



Principle 3 - It Is Never Too Late To Improve Your Wellbeing

I have witnessed individuals rebuild many years after some would have said it is too late. Is two years after an injury too late to rebuild? Is five years too late? Some people may believe that 8 or 10 years is too late. But, I have personally witnessed individuals who have had their challenge or problem for 12, 13, or even 15 years or more who were able to completely rebuild the damage by applying the proper principles. I have found there is no

time limit.

In the last post I mentioned that I would introduce Shane and his challenges created by a lower back injury 15 years prior that had left him in constant pain. Shane was my neighbor more than 20 years ago. We talked over the back fence about family, gardening, and other things of mutual interest.

One day Shane approached me as we were both outside working. He asked if I would pray with him and his friends as he attempted again to stop smoking. I was more than happy to pray with him as I know that through prayer, miracles are given. I asked him if he also wanted to tap into the help of all that he could do with nutrition and herbs to support the miracle he expected. He was very open and accepted willingly the opportunity to learn more. We sat down together and looked at the total amount of his damage and at the food and nutrition and herbal supplements that would support him in the process.

He told me of an injury to his lower back 15 years prior. He told me that it was shrapnel damage but didn't give any more details. He stated that he hadn't slept through the night for the past 15 years due to pain. He was in constant pain, suffered from depression, and struggled with perpetual low energy. That injury to the lower back from 15 years prior was compounded by a car accident 3 years prior that had caused injuries to his upper back. These resulted in a significant amount of damage to his entire back and his nervous system. Shane walked with a significant limp in his left leg due to the nerve damage to his lower back. His left arm and hand were also partially paralyzed due to the upper back damage. He could only lift his arm to about shoulder height and multiple fingers on his hand were unable to move.

We identified what systems were damaged and put together a list of the materials including proper food and herbal formulas (food) that were needed to rebuild those damaged systems.

He took full control of his diet from that day forward and started eating a fresh, whole foods, plant-based diet and within a few days bought and started taking the herbal supplements that rebuild the nervous system and the structure of the back.

Within a week of taking in sufficient materials, he was experiencing a miracle. I heard about this when we both drove into the driveway at the same time at the end of his first week. He greeted me by raising his left hand high over his head and saying, "Look what I can do!" He was lifting his arm all the way, opening and closing his full hand, which he hadn't been able to do for the 3 years since the car accident when he damaged his upper back. He stated he was also sleeping through the night for the first time in many years, and was also off of all pain, sleep, and antidepressant medication that he had been on for 15 years. This was truly a miracle that neither one of us expected but that we were very grateful for.

At the end of the fifth week we again drove into our driveways at the same time and he walked over to me quickly to tell me about how he was doing. He showed me that he could use all the muscles in his leg. He could feel everything in his leg. The damage to the nerves in his back that caused muscle paralysis in his leg was completely repaired. He had full muscle movement in his leg and foot.

Fast forward to six months later: Shane was running up and down the side of his daughter's soccer field as he coached the team. He also received a sizable promotion at work as he went from working in the basement to "sitting in mahogany alley" because his mind was clear and able to manage major projects. Shane called the executive offices "mahogany alley" because the desks were all made of fine mahogany wood and was a huge change from working in the concrete walled basement.

What happened to the smoking? The urge went away and over time, it left on its own.

This is just one example of someone rebuilding 15 years after their injury. I have witnessed that it is never too late to have full wellness and strength again.

Wherever you are in wellness right now, by applying correct principles you can dramatically improve your own well-being as quickly as you learn the principles, change the habits and your body has the materials to rebuild. What are the right materials? We will learn how to ensure we are getting the right materials in the next section.