodies that the body has produced over time. Most people feel dramatically better, and they may even lose some weight!

Afterwards, you add each food you have excluded – one by one – to test whether the body's response is good or bad – and the mystery will be solved.

Here's the food that you should eliminate to start with:

Gluten (wheat, rye, and barley)	Eggs	Dairy (milk, cheese, yogurt)
Soy	Corn	Peanuts
Sugar (table, tropical fruits, fruit juices)	Vinegar	Alcohol
All artificial preservatives, additives, dyes, sweeteners, etc.		

IMPORTANT: Many people have food sensitivities to more than one food. Unless you eliminate all these foods, you may not notice a difference in how you feel or you won't necessarily see improvement.

The Only Rule for the Exclusion Diet is: Failing to Plan – is Planning to Fail

... **SO, make a grocery list AND BUY the foods you CAN eat such as:**

1. Organic meat protein sources (fish, chicken, bison, beef)
2. Healthy fats like avocado or coconut butter, coconut oil or coconut butter, olive oil, nut oils and grape seed oil
3. Make sure to get a variety of fresh green and colorful vegetables that grow above the ground, and apples and pears – and vow to try something new every day!
4. Milk alternatives, like coconut milk and almond milk

5. Lemon or Lime Juice (to replace vinegar)
 6. Be sure to stock up on snack foods like: apples, pears, raw nuts, seeds, and nut butters.
 7. Then, plan meals, eat a wide variety of whole foods and do not restrict your calorie intake.
- NOTE: If you don't experience an improvement with your strange symptoms associated with food sensitivities during the 2 weeks, you either don't have any food sensitivities or you may need further testing, such as acid testing or a comprehensive analysis for parasites.

After the 2 weeks, you can start to reintroduce the foods that you have excluded. **It is VERY important to do so one by one**, with only one new food introduced every 2-3 days. That way you can monitor your body for return of symptoms, such as brain fog, water retention, or bloating. If you notice symptoms with a certain food, take that one back out and try something else.

The Exclusion Diet will provide you with a sense of what foods agree with you – and which ones make you feel terrible. You decide what you are willing to tolerate then continue avoiding the foods that make you feel the worst.

Changing habits, especially involving food, can be difficult - I promise you the health reward will be well worth it. And soon you'll be feeling so much better that you will not even miss the foods you've given up!

Exclusion Diet – Issues & FAQ's

Q: What if you're still hungry?

A: If you find yourself hungry during the elimination diet, first ask yourself "Am I really hungry?"

There are other reasons people eat like: boredom, emotions and fatigue. If you are not experiencing any of these and you're still hungry, you are probably not eating enough fat. Increase your intake of healthy fats like: avocado on top of burgers, or adding walnut, sesame or coconut oil on top of roasted veggies and vegetable salads. Plus, you can snack on nuts, nut butter or coconut butter dips for meat and vegetables.

The first few days will be the hardest as your body goes through withdrawal from sugar and your cravings will be more intense or your strange symptoms might intensify.

Symptoms you may experience in the first week or so can include changes in sleep patterns, lightheadedness, headaches, joint or muscle stiffness and changes in gastrointestinal function. Such symptoms rarely last for more than a few days. It's called A Healing Crisis. You can read about it next!

You may find yourself walking around looking for something to eat and nothing sounds good.

This is usually because we have trained ourselves to snack on processed sugary foods, especially when we are bored or tired! You can drink a vegan safe, non-dairy, vitamin and mineral enriched shake like NUPRO's Body Designer to help. And, be sure to start your day with a healthy vegan-safe breakfast shake mixed with almond or coconut milk, too.

Q. What do you do – after you finish the 2 week Exclusion Diet?

A. The goal of the Exclusion Diet is to reconnect you to how food makes you feel.

There is no typical or normal response and each person may differ in how they feel. The key is that you reestablish your connection with food and begin to understand how food affects the way you feel.

What is a Healing Crisis?



The Healing Crisis

... or as it is formally known, The Herxheimer Reaction, is characterized by a temporary increase in discomfort during the body's process of detoxification. It occurs when internal toxins and wastes are being released faster than the body can eliminate them.

Whether you've chosen to start a cleansing or a natural health and healing program, it is possible that you will experience one or more of these complaints that are commonly called a healing crisis.

The body naturally cleanses itself, every day, to eliminate the internal wastes and environmental toxins that have accumulated. Sometimes, after making an immoderate choice, or starting a cleansing program, you'll experience a symptom of a detox as the body purges itself. The severity and duration of the "toxic state" can overwhelm your body's ability to eliminate the wastes – setting the stage for chronic health conditions, declining or failing health.

A general rule of thumb for a Healing Crisis is:

1. The more dietary, medical and/or environmental toxins that you've accumulated – over time.
2. The more severe the effects of the detoxification during a cleansing or natural healing program.

What You Can Expect When Your Body Purges and Cleanses

The Herxheimer Reaction is an indication that the process of cleansing and detoxification is working and that your body is cleaning itself of impurities, toxins and other wastes.

But, the Duration of the Detox Reaction is Unpredictable. The reactions are temporary, but, depending on the levels of toxicity, they may: • Occur immediately • Within several days • Or even several weeks later.

Some people feel flu like complaints during the first few days of cleansing because the body is dumping toxins into the blood stream for elimination. The ill-effects usually pass within 1-3 days. On rare occasions, they may last several weeks.

NOTE: Sometimes, the discomfort during the healing crisis is of greater intensity than before starting a cleanse.

Another crisis may come after you begin feeling your very best.

There may be many small crises to go through before the final crisis is experienced.

The healing crisis may bring about experiences of past conditions.

NOTE: While people often forget past diseases or injuries, they may be reminded during the healing crisis.

On a positive note: many people experience little or no discomfort – at all.

The Reactions to Cleansing Are Unpredictable

In any case, once the cleansing and purifying process is underway and the stored wastes and toxins are in a free-flowing state, the severity and duration of the healing crisis is a direct indication of the amount of toxins and wastes that are being released from inside your body.

There are a wide variety of reactions, too. They range from none to severe - with some or many symptoms of a healing crisis including:

Increased joint or muscle pain	Diarrhea	Constipation
Fatigue	Restlessness	Cramps
Headache	Insomnia	Aches, Pains
Nausea	Vomiting	Sinus congestion
Fever (usually low grade)	Chills	Frequent urination
Urinary tract discharges	Suppressed memories	Anxiety Mood swings
Phobias	Blood pressure change	Cold or flu-like symptoms
Strong emotions: anger, despair, sadness, fear		
Skin eruptions, including: boils, hives, and rashes		

How to Ease Your Way through the Healing Crisis

1. **Drink plenty of fresh water** to flush the body of toxins from the detoxification cleanse. Some professionals recommend distilled water as the best. Drink from 3 to 4 quarts (or liters) per day. This will help flush the toxins out of your system and speed along the detoxification.
NOTE: A headache may indicate insufficient water intake ... drink more water!
2. **Avoid "white" foods.** White flour products (bread, pasta, etc.), milk and all dairy products, sugar and starches (white rice, potatoes, etc.).
3. **Eat light meals.** Chicken, turkey, vegetables and soups are especially beneficial.
4. Avoid red meat.
5. **Be kind to yourself**, and get the rest that you need. If you are feeling fatigued or sleepy, your body is telling you to rest. Symptoms frequently disappear immediately after a good bowel movement. A good massage might be helpful to speed up the healing process and reduce the discomfort.
6. **NOTE:** On occasion, a reduction of the dosage or temporary cessation may be required until the severity subsides.



The Health and Healing Benefits of a Detoxified Body

. . . far outweigh any inconveniences that you might experience during the process.

Many people describe experiencing a feeling of lightness while others are unable to describe what they experience other than to say they can't remember when they felt better.

Keeping your body cleansed and refreshed is:

- The best insurance against declining and failing health.
- The 1st step when you begin the process of recovering your health.

Keep Your Body Clean – on the Inside . . . to Protect or Improve Your Health

Staying or becoming healthy, naturally, is a journey

. . . what you do, every day, can help you, what you do occasionally won't harm you. And, if you hit one of life's pot holes, a sickness, an injury or infection, you'll be ready for it.

About the Author

Frank Lucas is a Ph.D. and Certified Natural Health Consultant - not a Medical Doctor. He is a 20+ year veteran of Natural Health and Healing.

He helps people uncover the habits that created declining health and chronic illness, discover habits that produce health and healing using holistic methods, natural remedies and practical tactics at the Radiant Health Club, in Castle Rock, CO.

Dr. Lucas has written several books, lectured nationally, and internationally, works with other professionals and yes, M.D.'s, on matters of natural medicine, complementary and alternative medicine.

Dr. Lucas offers his clients face-to-face consultations at the Radiant Health Club, in Castle Rock, Colorado, on the telephone and/or Skype consultations for out of state and international clients.

Resources



Natural Health Consulting

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