

TRUE WISDOM

TRUE IMMUNITY

GUIDE

EVERYTHING YOU NEED TO KNOW



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PURPOSE OF THIS GUIDE

True Immunity Through Physiology Alone!

Purpose of the Guide:

To inform and prepare attendees of True Wisdom True Immunity treatment and/or training to be ready to allow physiology alone to cure, repair, and bring immunity to their body, *without using anything external in the way of products or gimmicks.*

To help attendees free themselves from any beliefs that will *prevent people from attending sessions, or* hinder the long-term success of their treatment.

Rather than *placebo* effect, True Wisdom True Immunity is *effect* only!

NOTE: There is an accompanying document to support you choosing training/treatment with TWTI, found at www.truecures.com entitled True Wisdom True Immunity – The Diet

Please ensure your copy of The Guide is the latest version by its date (at bottom of each page) as it is a living document and we are always improving it.

INTRODUCTION TO TRUE WISDOM TRUE IMMUNITY

WHAT IS IT?

True immunity through physiology alone! When we use the word physiology, we refer to the common dictionary meaning:

PHYSIOLOGY: noun 1. the branch of biology dealing with the functions and activities of living organisms and their parts, including all physical and chemical processes. 2. the organic processes or functions in an organism or in any of its parts.

True Wisdom True Immunity is the act of utilizing biological healing effects without using placebo gimmicks.

True Wisdom True Immunity is a name given to a process of commanding the human brain to properly trigger HUMAN IMMUNE FUNCTIONS to full activation, with signals given from one human brain to another through the natural biological ability to communicate wirelessly.

True Wisdom True Immunity additionally involves a specific and unique system of muscle testing to precisely gauge that all such commands have been received, as well as the ability to test and monitor the status of the human immune system. This is simply an interface with the human brain that when done correctly, will consistently and correctly communicate information much like the '0's and '1's of binary computer language.

True Wisdom True Immunity uses a *completely unique* and *thoroughly effective* method of muscle testing. The TWTI muscle testing protocol is the backbone of ensuring signals were successfully sent and accurately knowing that results have been achieved.

The testing used in TWTI has no bearing on healing and curing disease, other than quality control.

Previous experience with muscle testing will not help you with this training. We kindly ask that you come to us with a beginner's mind and leave all that you think you know about muscle testing at home. Previous experience in "muscle testing" will make it much more difficult for you to learn proper muscle testing. It will help us save time and effort while we show you a new way to (without fail) achieve repeatable accurate and corroborative results with muscle testing. We must be clear here: We do not endorse or use *any* intuitive testing.

True Wisdom True Immunity does *not* use any external products, supplements, 'healthy food', 'energy work', pills, vitamins, special water, spirituality, positive emotions or anything else to achieve the results we achieve, as listed in the opening statement under PURPOSE, above! Your knowledge of such things will not help you with understanding or executing what we do. It will in fact, only *slow down or prevent maintaining immunity in the long TERM. Thus, you will be a 'high-maintenance immune' person instead of the natural involuntary immune person you are designed to be.*

We hope that it is for these very reasons that your own wisdom moved you to acquire this Guide – and that you already have the common sense and awareness that *your body and its immune functions **alone** will be able to keep you healthy and disease free!*

WISDOM SUGGESTS:

YOU GAIN IMMUNITY *BEFORE* YOU ARE SICK AND 'DIAGNOSED'!

***BEFORE* YOUR BODY EXPERIENCES DAMAGE TO GLANDS AND ORGANS!**

THAT PARENTS GAIN THIS KNOWLEDGE AND SKILL, CURING THEIR CHILDREN OF ALL DISEASE AND BECOMING IMMUNE TO DISEASE!

True Wisdom True Immunity was developed by David Flowers over a period of many years of research and testing until he found he could command a human brain to turn on immune functions consistently and repeatedly 20 out of 20 times.

You can find his story under the tab 'About David' on his webpage at www.truecures.com

Immune system functions are far more powerful than anyone outside of TWTI seems to realize. His clients consistently report the end of the signs and symptoms of so-called "disease", including those diseases considered by the medical field to be "incurable".

Biological repair is also the normal function of the immune system and generally takes place **after** the initial period of curing disease and killing off of pathogens (first week or two). The body appears to show a priority type of methodical curing/restoration that addresses the most critical items to body healing first, and moving on to the next highest priority and this can continue for weeks or months after treatment. True Wisdom True Immunity is the full REACTIVATION of your immune “system”. We prefer saying **immune functions** since science and medicine no longer acknowledge the healing role of the immune system *ALONE*, which is why no one knows that there is a thing called an immune *system*. For the sake of common usage, we will use immune “system” as well.

Your immune functions correct, monitor and maintain biological balance of PHYSIOLOGICAL systems. Mental health issues can be greatly helped by balancing physiological systems. Some mental health issues are physiological at their root, and once that is corrected, the signs and symptoms of mental health issues can go away. Some mental health issues will still require additional expertise beyond the physiological corrections and repair. Some people will have to remove themselves from a tragic life, not a tragic body.

True Wisdom True Immunity recognizes that cures and immunity are reliant upon what the immune system has left in the way of glands and organs required to perform immune functions. Damaged glands and organs may limit how far the body can recover during the **repair phase**. That is why you should restore your immune system SOONER rather than LATER. You will be cured of disease in any case. What we are talking about here is important – the long-term repair of the body is entirely up to what YOUR body is capable of doing.

We do not endorse any products, pills, vitamins, supplements, herbs, ‘healing modalities’ etc. These are external efforts to improve human health when only the human immune system ON and ACTIVATED brings actual cures, repair and immunity to disease. External products are for people who know no better and *are not immune to disease!* When your immune functions are fully activated, you will realize that these products are no longer needed nor truly effective.

You *must* realize that the true power of the human immune system is unknown to virtually the whole population of the planet. This can easily be proved by how much money, time and effort is put into ‘boosting it’, ‘supporting it’, ‘understanding it’ when all it truly needs is to be used in its current condition without boosting or supporting it.

There is no need to waste time understanding it, when you’re commanding it!

NOTE: Only you or your doctor can advise on whether to continue prescribed medicine or not for legal purposes, however, true wisdom true immunity will point out any potential problems that can occur from medicating conditions that no longer exist. you will need to be prepared to make proper choices every step of the way as you establish proper health and immunity.

TRUE WISDOM TRUE IMMUNITY - WHAT IT IS NOT

True Wisdom True Immunity is **not** a ‘healing modality’. It has **nothing** to do with the typical ‘natural medicine’ of today. The treatment is OUR BRAIN COMMANDING YOUR BRAIN to take **full** control of COORDINATING immune functions - likely for the first time in your life. This immediately starts curing, repairing, and for most folks, immunity within 2 weeks.

If it could be said we are marketing something, since we obviously do not have any products to sell you, then we are marketing the power of YOUR IMMUNE SYSTEM to cure you, bringing you biological balance and making you IMMUNE TO DISEASE! If you really get it, you will see WE are marketing YOU as the only solution to your health conditions and the only path to immunity!

WE ARE MARKETING COMMON SENSE, YOUR BIOLOGY, YOUR PHYSIOLOGY,
AND THE SKILL TO USE IT WHEN NO ONE ELSE WILL.

WHO IS TRUE WISDOM TRUE IMMUNITY FOR?

Anyone and everyone who still has a heart beating and a desire to reactivate OR ACTIVATE
FOR THE FIRST TIME their immune system and restore
biological function to ‘status normal’!

Some of what we consider ‘normal’ signs and symptoms of aging, are signs
and symptoms of failed immune functions!

- PARENTS, and their CHILDREN
- Those who feel *mostly* healthy, but wish to be free of endless recommendations of how to stay that way and who wish to become *immune to disease*.
- Those with signs and symptoms of “diagnosed diseases” and wish to be cured, repaired, and immune to disease.

Further help to see if True Wisdom True Immunity is for you...

GROUP ONE – the best-case scenario, in our experience!

If you are here because the TWTI process described above is **common sense** to you and you obviously have wisdom, AND, because you already know the immune system should be able to make your body be immune to disease and in biological balance, THEN you will cure easily and be a good student to pay it forward to your friends, family and others!

YOU, in this group, will already be largely free of limiting and flawed **beliefs**. Quite simply, you will have your immune system commanded to function fully, you will do the diet for the necessary time to support the energy needs of immune function and restoration, and will quickly achieve immunity to disease. You will either maintain that immunity **involuntarily** with no further effort – because you do not live recklessly and get adequate quality sleep and have a low stress life OR, you will in full knowledge and skill, be able to tune your own immune functions up at any time, for the rest of your life.

YOU will have no fears about GMO foods, commercially produced foods, no need to ‘eat a nutritional healthy’ diet, nor have any use for products, pills, supplements, herbs, or gimmicks.

PLEASE, sign up for the next training! Get treated and/or trained and go home and treat your kids to the greatest gift you can give them. Treat your spouse (or attend with them!) and become ‘evenly yoked’ as parents, immune to disease.

IMPORTANT NOTE TO PARENTS:

TRUE WISDOM TRUE IMMUNITY IS ABSOLUTLY **FOR** ANY PARENTS WHO WISH TO GIVE THEIR CHILDREN THE GREATEST POSSIBLE GIFT!

Cured from physiologically-based disease (all disease, including allergies!), biological repair and balance, and immunity from disease FOR LIFE!

Our experiences are that children RESPOND QUICKER AND EASIER to treatment. They generally gain immunity and undergo repair FASTER.

GROUP TWO – Folks in this group still wrestle with deep beliefs that products or modalities outside their own immune functions are necessary for ‘health’, or, to avoid disease.

True Wisdom True Immunity works without fail for you, but we strongly suggest you spend some time with the Beliefs Chapter of this document (Starts on page 18) to help train your mind to support the immune functions of your body. We are here for you! With this document and other support avenues, we *know* you can do what’s needed to free yourself from limiting beliefs about what *your* body and its immune functions can do – make you immune to disease!

Please, spend some time with the Beliefs chapter, do some personal work, and then come to us fresh and ready for a new experience. Your body and its capabilities will be the new foundation for your own facts about what’s possible. The freedom from all the usual fears about diet, vitamins, products etc, will itself be worth all your effort.

Then, sign up for the next training or see a practitioner near you!

GROUP THREE – A greater challenge for you, but you can do it!

If you arrived here “just curious” to see what it’s all about, but find yourself having great difficulty with the ideas presented and often having a lot of what you think you know getting in the way of really considering this for you, then please consider spending a lot of time with the Beliefs Chapter to take stock of your beliefs and see if they are truly serving you.

We know that *anyone* can change their beliefs, including dropping them, at any time there is a will and an effort made to search them out and see if they survive the test of Truth.

For you in this third group, if you were to sign up without a lot of preparation on your current roster of beliefs, the treatment will work, without fail, however our experience has shown that immunity will eventually falter, as **your body will follow your mind**.

We know you will be expending resources and time to be treated and/or trained and we want you and us to have the best experience possible. We already know immunity and what its like – the freedom from fear over whether our diet is ‘nutritional’, or that we have taken our vitamins or not. We want *you* to know this too. We want our time together to be useful to you and to us. We need you to come visit us *FREE* of limiting beliefs about health and healing, so our time is spent ensuring your curing, repair and immunity is activated and **stays** that way!

For those who may find themselves in the third group, here is what we suggest they do:

Follow the path our experience and results have directly shown us:

- Read **thoroughly** the BELIEFS section of this document.
- Read the post on the True Immunity True Wisdom Facebook page until you can do so and not reject outright the **wisdom and simplicity** of the message.
- Confer with us if needed, through FB messaging and we will do what we can to further assist you, if you show you really are committed to conquering your fears and self-sabotaging beliefs about what the body can do, **without** external ‘remedies’, ‘modalities’, or ‘healthy eating’.

If you do not do the work we suggest above regarding beliefs, this is what we have directly experienced with a small number of trainees:

- Any beliefs in the frailty of the immune system as promoted on the internet and in countless books, including ‘studies’, ‘reports’, ‘science’, side effects, placebo effects, supplements, pills, ‘healing modalities’ and so on, *will mean you will be a ‘high maintenance immune person’*.
 - You will need checkups on the body’s systems and may very well need reestablishment from time to time of the immune system. Know that the body’s immune functions are supposed to be involuntary, like organ functions.
 - After curing of disease and immunity is achieved: It will generally take longer for those still holding onto limiting beliefs, as their body will be confused by the conflicting messages – i.e. command to immune system to be ON, on one hand, and beliefs that ‘this just won’t work for me’, or ‘I really don’t think I have an immune system that can do all this’, or ‘nothing else worked, this probably won’t either’. Or, ‘who are these guys and where are their credentials?’, and on and on – the song will remain the same, and its results will also be the same – we’ve seen it and are now ensuring everyone is informed of what is required to get the most of their treatment and training, *before* they come see us. Unfortunately, folks in this third group who do not do the work required will find their beliefs lead to self-destruction.

- The period of **biological system restoration** that occurs *AFTER* the critical disease and pathogen issues are corrected, can take some time and those who are in this group will surely *NOT* have the patience to allow *THEIR* body to do what it does - to correct issues that may have developed over years, to take the time needed to restore and replace damaged tissue – often just in months.

We would ask such folks: Where is your faith in *YOU*? We have seen folks in this group, get **impatient after just a few weeks** that ‘it’s not happening fast enough’, or ‘oh no, did I waste my money?’, or ‘I just knew it was a scam’.

In conclusion, *we want **all** our attendees to succeed*, and if you find yourself in the descriptions of this group, please take the next step in attending *after* doing the necessary work. Thank you!

THE ROLE WE EACH PLAY

OUR ROLE

Our role as practitioners of True Wisdom True Immunity is:

- We shall **COMMAND** your immune system to resume normal function, without fail, 20 out of 20 times. The time it takes for full immunity varies, but usually within a few weeks.
- We shall **ACCURATELY TEST AND VERIFY** the effectiveness of the treatment every step of the way while we have access to you. This is our commitment to **YOUR** success, and **OUR** success.
- We shall support you in any way we can to **EMPOWER** you to eliminate any **BELIEFS** prone to directing your body to **FAIL** – the body **DOES** follow the mind – please see the Beliefs section to *know* this for yourself! However, this is *your* task, and we will do what we can to help you with this.

YOUR ROLE

It is vital that you know that it is **YOU**, with complete control of whether you *stay* cured and immune.

CURED means:

That the underlying causes of your signs and symptoms will be removed and or repaired.

NOTE: The modern medical industry has different meanings for the word "CURE". They use the word when they treat someone who is/was basically healthy but had a negative return on a routine checkup test. If the person survives the treatment they are classified as "CURED" even though they had nothing wrong with them to begin with. The other use of the term "CURED" in the medical industry is when someone is cured even though down the road they have a relapse and suffer again. The science and medical industry has a very low standard for the word "CURE". TWTI does not rely on such meanings for the word "CURED". Though reckless lifestyles can short the immune system out temporarily, it only takes a few days to reset it, so with TWTI any kind of relapse should only last a couple of days, a week at the most. What doctors and scientists name signs and symptoms is irrelevant. The word "disease" is a distraction. What is relevant is total relief without using products to dull the senses of the pain and suffering.

REPAIRED means:

The body corrects malfunctions and rebuilds and replaces damaged bodily components and tissues. New cells replace old cells and such. As the body repairs it also adjusts and adapts its production of fluids and regulates chemicals such as insulin and hormones.

IMMUNE means:

The body has all its organs, glands and systems up and running and performing their natural biological immune defenses and immune functions. They named the IMMUNE SYSTEM such because original scientist knew it was there to provide immunity. Completely restored immunity allows the body to eliminate all disease-causing pathogens at its *earliest convenience*. No pathogen is superior to any natural immune state of any creature on earth. Pathogens only harm the weak.

NOTE: A well-rested and well fed immune person is likely to never get sick, not even a so-called cold but if an immune person does miss out on a night of sleep and comes into contact with a pathogen, they might experience signs and symptoms of the pathogen potentially suffering effects of the pathogen UNTIL the body gets rested, in which case the sleep will provide the body with its “earliest convenience” and the pathogen or pathogens will be easily defeated.

CONTINUED ‘YOUR ROLE’...

We will command your brain to restart immune system function. Then, we will specifically help you to know how to have complete control over *YOUR OWN HEALTH* and *IMMUNITY*, including how to maintain it - if that is the level of training/treatment you choose. It is *NOT* difficult to cure disease, be immune to disease and to maintain immunity if you can choose to stick with the facts instead of beliefs.

If you choose treatment only, and in the future, you need a ‘tune up’, you will have to come back to a TWTI practitioner. A ‘tune up’ is most often needed, if your lifestyle or *BELIEFS* begin to again sabotage the natural state of your body’s immune system, which is *supposed to be involuntary*, like the function of your heart, liver, kidneys and so on.

Thus, EDUCATING you is as important as the initial treatment and follow-up if you want to remain immune to disease for a lifetime! Please take us up on it!

Furthermore, a person attached to their disease is a more fragile person and such a person will take mental repair as much as physical repair.

CONCLUSION to the ROLE WE EACH PLAY

This Guide – **specifically** the BELIEFS section, the True Wisdom True Immunity Facebook page and our www.truecures.com website are designed to take the mental frailness out of people so the physical frailness can be addressed in a very timely manner. Our practitioners are trained and prepared to assist you with this.

We want your success! We know what we can do, and we know what you need to do to! Immune system functions are meant to be involuntary, however, due to how lifestyle and beliefs have developed in the modern world, we have found that most folks need these functions to be commanded voluntarily until they can become involuntary as designed. With the skills and knowledge, we teach, *YOU* will be able to precisely test and maintain your own immunity, and that of friends and loved ones.

After we command your brain's full immune functions, you must know that it's *YOUR* brain and *YOUR* brain alone that gives the commands to cure, repair, and be immune. WE do not heal or cure you, WE MAKE SURE *YOU* HEAL AND CURE *YOU*!

We will command your brain to do its job with immune functions, and are here sharing Truth with you that will empower you to retake both mental and physical control of your well-being and we just have not found any way to do that softly or gently. We at TWTI, our trainees and clients have also had to do the same.

We have great compassion for your suffering, and interest in your health and well-being, which is why we will speak solid Truth no matter how distasteful it is for some. Telling people what they want to hear just isn't an option if one is searching for true cures and true healing.

NOTE: Reading, understanding, and agreement to what is discussed in this Primer for True Wisdom True Immunity is required before we consider you for treatment. We will ask you if you have done this. We take what we do with serious commitment to success for your sake and ours, so we must ask you to meet us with the same commitment. Thank you!

NOTE: It is **CRITICAL** that you inform us of **ANY** medication that you are taking, which could seriously harm a person who no longer has a disease or condition to be medicated! A body cured of disease and brought back into biological balance may be at great risk if taking such medication. An example would be blood thinners and heart medication, but there are others. If you do not know whether your medication would harm someone without your condition, **you must find out!**

THE DIET

True Wisdom True Immunity recognizes that the TWTI DIET is extremely important for TWTI perfection and efficiency. The prescribed diet supports efficient healing and immune restoration. How well you adhere to the diet will determine **how long** it takes to gain immunity. The diet does not cure people, it allows people to *heal and cure themselves*.

Though cheating on the diet will mean you will still be cured and become immune if you are applying TWTI healing – it will however, take much longer and how much no one can say. Our unique testing protocol will precisely show the progress being made. If you fudge on the diet, you will require continued treatment and monitoring until the proper results are achieved.

Without a team of righteous scientists, we can only speculate as to why the diet plays such a pertinent role in curing disease and restoring immunity. Through our observation over many years we have seen many various outcomes depending on variations in the diet and the time frame of the diet. Time and time again, strict adherence to the suggested diet proves to be the most efficient means to cure and restore immunity without **interruption** and all of us want to be healthy and disease-free sooner, rather than later. It is our speculation that the diet is starving fungus which likely removes an undue amount of stress and attacks upon the body, giving it a freedom to perform with extreme efficiency.

Fungus likely accounts for why cutting out gluten can provide some people with some relief or why so many people feel better on the Atkin's diet. Regardless, the brief diet is essential to curing disease and restoring/providing immunity.

In the early years of True Wisdom True Immunity, a seven-day diet was often sufficient but as time has passed, stress has increased, quality of life has lowered, sleep has become less important and often sacrificed and as such, our species has become more noticeably fragile. A mostly healthy person today is not nearly as healthy as a “mostly healthy” person 25 years ago.

WHAT IS THE TREATMENT?

You and the practitioner have the space to either sit or stand. Basic muscle testing preparation is conducted to ensure YOUR arm can give a proper accurate response to the questions asked of the brain.

Muscle testing does not command your brain.

Muscle testing does not cure or heal you.

Muscle testing is used so WE know that the commands have been sent, for monitoring the current state of immune system functions and what can be done to address any physiological issue that is of interest to you.

- Once clear signal and response is confirmed with you, your immune functions are tested for their current status. Results from this lead directly to the treatment. The practitioner's brain then sends the signals rather quickly, with the method of focusing them involving statements being made. The words do nothing other than focus the signals, which are silent and without any sensation. Your body is sending similar signals right now as you read this. We will be sending the signals your body is failing to send. Your brain will automatically adapt the new signals as its own.

INITIAL TREATMENT COMPLETED, THAT'S IT!

- What follows is your brain *IMMEDIATELY* scans your body for all issues. That this is occurring is tested and confirmed. *RESULTS* of course, being the immaculate proof.
- Upon completion of the scan, the command is given to initiate correction of all issues.
- During the next several days, the practitioner checks and re-commands as necessary until the new 'programming' to your brain 'sticks'. This period is extremely important – it is the most fragile time period of the process, and must be closely monitored and corrected as necessary for efficiency as well as effectiveness.
- Eating more is extremely important as it allows for the necessary energy – CALORIES – to be available for the immune system to carry out the new COMMANDS. As mentioned above, we speculate the diet starves fungus – often a large task for a body whose brain was just commanded to take up full immune functions.

After treatment, you *must* do the following and this is why *YOUR* cure, *YOUR* biological balance, and *YOUR* immunity, ultimately are *YOUR* responsibility, as they always have been:

- Do the diet for the recommended period, and possibly longer if needed – your practitioner will be in close contact with you on this. YOUR success is OUR success!
- Get at least 8 to 10 hours of GOOD QUALITY sleep every night, at least for the period of the diet, and to maintain immunity without needing touch ups over time. 8 hours of sleep will do nothing to accelerate the process. 10 plus hours will accelerate the process.
- Do as LITTLE AS POSSIBLE, especially in the first 7 days - for the total period of the diet.

During this period of the treatment, you must know that your brain will allow you the energy to be active when you demand it – however, this will be at the expense of the continuing immune function restoration!!!

- You may start to feel pretty good and want to do some more strenuous work or exercise – this is NOT the time to do this as your body needs ALL the energy it can get and it WILL shut off the immune system repairs to give you energy to jog, work, stay up past when you feel tired.
- Drink a LOT of water! You must support all biological function repairs by drinking a lot of water, however avoid drinking too much water later in the day to avoid getting up at night to go to the bathroom.

PLEASE ENSURE YOU UNDERSTAND THE SECTION ABOVE AND THAT YOU ARE COMMITTED TO FOLLOW THROUGH AND COMPLETE THE STEPS. IT TOOK MANY YEARS TO PERFECT THE PROCESS TO COMMAND IMMUNE FUNCTION ACTIONS AND TO DEVELOP THE SUPPORT PROCESS TO ENABLE THEM TO COMPLETION OF CURE, IMMUNITY, AND REPAIR, WITHIN A REASONABLE TIME FRAME.

More will be discussed with you by your practitioner – the purpose of the above is to give folks a sense of the commitment they are making by agreeing to be treated with

True Wisdom True Immunity.

BELIEFS

THIS IS THE MOST IMPORTANT SECTION OF THE GUIDE!

The key to you experiencing True Wisdom True Immunity treatment lies in whether you have the **wisdom** to see the **common sense** and **simplicity** of what we offer.

Does truth resonate with you or are you tied down by your beliefs?

You ***must*** first get through your harmful beliefs.

You may even wish to try True Wisdom True Immunity just to give it a go, but arrive to see us with erroneous beliefs about the body and what it needs to be healthy and immune to disease. However, the truth is that you will have a much harder time maintaining immunity. It will require regular checkups to ensure the new commands to the immune system ‘stick’

In this state, you will not enjoy Life, and be experiencing the *FREEDOM* from the *DRAIN* of all those erroneous beliefs.

We **want** you to enjoy life to the fullest! Healthy and immune to disease and without fears that you aren’t eating ‘healthy’ or that you need any products to maintain health – a body immune to disease does all of this for you as YOU!

Your subconscious immune functions commanded by your subconscious mind are *FEARLESS* at doing their role; unlike those who are filled with beliefs. *YOU* may have fears about disease – how to avoid it, what you can possibly do to be cured of it – but your *IMMUNE SYSTEM IS FEARLESS*.

If your mind is filled with BELIEFS, CONFUSION, and FEAR, your subconscious mind’s genius and ability to command immune functions will be COMPROMISED!

OK, so you find yourself here – why all this talk of beliefs?

We comment on this extensively – in fact this is the most important chapter of what The TWTI Guide discusses - because *beliefs held in the mind will affect the body!*

We understand that these beliefs start very young for most all of us. We all accumulated them through many years of indoctrination from many varied sources. Even more so now with the advent of easy internet access for most folks.

Whatever you have been doing or avoiding up to now in the arena of gaining or maintaining what health you have, is using things external to your body – especially in ‘natural medicine’.

These things *do* have *EFFECTS*, caused by your mind triggering immune responses from placebo. Pharmaceutical drugs can directly have effects based upon chemistry, and additionally can have placebo effects.

What we offer here at True Wisdom True Immunity *totally steps outside of that box!* And, because no one we know outside of TWTI has this knowledge, much less are living proof of a human immunity to disease, then it becomes a *great* challenge to accept.

We want *you* to accept this, but *not* because you add *believing in us* to the other beliefs. We do not need your belief in us, nor any placebo effect to do what we do. Just the right knowledge and skills and *your discipline* and *physiology* will do the rest!

Thus, we say, if you find yourself with many accumulated beliefs that are only ensuring a frail body, we sincerely desire you to take this section of this document and do the work needed *before* you come to see us. We **do** want to treat you and assist your brain and body to become immune to disease while curing you of all disease and initiating repairs to achieve biological balance. However, we also want you to be successful in maintaining this immunity.

We want you to enjoy your time with us in training and treatment and we want to enjoy our time with you! We do not wish to argue with you about beliefs *when we already hold the fact of immunity in our hands*. We want you and the others in training to all be moving steadily ahead to immunity rather than long conversations that still indicate our trainee has not done the important work *before* coming to see us.

Ok, so now to the meat of why we *know* beliefs are critical to explaining where you are at now, and how successful your maintaining immunity will be.

It's simple.

YOUR BODY WILL FOLLOW YOUR MIND

We can we say this with certainty. Why?

A most obvious example is walking or talking, if your mind tells you to walk or talk, your body will follow the command and your body will walk or talk.

Think what you know about how scientific trial studies are conducted - specifically in the field of medicine.

Conducting clinical trials varies in procedure and is complex. However, generally there are at least two groups of people – those that receive a new drug, and those that receive a placebo. The results of the study often show that *a high number of those given the placebo have the same or better results than the ones given the actual drug!*

Placebos can induce real effects! Belief that one is taking a drug that will help them, is enough for many to have the desired positive *effect*.

The **same** is true for beliefs in external ‘natural’ medicine, supplements, vitamins, modalities, spirituality, and ‘energy’ medicine. These products and methods are only for those not immune to disease! In immunity, you will directly know how little they actually do, and are not needed. (Talk about saving some money!)

Now here is the real kicker. When it comes to negative self-destructive beliefs about health and healing, the **same effect** occurs *BUT IN A DESTRUCTIVE NATURE*. Any beliefs that say *you need something outside of your own body’s functions to be cured and disease-free are harmful!*

True Wisdom True Immunity deals *only* in EFFECT! *That* was the one thing David questioned many years ago, when others were distracted by FDA statements that their ‘healing modality’ supplements and products were placebo. He instead asked...”what about the *EFFECT*”?

The simple truth about True Wisdom True Immunity, is that curing disease and bringing immunity is effective 20 out of 20 times. *NO* belief in us required. *NO* external products or ‘nutrition’, or devices required.

For TWTI to fail, one must purposely refuse to actively maintain their immunity and or sabotage their immune functions through lack of sleep or other reckless activities unnatural to man. Foods will only be an issue in extreme overindulgences.

How do we really, truly know this?

Because we at True Wisdom True Immunity, our trainees, and those treated by us are the living proof of it. We want you to be that living proof too! *YOU* and *YOUR* experience of being cured, repaired, and becoming immune will be your own living *FACTS* about health and healing.

For our purposes at TWTI, what beliefs you are still holding on to, may be **CRITICAL** in maintaining long-term immunity.

That WE can and will successfully command your brain
to resume full immune system function is **assured**.

WHAT BELIEFS COULD BE CONSIDERED HARMFUL?

Essentially, *anything* that *stresses you out*, or assigns the role of keeping you healthy, in biological balance and immune to disease, to any product or modality *outside of your own body's immune system!*

We know this is radical to what you may be thinking is truth right now.

Regardless, we at True Wisdom True Immunity, our trainees, and our clients *are immune to disease*, and are experiencing something you very likely have no reference for. *WE do not need any products to maintain that immunity. No pills, herbs, 'energy medicine', supplements, 'nutritional diets', 'healthy foods', 'organic foods' or spirituality.*

We are directly experiencing FREEDOM from self-sabotaging and self-destructive beliefs because we KNOW those beliefs are just that – NOT FACTS, but just made up stories called BELIEFS. Secondhand hearsay, CNN, FOX, "New Age" internet sites provide only BELIEFS until validated through direct personal experience so do not let them influence your peace of mind or your health.

We can say that there isn't a single fact to any study, report, statistic, methodology, or science about "disease" and what brings health, OUTSIDE OF True Wisdom True Immunity – not due to arrogance or because we are megalomaniacs - but because all such studies, reports, statistics, methodologies and science...

WERE NOT USING HUMANS WITH FULLY ACTIVATED IMMUNE FUNCTIONS!

We fully accept and welcome any such science to be conducted, with the knowledge that the human immune system can be fully activated and responsive to any disease or imbalance. We are *NOT* anti-science in any way. So far, any interest from people of science in doing so, dries up quickly – Truth is SIMPLE and POWERFUL and *CUTS THROUGH ALL ILLUSIONS!*

HOW TO END SELF-SABOTAGING, FLAWED, AND FATAL BELIEFS

We only know and promote the DIRECT METHOD of ending your harmful beliefs.

We recommend you sit by yourself in an undistracted environment and *TAKE STOCK* of *ALL* your beliefs about your body and how you achieve health and well-being. Write them down as needed if that works for you. Then take stock of all beliefs that affect your general peace of mind and write them down.

Then, bring up one of those beliefs and ASK YOURSELF:

- What do I know about this belief that is *FACT*?
- Where did I come across this belief?
- When did I begin to accept this belief?
- Why do I give it any consideration of being *TRUTH*?

It is important that you be *completely honest* with yourself to be able to *free yourself*!

You will soon find that you have few facts, if any, about how the human bodily immune functions work, nor how to have it fully activated and *IN YOUR CAMP* to cure you of disease, restore biological balance, and maintain immunity to disease. Don't feel bad about this – no one is publicly telling Truth about the human immune system. As a standalone answer to all disease and biological imbalance, it is not even considered for publicly available study.

The following statements will assist you in having the *PROOF* that will help you in releasing the beliefs that hold you down:

- *No science* is done with humans that are immune to disease! Therefore, *all science* of the body done without this knowledge is *FLAWED* and needs to be redone *with* this as the conceptual framework. There currently *may be facts*, but they will not be truly known until science is conducted as above.
- VERY LITTLE SCIENCE OR MEDICINE, (pharmaceutical or natural) relies on facts anymore. When SCIENCE became commercial instead of private, it became an industry not so much a science. As such, when a doctor, any doctor, talks to you about your health, they are talking about what they *BELIEVE* is going on with you, *not what they know is going on with you*. This is done and made socially acceptable through the scientific term “hypothesis”. “Hypothesis” is a scientific word for *belief*. The disease known as “cancer” is *believed* to be a mutated cell - it is not known as a matter of fact. The public is largely unaware of this phenomenon.

Though science and medicine do not present anything as fact, the consumer takes it upon him or herself to assume they are referring to facts because no one asks a doctor: “is this a fact or just a *HYPOTHESIS/BELIEF*?” Next time you see a drug commercial on TV, watch it closely and you will see they refer to the information they speak of as *BELIEVED* to be the case, cause, or reason.

- NO ‘PRODUCTS’ of any kind, including herbs, supplements, vitamins, “energy medicine”, including “Chinese Energetic/Herbal Medicine”, all “natural medicine” MODALITIES, cure *ANYTHING* outside of the occasional *PLACEBO EFFECT*, which is an act of accidentally sending signals for an immune function to start, for none of them can cure physiological issues 100% of the time and *YOUR IMMUNE SYSTEM CAN 100% OF THE TIME*.
- PLACEBO EFFECT MEANS
 - the patient/client’s *BELIEFS* in anything external to the body – namely things like herbs, pills, remedies, homeopathy, supplements, modalities - were powerful enough to **have triggered the brain into sending the signals to have an immune function response.**
 - the practitioner or supplier of the external modality that accidentally is sending signals, but not consistently nor accurately testing for their reception or status, **triggers the signals that cause the brain to have an immune function response.**
- “DISEASES” MEAN
 - Labels to create industry and acceptance of poor health.
 - The single most deciding factor as to what “disease” a person might be labeled with comes from what the patient writes down on their initial hospital paperwork, their history and what they have done to themselves. Diagnoses of disease is based on your written history and current personal medical hypotheses. Three different doctors without access to your personal written hospital paperwork will almost certainly come up with three different diagnoses if all they rely on is medical testing and a rundown of your signs and symptoms.
 - Modern medicine relies almost solely on hypotheses, a.k.a. best guesses and rarely deal in any facts.

At True Wisdom True Immunity, we deal with this FACT:

YOUR immune system activated and fully operational WILL CURE you of any disease, restore biological balance, and maintain immunity to disease.

At True Wisdom True Immunity, we deal in EFFECT only, NOT PLACEBO.

Remember we too, at True Wisdom True Immunity, our trainees, practitioners, and our clients, had to achieve freedom from beliefs to whatever degree possible, to support the natural human immune functions. WE are here for YOUR success!

Here at True Wisdom True Immunity, we are not against any effective medicine, period - be it pharmaceutical or natural. Sadly, there is no longer any effective natural medicine, and as for pharmaceutical medicine, we applaud their work with trauma medicine and their management of pain.

NOTE: There will be times where True Wisdom True Immunity REQUIRES the use of pain management. If you have a *BELIEF* that might get in the way of this, you need to shake it before you attend a session. You cannot let pain get in the way of quality sleep. Poor sleep is FAR more harmful than pain managing drugs. If we suggest you use pain relief drugs to improve your sleep and you refuse to “toxify” yourself, you also refuse to do what you need to do to fully heal and restore immunity. Here at TWTI, toxicity is an afterthought because we respect your lymphatic system even if you do not.

GUIDE CONCLUSION

***YOUR* body's immune functions do the curing, repair, and bring immunity to the industry of disease.**

You must know that the **repair** phase of your immune functions generally takes longer and may be limited if you are very sick, or have had long chronic signs and symptoms. This is determined by what you have left for gland and organ function after the immune system cures you and brings immunity. However, TWTI treatment is always much better for any signs and symptoms of “disease” or general disrepair. How far *your* body can go is something you will experience and know over time.

Your full success in achieving and maintaining immunity relies upon you ensuring you do the diet, get the rest and relaxation, and drink lots of water during the treatment period. We will do everything we can to support you with the information to do this accurately and competently, as found in the True Wisdom True Immunity DIET document available where you found this one.

There is also a *TRAINEE MANUAL* you will receive after your training, that will greatly assist your success!

WE WANT FOLKS THAT ‘GET’ THIS GUIDE’S CHAPTER ON BELIEFS, AND ARE COMMITTED TO THE PROGRAM, TO COME TO US.

However, we understand that it may not be your time just yet – you may honestly realize that you need more time to get your mind cleared of beliefs. We highly respect those that have such honesty and hold off until they are ready, *before* they come to see us. That is what this Guide is for – to help you get the *most* out of True Wisdom True Immunity when you come to see us.

We desire our time in treatment and training to be focused on those that have done their work on themselves *previously*. Experience has shown us that spending a lot of time during treatment/training, wading through endless unproven, nonfactual and limiting beliefs that will only hamper immunity is no longer to be a part of class time. It will also unreasonably take up the time of other students better prepared to gain the most out of the training and treatment. We thank you for your understanding in this matter.

Once something is proven to be a *fact*, it no longer is a *belief*

We sincerely hope you can see by now, that there is *nothing* like this available anywhere else but here at True Wisdom True Immunity.

All other systems, understandings, information, studies, reports, research fails to know that the human immune system is capable of what we state here, thus all other approaches consistently **FAIL TO CURE DISEASE AND DO NOT BRING IMMUNITY TO ANYONE.**

Thus, if you rely on and believe in any of these systems, understandings, information, studies, reports, and research, they will lead you astray from **Truth**. You will continue to waste your money, energy, and the *time you have left before your conditions are so bad that not even the marvel of immune functions will turn your life around!*

THE BODY WILL FOLLOW THE MIND. IF YOUR MIND IS FILLED WITH BELIEFS THAT ARE NOT TRUTH ABOUT THE BODY, THEN YOUR BODY'S IMMUNE SYSTEM WILL FAIL ALSO – it is one key to what has happened to the health of modern Mankind!

FULL DISCLOSURE

Results that may be surprising or bring an added unexpected result to obtaining immunity through True Wisdom True Immunity.

- THINGS TO BE AWARE OF:
 - Menstruation effects: Once immunity is restored, women's menstruation changes for the next 3 to 4 months until they experience their cycle with little to no advanced signs and symptoms. Cycles change and smooth out and women become much more fertile. Menopause becomes a breeze.
 - Pregnancy: Infertility for the woman, is cured through full immunity from TWTI, provided there are still sufficient child bearing organs remaining to produce offspring.
 - Effects of using medication while immune. What will the body do – adapt? What about use of the Pill? We do not have enough participation in this kind of research to speak in matter of fact terms about it. Suffice to say, clients who wish to avoid becoming pregnant typically continue to use the pill without any issue but it might be wise to stop using birth control a month before beginning TWTI and avoid it until the menstrual cycle smooths out completely so the body can program itself based on only the chemicals it produces.

- Constipation is often experienced during the treatment of TWTI. We can speculate it is due to the high protein diet and the fact that the body requires excessive calories to perform the task of creating full immunity.
- Blood pressure: Everyone's blood pressure goes up initially with the increased water intake but those with existing High Blood Pressure will find their pressure dropping within a few days and as such should watch it constantly if they are taking medication to avoid lowering a natural blood pressure to an unnatural low.

TREATMENT AND TRAINING OPTIONS

True Wisdom True Immunity currently has three training and/or treatment choices:

Training only – 2 full days

Treatment and training – 7 full days

Treatment only – usually 14 days

Please see True Wisdom True Immunity's website at www.truecures.com for details regarding these three programs, cost, and dates for the next available session.

If you have this document, but are going to see one of David's practitioners, then please see them for their availability to treat you.

NOTE: There is a Trainee Manual available once you attend a training course.

TESTIMONIES

Why can I not find official testimonies on any True Wisdom True Immunity website, Facebook page, or in this Guide?

We understand that many (if not most) people are conditioned to be convinced through second hand testimonies about products or modalities. However, we do not subscribe much value to testimonies for the following reasons:

- The only true facts a person has is what they directly experience. Second-hand information is not proof nor evidence of anything. It may be *useful*, but they are not *your* facts.
- Trainees are free and open to share their own testimonies if they wish. Some do not desire the inundation of FB requests by those who are already lost in the illusion that someone else's testimony is somehow valid proof for THEM. When you become cured of, and immune to disease, you will know exactly what we mean.
- Testimonies as generally found on other websites for products or modalities are unverifiable, and easily mass generated for marketing purposes.
- Coming to the training/treatment is much better than arriving with distorted expectations and *BELIEFS* that are never factual until tested, and become reproducible. When they are consistently reproducible, they can then be considered *facts*.
- *YOU* will become your *OWN* proof and living testimony. Upon repair and immunity, you, like many others who have done TWTI no longer have their health issues constantly in their mind, and they go on and just *LIVE* as Man was meant to live – *free, healthy, and happy*.
- Too many people will use testimonies to make their decision to obtain TWTI immunity, rather than reading this Guide and making sense of it, which creates an undesirable attendee.

WHAT IS YOUR IMMUNE SYSTEM CAPABLE OF?

The following is a **very** limited commentary on various signs, symptoms and conditions that are cured/affected by the restoration of natural biological immunity by True Wisdom True Immunity:

- Allergies: allergies are easily cured by restored immune functions. Any return of allergies is an IMMEDIATE indication for a needed correction/follow up. Those trained will be able to detect and correct the failure that allows for allergies to return, those not trained will need to see a TWTI practitioner for a follow-up treatment. Allergies are a factual sign of a failing, inadequate immune system. It is extremely common for people recently cured of food allergies to feel some residual senses when first consuming a food they were once allergic too. We speculate these senses to be fear generated by the mind and typically only occur the first time a food is introduced. If the client were to consume the food without knowing, there would likely be no noticeable mental reaction at all.
- Dental issues: TWTI natural biological immunity cures tooth decay. Teeth can heal as long as they still have living roots.
- Hair loss: Hair falling out is cured by TWTI natural biological immunity but it will not make new hair grow back so as always, become immune *sooner rather* than later to keep the hair you have.
- Bone spurs and calcium deposits are cured by TWTI natural biological immunity. This takes place over usually a few months in the *repair phase*.
- Menstruation: Almost all women, if not all women suffer from what is often referred to as “endometriosis” so all women will experience improved menstruation once they experience TWTI natural biological immunity.
- Menopause: Menopause becomes a breeze, for your husband’s sake; make True Wisdom True Immunity natural biological immunity a priority.
- Pregnancy and Erectile Dysfunction: Women who are immune to disease will produce perfectly healthy offspring and erectile dysfunction is cured in a few days.
- Migraines: Migraines are extremely easy to cure through True Wisdom True Immunity; however, they need to be cured as soon as possible because they are a sign of glands and organs deteriorating and once such glands and organs fail completely the headaches may become permanent damage. Those who suffer migraines daily without any kind of relief from medicine may be too far gone to eliminate them entirely but they can limit the frequency of them and the intensity of them.
- Arthritis: True Wisdom True Immunity natural biological immunity cures ALL arthritis but *earlier is always better!* Disfiguration is not cured by immune functions – the disease is.

- **Viral Diseases:** True Wisdom True Immunity cures all so-called “viral diseases” and will provide a negative test. Nothing a doctor or scientist says about any so-called “viral disease” is constructive or useful so PLEASE dismiss every printed word regarding “viral diseases” before attending a TWTI training or treatment session. “Viruses” are diagnosed based on antibody levels in the body not by detection of any actual “virus”. These antibodies are living components of a fragile immune system and as a living component they must DIE off naturally over time. Because they must die off over time, it can take six months or up to a year for a person to test negative in a “viral” test.
- **Warts:** True Wisdom True Immunity cures all warts. It takes 2 to 4 months for warts to slough off, so if warts remain present after 4 months, one should perform proper maintenance if trained, or see a TWTI practitioner if not trained.
- **DISEASE:** True Wisdom True Immunity natural biological immunity CURES ALL DISEASE. We have named only a few because to name them all would take endless pages and it should be understood that immunity is being disease-free because that is what TWTI natural biological immunity is.