

# JOURNAL OF THE JANMA

*August 2018*

## **ANMA 37<sup>TH</sup> ANNUAL CONVENTION & EDUCATIONAL SEMINAR AUGUST 24, 25, 26, 2018**

**TOXIC EFFECTS OF  
MOLD PG.25**

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## JOURNAL OF THE JANMA

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## *Letter from The President*

As President of the ANMA, I would like to take this opportunity to introduce myself to all of you. I am Dr. Filippas Diamantis, I was born in Greece, where I graduated from the University of Athens. In 1968 I participated in the Mexico City Olympics as an Athlete & Team Trainer. I was granted political asylum, and immigrated to the United States, where I successfully completed the Physical Therapists exam in Atlanta GA. After practicing in several hospitals and clinics, I opened a Rehabilitation Clinic in Las Vegas NV in 1972. I have been a member of ANMA since 1988 and successfully completed the certification exam in 1992. It is an honor to be President of ANMA. I have a genuine appreciation for the profession and wholeheartedly support naturopaths' freedom to practice as well as the publics' right to choose naturopathy.

I urge you to demonstrate your support for the association that supports you. You can do this by getting involved in the decision making process regarding legislation. Also if you have not already done so, NOW is the time for you to get acquainted with your representatives, this will make them far more receptive to your requests. Making you ready for quick action as this is imperative at crucial times.

Making plans to attend the annual convention is another way to show your support. ANMA conventions bring you up to date on all association activities and provide many opportunities that can **benefit you professionally and financially**. What started out as a 3 day event has turned into a week long extravaganza. With additional education opportunities, school graduations and exhibitor events. ANMA is proud to host the graduation ceremony for Int'l Institute of Natural Wellness Education.

I would like to extend to you a personal invitation to attend the 37th annual ANMA convention. We take great pride in this event. Our goal is to create an environment where you get exposed to ideas you never knew existed in a relaxed collaborative setting. This event takes place at the Westgate Hotel Convention Center, Las Vegas, NV, **Friday August 24 thru Sunday August 26, 2018**. Westgate has kept the price of rooms low and ANMA has kept the price of registration low. **You will also complete your CEU requirement for natural therapy certification boards.**

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*Dr. David Pesek has been heralded as "One of the World's Pre-eminent Iridologist" and founder of International College of Iridology. He has created a dynamic, leading edge system of analysis called Holistic Iridology. He will be offering Holistic Iridology Level 1. The fee includes registration for the 37th annual ANMA convention and educational seminar. CEU's available. Call 1-828-926-6100 for English, for Espanol call 1-786-312-3678 or 1-978-509-2028 \$495 before 8/1 \$595 after 8/1*

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## ***Comparative Study of Hormone Replacement, Including Transdermal And Oral Bio-Identical Natural Hormones and Homeopathic Hormone Stimulation And Rejuvenation Using Salivary Testing As A Diagnostic Tool.***

By: Theresa Dale, PhD, CCN, NP.

**Abstract:** To determine if homeopathy and specific homeopathic formulas could help women's hormonal symptoms related to menopause, post menopause, post-partum depression and PMS and reactivate the HPA axis communication thus producing normal return of chronobiology and hormone levels and if so, to what degree would it be effective.

Homeopathy is a 200 year old proven and FDA approved method for curing disease. Individual ingredients in the formulas are listed as OTC in the Homeopathic Pharmacopoeia of the United States meaning that they are proven effective. The Homeopathic Pharmacopoeia of the United States (HPUS) is the official compendium for Homeopathic Drugs in the U.S.

Female patients were in the following phases of their life: cycling with PMS, premenopausal and postmenopausal, including women with partial or complete hysterectomies. 60% or more of the patients were using or had used some type of HRT in the last 3 year; DHEA or pregnenalone, herbal therapy, cortisone or other types of medication, birth control pills, or IUD's which secrete birth control hormones. Approximately 40% of patients were not using or were not aware of exposure to or used HRT in thier lifetime.

**METHODS:** Using a 24-hour circadian salivary testing with specific testing times according to the Chinese Medicine Five Element Body Clock, thousands of saliva tests were submitted by patients/

clients of health providers directly to independent CLIA licensed laboratories.

The factors used in the analysis of hormonal ratios on each individual test result included age, medical history of surgical procedures such as partial and/or complete hysterectomies, genetic information, diet, exercise (lifestyle), medication usage, including any type of hormone replacement usage (HRT and BHRT).

To reveal an accurate baseline test to those women using HRT and desiring to stop usage, salivary testing was administered after discontinuing HRT for 10 days before the specimens were collected. Testing was administered both in the follicular and the luteal cycle to determine efficacy of the homeopathic hormone rejuvenation formulas. For the first 5,000 tests, specimen collection occurred on the second day of the menstrual cycle or, in the case of very infrequent menstruation

or menopause, testing was administered the second day of the month. The balance of the testing was performed according to the 19th day of cycle for menstruating women and the second day of the month for menopausal women.

The following hormones were analyzed: 5 cortisol levels at specific times related to organ and meridian function, progesterone, free testosterone, three estrogens (estradiol, estriol, estrone), and DHEA levels.



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**Dr. Theresa Dale-**  
**California College of Natural Medicine**

**Paula Rochelle, ND-**  
**Talks About the Brain**

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**Complex World of Mold & Toxins**

**Dr. Mitch Chavez-Medicine Trekker**

**Dr. Patrick Porter**

**Author Roger Bezanis**  
**and many more!**

Homeopathic hormone transdermal formulas (FDA registered) was administered according to initial test results for a period of three to six months according to health providers recommendations with repeated salivary testing to monitor results. A dietary regime was also suggested.

**RESULTS:** From 2000 to 2011, approximately 20,000 salivary tests were analyzed. The Women's Health Initiative's study proved that HRT can cause serious health conditions such as cancer. The saliva testing analysis confirmed the abnormal hormonal levels and illness caused by HRT usage.

After using homeopathic (non-toxic) hormone rejuvenation for approximately three to six months or sooner, symptoms improved according to new case history, one repeated salivary test and communication with health provider and patient. Thereafter, repeated saliva testing results revealed even further progress in balancing hormone ratios and balancing cortisol levels.

Repeated testing indicated that 95% of patients had relief in the severity or the elimination of hormone related symptoms. Moreover, 90% of patients, whose initial salivary test results indicated a low DHEA level, resulted in an increase in DHEA within three months when formulae containing homeopathic remedies were administered during specific days of the monthly cycle.

**CONCLUSIONS:** Hormone replacement of any kind is dangerous and creates a toxic build-up of hormones, even if monitored. After stopping HRT for 10 days before specimen collection, saliva tests still revealed elevated and abnormal levels of HRT.

Adrenal cortisol stress can be the sole cause of hot flashes and other symptoms. Cortisol in humans is the principal glucocorticoid and it influences appetite and well-being, maintains blood sugar concentrations by promoting hepatic gluconeogenesis, and indirectly affects heart rate and pumping force by controlling synthesis of epinephrine in the adrenal medulla. Furthermore, Normal cortisol secretion is critical in the physiologic response to stress and illness.

Elevated hormone levels from hormone replacement (HRT or BHRT) can cause adrenal cortisol stress, liver toxicity, and abnormal hormonal ratios.

Through this study, Homeopathic formulas containing multiple remedies has shown the ability to reactivate and rejuvenate cellular communication to the HPA axis assisting in normal biological hormone production.

The hypothalamic-pituitary-adrenal axis (HPA or HTPA axis), also known as the limbic- hypothalamic-pituitary-adrenal axis (LHPA axis), is a complex set of direct influences and feedback interactions among the hypothalamus (a hollow, funnel-shaped part of the brain), the pituitary gland (a pea-shaped structure located below the hypothalamus), and the adrenal (or suprarenal) glands

(small, conical organs on top of the kidneys). The interactions among these organs constitute the HPA axis, a major part of the neuroendocrine system that controls reactions to stress and regulates many body processes, including digestion, the immune system, mood and emotions, sexuality, and energy storage and expenditure.

This research places hormone "replacement" of any kind at a unquestionable disadvantage.

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## Salivary Testing As A Diagnostic Tool.

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## *A Novel, Multi-Ingredient Supplement to Manage Elevated Blood Lipids in Patients with No Evidence of Cardiovascular Disease: A Pilot Study.*

By: Dr. Thomas Hobbs

### Abstract

**CONTEXT:** Recent changes in usage guidelines have created the potential for millions more Americans to be prescribed statin medications<sup>1</sup>. Caution should be advised because the risk of adverse effects of statins may outweigh their benefits and preclude their preventive use for patients without confirmed cardiovascular disease (CVD) who present with elevated blood lipids.<sup>2</sup> However, statins have shown some benefit in primary CVD prevention.<sup>3,4</sup> Red yeast rice (RYR) is a dietary supplement that has been demonstrated to reduce low-density lipoprotein (LDL) cholesterol levels in blood and omega-3 polyunsaturated fatty acids have been shown to reduce blood levels of triglycerides (TGs).<sup>5-13,18</sup> Although effective, quality control Furthermore, low dosages per capsule, which require patients to manage and consume many capsules per day, also may reduce patient compliance to supplementation regimens.

**OBJECTIVES:** The authors' objective was to determine the effects of a multi-ingredient supplement (MIS) featuring RYR for primary support of cardiovascular (CV) health in patients who present no CVD history or symptoms other than elevated blood lipids. The MIS was formulated intentionally with a lower dosage of RYR than that used in prior studies in order to reduce the occurrence of adverse effects. Secondary to the objective of managing blood lipids, the authors were interested in determining the effects of the

MIS in combination with a high-potency omega-3 polyunsaturated fatty acid supplement and its effect on TG levels and observing whether adverse effects would inhibit patient compliance.

**DESIGN:** The research team designed an open-label pilot study following a pre-post pragmatic design. Setting • The study took place at two primary care settings.

**PARTICIPANTS:** Nineteen patients with hypercholesterolemia were participants in the study. All participants were required to confirm that they had not taken any other pharmaceutical or supplement therapy to treat cholesterol for at least 30 d prior to baseline, establishing a washout period. At completion of the intervention, three participants were excluded for noncompliance with the protocol, although they had taken the supplements as directed.

**INTERVENTION(S):** The recommended serving of the MIS supplement consisted of 1 soft gel that contained 9 ingredients: a proprietary blend of RYR, bioflavonoid, phytosterols, 525 mg omega-3 fatty acids in the natural TG form (294 mg eicosapentaenoic acid [EPA], 147 mg docosahexaenoic acid [DHA]) as well as other supporting ingredients, resveratrol, coenzyme Q10 (CoQ10), folic acid vitamin B3 (niacin), B6, B12, and black pepper. Each serving of the omega-3 supplement contained 834 mg of omega-3 polyunsaturated fatty acids in the natural TG form



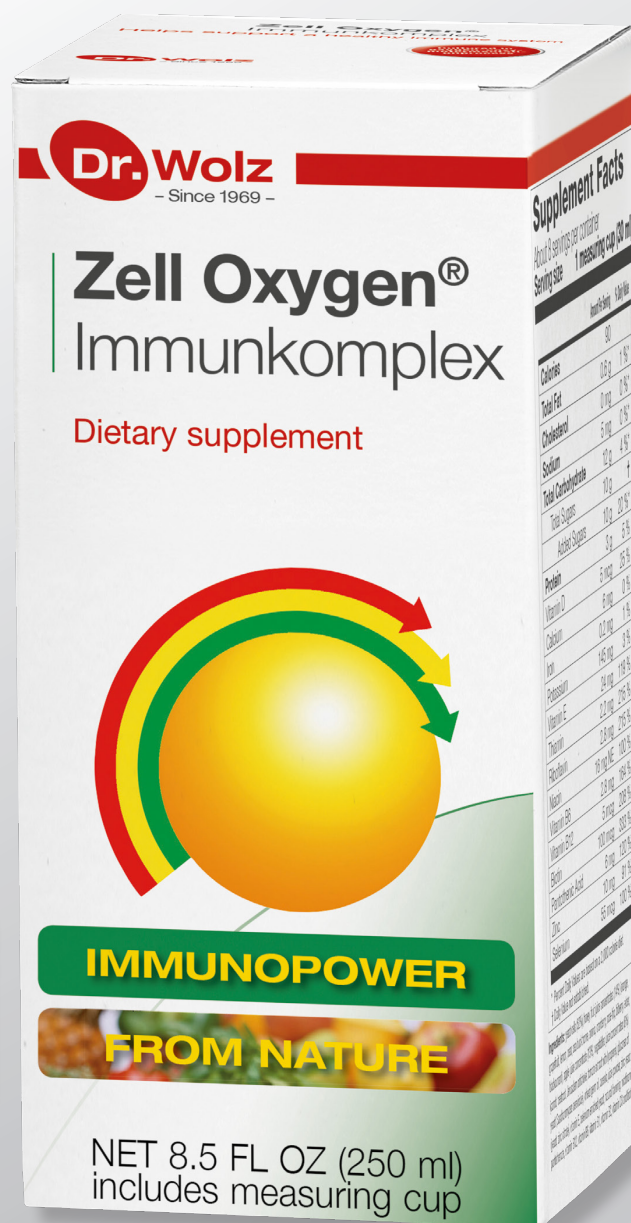
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(484 mg EPA, 234 mg DHA) and 33 IU vitamin E, (D- $\alpha$ -tocopherol). The study's participants were assigned to a group based on their initial TG levels. Participants with TG levels <140 mg/dL took the MIS only, and participants whose initial TG levels exceeded 140 mg/dL were assigned to take both the MIS and the omega-3 supplement, receiving 1384 mg of omega-3 daily (778 mg EPA, 381 mg DHA). All participants confirmed by post study survey that they took the recommended serving of 1 soft gel/d of the assigned supplement(s) for a minimum of 30 d.

**OUTCOME MEASURE(S):** At baseline and follow-up, standard venous blood labs were drawn and processed at nationally accredited labs. Although not standardized, all reports contained: total cholesterol, high-density lipoprotein (HDL), LDL, and TG levels. The research team acknowledges that this lack of standardization and additional lipid data, such as very low-density lipoprotein, is a limitation of the study.

**RESULTS:** Total cholesterol and LDL decreased significantly, by 12.0% ( $P = .0004$ ) and 17.3% ( $P = .0001$ ), respectively, for the 16 participants taking the MIS supplement. Participants with an LDL at baseline greater than 145 mg/dL ( $n = 7$ ) benefited even more, with total cholesterol and LDL decreasing significantly by 17.1% ( $P = .01$ ) and 24.5% ( $P = .0014$ ), respectively. Although the results were not significant, adding the omega-3 supplement to the protocol resulted in a decrease in the TGs of the subgroup taking both supplements ( $n = 8$ ), with that measure decreasing by 13.1% ( $P = .27$ ) from baseline compared with a decrease of 2% ( $P = .95$ ) for all participants. The subgroup taking both the MIS and omega-3 supplements experienced similar decreases in total cholesterol and LDL as participants taking only the MIS. No side effects were reported by participants, and all participants completed the assigned protocol.

**CONCLUSIONS:** The MIS supplement decreased total cholesterol and LDL significantly and offers a promising therapy for the management of cholesterol that may enable better patient compliance. The addition of an omega-3 supplement also decreased TGs in the subgroup that received both therapies,

although this decrease was not significant, potentially because of the underpowered size of the subgroup. The research team plans future studies with more robust lipid testing and larger numbers of participants to support the findings of the current study.

## Author Disclosure Statement

Solana Health, Inc, supplied the products and reimbursed researchers for expenses in support of this study.

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## A Biblical Creationist Practitioner's View of Health, Disease and Longevity in the Twenty-First Century

Dr. Robert Lund, DNM, CTH

**Abstract:** Serious challenges to optimal health and longevity have arisen in the last half century that threaten not only human productivity, but also bring into question the survivability of humanity. With recent statistics showing 1 in 40 children facing autism, 1 in 10 asthma, 1 in 4 diabetes, 1 in 3 obesity, 1 in 2 major depression, 1 in 2 cancer, and 1 in 8 ADD, we must ask the question, "How could this have occurred in just a single generation?" Around 1965 only four percent of the U.S. population faced chronic disease, but now, in 2015, forty-five percent of U.S. children have been diagnosed with such. Many people say that this is the first generation of kids that are not expected to outlive their parents. We know that it is impossible to have an epidemic of genetic diseases, so what is going on here? Further, how do we consider the Biblical account of longevity and hints of optimal health and even causes of disease in light of these current health challenges? This paper will discuss various aspects of human health in light of God's original design for the human body and where we are at as a human population with respect to health and chronic, degenerative disease. We will be using the U.S. for the primary discussion, but other nations who have adopted our nefarious lifestyle practices are included. We will also address some of the most promising health hacks that actually go to the root of many disease processes, cooperating with God's original intent instead of merely treating disease symptoms in an "allopathic" alternative, natural and holistic fashion.

One does not need to read complicated medical papers to understand that healthful vitality, especially in the United States, is under major onslaught. And all one has to do is watch television for a few hours to see that virtually all the pharma drugs exist only to patch the holes created by simple violations of the powerful laws of life-physics that have been put into effect by the Creator.

**How Religion Murkies the Water of God's Design and**

### Purpose of Human Health

In my earlier years I confused what I saw in church - stained glass and lots of religious sit-ups and push-ups with God Himself and His mind-blowing creation. Considering God not only as the one who created me, but who was actually head-over-heels pursuing me, well, this was foreign to my thinking, partly because I was so repelled by institutional religion. Since then, He has allowed me to go deeper in my understanding of how He created the human body and made it work optimally, given the conditions and challenges facing modern 21<sup>st</sup> century humanity.

As a recently board-certified doctor of natural medicine, I am squarely facing the avalanche of chronic and degenerative disease (CDD) in the clients I see every week. But I am attempting with all that is in me to help my clients to take charge of their health by really getting to root cause solutions.

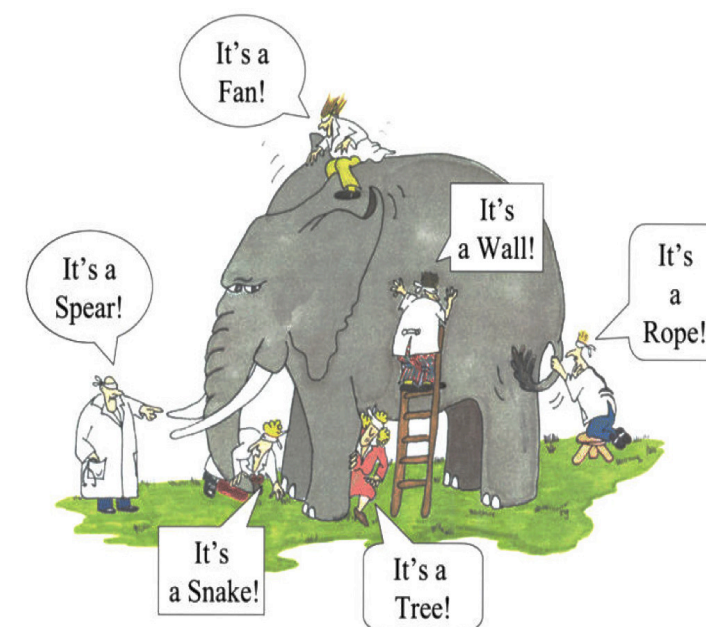
One of my motives for changing careers at midlife was the crushing and humiliating blow that I received to my own health. I had pre-diabetes and pre-heart disease, when all along I had believed that I was the "healthy guy" because I was not overweight and I was a vegetarian.

Around six years ago I met up with an old friend that I had not seen in years. He had just turned 56, and was bemoaning the fact that a few of his closest friends had passed away at 56; he was fearing that for himself. I said to myself, "That's it. It was not God's perfect will that these men die at 56 in the prime of their lives." So, I pressed on to study and a few years later completed board certification through the ANMCB. Thank you ANMCB!

### Introducing my Seven Blind Teachers

The old East Indian story of the seven blind men trying to describe an elephant is so applicable to our plight in

modern medicine. Imagine being blind and trying to describe an elephant to a friend, but you could only feel the trunk of the elephant with your hands. Oh, and that friend, who is also blind, is holding one leg. You say that an elephant is like a snake, but your friend says it is more like a tree. Who is right? Well, they both are. But neither of them can accurately describe an elephant.



Often in dealing with health and disease we become too specialized. We miss the context in which God made the human body to thrive. Clearly, traditional, western medical (TWM) doctors can become so focused on a pill-for-an-ill and a drug-for-a-bug mentality that they miss treating the whole person. Take asthma, for example. Nearly always TWM will prescribe a corticosteroid, like Albuterol, to help open up the airway. Clearly, many lives have been spared by opening up the inflamed bronchial passages. But who would have guessed that asthma has its roots in the upper part of the small intestine, and by not having the proper ratio of gut microflora?<sup>1</sup> By focusing on the lung or its airways, we entirely miss the root cause. When was the last time you heard of a pro-biotic being prescribed for a child suffering with asthma?

By focusing too intently on one part of the body or one symptom, we often miss the fact that "I" am really a "we," with around 70 trillion cells working in concert, each containing an average of 200 mitochondria. Oh, and then there is "they;" the further thousands of species of

bacteria, fungi, parasites and viruses that live on our skin, and in our gut. In my case, all of these cells make up the house for "Bob." The communication system between all these cells is nothing short of mind-boggling. In God's marvelous wisdom He made this all work as a whole, with a precision that is stunning.

My seven blind teachers help me to remember to treat the whole person and not just the parts.

### Alternative, Natural, and Holistic "Allopathy"

Why would I even put the word "allopathy" in the same sentence with the words, "alternative, natural and holistic (ANH)?" We ANH practitioners joke about TWM as merely treating symptoms, rather than actually effecting cures or healing. However, do we not fall prey to a similar way of operating when we prescribe an ANH pill-for-an-ill and drug-for-a-bug?

If we ANH practitioners are not careful we will treat our patients with the same allopathic approach as our TWM brethren. We might say, "Oh, I see you have fibromyalgia, may I suggest white willow bark instead of that nasty man-made Cymbalta you are taking?"

What did we just do? We suggested treating the symptom pain, rather than going to the root of the pain. We now just practiced allopathic ANH medicine! Oh, and then there is the emotional hit that such patients experience when there really is no TWM way to get to the root problem of fibromyalgia. So, TWM doctors reach for Zoloft. An ANH practitioner might suggest St. Johns Wort. What did we just do? Treat symptoms.

Clearly, there are times when patients need relief from chronic pain, fatigue, depression, etc. But to treat a symptom, even if it is using a "natural" option, often gives them a false sense of security. They might think, "My pain is gone, let's go jogging!" Or, "My headache has vanished; let's go back to doing some mental work."

But just what were the root causes their symptoms? It's the old trade-off of short term relief in exchange for potential long term suffering (such as the pressure that is put on the liver and detox systems to clear such substances), while at the same time creating a cycle of symptom/treatment/relief (and possibly addiction), never going to the root of the problem and never making the lifestyle choices necessary to sustain a trajectory of vitality well into ones later years.

Many people become accustomed to taking one drug for, say, pain. But then, they take another for sleep; and then another for depression, or weight gain, and so on. Pills,



lotions and potions, oh my! Thus that person begins the descent down the slippery slope of pharma-med induced non-vitality. Or, the cupboard-filled-with-vitamins induced non-vitality. Although it may be appropriate to take or prescribe man-made medications or God-made natural substances to eliminate symptoms at times, we must yet continue to press on and treat the root problem.

Are We Really Going to the Root?

Humans were designed and engineered with a specific context for optimal operation. Much like a gas-powered Nissan Sentra could not run for very long with a 13% mixture of diesel in its fuel tank, the human machine does not do well with even low levels of glyphosate, mercury, under-cooked kidney beans, or refined sugar in the body. In the Genesis account of creation, God designed (and modeled) a context for optimal human health and longevity. Our great-great grandparents Adam and Eve were barefoot (grounded), naked, with their bare skin exposed to the sun (solar panels absorbing specifically-designed native electro-magnetic frequencies [EMF] to create vitamin D, help create and regulate some hormones, etc.), breathed pristine air (and so had optimal oxidation), ate toxin-free foods, and maintained the right proportion of bacteria, parasites, fungi, and viruses. They had no light bulbs (or no non-native EMFs disrupting their sleep and hormone production), and they lived in a stress-free environment, topped-off by the presence and friendship of God Himself. Their charter was to manufacture babies (never told to stop! In fact, God made it, *by design*, actually difficult to NOT make babies!) and exercise stewardship over the marvelous creation that He gave them.

That was Plan A.

Any deviation from Plan A would carry associated health risks and a diminishment of joy, vitality, longevity and interaction (with God and people).

The Plan A modus operandi was really two simple rules: Love God and love others. How easy and simple is that? Under Plan A things were very simple. But, after Adam and Eve thought they could improve upon God’s wisdom, things became difficult and complicated. Thus, they entered into Plan B (a bit later in this paper).

Back to the roots... As an ANH doctor in the 21<sup>st</sup> century, I compare and contrast the health of all of the people I work with to Plan A. How far have they

deviated from Plan A? What habits, foods, substances, and attitudes are in their life, that hinder optimal vitality? Clearly, we are now on some variation of Plan D, E, F, or Z, but I am persuaded that the human body is so exquisitely made to self heal and self correct, that we as practitioners should focus more on *removing* hindrances to the body’s self-balancing and self-repairing drive, than *adding* things. One of my greatest health heroes of our time is Steven Gundry, MD. He, as a cardiologist-turned-natural-healer states in his book, *The Plant Paradox*, that patients will gain more health by what they stop eating rather than by what they start eating. I heartily agree.

In our drive to discover the root of disease, i.e. a restoration of as much of Plan A (or the best we can expect of whatever plan we are really on at this time in the 21<sup>st</sup> century) as possible, we must first determine what things should be removed from our diet and lifestyle *before* we start adding contraptions, pills, lotions and potions (CPLPs).

Every cell in our body has a drive for life, health, purpose and destiny that mystifies modern science and biology. Unless you understand that there is a loving God with amazing intentions in mind for each and every human, it is hard to explain how every cell, working in marvelous concert with every other cell (and microbe) in our body does this. Built in to each human body are systems that identify threats, attack and destroy invaders, repair breeches, correct imbalances, perform triage on the innumerable substances and situations that we subject ourselves to, and create stem cells to start things all over again when they get so messed up!

The root of all dis-ease is merely disrupting the body’s own drive for health. In other words, any deviation from Plan A, or whatever Plan that has become normative for the 21<sup>st</sup> century is the root cause of disease.

Mineral depleted soils (thank you Dr. Wallach for your pioneering efforts here!) will keep key organs from functioning properly (iodine/thyroid/goiter). This is interference with what God designed the body to need and utilize. Providing Armour thyroid medication will prop the body up, but what if the thyroid really needs just a little selenium?

A lady cannot sleep and certainly cannot get into the deep phase of sleep wherein her body can self-heal. She is over fifty years old and blames it on getting old. A myriad of health problems plague her. She fixes her sleep by calibrating D and B vitamins and mouth taping, enters deep sleep, and her body begins to self-heal. The

root problem was poor sleep, induced, in part, by some deficiencies and the improper development of her palate.

Various Biblical Views of Health, Disease and Longevity

It seems from the Genesis account in the Bible that God intended Adam and Eve to live forever with natural, human bodies, animated with a soul and spirit that could communicate and connect with God Himself. Their actions of overt rebellion against God’s will (the “Fall”) cost them their longevity and vitality. We might consider this pre-fall state Plan A. Adam and Eve were created barefoot and naked in a garden eating mangoes and carrots with a charter to make babies and steward God’s creation. What’s not to like about Plan A?

Enter Plan B. While some folks lived a very long time (969 years according to Genesis chapter five), this was soon to change. It is curious that evidently God created the human body to live for a very long time, but mitigating factors stunted its intended lifespan. Presumably people are still only eating plant food during Plan B.

Plan C is seen in Genesis chapter nine, after the great flood. Noah was told by God that now humans could eat animals as well as plants. Though we cannot discuss all the possible reasons for this, suffice to say that Plan C involved animal protein. Can we conclude that eating meat meant a shorter, unhealthier lifespan? Perhaps. But at this point, possibly due to the fact that mangoes could not grow in Finland, people needed to eat mobile nutrient bank accounts (animals).

Under Plan B in Genesis 6, it seems that a possible upper limit was set for how long man could live: 120 years. Psalm 90 mentions that 70 to 80 years is more normal. Why? I believe that the reason for this is that God is preparing His people to live *forever* and not just a few hundred years. The Bible states or infers in many places that our time in our 70 trillion cell “tents” is temporary and that those of us who reconcile with God and follow Him will one day get new, eternal bodies, after we pass away.

Using the Bible to Create Diets, Lifestyles and Fads

Many diets have been created based on Biblical principles. There is the Daniel fast (Daniel 1, 10), veganism according to Genesis (1:29, 30), animal protein based diets (Genesis 9:3), diets based on consuming specific animals that are classified as clean/unclean

presumably because of the toxic/parasitic nature of their flesh (Leviticus 11-13), and, of course, a famous verse in Exodus 15:25-26 in which God promised Israel that if they obeyed Him carefully, they would avoid the diseases that were experienced by others who did not follow His ways.

There is not enough room in this paper to discuss all these diets, but suffice to say that if we can refer to what Plan A and B were like, and draw inferences from them, I believe we can enhance our success in helping our clients. I have done just that with great results.

“Improving” on God’s Design

Today, as in much of history, mankind has recognized the effects of the fall of man, even if through a non-Biblical, secular and humanistic lens. Hence, TWM looks to advances in bio-chemistry to help people cope with pain, fatigue and depression. This mentality can be partially due to a fatalistic, evolutionary philosophical basis. The belief goes something like this: “Here we are after billions of years and human health has evolved in such a way that it needs humans to create some substances and technologies to help them survive the 21<sup>st</sup> century.” So, rather than look back and determine where we have deviated from God’s original plan, we assume that we must simply take Prilosec for our acid stomach (or at a bare minimum Tums...), Prozac for our mood, and so on. This way of thinking assumes that humans must get cancer due to being deficient in chemotherapy or radiation, or high blood pressure because they are deficient in some ACE inhibitor; Topamax because they get migraines, and so on.

Are we really going to the root when we think this way or do these things, even if we use natural alternatives?

Some Serious Health Challenges that Have Caused an Explosion in CDD – We Cannot Continue to Ignore These

**Widespread use of Antibiotics** – Antibiotics (Abx) have certainly saved many lives. However, they destroy beneficial microflora, many of which never return. They also contribute to gut permeability, which in turn can fuel immune reactions that lead to autoimmunity. Presently, there are over 100 known autoimmune diseases. Interestingly, cancer rates have risen in proportion to the increase in antibiotic use. There is no doubt that Abx use has come about by people simply trying to battle the effects of the fall of Adam and Eve. But the overuse of Abx has created a massive imbalance in the gut microbiome as well as leaky gut. It would be like



napalming a rain forest. Adding Abx to animal feed has only compounded our exposure and increased all the above. According to the CDC, in 2015, 838 Abx prescriptions per 1000 persons in the U.S. were prescribed. We must stop this overuse now!

**Gut grenades** – When gut permeability increases, undigested food particles and other compounds can slip through the otherwise tight junctions causing an immune response. Then, when the alarmed immune system sees protein sequences in our body’s tissues and organs that look similar to those that it is already attacking, it attacks these as well, creating food sensitivities at best and autoimmunity at worst. In addition to antibiotics, NSAIDS, glyphosate (see below), alcohol abuse (alcohol is yeast urine... yuck!), toxic molds, parasites, gluten and even stress can damage the gut’s tight junctions, and foment an immune firestorm.

**Over 1500 Newly-Approved Chemicals each Year** – Studies by various groups have now shown a firm connection between industrial chemicals and autoimmunity and other CDDs. Of course, it is now believed that perhaps the most destructive chemical in widespread use is glyphosate, with over 5 billion pounds per year released into the environment annually worldwide. (thank you Zach Bush, MD, for your research on this! - [www.zachbushmd.com](http://www.zachbushmd.com)) There are many studies that clearly show the link between this chemical and gut permeability. Dr. Bush has gone on record to say that the reason the first mass number of cases of gluten sensitivity showed up in 1994 is due to the fact that we started spraying glyphosate on crops to “brown” them in 1992. The fact that this compound is water soluble is a biochemist’s hell.

**Non-native Electromagnetic Frequencies (EMF)** – Harmful EMFs include not only microwaves and the ocean of lower frequency radio waves, but unbalanced spectrums of light frequencies. Modern LED lights (including those which come with cell phones, computers and TV screens) more heavily radiate light from the blue spectrum, which is appropriate at certain times of day, but not all the time. Looking at your cell phone at midnight is telling your body that it is high noon. Our ancestors had fire and oil lamps that did not emit nearly the amount of blue light that our modern devices do. Light from fire is far healthier, from a photo-biological standpoint. Thank you Jack Kruse, MD for this revelation ([www.jackkruse.com](http://www.jackkruse.com))! Many ANH practitioners are keenly aware how the body’s innate EMFs are an integral part of its function. At the

same time, they are aware of how non-native EMFs can harm our health (e.g. microwave ovens, cell phone radiation and so on, which cause brain tumors, other cancers and health issues). Assuredly, Adam and Eve had only to deal with native EMFs, designed by God to support optimal human life and not harm it... excepting, of course a little sunburn from time to time!

**The Invention of Electric Lights** – When Edison threw the switch for the first incandescent light bulb in 1879, this set the stage for a new series of factors leading to CDD. Dickens described the health results of the first population to live indoors due to gas, oil and later electric lights. A people who once were outdoors and had continuous access to sunlight, fresh air, microbial diversity, and simple and clean food, were now thrust into city life, mostly indoors. It is interesting to consider the rise of CDDs and light bulb usage, especially blue light emitted by LEDs².

**Empty Soil, Empty Food** - Post World War II provided us with a glut of chemicals that could be used to make explosives, but which also were useful for fertilizer. Adding nitrogen and phosphorus would help create large and beautiful carrots and tomatoes, but these foods would be devoid of critical micro-nutrients such as selenium, iodine, etc. This set the stage for some of the greatest deception the world has ever seen: food that looks healthy and perfect, but which actually lacks non-optional elements and compounds to sustain Plan A-type health.

To add further insult to injury, glyphosate (AKA “Roundup”) was introduced in the mid 1970s. This terrifying chemical blocks a plant’s ability to make critical amino acids that it needs to make key compounds that actually help sustain vital health for humans. Didn’t Hippocrates say, “Let thy food be thy medicine and thy medicine be thy food?” We are literally growing food that cannot be our medicine like it used to be. Glyphosate also decimates soil microbes and was actually first patented as an antibiotic. It kills virtually all microbes and plants in this fashion. Humans and animals cannot get the alkaloids they need to sustain vital health. The result: empty and dead soil that cannot produce life-giving food. Of course GMOs pose another serious threat here...

**Today, in 2018, Plan Z?**

As we now have governmental agencies that have been empowered to supposedly protect our health on some levels, it is hard to know how to restore vital health, especially in the chronically ill. For example, many

of the nutritional guidelines in the latter quarter of the 20<sup>th</sup> century (i.e. the Food Pyramid) were heavily influenced by certain special interest groups; namely, the dairy and meat industries, along with the producers of “vegetable” oils, and so on.

Does our government hold to a creationist view of man being designed by God as the best context in which to thrive and attain longevity with vitality to the end? It does not appear so. Our government is heavily influenced by lobbyists who need legislation for their products. Profit at any expense to humanity becomes god.

**WWGA (What Would God Approve?)**

As crazy as this sounds, especially coming from an ANH practitioner such as myself, I believe that God is happy when a TWM doctor, who, with the best training she has had prescribes a statin for a patient suffering what she believes to be too high cholesterol. Do I believe that statins are generally the right answer? Not for one minute. I believe that the vast majority of statin users should have gotten off them yesterday. However, if a loving, caring practitioner is suggesting them to a patient as the best thing that they know to do for that patient, then I believe God is happy. However, I believe that God will move Heaven and earth to try to get the attention of that doctor to show them a better way... a way that would actually go to the root of the problem.

**The Need for Supernatural Healing**

Jesus promised his followers that they could heal any disease (Mark 16), based in part upon what was going on in that person’s life and our willingness to trust in God’s love and His desire to restore optimal human health. But this did not give us license to eat Doritos for breakfast, skittles for lunch, and a Big Mac for dinner!

Even as practitioners of many different faiths and modalities practice touch and laying on of hands (some from an energetic standpoint), the Bible is clear that those who have a personal relationship with God can exercise a very non-religious and yet supernatural healing power. Often, disease and debilitation can be the result of stepping outside of some aspect of God’s will, wisdom or ways. Just by agreeing with God that what I did was wrong and acknowledging that He paid a very high price for my knucklehead actions, will often times restore health and cancel disease processes.

An example of this was a time when I was with a few people in the U.K., and we were praying that God would restore a woman’s deaf ear. While we were waiting to hear what God was saying, one young woman saw a very vivid picture of an aborted baby in a pool of blood. When we asked the woman who had the deaf ear whether that meant anything to her, she burst into tears and admitted that she had had an abortion years earlier. Since the time of that abortion until now, she had been 100% deaf in one ear. After we told her about the love of God and His provision of forgiveness and healing for her, she immediately regained her hearing in the deaf ear. Oh, and there was no stage show. And, when I visited years later, she still had perfect hearing!

This kind of healing is not just for a church environment. In fact, it is becoming increasingly necessary that practitioners of all sorts re-connect with God (not religion!), and learn how to bring about healing in people’s lives that do not necessarily involve CPLPs.

**Some Practical Steps to Restore Vitality - Do-These-Things-Now!**

**My Top Health “Hacks” and Modalities to Restore Adaptive Capacity**

The following are ways that I have found to help my clients recover from disease by restoring balance and order at the root level.

- **Drink only water;** perhaps some teas and a weebit of organic, fungi/mycotoxin-free coffee. Water is best with some minerals; toxin-free well water is awesome.

- **Get quality nutrients** – We must have the proper raw materials for human health. Be sure to get all the trace and macro minerals you need.

- **Remove offending foods** - If you or your patients are struggling with CDD, remove all possibly offending foods now! I have seen stunning health-turnaround in clients who have simply followed Dr. Gundry’s eating plan in chapter ten of his Plant Paradox book. There is some great overlap with Doug Kaufmann’s phase one diet plan (see [www.knowthecause.com](http://www.knowthecause.com)), as well as J. J. Virgin’s The Virgin Diet (see [www.jjvirgin.com](http://www.jjvirgin.com)). Here is my summary of what I refer to as the Nine Nasties: corn, peanuts, gluten (barley, rye, oats, wheat), nightshades (tomatoes, potatoes, peppers, eggplant), cow dairy (specifically casein A1; goat and sheep and A2 cow ok for many), sugar and artificial sweeteners, soy, lectins (beans, peas, cashews, lentils, cucumbers, brown rice, etc. – some can be made ok by pressure cooking). Many have said to me, “But God made rye and tomatoes.



etc.” My response is that due to damage to our gut, decimating the microbiome (via antibiotics that most of us have received), GMO fiddling, and even selective hybridization (farmers who bred crops for higher sugar for taste and often lower protein content, for example), these foods were not the same as in the Garden of Eden and were certainly not part of Plan A.

**-Give serious attention to restoring your microbiome**  
– Consider probiotics, but consume prebiotics and especially fermented foods like sauerkraut and kimchi. One product that I am excited about is Restore (www.restore4life.com); this product helps to fix imbalance and communication amongst the gut flora and our own cells. We must reconnect with the nature context that we were originally created in. When I forest “bathe,” I walk in a natural, wooded area and *breathe* microbes that help correct my microbiome.

**- Get your bare feet on the dirt and grass** (get grounded), and expose as much of your bare skin as possible to the sun, especially in the early morning (“bathe” in native EMFs that God created to foster hormonal balance, etc.), without burning, and without offending those around you! Even as I pen these words indoors, my barefeet are on copper plates that are connected to earth grounding rods via wires. While I do not believe this makes a huge difference in my health, it is one small way that I can keep pressing back into the context in which the human machine functions best.

**- Restore your sleep.** It is estimated that 90% of adults in the U.S. have a sleep disorder. While it may not be a diagnosed disorder, most do not achieve the levels of deep sleep necessary for the body to effect healing and repair. Most of us MUST calibrate our D and B vitamins and even tape our mouth shut at bedtime (I’m not kidding!) Thank you Stasha Gominak, MD! (www.drgominak.com) Deep, REM sleep will do more for our clients health than all medications combined.

**Conclusion**

In the end I believe that we are finding that the answers to restore healthful vitality and adaptive capacity will be found not only in recent PubMed (non-pharma funded) studies, but also by looking back to the original context and environment in which God created man. I encourage my fellow practitioners, whenever they are presented with a suffering soul, to ask the questions, “*Just what might it take to restore this person back to the context in which God created her? What needs to be removed? What needs to be added?*” Since the body was designed to heal itself, given the correct

context, should we not be pursuing those elements of the original context of His original design as much as possible?

Deep sleep, ample sunlight, minimal mycotoxins, pure water, clean food, bare feet in the garden, healthy and diverse gut flora, minimal non-native EMFs, good relationships with people and with God... Are these not many of the main elements that were present in the original Plan A? While we may not make it to 969 years of age as Methuselah did, the Bible says that we can surely make it to 80, and possibly 120! More than just living with vitality to a ripe-old age, I want to posture myself, body, soul and spirit-wise for the new, perfect body that God promises me for eternity.

(Endnotes)

1 Couzin-Frankel, J. (2010). Bacteria and Asthma: Untangling the Links. *Science*, 330(6008), 1168-1169 and Williams, S. C. P. (2015), Gut bacteria could predict asthma in kids. [www.sciencemag.org/news/2015/09](http://www.sciencemag.org/news/2015/09) and Arrieta, M-C A. (2015). Early infancy microbial and metabolic alterations affect risk of childhood asthma. *Science Translational Medicine*, 7(307), 307f.  
2 See [ncbi.nlm.nih.gov](http://ncbi.nlm.nih.gov) article PMC5473809 – Blue light and health hazards

Bio:  
Robert Lund, CTH is a Certified Tribal Healer (Nottaway Tribal Community Southwest - a Hoopa Tribal entity). He is also a board certified doctor of natural medicine. Robert specializes in getting to the root of illness, focusing on how to be healthy, rather than focusing on disease. Specializing in epigenetics, Dr. Lund helps identify lifestyle and environmental elements that distract the body from health and vitality. He utilizes numerous modalities including blood lab analysis from a functional/ holistic perspective, EAV, herbal medicine, metabolic balancing, live blood microscopy, nutritional and vitamin/mineral therapy, and other traditional naturopathic healing techniques. Robert can be reached at [docbob333777@gmail.com](mailto:docbob333777@gmail.com).



***Toxic Effects of Mold - Inflammation, overburdened Immune System & Uveitis***

By: Aster Elliott, CNC

When it comes to your health, do not accept there is no cause. There is always a cause! It’s one of the universal laws. Law of cause and effect. “Nothing happens by chance”

You know your body better than anyone and you have the most interest in what happens to your body. There is always a reason for your body not to function optimally and it is your responsibility to do whatever it takes to find out why. If you’re not able to research and look deeper into the whole picture, work with a holistic practitioner as well as your allopathic practitioner; integrate, so you have the “whole” picture and get to the root of the problem. We need western medicine however; the Band-Aid effect is not good enough. Take action and look at all angles to determine the root cause of anything that has a negative effect on your health and well-being.

I’d like to share a personal story and hopefully shed some light for someone that may be suffering with this issue.

About a year and half ago I moved into a new place; I’m sure we all know how stressful moving can be. A few months later, started waking up with a minor cough and some nasal congestion.

At that time, I was also going through some family issues and emotionally it was a very challenging time. I just assumed it was a sign of emotional stress; so, amped up my antioxidants and superfoods to increase immunity.

Fast forward six months later still living in the

same place, my right eye was starting to irritate me. Although allergies have never been a problem for me, assumed it was related to external environment such as pollen, change of season or possibly related to menopause. I’m in the transition to menopause and hormones decline and thought it may be related to a drop in my hormone levels.

A few more weeks went by and still waking up with a dull cough, some congestion and now I had a new symptom... joint pain. I usually workout with a lot of intensity and had to push myself having zero energy to get my workouts complete. I was feeling very fatigued and weak and began to question everything I was doing for my body. My diet’s very clean, yet intuitively I sensed something was very off.

Another week went by and my right eye became bloodshot and painful. I was extremely sensitive to light and blinking made it feel like a knife stabbing directly into the eyeball. Vision was starting to change too. I made an appointment to see my optometrist who told me it was allergies and he recommended eye drops for dryness an over the counter medication for allergies (which I did not use). Taking any over the counter medication is not always the solution.

A day or two later again the pain was almost unbearable, and my vision was worse. I made an appointment with an ophthalmologist and he diagnosed me with an infection and scratch on my cornea and prescribed an antibiotic/steroid eye drop. Happily, used it for a week and my eye felt better. However, in addition to cough, congestion and joint pain, migraine headaches were added to my list of



symptoms.

A week later the redness came back but now it was in both eyes. I was seeing golden rings, floaters (little black specks in my vision) as well as flashes of light, so back to the doctor I went. He explained to me it was a vitreous detachment and unless the retina tears its very normal and not to be concerned.

If you’re not familiar with a vitreous detachment, most of the eye’s interior is filled with vitreous, a gel-like substance that helps the eye maintain a round shape. As we age, the vitreous slowly shrinks, and can separate from the retina and some of that gel leaks out and is what causes the flashes of light and floaters. In most cases it is not life threatening and is a very common condition that usually affects people over age 50. People who are nearsighted are also at increased risk. After a while, you stop seeing floaters and flashes of light as the eye gets used to it and filters it out. I wasn’t satisfied. A few days later, the pain was so unbearable decided to see a retinol specialist. I knew there was something else going on here. This new doctor (third one), specialist for infectious and inflammatory eye diseases, diagnosed me with uveitis. In fact, it was in both of my eyes. Doctor stated had been going on for a while and most likely, misdiagnosed. He indicated it was a very serious condition and there was a chance I could lose my sight.

Uveitis is an inflammatory disease that produces swelling and destroys eye tissues and leads to vision loss and blindness. Some of the many different systemic disorders that can cause uveitis include: ankylosing spondylitis, inflammatory bowel disease, rheumatoid arthritis, Kawasaki’s disease, Lyme disease, multiple sclerosis, HIV, sarcoidosis, syphilis, systemic lupus erythematosus, tuberculosis and more!

The list is outrageous because its related to so many different auto immune diseases. All the autoimmune disorders are caused from chronic inflammation in the body.

He said, “If it’s not an autoimmune disease, its idiopathic”. Idiopathic? The definition of idiopathic “relating to or denoting any disease or condition that arises spontaneously or for which the cause is unknown.”

Doctor continued...” We don’t know why it happens and 50% of uveitis cases are idiopathic”. With my holistic background that answer wasn’t good enough!

He ordered tests, tests and more tests...Chest x-rays for tuberculosis every common and exotic blood test available to humans and all the results came back perfectly normal. EVERYTHING was in normal range.

It was frustrating as hell because I knew there was a cause and not happy with “it just happens, and we don’t’ know why” as an answer.

I spent countless hours researching everything to see if I could find a connection.

In the meantime, I was forced into steroid treatment to keep the inflammation from escalating. I was informed if I didn’t use steroids, I could lose my sight. Four months on steroids, tapering down until the inflammation was at a level where I could stop the steroid treatment. I should mention was seeing the doctor weekly, then bi weekly and then monthly until he felt it was safe enough to cease treatment.

My doctor explained to me "we now have to wait to see if inflammation comes back". "If it does, most likely the Uveitis is caused by a systemic autoimmune disease; and because It’s not showing up on any tests, we may not know which autoimmune disease for a few years". Oh boy, that advice made me cringe!

It was approximately three few weeks off steroid treatment and inflammation started to creep up again! I was getting pain in the eye and it was very bloodshot again!

On paper, perfectly healthy, so what the hell was causing me to have such a serious eye disease?

Although initially I checked out everything in my environment including my home and office like a detective looking for some clue and came up with zilch! I decided to revisit the environment at home and office again.

I turned my home upside down...eventually, in a corner of the ceiling in my garage was a small black mass which ultimately was confirmed as

black mold!

The owner of the residence had informed me the residential development had issues with mold about 10 years prior and fixed the problem. Apparently not! There were leaks in pipes and over time the mold grew back inside the walls and eventually made its way through the sheetrock and that’s where I found it.

Without another thought, immediately decided to move out. My intuition was on high alert. I knew this was the reason for my eye disease and all additional symptoms; congestion, cough, joint pain and migraine headaches.

Within two days, identified a new place to live. Talk about stress. Huh!

A week after my move, was my follow up appointment with the doctor to check the status of the inflammation. I was so excited to tell him what I’d found. At the appointment he confirmed the inflammation accelerated.

I assured him it was the mold. Skeptically, he agreed we could wait before starting steroid treatment again. He wanted to see me in two months unless inflammation started to cause more pain and redness. If so, it was right back into his office for more steroid treatment.

Regarding Inflammation, is a good thing because it is the body’s natural response to tissue damage, germs, or toxins... However, when your immune system becomes overburdened; constantly fighting these toxins, it attacks itself, autoimmunity. Inflammation stops being an acute response and is a continuous bodily response and changes to chronic. When your body no longer has the capacity to turn off the inflammatory response, so it starts causing damage instead of fixing it.

It had been two months since my last visit with the doc...OK DRUMROLL. A few weeks ago,... he examined my eyes and with a huge smile he said, “it’s gone!” “Your eyes look perfect and there are no signs of inflammation at all”.

Toxins come in all shapes and sizes from the tangible to the intangible. Tangible as in pesticides, herbicides etc., and the intangible toxins, negative

thoughts, negative media and so on...

The house was teeming with black mold toxins; my immune system was working overtime fighting to keep these toxins from overtaking my systems. It was overburdened, and inflammation settled into a weak spot, my eyes.

This is where the metaphysical aspect comes into play...the body is talking...are we listening? There are emotional reasons for physical ailments.

In my case toxins from mold overburdened my immune system, inflammation took over, this is also the reason was experiencing joint pain, headaches and settled in the weak spot...my eyes.

Metaphysical causes of Illness

Metaphysically speaking, my eyes were a weak spot for me. At that time, I was going through a lot of emotional family issues and there were things I didn’t want to see...very long time. Approximately the same time identified mold also was opening my eyes(metaphorically) and finally addressing the emotional issues I wasn’t willing to look at or accept. Basically, was in denial about some family problems. I believe mold attacked my immune system, my immune system couldn’t’ keep up with the demand then attacked itself, in my weakest area because I was not willing to see, certain events taking place within my family.

You may be familiar with Louise Hay. She is the founder of Hay House Publishers. I highly recommend her book “Heal Your Body” The mental causes for physical illness. It’s very eye opening (no pun intended)

Bottom line...toxins; tangible and intangible play a role in your health and well-being. If you expose yourself repeatedly to toxins either through food, water, air, negative emotions, negative media and inner stress, will ultimately take a toll on your physical body.

Pertaining to mold, the top 10 states with heavy mold concerns are: Texas, Florida, Oklahoma, South Carolina, Nevada, Arizona, South Dakota Tennessee, Kansas and California.





# *The Secrets of Conquering Stress*

*By Dr. LeAnn Fritz, PhD*

**What is stress? It's WAY more than just a hectic day...**

Stress is anything that throws your body out of balance (physically, mentally, emotionally or spiritually...as if they could be separated). The stress response is the body's effort to restore that balance. The body was created with the wisdom to address survival first, and only once you're out of danger will it allow for optimal wellness.

**Potential stressors could include:**

- Feeling like you're not good enough (smart, thin, wise, strong, etc)
- Money/bills
- Toxins in the air (chemicals from vehicles, mold, paint fumes, etc)
- Job (don't like your job or work too much)
- Caregiving for a friend or family member • Health (symptoms, lack of results, etc)
- Fear of any kind (fear of a presentation, fear of inadequacy, etc)
- Insecurities
- Not having control over my future/no voice (doesn't matter what I say...)
- Guilt or shame (past abuse, kids aren't doing well in school, etc)
- Family/Marriage/kids/in-laws
- Bitterness, anger or jealousy
- Procrastination

- Lack of sleep
- Poor diet
- Daily stuff (traffic, cell phone broke, other drivers, etc)
- Clutter- too much stuff (to maintain, clean, take care of etc)
- Bad habits (being late, sugar, over spending, staying up too late, etc)
- Saying yes to too many (good) things

**The ANTICIPATION of a stressor can be a stress as well (worrying about a potential meeting for example).**

**Why has this issue of stress become so important?**

Stress is a silent killer. Everyone knows it's an issue but we don't give it enough credit to cause us take it serious. People around the water cooler brag about how full their plate is and how stressed they are. This is nothing to brag about. Stress has been linked to: heart disease, cancer, sleep issues, digestive trouble, high blood pressure, pain and inflammation, skin issues and depression/anxiety, to name a few. We often blame the diet or lack of exercise for these issues which is fair however, it may be prudent to ask yourself, "if stress were less, would living a healthier lifestyle and making better food choices seem more in reach?" Hopefully you're starting to see the connection between stress and all the other issues that lead to disease.

**ARE YOU STRESSED?** Sometimes we don't feel like we are stressed because we are so used to functioning in that current state. It has become normal to us. Many symptoms ranging from memory loss and constant

worrying to procrastination and low sex drive, are actually a result of the stress response being activated for too long a period of time. These symptoms are NOT normal. They are the body trying to tell you that something is wrong. Stress is less about what is happening and more about how you perceive it. What causes one person to feel overwhelmed with stress, is no problem for another person. For example, rain, to a farmer who is about to lose his entire crop is a welcomed gift...however, to a family that just paid a fortune for a special vacation, rain can be a dreaded spoiler. The rain didn't change, just the perceiver. Also, your brain doesn't understand the difference between a real and perceived stress. If you are thinking about it, it's a real stress to your nervous system. For example, have you ever watched a scary movie? You can feel your heart race and perhaps when the bad guy jumps out, you jump too. Why? You know in your head that the bad guy isn't in your living room. It's because your brain sees no difference. The problem is that we activate the stress response for reasons that don't REALLY require it. The sympathetic nervous system was created to get you out of trouble and keep you alive. This is where the term "fight or flight" comes from...in and emergency, your body instantly prepares you to either face the danger or escape from it quickly. Take the example of being in the woods picking berries when along comes a hungry lion (or tiger or bear). You will need to either fight it off or run extremely fast to escape.

**What happens when you're stressed:**

- Adrenaline is released
- Cortisol is released
- Pituitary secretes vasopressin (tells kidneys to conserve water and not make urine)
- Heart rate increases (pump blood/oxygen to legs and brain)
- Senses become sharper
- Blood pressure increases
- Promotes insulin resistance
- More fat is stored around the abdomen
- Glucose comes pouring out of your muscles and liver

as it will be needed to "get away or fight"- then if you just sit there...its sugar in your blood (diabetes)

- Vitamins and minerals are used up quickly
- Immunity goes down
- You can become desensitized to pain over time

**What DOESN'T happen when you're stressed:**

- You don't sleep (so you're tired most of the time- leads to use of more stimulant like sugar and coffee)
- You don't digest food (so toxins accumulate and deficiencies are more likely)
- Body isn't able to detox (so toxins get stored in fat cells)
- Growth (in children)
- Cell repair (damaged cells lead to many disease conditions)
- Proper elimination
- Mind isn't clear- harder to make good choices
- You can't lose weight (because you don't detox)
- Libido/sex drive decreases
- You don't have "extra energy" for exercise and sex because all energy is being used for survival (brain perceives that you're being threatened)
- Getting pregnant
- Healing the liver
- Dealing with pH
- Kidney stones \*This is of course not an exhaustive list.

**Why is it a problem? Because a NORMAL stress response is designed to last for a short time...**if your brains sees **EVERYTHING** as a "LION", you never go into the parasympathetic state which is where your body can shed toxins, digest food, carry a baby, repair cells, etc Overtime, the stress response becomes a bigger stress than the original stress itself. It makes sense. Think about how long your body has to go without proper digestion, cell repair, etc if you're in the stress response for days at a time. This is why a person can



eat a perfect organic clean vegan raw whole food diet, be under a lot of stress and still have all kinds of health challenges and nutritional deficiencies. Eating a food is not the same as properly digesting and assimilating it. You can’t activate the sympathetic and parasympathetic at the same time (like gas and brake)...if you’re stressed all the time, there’s no room for other processes. Are you starting to understand why we have so many digestive issues in our culture?

If this response is activated every time someone irritates you or cuts you off or doesn’t like your cooking etc... it has a cumulative and damaging effect.

Purpose of stress response? (to get you away from the lion or to fight it)... short term- It can save your life in the short run (as it was designed for, BUT can make you sick over time)...should last until its over or you're over.

So what can you do about it:

DO NOT:

- Do a cleanse- This is not the time to further stress your body by doing a lot of fasting or cleansing. Your body is already working really hard to help you survive the danger.
- Exercise intensely- For some, intense exercise can be okay but for many, excessive stress brings with it adrenal burnout and you do not want to exercise hard with this condition. You can still do lots of walking, rebounding, stretching and yoga to stay active and healthy.
- Isolate yourself for long periods of time- get help if/ when you need it.

DO:

1. Trust God with things you can’t control: Weather, Who is the president (but still vote), the economy, the actions of **ANY OTHER HUMAN...** remember on this one that you can influence your friends, spouse, kids etc but you can not control them.
2. Live in a way that creates LESS STRESS- List what causes you stress...what could you change? How much are you creating? (Exp. being late, job you hate, etc)
3. Ask yourself better questions. What do I really want? Why am I willing to deal with this? What am

I getting from it (there’s always a benefit)? How can I take responsibility to either change it or change the way I think about it?

4. Do things that reduce stress daily

- Time in nature (woods, sand, water, grass)
- Exercise- go light to start and see how it feels (walking, yoga, rebounding, stretching, gentle swimming)
- Music
- Find a quiet place of rest (room, closet, porch, a park, trail, etc)
- Prayer
- Stretching- “unwinding”
- Reading
- Guided relaxation
- Deep breathing (inhale for 5 counts, hold for 5, exhale for 5)
- Go to bed early (get more rest)
- Drink TONS of minerals- pink salt, greens, lemon water, etc
- Fun and laughter-ever feel stressed while at a comedy show?
- Dancing
- Journaling (get what’s inside, OUT!)
- Meditation- not religious or new age in and of itself... practice how you feel comfortable...for example you could stare at a candle or crashing waves and keep repeating “I am loved and I love others” or some other simple and positive mantra.
- Supplement with salt, greens, B vitamins, magnesium, etc (so much of your nutrition during these times
- Eat light and digestible (smoothies, salads, juice)
- Body work- massage (The CRANIO-CRADLE is a WONDERFUL daily tool)
- Self care of almost any kind (sauna, castor oil pack

on kidneys, mineral bath, etc)

- Sex- the ultimate stress reliever...enough said!
  - **Organic unsulphered apricots support adrenals (2-4/day)**
  - Time with calm, supportive and positive people
  - Anything that relieves pressure from your mind, body or spirit (make a list, call a friend, hobbies etc)
  - Foresee stressful times and plan to rest, exercise and eat better before and after along with supplementing to support deficiencies that are likely to come along with the stress.
- WHAT NEXT: Action Plan**
1. Create a list of stressors that take you out of balance- which ones can be DELETED from your life? What plan can you create to help with the others? What thinking

needs to change? Who do **you need support from?** What tools do you need to learn, invest in or create?

2. Schedule time EVERY DAY for at least 1 (if not several) from the “things that reduce stress” list
3. At least 3 times per month...block out a full 90 min. for those things.
4. Support yourself nutritionally by taking salt, B’s and Greens and magnesium daily...take extras on the days that are more stressful.

Balance means that some days are tough and others are easier...continue flowing with life and create habits that cause you to be better able to choose joy in the midst of chaos...because chaos isn’t going away. Picture your life with more peace and harmony. We need more people like you in the world to lead others away from the chaos and toward the calm!

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# AMERICAN NATUROPATHIC MEDICAL ASSOCIATION



## *The Advancement of Energy Medicine A Look into How Energy Medicine is Becoming the Medicine of the Future.*

By Carolyn Waygood, ND, CNHP  
Board Certified Doctor of Naturopathy

As the infamous James Oschman, Ph.D. reminds us, during the past few decades scientists have gone from a conviction that there is no such thing as an energy field in and around the human body, to an absolute certainty that it exists. As important as that shift in perception may be, the knowledge of both the external biofield surrounding the human body, as well as the presence of the internal subtle energy system within the human body existed over 5,000 years ago. Traditional Chinese Medical professionals mapped out the flow of bioelectric energy with the meridian system and went so far as to identify energy centers (acupuncture points) where our energy seemed to be more concentrated.

Although there is a rich history of energy medicine, I found very little mention of this important aspect of the human body in my health education. As awareness of the human energy system gains recognition, I'm witnessing first-hand the power subtle frequencies have in our health and healing. The purpose of this paper is to ensure other integrative, holistic, and natural health professionals acknowledge this energetic component of health and disease, and ensure energy, like biology and chemistry, becomes part of our standard protocols.

### The Basics of Energy Medicine

Before diving into the topic of Energy Medicine and how it relates to the human body, it is important to become familiar with some basic energy terms. Let's begin with a discussion of "What is energy?". There are many forms of energy, and energy can shift between forms, but it is never destroyed. This principle is called the First Law of Thermodynamics. Energy is just "there" – like taxes

– and its existence is permanent.



Although there are many specific types of energy, the two major categories of energy are Potential Energy and Kinetic Energy. Potential Energy is any type of stored energy. An airplane sitting on a runway, a car parked in your garage, gasoline held in the gas tank, or a coiled spring all have potential energy because if started, moved, or uncoiled – they will produce energy. Kinetic Energy is found in movement. An airplane flying or a car moving along the highway each have kinetic energy. Even the tiniest things have kinetic energy, like atoms vibrating as their electrons circle around its nucleus and interact with surrounding particles. There are many forms of kinetic energy, but we will focus on vibrational energy - the energy due to vibrational motion such as when a string is plucked on a guitar.

Like the Laws of Thermodynamics (which define fundamental physical quantities that characterize thermodynamic systems), there are Laws of the Universe (which are scientific laws that govern all the Universe's processes of creation, administration and evolution). One of those laws is the Law of Vibration, which states that anything that exists in our universe, whether seen or unseen, broken down into and analyzed in its purest and most basic form, consists of pure energy or light which resonates and exists as a vibratory frequency or



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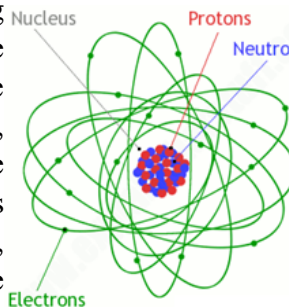


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pattern. In other words, everything vibrates, whether you can see, feel or hear it vibrate or not.

### The Atom and its Components

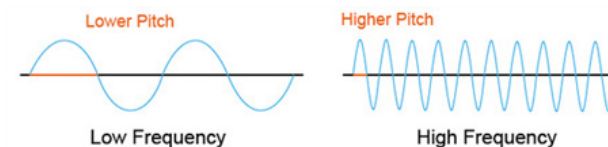
Since we are speaking about energy within and around the human body, it's important to take note that all things (a.k.a. "matter") including the human body is made up of atoms, and atoms are made up of smaller particles, called protons (which have a positive charge), neutrons (which have a neutral charge), and electrons (which are



negatively charged). Electrons orbit around the center, or nucleus, of atoms, just like the moon orbits the earth. Some material, particularly metals, have certain electrons that are only loosely attached to their atoms. They can easily be made to move from one atom to another. When those electrons move among the atoms of matter, a current of electricity is created, sort of like the wake of a boat moving through water. When electrons pass from atom to atom, they create an electrical current in the form of a "wave".

### The Vibrational Energy of Sound

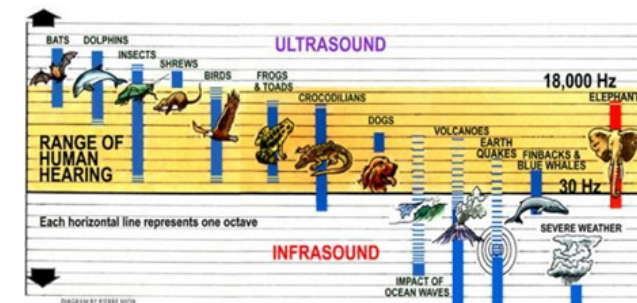
Sound is a form of vibrational energy and is made when stuff vibrates – like strings on an instrument. Some vibrations aren't as obvious, but you can feel them. Try putting your hand around your throat and humming a tune. Can you feel the vibrations? Those are your vocal cords moving rapidly (vibrating) back and forth. Like the movement of atomic electrons, sound moves through space in waves. Sounds have different frequencies and wavelengths that determine the pitch of the sound. Notice the difference in the "waves" in the picture below



based on their frequencies.

A healthy young person hears sound frequencies from approximately 20 Hz to 20,000 Hz (or 20 kHz). This is called the human audible range of frequencies, or Audio Spectrum. Below 20 Hz is referred to as Infrasonic sound

and is outside the range of human hearing. Frequencies above 20 kHz is referred to as Ultrasonic sound and is

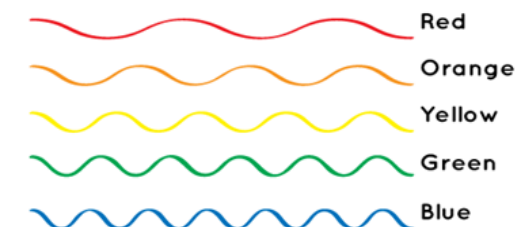


also outside normal human hearing. An important note to make is that just because humans can't hear a sound, doesn't mean the sound isn't there.

### The Vibrational Energy of Light

Light is also a form of energy. This form of energy is made up of little packets of energy called photons. The word "photon" is derived from the word "photo", which means "light". A photon is the small particles of light, like an atom is the small particles that make up chemicals. Light also moves through space in waves, at a very high rate of speed called "the speed of light" (nearly 1 billion feet per second). Similar to sound, each

#### Visible Light

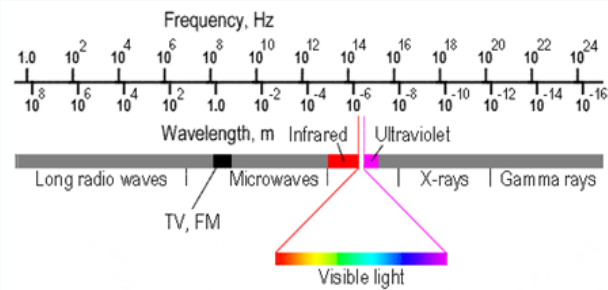


photon has a specific frequency and wavelength. The frequency and wavelength determine the color of the light, whereas the frequency and wavelength of sound determines the pitch. Notice the difference in the visible light "waves" based on their color.

The lower the energy, the longer the wavelength and lower the frequency – with red having the longest wavelength (lowest energy) and violet having the shortest wavelength (highest level of energy). Like the full spectrum of sound, the human eye can only see a small fraction of the total light spectrum from violet to red. This "Visible Light" corresponds to a wavelength range of 400 - 700 nanometers (nm).

### Electromagnetic Energy





Electromagnetic energy is the same as light energy – but you can’t always see it. Even though radio waves transmit sound, they are a completely different kind of energy, called electromagnetic energy. This type of energy can take the form of visible light, like the light from a candle or a light bulb, or invisible waves, like radio waves, microwaves, x-rays and gamma rays. Sometimes physicists refer to electromagnetic radiation as being exposed to tiny packets of light energy (photons). Since each photon has a characteristic frequency, wavelength, and energy level, exposure to electromagnetic energy can have different effects on the human body.

In summary, the basic premise is that **energy** is everywhere, including in and around the human body, in many different forms, made up of tiny particles called **atoms** (or **photons**, in the case of light) that **vibrate** at different rates or **frequencies**, and travel through space along paths called **waves**. As we move on, remember that the atomic and sub-atomic particles that comprise our human “matter”, like all matter, are in a constant state of motion. Each cell is vibrating at a specific frequency. As the Law of Vibration states, everything has a vibration, and science has proven that healthy cells vibrate within narrow ranges called their “natural or resonant frequency”. When healthy, each cell of our body vibrates at the frequency it was designed to. These principles establish the link between the human body, energy, vibration, and frequency.

### A Troubled History

Prior to the early 1900’s, energy medicine it seems was a staple component of any healthcare protocol. Dr. Henry Lindlahr (1862 – 1924), thought to be one of the most articulate of the Nature Cure movement in the early twentieth century, was quoted as saying “Every thought and every emotion has its direct effect upon the physical



constituents of the body. The mental and emotional vibrations become physical vibrations and structures. Discord in the mind is translated into disease in the body while the harmonies of hope, faith, cheerfulness, happiness, love, and altruism create in the organism the corresponding health vibrations.” He clearly understood the effect certain vibratory frequencies had on the physiology of living organisms.

Although the recognition and use of energy in ancient healing practices was popular throughout history, in 1910 the advancements in understanding and applying energetic therapies to support human health and combat disease was abruptly halted with the publication of The Flexner Report. The report, a book-length study of medical education in the United States and Canada, written by Abraham Flexner and published in 1910 under the aegis of the Carnegie Foundation, defined strict guidelines for medical teaching and research in an effort to standardize medical education and practices. As a result, many reputable natural health modalities with a strong foundation in proven science, such as Homeopathy, were prohibited, about a dozen existing medical schools either had to close down or merge , and many medical professionals either were jailed or ridiculed to the point of losing their practices. With Flexner’s motives and methods highly disputed among medical professionals, the reference in this paper is not to assess whether the report was advantageous or not, but rather to identify a moment in history that seemed to be a turning point in the advancement of energy medicine.

During the same time that the Flexner Report was being developed, research was beginning to yield answers to the epidemics of the early 19th century (e.g., Cholera, Smallpox, and Yellow fever). The first antibiotic, penicillin, was discovered by Alexander Fleming in 1928, and the late 19th century was the beginning of widespread use of vaccines. These discoveries certainly helped strengthen the emphasis on scientific validation in medicine, as well as the chemical approach to disease eradication. While both have added value to the medical industry, we simply didn’t have the scientific equipment necessary to support the validation of energy medicine at the time. Energy-based therapies, therefore, were

forced out of the mainstream.

Although it was not a popular thing to do at the time, open-minded and forward-thinking scientific and medical professionals, such as Dr. Harold Burr (1938-1970), a lecturer in neuro-physiology at Yale University, continued to pursue an understanding of the human energy system. Burr described human energy as our “Life Field”, an electro-dynamic field which can be seen to vary in health and disease. Burr researched this energy by measuring the voltage gradients (the difference in voltage between two points) in patients exhibiting differing states of health from women who were ovulating (when the intensity of the field increases) to those suffering from mental disease (represented by a wild electrical pattern). Burr suggested that diseases could be detected in the energy field of the body before physical symptoms appear. Moreover, Burr was convinced that diseases could be prevented by altering dysfunctional energy fields.

### Science Matures

Today, with the availability of highly sensitive state-of-the-art equipment, such as the class of instruments



referred to as Spectrometers, scientists are not only able to identify the presence of a bioelectric system in and around the human body, but also measure the frequencies at which such vibratory phenomenon oscillate. By measuring the frequencies of healthy and unhealthy cells, tissue, and organs, researchers have been able to determine the natural (healthy) resonant frequencies of our physical structure such as bones, muscles, tendons, and even red blood cells. Physiology that vibrates outside of these healthy ranges may indicate dysfunction or disease.

“Bridging physics, engineering, and microbiology, researchers at MIT have measured the frequency at which red blood cells vibrate and have shown that those frequencies reflect the health of the cells”, reports Michael Fitzgerald . MIT’s Michael Feld and Subra Suresh were able to record images of vibrations of the membrane of a blood cell infected with the malaria parasite allowing the researchers to correlate the cells’ vibrational frequencies with the progress of the disease.

“A red blood cell has electrical, chemical, and biological activity taking place inside it”, explains Fitzgerald, “which causes nanoscale vibrations at its surface”.

Ares Rosakis, professor of Aeronautics and Mechanical Engineering at the California Institute of Technology, sees this discovery leading to better medical diagnostics. The U.S. Centers for Disease Control (CDC) note that the popular test for malaria currently does not work for acute malaria: it can recognize the disease only after the fact. Eventually, a technique like this could provide a way to detect malaria as it’s happening. By examining a cell’s vibratory pattern, we may be able to detect and/or diagnose disease before symptoms become noticeable. This is truly the forefront of early detection!

This isn’t the first time university research centers have discovered a link between cellular health, disease, and vibrational frequencies. Anthony Holland, PhD, is a renowned composer, Associate Professor, and Director of Music Technology at Skidmore College. Since early in his career, Dr. Holland has been interested in physics and acoustics. “Years ago, I read a book [about] a frequency machine that was capable of destroying microorganisms if it was tuned to just the right frequency”, he says. This led Dr. Holland to build his own frequency machine which he used to apply test frequencies on harmless, easy-to-obtain microorganisms. His tests eventually led to an astonishing result. “When I added the eleventh harmonic [of a particular frequency], I looked through the microscope and discovered that the microorganism had shattered. It reminded me of how a crystal glass shatters when a soprano hits just the right note.” Since then, Dr. Holland has been working with a team of medical scientists in the Department of



Surgery at Thomas Jefferson University, where they have been able to confirm that specific frequencies can slow the growth of, inhibit the replication of, or in some cases explode pancreatic cancer cells within seconds . You can watch Dr. Holland explain his research during the TED TALKS at Skidmore College here; ([www.youtube.com/watch?v=1w0\\_kazbb\\_U](http://www.youtube.com/watch?v=1w0_kazbb_U)).

Bioenergetics, a common term used to reference the emerging science studying energy systems in living



organisms, is becoming a popular topic in research, and an interesting mixture of Biology, Chemistry and Physics curriculums in progressive universities. Large-scale medical institutions, such as The Cleveland Clinic, now offer therapies based on energy medicine to cancer and other patients. Many NFL teams now use energy medicine in locker rooms to help rehabilitate players after injuries (there are frequency protocols for concussions). When Terrell Owens, a player with the Philadelphia Eagles football franchise, was severely injured in a playoff game prior to Super Bowl XXXIX, it was energetic frequencies that helped relieve pain and promote healing and get him game ready in less than half the time doctors expected.

“Clinical experience has revealed that specific microcurrent frequencies applied to appropriate places on the body are highly effective at reducing pain and inflammation in a wide variety of conditions”, notes James Oschman, PhD., and author of Energy Medicine: The Scientific Basis. The late Dr. Robert Becker, M.D, one of the pioneers in the field of energy medicine and author of the book The Body Electric: Electromagnetism and the Foundation of Life, was chief of orthopedic surgery at the Veterans Administration Hospital in Syracuse, New York. Dr. Becker was well known for his work in applying electrical currents to broken human bones, successfully knitting fractures that previously had failed to heal even after extensive surgical procedures. The late Dr. Mae-Wan Ho, was a geneticist known for her critical views on genetic engineering and evolution, postulates in great detail in her book The Rainbow and The Worm about electrodynamics and the meaning of life. "We can begin to see how a coherent electrodynamical field makes the organism a vibrant, sensitive whole", writes Dr. Ho on page 108. The late Peter Fraser, coauthor of the book Decoding the Human Biofield: The New Science of Information as Medicine, encouraged his readers to look beyond matter, and consider what force holds matter together: energy. “When you think of your body”, writes Fraser, “you probably think of the heft and substance of it – flesh, muscles, bone. When you think of illness and disease, you ask ‘What is the matter with me?’, speaking quite literally in physical terms about the real matter of your body. It’s counterintuitive to imagine your body at more discrete levels, such as at the levels of cells, molecules, or atoms. You are unlikely

to hear a person with diabetes complain that ‘my beta cells are malfunctioning’.” Fraser suggests we need to consider a deeper understanding of the human body, the subatomic level. It is here where the body becomes more than just the physical structures as taught in Biology, and made up of chemical constituents that are described in Chemistry. The subatomic foundation of the human body is made up of a highly integrated world of particles and waves governed by the laws (and sometimes theories) of quantum physics. After all, as Einstein once informed us “Everything is energy and that’s all there is to it.”

Endogenous and Exogenous Energy

Endogenous energetic influences are those that originate from within an organism, tissue, or cell. Vibratory frequencies within the human body (endogenous energy) have an effect on the organism, either in part or as a whole. Exogenous energy, on the other hand, consists of those energetic sources that come from outside the human body. Although frequencies generated through light, sound, or other external energy source are outside our bodies those frequencies effect the internal human energy system through the processes of resonance and entrainment.

**Resonance** - In physics, resonance is a phenomenon in which a vibrating system or external force drives another system to oscillate with greater amplitude at specific frequencies.

**Entrainment** - the process whereby two interacting oscillating systems assume the same period. Brainwave entrainment is the practice of entraining one's brainwaves to a desired frequency. Entrainment in biomusicology is the synchronization of organisms to an external rhythm.

Endogenous energy analysis is important in Energy Medicine because it can give us insight into the state of health of our cells, tissues, and organs, as well as help us identify thoughts, emotions, and other influencing factors that may affect our energetic frequency and flow. Exogenous energy awareness is also important in Energy Medicine due to its effect on living organisms. Research has shown that frequencies external to our body can either positively or negatively impact the natural or resonant frequencies of our cells. Here are a

few examples of how exogenous energetic frequencies have shown to impact the human body.

- Helicopter pilots in Vietnam reported difficulties in vision and had accidents when a certain rotor speed caused vibrations in the aircraft that coincided with the resonant frequency of a part of the human eye.
- In the late 50s and early 60s, the US Army did research on using frequencies as a tactical weapon - for example inducing diarrhea as a way of demoralizing enemy troops.
- There is a low frequency sound, the frequency response of the bladder, which can cause people to feel the need to urinate.
- The Soviets have been using energetic frequencies, called the “Moscow Signal”, since before the Cold War (circa 1952), aimed at the U.S. Embassy, to cause adverse health effects in Americans employed there. In 1976, the Globe reported on it, resulting in the U.S. State Department allocating a 20% “hardship allowance” for serving in an “unhealthful post”.
- More recently (late 2016), an “Acoustic Attack” using sonic devices operating outside the range of audible sound in Havana, Cuba caused many U.S. State Department employees to suffer a variety of physical symptoms which resembled concussions.

Diagnostic and Therapeutic Use of Human Energy

Medicine has tapped into the human energy system for diagnostic purposes for the past few decades. You may be familiar with an electrocardiogram (EKG) - a test that checks for problems with the electrical activity of your heart. An EKG shows the heart's electrical energy activity through lines on paper with spikes and dips called waves. These waveform components indicate electrical events during a single heartbeat.

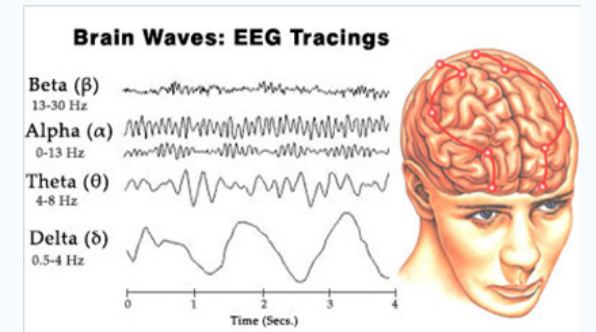
To determine the frequency at which a heart is operating,



you do some math. Frequency is denoted as the number of times a regularly recurring phenomenon occurs in one second. Therefore, the number of times a heart beats in

one minute divided by 60 seconds equals the frequency of your heart in Hertz (Hz). For example, a healthy adult heart beats about 70 times per minute, divided by 60 implies the heart is operating at 1.16 Hertz.

An electroencephalogram (EEG) is a medical test used to evaluate the electrical activity in the brain. An EEG tracks and records brain wave patterns. We now know that brain cells communicate with each other through electrical impulses, and that there are 5 different frequency ranges of brainwaves called Beta, Alpha, Theta, Delta and Gamma. Energy is constantly in motion in the brain, even as we sleep, and the brain is consistently producing energetic “waves” in all sorts



of frequencies.

Waves within particular ranges of frequencies, like “alpha” or “beta” waves, have various types of biological significance. Beta waves, for example, are associated to alertness, focus and have frequencies ranging in higher cycles per second (e.g., 14-28 cycles per second). Alpha waves occur when someone is calm and relaxed, and the frequency slows down to about 7-13 pulses per second. Theta waves represent a state of very deep relaxation, where waves cycle between 4-7 cycles per second. And finally, Delta waves occur when you are in a deep sleep, and slow to a frequency of zero to four cycles per second.

It seems at our peak focus and mental capabilities, our brains might hover in the 25–30 Hz range, but in the evening it slows down into light relaxation (10–12 Hz), deep relaxation (6–10 Hz), light sleep (4–6 Hz), and subsequently deep sleep (0.5–4 Hz). The knowledge of brain waves and their relation to sleep has enabled professionals to accurately diagnose Sleep Apnea, a potentially serious sleep disorder in which breathing repeatedly stops and starts during sleep. Another specialized piece of equipment called a Polysomnogram (PSG) records brain activity, eye movements, heart rate,



and blood pressure, as well as the amount of oxygen in your blood, air movement through your nose while you breathe, snoring, and chest movements. A dysfunction in any of these markers can indicate a disturbance in sleep patterns.

As you can see from the simple examples above, medicine has acknowledged and has been utilizing human energy data to help diagnose and monitor the human body and our health for decades. However, it is only recently that medicine has moved beyond looking at the energy of the heart and brain. Today, we are finding a wider variety of energy medicine applications in the areas of mental health, bone and wound healing, pain relief and more.

Moving Forward in Energy Medicine

Today, a new science is transforming medicine and revolutionizing the way we address disease. Many respected scientific and medical professionals are breaking down the biases of the past, and publishing detailed explanations of the human energy system (a.k.a. biofields) and the natural frequencies the body utilizes to stimulate and expedite healing. One notable leader in the energy medicine field is Dr. Carolyn McMakin. A humble woman with decades of experience working clinically with micro-frequencies (she was the person working behind the scenes to help Terrel Owens quickly heal, enabling him to play one if his best games throughout his career) has written informative books on the power of frequencies in human health and healing. The Resonance Effect: How Frequency Specific Microcurrent Is Changing Medicine (North Atlantic Books, 2017) shares her inspirational journey and an account of the development of frequency specific microcurrent (FSM) that takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions. "The principles of physics and destructive interference to remove pathologies and return tissues to normal were new to me", she writes on page 18. "I was trained in science and needed evidence."

As both science and technology improve in its ability to detect, measure, and quantify the human energy system – thus providing us the evidence we seek - we learn more and more about the influence and importance of the flow and frequency of energy throughout the body. Today, "Researchers are investigating the interaction between

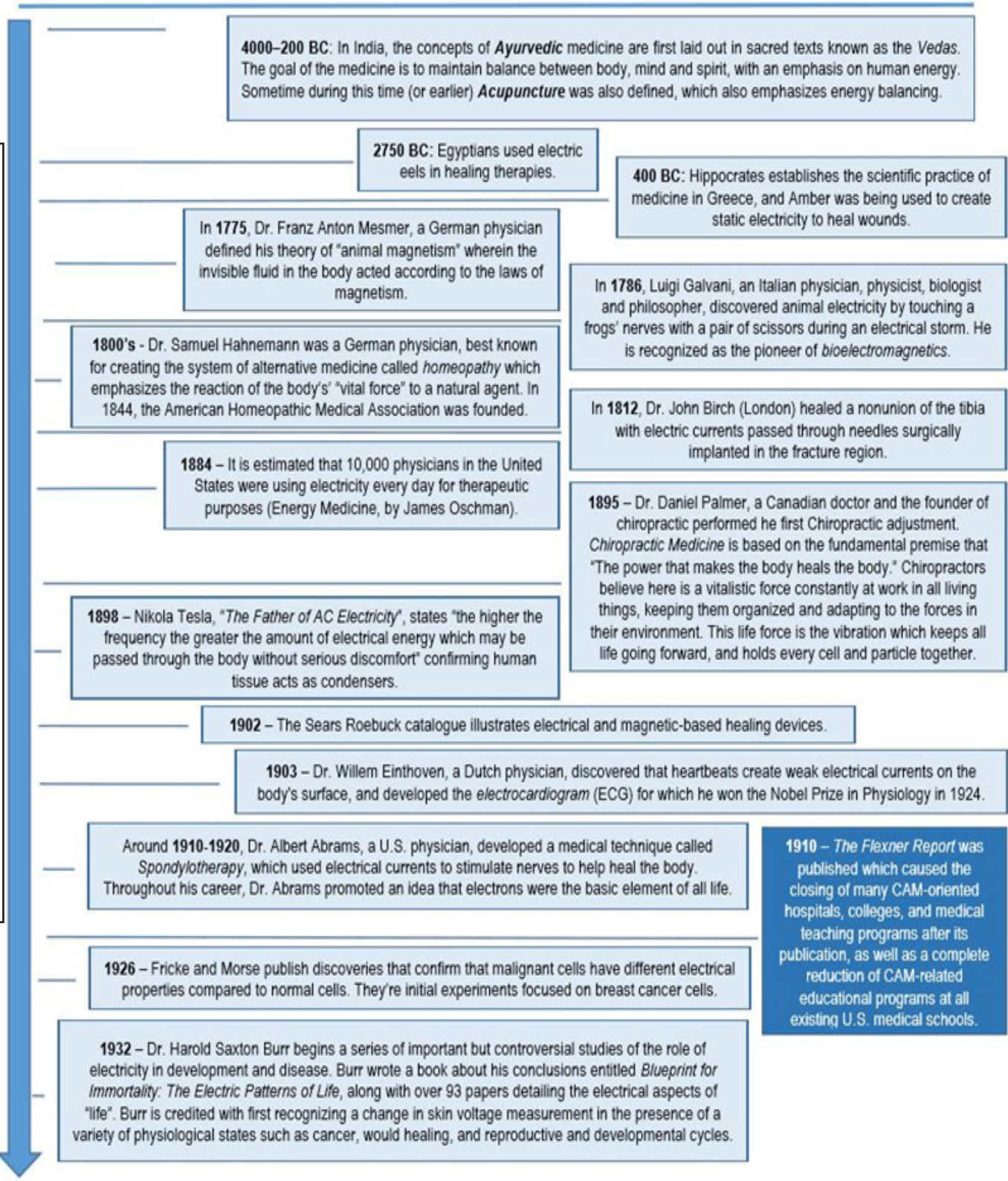
exogenous and endogenous electromagnetic fields and the use of various frequencies of electromagnetic energy as a conduit for healing", explains Leonard Wisneski M.D., in the textbook The Scientific Basis of Integrative Health. "Medical research, which has limited itself almost exclusively to drug therapy, might as well have been wearing blinders for the last thirty years," notes Dr. Robert Becker. James Oschman, PhD., says that "Electromagnetic medicine is beginning to revive, but with a far more sophisticated scientific base to support it."

Those in Bioenergetics believe that disturbances in human energy, whether it be distortions in energy frequencies, or blockages in energy flow, are the root cause of all illnesses. Many believe that conventional medicine often addresses symptoms instead of getting to the cause of the problem and promoting complete healing. Bioenergetics is based on the theory that by correcting energy disturbances – basically re-harmonizing our inner energy frequencies – we can support the body in its natural healing capabilities. Whether this be through the greater production of ATP, the vibrational stimulation of resonant frequencies, the stimulation of immune processes, or the suppression of inflammatory chemicals (or a combination of all) - the specific way energy medicine benefits the human body is yet to be agreed upon. But one thing is for certain, there is a presence of energy within and around living organisms, and it is related to health and disease. Science is now proving that pathologies have an energetic imprint.

"Undoubtedly, traditional Western medicine must expand its concept of healing to incorporate a human energy field." Dr. Wisneski writes. Will the human biofield finally bring together a holistic view of human beings? I believe it already has. Integrative practitioners embrace the physical, chemical, emotional, mental, and energetic components of what makes a person "whole and healthy". Today, for example, an integrative medical professional will address the emotional and energetic aspects of a patient while treating chronic physical pain.

Welcome to the Energy Medicine Revolution!

A Brief (Incomplete) History of Energy Medicine





1936 – The first *Rife Ray* instrument was designed and built, which produced frequencies to treat disease. Dr. Rife found that every disease organism has a frequency range in which it can be affected and he referred to it as it's "Window of Vulnerability".

1937 - Albert Szent-Györgyi, a Hungarian biochemist, won the Nobel Prize in Physiology. He is credited with discovering vitamin C and the components and reactions of the citric acid cycle. He is quoted as saying "In every culture and in every medical tradition before ours, healing was accomplished by moving energy".

Circa. 1952, Winfried Otto Schumann, a German physicist, first studied the global resonant frequencies of the earth's ionosphere, known today as the *Schumann Resonances*, the extremely low frequency (ELF) portion of the Earth's electromagnetic field spectrum. Schumann notes the relationship between disturbances in these frequencies and disease, and that the "ideal frequency to sustain human life" is approximately 7.83 Hz.

Mid 1960's - George Goodheart introduced *Applied Kinesiology*. The fundamental lasting contribution of Applied Kinesiology is that the body can be scientifically understood, clinically assessed, and effectively treated as an energy system.

1980's - Roger Callahan, Ph.D., a psychologist who had studied Goodheart's work, found that tapping on acupuncture points along with a series of other physical and psychological procedures could rapidly alleviate a range of emotional problems.

In 1989, Dr. Elmer Green and colleagues substantiated the comprehensive and inclusive term, "*Energy Medicine*" by founding *The International Society for the Study of Subtle Energies and Energy Medicine* (ISSSEEM).

In 1998, Donna Eden, a gifted healer, published *Energy Medicine* (written with her husband, psychologist David Feinstein), a book that helped define the hands-on practice of energy medicine approaches and that was a U.S. Book News Book of the Year.

1996 – Brewitt publishes the "Quantitative Analysis of Electrical Skin Conductance in Diagnosis" detailing the science behind bioelectric medicine, and demonstrates that viral and bacterial infections, and cancer, affect the electrical conductance of tissues.

1998 – Cuzik and colleagues describe an electrical disturbance created by tumors that can be detected on the surface of the skin.

2000 – James Oschmann, PhD., a well-known scientist with a background in biophysics and biology, publishes a ground-breaking book entitled "*Energy Medicine: The Scientific Basis*", which brings together evidence from a range of disciplines to provide an acceptable explanation for the energetic exchanges that take place in all living things.

2005 – After requiring surgery to repair a broken leg and torn ligaments in the ankle, and undergoing 6 weeks of microcurrent frequency therapy the Philadelphia Eagles kept secret from the world, Terrell Owens gave what is thought to be "the most courageous performance in Super Bowl history" defying all odds to ever play again.

2008 – Harry Massey publishes "*Decoding the Human Body-Field*" which presents a new integrative model of the energetic physiology of the human body, and defines a revolutionary system that reestablishes the proper flow of information to the body's energetic fields to promote health.

2017 – Dr. Carolyn McMakin published her book "*The Resonance Effect: How Frequency Specific Microcurrent Is Changing Medicine*", that discusses frequency specific microcurrent (FSM), and how it takes advantage of the body's ability to respond to frequencies in order to heal a number of chronic conditions.

Jan, 2018, A leader in Energy Medicine, **EMRO Quantum** launches a U.S. direct-sales distribution company making energy medicine products available to the public.

**About the Author:** Carolyn Waygood, ND, CNHP, is a Board-Certified Doctor of Naturopathy, Certified Natural Health Professional, Certified Clinical Aromatherapist and Certified Pilates Instructor. Carolyn's undergraduate degrees in Mathematics and Computer Science were obtained from the University of Delaware. She received her Doctorate in Naturopathy from Trinity School of Natural Health where she specialized in biochemical health. Carolyn has recently entered the Energy Medicine field, is trained in Frequency Specific Microcurrent by Dr. Carolyn McMakin, and is now passionate about raising awareness of the interconnectedness of biology, chemistry, and energy in human health & disease.

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## Life in the “Fast” Lane: Intermittent Fasting

By Marianne Moss Madsen, MS, BCND, PScD

Some people with chronic conditions say they feel better when they fast. Intermittent fasting is a hot topic in the health world right now. What does it mean? And how can it make the people you see feel better?

I explain it this way—if your body isn’t spending all its time digesting food, it has plenty of time to do other things. Like work on the symptoms that a chronic condition is causing. That’s why some people feel better when they fast. The trick is to hit that sweet spot where you aren’t ravenously hungry (maybe just a little) and you have eaten enough to get the energy you need, but you aren’t tying up all your bodily functions in digestion. That’s where intermittent fasting comes in.

### What is intermittent fasting?

Intermittent fasting isn’t a diet—it’s an eating pattern. Don’t count calories, or even try to reduce them. There are no “diet” foods or restrictions. Don’t change what you eat, change when you eat. (Remember that what you eat needs to be healthy no matter when you eat it.) Is it possible to stay healthy with this type of eating pattern?

Yes! Our bodies are geared toward intermittent fasting. Our ancestors often fasted out of necessity—food just wasn’t available. Fasting now and then is probably a more natural body

rhythm than the forced “3 meals a day” we often eat. Intermittent fasting has been part of the world’s major religions, including Islam, Buddhism, and Christianity, to emphasize our spiritual nature over our physical nature. Now, people are doing it to improve health and simplify life.

### What are the advantages?

In a 2017 study titled “Impact of intermittent fasting on health and disease processes,” published in *Aging Research Reviews*, (<https://doi.org/10.1016/j.arr.2016.10.005>), Mattson et al. found that intermittent fasting improved multiple health indicators such as insulin resistance and risk factors for cardiovascular disease. It can enhance mitochondrial health, DNA repair, stem-cell regeneration, and metabolism. It can improve general health and help prevent and/or help manage the major diseases caused by aging.

In addition to research evidence, clinical evidence is compelling. Mark is a 50-year-old male Gulf War veteran who was medically diagnosed with high blood pressure, heart failure, chronic kidney disease, lupus, and metabolic syndrome. He was very active as a teenager and during his military service, but he gained a significant amount of weight after quitting smoking. Mark decided to “clean up”

his eating habits and began a 16/8 intermittent fasting pattern (described below). His initial interest in intermittent fasting was for weight loss, which worked well for him—in about 10 months he lost 74 pounds. Possibly even more impressive, his HbA1c level went from 6.1 to 5.4. His acid reflux disappeared. His energy levels improved, he felt less depressed, he had less fatigue, and many of his neurological symptoms improved. He continues to use intermittent fasting because he just feels better when he eats less. Occasionally, he slips back into eating his “comfort foods,” but when symptoms, such as acid reflux, return, he goes back to his 16/8 intermittent fasting pattern.

### Here are some of the processes that your body can focus on while it’s not digesting food:

- **Hormone functions:** For example, the levels of human growth hormone (HGH) in the body skyrocket when fasting. This can help with fat loss and muscle gain and many other bodily functions.
- **Insulin levels:** Insulin sensitivity improves while you’re fasting and your insulin levels drop. This may make stored body fat more accessible.
- **Cell repair:** Your body has time to focus on cell repair processes, such as digesting and removing old, non-functioning protein build up.
- **Gene expression:** Changes happen in your genes, especially the ones that are related to longevity and immune system function.

### How do you do it?

There are lots of different ways to fast intermittently. You can schedule by the day, by

the week, or even longer. You’ll find advantages and disadvantages no matter what you try, but there is likely an option that will work best for you. Keep in mind that whenever you choose to eat, you need to make sure you are eating healthful foods and getting the nutrients your body needs. Here are a few popular fasting methods:

- **16/8 Days:** This involves fasting for a 16-hour period and eating during an 8-hour period. For most people, breakfast is the easiest meal to skip, because eating isn’t just about the food, it’s often about socializing. If you normally eat breakfast alone, you can still eat lunch with friends and dinner with family on this type of an intermittent fast. But if that doesn’t work for you, pick another 8-hour period during the day when you want to eat and fast for the other 16 hours.
- **5/2 Week:** This weekly method involves eating normally for five days out of the week, then eating 500 calories or less for the other two days. For example, you can eat normally with friends and family over the weekend, then cut down to 500 calories on Monday, eat normally Tuesday, Wednesday, and Thursday, then eat 500 calories on Friday. Or pick two non-consecutive days that work the best for you.
- **Eat-Stop-Eat:** Fast for 24 hours once or twice a week. For example, eat dinner one night, then the next day, possibly when you have an extremely busy schedule, fast until dinner time. Just make sure you spread out the days when you’re fasting so you’re not fasting two days in a row.
- **Spontaneous Meal Skipping:** Listen to your body. If you’re not hungry, don’t eat. Or if you have a really busy day, one where you normally eat junk food because you feel like you should



eat SOMETHING, just don't. Let your body have a rest instead.

Who shouldn't try it?

Intermittent fasting isn't for everyone. Some reasons to NOT try it are as follows:

- Blood sugar medications. If you take anything that regulates your blood sugar levels, like insulin or metformin, you need to eat regularly so your blood sugar doesn't fall too low—a dangerous and life-threatening situation.
- Eating disorders. Anyone who has any kind of history of or tendency toward anorexia or bulimia should avoid this type of eating as it could trigger a flare up.
- Pregnant, breastfeeding, or planning to be pregnant. Women in this stage of life should focus on getting good nutrition all day every day.
- Medications that need to be taken with food. It's possible that you can use some butter or coconut oil to help avoid the discomfort and stomach upset that come when you take some medications on an empty stomach. It's best to check with your doctor, though, before trying intermittent fasting with these types of medications.

Tips and Tricks to Make it Work for You!

- Keep it healthful. Your body still needs a balanced intake of protein, carbs, and fats to keep you well and functioning correctly. You might need to work even harder at getting those nutrients into your body in a shorter period of scheduled eating time.

- Don't stop drinking. While you're fasting, keep drinking water and other non-calorie fluids, like coffee or tea.
- Work up to it. You may want to start like Mark did by working on eating a healthful, balanced diet. When that is working for you, consider some intermittent fasting. Start with one day a week or even one day each month, and work your way into it. Or start by fasting 12 hours, then 13, then work your way up to 16.
- Try it once. Once you get over the mental barrier and realize that you really aren't going to die if you don't eat on the schedule you're used to, it's all downhill from there.
- Give it a little time. You probably eat about the same time every day—it's a habit. Not eating can be a habit, too. Give yourself some time to adjust to changing your behavior.
- Remember, it's just a sensation. Hunger comes and goes. Sometimes you feel hungry because you're used to eating at a certain time. Sometimes you feel hungry when really you're just thirsty. And sometimes you're hungry because you always eat during a certain activity, like watching TV. Acknowledge the feeling and move through them. Remember that you are letting your body work on other things! After about three weeks, people generally aren't hungry on fasting days.

Marianne Moss Madsen, MS, BCND, PScD, is a holistic health practitioner at SugarHouse Holistic Health in Salt Lake City, Utah. She specializes in helping people with chronic conditions such as myalgic encephalomyelitis/chronic fatigue syndrome (ME/CFS) and Lyme disease.



The 4 Pillars of Energy Medicine

Written by Carolyn Waygood, ND, CNHP, Board Certified Doctor of Natural Medicine



**Abstract:** This paper will provide detail behind the 4 fundamental scientific foundations upon which energy medicine is based and will site respected scientific and medical professionals who have proven the basis of each principle. Although Energy Medicine has been a popular therapeutic approach to healing for thousands of years, it has only been within the past few decades that technology has proven, beyond theory, the existence and effectiveness of energy medicine in both diagnostic and therapeutic activities.

Before a person defines their opinions of energy healing, the author encourages readers to consider the following quotes;

**PRECONCEIVED NOTIONS ARE THE LOCKS ON THE DOORS TO WISDOM. ~ MERRY BROWNE**

**HELP ME NOT TO DESPISE OR OPPOSE WHAT I DO NOT UNDERSTAND.**

**~ WILLIAM PENN**

**“THE HISTORY OF ENERGY MEDICINE TEACHES US THAT WHAT IS HERESY FOR ONE GENERATION CAN BECOME A DOMINANT PARADIGM IN THE NEXT.”**

**JAMES OSCHMAN, PHD., ENERGY MEDICINE: THE SCIENTIFIC BASIS**

As Energy Medicine gains recognition in both the scientific and medical communities, it becomes more obvious that a consensus of both the definition of energy medicine and the principles upon which it is based be agreed upon in order to help progress this amazing healing modality forward. For the sake of discussion, I offer the following definition for consideration.

A Scientific Definition of Energy Medicine

Energy medicine is defined as the diagnostic and therapeutic use of energy, whether detected by or produced by a medical or other device or by the human body.

While the diagnostic use of “energy” has existed in medicine for decades, most notably with the EKG/ECG technology in cardiovascular health, and the EEG technology in mental health, the use of energy in therapeutic practices in mainstream medicine has met resistance. During the next few pages, the author would like to provide the reader with notable quotes from respected physicians and scientists who acknowledge the benefits of energy medicine in both diagnostic as well as therapeutic practices. Important quotes that support each of the four principles upon which energy medicine can be based will hopefully help solidify the scientific foundation of this emerging healing modality.

**“MEDICAL RESEARCH, WHICH HAS LIMITED ITSELF ALMOST EXCLUSIVELY TO DRUG THERAPY, MIGHT AS WELL HAVE BEEN WEARING BLINDERS FOR THE LAST THIRTY YEARS.”**



**~ DR. ROBERT BECKER, M.D., IN HIS BOOK THE BODY ELECTRIC: ELECTROMAGNETISM AND THE FOUNDATION OF LIFE**

Dr. Robert Becker (1923 – 2008) was a U.S. orthopedic surgeon and researcher in electrophysiology/ electromedicine and urged the medical community to acknowledge the relationship between a subtle electric field within and around the human body to health and disease. As a scientist, he performed ground-breaking experiments identifying and analyzing the bioelectric nature of living organisms and is credited with furthering the awareness of the electric potentials in organisms. Dr. Becker researched the relationship between electric currents and wound-healing (particularly the healing of non-union fractures) and the regeneration of limbs. “Becker had definitely discovered a connection between the current of injury and regeneration”, writes Susan Schiefelbein in her article “Growing New Limbs” for The Washington Post.

**“UNDOUBTEDLY, TRADITIONAL WESTERN MEDICINE MUST EXPAND ITS CONCEPT OF HEALING TO INCORPORATE A HUMAN ENERGY FIELD.” LEONARD WISNESKI M.D., THE SCIENTIFIC BASIS OF INTEGRATIVE HEALTH**

Dr. Leonard A. Wisneski, MD, FACP is Clinical Professor of Medicine at George Washington University Medical Center, and an Adjunct Faculty in the Department of Biochemistry and Molecular Biology, Division of Integrative Physiology, at Georgetown University where he is a founding member of the Complementary and Alternative Medicine Curriculum Planning Committee. He was Vice Chairman of the NIH Consensus Panel on Acupuncture and is Chairman of the NIH Advisory Board on Frontier Sciences at the University of Connecticut. In the 3rd edition of his textbook The Scientific Basis of Integrative Health, Dr. Wisneski writes “I have expanded the third edition to include nine new chapters and to report on remarkable research advances in the fields of bioenergetics and psychoneuroimmunology. Bioenergetics, or quantum biology, is becoming recognized as an emerging field of study in integrative health and medicine”.

**“ELECTROMAGNETIC MEDICINE IS BEGINNING TO REVIVE, BUT WITH A FAR**

**MORE SOPHISTICATED SCIENTIFIC BASE TO SUPPORT IT.” JAMES OSCHMAN, PH.D., ENERGY MEDICINE: THE SCIENTIFIC BASIS**

James Oschman, Ph.D., is well-known for exploring the scientific basis for alternative medicines. His experience in biophysics and complementary medicine, and his use of modern research science in validating and explaining the beneficial effects of energy frequencies, has helped establish Oschman as an expert in the Energy Medicine field. Like the pioneers who have come before them, Dr. Becker, Dr. Wisneski, and Dr. Oschman are all visionaries who continue to advance Energy Medicine forward. With these brilliant pioneers supporting the re-emerging science of Energy Medicine, and a strong scientific foundation which will be discussed in the next few paragraphs, Energy Medicine is poised to become the energy of the future.

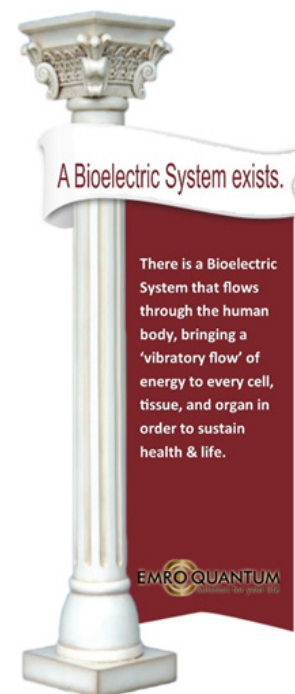
**#1: A Human Bioelectric System Exists**

The first principle upon which Energy Medicine is based is the simple truth that a bioelectric system exists within and around the human body. The first few statements that help confirm this initial premise are provided by James Oschman, PhD, and are borrowed from his book Energy Medicine: The Scientific Basis.

**1. Biofields** *“are the energies that move about rapidly within and around any organism. After*

*a long period when science regarded such energy fields as fiction or illusion, modern scientific investigations conducted at respected research facilities has shown that energy fields are both real and profoundly important.”*

**2.** *“The most well-documented energy fields are the bioelectric flows produced during the functioning of organs such as the heart, brain, and muscle. They are known in clinical medicine by the technologies that measure them – the electrocardiogram, electroencephalogram, and electromyogram.”*



3. *“Since living structure and function are orderly, biological oscillations are organized in meaningful ways, and they contribute information to a dynamic vibratory network that extends throughout the body and into the space around it.”*

4. *“Modern researchers have confirmed that living organisms do, indeed, comprise dynamic energy systems involving the same sorts of field phenomena that physicists have been studying for a long time. For example, clinical medicine is beginning to employ oscillating magnetic fields to “jump start” healing.”*

**While Oschman clearly articulates, the existence of a human electrical vibratory network, Dr. Becker used scientific research to validate the relationship this electric network has with wound healing and limb regeneration. These quotes are extracted from Becker’s book titled The Body Electric: Electromagnetism and The Foundation of Life.**

1. *“Moreover, it was obvious by now that electricity was the most important growth stimulus to cells.”*

2. *“In the last two decades nearly all tissues have been proven to produce or carry various kinds of electrical charge.”*

Lastly, to help support the premise that a bioelectric system exists within the human body, Dr. Leonard Wisneski

writes in his book titled The Scientific Basis of Integrative Health, *“Electricity flows through the body, with the heart registering the highest electrical activity (emitting 2.5 W, it produces 40-60 times more electricity than the brain).”*

Clearly, the existence of a subtle human energy system has been established, and state-of-the-art, highly sensitive instruments have identified and measured this energy within and around the human body. The first premise of Energy Medicine,

therefore, can be agreed upon: that a bioelectric system exists within the human body.

**#2: Energetic Disturbances Cause Disease**

The second principle upon which the science of energy medicine is based describes how disturbances in the human bioelectric system have been linked to adverse symptoms and disease.

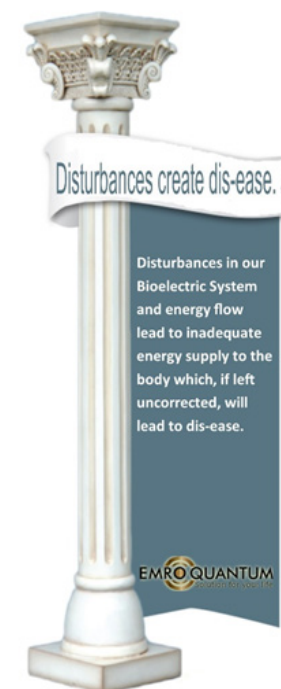
Since researchers have found that cells’ bioelectrical communication steers growth and development, it makes sense that disturbances in this bioelectric communication can lead to dysfunctions in normal cellular growth and healing. Whether dysfunctions are caused by endogenous influences (internal causes such as emotional stress) or exogenous factors (external sources such as a virus or bacterium) doesn’t matter. A disturbance in the energetic frequency flowing through the body is disturbing to the body’s natural resonant frequencies.

**“WHEN ENERGETIC DISTURBANCES OCCUR AT THE ETHERIC AND HIGHER FREQUENCY LEVELS OF STRUCTURE, PATHOLOGIC CHANGES EVENTUALLY MANIFEST AT THE PHYSICAL/CELLULAR LEVEL.” DR. RICHARD GERBER, VIBRATIONAL MEDICINE**

Decades-old research confirmed the link between illness and disturbed or blocked energy in the body. Researchers at MIT discovered the resonant frequency of red blood cells and compared them to the cellular frequency of cells infected with the malaria virus. In the article titled Vibrating Cells Disclose Their Ailments, the author notes that researchers at MIT measured the frequency at which red blood cells vibrate and showed that those frequencies reflect the health of the cells.

**“THE VERY EARLY STAGES OF DISEASE CAN BE DETECTED BY MEASURING CHANGES IN THE ELECTRICAL PROPERTIES OF TISSUES, MAKING POSSIBLE EARLY DIAGNOSIS AND TREATMENTS.” JAMES OSCHMAN, PH.D., ENERGY MEDICINE: THE SCIENTIFIC BASIS**

A red blood cell has electrical, chemical, and biological activity taking place inside it, which causes nanoscale vibrations at its surface. It takes 48 hours for a malarial invader to run through its life cycle, developing,





reproducing, and being expelled from the cell. The researchers thus had to evaluate infected cells from each stage of that 48-hour process. The research, which was published in the Proceedings of the National Academy of Sciences, measured the speed at which healthy and diseased red blood cells vibrate and clearly determined a change in cellular oscillations.

**“WE NOW KNOW THAT MANY OF THE MOST COMMON HEALTH DISORDERS AND DISEASES ARE PARTLY OR ENTIRELY ENERGETIC IN NATURE AND ARE THEREFORE DIFFICULT TO PREVENT OR TREAT WHEN ENERGY IS LEFT OUT OF THE EQUATIONS OF LIFE AND HEALING.” JAMES OSCHMAN PHD, ENERGY MEDICINE: THE SCIENTIFIC BASIS**

One of the emerging areas of medicine that taps into the bioelectric system and studies its relationship to illness is Bioelectric Impedance. Bioelectric Impedance Analyses (BIA) determines the electrical impedance, or opposition to the flow of an electric current through body tissues, has been used to estimate total body water. More recently, BIA has been used to help estimate the extent of injury or illness in cardiovascular patients. Measurement of the relative changes in postoperative bioelectrical impedance, which reflects perioperative alterations in body composition, provides a quantitative estimation of the critical illness in pediatric patients after heart surgery.

Although both science and medicine are still working to identify the millions of frequencies that correspond to the innumerable illnesses that may afflict the human body, progress is being made. One area deserving mention is the study of vibrational profiles in oncology. It has been determined that “malignant astrocytoma tissue samples obtained from operating room, transported in artificial cerebrospinal fluid, and tested within an hour, vibrated with a much different frequency profile and amplitude, compared to” healthy tissue, providing a quantifiable measurement to accurately distinguish the tissues in real-time.

Can the study of these low-frequency vibrations provide a non-invasive approach to diagnosis in the near future? It is certainly possible.

**#3: The Body Has the Ability to Self-Correct**

The third premise upon which Energy Medicine is based assumes the body has the ability to identify and self-correct energetic disturbances. This fundamental principle relies on the body’s ability to identify imbalances or disturbances in our normal homeostasis, and the processes of a healthy immune response and system.

While the existence of an immune response and function are clear (and undisputed), the question as it pertains to Energy Medicine is whether or not our immune system has the ability to self-correct energetic disturbances within human cells, tissues, and organs. The following quotes are provided to the reader to help answer that question. Much of today’s opinion on this subject is based on the discovery and further research of an “injury potential” (a change in electrical current following an injury). The current of injury, also known as the demarcation current or hermann's demarcation current , is the electric current from the central part of the body to an injured nerve or muscle, or to another injured excitable tissue. The injured tissue has a negative voltage compared to the central part of the body.

**“THE ‘INJURY POTENTIAL’ IS THE DIFFERENCE IN ELECTRICAL POTENTIAL BETWEEN THE INJURED AND UNINJURED PARTS OF A NERVE, MUSCLE, SKIN, OR OTHER TISSUE. IT IS AN ENERGETIC PHENOMENON WITH IMPORTANT ROLES IN WOUND HEALING.” JAMES OSCHMAN, PHD., ENERGY MEDICINE: THE SCIENTIFIC BASIS**

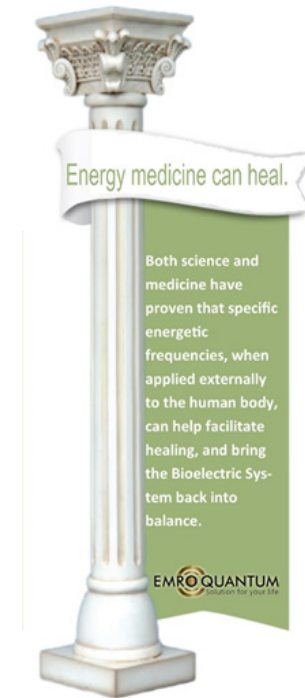
It is now known that this injury potential not only helps the body identify the site of injury, but is also necessary in initiating and supporting the natural healing processes of living organisms.

**“WHEN A STATE OF DISCORD ARISES, THIS HEALING FORCE ACTS TO RESTORE FUNCTIONAL BALANCE AND HARMONY.**



**SOMETIMES THE BODY’S SELF-HEALING FORCES CAN BE IMPAIRED OR IMPEDED BY DISEASE OR STRUCTURAL IMBALANCE.” DR. ZINAIDA PELKEY, D.O.**

With an understanding that the body has a self-healing ability that can restore energetic homeostasis, we have to ask then why energetic imbalances continue to exist and lead to chronic illnesses? Why hasn’t the body self-corrected? Dr. Lisette Narragon, a Homeopathic



Physician, notes “There are many examples of how the body self-repairs, from broken bones to the common cold, we mostly heal on our own. How well our self-healing system functions defines how healthy we are. However, we cannot always restore health without some assistance, as is the case when the healing energy (vital force, Qi, or Prana, as some call it) in the body is low and needs a boost.” This leads us to the fourth and final premise upon which Energy Medicine is based.

**#4: Energy Medicine Can Support the Body’s Natural Healing Capabilities**

As research into the link between frequency disturbances and human disease continues, scientists are determining the specific frequencies that seem to combat various pathogenic organisms like bacteria and viruses. It is now known that frequencies can be used to target intracellular viral infections either by preventing their replication or killing them altogether. This is a powerful form of “medicine” that is gaining attention in both the scientific and medical communities, and it is life-saving for those individuals whose immune defenses are compromised. James Oschman, PhD., writes in his book Energy Medicine: The Scientific Basis, “When the body’s’ endogenous bioelectric system does not produce normal wound repair, therapeutic electrical currents may be delivered into the ‘repair field’ from an external source. The applied current may serve to mimic the failed natural bioelectric currents, thereby

promoting wound healing.”

**“RESEARCHERS ARE INVESTIGATING THE INTERACTION BETWEEN EXOGENOUS AND ENDOGENOUS ELECTROMAGNETIC FIELDS AND THE USE OF VARIOUS FREQUENCIES OF ELECTROMAGNETIC ENERGY AS A CONDUIT FOR HEALING.” LEONARD WISNESKI M.D., THE SCIENTIFIC BASIS OF INTEGRATIVE HEALTH**

The discovery of and acceptance that healthy exogenous electrical frequencies can help support our natural healing processes is a historical achievement of monumental proportions. We are now only “beginning to understand the biophysical mechanisms that enable both complementary therapists and conventional physicians to detect and manipulate energy fields for the benefit of the patient.” Many patients now have an alternative to the drugs and chemicals responsible for threatening adverse side effects and can avoid risk of addiction or overdose. Energy Medicine is helping to facilitate a paradigm shift in healthcare.

Professionals still don’t agree upon the exact method by which frequency therapy works, with some theorizing that certain frequencies manipulate the immune response and others postulating that the frequencies manipulate the production of or suppression of certain biochemicals. Regardless, it is now known that therapeutic resonant frequencies “can be used to treat various human and animal diseases and conditions” .

**SPECIFICALLY, CERTAIN FREQUENCIES WILL ACTIVATE SPECIFIC ENZYMES AND GENES, AND OTHER FREQUENCIES WILL INHIBIT THEM. WHEN A DISORDER IS CAUSED BY A PATHOGEN (BACTERIUM OR VIRUS), SPECIFIC FREQUENCIES CAN HAVE PRECISE EFFECTS. JAMES OSCHMAN, PHD., ENERGY MEDICINE: THE SCIENTIFIC BASIS**

**TODAY THE POSSIBLE USE OF ELECTRICITY TO GUIDE NERVE GROWTH IS ONE OF THE MOST EXCITING PROSPECTS IN REGENERATION RESEARCH.” DR. ROBERT BECKER, M.D., THE BODY ELECTRIC: ELECTROMAGNETISM AND THE FOUNDATION OF LIFE**

As the field of Bioenergetics continues to develop,



it is fueled by the proven fact that “very weak energy fields at the appropriate frequencies can be profoundly therapeutic. Other frequencies can produce pathophysiological responses. While it may go against intuition, it appears that, within limits, it is not the strength of the signal that determines whether it will be beneficial or harmful, but instead it is the frequency.”

As Nikola Tesla was credited saying in 1942, “If you want to find the secrets of the universe, think in terms of energy, frequency and vibration.” This statement should encourage us to think beyond the fact that a subtle human energy system exists and begin to expend more time and resources on identifying the therapeutic frequencies that may support health and healing. With Energy Medicine offering non-invasive diagnostic abilities, as well as drug-free and chemical-free treatment alternatives, I wish to encourage both the scientific and medical fields to work together for the benefit of humankind, and begin to integrate Energy Medicine into all traditional treatment protocols.



About the Author: Carolyn Waygood, ND, CNHP is a Board Certified Doctor of Naturopathy (ANMA), a Certified Natural Health Professional, a Clinical

Aromatherapist, and a Certified Pilates Instructor. Ms. Waygood is passionate about educating her clients on holistic/integrative approaches to natural health. She has recently been introduced to Energy Medicine through the Frequency Specific Microcurrent community and EMRO Quantum, and wishes to raise awareness of this emerging field of medicine. She can be contacted at;

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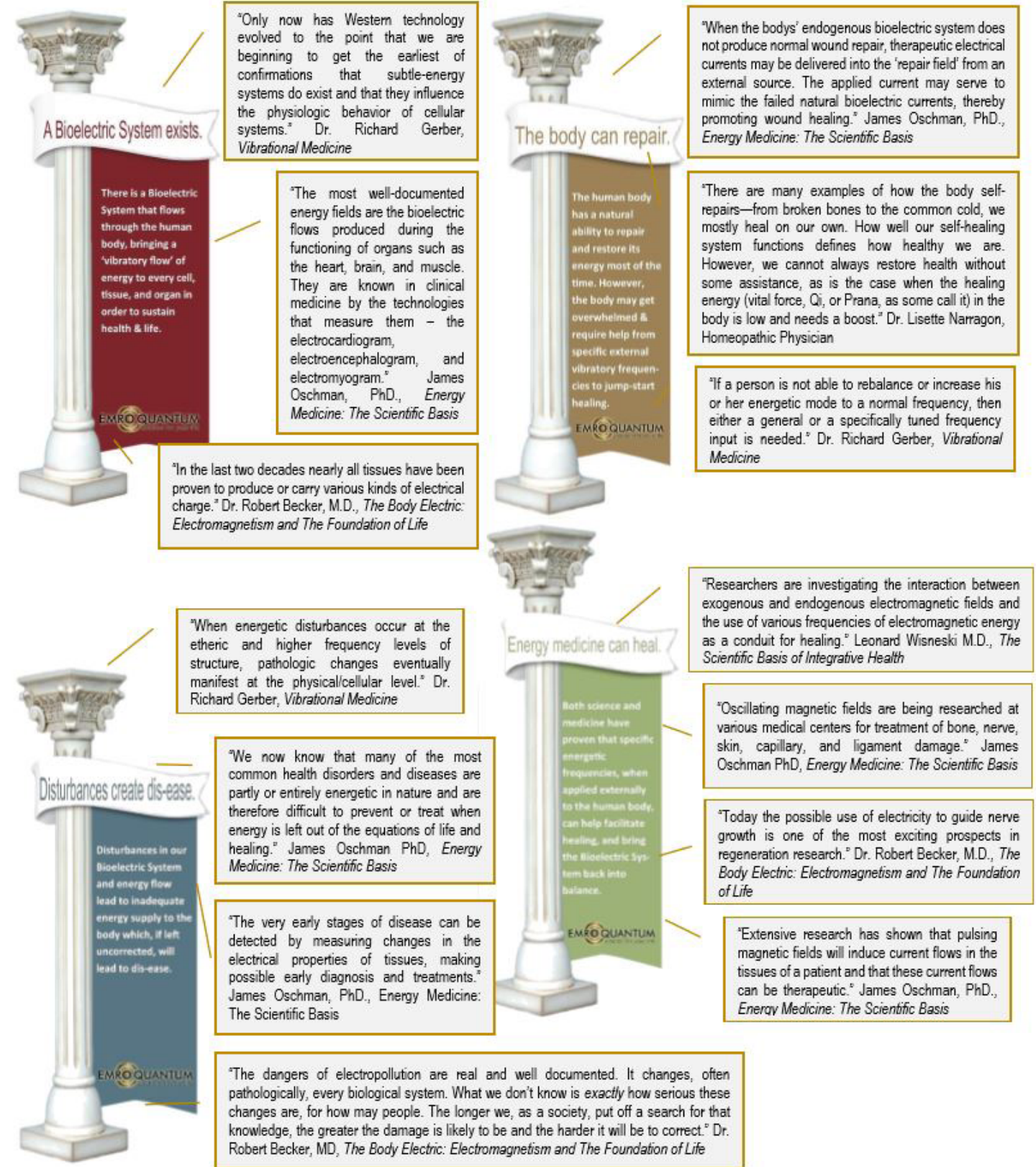
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Unlike conventional allopathic medicine, which deals with the chemical and structural components of the physical body, **Energy Medicine** deals with the subtle energetic forces within the human body that directly affect the chemical and physiological sources of dis-ease. Energy Medicine healing philosophies “have the unique perspective that human beings are more than flesh and blood, proteins, fats, and nucleic acids”. [Dr. Richard Gerber, *Vibrational Medicine* p. 22] Energy Medicine is not a fad, or a cultural movement. It does not require religious beliefs, or an affiliation of any kind. Energy Medicine is a holistic approach to health and healing based on four scientifically and medically proven facts that provide its foundation and can be referred to as “**The 4 Pillars of Energy Medicine**”.







## *Why Your Vitamins Aren't Always What They Seem*

By: Kristen Poe

When it comes to nutrition, we always hear that consuming a balance of whole, organic unprocessed food from all of the foods groups is best way to ensure that dietary requirements are met. While this is true, we most certainly do not live in a perfect world, and there are many flaws and deficiencies in our food sources and overall nutrition. Therefore, it is often necessary and even crucial in many cases to use dietary supplements-but the problem is, supplements are most certainly not created equal.

**Most of the supplements we purchase are not natural. they are synthetic!**

In general, Americans spend billions of dollars each year on nutritional supplements. The truth is, the large majority of supplements we purchase in stores today are synthetic. Synthetic supplements are not natural, meaning that they are never found in nature by themselves. They give isolated or fractioned pieces of the whole vitamin or supplement being taken. Taking isolated nutrients, especially at the ultra-high doses found in many supplements formulas today, is similar to taking pharmaceutical drugs.

Studies show the body treats synthetic supplements and formulas like xenobiotics (foreign substances) in many instances. Synthetic supplements can also lead to an imbalance of vitamin intake because we

are sometimes getting massive doses of some vitamins, but not enough of others. While supplementation with essential micronutrients and vitamins is important, this imbalance this can cause health problems in and of itself. Nature does not produce any nutrient in an isolated form. In addition, synthetic vitamins have the potential to trigger the immune system because it is a foreign synthetic substance being ingested.

Functional Nutrition expert Wendy Myers discusses the chemical profile of synthetic vitamins and their make-up. She talks about the ways synthetic vitamins are made from petroleum in chemical plants, while the minerals come from mining companies. Synthetic minerals are derived from rocks like limestone, coral, oyster shell, sand, and chalk. Yes, there are minerals, but not ones that are absorbed properly or compatible with the human body.

**A better and healthier alternative to synthetic nutritional supplements**

Dr. Daniel Chong is a naturopathic doctor who strongly believes in the importance of whole-food supplementation versus synthetic supplements. He discusses that in order for an isolated nutrients to work properly in the body, it needs all the other parts that are naturally present in the food also. If the

parts are not all there, they are taken from the body's stored supply. This is why synthetic supplements often work for a short time, and then seem to stop working. Once the body's store of the extra nutrients is used up, the isolated nutrient that is taken does not work as well. A deficiency in these extra nutrients can then be created in the body. **Since most synthetic nutrients are isolated from the foods they come in, sometimes using potentially nasty solvents and other chemicals, taking high amounts of these products can potentially create exposure to unwanted toxins as well.** Since synthetic vitamins are not made from whole foods, they lack the essential synergistic elements that are normally **present in whole foods.** **Dr. Chong cautions that many of the vitamins that are sold in stores and used today generally only need to have a small percentage of their actual content derived from natural sources to be labeled as "natural."** If vitamins are not fully derived from whole foods, they can make us feel even more out of balance nutritionally.

**So, what exactly are "whole foods" supplements?**

They are whole foods in a tablet, capsule, or powder that preserve all of the active enzymes and vital components that make them work as nature intended. They will list and contain the foods the supplement was made from, without additional and unnecessary nutrients and vitamins. Whole food supplements may include foods that are prepared in a way that safeguards their nutritional value.

**How to choose the right whole-food supplements**

There are a few key elements to keep in mind when choosing a quality whole food supplement. To begin, it is important to ensure it is as close as possible to its

natural form, and that a lot of care has been taken in all the phases of its production. Dr. Chong tells us that some very important features include growing its ingredients, manufacturing, testing for potency, and quality control.

It is important to realize that the label term "natural" does not guarantee that a product is safe or free from chemicals. **In early 2015, the New York State Attorney General announced that testing found four major retailers sell supplements consisting of cheap fillers and allergenic compound instead of the herbs that they claimed to contain. Supplements were sold that did not contain the herb on the label. Instead, they were made up of cheap fillers like powdered rice, asparagus and houseplants.**

From a regulatory perspective, the herbal and supplements marketplace in the United States is not heavily regulated. Unfortunately, there are no federal standards to ensure dosing, safety, or purity. Many products are standardized according to industry guidelines that differ from producer to producer. It is best to choose a supplement that has a lot of history of efficacy and testimonials, as well as trusted practitioner to supply your supplements. It is always a good idea to try to select from companies and practitioners that have a long track record and reputation of providing high quality products that produce good results in patients.



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☐ Yes, I would also like to get certified in CPR & have included the \$50.00 - Sunday 10am - 2pm

No Refunds after 02/18 - all refunds will be charged a processing fee.

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