Unlock the Secrets to Your Optimal Health



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"If you want to find the secrets of the universe (and your health*), think in terms of energy, frequency, and vibration." - Nikola Tesla



Hi Friends,

See what I did there?! I added the word Health! Why? Very simply, the truth is there are undeniable secrets of the Universe! And when you learn these and apply them in your life, they will completely and totally work in your favor to help you create the life you desire with improved Health and Happiness! And let's be honest, that's what we all want! We want to look good and feel great! We want to feel connected, living a life on purpose with passion and excitement!

I am so excited to share with you some simple Universal Truths to help you look and feel great! I also will leave you with activities for you to participate in and build into your regular habits and disciplines in your day! And when you do, and these habits become just what you do, you will absolutely experience and enjoy High Vibrating Wonderful Health! I have been so blessed to come across these and experience them to the fullest in my life! Every day I get to choose whether or not I'm going to apply these laws to my health benefit, or simply ignore them! And now that you are learning these, you will also have the Power to choose! When you know better, you do better!

So, sit back, enjoy the ride....I'm gonna keep it Ultra Simple – bullet point simple, you don't need to know all the science and mathematical equations....you just need to know the Cliff Notes so you can set your foundation and build from there!

Key Point Truths - Cliff Note Version

1. All things in life , THINGS, THOUGHTS AND ACTIONS, are energy – Chi. This energy can be measured in Hertz and shows the frequency in which the matter vibrates. High or Low.

2. Everyone has a specific amount of energy that can be measured to determine the vibrational frequency one emits.

3. Vibration can be changed and calibrated. Specific activities and environments can alter the frequency/vibrations and make it go lower or higher.

4. Vibration can be transferred, things with higher energy can pull matter of lower energy up. If you are low, you can be pulled up!

5. People that Vibrate at a higher frequency, live healthier and happier lives!

What do these secrets say? "YOU have total control as to whether you vibrate High (healthy and happy) or Low (sick and unhappy) by determining which activities/ or environments YOU CHOOSE/DECIDE to participate in."

Let me give you an example of what measured sick/healthy person looks like!
Low Energy-sick Human – 20 Hz
High Energy Healthy Human – above 80Hz
I know where I want to measure every day! How about you?????!!!!

Simply put, small, daily choices are affecting whether you live at a high frequency or experience chronically low oscillating vibrations. From our morning routine, to water, words we declare out loud, and plant based medicinal substances and plant based foods, these can completely change the Vibration of your life!

The secret to your Optimal Health is to learn how to improve the Frequency in which your Energy Vibrates. I want you to learn how to alter your Frequency that you emit through your thoughts, words, feelings and actions that you choose. And when you do, this higher frequency is directly associated with wellness and health, happiness, joy, and abundance. This will ultimately THEN help you attract more of these things into your life, because like attracts like! You are a magnet….so whatever you are – you will then attract similar frequencies into your life.

So here are the Universal Laws you need to accept and welcome into your life…and begin to use to your Positive Health Advantage to acquire the life of your DREAMS!

"Everything in life is Vibration."
Einstein

The Law of Vibration –
"everything in the universe moves, vibrates and travels in circular patterns, the same principles of vibration in the physical world Things also apply to our thoughts, feelings, desires and wills in the Etheric world (non touchable, unseen world). Each sound, thing, and even thought has its own vibrations frequency, and can be measured as Energy….in Hertz. So think in terms of Vibration! **Does this elevate or decrease my Vibration?** Your Vibration (Vibe) or the energy you emit ultimately directly affects what you attract into your life. (People, things, experiences, etc).

Law of Attraction –
"Demonstrates how we create the things, events and people that come into our lives. Our thoughts, feelings, words, and actions produce energies which, in turn attract like energies to us. Negative energies beget more negative, positive begets more positive". Once you learn to alter you Vibrational State through different activities, consistently and perpetually – then this law will bring more of those positive things into your life even faster…., the things you LOVE will start speeding their way to you!

Now that you understand that YOU are in control and decide by thought if you want to live a HIGH VIBRATIONAL LIFE then you won't settle for less, You will apply the next Law…

Law of Action –
this means you must begin to engage in the ACTIONS that support our thoughts, dreams, emotions and words. You must perform the actions that are in harmony with your thoughts! This means you will start choosing foods, medicines, and habits and practices that raise your Vibe to your Highest level! It is then that the Law of Attraction will start to positively work for you on this High Vibrational Energetic Level and bring even more of that into your life!

That's it friends! Whether you want to accept these Laws or not does not change them. They are Universal. And they apply to every single Human Being! I made my choice. It has served me with health, happiness, peace and abundance on so many levels. When you decide that you want to be healthy and happy, you just need to get a hold of the list of things that you need to participate in and those to avoid to Vibrate at a High Frequency and put them into ACTION!

This is where EVERYTHING STARTS!

"AS a man Thinketh, so is he….."
Thoughts Create Things.



Attract Healthy Habits into your life, by changing your Thoughts!

Thoughts turn into Feelings.
Feelings Turn into Actions.
Actions Turn Into Results

MY Success begins in the MIND…that which I think about, I ultimately will bring about. These consistent deliberate thoughts, create a 'FEELING' (strong emotion) in my heart and body! I create an imaginative visual picture of what I'm going to achieve! By continuously and consciously engaging in this process, I begin to swing my emotional pendulum to one of confidence and belief….this is what draws and pulls my being into action….and it the actions that ultimately bring the physical, tangible seen results. The key is to understand that when we change our habitual thoughts, then the behavior follows because of the 'feelings' it creates in the body….there is an emotional – vibrational change within our very being!

~ What you “think” about, you bring about. Why? Because our thoughts are the ancestors to every one of our actions! And if you want to participate in some of these new Healthy, High Vibrating Actions….you better start at the beginning.

~ Begin with your thoughts!

Example : Let’s look at the Measurements of the body in Hertz from two very different thoughts to prove my point!

Example of Heart Rhythm ECG
Thoughts of Frustration & Appreciation lowers your Vibration!
Thoughts of Gratitude…increases!!

*Imagine…you have the ability to change your Vibrations just by ‘THINKING’ about things you are grateful for or saying would your life be like…if “Thankyou” in advance for what is already yours….

*You are mostly where you are in your life because of what you believe and what you have been saying about yourself….what you think subconsciously running through the tape in your mind….your BELIEFS, your PARADIGM LIMITS.

*You must consciously change your story by actively planting different seeds… if you want apples, plant apple seeds, if you want oranges, plant orange seeds. You are eventually going to eat of the fruit from the seeds you are planting! The Bible says you will Reap what you Sow. So, you must stop planting cactus seeds if you want to eat the fruit from and apple tree! Start Declaring Positive Words from your thoughts! Speak them out loud with enthusiasm and feeling! As if they were true, even if they are not yet!

When you understand that your Very Thoughts are measured and affect your Health and as my friend Wayne Dyer says “What you think about Expands”, it is then that you begin being really careful about what you say in your head and outloud because you can bring good things into your life….or also things that are bad.

* Our words we use (in our mind, out loud, and on paper) matter….they are the very paint that we use to create the canvas or picture of our life

*Keep always in your mind that LIKE attracts LIKE – If you are positive you are going to attract positivity, If you’re negative, your gonna attract negativity!

*Get into agreement with this cycle, and once you do…you will have the choice to make the decision every day what you feel and do, by choosing what you Think about on a daily, moment to moment basis!

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Healthy Habits Improve Our Vibrational State of Being

Habits are the single largest contributing factor to you success in living your best life and enjoying optimal health! It takes about 21 – 60 days to establish a habit in your life. So I want to encourage you to start small and add! You have to start with one step! Keep adding as you confidently and successfully add a new positive activity into your life, before you know it, you will look back and see that you have walked a marathon and are capable of making major changes in your life, just by consistently starting with the small stuff!

My Short Story: It is not by accident that I live a very happy, passionate and healthy life full of enthusiasm. Let me just say, this is not how I woke up one day or was birthed! In fact, it was quite the opposite! My early upbringing and childhood consisted of pain, sadness, limiting beliefs and unworthiness, and definitely poor habits! However, as I got older and made my way into my college years, it was obvious to me that I needed to make some Health decisions about my life and the activities I was going to participate in. I didn't want to live sad, depressed, unhappy, feeling fat or unworthy any longer. Deep down, I knew that it was I that had to make some changes. It was easy for me to look around at people who were out of shape, sad or negative and say, "ehhh, I don't want to live that way." Therefore, I didn't do 'those' activities. On the other hand, I could see others that were happy, fit and seemed to look and feel great! "Yes, that's what I want!" You see what I did there?? I made a decision! I decided which way I wanted to 'FEEL'. I wanted to feel great and

look great too….So, I just became a really good student and payed attention to these human examples. I began to adopt some of their disciplines and emulate their Actions!!! These actions are what became my very own Habits!

Now fast forward 20 plus years, in this time it's important to understand that during these years I developed these disciples that overtime created good healthy habits! And it is this consistent application of these things, that created success! It didn't happen overnight! In college I started by choosing one daily habit, **Exercising** with **Positive Motivational Music** consistently (this made me feel great, it was the reward) In my working years, I then added great **Nutrition**! These both led to me feeling better internally, which then led me to practicing **Gratitude**…and so many positive health habits ensued from here! You get the idea!

These habits over the past 20 years has created a domino effect in my life! So don't get overwhelmed by the list I'm about to present….just know, that over time, once you make a decision to start with one of these daily disciplines you will be creating your health habits!

I want you to print out a copy of the Habits/Activities that Improve and raise your Vibration. Then go down and highlight ones that you participate in. Give yourself a big hard pat on your tushy for that success! Now go down again and in another color highlighter choose one activity to add to Today to begin for the next 3 weeks…when you have set that pattern/habit in daily motion let's go to the next and highlight another!

"Action is the foundational key to all Success."
-Pablo Picasso

You don't need to wait 3 weeks, if you are super capable of adding another and another, with consistent daily effort, then by all means move on and continue to raise your vibration!!!

I will identify a working list of activities to make habits! But I will conclude with my ultimate NON NEGOTIABLE one as well. This is actually where I tell everyone to begin! So print out the last three pages and let's get started!!!

High Vibe Activities to Raise your Vibration & Frequency

“If you want to find the secrets of the universe, think in terms of energy, frequency, and vibration.” Nikola Tesla

Your optimal health lies in the small choices of participating in activities or substances or people that Vibrate at a very high Frequency.
Do more of those things.
Less of the others.

So you Think,
so you shall be....



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Healthy Habits to Raise Your Vibration

Always think – Does this raise or lower my Vibration?

- #1……YOUR THOUGHTS- Love, kindness, generosity, peace, positivity, gratitude, (we have over 60k thoughts a day, that's a lot of chances to start thinking LOVE!)
- Positive Affirmations – power of words
- *****Prayer/Mediation - Put God first, God is Love = connection with your Source Power will transfer to you the Highest Vibration (even if you just say Thankyou!)**
- Being outside in Nature-Green things, lying on the green grass (yep lay down!)
- Sunshine – Natural light
- Music – ones that emit frequencies and you associate with positivity/happiness
- Exercise – which means any type of Movement, I love to run and dance!
- Weight Training – Keep it simple and slow – 2times a week
- Change what you SMELL – diffuse EO's citrus- Aromatically
- Prayer – openness, and surrender to Highest Source – highest frequency *
- Clean Water with Lemon/Citrus Essential Oil
- Essential oils used A/T/I – best trusted source doterra
- Positive Motivational Video's – Blogs/words/audio – this changes your thoughts
- Gratitude/Prayer Journal- Consciously Cultivating Gratitude and Peace –
- Meditation- Stillness – practice quietness
- Laughing – any non vulgar comedy!
- Positive Association -your Tribe
- Whole Plant foods – from the earth, not man made, greens, vegetables, fruits, legumes, nuts, seeds, whole grains, bone broth, homemade kefir
- LLV – My doterra nutrition pack, which included DDR prime and terrazyme
- Rebounding – I own a mini tramp and I use every day!
- Mindfulness – practicing the NOW – being conscious of present moment
- Smiling – I smile at everyone! Become PATCH ADAMS!
- Feng Shui (organize your local landscape)
- Yoga, Acupuncture, Chiropractic, Tapping,
- Sex
- Touching – hugging – embracing
- Compliments/encouragement
- Random Acts of Kindness
- Herbs
- oh and did I mention, doTERRA ESSENTIAL OILS! (Rose & frankincense are High!)

Activities that Lower your Vibration

- Low Energy Thoughts that turn into feelings...(anger, fear, hate, comparison, judgement, labels, gossip, drama, dark words)
- DIETS *most diets are low frequency and cause rapid aging due to the lack of micronutrients in the “DIE-t”
- Stress – thinking about stressful things – past, future
- Anxiety – caused by fear of the future/unknown
- Dead – Denatured foods
- Chemical & synthetics – Must remove all TOXIC LOAD(man made fake products)
- Negative/toxic people or relationships(people who participate in low energy activity)
- Cheating, or lying
- Resisting Change (ie struggle)
- EMF’s - electronics
- Television
- Images of Violence, darkness, or killing
- Drugs
- Alcohol
- Unkind Words - Unkind Books
- Man made stimulants
- Pollution/ decreased quality oxygen
- Soda/canned foods
- Sugar
- Flour
- animal flesh
- dairy
- coffee
- chemical or artificial sweeteners
- Loud Noises, harsh sounds
- Wasting Time
- Darkness, dark spaces – low light
- Clutter

Success Begins with Morning Routine

Success is created by repeated positive actions which turn into a Habits!
Improve your first Thought, your first spoken Word, your first Action…
You MUST OWN YOUR MORNING!

How you start your day, is how you will end your day!

1. Get up Early – Must own your morning Routine! No phones!
2. Make your bed –if you only do one thing right the whole day
3. Thought Training - "I am's", Powerful Affirmations
4. Prayer – connect with Spirit, Ask, Praise, Thank!
5. Gratitude journal – Thank you, Inventory for whats good in your life
6. Read - Learn from your teachers, find a spiritual book and Go! Read!
7. Meditation – stillness, silence, quiet the noise, connect with Spirit
8. Exercise – power of 10-30 minutes, just move! Do what you love! (combine powerful uplifting music or motivational videos to listen to)
9. Nutrition – Feed the body an adequate amount of plants, protein, clean carbohydrates and Organic fruits and vegi's
10. Hydrate - with plenty of water (use high quality clean Citrus oils, www.helpwithoils.com for purchase and support)

"You are perfect as you are today,
but you are not as good as you will be tomorrow!"
De day