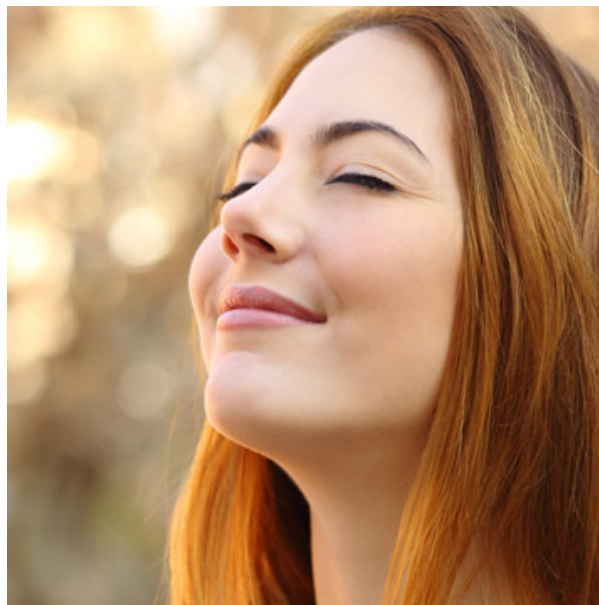




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# ***What's Health Program***



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# GENERAL RECOMMENDATIONS

The purpose of this booklet is to provide important principles to assist you achieving a healthier body, mind and spirit. Specific recommendations that are tailored according to your regular screening tests (Hair Tissue Mineral Analysis/ Metabolic Typing/ Blood tests, saliva hormone tests, etc.) are given to you in a separate cover letter with your graphs. This specific information is for you to implement as you choose. **Choosing to follow only certain parts of the recommendations may not give the desired results and could create a worsening of the original body symptom patterns.**

We care deeply about you and your overall health. Our specialty is educating you to balance your hormones naturally and eat right for your overall health. We strive to help you with a LIFESTYLE CHANGE... we do NOT agree with the "Pill for Every Ill" method of "healing". Taking medications or herbs or vitamins to "fix" your symptoms and never bothering to find out the CAUSE of your gut or autoimmune or emotional issues... is a waste of time for you and a great money-maker for the "doctor" you're working with!

Certainly, temporarily, you might need a few supplements to fix what's broken or replace what's missing... but GET TO THE UNDERLYING CAUSE... quit drugging, medicating, or supplementing your symptoms.

The underlying cause usually includes a spiritual and emotional component. We have never seen anyone with a major illness, autoimmune disorder or severely imbalanced hormones that didn't also have something in their way spiritually, mentally, & emotionally. Uncovering past trauma, confronting present day stressors, handling anxiety are all part of healing physically. As a minister I am able to assist you with this as well as supporting the physical issues.

I usually ask new clients this key question: Do you want us to assist you in handling or relieving symptoms or do you want to truly fix what is causing your issues? I do realize that it may not be easy to follow holistic recommendations. If you have difficulty following what has been outlined in these pages, it may be because you have not clearly chosen what you really want... you simply may not be **SICK ENOUGH to make the changes necessary to fix the CAUSE of your ill health.**

***Let's assume that you are ready since you are HERE... Follow these basic guidelines:***

## ♥ BEFORE BREAKFAST

Upon rising (before breakfast) drink at least 4 oz. of any natural, unsweetened fruit juice, such as grape, pineapple, prune, fig, apple or black cherry. Or you may use 1 full lemon squeezed into 6 ounces of water. Liquid chlorophyll can be used also, 1 tsp in a glass of water.

Between fruit juice and breakfast do the following: skin brushing (dry with natural bristle brush), exercises, deep breathing or prayer/meditation. Shower - start with warm water and end the shower with cool water until your breath quickens. Never shower immediately upon rising.

♥ **WHAT TO DRINK:** There is much controversy on what type of water is best to drink (ozonated, distilled, spring, mineral, tap, bottled, etc)... when starting on a cleansing program or nutritional program I strongly suggest steam-distilled bottled water. Once consumed, steam-distilled water leaches inorganic minerals rejected by the cells and tissues out of the body... this assists greatly in ridding your body of toxins. (Pure spring water is also very good) I also strongly recommend drinking lemon water (6oz of water with a fresh squeezed lemon) every morning and with meals... this helps in balancing the body's natural PH (acid/alkaline balance)... lemon water should be consumed with any good cleanse. Drink Distilled water no longer than for 6 months. Then go back to your normal tap/bottled water.

## ♥ EXERCISE

As another phase of your health program, let's consider how exercise can benefit your wellness... Your body is

like a precision machine. Neither a precision machine nor your body can maintain proper function without proper use and adjustments. Physical exercise has the effect of contributing to the adjustments of fine tuning so to speak. Without it all systems become slowed and congested.

**Benefits of exercise:** it tones the blood vessels, which are made of muscle (smooth muscle) that promotes good even circulation and lowering of blood pressure. It massages the organs of digestion to increase the quantity of enzymes released and helps in mixing of the food so that better contact is made between the digesting food and the intestinal tract. Exercise also promotes oxygen transfer in the blood by stimulating the size and number of respirations in conjunction with increased blood circulation. Exercise balances blood sugar and reduces stress. Weight bearing exercise helps to retard bone loss and can assist in rebuilding new stronger bones.

**What type of exercise is best for you?** The very best exercise there is to do is **WALKING!** You should begin with 15 minutes per day and work up to a full hour per day at least 4 times per week over a 6 week period. Avoid walking immediately after meals or in extremely cold, hot, windy or humid weather. Don't push your body until you're gasping for breath. If you can talk, without difficulty while you are walking then you are usually not over-pushing yourself. Walk smoothly and look around your environment as you walk (not down at your feet!).

**YOGA** has been shown clinically to reduce stress, relieve anxiety and depression, relieve aches and pains in the body and strengthen the whole body internally (organs, bones, etc.). Everyone (male and female) should practice yoga at least 3X weekly.

**WEIGHT training even for older individuals (it's never too late to start!) is VITAL.** Each decade from the age of 30 we lose 3 to 5 per cent of the muscle mass we naturally carry, which causes us to lose muscle function — a condition called sarcopenia. There are studies on men in their 70s who'd been lifting weight for 15 to 20 years and their muscles looked identical to that of 20-year-old men in terms of size and strength. High-intensity resistance training is the best way to increase and maintain muscle function.

The best results come from high-intensity interval training, which is lifting weight that's 80 per cent or more of the maximum amount you can physically do. Two, preferably three, sessions a week is ideal and the most important thing is intensity and progression — so increasing the amount of weight you're lifting once it stops feeling hard to lift. If you can tolerate it, increase your power as well as strength by performing high-velocity, high-intensity movements. An example of that would be lifting a heavy weight really fast (concentric phase), then slowly lowering it down (eccentric phase). If you have osteoporosis or osteopenia then weight training is essential as it improves bone density!

#### ♥ MEDITATION / PRAYER

We've seen numerous individuals utilizing meditation/prayer to manage their stress, anxiety and/or depression. These therapies have become so widespread and accepted even schools and hospitals are teaching and utilizing the techniques. Meditation and mindfulness practices have been found in clinical trials to: improve sleep, alter genes for the better, reduce inflammation in the body, reduce depression – fatigue - mental confusion – and anxiety, lower blood pressure, and improve cognitive ability. Not bad for a totally **FREE** solution with zero side effects! One study shows that meditating for just 10 minutes per day can improve focus and help the brain become more efficient at processing conflicting stimuli. Improvements can be seen in as little as 4 days of consistent practice. There is an excellent APP for your phone to help you learn HOW to meditate: INSIGHT TIMER. Download it TODAY!

#### ♥ REMOVE negative people from your life

When a person hurts you, it's usually difficult to try to take a step back and view the situation with compassion and empathy. Like a good natural doctor who's trying to determine the cause behind the symptom, try to take a moment and determine why the other person is behaving the way they are. You can usually be certain that their actions stem from something that's hurting them deeply and causing them to suffer monumentally inside, rather than just because they feel like being cruel or vindictive. Do what you can to help them. But don't let your compassion cause **YOU** to suffer with them!

People either enhance your life or detract from your life. It's really simple. If someone causes you to be distracted in life, if a "friend" gossips to you about another, if a friend suggests that you do something you KNOW you shouldn't, if someone criticizes or uses you or tells you what to think, then you need to make a change. Friends and family should enhance you, help you to learn new things, support you and be there for you. Your boss and co-workers should do the same! You should be happy to go to work, to be part of a team that works together to create something good each day.

I usually tell my clients that pretty much any health issue can be healed naturally (autoimmune illnesses, diabetes, high blood pressure, gut and digestive issues, aches and pains, hormonal imbalances) if you do these four things:

1. Eat right
2. Move right
3. Breathe right
4. Remove assholes from your life

Please understand I say that gently, not to be harsh. The fact of the matter is... you simple cannot get well in an unwell environment. You are in an unwell environment if you are surrounded by those who do not support and enhance you.

You can do one of two things:

1. Change your environment (find a new job, relationship, friend, etc.).
2. Change the way you view and handle your environment.

**Note:** Removing negative people also means removing ANY negative communication that enters into your brain. Turn off the TV! Get off of Facebook news feeds! Quite reposting negative or alarming news! Not one person ever felt happy, content, calm and healthy after watching the 6:00 O'clock news, Judge Judy, People's Court, and /or reality TV shows. Unplug from ALL negativity.

### ♥ HEALING CRISIS (Listen To Your Body):

You may feel worse before you begin to feel better... As you move toward better health with natural healing programs and better nutrition, healing begins to occur. As part of the healing process the body will begin to discard toxic residues which have built up in your body over the years. The healing process usually does not occur without repercussions. During the initial phase of healing, as your body begins to clean house, (detoxify) and your vital energy begins to repair and rebuild internal organs, you may experience headache, uneasiness, flu like symptoms and fatigue. It is important that you adequately rest during this time. These symptoms will pass as your body begins to normalize to a new level of health. As you continue to improve, you may begin a process called retracing. You may feel worse before you feel better. For example, if you used to get skin rashes, the rashes may reappear or get worse for a period of time as your body eliminates toxins through the skin. You may also experience an initial increase in urination, or you may feel more nervous. In actuality, you are not getting worse, you are actually getting better. Eventually you will reach a plateau of better health. During the healing crisis, it is important to not suppress these temporary symptoms with drugs or the healing process may become interrupted.

A healing crisis is also known as the Herxheimer Reaction which occurs when the body is detoxifying too rapidly and toxins are being released faster than the body can eliminate them. A healing crisis can result from any holistic/natural therapy such as homeopathy, naturopathy, improved diet, etc.

During the days, weeks, and months ahead, your system will be making many adjustments and changes. It is very important that you be aware of what can happen so you do not get caught by surprise. Now the question comes, what are some of the things one might expect if they choose to follow the recommendations? I certainly don't want to "suggest" and predispose you to experience things you might not ordinarily experience. As you know the power of suggestion can be quite strong... but still I have to share with you a few experiences. Some people move on quite smoothly to increased vigor and health. Others find the road rockier. Some experience one thing

and some experience another. A lot depends on the direct effects from your own personal awareness, your mental attitude and determination to get well, your environment (other people) and your own individual physical make-up.

As your body chemistry changes, it can affect your feelings. Some people do not understand, so they become frightened by how they are momentarily feeling and will stop the program. That is the worst thing you can do. This only delays the changes that are good and necessary.

When some people finally start "taking up" calcium that has been sitting there and not being utilized properly they may get hives, break out with pimples and even cold sores. The excretion of stored copper (hidden and toxic) acts the same way. Your HTMA (Hair Tissue Mineral analysis) may have shown that you had way too much calcium and low or not much copper... This occurs often because the primary storage sites for copper are the liver, brain, testes, ovaries and kidneys - not the hair. Some people will also feel a bit "funny" or strange, particularly in the area of their body where energy has been lost... old injuries of many years ago may flair up – old sprained ankles, fingers hurt in an old basketball game, leg injuries, back injuries, etc. They may hurt just as badly as they did originally; then suddenly the pain will be gone. This is the body doing its house cleaning. The liver activity is coming up and the toxins that have accumulated in the body for years begin to be stirred up and cleansed from the body. A person might get headaches, run a fever for a few days, become nauseated, feel like laying down, run completely out of energy all of a sudden – these are typical experiences. Walking in fresh air, with deep breathing, and looking around your environment for at least 30 minutes per day is also helpful to many.

In a healing crisis, every body system works together to eliminate waste products and set the stage for regeneration. Old tissues are replaced with new. A disease occurs when the body cannot make it through its natural healing crises for one reason or another. The body is "locked" into a destructive and shut down place, physically, emotionally, mentally, and spiritually.

Symptoms of the healing crisis may at first be identical to the disease it is meant to heal. But there is an important difference: elimination. A cleansing, purifying process is underway and stored wastes are in a free-flowing state. The body, mind, and spirit are no longer "locked." Sometimes pain and symptoms during the healing crisis are more intense than that of the chronic disease, but it is temporary and necessary. The crisis will usually bring about past conditions and personal issues. People often forget the diseases, issues, or injuries they have had in the past, but are usually reminded during the crisis so that they can heal their unfinished business. This arises in whatever order the body is capable of handling at that time. Physical reactions could include skin eruptions, nausea, headache, sleepiness, unusual fatigue, constipation, diarrhea, head or chest cold, ear infections, boils, or any other way the body uses to loosen and eliminate toxins. An initial healing crisis usually lasts around three days but if the energy of the patient is low, it may last a week or more. One crisis is not always enough for a complete cure. The person in a chronic "locked" disease state will often have to go through cycles of healing crises, with each one improving the condition some. It has taken time to develop a chronically diseased state, and time is required to let go of the "locked" energy, piece by piece. It's like peeling the layers off an onion. Despite any of the potential symptoms, you should stay right on the program. Don't back away from it, go right through it. You will only delay the process if you stop the program during the worst of the healing crisis. You shouldn't be frightened... rather you can know that healing is taking place and the crisis will pass. If you feel that the healing crisis is just getting the best of you give us a call and we'll help you all we can.

### **WHAT IS THE DIFFERENCE BETWEEN A HEALING CRISIS AND ILLNESS?**

There are symptoms during a healing crisis that may be confused with illness but the difference is that these symptoms are short in duration and move from one part of the body to another, from inside out and from top to bottom. There is usually a lack of appetite and may be a fever. Illness is a very different scenario where one or more of the organs are not working well, causing toxic build up of waste material that can't get out. There is fear during illness, a feeling of being out of control as opposed to the prevailing feeling during a healing crisis that underneath all the symptomology everything is working just the way it should and everything is really OK. The reversal process is another part of the healing crisis. It is necessary to revisit each step the body has been through that brought it to its current state of dis-ease.

# A SPECIAL NOTE ON FAILURE!

***“There is no magic pill to fix your health problems. You have to eat right, move right, breathe right and remove assholes from your life to really achieve good health mentally and physically.” – Dr. Marie***

Many people coming to a natural or holistic consultant (or any “doctor”) expect a miracle result over-night and really just want a “magic” pill to ward off all their illnesses. There is no such thing! If you follow the program outlined in this booklet along with correct testing and follow-up testing then you simply can’t lose... except for the following reasons...

**1. Negative attitude** (from self or others in your life) – “it just doesn’t seem to work for me... I don’t like eating vegetables ..... My friends tell me that this is bad” ... “my spouse thinks I’m nuts”... “ I can’t give up my meat!” ...“I just wanted one pill to do everything”. If you are mentally struggling and feeling like “this just can’t be done”... realize that your own thoughts are stopping you. Maybe you’re just not ready to do what it takes to be truly healthy. I’m not trying to beat you up here... I just want you to know... that your thoughts are powerful and if you think it can’t be done... then YOU’RE RIGHT... I can’t be done. If you think it CAN BE DONE... then you will succeed.

**2. Wrong motivation** – “I’m coming here only because my husband wants me to... my mom said I need to do this ...”, “I know I SHOULD do this”.

**3. Altering Program** – “I’m substituting some of the foods because I just can’t do it all with my schedule” ... “I want to also take these other supplements and follow this other person’s program along with yours”

**4. No Follow-up Testing** – It must be made particularly clear that follow-up testing is a must. Most people think that one test is all that is needed. They sometimes have a pre-conceived idea that once they are tested and counseled with, now all they have to do is to follow the recommendations (forever). That’s not enough... as you get closer to healing and health your body will be changing and you MUST test to see those changes and to allow your practitioner to change the protocol.

**5. Withdrawal symptoms** – Another name for this could be the “Healing Crisis”. You MIGHT (not always) go through some withdrawal from the toxins in your body and the purging of the unneeded garbage that has been put into your body for years... some just find this too uncomfortable and bail out of the program... that is the worst thing to do (see section on Healing Crisis for more info).

**6. Cheating** -- Any improvement in diet and lifestyle is good. And we know that no one is perfect. It is expected that you will cheat on this plan from time to time... we totally understand and don’t want to see you fail on the whole program just because you ate that one chocolate cupcake... If you cheat every week... then you’re actually NOT ON THE PROGRAM! Cheating is caused by your own negative thoughts and lack of determination to get healthy... not because of someone else enticing you to cheat.

**7. Lack of Support** – maybe your spouse is not on board with changing the way you should eat. Don’t go home and make your family wrong for the way all of you have been eating your whole life. Instead... show and educate by example. You truly have to be committed to feeling better to not allow others’ actions or words pull you off course. Understand that others in your home need to be healthy also... but they are not getting the same coaching as you are! So be patient with them and you stick to your guns and do what you need to do for yourself. If they see you getting better certainly they will eventually join in!

# OPTIMUM FOOD PROGRAM



***“An acidic body has aches & pains, is ill, and creates fat!” -- Dr. Marie***

Here's the deal... if you don't eat right then no "program" of hormones, herbs, essential oils or supplements will work! You can't supplement away a poor diet. No matter how "natural" those hormones or supplements are they simply won't work like they should in an ACIDIC body or in a body deplete of proper protein sources and anti-oxidants! What are the 2 main causes of acidity in the body? Animal products (meats, milks and eggs) & negative thoughts (stress)!

## **pH BALANCING DIETARY GUIDELINES**

If you have high cholesterol, pre-Diabetes (Insulin Resistance), gut issues, stressed adrenal & thyroid glands, cardiovascular disease, high blood pressure, etc. then changing your dietary habits is crucial to turning your health around. Your body is meant to be healthy; it shouldn't need drugs or surgery except in times of emergency. Why are we a nation that is obese, diabetic, pre-diabetic, with high rates of cancer and heart disease, and tons of "functional" issues like aches & pains, insomnia, anxiety, fatigue, etc.?

The answer is this: **It's what you put in your mouth that is making you inflamed, acidic and sick!**

The current SAD - Standard American Diet we are eating is a bizarre anomaly unlike anything we ate over the last four million years. Our blood, arteries, and cells are not designed to function with so much fat and cholesterol. Our intestines are not designed to function in the absence of fiber. Our immune system is not designed to function without an abundant supply of plant-based nutrients. With our cells drowning in fat, cholesterol, animal proteins and artificial chemicals, and our immune system deprived of what it needs to maintain itself, it's no wonder so many of us get cancer, heart disease, high blood pressure, adult-onset diabetes, arthritis, osteoporosis, and other age-related illnesses. All that fat, animal proteins, and artificial chemicals, etc. are also causing your body to be acidic and inflamed. A perfect environment for disease!

**Inflammation is at the heart of EVERY disease state in the body. If you continue to eat foods that create inflammation and feed viral overloads in the body there will be no chance to heal and aging will be rapid.**

## **All the Protein You Need – Without the Meat**

Protein is extremely misunderstood. First, you should know that plants contain protein and all of the essential amino acids needed to build it. Second, animal foods are **NOT** necessary to get the protein your body needs – all the protein you need and more can be easily derived from plant foods alone. Americans consume 6 to 10 times as much protein as they need. All that excess protein overworks the liver and kidneys causing both to become enlarged and injured. Excess protein consumption also causes the kidneys to pull large quantities of calcium from the body, causing bones to weaken and kidney stones to form. Scientists have also found that animal proteins are particularly damaging to the body because so many of their amino acids contain sulfa, which is far more toxic to the liver and kidneys than vegetable proteins. One of the most time-honored approaches to healing the kidneys and liver, in fact, is to eat a low-protein diet, especially a diet low in animal proteins. When the protein content of the diet drops, kidneys are strengthened and very often healed.

*Following a WHOLE FOOD PLANT BASED way of life (we HATE the word “diet”) you CAN regain your vitality and health and prevent chronic illnesses and lifestyle diseases! This means to remove any and all foods that come from an animal, limiting the plant sugars to a minimum, removing oils or limiting them, eating lots of good starches and using only small amounts of Celtic or Himalayan sea salt.*

**What I DON'T want you to do is eat only a “vegetable-based diet”!** If you eat that way you will be left starving. Green and yellow vegetables, such as broccoli, cauliflower, peapods, green peppers, kale and lettuce, are high in nutrients **BUT** too low in calories to provide satisfaction. The primary purpose of eating is to obtain life-giving energy. This is accomplished safely only by whole plant foods plentiful in carbohydrates. These special plant foods are known as starches. Because of their natural satisfying properties people refer to potatoes, rice, pasta, beans, and corn as “comfort foods.” In addition to “clean and efficient energy,” starches provide an abundance of other nutrients, such as proteins, essential fats, vitamins, and minerals. Single starches, such as potatoes and sweet potatoes, are “complete foods” and can easily meet all of our nutritional needs.

**Note on CRAVINGS:** if you are craving certain foods it's a good bet that you are low on protein (beans, potatoes, etc) and Vitamin C (fruits and veggies)... increase both and decrease fats to handle the craving!

**Foods fall into 2 main categories: Catabolic or Anabolic**

### **CATABOLIC FOODS**

Catabolic foods burn up more calories than they supply. Catabolic foods are the opposite of Anabolic foods. For example a medium sized apple (which is catabolic), would provide an average of 85 calories, however your metabolism would require an additional 99 more calories to metabolize it. As a result, you burn calories (and hopefully fat!)

To help maintain your weight it would be helpful to eat a minimum of ten servings of catabolic foods each day. In addition to catabolic foods one can eat proteins and other carbohydrates in moderation without gaining weight.

The high grade catabolic foods are more effective than others. It is best to spread the consumption of your catabolics over the course of the whole day and eat the more alkalizing ones! The Catabolic Foods list provides a list of foods that burn more calories to digest and metabolize than they provide. In other words, you will lose weight if you eat these foods!

#### **HIGH GRADE CATABOLIC FOODS (to burn fat faster):**

FRUIT: Black/Blueberries, Grapefruit, Lemons, Limes, Cantaloupe, Oranges, Strawberries, Raspberries, Blueberries, Watermelon, Pineapple, Plums, Pears

VEGETABLES: Artichokes, Potato, Asparagus, Broccoli, Brussels Sprouts, Carrots, Celery, Cucumbers, Eggplant, Leeks, Parsley, Peppers, Radishes, Spinach, Kale, Sweet potatoes, Zucchini, Tomatoes, sprouts, seaweed, sweet potato

#### **LOW GRADE CATABOLIC FOODS (burns fats slower but helps to build muscle):**

FRUIT: Apples, Apricots, Cherries, Grapes, Tangerines, Nectarines, Peaches, Honeydew melons

VEGETABLES: green beans, beets, cabbage, cauliflower, chives, corn, endive, garlic, onions, parsnips, dill pickles, peas, pumpkin, turnips

#### **ANABOLIC FOODS (should be avoided as they are also highly acidic):**

MEATS: all seafood, all white meats, all red meats    FATS: olive oil, coconut oil, butter, fish oils, etc.

DAIRY: eggs, cheese, whey, animal milks, etc.



# Energy Healing



## ***The Positive and Negative Poles of the Body***

The human body, like the Earth, has a positive and a negative magnetic pole. When people refer to the Earth's poles, they call them magnetic north and magnetic south. When referring to the human body they simply call the poles *positive* and *negative*. The following is how practitioners perceive the body in polarity healing:

The upper area is positive and the lower area is negative

The front side is positive and the back side is negative

The right side is positive and the left is negative

Just as the negative and positive poles of a magnet attract each other, the negative and positive aspects of the body attract each other as they travel along the magnetic lines of force within the body. When the vital life forces correctly connect, the body is in balance.

Your **LEFT side** responds to stimulus from your environment. It holds your experiences (past), your emotional self, your memories and emotional joy or pain.

Your **RIGHT side** organizes and moves you forward into the future. It governs how you interact with the world. If you are experiencing problems on your right side... you may feel stuck or hampered in moving forward. You may be experiencing unwanted change that is causing fear, reluctance or trepidation.

Your **FRONT side** reveals your social or public self, the part of you the world sees. It reflects those aspects of yourself in day-to-day living: communication, desires, caring, loving, happiness, sadness. These show in your face, posture and body language. Eyes in the front of your face are like windows. Eye problems can indicate you are not looking at something clearly, or don't want to examine something.

The throat/thymus area is the point where your soul enters and leaves your body. A blockage or constriction in your throat area can cause anxiety or feelings that you don't want to live. If you're experiencing anxiety high in your chest area you might be deficient in potassium. Your cells suffocate if you don't get enough potassium. Symptoms of potassium deficiency might include: leg cramps, edema (water build up in legs and ankles) coated tongue, heart fibrillation, sighing. Eat potatoes, almonds, figs, kelp or take an electrolyte mix beverage.

So many women (more often than men) experience thyroid issues. This gland located in the front of the throat involves “communication”. Are you communicating your needs? This area of the body relates to your sense of social responsibility, social interaction, and your perception of YOUR VALUE TO OTHERS. Individuals with thyroid issues suffer from feelings of injustice because they don’t speak up or ask for what THEY want. They give and give without receiving... because they perceive this is the only action to increase their value to others.

Your **BACK side** reflects private and unconscious elements of your life. This becomes the storehouse for everything you don’t want to deal with or don’t want others to see. Hidden, unexpressed feelings become frozen into the structure of your body (spine & legs). Most of your powerful emotions such as anger and fear are stored in your back. This PULLS your body out of balance. Pain in the back of the head and neck around C1-C5 (where your skull joins to the spine) is where guilt and self-recrimination settles. A pain in the neck often means you believe you have made mistakes and haven’t forgiven yourself. You or others are judging you harshly. Maybe you are doubting your abilities.

### **Imbalances and Blockages**

When an imbalance of life energy results from a blockage, the polarity practitioner might use his own energy to realign the vital magnetic fields. This releases the blockage and restores the polarity of the body. Practitioners accomplish this through various techniques, including:

Placing his right hand, which is positive, on the left side of the person's body, which is negative.

Placing his left hand, which is negative, on the right side of the person's body, which is positive.

If the practitioner is working on the vertical center of the body:

The left hand, which is negative, is always placed on the upper portion of the body, which is positive.

The right hand, which is positive, is placed on the lower part of the body, which is negative.

There are common emotional wounds that leave deep and lasting scars and create imbalances in the body's energy fields. They are:

Abandonment

Betrayal

Guilt

Humiliation/Shame

Injustice

Rejection

Fear

Addressing these emotional wounds can greatly support healing. Holding on to these negative feelings, consciously or unconsciously, will allow them to override rational thoughts. Doing energy work or energy healing might be very worthwhile if this makes sense to you.

# POTATOES are SUPERFOODS



Potato FACTS: Potatoes contain Vitamins C, B1 (thiamine), B2 (riboflavin), B3, and B6 (pyridoxine). The recommended daily amount of vitamin C is found in 14 oz of potato. The vitamin content is at its peak at harvest time, and decreases during storage. More vitamins disappear during cooking. Potatoes boiled in their skins and large baked potatoes lose about 20-40% of their vitamin C alone, while French fries and roast potatoes lose about 30-40%, and peeled, boiled potatoes lose as much as 30-50%. Many people suffer from iron and magnesium deficiencies—particularly those who are pregnant or very active in sports. Those who eat potatoes regularly have no need to take iron or magnesium supplements.

## **Diabetes**

Those with diabetes must have a steady supply of complex carbohydrates, but not in excessive quantities to avoid creating too much sugar in the blood. On a potato diet, diabetics can lose weight without any harmful side effects.

## **Gout**

Gout is mainly caused by consuming too much meat and animal fat. One of the symptoms is the overproduction of uric acid. The most important part of treatment is a diet low in this acid. Since potatoes contain very little uric acid, potatoes can be the main ingredient in an anti-gout diet.

## **Kidney Problems**

To avoid having to resort to dialysis, people with kidney failure must eat little protein, which must also be of high quality. Because of their high-grade protein, potatoes are good for kidney patients.

Potatoes are excellent for urinary tract infection as well, because they alkalize the mucous membranes to force bacteria to be passed out in the urine.

## **High Blood Pressure**

When certain bodily functions are disturbed, the kidneys excrete insufficient sodium, which leads to raised blood pressure or hypertension. Sufferers are prescribed an extremely low-sodium diet. This means eating foods naturally low in sodium and avoiding or restricting the use of salt in their preparation. Potatoes are the perfect low-sodium food, provided they are not covered in salt!

## **Celiac Disease**

While doctors say there is no cure for this grain intolerance, people with this condition find potatoes easy to take.

Potatoes leave an alkaline ash in the body, are low in roughage, and may be used in the treatment of acidosis. They can also be used for catarrhal conditions. When trying to overcome catarrhal conditions, cut the potato peeling about a half-inch thick and use it in broth or soup, cooking very little. The resulting broth will contain many important mineral elements.

The potassium in the potato is strongly alkaline, which makes for good liver activation, elastic tissues, and supple muscles. It also produces body grace and a good disposition. Potassium is the "healer" of the body and is very necessary in rejuvenation. It is a good heart element also, and potatoes can be used very well in all cases of heart troubles.

Anyone with ailments on the left side of the body-the negative side, or the heart and intestinal side of the body-can use carbohydrates that are negative in character. Potatoes are one of the best negative foods to use for building up the left side of the body.

Potatoes can be used in dozens of cases of sickness or injury. Here are a few proven easy-to-follow home remedies:

**Diarrhea:** Eat unsalted potatoes mashed with water.

**Indigestion:** Eat potatoes raw, about ½ cup.

**Heartburn and Gas:** Drink freshly squeezed potato juice first thing in the morning.

**Ulcers:** Drink one quart of potato juice throughout the day, after meals.

**Sore Throat:** Make a compress by placing hot, mashed, unpeeled, boiled potatoes in a linen or cotton cloth, and then apply to affected area.

**Burns:** Apply cold, crushed, raw potato in the area. If not cold, mix with ice.

**Boils:** Make a poultice of raw potatoes; apply and change every eight hours.

**Constipation:** Eat unpeeled boiled potatoes or drink the juice to soothe inflamed tissue and provide bulk to the stool.

**Colds and Flu:** Fast from all processed foods. Eat boiled potatoes with carrots, onions, celery, and parsley.

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