



**The Science Behind Miraculous Recoveries Exposed...**

## **The Secret Health Factor**

**How to Unleash The Secret 'Health Factor' and Kick-Start Your Miraculous Recovery From Any Disease Known To Man, *Faster Than You Ever Thought Possible!***

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The image shows a group of diverse young people in a classroom setting, all giving a thumbs-up gesture. The background is a bright, modern classroom with windows. The text and logos are overlaid on the image.

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# The Only Medical Fact That All Experts Agree On!

The **only** medical fact that all experts and scientists across the world seem to agree on is this:

**It's a MIRACLE that you are even alive long enough to read this report!**

Okay, that may sound a little trite, but here are the 'facts' according to results of many recent studies:

- Vitamin A is good for you but will kill you if you have too much
- Water is good for you but the high concentrations of chlorine and other additives will kill you
- Sunlight provides much needed vitamin D...but will kill you with cancer
- Milk is good for you, but the procedure for preservation makes it bad for you and could kill you
- Fruit and vegetables are good for you, except that the kind you buy is genetically engineered and so it will probably kill you
- Is there anything else left? Oh yes, air is good...

...except the kind we breathe which is so polluted that it will kill you.

## **Getting the message?**

The bottom line is, if we allow ourselves to base our perceptions of health on popular research, we'll probably worry ourselves into despair (...and then the worry will kill you)

**Let me make my standpoint perfectly clear.** I have the *utmost respect* and *greatest appreciation* for our medical professionals and their training. Their work and research saves lives everyday and no one should ever substitute their judgment for that of trained professionals.

With that being said, just because findings are published, doesn't always mean that they are accurate or useful. Findings have a nasty habit of changing.

Butter was found to be healthy, then they announced that the cholesterol in butter would kill you, then they took that back and said it is beneficial but only in small doses – then they took *\*that\** back...at this point in time, I don't know where they stand, but I do know it will probably change again.

The worst mistake you can make for your health is NOT eating the butter; the ***worst mistake*** would be condemning yourself if you do. Butter might go on to be proved to be unhealthy but fretting about every daily allowance and recommended dosage **will wipe out your health** faster than a dollop of butter any day!

It's the same with almost everything, including ***everything*** mentioned in the 'killer' list above.

Spend ***less*** time worried about daily allowance and recommended dosage and you'll actually reduce your likeliness of sickness or disease. Most (if not all) of the negative effects of food and our environment are **easily** compensated for, regulated and eliminated by our bodies.

There's a portion in the Bible which recall's a day when Jesus was confronted about His disciples unhealthy (unclean) eating habits. It's recorded in Mark chapter 7, and His (Jesus) response is seen in verse 18-19, which reads: 'So He said to them, "***Are you thus without understanding also? Do you not perceive that whatever enters a man from outside cannot defile him, because it does not enter his heart but his stomach, and is eliminated, this purifying all foods?***" '

Being a Bible believing Christian, that statement set me free from sickness over a decade ago and I've (literally) never even had a headache since! Even so, I understand that not everyone reading this report is a Christian but that **doesn't** affect the scientific relevance of this statement.

### **What scientific relevance am I referring to?**

Several years after making a simple decision to believe that passage of scripture, I ran across some interesting medical documents. They recorded findings based on nutrition in relation to health and energy and presented the following ***mind-blowing findings...***

The human (physical) body has always been thought to need the consumption of specific groups and types of food to produce health and energy. Yet they observed cases of **sand** eating (yes, I mean dirt) subjects (Geophagia) over a period of YEARS with no visible loss of energy or health.

(\*NOTE: Geophagia is not a healthy eating habit and some deaths have been recorded. Surprisingly enough these deaths were not related to the actual "dirt"

but rather to poisons such as lead and other lethal chemicals found in the soil of certain regions were subjects were found to be eating the sand)

This finding flies right in the face of most health studies, but argues very *powerfully* for the **intrinsic health factor** which all people possess.

With a little more research you'll also find reports which admit that the exact process of how our bodies convert seemingly impotent food sources (such as the sand or other vitamin and mineral deficient substances) into energy, is **still** a mystery.

Your body has an amazing ability to consume almost **any** substance and extract the nutritional value it needs and eliminate the rest. The true measure of this process is still unknown and vastly untapped, but we can cooperate with that process by creating a body chemistry that is agreeable towards **facilitating the healthful intake of all foodstuffs**.

**The simplest way** to do this is through adopting a new philosophy that realizes your body will deal with what you put into it and eliminate what is not needed accordingly.

**This is NOT however an excuse for binge eating or a diet of junk food.**

When adopting this new attitude, you must combine it with a mixture of:

- Eating natural foods regularly (fruit, vegetables, water...etc. A salad with every meal is always a great idea!)
- Glutton-free eating habits (eat anything you want -in moderation - but **not everything** on the table)
- Obedience to the voice of your body and natural cravings (when an unexpected or sincere craving arises for a natural foodstuff, obey your urge instantly and healthfully still the craving)
- Avoid the pit of popular opinion (it's usually only speculation anyway!) In other words, avoid talk shows and medical programs that tell you how bad, evil and life threatening around you is.

**Understand this report** and your days of poor health will forever be behind you

# The Little-Known Dynamic Nature of Mankind That Will Automatically Eliminate Infirmary!

Here's a simple fact that you'll want to remember:

**Our bodies were NOT designed to be sick.**

The same processes that heal our bodies when we get a cut or scrape were designed to maintain our health.

The most incredible advancement in the field of treating diseases and disorders has been the realization that the actual nature of **the human body is not static**. From science we can tell that nothing in our universe really is.

A simple example of this phenomenon at work in the universe is the earth's motion around the sun. It's traveling at a phenomenal pace and to top it all off the earth is also rotating on its axis at dizzying speeds, yet we perceive all of this as stationary as we go about our daily lives.

**We often make the same mistake** with our bodies, assuming that we have this 'static' problem in our body and that there's nothing we can do to change it except having it surgically removed or pharmaceutically treated.

Now before I continue, **let me be 100% clear** - I have nothing against modern medicine, doctors, surgery or anything which assists us in living a healthier and more abundant life. I appreciate every doctor that has dedicated their life to serving and helping others.

With that being said, though, in my opinion, we are severely overworking our doctors and medical practitioners by not applying the **proven**, universal health principals based on the dynamic nature of mankind that can and will reverse sickness and diseases and even prevent future infirmity.

**So what do I mean by the 'dynamic nature' of mankind?**

Here are a few examples of this dynamic function at work in every human being across the planet even as you read this report...



- ¾ Your stomach gets a new **lining every 5 days**.
- ¾ Your body makes a **new skin once a month**. That's right; One month from now your skin will be completely different from the skin you are currently 'wearing' for lack of a better expression.
- ¾ Your body makes a **new skeleton every 3 months**. Every bone in your body will be fundamentally different from what it is today in three months. New bone cells would have replaced every bone cell that you currently have.

**Can you see where this is going?** Our body is in actuality a dynamic, electro-chemical unit capable of regenerative and corrective procedures far beyond anything that the fine doctors of our time are capable of performing.

If you want to be healed of any infirmity that's plaguing you right now, **you can** – but you must understand the dynamic nature of your own body before you will ever experience any real results in your physical wellbeing. Whether you have a cancerous tumor in your body or a headache, the scientific fact remains that the cause of the problem is not static. It will grow or diminish to some greater or lesser extent but it cannot stay the same. **The first step to Mega Health is accepting this truth.**

### **The Silent Secret - Pain's Achilles' Heel Exposed**

This report is especially **essential** for you if you have ever:

***Experienced severe stomach cramps, ulcer pain, internal organ discomfort or any other form of pain which has ever caused you to experience nausea, cold shivers, hot flashes, shortness of breath, anxiety attacks or intense nervous reactions.***

Perched with my head over the toilet bowl, shifting from cold shivers to fiery sweats...nauseous and in frightful pain, I found myself in tears just over a decade ago. The walls were closing in and my perception was that the world was turning black

I had suffered from severe stomach cramps ever since I could remember and it's only my mother's love that kept me from living my whole life in a state of hopeless abandon. From as far back as I can remember I was **never** without the nagging sensation of impending cramps and nausea.

I had learned to *hate* going out to eat, even at a family gathering, knowing that at any moment these accursed cramps and nausea could make their presence felt. Results from visits to the doctor had usually shown up as what's called a "spastic colon" occurrence.

When these events occurred, I was often given warm water to drink, sedatives to take and medication to relax my abdominal cramping. I hated living my life missing out on the simple experience of waking up and going through the day without the horrid nausea and *nagging* feeling of looming cramps.

Unless you've experienced these forms of pain this story might be lost on you, but I assure you that anyone suffering from these conditions will tell you – there are few illnesses as draining or scary. That day in my bathroom, with tears in my eyes, I heard my voice say something to my own mother that I never knew existed in my heart...

**“...I just want to die...”**

Those words shook my mother, someone who would do anything for her child to make him better...but those words affected **me** even more. I never ever wanted to cause my mother that much pain as I had seen in her eyes at the mention of those words.

Although I was physically sound (in most respects I enjoyed a totally normal childhood) and my cramp and pain problem only really manifested potently on occasion from week to week, even I could not tell up and until that point in my life the anguish and anxiety that my condition had caused in my heart.

That was the very beginning of my journey of discovery into enjoying vibrant health.

### **So what changed?**

I don't remember where I was, or what I was doing at the time, but I do remember the moment that everything changed for me. As a believing Christian, I had been studying and reading the bible for as long as I could remember, but I had only just begun reading it in the light of my physical health.

Now what I am about to share is not a “faith fact” or a bible sermon but rather a shift in what I understood about the makeup/composition of mankind. God didn't zap me with healing or give me a mystic experience in any way. Instead, **I simply began referencing myself from the standpoint of someone who is already healthy** – not someone sick trying to get healed. I began to understand that a human being is not a ‘machine’ in the traditional sense of the word. Up and until this point, I had always seen myself as ‘broken’ and needing to be fixed. The problem with seeing out bodies as just a machine is that we tend to reference it with the machines that we are accustomed to.

I would venture to say that most of us would agree that our bodies operate kind of like a biomechanical machine. It is designed to do a job and when a

machine breaks and needs repairs it stays broken until someone fixes it.

That's the **same** opinion that keeps us looking to medication and surgery to 'fix' our infirmities.

**In truth**, however, there's a fundamental flaw in that comparison, and this is the hitch: Our bodies were designed to do a job – but **not** the job we often think. **The body's primary 'job' is to repair itself!** Everything else we do is really impressing our own agenda's upon what other functions our bodies are capable of.

Kicking a ball, working a job, having children, making a salad – **all of these are byproducts** of a body doing its job – which is to perform bodily functions, heal itself and stay healthy. Is this a radical concept?

Maybe – but since I stopped fighting to get healthy and just allowed myself to **be** healthy, (much more than a decade ago) I haven't even had as much as a headache **-literally!** (Except perhaps when I fell asleep with my neck in an awkward position!)

Since that eye-opening moment, I've discovered **simple steps and proof** that it works **all the time, every time**. Now if you are wondering about the practical application of this principal, then I'll give you a quick and easy method to start your own recovery from pain.

Pain has a **silent secret partner** that will paralyze your recovery every time – if you don't recognize it and confront it. Learn this lesson and learn it well:-

### **The Silent Secret Partner of Pain Is Fear!**

The **physical pain** and discomfort of stomach cramps, ulcer pain and the host of other painful conditions that plague many people are almost never as severe as the accompanying fear. It is the fear of the pain, the fear of the nausea, the fear of the condition that drives the pain to devastating heights.

The **nausea, cold shivers, hot flashes, shortness of breath, anxiety attacks or intense nervous reactions** are **not** the result of your physical infirmity or pain. They are simply the result of the fear that the pain won't subside, or that you might not be able to recover or whatever other motivation drives your consciousness about the infirmity you have experienced.

If you suffer from **physical** pain such as cramps or ulcers and also experience any **accompanying** nausea, cold shivers, hot flashes, shortness of breath, anxiety attacks or intense nervous reactions, then what I'm about to share with you **will dramatically affect your life** for the better.

Better still is that it will allow you to eradicate those conditions almost **instantly** AND facilitate the healing of whatever might be causing the physical pain shortly thereafter. What is important though is that you **understand and accept** the following fundamentals without reservation...

**Pain and physical discomfort are not designed to degenerate your health.** Pain is not the enemy. Your body is simply letting you know that there is a healing work in progress that you should know about and that you should probably take a look and/or make an appropriate adjustment.

**Fear, however, does degenerate your health.** To allow your healing to take place in the most efficient manner possible, you must eliminate the fear that often accompanies pain.

So how do you eliminate fear? First, you've **already** got the edge because in this instance, the knowledge that fear is your greatest enemy in the recovery process is almost curative. The next steps are fairly simple...although rather radical by normal conditioning.

When confronted by pain (the kind that would usually overwhelm you) – focus on the pain (**not** the fear) and reframe the context of your pain. If that statement confuses you, please read and reread this report until you have a firm grasp of what I mean.

By shifting your focus away from trying to escape the pain, directly to the physical sensation of the pain – you will **instantly** remove the power that fear would try to hold over you. Dr Phil McGraw (of Oprah & the Dr. Phil Show fame) often says that “monsters hide in the dark” and never is this more true than with the ‘monster’ called fear.

An amazing thing will happen when you take this step – you’ll realize that the physical sensation of pain (in and of itself) is **not** as fierce as the fear would have you believe. You’d have stolen the wind from fear’s sails and it will allow you the freedom to maintain a more effective frame of mind conducive to the body’s own repair and healing.

To help this process even further, just **reframe your experience** as a positive experience rather than a negative one.

How?

One of the simplest ways is after you have focused on the pain itself and find that it is **not** as overshadowing as the fear had made it seem – **interpret the pain as your body’s messenger** letting you know that it is busy addressing whatever the cause of that pain is.

**Remember** that the very nature and **purpose of pain is not to destroy your body**, but that it is a natural process that your body will experience as it makes automatic adjustments to your body chemistry and tissues in order to rectify any possible malfunctions.

These simple steps alone will **completely eliminate your pain problem** by removing the anxiety from the equation (which is the real reason for the sense of overwhelm that often accompanies pain) while your body goes about healing itself as it was designed to do.

# How to Activate Super-Healing and Lifelong Health with Mathematical Precision and Certainty

Mathematics is known as a “pure” science.

It's called a pure science because **one plus one** has never and will never be equal to any number other than two. There are laws and rules governing the field of mathematics which result in **consistent and predictable results** whenever they are applied.

Jump over to physical health and you'll discover that there are certain **immutable laws and principals** that govern the way our bodies function and react to their environment.

**It's entirely possible** to produce health within your own body as certainly as anyone can arrive at a total of two by adding one and one together.

**What gives me the confidence and boldness to make such a controversial statement?**

It is a natural law that **like causes always produce like results.**

That means that by observing the difference in results of individuals (those who have overcome chronic infirmity and those who remain sick), we are able to examine the causative factors that make the difference in their health.

**Or so you would be led to believe...**

If we to assume that health and healing are the result of dietary influence, then that would disqualify the 'junk food' category of individuals from living in good health – **yet** there are those who make no dietary effort and yet live in excellent health.

If we to assume that health and healing are the result of exercise, then that

would disqualify the 'inactive' category of individuals from living in good health – yet there are those who live this way and yet **also** live in excellent health.

Also, if we to assume that health and healing were the result of pills, supplements and drugs, then that would disqualify those who refuse to accept such measures from living in good health – yet again there are those who live this way and yet **still** live in excellent health.

If we look around us we can all find role models of traditional healthy living and also many role models of those traditionally categorized as unhealthy candidates.

Strangely enough, if you look closely, you will find that there are healthy "health addicts" and unhealthy "health addicts".

**By the same token**, you will also find that there are healthy candidates to be found among the crowd of those who live grossly unhealthy lives by most standards of measure!

**Could there in fact be a hidden or unseen common ground shared by those healthy individuals found in both groups?**

Certain people who handle little stress are vibrantly healthy  
Certain people who handle much stress are vibrantly healthy

Certain people who eat healthily are vibrantly healthy  
Certain people who eat junk food are vibrantly healthy  
Certain people who exercise much are vibrantly healthy  
Certain people who exercise little (or not at all) are vibrantly healthy

Certain people who work in cold climates are vibrantly healthy  
Certain people who work in warm climates are vibrantly healthy

**What is important to remember** is that people from every walk of life and from diverse cultural backgrounds and customs and persuasions all share this common trait...**some live in good health and some do not.**

There may well be billions of bodily functions and variables – just as there are billions of numbers and equations – but **there are only a few laws and principals** which govern those activities. <sup>¾</sup>

There's **no need for tension** about your health because your body **heals itself**. <sup>3</sup>/<sub>4</sub> Your body **knows what it needs** to heal itself and manifests these needs in \*natural\* cravings <sup>3</sup>/<sub>4</sub> Your body will **communicate its needs to you** <sup>3</sup>/<sub>4</sub> You body **responds to your emotional states and conscious and unconscious thoughts** <sup>3</sup>/<sub>4</sub> To live in a healthy state **your body must think, eat, sleep, eliminate and breath efficiently Master the laws and principals** and you've got half the game won!



# Scientific Evidence Exposing the “Incurable Disease” Lie

*"Your body has the ability to heal itself completely of any and all disease."*

**Dr. Richard  
Schulze**

Hear me and hear me well...

**There is NO such thing as an “incurable” disease.**

I can say this with absolute certainty and conviction because there have been documented remissions of **every** disease and **every** infirmity.

Cancer, malaria, multiple-sclerosis...even HIV and Aids have documented reports of remissions. You can find records of these matters by performing searches in medical journals and scientific research institutions around the world.

Now although medical science sometimes has no explanation for some of these recoveries and is (as yet) unable to duplicate these results consistently, the fact remains – there is **no** disease that is totally incurable.

Whether by religious beliefs, mystic incantations or scientific breakthrough, the evidence is clear

– people have made dramatic and very real recoveries from every ailment known to man. The next step is to place yourself in a confident frame of reference that if anyone else can recover –

**YOU CAN RECOVER TOO!**

I did a quick search on the internet for a pretty common, but awful problem, asthma and came up with some search results including one with this testimonial:

"I ordered your Asthma Relief Report and really wasn't too hopeful that this would be an answer. My husband and I were astounded at the immediate relief and it has been over a month now with no inhalers or medicine. No congestion, no coughing, it is really miraculous. After 15 years of medication and two winters with life threatening episodes, I am just teary eyed as I thank you for bringing this asthma treatment to light. (My husband) is so thrilled that I am laughing without starting coughing spasms, and breathing deeply. I'm like a new person. A friend in Tacoma has also tried it. She was at least as bad as I was, if not worse, and has also received immediate relief. Thank you from the bottom of my heart for your resource." **Judy Nichols, Eureka, Montana**

I've reprinted the testimonial because it's important for you to understand that people recover from all kinds of physical ailments every single day using any of a thousand different techniques!

[\(If you are interested, the above testimonial comes from this webs ite\)](#)

It doesn't stop with asthma either...you can find cures and testimonials for anything from [arthritis, to cancer, to allergies, to acne, to moles and warts](#) listed on the internet and in libraries.

This report is here to provide you with the strategies, tools and information that you can use to shift yourself into the best possible position to **MANIFEST YOUR HEALING!**

As strange as it may sound at this point...I am NOT a great believer in "mind over matter".

You will however learn the amazing truth about the importance of having a "right mental attitude" and how it relates directly to the speed, fullness and effectiveness of your recovery.

Settle this fact in your heart right now: **Your body can recover from whatever ails you.**

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Since writing this report, two HIV / AIDS remission testimonials have come to my attention and I list them here for your reference. I have no relation to these cases and make no express warranty of their validity or truthfulness, but each testimonial is accompanied by verifiable contact details and information.

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**Testimony:**

**Matthew C. Manning**

P.O. Box 2508 Rohnert Park, CA 94927

On January 18, 1990, Matthew C. Manning was given a devastating diagnosis of being HIV positive. By late 1993, he was diagnosed with full-blown AIDS and was hospitalized. Matt was faced with certain death. Then in mid-January, 1994, his AIDS went into a state of remission. On December 5th, 1994, Matt was diagnosed for the first time HIV negative and has consistently tested HIV negative since that time.

In another independent review of this same specific incident, the author writes:

"Matthew Manning's military physicians were unavailable for comment, so I asked Dr. Michael Thompson to review Matthew's medical records.

"This patient, Matthew Manning, was HIV-positive," says Dr. Thompson, reviewing Matthew's records." He had the regular test that we always do. Then, the story changes here. In 1994, after having AIDS, he had an opportunistic infection and then the tests are coming back negative. I asked a couple of experts, infectious disease doctors, from Duke and other places. I said, 'Have you heard of anything like this where a person had HIV, went into AIDS, then the symptoms went into remission, and now they test HIV-negative, consistently HIV-negative since 1994? They had never heard of anything like this in the adult population. There is no medical explanation for this.'

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**Testimony:**

**Freddy N Bafuka in respect of Rwandan born Eugenie**

*As supplied Sun Jan 11 EST 2004*

Massachusetts Institute of Technology

**bcf@mit.edu**

In 1997 Freddy and his family were on their way to the US and met, among others, two young women (from Rwanda) who were also coming to the US through the same program.

Some days after that, they all had to go through the physical examination required by the US immigration, for all who intend to come in as permanent residents. The examination, conducted by a doctor who got his MD from Johns Hopkins University, includes an HIV test. Eugenie and her friend (two young women from Rwanda) tested positive.

As it's usually done, they were both called for a second testing. After all of their other procedures were completed, Freddy's family finally left to come to the US, while Eugenie remained there. A few months later--as Freddy was still in 10th

grade--she sent him a letter saying that the Lord had healed her.

However, for some reason, the United States consulate would not give her a visa, although tests showed she was healed. He confesses that as time went on and she was still not given a visa, he started to doubt whether she was actually healed or whether she was just telling stories.

Finally, after a number of years, a new consul was appointed at the US consulate in that country, in place of the previous one. So Eugenie went to see this new consul--who happened to be a Christian--and showed him (or her, I'm not sure) the results of tests done by 3 DIFFERENT DOCTORS showing that she had no AIDS, but which the previous consul had refused to believe.

The consul sent her to the doctor who works for the US embassy there (the one from Johns Hopkins University) and she was tested again. Sure enough, she tested negative! They gave her the visa. The consul told her "If I refuse to give you the visa, in spite of the proof, I will also be denying God's power to heal".

Eugenie lives in Chicago right now

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# Get Your Local Pharmacy To Deliver Morphine & Drugs FREE!

What do these substances have in common?

...Valium, Hydrochloric Acid, Cortisol, Morphine... The answer: You can get all of these pharmaceutical substances delivered right to your (door?) organs! Researchers have discovered years ago that **our body is a virtual biological pharmacy. It has the capacity to manufacture every drug or pharmaceutical substance known to man.** It has the intrinsic capacity to produce everything from hydrochloric acid to water to valium to cortisol (the stress hormone) to adrenaline to various antibodies and a whole lot more.

The benefits of these drugs versus those you buy from the pharmacy on the corner is that they are **produced in the correct dosage, in the correct target organs, at the correct rate and at no cost!** (Which, with today's medical fees, is a enough reason to consider substituting your local drug store supplies with their naturally produced counterparts.)

So what keeps us from experiencing the benefits of having this onboard pharmacy available to us? In spite of these resources being freely available to everyone on the planet, so few people ever tap into them and even fewer people know **how to tap into them on purpose!**

Let's face it, just knowing that you body **can** produces every pharmaceutical substance known to man that is necessary to manifest your healing doesn't mean that it **will**. The benefit of this "local pharmacy" only exists if you and I can initiate and apply these treatments to our physical bodies.

The **foundation** of the application and experience of these inherent pharmaceutical substances is found in shifting your emotional state and most consistent thoughts from worry and anxiety to **confident expectation of health**.

Our body chemistry **actively responds** to the instructions and impulses sent to our nervous system by our brains (i.e. our thoughts!).

**Your current health level is directly dependant upon your body chemistry.**

# How to Instantly Activate Healing and Health by Innate Electro-Chemical Renewal

Does that title seem like a mouthful?

Maybe a simpler title would be, "How to Think Yourself Healthy!"

Our bodies have the inherent ability to produce every known pharmaceutical substance on the face of the earth. They are **produced in the correct dosage, in the correct target organs, at the correct rate and at no cost!**

With all of these resources available to us, it's almost surprising to discover the incredible numbers of individuals suffering with sickness and disease. The reason is that unfortunately just possessing this internal pharmacy and knowing about what it can and will do for us isn't enough.

The only way to actually benefit from our bodies sophisticated and intricate design is to learn how to cooperate with its processes and in this report I will tell you **exactly** how to do that, not only based on the research and testing found in medical journals around the world – but also **based on actual results!**

As wonderful and exciting as it is to know that your body is constantly monitoring itself and producing all of these amazing substances to keep us in tip-top condition, **there is a down side** to our inherent "chemical lab". As is the case with all drugs, used correctly they improve the quality of our lives and used incorrectly **they can be deadly**.

Not only is your body able to produce anti-bodies and tranquilizers, it's also

able to produce harmful substances such as adrenaline, hydrochloric acid... etc. These substances, when not used as intended are actually damaging to our tissues and can result in major harm.

Make no mistake, we **do** need these substances (adrenaline is used to protect us by hypersensitizing and even enhancing our 5-senses whenever we are faced with a life-threatening situation and the hydrochloric acid is used in our digestive processes) but our tissues and organs were **never intended to endure prolonged exposure** to these substances.

By learning the factors controlling the production and secretion of these chemicals in our body's internal pharmacy, we can learn to:

- a) **Stop** the production of harmful chemicals when they are not needed
- b) **Initiate** the production of helpful substances to combat any infirmities we are suffering from, and
- c) **Enjoy** a life free of sickness and disease by maintaining a healthy chemical balance of good "drugs" and antibodies.

### **So what triggers the production and secretion of these chemicals in our bodies?**

Electrical impulses. More specifically – **your thoughts!**

I am **not** (in any way) referring to mysticism, metaphysical or occult realms of thought. This can be clearly illustrated by a simple example of how our thoughts trigger these substances.

### **Let's imagine that you were invited for a ride on a rollercoaster by a friend...**

For the sake of this example, let's attribute a daredevil like personality and adventurous spirit to your friend and a more conservative and cautious mind to you. Let's even throw in a fear of heights, just for good measure...

After coaxing and prodding and begging and moaning, you finally agree to go on the ride and strap yourself in for the trip. As the two of you begin to ascend side by side, click by click along the steel track you glance over at your friend who isn't displaying the delicate shade of green in his cheeks as you are...instead **his** face is locked in a Cheshire cat grin.

By the time the coaster hits the top of the line, you're ready to throw up and

your friend is ready to act like a schoolgirl at a Britney Spears concert. Then the fun begins as the coaster slams into high gear as you nose-dive towards the ground while going through a series of 'lost my lunch' designed curves and twists...

So here's the deal...

**Right from the beginning** of that experience...even as you began to anticipate the ride, your body would begin manufacturing various forms of stimulants and chemicals which are **harmful** to your tissues and organs but necessary if you needed to escape a sudden danger.

Your body would've begun preparing itself for the worst case scenario. Your muscles would be tensed...ready to jump out of that coaster if you could. Your eyes and ears would be hypersensitive ready to detect any creak or clang that might mean that the ride was in trouble...

Good reflexes to have to save your life – but **physically too intense** for our tissues and nervous system to maintain for any length of time. **We would literally be eating ourselves up from the inside.** Good for emergency survival – bad for maintaining good health.

**But here's the real kicker...**

During the same timeframe, in the seat right next to you, your friend could be churning out endorphins. Endorphins, as you might know, are natural painkillers and aid in the repair of damaged cells and tissue. So **he's getting healthier with each passing moment** while you're preparing your body for an ulcer.

What's the difference maker? Same experience, different **interpretation!**

The **difference** between producing the substances that heal our bodies and those that erode our health boils down to a simple matter of interpretation. Our secretion glands and organs which manufacture and release both the good and the 'bad' substances are controlled by electrical impulses.

Only recently have scientists proven that **thoughts are "things"** – not some metaphysical occurrence. Every thought is a literal electrical impulse which regulates and controls our conscious and unconscious bodily functions.

Each time a thought is initiated it literally imprints itself on the network of our brains and a common thought eventually "wires" our brain to that particular thought "track". Each time a thought is repeated, another "chord" is added to the synaptic nerve pathways in our brains.



(That's also why generally **positive thinking is not as easy as it sounds**. You could have millions of these neural "chords" of negative thought pathways hard-coded (or branded) in your brain. It also helps us to understand why old habits are so hard to break. The pathways are already established and the flow of electrical thought impulses will **often follow the path of least resistance** along those existing channels.)

So how can you use this knowledge today to make the changes that you need to your physical body and wellbeing?

### **Begin by taking responsibility for your own thoughts.**

Where possible, **don't** allow your circumstances, surrounding or environment to dictate your thought life.

**Choose your own interpretation** of the events you experience in your everyday life. By just **deciding** that being stuck in traffic is a tranquil experience, your body will automatically begin to produce and secrete natural Valium, which is the ultimate 'drug' of tranquility and a powerful assist to your body's natural healing procedure.

### **You can create whatever level of health you choose for your life.**

**Every disease, illness and infirmity can be healed** using nothing but the substances produced by your body's own internal pharmacy.

Your body manufactures every substance needed to treat everything from diabetes to cancer to heart disease and everything in-between. The secret to getting healed from any disease or any infirmity is found in facilitating your body's natural healing processes.

Your interpretation of what things mean to you is **vital** in improving your ongoing health.

The #1 cause of degenerating health due to illness and infirmity is not the disease itself, but the stress that we place on our own body chemistry by resorting to fear and panic. To illustrate what I mean, here's an interesting **scientific fact** that you may not be aware of...

### **You body produces thousands of cancerous cells everyday!**

So why aren't we all dead?

Because our body **naturally** eliminates cancerous cells as a part of its normal everyday functions which is why most often we never even know about them. Now if that's true, you might want to know why sometimes these cells become

so rampant that the tumors they form become life threatening...

**The answer is straightforward** but the application isn't as easily implemented.

The reason that sometimes these structures progress to life threatening proportions is often because we have been interpreting our situations (our job, environment, our relationship or even the weather) in an unhealthy way – to such a degree that we are not facilitating the natural removal of those cells.

The stress and panic or fear that we have been coping with from day to day has simply depleted our body's natural defense and "pharmaceutical intelligence" to the point of illness. We end up sick because we have been '**wiring**' our brains in a manner that produces the consistent manufacture and secretion of substances which are harmful to our nervous system or body.

**Our interpretation** of what things mean to us can be **the difference between experiencing vibrant health or a life that is fraught with pain and infirmity.**

What can you do about this knowledge? Well, decide today to reevaluate the way you are experiencing life.

Are things really as bad as you think they are or are **you** placing your expectations of what things should be like upon yourself and thereby robbing yourself of experiencing the joy and fulfillment that comes with living your life to its fullest?

**This point is KEY if you are dealing with a chronic ailment or even an incurable disease!**

**AS LONG AS YOU'RE AFRAID THAT YOUR BODY CAN'T OR WON'T RECOVER FROM THE INFIRMITY – YOU'RE SHORT-CIRCUITING YOUR OWN RECOVERY!**

Change your neurological 'wiring' and **actively direct your thoughts to thoughts of peace, tranquility and health** and you'll be setting a new series of causes in motion which **will** result in a new series of results (effects).

**Your body will automatically eliminate the sick and diseased cells and tissues** from your body.

# Is Your Face Making You Sick? Then Change It!

Simple changes will make a HUGE difference in the quality of your life.

If it's true (**and it is**) that our bodies produce chemical substances and hormones in response to our emotional states and predominant thoughts, then you must realize the importance of managing your state of mind.

If you are stressed, if you are frustrated, angry, disappointed or overwhelmed – then you are poisoning your own body from the inside out. Worse still is the fact that if you've been focused on these emotions for a prolonged period of time then you are literally **training your brain** to repeat these thoughts and emotions.

Not only is that a very depressing way to spend your time it is also **training your body** to continue to manufacture and release hormones and substances that may no longer be needed by your body to deal with your original problem.

As an example, it **might** have been useful to have your senses stimulated when your boss gave you a deadline, but if you haven't let go of that frustration and resentment towards your boss three days after the deadline has already been passed – then your body is still caught in the cycle of manufacturing a substance

that your body has absolutely no use for!

That, in turn, can cause severe damage to your cells and tissues and by upsetting the delicate chemical balance in your system you could be spawning an environment and breeding ground for cancerous/mutated cells to multiply and rebel against your own body.

### **So what's that got to do with my face?**

Elementary, Mr. Watson – The single most powerful way to manage your state and instantly change the way you feel is to simply **change your facial expression...**

The best method to explain this phenomenon is by demonstration – so wherever you are reading this report, please stop your passive reading and get involved with me right now...

I want you to take a **deep breath and hold it in for about 5 seconds**, then exhale.

Now put a **HUGE silly grin** on your face

Now look up (**don't** stop grinning)

Now **while** you are *looking at the ceiling and grinning like you've just won the lottery* – I want you to go ahead and feel depressed!

Tough isn't it?

Okay, now if you can't *stand* being happy anymore you can stop this little exercise and **follow along with me** again. This is a straightforward lesson in physiology (the way we move act and use our bodies). Our actions and movements had a direct effect on our emotional states.

Tony Robbins, the self-help speaker often puts it this way, "**Your emotions are created by motion**"

Besides **manipulating your facial expressions**, you could also **change the way you walk**, the way you **stand**, the way you **talk**. Change your **posture**, sit up straighter. Walk a little **faster** than you usually do. **Add more emotion** and conviction to the way you usually speak.

These are all **tools** that you can use to **decompress and defuse intense negative emotional states**. Alternatively, if you are in the habit of walking briskly when you are stressed then you might consider reversing the process and actively **choosing** to walk a little slower or by talk a little softer.

**Use your body to lead you emotions** (...instead of it being the other way around!) If you are battling a sickness in your body right now - remind yourself to smile, sit more upright and breathe more fully than you have been. It will be **imperative** that you begin to **take new action** different to the actions that got you to the point of sickness.

Same cause – same effect. **Set a new cause in motion** and you'll begin to **experience a completely new set of effects** (results)

## The High-Octane Fuel of Perfect Fitness

Virtually unknown outside of China, Ki-kou is an ancient healing technique that is a unique combination of mindful targeted breathing, simple flowing movements, and restful poses.

These gentle exercises, handed down for centuries by traditional Chinese doctors, are designed to **harness your body's own natural healing abilities**.

Imagine....

- no vitamins or supplements to take
- no drugs or medicines to swallow
- no chants, mantras, or prayers to memorize and repeat
- no incense, oils, or herbs to buy or apply
- no acupuncture needles, pressure, or painful body manipulations to endure
- no confusing diets to follow
- no difficult or exhausting exercises to perform

Ki-kou is known as a powerful weapon against illness.

So **what is the fuel** that drives this ancient healing practice?

Air. Nothing but plain, freely available air!

But we all breathe air – (don't we?) The answer to that question is "Not as much

as we should!”

Everyone knows instinctively how to breathe but **few of us do it properly.**

We come into the world as good breathers; **babies inhale and exhale from their abdomens.**

Breathing deeply, which allows the **abdomen** to expand, brings into the lungs the amount of oxygen needed to nourish all the cells in the body.

But over time, stress causes our muscles to tighten up and our respiration rate to quicken. **Most of us become thoracic breathers,** using only the middle and upper parts of the lungs.

The path to better breathing is just a breath away.

An increasing number of healthcare providers are emphasizing the **benefits of proper breathing,** which experts say reduces the effects of stress, a leading cause of physical woes. Slow, deep breathing can **lower blood pressure, end heart irregularities, improve poor digestion and decrease anxiety.**

Gordon, director of the Center for Mind-Body Medicine in Washington D.C., has taught breathing techniques to cancer patients, children with attention deficit disorder and war refugees in Kosovo. His **research over 30 years** shows that slow, **deep breathing slows down the heart rate, relaxes muscles and calms the mind.**

**Over 70 percent** of waste by-products are eliminated through our **breathing** and our skin. When our blood is heavily oxygenated it becomes **very difficult** for virus and bacteria to grow.

It's also a known fact that our lymph systems can **only** be kept healthy and properly cleansed by deep breathing and bodily movement

What's the simplest way to oxygenate your body?

Just take a break several times a day and **take three deep abdominal breaths.** Nothing could be simpler.

Drawing in a deep breath and holding it for about 25-30 seconds before exhaling will probably give you the best results, but you should just hold it for as long as you are comfortable. **Don't force anything.** With time your body will easily

allow you to hold your breathe for a longer period of time without any extra effort on your part.

When people coined the phrase, “deep cleansing breaths” – they had no idea how powerful that practice could be to **free our body of toxins and produce extraordinary health.**

# **Discover “Body Language”, Listen When It Talks To You and Enjoy A Lifetime of Unstoppable Health!**

The language of our soul (mind, will and emotions) is reason.

**The language of our body – is FEELINGS!**

In mankind’s attempt to *rob* us of every pleasant tasting food and the satisfaction of choice, we’ve been shut in a virtual box when it comes to selecting which foods we can and cannot eat.

*Apparently*, we **must** drink 8-glasses of water per day, we **must** avoid red meat like the plague, we **must** avoid all preservatives and we **must** walk around looking like we’ve just been baptized in pickle juice (that last item of the list was my own addition – but it only seems logical if we are punishing ourselves for every foodstuff we eat)

I have no doubt in my mind that these **are** all helpful measures, but how exactly are we expected to *keep track* of all the “musts” and “must nots”? We

have become so program driven that we have complicated the 'life' out of a ***natural, pleasant experienced called eating.***

Diet and nutrition are of obvious importance, but reducing them to ***rules and recommended daily allowances*** has severely harmed more people than it has helped. **So what is the truth?**

How many glasses of water should you drink? How much fiber should you have in your diet and how much vitamin C is the correct dosage per day?

Well, let's **ask some of our little friends** that live most of their lives without a barrage of illnesses and complex health situations. Case in point, Mr. and Mrs. Mama and Papa bear... \*drum roll\*

"Mr. and Mrs. Mama and Papa bear...please tell us how closely you follow the US Surgeon General's daily recommendations for vitamin, mineral and dietary supplement intake...?"

Now I do **know** that bears don't talk...

Neither do deer, nor squirrels, lions or elephants – but I think you are getting the picture. It seems as though everyone in the animal kingdom (besides us) is **blissfully unaware** that "an apple a day keeps the doctor away".

That being said, for the most part, these animals seem to **be getting along just fine** without our rules. The reason is their simple, blind obedience to **following their instincts**. Do we, as human beings possess anything close to their innate instinctive natures?

**We certainly do!**

Your body is continuously aware of itself and its surroundings. It's also aware of what it lacks and what it has an excess of. **Your body gives expression to these needs** and knowledge in the form of **natural appetites**.

I say "**natural**" appetites because they are **not** to be confused with artificial appetites.

Here's my explanation of the differences between these two types of appetite....

**An artificial appetite** is an appetite based on habit, taste or addiction.

A natural appetite (or hunger) is the voice of your body seeking some specific form of nourishment. The natural appetite/hunger (or craving might be a more apt description) will always be for a natural foodstuff.



Natural foodstuffs include **water, milk** (yes I did say milk), any **fruit**, any **vegetable, seeds, grains** or **nuts**. (on occasion, you might even have a 'natural' hunger for meat content (not only chicken but fish or even red meat))

The **most commonly known and easily recognized** cravings are often associated with pregnant women who have been known to crave *anything* from pickles with ice-cream to burned matchstick heads and sand!

Surprisingly enough, there is research that **supports** (at least some of) their cravings and clearly shows that the substance they craved was rich in minerals or vitamins which their bodies were lacking (or which was being rapidly consumed) at the time.

The truth is that **everyone** experiences natural cravings BUT we *don't* often **recognize** them because of our **conditioned behavior**. Most of us have conditioned ourselves over a period of years (even from birth) to eat a particular breakfast, drink only sodas, coffee or tea throughout the day, have a routine lunch at noon and come home to a TV dinner.

Then, when **our bodies \*do\* try to let us know** that there is something different from our normal routine, **we are so used to just following our daily ritual** that we just *ignore it* and pile the usual meals into our system. **Big mistake!**

**Pay attention to what your body is saying.**

The next time you crave a glass of still water; don't just grab a mug of coffee or a cold soda. **Natural hunger occurs for a reason** and if you ignore it or try to substitute your judgment for its own needs, you will run *yourself* into a health condition shipwreck!

Also – **DON'T** let your pride rob you of your health.

Sometimes **we** get so offended by a certain natural food that **we adamantly swear off it for life**. Then, when a natural craving occurs in our bodies for that particular foodstuff, we simply won't let go of our own pride and pick up that food that we need because we said we wouldn't.

**Don't put yourself in that position.**

There are certain veggies that I despise – but I have on occasion had an unexplainable craving for them. And when I do – I will go out of my way to make sure that I get it. Why? Because I love my health and my body is trying to preserve that precious commodity.

**So what about all the 'do nots'? Do not eat this. Do not eat that?**

**My rule of thumb is simple.** Instantly obey a natural hunger. Never be a glutton. Eat a salad with every meal. And when I follow these guidelines then my last point is my favorite...eat whatever you want.

To recap: ***Ensuring that you heed these signals will be ensuring your health.***

This simple act can prevent many forms of illness before they manifest in your body. Usually things like the flu, or colds, or certain stomach conditions and skin problems can be successfully avoided or overcome by heeding those cravings.

**How do you know what is the right substance to eat?**

Trust your body and begin eating or drinking the natural foodstuffs that your body craves for from time to time. And remember, I said natural foodstuffs.

A craving for deep fried chicken and a bucket of ice cream would rarely be the voice of your body describing its nutritional needs. On the subject of fruit and vegetables, many of us don't enjoy the taste and that's our main barrier.

We are blessed in that there are a **variety of fruit and vegetables** that contain the vitamins and nutrients that our body requires. Find the fruit and vegetables that you **can enjoy**. Oranges aren't the only source of vitamin C. If you don't like oranges, try blackberries or grapes.

**Take some time** and look into your diet, see what you may be lacking and find the foods that meet that need and tantalize your taste buds at the same time. It will only take a few hours to research and once you've made your eating plans you can follow them for a **lifetime**.

**That small investment could keep you energized, vibrant, and healthy for the rest of your life.**

**Here's the lesson to be learned: Natural foods are good for you** and when you crave any natural foodstuff – **go get it**. If you continually obey your body's voice, you can eat pretty much anything else you want.

(I said eat whatever you want – **not as much as you want**. Have the cake, pizza and tacos, but not 7-servings of each! One big plate of food when you are hungry is great – even 'second helpings' is okay – but anything over that on a regular basis is pure gluttony and you will pay for it with your health.)

Is it water you crave? **Go get it**. Is it an orange? **Go grab a few**. Begin to develop a listening ear for the delicate workings of your body. It's **not** difficult (BUT you must be LISTENING for it or you will not hear it) and **within a matter of days you too can be a professional "body talk" expert!**

# The “No Sweat” Get Active Routine That Will Leave a Smile on Your Face – Every Time!

The evidence is clear. **For great health, the body needs exercise!**

Exactly **\*HOW\*** exercise became a “four-letter word” we will never know, but every poll indicates that it’s not polite to ***even mention*** that word in a room full of adults.

The fact is that no one starts off enjoying running around in gym togs, sweating like the poster-child for the “before” picture of an antiperspirant commercial, but there IS hope (for all of us!)

In a strange twist of humor, **exercise produces energy** which makes you want to exercise more...and by the same token, laziness begets lethargy (usually to the nth degree)

With that in mind, the problem is not so much the exercise, because once you start your body will react favorably and you won’t have too much trouble completing your exercise – the real issue would be making a start.

Fortunately, exercise is not the only energy boost that nature provides. Sugar will give you a “kick” to get you up and off to do your exercise. Unfortunately, you will “**crash**” later when your sugar level drops out of the sky like a lead balloon – NOT a good idea.

Enter air...oxygen, to be more specific. Probably **the safest and easiest ‘tool’** that you can use to get off your rusty-dusty and follow your choice of exercise routine.

**Right where you are** – even as you read this text, take **about 3 rapid, deep breaths**, holding each one in for about 3-5 seconds between breaths. I’ll wait while you do that...

**Now, how does that make you feel?** In most cases (unless you already

follow a great fitness routine) you *should* feel wonderfully --- **light-in-the-head!**

That ***feeling of wooziness*** is because **your brain is not used to being so well fed** with oxygen

– it's also the secret to an instant energy boost. It disrupts your conscious brain just enough to make you want to shift position and when you do – **that's** the opportunity you need to take to go and follow your exercise program!

**“Okay...But Which Program? I don't HAVE a program!”**

The best exercise program is *not* the **“30-Minute Miracle Working Fat-Blaster Professional Edition, Gold Labeled Video Series Hosted By Cecil (The Celebrity) Sam”**

The best exercise program is the one you can't wait to get to.

**Dynamic activity is a part of life;** as a matter of fact it's a necessity. Muscular activity and breathing are the only 2 ways that we can get the much needed circulation in our lymphatic system.

**On the bright side exercise can take a variety of forms.** All it would require is for you to find one that suits your personality.

There is no need to run out and join a gym or buy a home fitness center since most people who do never use those resources anyway.

So, just **how** do we get ourselves off our current unshapely derriere in order to get the process started? Find an activity, that you **enjoy** that meets these simple criteria and you'll have an exercise that you love and that actually works – what a concept!

**Here are the criteria.** You must be able to do it **daily**, and it must be **aerobic** (verses anaerobic) and it must get your muscles moving.

**Simple? Of course!**

me just clarify what I mean when I say make sure that it's an aerobic exercise not and anaerobic one. Most forms of exercise can be either anaerobic or aerobic.

**The level of intensity** determines whether an exercise is anaerobic or aerobic. Lower heart rates indicate aerobic activity and higher heart rates indicate anaerobic activity.

Things like jogging or a brisk walk or an easy dance routine are typically aerobic, where activities like weightlifting or basketball tend to be anaerobic. If

you don't like walking, try skipping or actively playing with your kids or even trampolining.

**Have some fun** with formulating an enjoyable activity that **you** can practice **everyday**.

# How to Use Willpower and Self-Control As Skillfully as a Surgeon to Cut Sickness Out of Your Life – Forever!

Would you like to be able to focus your mind so powerfully that you can drive sickness out of your body?

Well then you should watch Star Wars and practice the Jedi Mind Control tricks because that's the only chance you'll have of seeing those things happen in your body.

**Willpower and self-control** are probably two of the most overused and ineffective means of eliminating sickness from our bodies. In fact, with all of the attention and focus that people apply to using these techniques to "purge" their bodies of their infirmities – they're probably making things a whole lot worse!

## Does willpower exist?

Absolutely, but the application of willpower has been so distorted by shows like the X-Files that most people tend to think of it like a mystical force (which it definitely is **not!**). The power of you will doesn't lie in your ability to float things across the room or to impress your thoughts upon your physical body to drive out disease.

While those sure would be cool 'powers' to have in a sci-fi show, **the essence of willpower** is just your ability to **stick to a decision that you've made**.

You can never (and should never) apply willpower to anyone or anything other than your own choices/decisions. The most scientific way to use your willpower to your advantage in eliminating sickness from your body is to decide that you are **not** going to continue thinking or dwelling on thoughts and emotions that

produce cell/tissue destroying chemicals and hormones.

But even **MORE** importantly, you need to **apply your willpower** to **committing yourself to thoughts emotions and feelings that promote the production of endorphins and other healing substances and hormones.**

The object of using your willpower is **not** to “drive out sickness” by forcing yourself to make these things leave your body. Stress and mental effort would only be **counterproductive**. Stress and strain trigger the production of substances which (if they are not needed or utilized) will damage your body’s immune system.

Instead, **if you commit yourself** to spending your leisure time to being grateful (and remembering how wonderful your family is, how good you really do have it and how wonderful it is to know that your body is healing itself without any effort on your part...etc) then you would simply **“will” yourself to stay committed to that pattern of thought.**

Each time a contrary thought tries to invade your thinking, you are simply to dismiss it and continue your meditation on the thoughts that you have previously committed yourself to.

### **Do you see the difference?**

There is no need to apply your “willpower” to your body and force it to be well.

The greater ***pleasure and joy and deep gratitude*** you experience in your everyday life, the more swiftly your body will rid itself of any sickness or disease known (or unknown) to man.

# Perpetual Medicinal Gratitude

The **most healing attribute** that can be developed by you or me is the sense of a **deep, heartfelt gratitude** for the health that our body exudes.

**Your body is healing and repairing and rejuvenating itself throughout the day, everyday!**

The one thing that gets in the way of our enjoying the experience of life is bad health and the majority of our infirmities are the result of our own efforts.

**Gratitude is a universal force**, a common thread that all people should be experiencing on a daily basis for all of the blessings that are bestowed upon us by a loving God. Being healthy has often been reduced to a procedure...a formula of dos and don'ts mixed with human surgical intervention and pharmaceutical supplements.

The next time you get a scrape or a paper cut, **remind yourself** of the incredible natural ability that you have housed inside your body. **Be grateful** that there are literally millions and millions of factors that are in operation throughout your physical body that ensure that not only with your broken skin be healed, but that any germ or bacteria would be eliminated without you even lifting a finger.

I'm not a believer in mystic phenomenon or new age beliefs, but I **do** believe that the power of heartfelt gratitude works more powerfully in our universe that any effort on our part could. **Develop a sincere gratitude** for your blessings in life and **health is almost automatic.**

When you **open your heart to gratitude** you begin to realize the futility of your own efforts. Most (if not all) that we achieve in life are things that we never *really* deserved or earned anyway. All of us fail on a daily basis, but gratitude reminds us that it wasn't our actions alone that got us to where we are today.

### **Gratitude heals**

**Best of all** gratitude keeps us ready to **receive more.** Stress, worry, anxiety and strain have out us in a position of weakness as we've tried to control everything. Gratitude let's us rest and know that everything has already been provided and we simply need to allow our needs to be met.

**Everything** you and I could ever need to remain healthy and vibrantly so is **ALREADY** inside of you (literally). This is not by accident or happenstance but rather by divine order. You don't need to strain to produce the healing hormones that your body may need. In fact, strain will only arrest your healing and weaken you further.

What you need to develop is a conscious awareness that all is well (not going to be well – but **IS ALREADY** well) with your body. **Be grateful** that there has never been a man or woman born that did not have within themselves the resources and life that is needed to live a vibrantly healthy life.

Healing and health are the **natural** states and conditions of the body.

The thing which keeps most people sick is the idea that they have a sick body. **NO!** You have a healthy body so stop trying to force your body and mind to get healthy. The unnecessary strain will only encourage the factors which have caused the sickness in the first place.

**Healing and health starts with a healthy, stress free outlook on life and a grateful presence of mind.** When **you maintain this awareness** you're body can and will naturally repair any damage to your system and eliminate any



foreign harmful presence.

Stop wrestling with sickness and **focus your attention on the healing** currently at work in your body. **DON'T** try to do battle with the sickness in your mind or "will" the sickness out of your body. **Remember, sickness cannot be pushed out**, but when healing and health is introduced it has no option but to dissipate or wither away.

**You can think about it in this way**, trying to throw darkness out of your bedroom at night is just plain stupid! All you need to do is **turn on the light** and there will be no more darkness. Simple Physics 101.

# The Forgotten Ingredient that's Jamming Your Secret Health Factor!

**Every culture and religion**, from the corporate moguls of New York City to the darkest regions in the jungles of Africa makes reference to a fundamental ingredient that is able to provide us with the resources we need to survive here on planet earth.

**That ingredient is faith.**

I'm obviously not referring to 'faith' in the context of church denomination or religious affiliation. Instead I'm referring to the faith that is available in the core of every human being.

**Faith is your ability to act on something that you believe in your heart.**

So what does this have to do with the Secret Health Factor?

**EVERYTHING!**

For you to begin to experience **healings and remissions** for every infirmity from the common cold to an incurable blood disease, you need to **choose to believe** that your body is able to heal itself of these conditions.

Your immune system will be *crippled* without this faith. Obeying the voice of your body and adopting a great fitness and diet program can only do so much. If you want to live in superabundant health, you are going to need to **adopt a new belief system.**

Simply going through the motions of medical instruction won't reverse disease but **energizing your immune system** with a fundamental belief that your body is designed to heal itself and maintain health will.

**This needs to become more than lip service.**

If, in fact, you do believe that your body can reverse your unhealthy medical conditions that you need to **begin acting in faith BEFORE your body feels any better**. This is probably where 99% of people miss the boat completely...

**Don't wait** for your back problem to leave you before you walk with your body held upright – **walk upright NOW** – even while your back is still in pain.

Perfection is **not** required in your actions. You may well \*not\* be able to walk upright very easily and you might still look hunched over, but **the key is to initiate the impression of health** in your own brain.

**The instant you change your behaviors something happens!**

**Immediately** your nervous system and brain reacts to **the new thought and action** that you've just initiated. The more **consistently and positively** you begin to take this "faith" action, the more actively **your immune system will begin to churn out helpful, natural pharmaceutical hormones** and substances.

In some cases, you might not be able to make use of the part of your body that requires the healing, so you might not have the ability to physically "act" as if it were already recovering in order to **initiate the Secret Health Factor** – BUT – you can still **release your faith powerfully!**  
**How?**

Our sphere of personal influence has been so amazingly constructed that your actions do not just have to be limited to your body. **You can apply your faith,** not only to your body, but also to your **imagination**.

Don't try and *force* your muscles or limbs by using mind over matter. The chances are you'll only hurt yourself more. Instead, simply **use every free moment of your leisure time to imagine yourself doing the thing that your body can't yet perform.**

If it is a lame arm, you might '**imagine**' **the feeling and the weight** of a basketball in your hand and practice doing a free throw with it in your imagination. Does this sound childish? Maybe so, but the fact remains that **your brain cannot tell the difference** between what you imagine in your mind and what is physically happening around you.

It's a well documented fact that if we imagine a thing, it is as real to us as if we were experiencing that thing. A simple example is the classic dream where you feel as though you are falling and your body reacts with a violent jolt which wakes you up.

During that dream, your body reacted **exactly** the way it would have if you were really falling. Your body created the exact same *chemicals* as if it were real. **Your adrenal glands were firing** and everything was doing exactly what it was designed to do.

Use this knowledge to your benefit. Instead of letting it happen by accident, **initiate the experiences you want to experience**. In the example of imagining your healing for an afflicted arm, your body would **automatically** begin restoring the channels of blood flow and doing the repair work to the nerve endings (or whatever other procedures your body might need) in order to allow you to perform the actions you experienced while you were holding that thought.

But this will only happen **if you have faith** in the fact that your body was not designed to be sick. If you make a conscious decision that your **body's primary function is to heal itself and sustain your life**.

. If you can **accept this belief system** then you are giving your body the energy it needs to facilitate those functions. **The body heals itself indiscriminately** when we allow it to do so. If you want to see a medical miracle in your body, **you must accept and act on this truth**.

## **Avoid These Deadly Health Risks**

People that always complain about their illnesses

Medical discussion radio and television programs

Fear of sickness

Dietary warnings

**Discover Which “Foolishness”  
Behavior Can Cost You Your  
Health & How Right Action  
Will Remit Any Illness or  
Disease!**

Just because you learn the secrets of lifelong health and dynamic healing,

doesn't mean that you should act foolishly!

Developing a 'Health Factor' **mindset** and cooperating with your bodies **natural function of healing** itself does not require that you stop taking your medication or jump on your spectacles because you are eager to see it in action.

There is a difference between a **healthful confidence** in your bodies natural ability to heal and *mindless recklessness*. If you have an infirmity plaguing your body right now, it's probably a result of many days, weeks, months or even years of violating the principal of the Secret Health Factor and it **may** take several days (or months) for you to notice a visible difference in your physical condition

There are reasons for this:

- 1) Once you activate the Secret Health Factor you body **will** begin healing itself at the **most optimum pace possible**, but just like a cut or scrape doesn't disappear overnight, the natural healing process requires time to rebuild the cells, tissues or affected organs.
- 2) It might take you a while to put a stop to the habits that have set the disease or infirmity in motion. If you are used to worrying about everything, those thoughts and actions will have to be changed to cause a new set of circumstances and results into play. This requires the ability to destroy old habits which doesn't happen overnight. Remember that **thoughts are "things"** and those electro-chemical impulses **literally** wire your brain and nervous system to think, act or respond in a certain way. This "wiring" might have to be changed before you experience the results you want.

These issues make it vitally important that you and I DON'T **suddenly stop taking any medication** that may have been prescribed by our doctors or medical staff. In the case of diabetes, continue to take your insulin prescription even while you **begin releasing the Secret Health Factor** to repair the damage to your body.

The insulin medication can't heal you anyway, so it doesn't make a difference to your determination or commitment to recover. Let me also say that **diabetes is reversible** and **you don't have to live with it** for the rest of your life! BUT **continue** with your standard current treatment **until** one day your body reacts to the insulin and your doctor stands in awe declaring that there's no trace of diabetes in your system.

**The same goes for every illness which you are currently being treated**

**for.**

Don't jump ahead of your body's natural recover rate. The important thing is that **you will recover**, and once you do you will be able to continue using the principals of the Secret Health Factor to **live you life free of sickness every single day of your life!**

It's probably taken your immune system years to erode to the place where a sickness would develop in your body, so be prepared to **give it enough time to recuperate and regenerate**. I know of a lady from Fort Worth Texas that is very well established in the application of the Secret Health Factor, yet it took even her body (which is very well conditioned to these principals) about 12 months to eliminate a cancerous tumor in her body.

Nevertheless, in my opinion, a 12-month period is a **whole lot better** than losing your life to a deadly disease.

Of course there are other foolish things that we should not be doing if we want to live in perfect health. It's **never** a good idea to eat too much and getting enough rest is also important. The bottom line though is that most of the help you will need in adopting a healthy lifestyle is **simple to understand** and **almost always comes naturally**.

If you are overweight, do something about it. [There are books about negative-calorie recipes, low-carb dishes, \(here and here too\) and eating plans](#) that include meal charts that will help you create a weight loss eating plan to make things less complicated for you.

**I do have some good news though...**

Most people **blame a slow metabolism** for their weight issues, but **you can change your bodies metabolic rate**. As with almost all of your bodily functions, your metabolic rate is controlled by your brain. Change your attitude towards your own metabolic rate and it will change.

I spend about 10-hours a day at my computer, I don't belong to a gym, I eat at least 3 meals a day (usually I eat throughout the day because I work from home), I love fast foods and on most evenings I have a big second helping for dinner, yet I easily maintain a 28" waistline. If anything **I have a tough time putting on weight!**

**Genetics?**

I don't think so. I've simply never been conditioned that I'm going to be fat. I don't like the thought of being overweight and there's no way it could be healthy so **I simply let my predominant thoughts and actions line up with my vision of myself**.

I actively (on purpose) think about how fast my body is burning up the food in my body and how it is doing so exactly the way it was designed to (in a healthy way) Consequently, I'd put my metabolism up against anyone.

What's important to remember though is that although I don't usually eat lots of healthy goodies, **I \*do\* listen to the voice of my body** and if it craves natural sustenance or foodstuffs, I **instantly obey** that urge -even if I wouldn't usually like that particular foodstuff.

I also **never eat "just for the sake of eating" or because it's "time to eat"**. Only eat when you are hungry and eat *\*only\** until your hunger abates. Notice that I said your hunger – **NOT** until you've consumed 7 helpings of everything. Gluttony and emotional eating will **sabotage** the Secret Health Factor every time.

Emotional eating stems from emotional turmoil and your body is therefore unable to cope with all the food that you are eating. Why? Because **your emotions can upset the natural digestive process** by releasing enzymes, hormones and/chemical substances which don't help the body process the food as it would in a healthful digestive environment.

**Always eat because of hunger, not habit or stress.**

I don't believe that habits can be "broken" only replaced – so find something positive to replace your emotional eating with. Fold washing, dance wildly or play a video game but don't let your emotions rule your appetite.

Learning to conduct yourself and your thoughts in a healthful way is the **foundation** of a healthy lifestyle and body.

## **The Little Known Secret Shared By Role Models of Dynamic Health!**

How would you like to dramatically reduce the number of pills or pharmaceutical drugs that you consume?

That has always been high on my list of priorities. I hated ever having to take external pharmaceutical drugs to combat this from happening and prevent against that from happening.

I grew up in a house where my dad used to take lots of pills to combat various health issues and it made me want to avoid end up having to do the same. It drove me to want to study and find out why some people never had to take any of those pills and yet they never seemed to get sick.

Do you know some people like that? Well those became my **'role models'** in the area of health, if you will.

### **What I discovered was a major eye-opener!**

While it was true that many of them had better nutritional eating patterns and effective exercise programs that they adhered to, they also possessed another ***less obvious*** quality.

**That quality is the ability to successfully manage their physiology** (the way they moved and acted) and mental focus.

**For example:** If any one of these 'role-model' healthy folks ever did experience a runny nose or scratchy throat, **you'd hardly notice it in their physiology!**

They'd almost never even mention it and would usually just EXPECT it to go away in a few hours,

Now I **DON'T** advocate that we ignore nagging health issues that have been going on for many weeks or months – but I **do** think that we often weaken ourselves by running to the medicine chest for the first sign of a sniffle!

When our bodies are invaded by germs and illness causing agents, it **naturally produces antibodies** that fight those problems and consequently strengthens our immune system against future attacks of the same nature.

By popping a dozen pills **we actually end up short-circuiting this process** and make ourselves more vulnerable to the next 'flu' virus that comes along.

Now besides just 'acting' healthy and doing things as normal when my health 'role-models' experienced some minor health issues, I'd also go out and hear someone talking and mentioned that they'd caught a cold from getting wet in the rain and this healthy 'role model' person would look *completely* puzzled.



When I'd ask them about it, invariably they give me an answer along the lines of, *"What does getting wet in the rain have to do with catching a cold? If you get caught in the rain, the only thing that happens to you is you get wet. Don't they ever take a shower?"*

Statements like those fascinated me because these people said it with such a level of conviction that you could see that they **honestly believed** that the one event had nothing to do with the other.

That is part of what I'm referring to when I refer to **mental focus**. Their thoughts **don't** dwell on what's going wrong with their body, but rather how well it handles the things it does so well

Often, we get so caught up if our body should feel even just a little physical discomfort that we adopt the physiology of someone who's sick. I'll wager that if I were to ask you to describe someone who was standing outside your door that was sick, for \$500,000.00, you could give me a pretty accurate description of the way the person would be standing and breathing.

**As a matter of fact, let's do that right now!** (but I'm not going to give you \$500,000)

You tell me. How would this person be standing? Would they be standing up straight, or hunched over? I imagine most people would say hunched over. Would their breathing be full and deep or shallow? Again, most would say shallow. Would the muscles in their face be tight and up or slack and down? Again, slack and down, probably.

**Can you see that there is a way we use our body that sends a message to our brain that we or someone else is sick or suffering?** The problem with this is that when we adopt this physiology when the problem we have is not a major cause for concern, we tend to magnify the problem in our own brain.

Our brain starts to go, "Oh, no. What's the problem? There must be something wrong. Look at the way the body's behaving, we must be really sick here."

The point is, if you want to improve your health immediately, start acting healthy immediately. There is a scientific explanation for this – but right now, just know that **your emotional state can be greatly influenced by your physical expressions.**

Breathe the way you do when you're healthy, talk to yourself in the manner and tone that you do when you are healthy, stand the way you do when you are healthy. This simple strategy allows our body to stay resourceful.

It allows our body to avoid magnifying the problem, as thereby more accurately assess the true magnitude of any problem in our body, should there in fact be one.

On the subject of mental focus, there is an incredible **wealth of information** available in libraries and resource centers across the world.

There are amazing statistics claiming that **around 80% of all the physical problems we as humans experience are caused not by biological difficulties or infirmities**, but by our own mental focus. The issue of stress and the like also fall into this category. Before you dismiss this idea, do your homework.

Have you ever heard of medical students that during their years of studying at med school, find themselves studying certain diseases and begin to notice that they have all the symptoms?

**It's not an uncommon event.**

The truth is, if you want to find a problem in your body, and you look hard enough, you will find one. I think all of us know someone who always has the latest flu and most terrible aches and pains between those flues (just for good measure).

So what actually causes these actual negative physical changes of sickness and disease to form in our bodies when we focus on problems in our body or the stresses in our life? **The answer here is our emotions.**

Don't get caught up in the 'bad' things in life. Find ways to express yourself and enjoy the experience of an abundant, health filled life. It's impossible to eradicate every dull, boring or sad moment in life, but **it is possible** to choose to focus on things which bring you even greater joy.

**Learn how to enjoy your life and life itself will reward you with even more abundance!**

# **An Open Letter to All Hardcore Worrywarts and**

# Perfectionists!

When learning to unleash the Secret Health Factor, here's a friendly word of advice: You **\*don't\*** need to master every technique, tool, strategy and science revealed to you before it will work.

One of the most foolish mistakes that anyone studying the Secret Health Factor can make is to get "down" on themselves because they lapse into their old unhealthy mental training or start paying attention to material that contradicts their progress.

If you make a mistake, don't get stuck in guilt and hopelessness, just make a mental note to watch for that behavior next time and avoid it.

Condemning yourself for any lapses in your application of the Secret Health Factor is as damaging to your health as worrying about your sickness. **Keep you mind and body in a resourceful state.**

When you "fall off the wagon", just dust yourself off, get back onboard and enjoy the journey further. No one expects you to change every behavior overnight.

**Learning to hear and follow the voice of your body** when it comes to nourishing your body will take some time. **Learning to develop a right mental attitude** and putting the other tools into action (such as: proper breathing, exercise and hormone secretion control) will also take a little while to become natural to you.

This is **not** a problem, just start where you are, do the best you can and **put a little bit more into practice everyday.**

Remember, you **\*don't\*** want to fall back into popularly socialized behavior. Just as it is not useful to meditate and worry about vitamin count, mineral levels and so on, **it is equally unproductive** (or even harmful) to worry about getting the application of the Secret Health Factor perfectly correct.

God gave us this life to live, grow and enjoy. He also gave us the inherent ability to know what is best for our body and how to regulate and manage it (and all of its functions) efficiently.

From my own study of health and in my own attempt to heal my plaguing sicknesses, I have become **convinced beyond any and all doubt** that nothing our bodies will recover and regenerate from any infirmity it encounters if we will simply allow it to do so.

**Natural cravings and hunger will alert you** to which natural foodstuffs to eat for the optimal recovery from your condition. Increasing your supply of **oxygen intake will assist in cleansing your lymphatic system** and managing your **emotional state will produce the required antibodies and pharmaceutical substances** that are needed.

If your condition is such that you require medical attention, **then get it.** Don't resort to willpower to overcome your medical challenges.

There is however only so much that medical science can do. Doctors know that most of their treatments are only addressing the symptoms of the problem. **Your function then, is to initiate the rapid healing and recovery process.**

Sometimes the problem is so advanced that you might require medical attention because you had not yet learned to apply the Secret Health Factor – but that is no excuse to stay sick.

**Every sickness and every disease can be cured.** Use the same resources that nature has equipped you with to turn your situation around.

It doesn't matter if you are at home, work or in the hospital. Begin releasing the power of the Secret Health Factor right now by deciding not to focus on the accepted boundaries of health and medicine, releasing your anxiety and initiating a resourceful, healthful state in your brain.

**Choose** to be confident that your body is recovering and it will recover. Don't wait for the pain to leave before you start **picturing and experiencing** the healing in your heart and mind. The more aware you make yourself of the healing processes that are **ALREADY** at work in your body (from the instant you start imagining and initiating a positive emotional state) the more efficient the healing process will become.

Do whatever you have to. Hire a comedy from the movie store, go see a musical at the theatre...**do whatever you must to begin creating a resourceful** (pleasant and healthful) **state.**

You probably already know that **laughter releases endorphins** (natural pain-killers and cell repairing hormones) so **adopt a more optimistic outlook** and **choose to laugh more.**

If you say, "I'm just not that kind of person, it's not in my nature to act that way" then you're probably right and that's *why* your have depleted your immune system and are now facing a health challenge.

I don't get anything out of telling you to be happy. It doesn't matter to me in the least if you cry or laugh – the only reason I tell you this is because **it is a**

**medical fact** that **our immune systems function better** when choose to stay in high spirits.

If you are a naturally brooding person, tough! Life was designed to be enjoyed and experienced and **you can choose to reevaluate your attitude and personality at any time.** As humans we choose our behaviors and can make adjustments to our attitudes as the need arises.

**Be well and live in health** or emaciate your immune system, the choice is yours.