

INTRODUCTION

The knowledge for optimum health is not a secret. It is available to anyone who will research. Many scientists today know the truth and are frustrated that the truth is not explained and millions are dying needlessly. These brilliant people have published their own books and CD programs to teach Natural Medicine directly to the general public. All it takes is the commitment within yourself to take responsibility for your health and you can learn how simple and inexpensive it is to heal. Wow! Not a bad side effect for making a few simple lifestyle changes.

The path to health is a narrow one and not well traveled. If you take your first steps you will be challenged so this commentary gives you the understanding of how it all works so you don't have to trip down the path and hopefully you will enlighten your adversaries. From *The Path To Perfect Health* will emerge a new ecology and a new economy through efficiency. There will be no money to be made off healing, so you will not learn this information through the AMA, insurance companies, pharmaceutical companies, the FDA, the FTC, food companies, supplement companies or even most alternative practitioners, because these industries and careers depend on your staying sick in order to make a profit.

Things would be different if profit margins were gained from health. For example, Neils Paulsen of Upsale, Sweden, died in 1907 at the age of 160. He left behind two sons one 9 years old and the other 103. At that time in Sweden, the health care system paid a physician for keeping his patients well throughout the year. This system of private practice gave the doctors a vested interest in their patients' good health, maintenance and disease prevention.

Truth is available for those who want their solution, those who understand that the healthcare system in place today is more of a disease management system.

THE COMPOSITION OF THE HUMAN FRAME

Everyone knows that humans are composed of skeletal bones, ligaments, tendons, cartilage, muscles, and internal organs. These parts did not just manifest as whole parts, they emerged through tremendous teamwork, perfect communication, energy and intelligence. Every living organism consists of interactive networks that produce and transform one another. Every living organism continually renews itself. For example each week the lining of our stomach is replaced. Every month we have a new layer of skin. The liver is renewed every six weeks. Through renewal our living organism maintains its identity and pattern of organization. We are as healthy as our duplicating cells.

Simultaneously a living system will create new functioning systems and connections within its networks to survive either as a consequence, of environmental influences (or a disturbance) or as a result of the living system's internal dynamics. We are a community of 65-trillion cells, a living, vibrating organism functioning due to our networking systems constantly communicating, renewing, adapting, learning and developing for our survival. This commentary will introduce you to the networking systems and offer a simple and affordable in-home program that will support and encourage maximum performance of all systems.

If you want a jump-start read the following stories and skip along to your Path To Perfect Health by eliminating all dangerous toxins and replacing them with live healing nutrients with every choice you make.

THE BODY CREATES DISEASE SO YOU CAN LIVE ONE MORE DAY

The human body will literally digest itself so you can live for one more day. All chronic disease and degenerative disease is within your control to reverse. This is the Do-It-Yourself Workbook. It's not our brain's job to make us feel warm and fuzzy. The brain acts as a regulator for all body systems. It receives and decodes messages and then transmits messages in response to signals

it picks up from our cells and molecular signals. For example, if the cells determine that their environment is becoming acidic or “poisonous”, the cells send emergency messages to the brain. The brain in turn sends out a distress call to all the storage units of the body for help.

Within our body we each have several storage units of nutrients held in reserve to be used during emergencies. The nutrients held in reserve will be taken from their storage units to neutralize the cellular environment if it becomes acidic and poisonous so we won’t suffer immediate death. The brain will hold an emergency conference call to access the reserve nutrients each time we become imbalanced.

The brain calls up the bones and says, “Bones you store the major amount of calcium and we need that calcium to neutralize this acidic condition right now so ante up, give us your calcium reserves immediately!”

The bones say, “No, if I offer up my calcium then I will get osteoporosis”.

So the brain goes to the pancreas and says, “Hey pancreas I need nutrients now so give me what you have pronto!”

But the pancreas says, “Oh no, if I surrender my nutrients I will get diabetes”.

So the brain goes to the veins and arteries and says, “Look guys, this is it! If we don’t neutralize this acidic cellular environment the body will be dead in a couple of hours so you have to contribute your nutrients”.

The vessels argue back, “We can’t or we will develop heart disease so get the nutrients somewhere else!”

So the brain has to lay it out on the line, “That’s it, I don’t want to hear back from any of you. Look bones we can live a long time with osteoporosis. And kidneys, lately they have been putting dialysis units in every neighborhood, in fact I heard somewhere that they even went mobile. Pancreas you know that they will manage your blood sugar levels with prescription drugs, but if we don’t work together and contribute the minerals needed to neutralize this acid pH condition in the cellular environment immediately, we will be dead within minutes”.

The brain is willing to start a disease, (sacrifice a few troops), in order to save the whole body unit. When we eat to supply our cells with the nutrients we maintain our reserves as well. When we have reserved nutrients our body has what it needs to support the immune system and maintain our health in the event of invader viruses, bacteria or parasites; or we will have the reserves to neutralize the acidic pH in the blood and body fluids. It is very important to eat right to supply what the cells need in the moment and to keep the storage units well supplied.

A LIFESTYLE OF CHEMICALS

There are dangerous chemicals and poisons in all our household cleaning and cosmetic products. If you don’t believe me have a sample of your blood analyzed. If there are traces of diethanolamine in your blood then you used one of 600 home and personal care products that contain this carcinogenic dangerous chemical. Sodium lauryl sulfate (SLS) and propylene glycol is in the most popular and expensive brands of shampoo and toothpaste, which is why your toothpaste has a warning label. Trichloroethylene means you recently picked up your dry cleaning; benzene would indicate that you put gas in your car; and toluene could account for walking across a polyurethane floor.

On an average American day we wake up after soaking up chemicals from chemically washed sheets and PJs. We jump into a shower for an early morning blast of chlorine along with 300 or more contaminants provided in our tap water. By shampooing our hair, washing our body,

applying deodorant and brushing our teeth everyday we absorb propylene glycol, sodium lauryl sulfate, methyl or propyl paraben, imidazolidinyl urea, petrolatum, mineral oil, stearylalkonium chloride and triethanolamine along with many more chemicals. We dress in clothes that were washed in chemicals and soak them up all day long. We make our way into the kitchen and ingest stimulant foods with preservatives and chemicals. We get in our cars and inhale some fumes; we join others on the freeways and inhale their fumes. We work indoors in a chemically infested environment breathing recycled air. We consume a lunch and a few pick-me-up snacks, which are chemically laced, dead foods. Then we grab a soda or coffee for the trip home and last but not least stop and fetch a fast food dinner for the family. Life snatching chemicals are all around us!

It would be impossible to explain the side effects caused by the combined interactions of the 2,983 chemicals analyzed by the National Institute of Occupational Safety and Health and how they affect and react within our internal networking systems. A simple common carpet is expelling the gases of benzene, a known cause of leukemia, not to mention other carcinogens like toluene, xylene, formaldehyde, butadiene, styrene and methacrylates just to name a few.

Sodium lauryl sulfate, (SLS) is just one of the very common harmful chemicals found in your more popular expensive shampoos, toothpaste and soaps. SLS irritates skin, corrodes hair follicles and impairs hair growth. When SLS interacts with other nitrogen bearing ingredients, carcinogenic nitrates are formed. Residual levels of SLS can be found in the heart, liver and even the lungs and brain. SLS impairs the development of young eyes, the immune system, causes inflammation and separation of skin layers. Used often enough it is capable of changing the information (the blue print) stored in the DNA of each and every cell so our body begins to mutate. SLS has been used in studies to induce mutations in bacteria. This is just one of thousands of extremely dangerous chemicals with long-term use found in our daily cleaning and skin care products. If you are not convinced to make changes, I recommend that you continue your research with the following books.

Detoxify or Die by Sherry A. Rogers, M.D., *Rub A Dub Dub...Is Cancer In Your Tub?* www.netnewspl.com, *A Consumer's Dictionary Of Cosmetic Ingredients* by Ruth Winter, M.S. and *Dying To Look Good* by Christine Hoza Farlow, D.C. *The Cosmetic Cover-Up* by Dr. James H. Martin. *Is This Your Child's World?* and *Chemical Timebomb*, by Doris J. Rapp, M.D., F.A.A.A., F. A. A.P., F.A.E.M.

If you are ready to get started put a big trashcan in the middle of the kitchen and get rid of all packaged, chemically laced foods, along with all dangerous cleaning, skin and hair products.

Replace the dangerous products with non-chemical, nutrient dense products such as *Go Green Within*.

Get rid of the microwave. It is zapping nutrients out of all fresh live foods and your supplements.

Eliminate all useless stuff that you claim ownership of but are not putting to good use. Quit hoarding stuff. It is a distraction and an energy drain. The trap of clutter slows down and overwhelms our life, constantly distracts our attention and becomes the center of our world. As long as Americans believe that they need to buy so much useless cheap stuff we will continue to have children in other countries enslaved. Together we can change the world!

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HOW IT ALL WORKS WITH YOUR BODY-MIND SYSTEMS

We all should have a nuts-and-bolts working knowledge of our body, mind, and emotions because we depend on them to get us through our life experience. Since our mind exists to make up stories that support our feelings, a foundation of truth is necessary to give our mind a working knowledge to establish a new belief system.

We cannot draw conclusions when working with something that operates at levels beyond our imagination, our established theories of reductionism or even our language. The human body, its expression of physical disease, mental torments and emotional drowning has not been mechanistically reduced or figured out and this holds true for the natural living fruits, herbs, nuts, flowers, seeds, trees, roots, grasses where live foods and the essential oils come from. I will do my best with combining the mechanistic sciences and quantum theories to explain how useful nutrition, a cleansed cellular environment and the essential oils work together to support gaining health everyday.

As you continue you can trust for sure that I have compiled this information from 10 years of outcome-based field research and 30 years of experience with thousands of live humans and I can emphatically state that nature will support, strengthen, repair and balance all body-mind systems.

MEET YOUR ATOMS AND THEIR CONTRIBUTIONS

All of the organs, tissues, and systems within the body-mind consist of vibrating atoms that are electrically charged. An atom is the smallest particle of an element that can retain the chemical properties of that element. An atom is composed of a nucleus, which contains positively charged protons and neutral neutrons, surrounded by *negatively charged electrons that revolve (spin) in orbit*. The size and speed of their spin is where atoms get their stability and the appearance of being solid. The word current refers to this electron flow. This spinning action of the electrons creates an electrical energy that can be measured. The unit of frequency (cycles per second) is called hertz, abbreviated to Hz. The unit hertz was adopted to honor the German physicist, Heinrich Hertz. One hertz is simply one cycle per second. Kilohertz equals one thousand cycles per second, and Megahertz equals one million cycles per second.

FREQUENCIES

Flower Essences vibrate between 490-247MHz depending of what essence

Essential oils vibrate between 350 MHz – 52 MHz depending on the oil and combination of oils

Normal brain frequency (head) 6:00 a.m. to 6:00 p.m. is 70-78 MHz

Brain frequency at 80-82 MHz, indicates a genius

Healthy body (neck down) 6:00 a.m. to 6:00 p.m. is 62-68 MHz

Thyroid and Parathyroid glands are 62-68 MHz

Thymus Gland is 65-68 MHz

Heart is 67-70 MHz

Lungs are 58-65 MHz

Liver is 55-60 MHz

Pancreas is 60-80 MHz

Disease begins - colds invade at 59-60 MHz

Stomach is 58-65 MHz

Ascending colon is 58-60 MHz

Descending colon is 58-63 MHz

Flu-like symptoms at 58 MHz

Viral Infection at 55 MHz

Yeast symptoms at 55 MHz

Epstein Barr at 52 MHz

Chronic Fatigue Syndrome shows up at 55 MHz

Healthy bone is 40-50 MHz

Tissue breakdown from disease at 48 MHz

Cancer at 42 MHz

Death begins at 20 MHz

Foods

Live herbs vibrate at 20-27 MHz

Live Produce vibrates at 15 MHz

Processed dead chemically laced foods 0 to -

The above frequency information was taken from Taini Technologies

Human cells start to mutate when their frequency drops below 62 MHz. Low frequency also indicates a pH imbalance. Invading pathogenic frequencies (including biologicals such as anthrax, plagues, etc.) are low. Positive beneficial bacterial frequencies are higher.

MOVEMENT OF THE HUMAN FRAME

Movement of the physical body is governed and controlled by the brain, spinal cord, and nervous system. The nervous system transmits messages to the brain and the brain decodes and restructures the messages appropriately and then sends the reinterpreted decoded messages out to initiate a necessary action. This communication performs as a coupled system of structural changes in the moment, while simultaneously developing an altered future behavior (we are a learning system). This is the internal feedback loop for all signals "to and from" all body systems. Our nervous system changes its connectivity with every sensation.

Our response to the environment only triggers the structural changes; it does not specify or direct them. Our stored information from previous experiences directs our behaviors. Living organisms are developing, learning and adapting every moment. The behavior, the reacting and responding is not predictable. For example: if you kick a rock it reacts to the kick according to a linear chain of cause and effect. Its behavior can be calculated by applying the basic laws of Newtonian mechanics. But if you kick a living, learning organism like a dog the reaction is unpredictable. The dog will respond according to its own nature, personality, perceptions, and past experiences in a (nonlinear) pattern. This is why each one of us expresses a stress response in our own unique way.

PERCEPTIONS TO BEHAVIORS- BIOCHEMICAL TO PHYSIOLOGICAL

Our hypothalamus is located below the thalamus, just above the brain stem and occupies the major portion of the ventral region of the diencephalon in the brain. The hypothalamus is the connection between the central nervous system and the endocrine system. The neuro cells located in this area excrete and send molecules that activate the specific release of hormones and other ligands, (signals) from specific endocrine glands. Since hormones govern appetite, insulin production, overall metabolism, sex drive, conscious thoughts and stress levels the limbic system affects our desires, motivation, moods, intuition and creativity. In fact the limbic brain is

integrated within every part of the brain that deals with emotions, feelings, learning and memory. This involvement is interactive with synaptic impulses of gathered information, (filters), which help us interpret conscious thought.

Humans receive information regarding the environment through their senses: the sense of touch, sense of sight, sense of hearing, sense of taste and the sense of smell. The information received moves up the neuro-axes. There are specific cells that respond to sound, light, touch, taste and smell. The received information bubbles up as impulses traveling toward consciousness, (the frontal cortex) passing through a number of synaptic impulses (filters of stored information and images).

Visual stimulus, (light), enters at the back of the brain and passes through seven synaptic impulses on the way to the frontal cortex. That means that it passes through seven layers of stored information in memory unique exclusively to the observer experiencing that situation. Due to these filters of stored information a person will only see what they can believe because those filters of stored information are able to tailor the reality and tailor the experience so it fits into the individual's belief system.

Information sensed and received through sound, travels through four synaptic impulses before reaching the frontal cortex and becoming a conscious thought.

What is truly fascinating about the sense of smell is that the information received through the sense of smell passes through only one synaptic impulse. The sense of smell is the most direct and truthful download to conscious thought because it does not travel through several filters of stored information. The information received from our sense of smell is the most authentic interpretation of our reality. Our limbic brain is commonly known as our "smell brain", but our sense of smell should be called the, "our sense of truth".

The sense of smell plays a significant role in the psychosomatic network interacting with the emotional centers creating and editing imprints stored within memory. The sense of smell is the most instinctual sensing system humans have. In evolutionary terms, it resides in a much more primitive area of the brain. Biologically, the sense of smell is intimately connected with our instincts used to safeguard us against manipulation of "actual reality" more so than the information we receive from our senses of sight and hearing.

Rovesti, Paolo. 1995. *Auf der Suche nach den verlorenen Duften*. Irisiana, Munchen.

Schnaubelt, Kurt. *Medical Aromatherapy Healing with Essential Oils*, Frog Ltd. Berkeley, CA 1999. Consequences of the denial of smell pg. 20.

Dr. Rima Laibow in *Quantitative EEG and Neurofeedback*, [Laibow 1999 and 2002].

Kyoto University's Primate Research Institute, [Science 2001].

It is really quite amazing when you understand the biochemistry going on inside the body in relationship to every bite of food we eat, what we drink, what we absorb into our skin or inhale along with what we feel- (reacting to what we perceive is happening), because every stimulus causes a biochemical reaction in the entire body-mind. We can't separate anything because it is all networked and interconnected.

SIGNALS (LIGANDS)

Stabilizing blood sugar levels, blood pressure, heart rate, regulating digestion, body temperature, cellular hydration levels and keeping the body fluids steady at a 7.3pH or triggering the stress response is what the ligands, (signals floating around in our blood and body fluids), are responsible for. When specific signals are connecting and vibrating with specific receptor antennas on the surface of each cell an action takes place within the cell.

Free Will

As humans we differ from other living organisms because we maintain the freedom of choosing what we pay attention to. We decide what we notice and what will disturb us or not. The body automatically maintains stability internally to the best of its ability based on the nutrients we provide it, how well we protect it from toxins and by our responses to our experiences. Thank goodness, we don't have to pay attention to breathing, digesting or our heart beating because this type of focus and concentration would suck the joy right out of life.

There are so many things that compete for our attention every minute of every day. We may be thinking about an argument that we had last night on some level and whether we are hot or cold on another level, what time we have to go pick up the kids, or what we need to finish before we leave work. Maybe we are having pain in our lower back or our stomach is telling us we need to eat. With every thought and every decision different ligands (stimuli) are manufactured and released into the bloodstream and body fluids.

NATURALLY CREATED SIGNALS

We internally manufacture about 300 different informational substances (signals) in the form of molecules, biochemical agents called ligands, which are messengers of information that gravitate to the places in our bodies where their information is needed. These signals are commonly referred to as hormones, peptides, steroids, neurotransmitters, vitamins, minerals, enzymes, cytokines, or antibiotics. Our internal pharmacopoeia is complex and extensive and provides all that we need. Once a receptor resonates with its specific ligand the shape of the receptor antenna on the surface of the cell reconfigures into a fixed shape for a fixed period of time in order to initiate an action within the cell. The natural ligands made internally within the body's networking systems, or a naturally created ligands from plants and herbs, have the intelligence within the body-mind to go where they are needed. Enzymes on the cell's surface easily digest them. Once the enzymes digest the naturally made ligands they are recycled back into the body's fuel system and used as building blocks for new tissue. The naturally made signals dissipate very quickly, which allows the receptor antenna to return to its resting state.

A SYNTHETIC SIGNAL

However a synthetic signal like a drug infiltrates every matching receptor in the entire body-mind and stays in the system until the liver alone can neutralize it. The fast acting enzymes on the cell's surface won't be able to digest it. A synthetic signal is not considered fuel for the body; it actually registers as a fat-soluble toxin. Because the fast working enzymes can't digest the drug signals the receptors will stay in the specific fixed state for a longer period of time and at times this is helpful. But it should be noted that it is much harder for the body to eliminate the residue of a synthetic signal from the system and signals that are not made in nature will mess up the perfect communication within the body-mind's networking systems. A synthetic signal does not have a guide; for example every drug taken for a physical symptom affects the mind and emotions and every drug taken for the mind and emotions affects the body physically. There is no way for a synthetic drug to be directed exclusively to the exact area where it is needed in the exact amount that is needed as is the case with a naturally made signal. Furthermore the body only has receptors for the signals that the body naturally makes, so a drug will not be utilized if its specific "receptor match" does not exist.

PHYSICAL SIGNALS VS. ENERGY SIGNALS

All signals made of constituents are in the form of proteins consisting of amino acid chains made up of peptides in specific sequences. All naturally made signals are known as left-handed amino acids (like a left handed glove), making them enzyme-digestible almost instantly and all the synthetic signals are right handed amino acid peptide chains that are digested by the essential oils or the liver, in which they have to go through several tedious enzymatic processes.

Every living system survives by the speed and efficiency of signal transfer.

Vibrational signals sent and received through electromagnetic energy measure at 186,000 miles per second, while the speed of chemical signals is less than 1 centimeter per second. Energy signals are 100 times more efficient and faster than physical chemical signals. Essential oils provide both.

COMMUNICATION VIA SIGNALS

There are millions of receptor antennas on the surface of each cell and several hundred thousand receptors resonate to a specific signal. There are receptors for every kind of signal naturally produced throughout the entire body-mind. For example: there are more insulin receptors in certain parts of the brain than there are in the pancreas, and the heart has a receptor for every signal known. The research on receptor mapping is fascinating and very well documented.

EMOTIONS

Emotions integrate everything, so it makes sense to honor the emotions rather than drug them. Emotions trigger the release of chemical substances to activate cooperation within the entire body-mind to create a specific action to take place with the body. Emotions registering as feeling sensations in the body unify the entire body-mind into one focused fluid action. We can't do all things at one time: sometimes we have to digest or excrete and at times we exercise or sleep, we drive our car or study. The emotions registering as sensations unite the body-mind on whatever needs our attention at any given moment. This is how we survive emergencies or fully enjoy states of bliss. We are like flickering flames, we ebb and flow into different altered states depending on what we need to get done. Whatever you decide, then the body will respond accordingly. The body responds to the mind's truth and those thoughts are derived from the truths we hold in our subconscious. Everything in this material world seems to arise and then dissolve within the limitation of our perceptions.

Pert, C.B. PhD., *The Body is The Sub Conscious Mind*. (CD program produced and distributed by Sounds True. www.soundstrue.com.)

Emotions. The neuropeptides and receptors, the biochemicals of emotions, are, as I have said, the messengers carrying information to link the major systems of the body into one unit that we can call the body-mind. We can no longer think of the emotions as having less validity than physical, material substance, but instead must see them as cellular signals that are involved in the process of translating information into physical reality, literally transforming mind into matter. Emotions are at the nexus between matter and mind, going back and forth between the two and influencing both.

Pert, C.B., *Molecules of Emotion*. New York, NY. Scribner, 1997.

The body will respond instantly to the truths in subconscious, for example there is fascinating research with multiple personalities. One personality will have an allergic reaction to cats, another won't. One will have a birthmark the other personality that occupies that body will not-it vanishes. One could be farsighted and the other have perfect vision. Further research proves that patients that have heart transplants take on the personality of the donor for at least the first few months. So who or what is in charge of the body? Read on....

THE SUBCONSCIOUS MIND VS THE CONSCIOUS MIND

The subconscious mind (the body) doesn't care from one day to the next, if life is full of joy or excitement. The subconscious is in the driver's seat making sure in the present moment that you survive to live another day. The conscious mind, which most people want to believe is in control is actually off into the future making plans, or in the past accessing the stored experiences and memories.

In the early 1940's during the development of the EEG, Harvard Medical School and MIT mathematicians joined forces to study the concept of how the human brain worked. They discovered a combination of analog and digital coding taking place within the brain. They used this study to bring us the first computers during World War II.

Becker, R., M.D., *Body Electric*. New York, N.Y., William Morrow and Company, Inc., 1985.

Although the connecting, communicating and the storing of information is similar to a computer hard drive, a human functions very differently. As humans we alter our state of mind (feel) differently throughout the day. We are not frozen in one state of body-mind because we choose what we pay attention to and what will disturb us, unless we are stuck under the influence of a drug or frozen in a traumatic emotional state or near death.

Laibow, R. (2002). Personal communication with B.H Lipton, New Jersey. [*Lipton, et al, 1991*]

THE CIRCULATORY SYSTEM- THE BLOOD AND BODY FLUIDS CARRY THE SIGNALS

The circulatory system is composed of plasma proteins, inorganic mineral salts, nutrient energy compounds, organic waste materials, hormones, enzyme antibodies, gasses, erythrocytes (red blood cells), thrombocytes (platelets), and leukocytes (white cells). The blood depends on the pulsing of the arteries and the operation of the valves in the veins to move throughout the body.

The lymph system is interlocked with the circulatory blood system. Lymph is circulated within the body in a 25-hour cycle and relies on muscle contractions to move. Lymph washes the tissues, cells, and intercellular structures.

THE DIGESTION AND ELIMINATION SYSTEM

The digestion and elimination system provides transit of physical energy sources. Removal is by solid fecal, liquid urine, and gaseous elements via the colon (flatus) or lungs (exhalation). The respiration and elimination system provide gaseous exchange of the oxygen and carbon dioxide, carbon monoxide, and other (sulfur) gas cycles.

ORGAN SYSTEMS

Organs within the body such as the heart, lungs, spleen, kidneys, liver and appendix provide life and the transition of energy sources and gasses.

Filtration organs (heart, lungs, liver, kidneys and skin) propel and cleanse the blood system for continuous reuse of body liquids. When you do your research you will see that the increase of diseases is concurrent with the increase of toxins in our environments. Our filtration systems are burdened with today's toxic lifestyle. Fifty years ago our bodies were more successful with the detoxification process because we were mainly dealing with water-soluble toxins. Today we are bombarding our systems with the fat-soluble toxins, which makes the detoxification process much more labor intensive for the liver.

THE LIVER is a quiet organ and deserves some special recognition because it is responsible for 500 functions. The most common function is the re-combining of what we ingest such as fats, carbohydrates and proteins and the distributing of those molecules, some for storage, some for tissue building and some for antibodies. The liver is like a big strainer that sifts through everything before it enters into the general blood circulation. Within seconds of finding a toxin, the liver creates a chemical cap to conceal the toxin. When the liver is unencumbered, the bloodstream remains pure and toxin free. The liver must also detoxify almost every foreign chemical we eat or absorb. This is done in two phases. The first phase, (the right lobe of the liver) is where enzymes will neutralize the water-soluble toxins such as alcohol, caffeine, nicotine and Tylenol. Phase two is responsible for transforming a fat-soluble toxin into a water-soluble toxin through several extensive enzymatic processes. The fat-soluble toxins include most drugs,

food additives and preservatives, petrochemicals, chemicals in the cleaning and cosmetic products and heavy metals. During the process of breaking down a fat-soluble toxin into water-soluble toxin, it becomes even more potent and dangerous. If the liver is burdened and slow our body uses the fat cells to come in and absorb these partially digested toxins for storage in the connective tissue. Refer to the free book on the website- "It's Not Your Fault You're Fat", and bless your fat cells because they are saving your life.

HUMANS ARE A COMMUNITY OF CELLS

Our cells are composed of carbohydrates, lipids, proteins and nucleic acids. All these constituents are composed of different combinations of carbon, oxygen, hydrogen, nitrogen and water. It is easier to understand the human body at the level of the human cell because a cell is a mirror image of the human body containing all the same systems. It is important to know that our cells are in the business of duplicating. The process of human cell division takes exactly 24 hours and involves the duplication of all its interconnecting systems, including the DNA and chromosomes. This implies that tissue repair is in cyclic harmony with the Earth's rotation. The good news is that through this process we are constantly able to heal our bodies, provided the cells being duplicated are, in fact, healthy cells to begin with.

The cell membrane reacts to chemicals and electrical frequencies (stimuli), just like skin. The skin as discussed is the receiver of stimuli from what we perceive in the outside environment. The skin has receptors that sense cold, heat, pain, and pleasure. Eyes are the receptors of electrical frequencies of light, color and images. Our ears are the receptors of vibrational frequencies. Our tongue responds to chemicals (food) and our sense of smell is a response to chemical and vibrational frequencies.

The cell membrane functions in a similar way to the skin. All systems of the body are contained inside every cell. The digestive system, respiratory system, excretory system, a reproductive system and organs called organelles all exist within each cell. The membrane of the cell acts as the skeletal system, the skin and the brain of the cell. Remember the receptor antennas referred to earlier? This is where they reside. Millions of tiny antennas (amino acid peptide chains) are embedded in the cell membrane and they are constantly picking up and sending signals in reference to what they are sensing in their environment.

THE CELLULAR MEMBRANE

The cellular membrane is made up of 40% phospholipids and 60% proteins. The 40% phospholipids encase the cell with a three-layer system. The outside layer of the cell membrane is the layer touching and sensing the external cellular environment. This layer is water-soluble. The center layer consists of oily organic compounds composed of lecithin, cholesterol and other fatty substances. This middle layer is not water-soluble. This oily center of the cell membrane is an electrical insulator designed to censor what molecules enter the inside of the cell. The inside layer that touches the cytoplasm is water-soluble.

The 60% proteins allow nutrients to enter the cell and cellular waste to excrete. These proteins can be divided into receptor proteins (antennas) and effector proteins (channels). These are the proteins made up of amino acid chains connected by peptides. These proteins are embedded into the phospholipid layer. The hydrophobic parts of the protein antennas seek and integrate into the non-water soluble, oily center of the cell membrane. Oil and water don't mix, which is what provides the stability for the antennas and channels. The antennas can move about within the cellular membrane but their lipid center is anchored to the lipid center of the cell membrane. Just a very important side note: this is where the essential oils work. Essential oils are hydrophobic and seek the lipid core of the cellular membrane. This is why essential oil applications are so powerful and effective.

DNA AND RNA

Within each cell nucleus is a spiral of DNA (deoxyribonucleic acid) and RNA (ribonucleic acid). DNA and RNA control the physical development and maintenance, but the eventual degeneration of the body's structure is not to be blamed on the DNA alone. When a cell reproduces itself, it passes on its entire network system. It duplicates its genes, its membrane, enzymes and organelles. Raw DNA can't duplicate alone, it has to duplicate the entire intercellular network. Cellular mutation is life evolving over the past three billion years in an uninterrupted process towards survival. If it were not for the ability to mutate and adapt we would not survive the ever-changing environment. Our diseases today are a direct consequence of necessary mutations, (adapting) so our living system can continue to slowly evolve. This mutating will ensure that future humans will be able to survive a toxic environment. Since we are not taking the measures to nurture the preservation of our environment we have to adapt to the changes. The evolutionary process is very slow but eventually the human will be able to evolve into a tolerance needed to sustain itself. When you look around and see the masses that are sick, obese, tired, overwhelmed, suffering and depressed, it makes you wonder what we will look, feel and act like a couple of thousand years from now.

A.T.P

A lack of cellular A.T.P. drastically alters the body's sodium potassium balance within the blood stream (the very fluid that surrounds the cells) and the fluid inside the cells. There are tiny sodium potassium pumps within all cell membranes working constantly to maintain the critical balance of sodium to potassium ratio. The cells maintain their electrical charge by this delicate balance of high potassium and low sodium within the cell wall and high sodium with low potassium found in the surrounding fluids outside the cell wall. Potassium salt activates oxidation and sodium salt inhibits oxidation. The calcium ion is a "second messenger" within many of the body's cells. For example: when calcium ions move across cell membranes, they transmit different types of signals that turn a variety of critical cellular functions on or off.

CELL FOOD

The cell requires oxygen, water, 80 minerals, enzymes, 12 vitamins, amino acids, and essential fatty acids. Amino acids won't work without enzymes and enzymes can't work without minerals. The perfect bio-available source of usable raw ingredients is eating specific-nutrient dense, live foods. Molecules necessary for perfect organ function are manufactured within networking systems using specific components offered through naturally grown foods. Today we can't trust our food available in commerce that goes through the normal, approved manufacturing processes because there is overwhelming evidence of betrayal. The most reliable source is making your own homegrown foods, food products, and homemade skin care and cleaning products. If you're protecting yourself and your family from poisons and toxins as much as possible and eating nutrient dense foods, your cells will only require small amounts of nutrients to maintain health for everyday activities once you have obtained health. Stay focused on healthy happy cells and it stays simple, user friendly, fun, empowering and very affordable. It is best to apply an ecologist philosophy when supporting the human frame. In my opinion this would mean: conserving your energy by eating dense nutrient rich foods that are easily digested and assimilated into the fuel that is absorbed effortlessly and expels the least amount of waste.

Ecology defined: Ecology is that branch of biological science that studies the interrelationships between organisms and their environments. This discipline attempts to bridge the gap between the biological world of living organisms (biology) and the physical or environmental world (physical science) of geology, soils, climatology, limnology, oceanography, chemistry, physics, ect. Vogl, Richard J., *A Primer of Ecological Principals*. Pyro Unlimited, Cypress, CA (2003).

SIMPLE EVERYDAY CHOICES THAT WILL SUPPORT THE BODY-MIND

Now you have a working foundation for how the body-mind interacts with or without your help. The following suggestions will help to restore and maintain health by providing the raw nutrients required for healthier cells every 24-hour duplication, a cleaner cellular environment, and reestablished internal communications within all networking systems so you can become fine tuned and gain health every day. The first thing you can do is start removing toxins from your external environment and your cellular environment and then start supplying all the nutrients that your cells need.

SIMPLIFICATION IS THE KEY TO CELLULAR NUTRITION

Our system goes through a cleansing process from twelve midnight until twelve noon, and a re-building from twelve noon to twelve midnight. Supporting our body's natural working order is yet another positive step toward supporting the body to heal itself.

Breakfast: Nothing is required to support the natural cleansing process of the body except saline (1 tsp. solar sea salts and 32 oz. of water) or fresh lemonade, grapefruit juice, maybe a cup of fresh peppermint tea. If you can't wait till after noon to eat then try a small amount of fruit, a small vegetable or fruit salad. All types of berries are excellent.

Lunch: 1:00 p.m. or later: Soup (homemade, raw vegetable) and a salad.

Dinner: Simple preparation- refer to any of the raw recipes at www.pathtoperfecthealth.com.

Simple is best. The idea that we require variety at every meal to have health is false. The digestive system prefers a very simple meal with few variations. Look at this suggestion as a gain instead of a loss. Food for fuel value should be the focus and meals that take time to prepare, are costly and do not supply high value nutrients are not worth it, so stick to simple, fresh, live meals 80% of the time. Different types of foods require a different amount of time in the stomach and different enzymes to properly digest for assimilation. Too many combinations often cause a variety of digestive disturbances.

Because proteins, fats, carbohydrates and starches each require a different enzyme and pH range for their complete digestion, it makes sense to eat foods separately. Each specific enzyme works most efficiently alone. If all the digestion enzymes are triggered to work at the same time, the digestion process slows down significantly, and the food rots. Sometimes digestion is totally suspended when the enzymes dilute and cancel each other, or the enzymes that digest carbohydrates are destroyed by the acid pH of enzymes that digest proteins.

For example, eating a piece of watermelon after a barbeque dinner consisting of animal protein means that the watermelon ferments in the stomach waiting for the protein to be broken down into small enough units to pass through. The fruit juices, which are simple sugars, sit in a 98.6-degree oven for up to eight hours or longer and ferment. Think of what happens when you pop the cork off a champagne bottle. The gas from the fermentation forces it to explode. This gas is being produced in your stomach.

RULES OF COMBINING

- Eat fruit alone on an empty stomach. Wait about one hour before eating anything else. Wait one hour to eat anything after drinking fruit juice.
- Eat melons on an empty stomach, alone, separate from other fruits and different varieties of melons. (Melons mold very quickly so smell them before you eat them)
- Divide fruit into three categories: acid, semi-acid, sweet. Do not combine acid fruits with sweet fruits. Semi-acid can be combined with sweet or acid.

- Divide all foods into Starches/Proteins/Vegetables/Oils & Fats/Acid Fruits/Semi-Acid Fruits/Sweet Fruits/Melons.
- Combine starches with vegetables, and a limited amount of fats/oils.
- Combine proteins with vegetables, and a limited amount of fats/oils.
- Drink liquids at least 15 minutes before you eat, or wait an hour after you eat.
- Fats and oils dilute/slow down digestion.
- Eat real live fresh food, not manufactured foods such as margarine.

Many more details and laws are not explained here because they are very lengthy. If you follow these simple rules of food combining, you will be in compliance with all the laws of the mouth, stomach, pyloric valve release, small intestine, ileocecal valve, large intestine, the absorption of fat soluble vitamins, water soluble vitamins, water absorption, the necessary bacteria, the filtering of toxins and secreting of specific hormones and enzymes as well as the timing of the excretion of specific hormones and enzymes.

WE NEED OXYGEN

Oxygen is the spark of life. Nutrients provide the fuel (glucose) for the cell. The process of deriving energy from the combustion of oxygen and glucose is metabolism. Like any energy factory that burns fuel there is a waste byproduct created, a smoke residual (ash). This ash residue must be alkaline ash or we are melting down from the inside out. As the glucose fuel is burned, the cells create energy called adenosine triphosphate (ATP). The body needs this cellular energy in order to carry out daily functions, including but not limited to growth, repair, maintenance of body temperature, muscle action, cellular function and conscious thought.

DEEP BREATHING INCREASES OXYGEN

By developing the ability to slow and deepen your breathing, you will directly affect the entire nervous system, creating the exact opposite response you normally have to a stressor.

Inhale and exhale through your nose with your mouth closed.

Fill the lower abdomen first, then the upper abdomen, followed by the middle torso and then the upper torso.

Maintain the internal lift in the spine, torso, collarbone and top ribs throughout the inhalation.

Release the breath completely, gently contracting your stomach muscles.

Inhale at the same pace as you exhaled.

Inhale, pulling breath in while counting to four at first and working your way up to the count of eight.

Exhale, pushing breath out while counting to four, then working your way up to the count of eight.

Inhale essential oils to increase cellular oxidation.

Pushing Toxins out and Increasing Oxygenation

Cellular waste consists of water, carbon dioxide, lactic acid and toxins. If these wastes are not removed from the cells, the tissue becomes damaged, making it easier to become a host for bacteria, viruses and parasites. After the oxygen and nutrients are delivered to the cells, the de-oxygenated blood gathers all the toxic waste and returns to the heart via the veins. The veins and lymph vessels are responsible for returning the blood to the right side of the heart. Unlike the

arteries, the veins and lymph vessels do not contain any muscles within their walls. They rely on three separate mechanisms to return the blood and fluid to the general circulation. Inhale and exhale (thoracic-abdominal pump), flexing and stretching of your leg muscles and the plantar return reflex.

Inhale and Exhale (Thoracic-abdominal Pump)

When the diaphragm contracts, it creates a negative pressure in the chest similar to the push-pull action created when using a bicycle pump. This negative pressure draws up blood and lymph from the abdomen into the chest, ready for its return to the heart. Strong stomach muscles provide resistance against the descending diaphragm and allow sufficient pressure to be generated in the abdomen in order to aid in the return of fluid.

Flexing and Stretching of Your Leg Muscles

Contracting and stretching the leg muscles speeds up the return of the blood to the heart for purification and oxygenation.

The Plantar Return Reflex

This is a reflex in the sole of the foot that also stimulates the return of blood and lymph. When stimulated, the plantar fascia, which are receptors, promote the return of lymph and blood to the heart. These receptors are the fibrous tissues that run between the heel of the foot and the base of the toes. People are often forced to remain in one position because of a career choice. Rocking up onto the tips of the toes allows the calf muscles to become involved, therefore improving the venous and lymphatic return. Dancers often stimulate the plantar fascia and have the beautiful legs to prove it.

We Need Clean Wet Water

Wetter water such as Cluster Water along with other high quality sources of water is your best solution. Clustered Water has a particular characteristic, which allows it to pass freely through cell walls, delivering oxygen, nutrients, protein, amino acid chains, and enzymes as it removes toxic buildup that has accumulated within the cell.

Clustered Water is an organized cluster of water molecules held together by shared hydrogen atoms. These clusters are folded around proteins that are exposed to high frequency vibrations through a laser and ceramic system. The protein base is then extracted. Clustered Water is a safe, nutrient, nontoxic solution that beneficially impacts the body's entire system by means of energy transference, through super hydration.

Dr. Lee Lorenzen is an active member of the American Preventive Medical Association and has been awarded two U.S. patents on Clustered Water technology that stabilized this water molecule structure in such a way that that is now available to anyone who wants or needs it on a daily basis.

WE NEED MINERALS

DEEP-SEA-WATER (SALINE PROVIDES OUR MINERALS)

The easiest and most affordable way to get your required minerals is through electrolytes. It is very crucial that electrolytes are available and saline provides those electrolytes. I know this sounds a little nutty; to drink deep-sea water, but it is not just salt water. Once the solar sea salt crystals are dissolved into the H₂O fresh water molecules the electrons in the atoms are reconfigured releasing 96 live, electrical, anion vibrating minerals. Seawater also contains halogens, which improve penetration through the lipid cellular membrane. The beneficial results of saline are greatly enhanced and intensified by applying the essential oils. The aromatic halogen groups stabilize the mineral compounds carried within the saline by supplying them the extra electrons needed to stabilize their structures and direct them where they are needed. By

maintaining a high quantity of these stable minerals in the cellular environment, toxins, petrochemicals, flavorings, solvents, turpentine, formaldehyde, antibiotics, other manmade chemicals and ingredients are flushed from the system and the body is able to maintain the perfect cellular environment.

The greater the quantity of electrolytes within the body, the less invaders such as: flukes, tapeworms, round worms, spirochetes, bacteria, germs, molds, mildews, and viruses can thrive or survive. They are hindered and unable to breed. Saline concentrations attack and dehydrate parasitic infestations along with their eggs. Saline concentrations within the blood and lymphatic systems eliminate parasitic infection; tumors are dehydrated, dissolved and removed restoring health in the body.

Saline electrolytes provide a cleansing of the entire liquid transmission within the elimination systems. Excess snot, glue and mucus are dissolved and a steady stream of flowing mucus-saliva is restored within the ear-nose-mouth and lining of the gastrointestinal tract.

Tumors are dehydrated and dissolved. Internal cyst tumors are dissolved, dehydrated, and removed from the body. Mineral stones of kidneys, gall bladder, brain salts, and painful crystals stored in the joints are dissolved and the body is restored to proper function.

Blood pH is restored to normal. Excess salts and minerals are removed.

Arteries, capillaries, and veins are cleansed of excess plaque and cholesterol deposits. Proper nutrition is achieved with maximum electrolyte intake alongside maximum essential and non-essential amino acids.

Electrolytes use amino acids and enzymes to process minerals and metals, vitamins (vital amino acids) and energy sources of fats, oils, carbohydrates, and proteins.

Excess bodily water weight is dehydrated from the body via aspiration, urine elimination, or pure metabolic use of the hydrogen-oxygen molecules. Excess body white fat is dissolved and processed back to blood sugars for energy metabolism, catabolism, and anabolism.

Popov, Ivan, M.D., *Stay Young The Secrets of a World-famous Youth Doctor*. New York, Grosset & Dunlap, 1976.

www.finewaters.com/Newsletter/September_2006/Firms_to_sell_deep-sea_water_as_drinking_water.asp

Periodic Table of the Elements for Seawater (email debdevar@yahoo.com)
www.oceangrown.com

Start this protocol when you have two days to spend near a bathroom. Within the first 48-hour period, you will flush out amazing quantities of disgusting smells, sounds, and contaminants from your body. Don't be alarmed. It is the body releasing the useless acid metals, parasites, yeast, toxins, chemicals, petrochemicals, flavorings and preservatives. This flushing will continue every 5-15-30-60 minutes by normal elimination for about 4 hours. You will not have the side effects of a rapid detox such as cramping, pain, headaches, shakes, and nausea, just a purging through the bowels.

WHAT YOU WILL NEED TO GET STARTED:

16 oz. jar of DeSouza's Solar Sea Salts (fine grade) 800-373-5171 (Talk to Debbie)

32 oz. container for your water (glass if possible)

Measuring spoons

Purified Water (Natural Spring Filtered)

A lubricant because you will become raw during the two-day purge due to the acid pH of the waste leaving the body, so start at the beginning with a coating of gel or massage oil to avoid chaffing and to neutralize the acid.

BEFORE YOU START THE SALINE REGIME - it is advised that you stay on the Quick Start Healing Program for two weeks. See website under nutritional programs. This will allow your body to start to clean out the debris in the digestive tract and you will begin to alkalize the body fluids.

TOP LOADING-THE FIRST TWO DAYS: 2 Tablespoons of Solar Sea Salt dissolved into 32oz. purified water. This is called top loading and will supply the elements the body needs at a concentrated level to build up the saline concentration strength. The body has been holding onto "any" minerals even the bad useless ones desperately trying to suck out nutrients. Once you saturate the body fluids with what it needs it will quickly release all acid metals and toxins. As the body builds strength and has the "nutrients" to clean house, the purge will begin. I suggest that you start drinking this solution early in the morning and complete the 32oz. drink before 10 a.m. so that your purge is finished before bedtime.

MAINTENANCE & RESTORATION PROTOCOL: 1 tablespoon of Solar Sea Salt dissolved into 32 oz. of purified water. This is the solution you will continue every day for 120 days. The daily intake of the saline solution will continue to rebuild, replace and reinstate proper and healthy functioning of your body. Your body will once again have the resources and strength to flush the unusable acidic minerals and toxins out of your body efficiently. The Maintenance Program will continue to cleanse the blood and lymph systems, all internal organs, muscles, and bones (ejecting toxins that block proper balance) and replace the bad with the good, allowing the body to release, and flush. Normal bowel function will be restored quickly. On occasion, as the deeply imbedded toxins finally release, bowel movements might be heightened during the 120-day period. The 120-day period for the Maintenance Program when completed will be the first full body flush and restoration cycle of all cells in the body. As you continue the Maintenance Program past the 120 days, you will continue to ramp up and build an incredibly strong immune system. Now all your body systems are functioning with new vitality, harmonized and in balance. Long term chronic body issues will start to repair and heal naturally as the body becomes accustomed to its new toxic free environment. The nutritious toxin free environment will support the body to do what God intended, "heal itself".

WE NEED ENZYMES

WHEN IN DOUBT, SPROUT (SPROUTS OFFER: MINERALS, ENZYMES, AMINO ACIDS, VITAMINS AND ESSENTIAL FATTY ACIDS)

A plant pulls its nutrition from the minerals and water in the soil by its roots and through its foliage it draws nutrition from the sun, (photosynthesis). But what about the seeds and beans when they are first planted; they don't have a root system or foliage? Remember the story of the magical beans? Well they really are magical in regard to what they offer. As soon as seeds and beans are soaked with the saline (which provides them their 96 live electrical minerals) they soften. Within this little soft packet there are all the nutrients required to sustain the seed or bean until it grows its root system and its foliage. Sprouts are amazing because once the seed sprouts it contains live minerals, vitamins, enzymes, amino acids and fatty acids and is considered a pre-digested protein making them very easy for our body to put into immediate use as high quality fuel. Sprouts are the perfect cellular food.

Choose organic beans and seeds from your blood type chart if you are in crisis so you support your immune system. Eat sprouted beans and seeds shortly after they sprout for maximum nutrients, otherwise you are in competition with the seed for those nutrients. A couple of tablespoons of seeds or beans yield a cup or so. Grow small amounts continually so they don't grow mold. Soak beans and seeds according to directions, either 6, 8 or 12 hours in 4 parts of water to 1-part seeds of beans. Treated water consists of: 1 teaspoon Solar Sea Salts dissolved

into 2 cups water. After they are soaked, rinse and drain beans or seeds and spread evenly in a sprouting container. Sprouts must be rinsed and drained well twice a day during the growing period. Seclude the soaked and drained beans or seeds in the dark for the first 2 days. Expose to the light for at least 3-5 hours a day until ready. Rinse the hulls away by immersing in a large bowl of cool water, separate clumps; let hulls float to the surface and skim off. This process will help prevent fermentation. Refrigerate in an airtight container and rinse at least once per day to maintain freshness.

EXTRA ENZYMES

With all the packaged, dead, chemically laced foods and the overuse of antibiotics, cultured foods with extra enzymes may need to be a part of your high value food intake. It is easy to cultivate your own cultured vegetables and kefir. There are high quality culture packets in the refrigerated section of most health food stores or go on line to www.bodyecologydiet.com. Refer to pathtoperfecthealth.com for procedure and recipes.

We Need Amino Acids

Sprouting and the essential oils will assist with creating non-essential amino acids

METHIONINE ESSENTIAL AMINO ACID- nonpolar amino acid. Food sources: broccoli, mushrooms, cauliflower, avocado, bean sprouts, potatoes, spinach, green peas, corn (boiled).

CYSTEINE- AMINO ACID- Cysteine is an important structural and functional component of many proteins and enzymes. It is a precursor to the antioxidant glutathione. Cysteine is synthesized within the networking systems provided that the essential amino acid methionine and the enzyme cystathionine are available. Food sources: red peppers, garlic, onions, broccoli and Brussel sprouts

TRYPTOPHAN ESSENTIAL AMINO ACID- Food source: bananas, mangoes, dried dates, yogurt, eggs, sesame, chickpeas, sunflower seeds, pumpkin seeds and peanuts

LYSINE ESSENTIAL AMINO ACID- Food sources: sprouts- seedlings and beans, (black, kidney, navy, snap, green, string, wax), lentils

PHERYLALANINE ESSENTIAL AMINO ACID- food source: plants and most micro-organisms from prephenate, which is an intermediate in the biosynthesis of the aromatic amino acids, found in many essential oils

THREONINE ESSENTIAL AMINO ACID- food source: lentils and it is synthesized from aspartic acid found in sprouting seeds, avocados, asparagus

VALINE ESSENTIAL AMINO ACID- Food source: lentils, peanuts, and sesame seeds

LEUCINE AND ISOLEUCINE ESSENTIAL AMINO ACID- Food source: plants and microorganisms available after several steps of biosynthesis, starting with pyruvic acid and alpha-ketoglutarate.

ARGININE SEMI-ESSENTIAL AMINO ACID- Food source: yogurt, buckwheat, coconut, pecans, cashews, walnuts, almonds, Brazil nuts, hazel nuts, peanuts and pumpkin seeds

We Need Fatty Acids

Go nuts with coconuts for the highest quality and most beneficial source of delicious fatty acids. It was decided at the conference sponsored by the International Life Sciences Institute (ILSI) called "Functional Foods For Health Promotion: Physiologic Considerations" (Experimental

Biology '99, Renaissance Washington Hotel, Washington, DC, April 17, 1999) that the fatty acids found in coconuts qualify coconuts as a functional food, meaning that it provides health benefits over and beyond the basic nutrients required for healthy cells.

Approximately 50% of the fatty acids in coconut fat are lauric acid and approximately 6% capric acid, which provide the required nutrients for healthy cell duplication and energy, but these medium-chain fatty acids turn into so much more once our human body synthesizes them.

Once we consume the lauric acid medium-chain fatty acid it becomes monolaurin, which is the antiviral, antibacterial and antiprotozoal monoglyceride that is needed to destroy lipid-coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including *listeria monocytogenes* and *helicobacter pylori*, and protozoa such as *giardia lamblia*.

Capric acid is another medium-chain fatty acid, which has a similar beneficial function when our body synthesizes it into monocaprin. Monocaprin has had antiviral effects against HIV and is being tested for antiviral effects against herpes simplex and for antibacterial effects against chlamydia and other sexually transmitted bacteria (Reuters, London, June 29, 1999).

Research has shown that enveloped viruses are inactivated in both human and bovine milk by adding fatty acids and monoglycerides of the appropriate length. The medium-chain saturated fatty acids from coconuts disrupt the lipid membranes of these viruses and they can't continue to propagate. (Isaacs et al., 1991), (Isaacs et al., 1986, 1990, 1991, 1992; Thormar et al., 1987). (Isaacs and Thormar, 1991; Isaacs et al., 1992).

Other viruses inactivated by these lipids are: the herpes simplex virus-1 (HSV-1), the measles virus, vesicular stomatitis virus (VSV), visna virus and cytomegalovirus (CMV). Opportunistic infections such as cytomegalovirus caused by pathogenic organisms in HIV-positive individuals are rendered inactivated by these antimicrobial lipids as well. (Macallan et al., 1993).

WE NEED HELP- ESSENTIAL OILS SUPPORT THE PROCESS

Nature's creations are far too complex to clone and certainly cannot be improved upon by isolating specific alkaloids and components, (drugs), because like us, the plants also have interlocking networks that have evolved to survive throughout history and when they are untouched and not **manipulated** they are in perfect balance to work in harmony with our body-mind. We know that each of the essential oils used for healing has over 200-800 hundred healing properties with measurable frequencies. These are signals (ligands) made naturally that work in harmony with the body-mind. They are left handed amino acid chains so the fast working enzymes on the cells surface will digest and incorporate them back into nutrition as building blocks for developing new tissue.

Essential oils are 200 times more powerful than the plant, shrub, flower, tree, root, herbs, fruit, grasses or seeds that they are derived from. They are the tiniest molecules of the plant and enter the bloodstream immediately when they are inhaled or absorbed through the skin. They are composed of very tiny light-airborne molecules that are smaller than 300 amu (atomic mass unit) and are able to penetrate through the cell membrane without waiting for a protein channel to open. The molecules are tiny enough to slip through the blood brain barrier and assist with diseases such as: meningitis, multiple sclerosis, neurological trypanosomiasis (sleeping sickness), Alzheimer's Disease and HIV Encephalitis and epilepsy.

The essential oils molecules are among the very few types of molecules that can help battle infections and malfunctions in the brain because they are able to penetrate through the tightly packed very dense endothelia cells that protect the brain from chemical substances. There are two very strict requirements to obtain the right of passage through the blood brain barrier: the

molecules have to be smaller than 500 amu and the molecules have to be lipid soluble. The essential oils are definitely qualified and once they are in they know exactly what to do.

One drop of an essential oil delivers 40,000 healing molecules to each and every one of our 65-trillion cells in our cellular community and they instantly become exactly what the body-mind needs when and where we need it. Man has not been able to duplicate the intelligence of nature without the consequence of side effects. There are no side effects when using the 100% pure unadulterated essential oils because the enzymes on the cell's surface quickly digest what is not used. The intercommunications within all body systems and the cells is extremely complex and the fact that people don't heal on drugs is evidence enough to motivate us to research a different choice.

Each essential oil has antibacterial, anti-infectious, anti-fungal, antiviral, anti-microbial, antiviral and antibiotic properties. Some are champion in specific areas, but when in doubt use what you have. All essential oils are fat-soluble and will digest fat-soluble toxins within the bloodstream or toxins already stored in the connective tissue so they are powerful allied forces that can assist the liver by neutralizing the fat-soluble toxins traveling throughout the body systems.

HOW ESSENTIAL OILS WORK WITH THE BODY-MIND

The use of essential oils is commonly referred to as aromatherapy. It may seem silly that by inhaling things you can improve your health, but you really can. Two American scientists made a stunning discovery that won them the 2004 Nobel Prize in medicine. Richard Axel of Columbia University in New York City and Linda Buck of the Fred Hutchinson Cancer Research Center in Seattle discovered the 1,000 genes responsible for our ability to recognize and remember 10,000 different odors. These are signals (ligands) that will initiate specific reactions within the body-mind.

Their research discovered chemicals, known as odorants, are what we smell. The process by which we identify and code smells begins with millions of olfactory receptors in a patch of cells at the top of the nasal cavity known as the olfactory epithelium.

Instantly upon inhalation the airborne essential oil molecules dissolve into the mucus and stimulate tiny mucus-coated hair-like projections known as the olfactory hairs. The olfactory hairs are constantly waving rhythmically back and forth, attracting their specific odor molecules. Each hair is an extension of a dendrite.

The signals are captured as electrical impulses and passed on to millions of receptor cells. The electrical and chemical information is transported by axon nerve fibers that travel into a layer of connective tissue called the basal lamina. Within the basal lamina many axon nerve fibers merge and form fiber bundles that pass through the ethmoid bone before entering the brain. As mentioned before, stimulus received through our sense of smell is a direct download to the brain, our "sense of truth".

The axon fiber bundles enter the olfactory bulb, a plum-sized relay station in the brain, where a massive convergence and condensing of impulses takes place. Approximately twenty-five thousand bits of electrical and chemical information are transferred to one hundred or so mitral neuron cells. These very special mitral neuron cells leave the olfactory bulb and carry the informational substances via the olfactory tract, which synapses onto major regions of the brain within the limbic system.

The limbic system influences both hemispheres of the brain and it is located right over the cerebral trunk. The limbic system has complex nervous and biochemical interactions with the cerebral cortex as previously discussed and works with the hypothalamus to receive and send nerve impulses from various portions of the body surface and internetworking systems.

The limbic system is associated with pain and pleasure, as well as many emotional aspects of behavior. I am not going to exclusively use the term limbic brain to explain how the essential oils work because it has become a catchall phrase in regard to aromatherapy and since no one agrees on exactly what the limbic brain is, I would rather explain in detail what we do know. The consensus is that the limbic system regulates both our instinctive behavior and vital biological functions and rhythms. We do know that the limbic brain is wrapped around all regions of the brain involved with learning, how we process stimuli into perception, how we consolidate perception into short-term and long-term memory, how we process our emotions, how we respond to stimuli with our behaviors and facial expressions. This process is not unique to individuals; it is unique to human beings. For example: the facial expression for disgust is the same for every culture.

THREE DELIVERY SYSTEMS

There are three delivery systems that the essential oils use. The Electrical/Magnetic delivery system, which is instant, similar to instant messaging on the computer. The chemical delivery system, delivering or mimicking the signals such as: hormones, peptides, steroids, neurotransmitters, vitamins, minerals, enzymes, cytokines, or antibiotics, which is similar to FedEx- delivery by way of a messenger. The third delivery system is the local-to-local, cell-to-cell communication with organ systems, the circulatory system and the immune system. This is like the local mail delivery right to your doorstep. Used in this capacity the essential oils offer quick localized relief of pain, inflammation and infection and will decrease an autoimmune response or allergic reaction.

ELECTRICAL, INSTANT DELIVERY- Essential oils are a self-propagating electric delivery system like instant messaging. This form of communication happens through a wave particle duality system. An oscillating electric field generates an oscillating magnetic field, the magnetic field in turn generates an oscillating electric field, and so on. These oscillating fields together form an electromagnetic wave.

The hertz measurements of essential oils are very different from radio waves, microwaves and radiation, which are chaotic to our systems. The atomic spin of the essential oils is known as negative entropy, which calms and organizes the chaotic frequencies in our body. The electrical current is our internal current and it is in direct relationship to the vibration of our magnetic field that we project outward into our environment. The intensity of what we project outward reflects the vibrations of our calmer, stronger and more organized internal electrical currents. As mentioned earlier the higher our frequency the stronger our immune system. Just wearing the essential oils will increase our vibration instantly and strengthen our immune system.

A good example of how fast instant messaging communicates is when you pull your hand away instantly without a thought when you touch a hot pan. Or when walking along you step on a sticker, Ouch! Your foot comes up without a thought. You don't even have time to have an emotion. Instant messenger is a quick instinctual, reflex response.

CHEMICAL DELIVERY BY MESSENGER- The Sympathetic Nervous system includes the autonomic nervous system (the visceral systems), which keeps the body regulated with heart rate, digestion, respiration rate, salivation, perspiration, diameter of pupils and sexual arousal. The hypothalamus is the connection between the central nervous system and the endocrine system. Hormones govern appetite, insulin production, overall metabolism, sex drive, conscious thoughts and stress levels. The essential oils are signals that stimulate specific organs to initiate the secretion of specific hormones into the blood stream or the essential oils molecules will mimic what needs to be secreted if the body is too weak to do it. If that's the case the essential oils become the vitamins, minerals, nutrients, neurotransmitters, hormones or steroids, whatever the body needs at that time. This is like the FedEx delivery system by messenger or your email. A good example of delivery by way of messenger is a flush of embarrassment or a flash of anger that shoots through your whole body head to toe very quickly. The delivery is a tad bit slower

than instant messaging because there is time for the emotional response. This emotional response unifies the entire body-mind into one fluid action.

Essential oil molecules are biochemical agents that act like ligands—messengers of information that gravitate to the places in our bodies where their information or presence can be of beneficial use. In this capacity, they can play the roles of hormones, peptides, steroids, neurotransmitters, vitamins, minerals, enzymes, cytokines, or antibiotics without any side effects. They are balancing, rejuvenating, stimulating, energizing, calming, restoring, facilitating, cleansing, immunizing, detoxifying, mood elevating, soothing, healing, emotionally releasing depending on what receptor sites they open and what we may have stored in that body region in the form of diseases, toxins, microbes and blocked feelings. Essential oils carry intelligence. They have a life force that goes beyond chemistry. Essential oil molecules are remarkably compatible with human tissue. (The Chemistry of Essential Oils Made Simple by David Stewart Ph.D., D.N.M. Dr. David Stewart is a retired United Methodist Pastor and University Science Professor.)

CELL TO CELL LOCALIZED COMMUNICATION- the essential oils work with groups of proteins and peptides that are used as signaling compounds. These chemical signals are similar to hormones and neurotransmitters and are used to allow one cell to communicate with another. For this local-to-local cellular communication you apply the oils right where you want them, right on an inflamed spot or the area that is out of alignment, in pain, or where the infection rages. After you apply the essential oils locally, don't forget to inhale them, never waste an airborne molecule.

DNA/RNA ACTIVATION, CORRECTION AND SUPPORT

The essential oils support all networking systems with communication, secretion, repair and the correcting of mutated DNA. The blueprint of the body's creation is stored within each cell in the DNA. When all cellular communication is working correctly, the RNA has the ability to make a perfect copy of the missing protein needed for specific cellular repairs from the template held within the DNA. This is how the body can restore health perfectly and completely. The trick is to access the missing proteins in the blueprint. We know that stored within the DNA is the pattern or blueprint of the creation of the body and we know that the RNA acts as a copy machine and copies the DNA for the needed healing part (protein). However, this process cannot turn itself "on". A specific signal must trigger this action to take place first. Once a receptor picks up the correct signal, then the secondary communication between the RNA and DNA must be established. When the receptor sites, (the antennas secured within the cell membrane) are cluttered with a film of petrochemicals, the signal cannot get through. Using the essential oils the receptor sites are cleaned and communication is reestablished.

If you had a healthy functioning body at birth just as 96% of us did, then repairing the body is just a matter of re-establishing communication between the cells, clearing out the obstructions and providing the nutrients so the repair will be completed.

PATH TO PERFECT HEALTH ESSENTIAL OILS are formulated using the highest quality of essential oils available to provide the perfect combination needed to clean off the receptor sites so the cells will receive their signals, clean the clutter from the extra-cellular environment, support DNA/RNA connections and over time correct the mutated DNA.

Although there are literally thousands of combinations of healing constituents that the essential oils deliver to the cells, the phenols, sesquiterpenes and monoterpenes are the best to use for this teaching example. The **phenols and phenylpropanoids** clean off the receptor sites from the fat-soluble toxins such as petrochemical fuzz buildup, or synthetic drug caps, or heavy metal particles or the food additives and preservatives so that the first signal can be received. But there is more to the process than just one signal being successfully received. Upon receiving the first signal there is a secondary signal sent by the reaction within the cell, so even if and when the first signal is received, if there is any interference within the cell the second signal will be short-circuited. The **Sesquiterpenes** clear the clutter within and outside the cell; they take out the

trash to ensure the success of the second signal. Sesquiterpenes will erase old information that isn't needed anymore. After the sesquiterpenes take out the trash, the **monoterpenes** can do their job. Monoterpenes will fix (reprogram) the original blueprint held within the DNA and over time will even reprogram and correct mutated inherited coding within the DNA that was faulty to begin with.

The Path To Perfect Health essential oil formulas that are phenol and phenylpropanoid dominant are: Virus, Protection, Pain, Sensations, Attractions, Headache, Stomachache, Weight +/-, Infection, Cold & Flu, Infection, Remission, Emovere', Hot Flash, Fever, PMS, Addiction, Deep Sleep, Alert and Hair & Scalp.

The Path To Perfect Health essential oil formulas that are sesquiterpene dominant are: Harmonic 7, Hair & Scalp, Stress, Stomachache, Alert, Virus, Alignment, Emovere', Sensations, Attractions, Wrinkles, Nerve Cell, Stress, Deep Sleep, Addiction, Fever and PMS.

The Path To Perfect Health essential oil formulas that are monoterpene dominant are: Cleanse Pure, Weight+/-, Harmonic 7, Remission, Hot Flash, Fever, Nerve Cell, Stress, PMS, Alignment, Wrinkles, Protection, Pain, Cold & Flu, Infection, Hair & Scalp, Alignment, Deep Sleep, Sensations, Emovere, Addiction, Stomachache, and Headache.

Essential oils consist of tiny vibrating molecules that are composed of combinations of carbon, hydrogen and oxygen atoms. These are the very same atoms that make up the human body and all the nutrients required by the human body as well. The chemistry of the essential oils consists of hydrocarbons, oxygenated hydrocarbons and their isomers. Hydrocarbons consist of only hydrogen atoms and carbon atoms. Oxygenated hydrocarbons consist of hydrogen, carbon and oxygen atoms. Isomers are molecules with the same atoms, (parts) but are shaped differently and have different characteristics. These atoms combine together in different structures of "isoprene units". An "isoprene unit" is the most common functional group in nature. A good example of isoprene units are amino acids and some of the amino acids like phenylalanine, tyrosine and tyrosine have aromatic amino acid rings in their structure.

Aromatic rings are stronger and more stable than covalent bonding where there is a chemical bond characterized by sharing electrons between atoms because aromatic rings express unsaturated bonds and lone pairs known as atomic orbitals. Atomic orbitals are the possible quantum states of an individual electron in the electron cloud around a single atom. Orbitals can interact with each other freely, and become delocalized so they are not tied to one atom and the extra electrons strengthen all of the bonds on the ring equally resulting in a molecular orbital that has symmetry (balance within itself).

This is how essential oil isomers units (signals) are able to become what the body needs, where the body needs them and they distribute the exact amount of assist to balance any imbalance or weakness within the body-mind. The compounds can act as free performing orbitals that strengthen all other bonds because they have extra electrons to stabilize other structures. Every time a pair of atoms forms a bond to create a compound, there is a measurable frequency associated with that bond. The essential oils resonate with our tissue, organs, bone, muscles and body fluids increasing our own natural electromagnetic vibrations to help us maintain health. These are just a few structural facts that prove why essential oils are the exceptional choice compared to any other when it comes to supporting the body's ability to heal and repair itself and re establish communication. The following will explain how Path To Perfect Health formulas work with all three delivery systems.

PATH TO PERFECT HEALTH ESSENTIAL OILS

What prompted Path To Perfect Health? I wanted to give parents a choice not to have to drug their children. In 1988, at 8 years old, my son was diagnosed with ADD. I immediately changed his diet, rearranged our home and schedule and successfully got him through school until his Jr.

year of high school. I was called into a meeting with his principals and counselor and I was given only one option, you either put your child on drugs or he will be removed and put into continuation school. I did not want to put him on drugs; I was already witnessing side effects in my younger clients that had been on Ritalin for years. I knew these children from birth. They were witty, brilliant and full of creativity. I watched as they became reclusive, irritable, and moody, many suffered from insomnia, two of the boys had growth retardation, in one family both the boy's developed Tourette's syndrome by the time they reached high school. I saw signs of deep depression and even suicidal tendencies

We all agreed he would go to the alternative school but if he caught up and changed his behavior he could return and graduate with his class. I had started working with the essential oils, in 1994 and I did find answers using exactly what nature has created for us. I became an expert understanding all aspects of the oils, how to find the highest quality of pure essential oils, their healing properties and how the body utilizes them to heal. My son did catch up, calm down. He was able to return to his high school and graduated with his class. Today he has earned his bachelors degree in business and economics.

My results from that experience grew into a very specific focus. Give parents the option not to have to drug their children or use dangerous chemical products. In order to reach out to more people I started a state licensed holistic healing college to teach the essential oils and recorded all my findings. I used day spa treatments for applications developed from scientific research and combined with 30 years of outcome-based field experience. Which means I can now offer something that the pharmaceutical industry cannot. Drugs are not tested for effectiveness, but only for toxicity levels. I am not here to condemn the current medical system; it is the best in the world for emergencies with broken bones and torn flesh. But the present health care system does not have a philosophy for how the body heals itself and since we are a quick-fix-magic-bullet-treat-me-now-with-whatever-you-have type of society I don't see it changing. We do not have the patience to deal with symptoms because it interrupts our busy lifestyle.

I am not here to condemn but I will expose its limitations and I am not alone. Do your own research. Professionally prescribed medications kill 300,000 or more a year here in America. There has never been a recorded fatality due to common sense use of the essential oils over the past 7,000 years. It is your choice!

BUILD A BOTANICAL MEDICINE CABINET

ALERT is a combination of lemon, tangerine, black pepper, nutmeg, bergamot and peppermint. This combination of oils oxygenates the blood and assists with maintaining the high beta brain waves, which stimulate both the left and right hemispheres of the brain for a greater focus in the moment. Alert is first on your list because the goal with the Path To Perfect Health formulas is to give parents a choice not to have to drug their children. It has also become a stabilizer for ADD/ADHD children when used with the Stress formula. This formula was originally created for truckers who were complaining that they couldn't get off stimulants and still perform their job. Many have had great results and use it continuously.

Mental fatigue, lethargy, lack of focus and concentration are symptoms (warning signs) of an underlying problem. Instead of acknowledging the real issue, we reach for the caffeine-containing products for a quick fix. Caffeine does not give energy; it triggers an endocrine emergency reaction by whipping the adrenal glands and forcing them to give out a short, temporary spurt of energy. The energy surge comes from accessing the body's vital reserves held in storage.

We do the same thing to our children with Ritalin. ADD and ADHD medications work by changing the levels of brain chemicals such as dopamine and norepinephrine. This is intended to help modulate activity in the parts of the brain that regulate attention, impulse control, motor activity and organization, but it eventually leads to exhaustion and many other horrible side effects that I have witnessed personally during my 30 years of practice.

Alert essential oil formula relieves symptoms related to: lack of focus, comprehension and mental fatigue without any side effects. Alert will support the body's ability to heal at the root cause and when used with Stress formula the body calms down but the mind stays alert. Lemon is refreshing and energizing and it cleans up the cellular environment. Tangerine promotes happiness, eases insomnia, irritability and nervousness. Nutmeg benefits circulation to muscles and joints, and relaxes muscle pain quickly. Black pepper stimulates the endocrine system and helps increase energy. Peppermint stimulates the central nervous system and counteracts drowsiness by increasing alertness while delivering massive amounts of oxygen to the brain.

Diffuse- Add drops to Aromatherapy Diffuser to increase energy and alertness.

Nose- Inhalant- 2 drops in palms. Cup hands over nose and inhale for 1-2 minutes. Wear under nose and on ear lobes to help you stay alert during study or driving, but this is not intended to replace sleep.

Body- Mix 4 drops to ½ tsp. lotion, use as a daily moisturizer. Add drops to Liquid Soap for a stimulating morning shower.

Essential oils are: lemon, tangerine, black pepper, nutmeg, bergamot and peppermint.

PROTECTION is a combination of cinnamon, nutmeg, lemon, clove, eucalyptus and rosemary. This formula protects against airborne germs, bacteria, viruses and chronic infection that contributes to gum disease.

Essential oils are so small (less than 300 atomic mass units or amu), that they are airborne aromatic molecules just a tiny bit denser than a gas. The only way for something to be aromatic is for the molecules to be so small that they readily leap into the air. All things that we smell will enter our bloodstream immediately. Wearing Protection essential oil formula allows you to protect yourself from contracting airborne germs, bacteria and viruses. This formula is a combination of strong immune-building and protective essential oils that are the most powerful antimicrobial, anti-infectious, anti bacterial, antiviral, antifungal known to date.

Wearing Protection around your neck, on your ear lobes and wrists will create a protective cloud that shields you from airborne invader molecules. Cinnamon is a powerful purifier and creates an environment in which viruses and microbes cannot survive. Nutmeg helps to support the immune system and nervous system. Lemon, eucalyptus and rosemary offer strong antibacterial, antiviral and antiseptic properties and have been clinically tested, proving their ability to kill 70%-99.96% of the airborne viruses within 2-15 minutes. Clove oil can prevent contagious and infectious diseases, intestinal parasites, respiratory infections, pain, toothache and infected wounds.

Spray - Purify environment with Aromatherapy Diffuser. Works well in a spray bottle as a surface cleaner.

Body - Mix 1 drop to ¼ tsp. Gel, Lotion or Massage Oil. Wear around neck and on ear lobes to guard against airborne germs, viruses and bacteria. (Quick application 1 drop directly into wound).

Throat - Sore Throat gargle: Add 2 drops with ½ tsp. Gel to 4oz. warm water stir and gargle. Use as a daily mouthwash to promote healthy gums. 1 drop directly on toothache to numb pain. Use with Gel on your toothbrush for a natural protective toothpaste.

Essential oils are: Cinnamon, nutmeg, lemon, clove, eucalyptus and rosemary.

PAIN is a combination of cypress, clove, marjoram, ginger, eucalyptus, black pepper and peppermint, which work together for quick relief and over time will contribute to the healing of long term chronic pain and suffering from arthritis, muscle and bone injury without side effects.

Pain formula works instantly with the signals on their way to the thalamus coming from the peripheral nervous system. The peripheral nervous system is outside the central nervous system and receives pain responses coming in from our limbs and organs. Upon inhalation hundreds of thousands excitatory molecules reach the periaqueductal gray matter of the midbrain and activate or mimic neurotransmitters such as enkephalin or dynorphin that bind to the mu opioid receptors located on sensory receptors so the intensity of the pain is reduced before it reaches the cerebral cortex. Once the pain does register in consciousness the brain will request the hypothalamus to release specific hormones or chemicals that can have analgesic effects, which will further reduce the pain sensations.

When researching the structure of morphine you would see three distinct aromatic rings in its structure. Vicodin contains paracetamol or acetaminophen, which has one aromatic ring and heroin has three completed aromatic rings, one of which is a double bonded orbital plus three rings that are $\frac{3}{4}$ of the way complete. The reason there is such an astounding effect on the entire body-mind when using these drugs along with all their side effects compared to the essential oils is that they do not have guidance or controls over distribution nor can the fast working enzymes on the cell's surface digest the signals so the receptor antenna will remain in the altered configuration for an extensive period of time.

Because these drugs deliver their signals to every single receptor throughout the entire body-mind, every system in the body-mind is affected and side effects such as constipation appear. Constipation is a good example of the lack of intelligence with drugs, because there are many opioid receptors in the gastrointestinal tract that are hit too, so gut motility is reduced along with gut secretions and intestinal mucus is increased.

But let's be fair, no one likes to be in pain. It is hard to concentrate and maintain our fast-paced lifestyle when we suffer from pain. No matter if the pain stems from fibromyalgia, arthritis, muscles, tendons or bone, pain is exhausting to deal with and quick relief is the priority. Applied on the location where the pain rages, Pain formula will offer quick relief due to the high percentage of eugenol found in the clove oil. Eugenol numbs out pain. The cypress oil increases circulation so the "painkiller constituents" of the other oils can reach each and every cell faster. Marjoram relaxes muscle tightness and spasms. The ginger and peppermint help to reduce inflammation. Eucalyptus reduces inflammation as well but it also intensifies the other oils and brings in a tremendous amount of oxygen. The black pepper helps repair muscle damage and adds some soothing heat. All essential oils eliminate toxins in the joints where they are stored.

Body - Add 2 drops to $\frac{1}{2}$ tsp. Gel or Lotion and massage into painful areas.

Nose - After you apply inhale, don't waste an airborne molecule.

Bath - Exfoliate skin's surface prior to applying 2 drops with $\frac{1}{4}$ tsp. Gel. Apply mixture over painful areas. As tub fills, add 1 oz. Liquid Soap and 1 C. Solar Sea Salts and soak 20 min.

Essential oils are: cypress, clovebud, marjoram, ginger, eucalyptus, black pepper, and peppermint.

STOMACH is a combination of ginger, peppermint, lemongrass, juniper, fennel, vetiver and black pepper. These essential oils work together to relieve the intensity of symptoms while supporting the internal networking system to correct itself at the origin of the dysfunction. The stomach is part of the viscera, which is first under thalamic control. The thalamus, located in the periaqueductal gray brain, is the control center that receives stimulus through the olfactory as well as pre-signals from the organs. This combination of oils when inhaled, activates several responses upon the reflexes in the stomach, gastrointestinal tract and the colon. There is an instant messaging response in need such as a relaxing of the sphincter spasm if suffering with constipation.

If you are suffering with constipation, diarrhea, heartburn, gas or stomach cramping the essential oils will initiate the production of the digestive enzymes, relax the muscle spasms or combat the

bacteria or parasites in the digestive tract. If the digestive system is shut down or too weak to produce specific digestion enzymes required, then the essential oils can and will mimic the digestive enzymes. A digestive system that is shut down and not working correctly has usually become lazy due to a long-term diet of dead, chemically laced, packaged processed foods or there may be a lack of intestinal flora.

Body - Apply 2 drops on stomach rubbing in a circle. May cover treated area with a warm damp cloth (dilute with Lotion, Massage Oil or Gel if needed).

Nose – Inhale after application cupping palms over nose and breath for 2 minutes.

Foot - Apply drops directly to the bottom of feet and work the digestive reflexes.

Head - Inhalant- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Rub excess onto tense areas.

Essential oils are: ginger, peppermint, lemongrass, juniper, fennel, vetiver and black pepper

HEADACHE is a combination of marjoram, spruce, lavender, basil and peppermint. Migraines occur when one of the hemispheres of the brain is 2 or 3 hz measurement off balance. Upon inhalation the airborne molecules travel quickly to the corpus callosum, which connects both hemispheres of the brain and upon stimulation both hemispheres become balanced within 2 minutes if you can catch it fast enough.

Headache formula relieves migraine symptoms as well as tension and sinus headache pain. Marjoram relaxes muscle spasms with tension headaches. Spruce has strong antispasmodic and anti-inflammatory properties and mimics cortisone, making it beneficial for general aches and pains. The peppermint and basil will relieve nausea and reduce inflammation. Lavender has been clinically evaluated for its relaxing effects and can literally reverse the negative stress reaction in the body, mind and emotions. Lavender has been very effective during cranial sacral work because of its high measurement of negative entropy atomic spin; it unwinds the stress and chaos. Headache formula relieves tension headaches, sinus headaches, nausea, muscle aches and other headache related problems.

Nose - Inhalant- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Rub excess onto tense areas.

Body - 1 drop to ¼ tsp. Lotion Gel or Massage Oil and massage tense areas at temples, at the back of neck and shoulders. Cover treated areas with a cold damp cloth (optional).

Essential oils are: marjoram, spruce, lavender, basil and peppermint.

INFECTION – is a combination of tea tree, lemon, citronella, myrtle and rosemary. This formula will disinfect cuts, bites, and give fast relief to acne symptoms. It will help to combat long term infections like yeast, bladder, and urinary as well as any acute infections like an ear infection or a sore throat. (Never drop essential oils straight into the ear. Use one drop on a cotton ball and stick it in the ear. The fumes will fumigate the bacteria and fungus and relieve the pain).

Bacteria trapped under the skin often causes infection with acne. This formula works quickly when applied after the skin has been exfoliated to remove the dead protective layer and cleansed with Cleanse Pure Cleansing Cream. Once the skin is receptive and absorbs the essential oils into the bloodstream, they are carried to the infection. The inflammation of the infected area will shrink and the redness will lessen almost immediately. Infection essential oil formula creates an environment in which bacteria, fungus or yeast will not survive. Tea tree oil fights fungal infections, such as athlete's foot, candida, jock itch, and helps heal cold sores and herpes outbreaks. Lemon and citronella have strong antibacterial, antifungal, anti-inflammatory, antiseptic properties. Myrtle and rosemary assist skin disorders and fight skin and respiratory infections.

Body - Mix 2 drops to ¼ tsp. Gel and apply to infected area. Cover treated area with hot moist cloth (optional). Quick application: 1 drop directly into wound.

Bath - Exfoliate skin's surface (optional) prior to applying 2 drops with ¼ tsp. Gel. Apply mixture over infected areas. As tub fills add 1 oz. Liquid Soap and ½ C. Solar Sea Salts and soak 20 min.

Throat - Sore throat gargle: Add 2 drops with ½ tsp. Gel to 4oz. warm water, stir and gargle.

Spray – Gets rid of molds, fungus, mildew and odors. Add 20 drops and 4 tablespoons of Solar Sea Salts to 8oz. water in a spray bottle and use as a surface cleaner.

Essential oils are: tea tree, lemon, citronella, myrtle, and rosemary.

COLD & FLU – is a combination of eucalyptus, tea tree and lemon. This formula clears congestion and dries mucus, reduces body aches, pains and fever. This formula was created for the children who have chronic bronchial infections and my clients that suffered from chronic sinus infections who couldn't find relief. The essential oil combination in Cold & Flu creates an environment where bacteria, fungus or yeast will not survive. These oils work together to break up congestion, dry excess mucous, shrink the inflammation and reduce the pain and suffering such as with an inner ear infection. (Never drop a drop of essential oil straight in the ear use a cotton ball with a drop applied and stick the cotton ball in the ear, the fumes will fumigate the bacteria and fungus and relieve the pain). Tee tree oil clears congestion, fights fungal infections, such as athlete's foot, candida, jock itch and combats cold sores and herpes outbreaks. Lemon has strong antibacterial, antifungal, anti-inflammatory and antiseptic properties. Eucalyptus intensifies and strengthens the other two oils in this formula to relieve sinusitis, bronchitis, and inflammation of the iris, vaginitis, endometriosis and acne.

Nose - Quick Inhalant- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Rub excess onto tense areas. For sinus, chest and ear congestion use a steam Inhalant- Add 4 drops to 1qt. steaming hot water. Hold face safely over steam, trapping the steam with a large towel, breath in for 2-10 min.

Body - Chest rub- add 4 drops to ½ tsp. Gel or Lotion, apply to chest, throat and up behind ears. Essential oils are: eucalyptus, tea tree, and lemon.

FEVER – is a combination of lemon, fir needle, cypress, peppermint and eucalyptus. This formula cools the body relieving symptoms of colds and flu, while it supports the body's natural healing process. The fever is not the problem; it is part of the cure. Hippocrates once said, "Give me fever and I will cure all disease." The fever process demonstrates the body's remarkable ability to heal itself. The fever is a defense mechanism used to return the body to normal when under the attack of an invader. Fever was developed to give parents confidence and support during their children's fever, it is so hard to sit by and do nothing when your child is burning up.

Bacteria will live comfortably within the normal range of human temperature, 98.6°F. The pathogen is able to actively reproduce at a very fast rate. As the body's temperature rises the reproduction time becomes slower and slower. At a critical point during the fever process the body's defenses will destroy the bacteria faster than it has a chance to reproduce itself, resulting in a cure. The real danger is that when the fever process is not managed, or it is suppressed with medications, the toxins can accumulate and attack vital organ groups.

A normal fever will run anywhere from 1-4 days. As body temperatures raise you experience chills and general weakness. The chills and body aches will encourage the sufferer to seek warmth in bed, (lying still to save energy), with blankets to create more heat. The aches and chills ease with the onset of sweating. The sweating will excrete toxins through the skin. The appetite is depressed so the body will not expel any extra energy for digestion. In response to toxicity or infection, the body will manufacture more white blood cells to be transported to the area in trouble. During this antibody production, rapid breathing increases oxygen levels in the blood and the heart rate increases to pump the blood faster to the location under duress. The blood will carry the oxygen, white blood cells, the essential oils and antibodies throughout the body. New blood vessels are created in areas of the infection to ensure the closest delivery of the artillery, (white blood cells, essential oils, antibodies and oxygen), to the target the infection, toxin, bacteria or virus.

Fever essential oil formula: lemon, fir, cypress, peppermint and eucalyptus assist the fever defense in healing and cleansing. This combination of essential oils combats bacteria with strong antiseptic and antibacterial properties that remove the bacteria and stop their ability to reproduce. The lemon, eucalyptus and peppermint reduce muscle aches and support the respiratory system by increasing oxygen and drying up any mucus. The menthol cools the skin surface without interrupting the internal furnace. Fir and cypress increase the blood flow to ensure delivery of antibodies, adding nutrients to strengthen and clean out the lymphatic system.

Spray - Add 15 drops to a 2 pt. spray bottle filled with cool purified water and spray down body. Allow body to air dry. Use caution not to spray near eyes.

Head - Mix 2 drops to ¼ tsp. of Gel and apply to forehead, cover with cool damp cloth.

Bath - Soak 20 minutes in tepid water. Add to bath water, 4-6 drops Fever, ½ C. of Solar Sea Salts and ½ oz. of Liquid Soap.

Essential oils are: lemon, fir, cypress, peppermint and eucalyptus.

STRESS is a combination of orange, lavender, ylang ylang and vetiver. The amygdala sends impulses to the hypothalamus for important activation of the sympathetic nervous system, which mediates the neuronal and hormonal stress response commonly understood as the “fight-or-flight response”. Upon inhalation airborne molecules reach the hippocampus region of the brain and suspend the stress response before “sensory binding” has a chance to connect with memory and the other signaling networks that are involved with preparing the body to fight or run.

The physical body reacts in the same manner once the stress response is triggered whether the event perceived is positive or negative. If you are overly excited with joy or fear, the body systems respond with an increased heart rate and blood pressure, increased flow of blood to the muscles, increase respiration, the release of epinephrine and norepinephrine and pupil dilation. The body systems work together to create a tremendous adrenaline surge (energy) to the limbs preparing the body for “fight or flight”.

Stress formula offers the opportunity to start monitoring the perception with your logic if you so choose. What you must understand is that the body can enter into this heightened state when the stress is real, imagined or even during a dream. It is easy to blame emotions for the trigger, but emotions are not the problem. It is our perception of what we are experiencing that triggers the emotional sensation in the body and then our perception is influenced by memory. We have free will when deciding what disrupts us or not, but once the stress response is triggered oxygen is actually diverted from the brain and sent to our limbs so logical reasoning will be hindered and we react before thinking. Stress formula sends massive amounts of oxygen to the frontal cortex allowing the opportunity to choose a response to best serve our self and others.

Research proves that what we feel doesn't stay within our physical container, it emanates outward into the world. Our thoughts and feelings are so powerful that when collected with others in the vibration of love through the power of prayer for example, we can change the world situation. The vibration of our magnetic field that we each project outward is in direct relationship to the beliefs that we hold in the subconscious influencing how we respond to experiences. In this way, each one of us is very important and can make a difference where we stand by how we choose to respond to every given situation.

Dean Raden and Roger Nelson, (researchers) In the *Global Consciousness Project*, Princeton University

Research conducted in Chicago along with a study called The International Peace Project in the Middle East (The Journal of Conflict Resolution, Volume 32, Number 4, December 1988)

Dr. Poponin is one of the quantum physicists who is recognized world wide as a leading expert in quantum biology, including the nonlinear dynamics of DNA and the interactions of weak

electromagnetic fields with biological systems. He is the Senior Research Scientist at the Institute of Biochemical Physics of the Russian Academy of Sciences and is currently working with the Institute of HeartMath in a collaborative research project between IHM and the RAS. He can be contacted at Institute of HeartMath, Research Division, 14700 West Park Ave. Boulder Creek, CA 95006. Phone 408-338-8700, Fax 408-338-1182.

Diffuser - Add drops to Aromatherapy Diffuser to promote a relaxed environment.

Nose - Inhalant- 2 drops in palms. Cup hands over nose and inhale for 1-2 minutes. Wear under nose and on ear lobes.

Bath - Exfoliate skin's surface prior to applying 2 drops with ¼ tsp. Gel. Apply mixture over tense areas. As tub fills add 1 oz. Liquid Soap and ½ C. Solar Sea Salts and soak 20 min.

Body - Mix 4 drops to 1/2 tsp. Lotion, use as a daily moisturizer. Wear on wrists and on earlobes as a daily perfume.

Essential oils are: orange, lavender, ylang ylang and vetiver.

DEEP SLEEP is a combination of tangerine, petitgrain, ylang ylang, marjoram, vetiver, valerian and jasmine. These oils combined will induce a deep sleep quickly and you will wake refreshed without morning drowsiness. Approximately 20 million Americans are presently taking prescription sleeping pills on a regular basis. An additional \$100 million is spent yearly on non-prescription over-the-counter sleep aids. This formula was created for a couple that was spending \$600 a month on sleep medications without relief, but started suffering side effects. Defiantly not one of the better fragrances but it works. Research studies do show clearly that many non-prescription and almost all prescription sleep medications drastically alter sleeping cycles, suppressing REM sleep. The order of sleep cycles is essential for health and, when deprived of REM and delta sleep cycles, one becomes irritable, depressed, aggressive, angry, restless and/or apathetic.

Many insomnia suffers smoke and drink alcohol. There is a false belief that smoking and drinking alcohol will work as a sedative. Nicotine stimulates the sympathetic ganglia and also the adrenal glands, which then secrete adrenalin, evoking increased heart rate and elevating blood pressure. Many people will respond to alcohol as a stimulant when having low blood sugar. Alcohol acts similarly to the sleep aids in regard to reducing and suppressing the REM cycle. Alcohol consumption causes dehydration, which contributes to restless sleep. Ylang ylang, vetiver, valerian and jasmine have strong sedative and healing properties without any side effects.

Use Deep Sleep with Emovere' to remove emotional trauma stored in memory. Deep Sleep will stimulate the higher midbrain and forebrain cortical structures, producing rapid eye movements. The activated forebrain then synthesizes the dream out of this internally generated information. The same structures that induce REM sleep also generate sensory information. It should be motivating to cleanse and clear stored toxic molecules of emotions for our own peace of mind and strengthening our emotional agility and integrity.

Oddly enough this formula has been working wonders for balancing any type of cycle system such as: menstruation cycles, helps with jet lag and time changes and manic depression cycles. Use it if children wake up from nightmares to help them calm down and get back to sleep.

Head - Apply a few drops to the back of the head between both ears so it is closer to the brainstem.

Nose - Apply directly under nose if you can stand the smell, if not apply to the bottom of the feet.

Bath - Exfoliate skin's surface prior to applying 6 drops to 1 tsp. Lotion or Gel. Apply mixture to upper body. As tub fills add 1 oz. Liquid Soap and ½ C. of Solar Sea Salts and soak for 20 min.

Diffuser - Add to aromatherapy diffuser to relax and induce sleep.

Spray- Add 12 drops to a 2 oz. spray bottle of pure water. Spray pillow before bedtime.

Essential oils are: tangerine, petitgrain, ylang ylang, marjoram, vetiver, valerian and jasmine.

FEMALE SUPPORT

CLEANSE PURE is a combination of lemon, tangerine and orange. This formula was created in 1993 for facials at my day spas and has been used on thousands with great results. It nourishes skin and exfoliates dead skin cells. It stimulates circulation and feeds nutrition to the blood through the skin. The outer surface layer of our skin is the farthest from its nutritional source, (the blood). Cleanse Pure brings the necessary nutrients such as vitamin C, and oxygen to the outer layer of the skin as well as to the blood. The skin can rejuvenate very quickly when the nutrition for healthy cellular duplication is readily available. Citrus oils have unique characteristics because they are not distilled; they are pressed which leaves the vitamin content intact. Citrus oils support the production of collagen and strengthen the walls of blood vessels. They are fat-dissolving, calming, diuretic, and have strong antiseptic and antibacterial properties so this formula can be used to make many healing and cleaning products for yourself and home.

Head - Cleansing cream- add 1 drop to ¼ tsp. Lotion. Use caution when removing eye makeup.

Diffuser - To purify your environment use Aromatherapy Diffuser.

Spray- Add 10 drops to a spray bottle and use as a surface cleaner to disinfect.

Body - Mix 3 drops to ½ tsp. Lotion and apply as a moisturizing lotion.

Essential oils are: lemon, tangerine and orange.

WRINKLES is a combination of tangerine, palmarosa, elemi, clary sage, rosewood, lavender, petitgrain, carrotseed, ylang ylang, vetiver and sandalwood. These oils work together to heal and repair damaged skin and tighten, tone and smooth out wrinkles. The Ylang ylang, tangerine, lavender, petitgrain, palmarosa, clary sage support to the nerves and promote a sense of joy and happiness releasing all evidence of stress and frown lines. Vetiver, clary sage, rosewood, lavender and ylang ylang are sedative, relaxing, calming and uplifting. Carrotseed intensifies the effects of all the other oils and delivers vitamins and antioxidants. Wrinkles formula will tighten and tone skin by supplying the cells the nutrients they need to duplicate healthier every 24-hour duplication. The skin sheds its outer layer every 28 days. Within a month you will see extraordinary long-term improvements that will continue.

Head - After thoroughly cleansing with Cleanse Pure Cleansing Cream apply 1-2 drops mixed with ¼ tsp. Hydrating Cream or Massage Oil. Follow with a thin coat of Gel to tighten, tone and protect the skin before you apply makeup.

Bath - Exfoliate skin's surface (optional) prior to applying 2 drops with ¼ tsp. Gel. Apply mixture over areas, which need tightening and toning. As tub fills add 1 oz. Liquid Soap and ½ C. Solar Sea Salts and soak for 20 min

Body - Mix 3 drops with ½ tsp. Lotion or Massage Oil and massage into damaged or saggy areas. Lotion mixture can be applied daily as an overall toning and moisturizing lotion.

Essential oils are: tangerine, palmarosa, elemi, clary sage, rosewood, lavender, petitgrain, carrotseed, ylang ylang vetiver and sandalwood.

PMS is a combination of orange, coriander, pine, black pepper, clove, marjoram, sage and nutmeg which work together to relieve cramping, headaches, lower back pain and stabilize emotions.

One of the most valuable assets a woman has is strength through grace- the ability to be relaxed, poised, and centered. This composure is harder to maintain for women 4-7 days prior to menstruation, which seems to be the peak for an altered character. Symptoms include but are not limited to: tension, irritability, sudden mood swings, depression, hostility, emotional disturbances, anxiety, crying, lack of energy, sleeping difficulties, headaches, sinusitis, vertigo, faintness, fluid retention, swelling and soreness of breasts, abdominal bloating, abdominal cramps, acne flare and the craving of sweets and alcohol.

Food, liquids and skin care products used to be stored in glass or wax paper containers. Today most everything we buy is stored in plastics that emit estrogen-mimicking signals that interfere

with hormone signaling. Elevated estrogens that interact with brain enzymes cause an increase of adrenalin, which triggers anxiety. These estrogens may also interact with noradrenaline, known to promote hostility and irritability; and with serotonin, which leads to nervous tension, fluid retention, and inability to concentrate. Right before menstruation dopamine levels, which would balance the effects of the adrenalin, the noradrenaline and serotonin drop very low. Hypoglycemia, stress and nutritional deficiency are factors that will intensify symptoms.

PMS essential oil formula relieves the intensity of the symptoms. Marjoram, pine and clove anaesthetize pain, relax the muscles and ease the cramping. Black pepper adds a little heat and will strengthen the immune system and help with mental alertness. Coriander may regulate and control pain related to menstruation by stimulating production of the hormones needed to balance the deficiencies. Sage and nutmeg will calm raging hormones and sooth muscle tension while the orange gives rise to a sense of peace, joy and happiness. All essential oils help remove excess stress hormones.

Body - Apply 2 drops on painful areas rubbing in a circle. May cover treated area with a warm damp cloth (dilute with Lotion, Massage Oil or Gel if needed). Drops can be applied to the bottom of feet and ankle area and stimulate reflex points on ankles.

Nose - Inhalant- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Rub excess onto tense areas.

Bath - Exfoliate skin's surface (optional) prior to applying 2 drops with ¼ tsp. Gel. Apply mixture over painful areas. As tub fills add 1 oz. Liquid Soap and 1 C. Solar Sea Salts and soak 20 min. Essential oils are: orange, coriander, pine, black pepper, clove, marjoram, sage and nutmeg.

HOT FLASH is a combination of fir, tangerine, bergamot, cypress, sage, pine, geranium, fennel and peppermint. Upon inhalation the essential oil molecules travel to the hypothalamus and calm down the production of stress hormones and estrogen, estradiol, progesterone so the body can lower the intensity of the internal fever created to burn off the excess stress signals. Within the thalamus is the regulatory system for body temperature and upon inhalation the menthol along with many of the other constituents will assist in lowering body temperature. The fir, peppermint and pine cool the body. Geranium and sage will re-establish hormonal balance. Fennel actually simulates the effects of estrogen by mimicking this hormone and immediately diminishes harsh symptoms. Tangerine and bergamot promote happiness, peace and joy while cypress increases the circulation that will move everything along. This formula works great with a cleansed system and live nutrients so don't expect miracles if you are not willing to prepare the path to balance.

Menopause constitutes the natural process of leaving fertility behind and should be honored through the natural process. When the fertility cycle ends, the high levels of hormones produced by the ovaries are not needed anymore. Menopause symptoms will invariably diminish once the body has adjusted to lower hormone levels. The whole idea of supplementing or artificially replacing these hormones after the fertility cycle is over is contrary to nature and contrary to health.

Many case studies have proven that women, who dedicate their efforts to living a healthy and low stress lifestyle, do not suffer hot flash symptoms and the emotional ups and downs throughout menopause. To support the transition naturally consume a diet of fresh live vegetables and fruits as opposed to high amounts of animal protein and junk food. This instantly eliminates caustic chemicals, pesticides, herbicides and the ripening hormone sprays from the cellular environment and the liver can eliminate the excess hormones much easier and faster, which will lessen symptoms.

Spray - Add 20 drops and 1oz. Solar Sea Salts to a spray bottle filled with 3oz. of water. Spray topically when needed.

Body - Mix 3 drops to ½ tsp. Lotion and use as an overall cooling and balancing body lotion.

Essential oils are: fir, tangerine, bergamot, cypress, sage, pine, geranium, fennel, and peppermint

MALE AND FEMALE SUPPORT

ATTRACTIONS is a combination of cinnamon, orange, clove, frankincense, pine, ginger, sage and patchouly. These oils work together increasing the body's vibration and creates a magnificent magnetic field capable of attracting the desires of your heart and the truths you hold in your subconscious (the body). It is best to use after you have cleansed physically and emotionally, self-actualized and transitioned your perceived traumas of your past. Be careful what you ask for, because it will manifest into reality.

Physically this Attractions is a power formula offering the strongest antimicrobial, anti-infectious, antibacterial, antiviral, antifungal constituents known to date. The aroma is attracting in itself, but when worn as a perfume it creates a protective shield similar to Protection formula. The airborne molecules will help to protect you from contracting airborne germs, bacteria and viruses. It strengthens the immune system, combats severe acne and cold sores. If you apply early enough around the edge of your lip the cold sore will not even appear. Expect to become fine tuned in all aspects of your life. Attractions will eliminate the irritating disturbances that have taken root throughout all body systems.

Diffuser- Add drops to an Aromatherapy diffuser to purify and tune up your environment.

Spray- Add 20 drops to a spray bottle and use as a surface cleaner.

Body- Add 1 drop to 1/4 tsp. Gel or Lotion. Wear as a perfume or daily tune up body lotion. Mix 1 drop to 1/4 tsp. Gel or Lotion. Wear drops around neck and ear lobes to guard against airborne germs, virus and bacteria. (Quick application 1 drop directly into wound, works great on cold sores).

Throat- For a sore throat gargle: Add 2 drops with 1/2 tsp. Gel to 4 oz. warm water, stir and gargle. Use as a daily mouthwash to promote healthy gums. 1 drop directly on toothache to numb pain.

Essential oils are: cinnamon, orange, clove, frankincense, pine, ginger, sage and patchouly.

WEIGHT +/- is a combination of grapefruit, orange, cypress, myrtle, celery seed, juniper and fennel. This formula was created to assist the liver with fat-soluble toxins. These oils work together to dissolve toxins lodged into the connective tissue known commonly as cellulite. Weight +/- will also assist the liver by breaking up, digesting and eliminating the fat-soluble toxins in the bloodstream.

Cypress will increase circulation, which will carry the healing oils quickly to each and every cell. Fennel has powerful detoxing properties that are known to neutralize every type of toxin such as petrochemicals, drugs, pesticides, food preservatives and additives, chemicals from cleaning products and even DDT. Grapefruit, orange, celery seed cleanup by ejecting the toxins from cells.

The body's defense system actually creates little gel balls that encapsulate the toxins and poisons and then these gel balls are shoved in a tiny tear in the connective tissue for safe keeping as far away from the vital organs as possible. Juniper oil will assist in healing the scar tissue after the toxic gel balls are dissolved. Orange and grapefruit will stimulate perspiration that will excrete the toxins. The combinations of these specific oils tighten, tone and smooth out the skin. Myrtle will balance the thyroid for support of all body systems and continued weight loss.

Bath - Exfoliate skin's surface (optional) prior to applying 4 drops with ½ tsp. Miracle II Gel to congested flabby areas such as thighs, stomach, buttocks, neck and arms. As tub fills add 1 oz. Miracle II soap and Neutralizer. Soak 20 min.

Body - Mix 3 drops to ½ tsp. Miracle II Gel or Lotion and massage into congested areas. Lotion mixture can be applied daily as an overall toning and moisturizing lotion.

Essential oils are: grapefruit, orange, cypress, myrtle, celery seed, juniper and fennel.

SEXSATIONS is the combination of nutmeg, cinnamon, clove, pine, ylang ylang, black pepper, clary sage, geranium, orange and ginger. These oils work with the accessory olfactory system and are carried to the vomeronasal sex organ. Yes it is true we actually have a tiny sex organ up in our brain behind our regular olfactory system. Some have a more developed nose sex organ than others but we all have one. The combinations of essential oils in Sexsations are considered liquid phase stimulants rather than chemical stimulants and they are sensed and responded to as if they were pheromones.

Our regular olfactory system projects its impulses to both the cortex and the limbic system. But the vomeronasal is an auxiliary olfactory sense organ and when stimulated the impulses target the amygdala and hypothalamus side stepping the cortex and instigating the instinctual mating behaviors. This formula was created due to so many confused married couples not connecting the side effects associated with the commonly prescribed drugs. They didn't understand that popping pills leads to Mr. Limpy. Read your warnings! Better yet decide to heal!

Body - Add 3 drops to 1 tsp. Lotion or Massage Oil and massage each other. This can be made up ahead by mixing 12 drops into a 4 oz glass jar filled with Lotion or mix 6-12 drops into a 2oz. bottle of Massage Oil (don't store over a few weeks in a plastic container).

Body - Body Butter- Fill each compartment of the butter mold tray with coconut oil. Add 2 drops into each section of a butter mold filled with coconut oil and keep in the refrigerator. When needed pop out at least 4 body butters and massage each other with the body butter.

Body - Can be used as a perfume on the earlobes, neck and wrist.

Essential oils are: nutmeg, cinnamon, clove, pine, ylang ylang, black pepper, clary sage, geranium, orange and ginger.

HAIR & SCALP is a combination of sage, sandalwood, cedarwood, ylang ylang, cypress, rosemary and thyme. The oils that make up this formula will intensify or repress hormone secretion into the blood stream and balance the hormones responsible for hair loss, including alopecia areata. Hair loss is usually related to a hormonal change such as puberty, childbirth or menopause. It can be a symptom of a traumatic event or a sever change in diet that reduces your intake of fats. This formula has proven beneficial with female pattern balding. Hair & Scalp essential oil formula will balance hormones, reduce stress and supply the nutrients for healthy hair growth and healing scalp conditions such as dandruff, eczema, seborrhea and oily scalp. This formula works best during and after the 120 day cleanse with live foods and the saline.

Head- Apply drops straight and massage into head. You can mix 3 drops to ½ tsp. Gel and massage into scalp while hanging head over bed to increase blood flow. Leave on as you sleep. Head - Daily Shampoo add 2 drops to 1 tsp. Liquid Soap, massage into scalp. Wait 3 minutes before rinsing. Continue until desired results.

Essential oils are: sage, sandalwood, cedarwood, ylang ylang, cypress, rosemary and thyme.

HEALER HELPERS

VIRUS is a combination of black pepper, celery seed, ginger, lemongrass, rosemary, marjoram, basil and oregano. These oils work together as very strong anti-viral blend that will banish pathogens that are hooked into the spine waiting for the immune system to be compromised so they can grow and multiply. Viruses or bacteria that lie dormant along the spine ready and waiting to seize the opportunity of a depressed immune system are what cause many types of scoliosis and spinal misalignments. These pathogens excrete waste, which is very toxic to the human body and creates inflammation that contorts and disfigures the spinal column. These oils are instrumental in the cleanup of all the toxins created and left behind from the pathogens that were hosting themselves at the spine as well as in any old injury that continually causes you problems.

Once tissue is damaged it is a weak spot making it easier for pathogens to make a comfortable home. Use virus anytime you have had a long-term injury that hurts consistently when push yourself, you're tired and fatigued. This combination of oils easily slip through the blood brain barrier and become great advocates with eliminating infection and toxins involved with head injuries and malfunctions in the brain.

Research as recent as 2007 suggests that parasites, in particular toxoplasma, form cysts in the brain, often taking up residence in the amygdala inhibiting development and function causing psychological disorders such as Borderline Personality Order, social phobia and depression.

Donegan et al. (2003). "Amygdala hyperreactivity in borderline personality disorder. Implication for emotional dysregulation." *Biological Psychiatry* 54 (11): 1284-1293.

Study Brain Activity Could Aid Diagnosis Of Social Phobia. Monash University. January 19, 2006.

Vyas et al. (2007). "Behavior changes induced by Toxoplasma infection of rodents are highly specific to aversion of cat odors". *Proc Natl Acad Sci USA*. 104 (15): 6442-7.

Body - Drop drops directly along the spine. Immediately massage in 1 tsp. Massage Oil, Lotion, or Gel, working drops into the spine. This formula is very effective using Rain Drop Therapy Technique. After massage apply a hot water compress (hot water chaser, the essential oils are hydrophobic and will be chased deep into the derma where they will create an electrical war with the virus and win!)

Foot - Apply drops directly to the bottom of the feet.

Body - Mix with Massage Oil and use as an overall massage.

Bath - Exfoliate skin's surface prior to applying 6 drops with 1 tsp. Gel. Apply mixture topically on the spine. As tub fills add 1 oz. Liquid Soap and 1 C. Solar Sea Salts and soak for 20 min.

Essential oils are: black pepper, celery seed, ginger, lemongrass, rosemary, marjoram, basil, and oregano.

NERVE CELL is a combination of petitgrain, palmarosa, tangerine, helichrysum, grapefruit, rosemary, elemi and cypress. Upon inhalation of Nerve Cell, hundreds of thousands of airborne molecules enter into the hypothalamus and stimulate the supraoptic nucleus. Every stimulated neuron in the supraoptic nucleus has one long axon that projects to the posterior pituitary gland and about 10,000 neurosecretory nerve terminals. When the magnocellular neurons are electrically excited by the stimulation from these essential oils it is easier for the terminals to depolarize and allow calcium to enter through voltage-gated channels activating the production of the inhibitory neurotransmitter GABA or the excitatory neurotransmitter glutamate and ATP.

Calcium elevations activate astrocytes. Astrocytes are a sub-type of the glial cells in the brain, better known as astrocytic glial cells. These special little star shaped cells actually have arms along with a nurturing maternal love towards neuron cells. These type of glial cells are responsible for the repair, support and creation of neurons. Through electrical stimulation the astrocytes will secrete a regulatory protein that promotes the myelinating activity for repair. Astrocytes support neurons with metabolizing glucose for nutrients. Astrocytes protect neurons because they are permeable to potassium and will rapidly clear the excess accumulation in their extracellular space. Extracellular concentrations of potassium and other toxins in the extracellular areas are the leading cause of epileptic neuronal, MS, Alzheimer's, Parkinsons and other malfunctions of the brain. Astrocytes use their star shaped arms to span all around neurons and when three or more are gathered together their energy potentials create the environment for new neurons to be created.

The formula Nerve Cell was created for a young man in the Caman Islands who was paralyzed due to a motor cycle accident and had been in a wheel chair for six years. He started the raw recipes, the essential oils and hydrotherapy treatments, eliminated the toxins but most importantly he knew he would heal. He was walking with assistance within three weeks. This formula has

the vibration communication to attract these little astro helper. It is similar to the old fashioned morse code or analog pulse that is present during the creation of the SNS at the very beginning of embryonic development.

Bath - Exfoliate skin's surface prior to applying 2 drops with ¼ tsp. Gel. Apply mixture on the skin's surface where there are damaged nerves. As tub fills add 1 oz. Liquid Soap and 1 C. Solar Sea Salts and soak 20 min.

Body - Apply 2 drops on injured area and rub in a circle; cover with this coat of Gel. May cover treated area with a warm damp cloth, followed by an ice compact. Repeat twice a day.

Body - Mix 3 drops to ½ tsp. Lotion and use as an overall rejuvenating lotion.

Essential oils are: petitgrain, palmarosa, tangerine, helichrysum, grapefruit, rosemary, elimi, and cypress.

REMISSION is a combination of fir needle, orange, frankincense, lemongrass, lemon, clove and peppermint. These essential oils work together to reduce tumors, fibroids, melt scar tissue and strengthen the immune system.

Cancer is a consistently cultivated condition of the cellular environment over a very long period of time. If you had a predisposition for cancer such as a cancer gene you would have expressed cancer at birth. There is overwhelming data that proves that over 50% of the cancer is due to environmental toxins and the remaining 50% is due to how effectively your body can eliminate toxins. Remission helps process of eliminating the poisons. Once the body is cleansed and the communication of all body systems are reinstated the organs will strengthen and begin to dissolve the manufactured tumors. The essential oils: fir needle, orange, frankincense, lemongrass, lemon, clove and peppermint work together to clean, rebuild and strengthen all body functions and dissolve the tumor and scar tissue. The process of healing depends on the level of degeneration in which you begin. Given enough time to rebuild, the body will dissolve the tumors and digest the poisons inside.

Tumors are the body's way of encapsulating the poisons so they do not destroy the vital organs during the emergency phase of acute or chronic illness. The main concern of the body will always be, that you will live one more day, so the body collects the hazards that will jeopardize survival. Hoping for a cure by elimination under the knife or chemo has been the conventional choice, but without consideration or understanding as to why the tumor or terminal condition was created in the first place. If the cause is not addressed then more of the same will eventually evolve.

Bath - Exfoliate skin's surface (optional) prior to applying 2 drops with ¼ tsp. Gel. Apply mixture topically over the tumor area and as tub fills add 1 oz. Miracle II soap and Neutralizer. Soak 20 min.

Body - Apply 2 drops topically on tumor area, rub in a circle and cover with Gel.

Body - Mix 3 drops to ½ tsp. Lotion and use as an overall body lotion.

Essential oils are: fir needle, orange, frankincense, lemongrass, lemon, clove and peppermint.

ADDICTION is a combination of lemon, grapefruit, cedarwood, petitgrain, clove and eucalyptus. Addiction was originally called Smoker's Aid but so many were healing from all sorts of other addictions it has been collectively decided to name it Addiction. The essential oils in this formula work together to support the emotions and heal the damage that the body has suffered from the abuse of smoking, drugs, over eating and alcohol abuse.

Lemon, grapefruit and clove will clean up the toxins and petrochemical clutter in the cellular environment and instigate perspiration to help cleanse by eliminating through the skin. Cedarwood, petitgrain, clove and eucalyptus will bring in an intense amount of oxygen and promote the release of the body's own natural stress reducing chemicals to satisfy that endorphin fix needed by the pleasure centers. Eucalyptus intensifies all the other oils so they provide the physical energy and the motivation to get up from the T.V. and exercise, which will help break up

and clear the toxic congestion in the lungs and residue that is stored in tissue. Clove will soothe the throat and help relieve the coughing associated with elimination through your air passages.

Addictions can be difficult to heal but not impossible. They certainly can't be dealt with logically. No one decides as a young child to cultivate bulimia and purge their food three times a day when they grow up. No child plans to destroy its family someday by developing a sex addiction. Addiction pops into our life totally unexpected and completely consumes us. Addictions come in all shapes and all sizes but they are all eventually destructive.

Our brain is wired for pleasure; we have many pleasure centers and pleasure receptors in our body-mind and we learn what stimulates them very quickly. No one really loves their first taste of chocolate, sip of coffee or their first cigarette, but the body-mind overrides the taste sensations to gain the benefits of the chemical sensations.

All humans have six basic needs and unless we are extremely evolved we live out our lives to satisfy these basic human needs. These human needs are: security, variety, knowing that we have a value and you are significant, love or connection, freedom to express our self (growth) and contributing. Anything or anyone that is perceived to satisfy three or more of our six basic human needs while stimulating the production of endorphins can easily become an addiction.

Food is a good example. Logically we all know that junk food doesn't contribute to our health but most of us eat junk food when depressed. Remember the six basic human needs that cause us to fall into patterns of addiction? Food can fulfill all six!

Certainty or survival - Food is a certainty. You know where to get it, how to get it and what it will taste like.

Variety - The sky is the limit with food. There is always something new to try, and many creative ways to prepare it.

Significance - This may be why popular coffee chains are so successful; we feel special because we can get what we want, when we want it and exactly how we want it. Now picture yourself at the family dinner table and it is your change to share about your accomplishments and achievement with people who love you.

Connection - Food is a social event constantly permitting the opportunity spend time with others. Or presents opportunity to take a break to eat by yourself, perhaps somewhat like a cigarette break; seven minutes behind a cloud all to yourself.

Growth - Cooking is creative. Learning about food, shopping for ingredients and preparing the perfect meal is quite an art.

Contribution - Cooking for others can be fulfilling. People often prepare large meals for events such as holiday gatherings and fundraisers.

Food can easily become an addiction because it satisfies our basic human needs and junk food and packaged foods deliver chemical signals that stimulate our pleasure centers. (Manufacturers do it on purpose, do some research on MSG). Chocolate induces many of the thirty-eight endorphins released during sexual arousal. Rich, creamy dairy products induce secretions of the same endorphins released during nurturing.

A trauma-induced addiction won't make sense because it is the insanity that keeps us sane temporarily. Healing takes time and most of us stay so busy that we don't allow the nurturing time to regain balance. During and after a stressful situation or a traumatic blow if we don't take the steps to self-actualize, transition and heal, addiction will act like the glue that keeps us together. Anesthetic practices such as painkillers, cigarettes, heroin, antidepressants, marijuana;

excessive reading, TV or movie viewing and overeating can numb the body, the emotions and the mind. This artificial stillness acts as a dam, temporarily holding back the floodwaters. By using numbing devices to stop the natural flow of our emotions, our emotional intensity will increase as the anesthetic wears off.

Head - 1 drop on the back and middle of tongue as needed (no more than 20 drops a day).
Nose- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Apply under the nose.

Body - Apply drops to the back of the neck, on earlobes and wrists.

Foot- Apply to the bottom of the feet.

Spray - Add 20 drops to a 2 pt. spray bottle to purify smoking areas.

Diffuser-Add drops to an Aromatherapy Diffuser.

Essential oils are: lemon, grapefruit, cedarwood, petitgrain, clove and eucalyptus.

ANOINTING OILS were created to clear a path to wholeness. Based on 30 years of field study and research, I have come to the conclusion that a great deal of the neurosis, illness, crime, restlessness, drug abuse, and perhaps even war, is the result of our failure to develop into our highest potential self. Unfortunately, when we don't transition into our highest potential we don't respect our selves, our environment or others.

Although our physical systems and instincts are similar to the animals we as humans are each a unique creation unlike any other. We have the ability to extend love and compassion or hurt others and our self. We have the spoken word, we have free arms and hands, we have the power of a glance and facial expressions and we have choices based on the reasoning of consequences. The anointing oils will help clear our minds calm our emotions and bring a sense of peace and purpose to our process of living a self-actualized life.

EMOVERE' is a combination of coriander, nutmeg, geranium, sandalwood, frankincense, ylang ylang and vetiver. This formula was created to release stuck negative emotional patterns. Emotions are usually diagnosed as an illness and are often treated with drugs and psychotherapy. Throughout 30 years of listening to my repeat clients heartbreaks and suffering it became clear that the path of drugs and drama would not lead to joy and peace. Psychotherapy, drugs or unveiling the cardinal knowledge of what was done to them, by who, when, where, how and why did not restore a sense of peace or joy and often they would continue their self-destructive patterns. I was determined to create a formula that would clear the body-mind of useless past traumas, Emovere' is the Latin word for "emotions in motion".

Upon inhalation the first region in the brain stimulated is the amygdala, which is involved with memory consolidation and emotional reactions. Memory is not immediately imprinted into the subconscious directly after the event. The information regarding the event is slowly assimilated into storage over a period of time. This gives the opportunity for the stored information held within the synapses and the frontal cortex to tailor the event and fit it neatly into the observers belief system. This combination of these oils is very high in sesquiterpenes and they will clean out the clutter and clam the mind and body.

Use Emovere' during your sleep time **only**, because the clearing will consist of old useless information that is not relevant to your life anymore. No need to express your intense emoting toward others because it will not make sense. Although feelings are not to be judged as bad, good, right or wrong our culture has very little tolerance for them. You wouldn't drag someone out to the garbage to analyze what you have disgarded so just get rid of this useless debri during your sleep. You may want to use Emovere' with Deep Sleep formula because during delta brain waves the mind is measured at 2 hz and the body vibration is actually higher so you will be able to release more stored trauma toxins without conscious thoughts involved. The vibrations of Deep Sleep will stimulate the higher midbrain and forebrain cortical structures, producing rapid eye movements. The activated forebrain then synthesizes the dream out of this internally generated information. The same structures that induce REM sleep also generate sensory

information. It should be motivating to cleanse and clear stored toxic molecules of emotions for our own peace of mind and strengthening our emotional agility and integrity. According to recent research this may lead to Global Peace.

Levine, P., *Waking the Tiger- Healing Trauma*. Berkeley, CA.: North Atlantic Books, 1997.

McLaren, K., *Emotional Genius: How Your Emotions Can Save Your Life*. Boulder, CO.: Sounds True Inc., 2000.

Pert, C.B., *Molecules of Emotion*. New York, NY.: Scribner, 1997.

The triggering of emoting by stimulating the amygdala was discovered, during human experiments at the Montreal Neurological Institute, when a neurologist would electrically stimulate the area over the amygdala on awake patients undergoing epilepsy surgery and they would start to emote. They would start to laugh and then cry for no particular reason. They were just emoting because of the stimulation of the stored emotional information in this region of the brain. With emotional balance, we can live out a self-actualized life. Emotions can become our allies and warning signals. Once the stored emotional toxicity is cleaned out, the balance and flow of authentic emotions can contribute to an appropriate response, rather than inappropriately expressing or repressing of emotions. Emotions can guide us through the stressors of daily life.

Head - Apply 2 drops on top of head prior to sleep only. Don't be concerned with vivid or unusual dreams; trust in the process of letting go.

Body - Intensifies therapeutic touch and bodywork use in lotion or massage oil and it is great as an anointing oil when helping others to let go of their hurts from the past. (Warn them to be alone or stay with you until the release is over).

Essential oils are: coriander, nutmeg, geranium, sandalwood, frankincense, ylang ylang and vetiver.

HARMONIC 7 is a combination of tangerine, lemon, patchouly, cedarwood, bergamot, frankincense and ylang ylang. Upon inhalation the mind becomes quiet and a calm and the congestion in all 7 major energy centers is cleared and they are restored to size and balance. How does this all work? Read on because this is the only place you will have the science with case studies to support the understanding of the energy centers and how they work with our physical body.

There are energy centers throughout the body. These are commonly known as chakras. The word chakra is Sanskrit for "spinning wheel" but they are actually spinning atoms. Atoms are not solid matter just as the energy centers are not solid matter. Using the word chakra instead of energy center is the same as using the word aqua instead of the word water. The two words mean the same thing in different languages. I am not going to take the time in this commentary proving that they exist because that has been done over and over by those of much greater authority than myself so just do your research. What I can offer you here that no one else can is 30 years of experience with real live humans during their life experiences and the explanation of how it all works.

Vibrational frequencies can be absorbed into, or projected out of the body through the seven major energy centers. These energy centers direct the creation of the genetic processes that transform the molecules of our bodies into functioning organs and tissues. They are a very important aspect of the systemic life memory. A brain was not immediately a brain. Brains developed due to an intelligence guiding one cell to communicate with other cells until a brain is created. The information for development is still held in energy, which is always available to us.

The energy centers deliver energetic nutrients and act as a filtration system that governs and maintains balance for different organ and body systems. The seven major energy centers are connected to the functions of the physical body through the neuro-endocrine-immune system.

The endocrine glands and the spinal system respond together when a stress response is triggered. The endocrine glands are stimulated to release stress hormone chemicals. The seven major energy centers are the body's energetic filtration and digestive system for processing negative emotional perceptions (vibrations). Just as our physical filtration system becomes overburdened when we bombard it with toxins so does our emotional filtration centers. The overload will slow the energy centers down and they can become sluggish and congested. This congestion will start to fill up and overflow because energy slowed down becomes matter. It took a 30-year field study to conclude that when there is a build up of emotional toxins, the toxins transition into matter that is transported and then stored into connective tissue.

BOSE-EINSTEIN CONDENSATE 1925

Bose-Einstein condensate in 1925 provides a macroscopic view of quantum behavior and how frequency overload will turn into physical matter. Ordinarily, atoms were regarded as particles. However, as quantum theory revealed, atoms have both particle and wave properties. As an atom is cooled, its wavelength increases. If atoms are cooled to the point where their wavelengths begin to overlap, they enter a single quantum state merging their individual identities and become indistinguishable from each other and "dance in perfect unison." The collection of atoms becomes, in essence, a single atom that can be directly observed: a macroscopic quantum system. Condensates hold the promise of bringing new insights to the strange world between the microscopic quantum and macroscopic classical domains. When atoms solidify into a condensate, they form a very dense medium (matter).

A good visual for this theory is steam collecting in a closed bathroom. When sufficient steam builds up, it turns into condensation transforming into water. As the steam builds up in a small bathroom it starts to get crowded and the speed of its movement slows down, as it slows down, it cools and becomes heavy. The steam begins to transform into streams of water dripping down your bathroom mirror and walls. Water can change form depending on the level of energy it is conducting, from steam to water to ice. Using this example, you can understand that when energy centers or "spinning wheels" get cluttered with too much dense frequency, (steam) the energy slows down and condensates into a liquid stream of toxic matter and the overflow will have to be transported and stored somewhere. One of the jobs of our connective tissue is to digest toxins.

The energy centers hook directly into the spine and it is the spinal systems job to deliver chemical messages by transmitting them along the neural pathway and throughout the circulatory system. The strongest point of degeneration of the spine will be where the most concentrated level of toxic liquid overflow is absorbed. The overflow, "toxic liquid" is eventually distributed to each of the 65 trillion cells of the body, along with oxygen, nutrients and the hormonal messages. From here these toxins are processed as physical toxins and this is how trauma memory or excess stress hormones become "issues in the tissues".

The work of Louise L. Hay and her book called *Heal Your Body* supports this conclusion. She created a system for identifying the negative thought patterns and how they create illness in the body. I have personally referenced this little blue book for years and it has proven to be accurate every time. For my day job I owned and operated wellness day spas for 30 over years, which presented a safe, loving environment for my clients to be completely open, truthful and very vulnerable in sharing their perceptions of their life experiences. I took my clients aches, pains, sufferings and broken hearts very seriously. A doctor may experience a repeat patient and may even treat their whole family but in the 5 minute office visit governed by the HMOs and PPOs there isn't time to connect all the dots, the interconnects with their lifestyle choices, their relationships, their personalities and sensitivities and their perceptions of their experiences and responsibilities. I was blessed with a very intimate ear to the public and watched family patterns evolve over 3 generations. I saw a common thread start to develop between their perceptions, their attitudes and their lifestyles, which directly related to how illness and disease manifested in their body.

THIRTY YEAR CASE STUDY ON LOWER BACK PAIN

The most common complaint among my repeat clients was lower back pain. Many of those suffering from lower back pain had tried every option that Western and Eastern offered with no relief. On page 16, of *Heal Your Body*, for back-lower, it states that the probable cause is: "Fear of money or lack of financial support". Consistently one after the other after, the clients that were suffering from lower back pain perceived that they were facing challenges related to their financial security. They were fearful, agonizing with negative perceptions of their present financial situation or their future money situation. Money to most of us means survival and security, which is the number one human need. Our primal survival is what the 1st chakra governs. Many of these clients were divorced parents left to raise and financially support their children on their own. Some had been laid off, fired or forced out of their careers because of down sizing.

There are four theories I used to support the degeneration of the spine and "issues stored in the tissues".

- 1) Each energy center governs a specific organ system and specific emotional state. These are the key areas in which energy mediates between the emotional, mental, spiritual, and the physical body. Through this energy exchange, the imbalances are balanced.
- 2) All emotion and thought vibrate at a specific frequency. Negative emotional responses and negative thoughts vibrate at a lower frequency, which would contribute to the accumulation of condensation faster than positive emotional thoughts and responses which vibrate at a higher frequency.
- 3) As frequencies slow down and their wavelengths overlap, condensation occurs. Frequencies then become liquid matter.
- 4) The toxic liquid over flow is absorbed into the spine and transported to each cell in the body-mind. The body will always attempt to store toxins and poisons as far from the vital organs as possible by using the connective tissue for a toxic waste dump.

By applying these four facts, it is possible to conclude that the degeneration of the lower back was caused by a cluttered, slow moving first and second energy center that had become full of toxic slow moving energy. To support this conclusion refer to any chakra chart or the one on the website or in the textbook *Path to Perfect Health*. Study the 1st chakra. You will find that it is located at the end of the spine. It represents your basic survival instincts, your ability to protect yourself instinctively. The physical dysfunction shows up as: chronic back problems (sciatica, scoliosis, back pain, spinal problems), rectal tumors/cancer, chronic fatigue, fibromyalgia, autoimmune diseases, and arthritis and skin problems. The related function is the circulatory system, immune system, reproductive system, hip joints, spine and all physical body support. This is the basic survival center. The 2nd chakra often applied also because many of my clients did not believe that they had any emotional support and believed themselves to be struggling alone. The second chakra governs emotional relationships outside ourselves.

Nose - Inhalant- 2 drops in your palms. Cup hands over nose and inhale for 1-2 minutes. Rub excess onto tense areas.

Body - Apply drops along the center front of the body starting at the top of the head, forehead, throat and continue down the center of the stomach. Wear daily as a perfume.

Essential oils are: tangerine, lemon, patchouly, cedarwood, bergamot, frankincense and ylang ylang.

ALIGNMENT is a combination of fir needle, elemi, spruce, rosewood, frankincense, sage, cedarwood and orange that physically aligns the neck, spine, hips, wrists, knees, ankles as well as aligns you to your highest purpose utilizing your gifts and talents. The spine offers support for the physical structure of our body. The physical body allows us to experience life and put our highest potential self into a purposeful plan of action. In order to accomplish this the body has to be able to move with strong support. Alignment was originally created as the anointing oil, a

helpmate for working with others that were ready to heal from past emotional traumas that were distracting them from fulfilling their higher purpose. When we release hurtful feelings and transition our perceptions associated with past emotional traumas the body shifts and we usually need an adjustment. The spine shifts when releasing stored toxins and inflammations stuck in the spine and Alignment will help adjust your back, back into place.

We have each been created with specific gifts, talents, skills and strengths for a purpose. When the physical structure is in pain and out of alignment it becomes a struggle to stay focused and on task. The essential oils brought together in Alignment work to support clarity, confidence, motivation and drive towards purpose while removing the emotional, intellectual and physical blocks. It acts as the connector that clears the path.

The frequency of these oils combined stimulate masses of neuron networks throughout the cerebral cortex increasing the electrical currents in the brain from 28 up to 40-70 hz, known as high beta or gamma brain waves. The increased internal electrical current creates a higher, stronger magnetic field projection.

The cerebral cortex interacts directly with the central nervous system and incorporates many complex brain functions simultaneously such as memory, attention, perceptual awareness, thoughts, language, and consciousness.

Research has demonstrated that epiphanies and levels of enlightenment are common when brain waves jump suddenly from 28hz to 40-70 hz. Maintaining a high-level of brain waves during this massive assembly of sensory input stimulates "sensory binding" within the cerebral cortex at a new level of truth and awareness, one that offers an introspective relationship between self and a sense of higher purpose. This vibration suspends the instinctual thoughts, judgments and emotions long enough to reflect without the influence of the lower negative vibrations. You interpret the world through love not fear and are able to extend that higher vibration outward on a personal and spiritual level. Gamma range provides the opportunity for a higher level of enlightened consciousness to influence an enlightened perception. When this level of vibration is held in a coupling functioning biofeedback loop, negative perceptions dissolve and you are connected with your highest potential self in relationship to others and the world.

Body - Apply 3 drops to the back of the neck and bottom of spine.

Foot- Apply drops to the bottom of the feet.

Nose- Wear drops under the nose.

Body - Intensifies therapeutic touch and assists to align the spine. Works with any type of application, body lotion, gel, massage oil or in the bath, wear as a daily perfume.

Essential oils are: fir needle, elemi, spruce, rosewood, frankincense, sage, cedarwood and orange.

RAW FOOD RECIPES

We need to change our belief system about food, and the easiest way to do that is to build a new foundation using scientific facts. A growing, developing body is like a house under construction. The building process requires many raw materials: truckloads of lumber cement and pipe along with many crews of workmen and lots of energy and teamwork to build the house. After the house has been completed, it takes one owner and very few supplies for repairs and maintenance. The same is true for the human body. In the developmental stages it takes large amounts of raw materials and high energy to create a human body. Once the structure has been developed, it requires an owner along with small amounts of raw materials for repairs in order to maintain its structure.

Food is fun and social. It can be an obsession and an addiction. Most of all, food is a distraction. The most basic factor that affects our vital-energy level is our diet. Fuel value should always be the foremost factor in determining the worth of any food. The ideal percentage of each of the five

essentials in food as required by the human body is as follows: glucose 90% (everything breaks down to glucose), amino acids 4%-5%, minerals 3%-4%, fatty acids 1% and vitamins under 1%. So that isn't very much food when you understand the value of just one apple.

Raw foods provide all that our cells need in the easiest form for absorption. It is difficult in some regions to eat cold food all the time so try the 80% raw and 20% cooked. Pick recipes that work for your family and tailor them to each individual using their specific food chart. Easy raw food recipes that work for all blood types are on the website at: www.pathtoperfecthealth.com

90% Raw Food Recipes to get you started

Take time to chelate pesticides and other chemicals, kill ecoli bacteria and hydrate your raw produce with 96 live electrical minerals soak produce for 20 minutes in a sink of very cold water with 1 teaspoon Solar Sea Salts and a squirt of Liquid Soap with two drops of Protection essential oil formula. Dry produce completely before storing in refrigerator.

APPLE CRISP (great to replace processed packaged cereal)

Chop up one apple into small bites

Mix: ¼ packet stevia sweetener with cinnamon to taste

Stir into apple pieces

Stir in 1 tablespoon of sliced almonds

Stir in 1 tablespoon of the nut butter from your food chart

APPLE PIE

In a gallon size glad bag, add:

5 Gala Apples, peeled, cored, and sliced as thin as possible

1/2 cup Raisins

1 tablespoon Cinnamon

2 tablespoons Grade "A" Dark Amber Syrup (genuine)

1 teaspoon Allspice

With bag closed, massage ingredients for about 3 minutes or until the apples begin to break down. Pour contents into EASY PIE CRUST

AVOCADO SAUCE

1 large Avocado

2 cloves Garlic

3/4 cup herbs (Parsley, Mustard greens, Dill, etc)

1-cup water (or 1 Cucumber + 1/2 cup water)

3 tablespoons Veganaise

2 tablespoons Braggs Aminos

Small amount of Rice Milk

2 tablespoons Pesto

1 teaspoon Sea Salt

Serve over grated raw Zucchini or any other type of raw squash

BROCCOLI RAISIN SALAD

4 cups chopped broccoli (including stems)

1 packet of Golden (Raisin) Medley

3/4 red onion chopped fine

1 medium Red Bell Pepper finely chopped

3/4 cup silvered almonds

DRESSING

1-cup Vegenaïse
1/4 cup vanilla almond milk
1 packet stevia sweetener
1/2 lime juice
Put in Jar, cover and shake well and stir into salad

CORN RELISH

Chopped Red Onion
Fresh Herbs
Raw Organic Corn on Cob (sliced off the cob)

CUCUMBER PESTO SALAD

1 cucumber peeled and chopped
1 tomato chopped
1 zucchini chopped
Red onion chopped small add to taste

DRESSING

Make up or buy an organic pesto sauce (Trader Joes has a couple)
Add 1 tablespoon to 1 tablespoon of pesto sauce

EASY PIE CRUST

Using your favorite nut (hazelnuts work well but pick from your food chart)
In a Food Processor using the "S" blade add:
2 Cups Hazelnuts
2 Cups Dates, pitted (presoak in 3 cups water for 10 minutes, discard water.
Process until the mixture has a dough-like consistency.
Press into a large pie dish or small tart size dishes.

RICE DREAM ICE CREAM TARTS

For individual tarts, fill with Rice Dream Ice Cream and top with a couple of blackberries or fruit of your choice.

HEALING TOSTADA

Preheat broiler to high
1 Ezekiel Tortilla
Top with:
Organic Refried Beans (or homemade) thin layer to cover
Chopped Red Onion (sprinkle on top)
Jalapeño Goat Cheese (optional)
Broil on cookie sheet with a rack until tortilla is brown and cheese is melted.
Top with Quick Start Veggie Slaw or Broccoli Slaw
Serve on plate with one of the following sauces: Salsa or Avocado.

HOT SPROUTED CEREAL

Sprouts or seeds for this recipe are used immediately after sprouting for a nutty taste, usually within 24-48 hours. When sprouts are sprouted, scoop 3 or 4 heaping tablespoons into a cereal bowl. Heat ¼ - ½ cup Vanilla Almond Milk with ½ tablespoon Grade A Dark Amber syrup. Heat until hot and pour over sprouts. Do not cook sprouts.

LEMON TART PIE

In Blender combine:
5 Bananas
1/4 cup fresh lemon juice
1/4 cup Grade A Dark Amber Syrup (genuine)
3 tablespoons psyllium or agar powder
1/2 cup pine nuts (or nuts for your blood type)

Blend until creamy – pour into Easy Pie Crust

OMELET (serves 2)

3-4 Organic free range/cage free eggs

1 tablespoon Rice Milk

1 teaspoon Sea Salt

1 teaspoon canned green chilies (chopped fine)

Melt 1 tablespoon butter in medium skillet. Pour in egg mixture and cook on one side. Flip over and top with:

4 slices creamy goat cheese

1/4 cup avocado sauce

1 tablespoon fresh chopped Herbs

Fold egg over once and cut in half. Serve with Veggie Slaw or your favorite salad

PARTY DIP – LAYERED BEAN DIP

1 can Organic Refried Beans (or homemade)

Spread Vegenaïse or tofu sour cream over the layer of beans

Spread AVOCADO SAUCE over the Vegenaïse (see recipe)

Sprinkle CORN RELISH over Avocado Sauce (see recipe)

Top with a dollop of salsa and sprinkle with chopped herbs

Cut Ezekiel Tortilla chips in wedges and bake on rack (broiler warmed to hot) until crisp and beginning to brown. Serve with dip.

SALAD

Mix one handful of Baby Spinach and 1 heart of Romaine lettuce (also soaked)

In a large bowl add:

1 cup VEGGIE SLAW

The Baby Spinach and Romaine Lettuce

1 Avocado

Pumpkin Seeds

SALAD DRESSING

1 cup fresh squeezed Organic Lemon Juice

1 cup Bragg's Amino Acids

2 cups Udo's Oil, Flaxseed Oil, or Path to Perfect Health essential fatty acids

6 drops of Virus essential oil formula

2 teaspoons yellow curry powder

1/2 teaspoon cayenne pepper, cumin (or any spices that are in harmony with your blood type)

2 tablespoons fresh Dill

4 cloves Organic Garlic

1 large handful each of fresh Organic Basil and Cilantro (also soaked)

Blend until creamy. You can add an Avocado or pinto beans for a thicker and creamier texture and a change of pace.

SANDWICH

7 Sprouted Grains Ezekiel Bread

Mustard of your choice

1/2 Sliced Avocado

Red Onion to your taste

Romaine Lettuce

Smoked Goat Cheese

SMOOTHIE 1

1 cup Almond or Rice Milk

1 cup purified water

1/2 cup VEGGIE SLAW
1 tablespoon nut butter (for your blood type)
Blend and enjoy.

SMOOTHIE 2

1 Cup purified water
1 Clove Garlic
1 Tomato
1-cup fresh cilantro with small amounts of dill and basil
1 or 2 teaspoons Bragg's Amino Acid
Juice from one Lime
1 Tablespoon coconut butter
Dash of cayenne
Blend and enjoy

SOUP

Heat an organic, Vegetable Soup Base (for your blood type)
Stir in 1 tablespoon each of Organic Pesto, Organic or seasoning to fit your blood type.
Remove from heat and add the VEGGIE SLAW (**do not heat the veggies**)

SPROUTING

Choose the beans and seeds from your blood type chart. Eat sprouted beans and seeds. A cup of dry beans or seeds yields 5 cups of sprouts. Soak beans for 6-8 hours in 4 parts of treated warm water to 1-part beans or seeds. Treated water consists of: 1 teaspoon Solar Sea Salts to 2 Cups purified water.

After they soak rinse and drain beans or seeds and spread evenly in a sprouting container. Sprouts must be rinsed and drained well 2-3 times a day during the growing period. Seclude the soaked and drained beans or seeds in the dark for the first 3 days. Expose to the light for at least 3-5 hours a day until ready. Rinse the hulls away by immersing in a large bowl of cool water, separate clumps; let hulls float to the surface and skim off. This process will help prevent fermentation. Refrigerate in an airtight container and rinse 2-3 times per day to maintain freshness.

STICKY NUT BALLS (CAN BE USED FOR PIE CRUST)

MAKE 1/2 AT A TIME

In a champ Hp3 on pulse together nuts from your food chart such as:

raw pumpkin seeds

raw almonds

walnuts

leave chunks don't pulse to a powder and remove 1/2

add small amounts at a time in any combination creating a chunky consistency to roll into balls
rasins (yellow are sweeter and a Melody Mix with currents and other berries tastes great)

prunes

dates

figs

roll into balls the size of whole walnuts and roll in raw sesame seeds and then in carob powder

TOMATO SAUCE

2 cloves garlic

2 tomatoes

1/2 cup stewed tomatoes

2 tablespoons Olive Oil

1 cup raw basil

Small amount of Parsley
1 teaspoon Sea Salt
Serve over grated zucchini or other squash

VEGGIE SLAW

Vegetables include: Kale, Collard Greens, Swiss Chard or any native greens, Asparagus, Broccoli, Green Beans, Celery, Carrots and some Red Onion.
Shred them in a food processor or chop fine by hand (small enough to chew to juice effortlessly).

YUCCA ROOT (Serves 8)

2 Yucca Roots (Potato Substitute)
Boil Yucca Root until you can pierce it with a fork. Drain.
(Immediately clean pan while warm because of waxy buildup on pan)
After Yucca cools, chop in bite size pieces and mix with:
4 chopped Celery Stalks
2 chopped hard-boiled eggs
Chopped Carrots
SAUCE MIX:
3/4 tablespoons organic Dijon style mustard
Salt to taste
Stir in to the Yucca salad. Chill. Garnish with Paprika

LETTUCE WRAPS

Wash (soaking process) crisp leaves of Romaine lettuce
4 hard-boiled organic cage free eggs chopped
DRESSING
2 tablespoons of Veganaise
Stir in 1 tablespoon organic pickle relish or cultured vegetables chopped
2 teaspoons of organic mustard
salt and pepper to taste
Mix into eggs and fill the center spine of a Romaine lettuce leaf, fold and eat

LETTUCE WRAPS 2

DRESSING (make dressing ahead of time so flavors will blend)
1/4 C. organic Virgin Olive oil
1-tablespoon herbs processed very fine (cilantro, dill, parsley, basil)
1/4 teaspoon Wasabi power
1/2 packet Stevia
1-tablespoon rice vinegar

CORN RELISH

Chopped Red Onion
Fresh Herbs
Raw Organic Corn on Cob (sliced off the cob)
Add to corn relish
1 zucchini chopped small
1/2 cucumber chopped small
1/2 red pepper chopped
1 tablespoon chopped walnuts or almonds
Mix together and add dressing to taste, fill the center spine of a Romaine lettuce leaf, fold and eat