



12 Steps to Creating Health

Creating health is a process not a destination. We create either health or disease with the things we do each moment of our lives. In other words, if you take steps every day to create health, you will be healthier. If the steps you take daily create disease, you will eventually be ill. If you have a destructive habit, start incorporating these 12-steps into your life rather than struggling to quit the habit. You'll find the habit will fall away when you have strengthened yourself and learned everything it has to teach you. If you take a backward step, do not use it as a reason to quit or give up. Take heart, forgive yourself, and put your attention back on the steps to creating health.

There are many programs to help promote health. Some work wonderfully for one person and not another. In your quest for better health, discover what works well for you—that is often a trial and error process.

Here are 12 basic guidelines we've found helpful:

Step One: Feed your body

Most of us eat plenty yet our bodies are starving. The body starves when it is fed dead foods—processed foods with sugar, flour and rancid oils. To create health, the body must have a rich supply of nutrients. A great way to feed and build the body is by juicing or blending vegetables and/or fruits. The advantage of blending over juicing is that all the fiber remains with the juice. We find a Vita-Mix is necessary to make blended produce palatable. We use a twin gear juicer for juicing. Either blending or juicing is a wonderful way to get enough fresh green vegetables. It is preferable to use organic produce. We also take natural supplements, enzymes and probiotics.

- 🌿 **Vegetables:** Vegetables should be the centerpiece of a daily diet, especially green ones—steamed, stir fried, salads, cut-up raw veggies and ... blended. Salads and raw veggies can be prepared in larger quantities and stored in the fridge in airtight containers. Buying produce grown locally by smaller farmers ensures a richer source of nutrients as the vegetables or fruit gets from the field to our table more quickly with less loss of nutrients. In season, we find farmer's markets the best source for fresh, organic, local produce.

 **Fats and Oils:** Use organic butter and unrefined coconut oil for cooking, as they are fats that do not readily go rancid with heat. Olive oil may also be used for cooking, especially if the spice curcumin is added, as this protects the oil from rancidity. For salads, use organic, expeller-pressed oils. Organic oils come from vegetable, nut, seed and dairy sources that are grown or raised without pesticides and artificial fertilizers. Organic also assures careful processing of the oils.

It is especially important in oils to get a balance of fatty acids known as Omega 6 and Omega 3. We get a lot of Omega 6 oils in processed foods but those are not in a healthy form. Consume a variety of organic, expeller pressed oils to get a balance of good Omega 6 as well as Omega 3. Both of these fatty acids are crucial for clear brain function and to reduce inflammation. Chronic or long-term inflammation is considered the primary cause of disease.

Avoid margarine and other highly processed oils. Most supermarket oils are rancid as a result of high heat and chemicals used in the processing. Rancid oils create disease while healthy oils help prevent disease.

 **Protein:** Eat beef, poultry and fish sparingly. Small servings are enough to provide the necessary amino acids that create proteins. Stock made by simmering beef, lamb or chicken bones is a great source of protein and a base for tasty soups and stews. Eggs are another valuable source for protein.

For both humane and health purposes we keep the following in mind:

Beef: Cows that are raised only on grass (hay) rather than grain have a better balance of the essential fatty acids identified as omega 3 and omega 6. Look for farmers that understand this as their cows are raised on organic fields, supplementing with organically grown hay when necessary. The reason conventional farmers feed cattle grain rather than hay is to speed the fattening process.

Poultry and Eggs: Choose organic, free-range chickens and eggs. Free-range means the chickens have access to the outdoors so are able to expand their diet to eat greens and insects. Free-run products are also on the market. This means the chickens are kept in a building but are allowed to move around. This is in stark contrast to large-scale, commercial production of chickens and eggs where the animals are kept immobile in cages. Smaller, local farms are more likely to raise free-range chickens and grass-fed beef.

Fish: Today, fish is usually identified as either 'wild' or 'farmed.' Because of the need for antibiotics and chemicals to successfully raise farmed fish, wild is usually preferable. Keep in mind that wild fish may be high in mercury.

 **Grains:** Use grains sparingly—especially when refined as bread or boxed cereals. Most wheat grown by conventional farmers are hybrid forms that are grown for higher yields and resistance to plant diseases rather than for nutritional benefits. That may be one reason many of us are allergic to wheat products. Foods to which we are allergic create inflammation in the digestive tract and interfere with proper digestion. Health food stores supply a growing list of grains and products using alternatives to wheat hybrids.

 **Food Additives:** Read labels. Read labels and learn to recognize chemical additives—additives that enhance taste or shelf-life rather than provide nutritional benefits. Avoid excitotoxins. Monosodium glutamate (MSG) is an excitotoxin, a flavor enhancer that is disguised using other names. Other excitotoxins are Calcium Caseinate, Gelatin, Glutamate, Flavoring, Natural Flavors, Hydrolyzed Protein, Vegetable Protein Extract, Yeast Extract, Autolyzed Yeast. Excitotoxins are harmful to the brain, create agitation, stress and contribute to out-of-control eating. Dr. Russell Blaylock has done extensive research to warn us about the dangers of excitotoxins. Check: www.russellblaylockmd.com

Step Two: Drink lots of water

Most of us drink lots yet our bodies are thirsty. Water is needed to flush toxins from the body and carry nutrients to the cells. Coffee, sodas and alcohol actually dehydrate the body—they are not a substitute for water. "You are not sick, you are thirsty!" says Dr. F. Batmanghelidj in *Your Body's Many Cries for Water*. Drink several glasses of clean, purified water every day. If needed, add a slice of lemon for zest. Remember we are 75% water.

Step Three: Oxygenate your body

We all breathe yet our bodies are oxygen deficient. Cells deprived of oxygen become diseased. Athletes have discovered how quickly injuries heal with adequate oxygen. To flood your cells with oxygen, breathe deeply. Find a place among plants and trees and breathe, breathe, breathe as deeply as possible to absorb more oxygen. Drinking freshly ozonated water is another way to increase oxygen. And remember nutrients, especially essential fatty acids, are needed to carry O₂ to our cells.

Step Four: Move your body

Exercise is crucial to moving nutrients into and toxins out of our cells. Exercise stimulates the lymph, increases oxygen, and encourages bowel movements. The lymph is key to removing toxins from the cells and dumping the toxins for removal from the body. If exercise is too vigorous for your level of health, you will stress rather than strengthen the immune system. Do what you can to start—exercise can be as gentle as a walk around the block. Try swinging your arms above your head a few times as you walk to increase lymph flow and absorb more oxygen.

Other helpful ways to move the lymph are the use of a Rebounder (a mini-trampoline for indoor use), a Chi machine, or a Whole Body Vibration machine.

Step Five: Rest your body

We have become sleep-deprived robots! The body needs rest, rest, rest ... to relieve undue stress and repair itself. Wind down in the evening to ensure a sound sleep. To prepare for sleep, avoid eating before bed, listen to calming music, and read something uplifting.

Step Six: Bring laughter into your life

Laugh, laugh, laugh. Laughter releases stress, strengthens your immune system and opens your heart to love. Look for ways to bring laughter into your life. Learn to react to situations with humor. Lighten up!

Step Seven: Get the mercury out

Metals in the mouth are a major cause of illness for many of us. Mercury—an extremely toxic metal before it goes into the mouth and when it is taken out of the mouth—is supposed to be safe while in the mouth!? Find a biological dentist that knows the correct procedures as mercury must be removed carefully. Candida, a form of fungus, may be present in your body to break down mercury. The mining industry uses microbes to break down heavy metals, so an overgrowth of candida, a microbe, may be there to protect you from mercury. You may want to deal with heavy metals before dealing with candida. For a source of information about the dangers and removal of mercury amalgams, check www.flcv.com/dams.html

Step Eight: Detoxify your body

If the bowel is underactive, toxic wastes are absorbed back into the bloodstream; if the liver is toxic it can't process nutrients or neutralize toxins; if the kidneys are overloaded

they weaken; if heavy metals are in the body it cannot heal. Parasites feed and thrive with weak body organs. These organs need to be cleansed and rebuilt. Our bodies are often exposed to toxic chemicals on a daily basis from our environment—chemicals in our food, in the air, in water and in soils. And, regular use of a far infrared sauna is a great way to help the body detoxify. A detoxification program is usually necessary on a periodic basis rather than a one-time effort. You may want to consult a natural health practitioner for a program to suit you.

Step Nine: Recharge the body electric

A protocol for general health and well-being—Micropulsing (adding electrons), Magnetic Pulsing (creating microcurrents in specific areas of the body), Ionic~Colloidal Silver and Ozonated Water. This program is designed to help revitalize the body's natural electrical system. Applied Kinesiology and live-blood cell analysis using a darkfield microscope are two ways to show the benefits to the body.

Step Ten: Find great health practitioners

... and keep looking until you do. Find practitioners who work from their hearts for your greatest good ... health practitioners who avoid fear-mongering, have open minds, are educated, and are loving individuals. They may be chiropractors, kinesiologists, massage therapists, naturopathic physicians, nutritional consultants, wholistic medical doctors or other therapists. Some work more with the emotions and others work more with the physical.

The future of medicine will be based on listening to the body of each person rather than assuming one-size fits all as with the approach of modern medicine. Gaining health is not about treating an assembly line of robots or finding one cause (i.e. HIV for AIDS) and one

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5. Rest Your Body
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8. Detoxify Your Body
9. Recharge the Body Electric
10. Find Great Health Practitioners
11. Tune In to Yourself
12. Learn to Listen

cure (i.e. vaccine/chemotherapy). We are not robots. We are each unique. We need to discover our individual causes and cures.

Step Eleven: Tune in to yourself

It's easy to block out our feelings, our fears, our loves, our concerns. Negative thoughts or feelings aren't bad; they're only badly handled. Once we tune in to ourselves and become more aware of, and accept, our feelings, we can learn to express them in a more loving way. When we approach another to let them know how their act or words made us feel—rather than pointing a finger and blaming the other person—paves the way to resolving conflicts rather than shutting the other person down and escalating the situation.

The body stores blocked emotions in our organs. These blockages set the stage for disease. Learning to acknowledge, and then express, our feelings in a way that brings harmony with others is a major step to healing ourselves.

Step Twelve: Learn to listen

When we learn to listen to ourselves, we learn to listen to others. We need to practice selective listening ... throw out the garbage or negative thoughts about yourself and others. An eraser is an excellent tool—use your imagination to erase unwanted thoughts.

Contemplation is an excellent tool to learn to listen. Sit quietly with your eyes closed and sing a word that opens your heart. We use HU, an ancient love song to God. You can try any word that brings a feeling of love—your dog's name, your baby's name, God, Jesus, Allah or ... Put love into singing the word, then sit quietly and listen—for about 15 minutes. This exercise builds a bridge to tap into your inner being—to discover who you are, what you need to do, and why you are here.

To listen is to love. There is always something to learn about love. Open yourself to learn about love—to love yourself, your family, your neighbors, your co-workers. Smile at strangers—big, tall, fat, thin, odd or normal. Give love to animals—rats, birds, dogs, cats, lions, mosquitoes! Learn to love babies, old folks, young 'uns. Take the time to feel the love in sunrises, sunsets, rain, snow, sun.

*Love is what so many of us search for without realizing it is within us.
We don't need to wait for love—each of us has the capacity to love.*

Love is the true healer.