Energetic Health Guide

Vibe Bodywork's Client Handbook

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The following information is for educational purposes only, and is not intended to diagnose, treat, or replace the care of a licensed medical doctor. Please consult your physician before applying any of the concepts provided in this document.

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The Holistic Health Model

Mainstream/Western medical doctors, nurses, pharmacists, and allied health professionals have a very efficient & successful model of evidence-based diagnosis & treatment protocols that they agree upon and use under the umbrella of Allopathic Medicine. But Holistic/Naturopathic Medicine has not had a model that most of our practitioners can agree on and abide by. Everybody has their own system that they work by. And most of the time, holistic treatments are hit & miss experiments… as in, "Let's just try this technique and see if it helps", whether it be acupuncture, chiropractic, herbology, massage, etc. This approach is not efficient & precise enough, and often leaves the patient feeling misguided, dissatisfied, discouraged, and distrusting in the natural approaches that we provide.

The following outline and information is the model that I use to guide the entire holistic process, from proper assessment to successful treatment… and is one in which all holistic healthcare providers can be guided by. It is a very efficient & effective system that can truly get to the bottom of your health complaint in the least time possible, and provide you with a visual framework of all of the contributing factors to your health complaint. These are the levels to achieve in order to be physically & mentally pain-free and happy. The body will heal itself – most health problems will resolve themselves – if all interferences are removed, and it is given the fundamental essentials that it needs.

This information can help you to achieve the most efficient and effective results in order to be pain free, reverse disease, dysfunction, or degeneration, and to get back to the life you love living. However, THE FOLLOWING INFORMATION IS NOT MEANT TO BE TAKEN AS MEDICAL ADVICE. Please consult with a licensed allopathic medical professional before utilizing any of the information provided here, and during your consultation and treatments at Vibe Bodywork.

When we are healthy, our bodies have good circulation. We're flexible and strong in our muscles & joints. Our tissues and organs are free from structural, chemical, and emotional restrictions. We are able to relax and sleep well. When we wake up, we feel refreshed, motivated, and clear headed. And we are easily able to fight off pathogenic infections.

When we're NOT healthy, we must identify the rate-limiting variables (the imbalances, weaknesses, inflexibilities, deficiencies, excesses, stagnations, restrictions, etc) that are interfering with our overall energy flow, and ability to heal naturally & efficiently.

Listed and explained below are the steps and necessary fundamentals for health & healing, and the three categories of interferences that prevent health.

LEVEL 1: THE FUNDAMENTALS

- Achieve the basic necessities:

  Clean Air, Water, & Food
  Quality Sleep/Adrenal Strength
  Full Daily Defecation
  Fun Daily Exercise
  Sunlight, Nature, & Grounding
  Joy, Sensuality, & Relationship Chemistry
  Daily Schedule/Consistent Routine

- Remove/Overcome the following health interferences:

BIOMECHANICS (PHYSICAL STRUCTURE HEALTH)	**PSYCHE** (MIND & NERVOUS SYSTEM HEALTH)	**BIOCHEMISTRY** (CELL, TISSUE, AND ORGAN HEALTH)
Inflexibilities	Somatic Sensitivity Imbalance	Poor Diet/Nutrition, & Dehydration
Poor Posture	Autonomic NS Imbalance	Poor Digestion or Nutrient Absorptions
Tense Muscles	Emotional Tension	Stagnant Blood/Interstitial Fluid
Trigger Points	Psychological Trauma or Abuse	Deficient Blood/Anemia
Weak Muscles	Pessimism/Poor Outlook	Acidosis/Systemic Inflammation
Asymmetries	Self-Doubt	Drugs/Alcohol/Sugar/Smoking/Vaping
Abnormal Gait	Image Issues	Weak or Diseased Organ Systems
Misaligned Joints	Stress	Birth Control Drugs/Devices
Crooked Teeth	Fear	Environmental Toxicity, Mold, EMF
Misaligned Bite	Anxiety	Toxic Household Products, Plug-ins, Candles
Injuries	Heartbreak	Toxic Cleaning & Laundry Products/Bleach
Head Trauma	Shock	Beauty & Hygiene Product Toxicity
Surgeries	Worry/Pensiveness	Cysts, Tumors, & other Growths
Cosmetic Procedures	Anger/Frustration	Adrenal Weakness & Hormone Imbalance
Breast Artificial Implants	Sadness/Grief	Infrequent or Poor Elimination
C-Sections/Birth Trauma	Judgement/Jealousy	Low-Grade Infections/Parasites
Fibrosis	Lack of Self-Discipline	Infected Teeth & Metal Fillings
Scar Tissue	Lack of Purpose on Life	Medication Toxicity, Artificial Implants
Fascial Adhesions	No Spiritual Resource	Vaccine Toxicity or Injury

LEVEL 2: ENERGETIC PATENCY

- Achieve Open, Flexible, Clean Meridians
- Achieve Strong & Free Chakras
- Achieve Freely Moving Cranial Rhythms

LEVEL 3: THE FREE SPIRIT

- Freedom from fear throughout all tissues of the bodymind
- Freedom of expression though all tissues of the bodymind
- Discovering and fulfilling your true purpose in life

Health Fundamentals

Autonomic Balance

The most important factor for health & longevity, and the most important concept to understand in relation to healing is "Autonomic Balance". The Autonomic Nervous System (ANS) is the part of the central nervous system that is the basic control center for the entire body. The ANS consists of two modes… the sympathetic mode (stress, fight, flight, and freeze responses) and the parasympathetic mode (relaxation, rejuvenation, digestion, and reproduction responses). When the sympathetic mode is overly active, it's called "sympathetic dominance". When the parasympathetic mode is overly active, it's called "parasympathetic dominance". Autonomic Balance means that both the parasympathetic & sympathetic actions of the subconscious brain are working in a balanced manner, and that one is not overriding the other when it should not be.

The body is designed to function & heal properly when it is more in the parasympathetic mode, and should only allow its sympathetic actions to dominate when it is in danger. However, it is very common these days for people to be imbalanced in this part of the nervous system… unfortunately to the point that many people don't even know the difference between being relaxed and being tired. Either they are too stressed, excited, and nervously in a state of sympathetic dominance, or they are burned out, fatigued, and lethargically in a state of parasympathetic dominance. To balance the ANS, we can use a variety of techniques during your treatment sessions. However the quickest & most effective results will come when you have made the necessary personal lifestyle changes that are required. If you're always stressed & up-regulated, you MUST find ways in your life to get relaxed. If you're lazy, depressed, or unmotivated you MUST find ways to break out of it, exercise more, and find things that naturally stimulate you.

Now, if the autonomic nervous system is imbalanced to the point that the adrenal glands are depleted, fatigued, exhausted, or "burned out"… it will be very difficult to heal efficiently from any disease or injury unless they are somewhat regenerated first. There is not much we as holistic practitioners can do for a person with weak adrenals. The building of the adrenals (which may include rest, nutrition, and lifestyle changes) MUST be sufficiently achieved before we can move on to more significant treatment stages. This will ensure the energy levels are up enough for the body processes to be working properly, and prevent the bodywork from causing too much weakness.

Essential Nutrients

Most people will agree that every human has basic needs (water, food, shelter, etc) in order to survive. However, very few people realize just how important other aspects in life are needed for health and wellbeing. The following list of essential "nutrients" are often under-rated and over-looked by many healthcare professionals. By examining each of them for any excesses or deficiencies, it can help to determine if your mental or environmental influences are an issue or not in your mental or physical wellbeing. Many people discover that by addressing these fundamentals, most of their chronic aches & pains simply go away.

Self-Discipline, Purpose, & Spirituality: Self-discipline helps the individual to establish boundaries with others, structure in life, and the ability to live methodically & accomplish goals. It also helps to tonify the body, giving the mind, tissues, and organs strength & integrity. When a person is able to shut out all external stimuli and internal chatter, and command the mind & body to focus in a balanced way, he/she may reap the benefits of self-discipline. However, some individuals may find it necessary to seek out a teacher, guru, or drill sergeant type of person to learn this from.

Without the will to live (any motivation to stay alive, thrive, and create), the spirit will soon leave the body despite anyone's best efforts. We especially see this in the elderly immediately after they lose their life partner. But others lose hope, drive, and purpose because they had dreams that they've never pursued or fulfilled. Clients are strongly encouraged to find what "turns them on" in life – what aspect of life sparks enthusiasm and excitement in the core of their being the moment they think about it… and then to follow that feeling no matter what age they might be.

A Spiritual Resource is the necessary trust in something that is much greater than you and your deepest fears. Whether you call it "God", "Source Energy", "The Holy Spirit", "The Angels", "Buddha", "The Tao", "The Higher Self", "The Universe" or any other term that describes the great Unknown that guides us toward the best outcomes in life… It just may be required for you to overcome your health situation.

Sleep, Exercise, Flexibility, Nutrition, & Defecation: Quality rest is the first and most important requirement in healing. Basically, you need to get enough quality sleep to regenerate your cells, tissues, and organs (especially the adrenal glands). Sufficient levels of adrenaline are not only required for energy & drive, but are also necessary for full bowel movements. The "stiff" and "fist" tests are simple ways you can tell if you are getting enough quality sleep. If your body feels stiff, or if you are unable to make a strong fist, upon waking… you may not be getting enough sleep (this also might indicate that your diet & lifestyle has been too acid-forming & inflammatory). Also, a good way to measure quality of life is to examine how easily you fall asleep, how well you sleep, and how rested you feel when you wake up. And whether you sleep on your back, side, or stomach can give you a clue as to how much deeply-held fear may be stored up in your body. Back-sleepers tend to hold less fear, while stomach-sleepers tend to hold more.

We all know we need our daily exercise. We all must exercise regularly to maintain adequate circulation of oxygen & nutrients. The amount required depends upon each individual's unique genetics, constitutions, and testosterone levels. Some people need more than others in order to release excess energy & tension, and calm their minds. In order for the exercise to be "heart healthy", it must be fun. You actually have to enjoy whatever exercise you're doing for it to have a positive effect on the heart. So be creative and find something you like doing! Also, whichever activity you choose, you must make sure there is lots of stretching involved either during or after. Getting flexible in the tendons, joints, and connective tissue is an absolute requirement for health.

We must eat right to provide our bodies and minds with necessary nutrients. Oxygen, minerals, vitamins, live enzymes, fat, protein, and fiber from clean, natural foods are essential for nourishment and the regeneration of cells. The foods that you choose should not be determined by ideological diet plans, but rather should depend upon your unique genetics and body type, and your ability to digest and assimilate them. Initially, you want to discover which foods make you feel strong in body and sharp in mind immediately after you eat them, and avoid any foods or beverages that leave you feeling lethargic or bloated. And all biological waste products MUST be fully eliminated from the body daily. I cannot tell you how utterly important this is for overall health, immunity, and mental wellbeing.

Sunlight, Nature, Clean Air & Water: Arguably the most important nutrient of all, sunlight is required for healthy cellular metabolism & immune function. A lack of regular intake of solar radiation is often overlooked and commonly one of the main underlying causes of disease and dysfunction in the body. Be sure to get your sunlight at the right time of day (usually morning or evening, not mid-day), and in amounts that are in accordance with your genetic needs.

Clean air is an obvious necessity that many of us are not getting enough of. If you are not living in an environment richly supplied with fresh air, you may need to get out into nature as often as possible, and use an air purifier in your home. And depending upon the climate you live in, you may need to use a humidifier or dehumidifier, especially when sleeping.

In addition… Being outdoors, especially when maintaining physical contact with the natural earth, has a significant effect on the electrons in the body, and can help reduce pain & inflammation.

And we all should know by now the importance of drinking plenty of high-quality water every day, beginning first thing in the morning. Ideally, water should be free of chlorine and contaminants, fluoride, and other inorganic compounds and minerals. But it also should not be completely stripped of necessary organic minerals, as with distilled or reverse-osmosis water. These minerals may be necessary for absorption and alkalization, and can be supplemented by adding them back into your purified water. Now I understand that some people prefer completely pure distilled water, however from my experience it simply does not feel right. But you be the judge. And of course, be aware that drinking too much water can dilute the minerals that are already present in your blood, which also would not be good.

Joy, Sensuality, & Chemistry: Pleasure & playfulness, and having the "heart of a child", can be very freeing & healing to the mind, body, and spirit. Finding the right love and nurturing, and establishing healthy relationships with others are necessities in life, not just luxuries. Everyone needs to have people in their lives that they genuinely trust, and must have someone who is willing to be there for them. This "chemistry" occurs when we feel a magnetic quality to a relationship… when we are drawn to certain individuals for reasons that are beyond our conscious awareness. Sensuality simply is a pleasureful feeling emanating throughout the entire body that connects us to the natural world around us, and should not to be confused with sexuality. And it is important to understand that although pleasure is a main tool used in the healing process, it cannot take the place of genuine happiness.

Daily Schedule/Consistent Routine: Maintaining a consistent daily schedule is essential for health because it aligns your body's internal biological clock (circadian rhythm) with your daily habits, optimizing everything from hormone regulation to cellular repair.

Key Health Benefits:

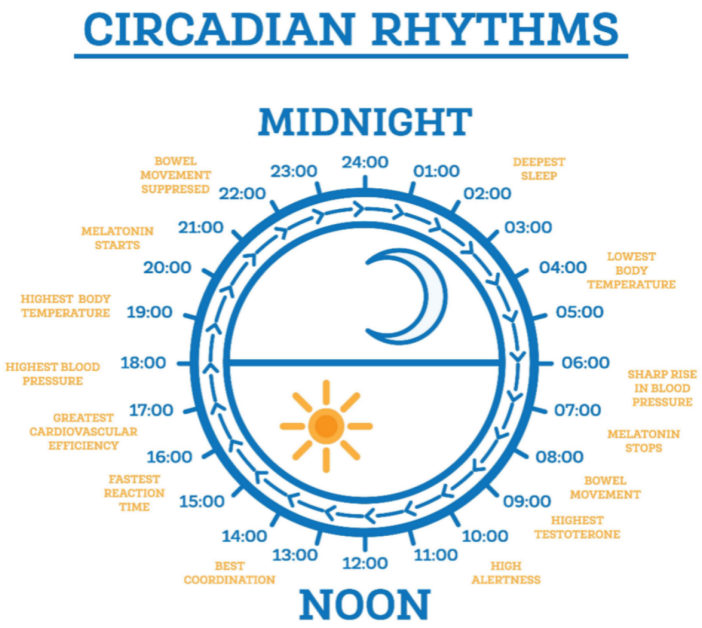
- Improved Sleep Quality: Going to bed and waking up at the same time anchors your melatonin release, allowing you to fall asleep faster and achieve deeper restorative (REM and slow-wave) sleep.

- Balanced Hormones & Metabolism: Consistent meal times regulate insulin, ghrelin, and leptin levels, preventing blood sugar spikes, reducing unhealthy cravings, and supporting efficient digestion.

- Lower Stress & Anxiety: Predictable routines lower baseline cortisol (the primary stress hormone), reducing mental fatigue and preventing chronic stress-induced inflammation.

- Sustained Energy & Focus: A structured rhythm eliminates energy crashes by stabilizing your body's core temperature and alertness cycles throughout the day.

- Better Habit Adherence: When health behaviors—like exercising, hydrating, or taking medication—are tied to a daily routine, they become automatic responses rather than choices requiring willpower.



Health Interferences

When we are healthy, our bodies have good circulation… we're flexible & strong in our muscles & joints… our tissues & organs are free from structural, chemical, and emotional restrictions… we are able to relax & sleep well… when we wake up, we feel refreshed, motivated, and clear headed… and we are easily able to fight off pathogens.

But when we're not healthy… when the body-mind is imbalanced… or the mind is having difficulty getting 'into the body'… when the meridians are not opening… when the chakras are not responding… when the cranial rhythms are not moving enough… or when the Spirit refuses to embrace life… We must assess deeper, and determine where the "interferences" are that are preventing these potentials. We must identify the rate-limiting variables (the imbalances, weaknesses, inflexibilities, deficiencies, excesses, stagnations, restrictions, etc) that are interfering with energy flow, and with optimal health and efficient healing.

There are three categories of health interferences… biomechanics, biochemistry, and psyche**.** The "blockages" within these categories determine how close, or far away, a person is to getting healthy… to opening his/her energy pathways and reaching the blissful state. This basically means that when an individual has a health problem, it is due to some restriction within one or more of these categories. If you are able to figure out which of these interference categories are the main problem, it can provide you the proper overview, framework, and clear perspective of just what exactly you are dealing with and what needs to be done to fix it.

Biomechanics: These issues are associated with the physical structure of the body… poor posture or gait, tight muscles, weak or misaligned joints, no sense of "center" or other structural imbalances, and scar tissue or adhesions from past physical traumas. The biomechanics of the body determine the overall flexibility, alignment, and natural flow of the physical structure. Flexible tendons, stable joints and proper alignment (including in the jaw, teeth, and bite) provide for balanced energy fields and flowing cranial rhythms.

Excess fibrous tissue growth (scars, adhesions, and other lesions & fascial restrictions) can be on the outside of the body or on the inside. They can be from injuries, accidents, burns, or surgeries (including plastic surgery, c-sections, breast implants, etc). The skin around your body is like a big envelope. Scars & adhesions are tight, bunched up tissue fibers that pull the envelope in certain directions, weakening & compromising the body's structure and function. They also may interfere with circulation and nerve flow, and can accumulate biochemical irritants.

External, and some internal, soft tissue lesions can be removed (broken down and re-aligned or "remodeled") with specific hands-on techniques. Certain foods & herbs, electronic devices, and natural applications may also be helpful.

Athletic training/therapy, physical therapy, massage therapy, stretching, exercise, yoga, pilates, gyrotonics, aquatic exercises, and hands-on manual & stretch therapies all can be helpful ways to improve & maintain balanced biomechanics.

Biochemistry: Your biochemistry, or blood chemistry, basically is how clean & pH-balanced the fluids are around your cells, blood, and lymph. "Clean" means that they are sufficiently oxygenated & circulating, and free from excessive amounts of chemical or hormone residues, vaccine adjuvants, and other inflammatory agents. pH-balanced means the fluid surrounding the cells is slightly alkaline, and the body is free from systemic inflammation. But disease, low-grade infections, and consistently poor diet & sedentary lifestyle habits can cause these tissue fluids to thicken & stagnate, become pro-inflammatory, causing higher than normal pain sensitivities, and leading to weakness & dysfunction.

This also includes organ & tissue health. When certain organs or tissues have been damaged or have possibly been removed during surgery… this can have profound effects on the body. Make no mistake about it, you need every organ that you entered this life with. You may be able to "live" without certain ones, but there always is some negative side effect to the removal of a tissue or organ. However, if you have had organs removed, do not worry… It may just mean that you have to alter your diet & lifestyle to accommodate for any deficiencies.

Medications, diet, and exercise have a tremendous effect on the body's chemistry. The food and drinks that we consume, <u>and how well we DIGEST & ASSIMILATE them</u>, determine how successfully our cells are able to regenerate. Along with some medications (including birth control), they also affect brain health & mental wellbeing, hormone production and balance, and are directly related to nerve irritations & pain. Lack of exercise and excessive consumption of acid-forming foods or drugs can cause the tissue to oxidize and become inflamed, and lead to blood stasis.

Good health begins with consistent aerobic exercise, biochemical purification, blood building, and strengthening the integrity of the body's tissues & vessels. This means eating pure, natural, oxygenated foods and maintaining a balanced over-all body fluid pH. It may also be necessary to "cleanse" certain organ systems, or eat specific foods to pull chemical irritants from the tissue. These "superfoods" include sea greens, cereal grasses, animal fats & organs, herbal tonics, and other supplements.

If it turns out that biochemistry is your main issue, you may have to get rid of this problem before manual therapy treatments can be effective. Blood and/or interstitial fluid stagnation can cause your blood vessels to be weak, which can lead to easily being bruised. It also can cause you to feel more pain throughout your body due to a lack of circulation in the tissue, which prevents the proper excretion of the biochemical nerve irritants. Some of the hands-on work required may simply be too painful for you to deal with, which can prevent the level of tissue release required, and may also damage your vessels and/or tissue.

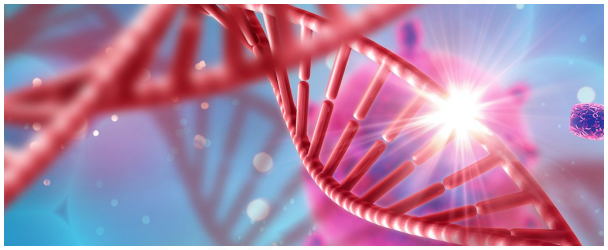
Holistic Medical Doctors and Nutritionists specialize in the treatment of biochemical issues, providing dietary regimens, herbs & supplements, and organ & tissue cleansing protocols.

Psyche: Emotional tension is "held" in the structural muscles and connective tissues throughout the body. This means that certain psychologically stressful situations from past emotionally traumatic experiences can be intimately associated with a particular tissue in the body if not yet properly dealt with. This type of tension may be experienced as pain, ticklishness, anxiety, fear, or other defensive response. It is often the root cause of many illnesses and bad habits, as well as some spiritual beliefs & dependencies.

During deep tissue bodywork, yoga, or other psycho-structural disciplines it is common that these issues may surface. When they do, clients are encouraged to use the "sighing breath" to release, accept, and let go. If past traumas are too difficult to deal with on the treatment table, clients may be referred out to a mental health professional.

If it turns out that psyche is your main interference, especially if you are currently on antidepressant medication, you may have to consult with a mental health professional to address this issue before manual therapy will be correct and effective for you.

Epigenetics



A final concept to understand is *epigenetics,* or the effect that environmental influences have on your genetic make-up. These are everything and anything that is within or around your physical and/or mental environmental that may be causing imbalances that lead to disease or dysfunction, including your working & living conditions, the types of people that are around you, what you are eating & drinking everyday, etc.

Epigenetic factors are the main influences on genetic expression. Genes express themselves according to the mental or physical environment that surrounds them. Some genes are expressed via very simple environments, and others by more complex ones. Each of them has a protein "sleeve" surrounding it, covering it up until it is in a specific environment. At this moment, the sleeve is then pulled back, revealing the genetic code, which is then read by the body and put into expression. The key to not allowing "harmful" genes from expressing themselves is to keep them within the right environment according to your ancestral heritage, preventing the harmful genetic code from being exposed. This environment we are talking about here is both physical *and mental*.

Understanding your genetic heritage… the cultural aspects, the environment you evolved from, the diet & lifestyle your ancestors were used to, etc all will be important for you to discover in order to create a healthy environment & life today.

Real Health Is Energetic Health

Energetic health is a genuine feeling of vibrancy and optimism within every cell of the body. Some people just naturally have this, and others have to find it. For those of us that are on a quest to discover a higher level of being, I created this guide.

Whether you're healthy and just want to reach the optimal levels of health… or if you're not so healthy and want to get healthier… or you're sick with a disease and NEED to get healthier… The first rule in healing is you DO NOT focus on the disease. You only focus on the cure. And the cure is to get healthy! Period. You know what the right choices are… So start making them!

Now, it all starts with learning how to follow your own way. This requires that you first learn about your body type, and its unique biochemical, environmental, and emotional needs. There are many different body-mind typing systems to learn from, but in this work we will use only the most time-tested and reliable ones. The two basic body types according to the Chinese Medicine Five Elements Theory, equivalent to the metabolic types in Western Medicine, are the yang/liver type (fast-oxidizer), and the yin/spleen type (slow-oxidizer). Another simple & accurate system is the Tridosha… the three basic body types according to the ancient Indian healing system of Ayurveda… Vata, Pitta, and Kapha. These also are known as the Ectomorph, Mesomorph, and Endomorph in Western science. When you get a grasp for both the Chinese and Indian perspectives, you will see how they overlap each other and can give you great insight into how your body & mind innately work. Further study of the Fire, Earth, Metal/Ether, Water, and Wood/Air aspects of this system will deepen your understanding. The third valuable body typing system to understand is the Blood Types. Although the "blood type diet" was recently popularized by Dr. Peter D'Adamo, the concept has been well-respected in Asian countries for many decades. And finally, you cannot possibly have a balanced grasp on "typing" until you understand the concept of the Four Temperament Types, according to Hippocrates. This is actually where I personally started with all of this.

After you have a basic understanding of your body type, you should understand your genetic history. Where is your family from? Did you receive more of your mother's or your father's genetics? What type of living & working environments are your genes accustomed to? Which types of foods did your ancestors eat? Then begin experimenting and finding out what works for you now... Which foods make you feel strong? What environment makes your body feel alive? Which types of people nourish you? Which career will be most satisfying to you?

In time, you will be able to more accurately trust in your gut, and act upon your Higher Self. This is what the Buddhists call "walking the middle path", the Taoists call "following the Tao", the Christians call "honoring the Holy Spirit", and so on. But whatever you decide to call it, it is an Internal Guidance System that exists to keep you alive & thriving, and will lead you through the path of least resistance toward all that you truly desire in life. It tells you when to speak, and when not to speak... When to act, and when not to act... What is a good idea, and what is a bad idea. It knows exactly what you need and when you need it, as long as you have the eyes to see it and the ears to hear it... As long as your senses are turned on enough to be aware of it! Then you may truly begin to create & manifest your own path toward complete physical and emotional freedom.

Levels of Energetic Health

These are the basic levels of energetic health that you are to attain if you want to experience the greatest virtues in life. In order for a person to be capable of achieving true optimal (energetic) health, prosperity, and longevity, he/she must possess the following psycho-structural qualities. The order in which they are listed represents the general progression of steps the body-mind takes in achieving them.

1. Mind-Body Balance
2. Open, Flexible, Clean Meridians
3. Strong & Free Chakras
4. Freely Moving Cranial Rhythms
5. A Free Spirit

Mind-Body Balance

This is when the main control centers of the body are in resonance with the physical environment around it. If the body is imbalanced it can be unaware of any external stimuli (exteroception) or internal stimuli (interoception) that may be trying to communicate with it, which will prevent it from commanding it's cellular actions toward optimal health. This also will keep the individual from being able to accurately interpret any subtle messages & guidances from the world around him/her, which leads to distorted beliefs and poor decisions. Basic mind-body balance must be restored if the person wants to ensure him/her self the best possible health, mental perspectives, and wise actions in life.

Aside from the normal day-to-day stresses that commonly throw people off balance, there are deeper, more unconscious ones that can take control of our lives. These mind-body imbalances may originate from many different sources. Whether it is from excessive athletic activity growing up, a serious accident, injury, or surgery, from some form of abuse, or simply from continuous daily cycles of debilitating psychological stress… somewhere along the line there can be a significant physical or emotional trauma that permanently effects the body-mind, preventing the person from living & feeling life in a balanced manner.

Mind-Body Balance consists of two things… balanced Somatic Sensitivity and Autonomic Balance. Somatic Sensitivity is the ability to feel the sensations within and around one's own body. Some people are too sensitive in their bodies (hypersensitive), and others are not sensitive enough (hyposensitive). When a healthy level of somatic sensitivity is present the individual feels, experiences, and responds to sensations in appropriate ways. When the somatic sensitivity levels are imbalanced, the individual lacks feeling or awareness of what may be occurring within or around him/her, and often responds in inappropriate ways. The Autonomic Nervous System (ANS) is the part of the central nervous system that is the basic control center for the entire body. The ANS consists of two branches… the sympathetic (stress, fight, flight, and freeze responses) and the parasympathetic (relaxation, rejuvenation, digestion, and reproduction responses). When the sympathetic branch is overly active, its called "sympathetic dominance". When the parasympathetic branch is overly active, its called "parasympathetic dominance". Autonomic Balance means that both the parasympathetic & sympathetic actions of the subconscious brain are working in a balanced manner, and that one is not overriding the other when it should not be.

***Hyper*-sensitive** types are overly-sensitized, and are hyper-aware of their bodies and their surroundings. They are easily "spooked" and can be overly reactive, and therefore tend to seclude themselves, living lives of internalization or yin… which often leads to excessive sugar & carbohydrate intake, or alcohol & depressant drug abuse. This lifestyle leads to chronic emotional/psychological issues, anxiety, skin sensitivities, allergies, and adrenal weakness. ***Hypo*-sensitive** people are dulled in their senses, and lack body awareness and feeling. They tend to live lives of excess or yang, leading to chronic issues such as weight gain, diabetes, high blood pressure, heart/liver/kidney disease… often accompanied by excessive amounts of greasy or salty foods, sugar, caffeine, and stimulant drugs. People with balanced nervous systems have a mentally and physically healthy level of awareness and sensitivity within their bodies and their surroundings.

Now it is possible for a person to be balanced in somatic sensitivity, yet still be imbalanced in the ANS. Likewise, some people are completely balanced in the ANS, but still very desensitized. Before a person can truly go any further in the quest for optimal health, balance in both the somatic sensitivity levels and in the autonomic nervous system MUST be established first. After this, the individual may begin to truly seek out the things in life that are most meaningful & fulfilling, and let go of those that are not.

Furthermore, a balanced level of somatic sensitivity is a healthy level of awareness, or "connection" to the body… a proper amount of "mind" or "God" within the tissue. If you want to prevent injury or illness from occurring, or if you want to heal a specific area of the body, you must first put a sufficient amount of your mind, your attention, your love, and your acceptance into it. One of the things I tell my spiritual clients who have developed a chronic health issue is… In that particular area of the body, where the disease has developed, they are lacking "God".

To balance the nervous system of the hypo-sensitive types it is usually a matter of "taking away" the excesses of their lifestyle. We may begin with a more simple, yin (cooling & raw), vegetarian diet, and then start making lifestyle changes that help the person to become more sensitive to his/her body and surroundings. To balance the nervous system of the hyper-sensitive types, it is a matter of "building up" of their tissues and mental tolerances, creating more psycho-physical insulation in their lives. Physically, adding more protein and fat to their diets… mentally challenging their ability to withstand daily psychological stressors ("hardening" as the psychologists call it), and helping them to develop a permanent level of relaxation and trust within their emotional core. So in order to achieve an overall balanced level of somatic sensitivity, you must get properly connected within the mental aspect of your body tissues. If you are aware of your body sensations, this will help to ensure that you are able to be aware of *and respond to* the health of your tissue, organs, body systems, and energy levels… as well as the best aspects of life. To be connected to your body is to be connected to your life!

The ANS consists of the Sympathetic branch (fight, flight, or freeze) and Parasympathetic branch (relaxation, reproduction, and rejuvenation). The body is designed to function optimally when it is more in the Parasympathetic mode, and should only allow its Sympathetic actions to dominate when it is in danger. The so-called "blue zones" are places around the world where populations live the longest. The people who live in these zones live "parasympathetic lifestyles", in which the majority of their days are spent in a genuinely relaxed state. However, in the rest of the world it is very common for people to be so imbalanced in their nervous systems that they don't even know the difference between being relaxed and being tired. Either they are too stressed, excited, and nervously in a state of sympathetic dominance, or they are burned out, fatigued, and lethargically in a state of parasympathetic dominance.

To balance the ANS, we can use a variety of techniques during your treatment sessions. However, the quickest & most effective results will come when you have made the necessary personal lifestyle changes that are required. Sympathetic Dominance is THE MAIN CAUSE of pain, anguish, frustration, and premature aging & death.

There are several simple tests that a qualified practitioner can do to assess mind-body balance, including hands-on (manual) tests for somatic sensitivity & awareness, observing your ability to relax, and observation of your eyes, face, posture, gait, etc. If further investigation is required, we may ask questions about your lifestyle habits, diet, and sleeping patterns.

The basic mind-body assessment should be done at the beginning of every holistic session to determine just how connected and balanced you are. Any person who does not pass this initial test IS NOT a viable candidate for natural healing methods & modalities, and IS NOT ready for deep energetic work. Most holistic treatments will be a waste of time, energy, and money if you do not meet these basic requirements. Why? Because in order for these types of treatments (herbalism, homeopathy, acupuncture, Ayurveda, chiropractic, various energywork techniques, and certain electronic devices commonly used in alternative treatments) to work at a level that is worth your time & money you must be relaxed enough in the nervous system and strong enough in the hormonal system for the treatment to be effectively assimilated by your cells & organs. THIS is one of the main reasons why most holistic therapies are not respected by the mainstream medical community. And THIS is why the studies that have been done on holistic treatments do not accurately reflect the true potential of alternative medicine. The studies do not take into account each patient's level of mind-body balance. The truth is that if you tested natural treatments exclusively on balanced patients only, we would see drastically different results.

Also, sufficient mind-body awareness is what allows us to be able to establish effective emotional coping skills. Without the basic tools necessary it will be very difficult, and possibly dangerous, to deal with any "demons" that may come up during deeper work. In addition to this, if you are a vegan or vegetarian, this may make it even more difficult to deal with mental or emotional issues. Although it may be possible to maintain a healthy lifestyle while on these diets, it is not recommended during this work. A diet high in omega-3 fatty acids (found more in animal products) is better for brain & nervous system, and endocrine health, and will help to keep you grounded and feel insulated, which is necessary during deep energetic work. And will help you better cope with & deal with any negative emotions that may arise.

NOTE: As previously stated, if the autonomic nervous system is imbalanced to the point that the adrenal glands are depleted, fatigued, exhausted, or "burned out"… it will be extremely difficult to heal efficiently from any disease or injury. The building of the adrenals (which may include rest, nutrition, and lifestyle changes) MUST be sufficiently achieved before we can move on to more significant treatment stages. This will ensure the chi (energy) levels are up enough for the body processes to be working properly. We cannot open up & release any restricted chi in the body if the overall chi levels are too low for the rest of the body to handle it. It simply will fatigue the body too much. The adrenals are the basic battery pack, the initial source of all drive, creativity, sexuality, vibrancy... juice!!! When a battery dies, we say it's got no more juice. If you want to have a "juicy" life, the adrenals are what provide the juice! People who live day by day off of stimulants, such as caffeine, will eventually deplete their adrenal juices, known as "jing" energy in Chinese medicine. The adrenal glands must be nurtured throughout life if you want to live a long & prosperous life, and they must be regenerated enough before moving on to deeper energetic work.

Meridians, Chakras, and Real Chi

When we say we're "opening your meridians" or getting you to "move chi", this basically means that we're drastically improving your circulation of blood, oxygen, nutrients, photons, and bioelectricity, which ensures that you have healthy tissue & organ systems, a healthy outlook on life, and are mentally balanced.

Traditionally, the meridians are considered to be specific, well-defined, pathways of bio-electric energy that exist within the neuroendocrine & circulatory systems. But since the DNA of every cell in the body is crystalline, and therefore capable of producing an electric charge, the meridians can be made up of any tissue in the body… including the myofascial & skeletal, nerves, blood & lymph vessels, and the organs. However, it is the connective tissue that holds the most potential energy in the body. Chakras are the major nerve & endocrine centers in the body, and represent the basic stages of psychological development. They can take a lifetime to open and strengthen, and must be dealt with in honor and patience.

There always is a certain amount of electro-magnetic current 'flowing' in and around your body - an energetic grid or field that keeps your body in alignment with your internal and external environment. But very few people ever open these meridians enough to experience genuine "chi" flow. For most of us, however, this is our true path in life. After we get balanced & re-connected to our bodies, clear our blockages, and open our meridians & chakras, we may be able to truly reach a deeper understanding of our life's full potential and purpose. But until we do, life will only be a vicious cycle of sickness, despair, depression, bad habits, guilt, denial, distraction, self-consciousness, and minimal health and happiness.

As far as mental imbalances or emotional concerns may go… The concept of opening meridians is a traditional Eastern medicine concept, which is a holistic philosophy. In it, we do not engage in talk therapy, psychoanalyze, or treat psychological issues separately from the rest of the body. We simply treat all of the meridians that may have an effect on mental wellbeing. So just as in the East, in these treatments we are simply opening the meridians, and along the way the psychological issues will naturally balance themselves out.

An authentic chi experience will stimulate a very noticeable response… a type of stress hormone and nervous energy release that feels really good! When you were a child, do you remember how you felt when you got excited about something? It was genuine exhilaration, and you felt it throughout your body, from your head to your toes. It was enthusiasm, elation, euphoria, fun, pleasure, joy, invigoration, inspiration, and optimism, all wrapped into one momentary feeling. It was wild and raw, and it boosted your immune system and cellular regenerative capabilities beyond any other healing modality. That was real chi!

As adults trying to reestablish these natural sensations… It may first occur as a deep relaxation in which you get more "into your body" or "let your hair down", becoming more sensitive to external stimuli. Then you'll begin to feel tingling sensations or chills coursing down your body and out your limbs. You may also get a cool "menthol" feeling in certain areas. But when the meridians begin to fully open there are waves of heat throughout the body, and you might break into a light sweat.

These bodily sensations then lead to natural mental and emotional highs that help us to begin looking at life more optimistically, and that’s when we learn how to truly transform our lives and manifest our true potentials.

THIS is what you should be getting from your yoga or chi gong practice, from your church service, from all of the various types of holistic treatments you pay for, from the healthy foods and drinks you consume, from your personal relationships, and eventually from all of the other activities that make up your life.

The modern perspective of the chakras is that they represent the stages of psychological development. For example, if an individual never learned to assert his/her self in a balanced way, the solar plexus or mid-back muscles (3rd chakra) will be contracted with a certain tension. This is a "weak" chakra. And if one chakra is weak, another one will over-develop to compensate. So in this example, if the 3rd chakra is weak, the 5th chakra may become strong to compensate. If this person has difficulty mentally and physically expressing his/her desires, he/she may become verbally (5th chakra) "gifted" at talking his/her way out of certain situations that he/she has difficulty asserting his/her will in, or may be able to easily verbally manipulate situations to get his/her way (passive-aggressiveness). But once we "open" that 3rd chakra by relaxing or tonifying the mental & physical aspects of the nervous system and musculature in that area of the body… the tension is released, the solar plexus is stimulated, the person learns how to properly use his/her willfulness & aggression, and the 5th chakra (throat) will naturally relax and become less active.

As stated before, the body is a mirror image of the subconscious mind and core beliefs that are developed *or repressed* during the first 7-9 year of life. Some of this programming is carried over through the genes, but the rest of it is determined through childhood. When the posture, shape, or weight of the body is unnatural… when the voice is too high-pitched, or there is stuttering… when there are chronic organ weaknesses… and wherever there is guarding, tension, ticklishness, pain, lack of sensation, numbness, etc… There may be an issue in a chakra region. But when all or most of the chakras are overly reactive (systemic) this usually indicates sympathetic dominance… an autonomic nervous system imbalance where the body-mind is in a constant state of stress & up-regulation. This condition must be normalized first before we will be able to accurately assess the chakras.

Now, the "demons" are found in the chakras. This is one of the reasons why it is so important that we not attempt to open the chakras until the mind & body have been balanced, and a "Resource" has been established. Before proceeding with chakra work, clients are required to first establish a sufficient *Resource* in their life, which basically is some thing that you truly believe in that you can rely upon for strength, support, and motivation when confronted with the worst circumstances or fears in life. Most people have a certain deity that they believe in, but it does not have to be a traditional God. It can be whatever Resource works best for you.

During these sessions, and in your personal life, we will move back & forth from probing the demon to backing off and allowing the Resource to fill your body-mind with higher levels of freedom, empowerment, and healing. You will be supported and encouraged to move past any weaknesses that arise as we use specific techniques to strengthen your chakras, personal will, breath, and mind.

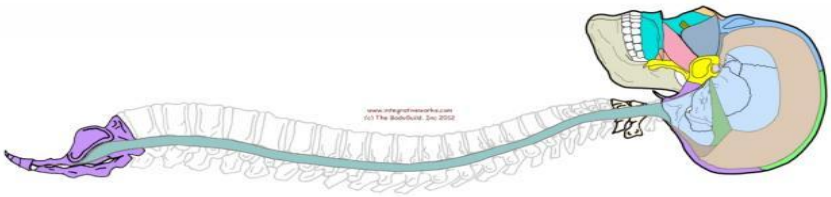
Eventually, you will be able to feel your way through life from the real self, being driven through your day based upon genuine senses and intuitions… experiencing your desires as natural motivators that help keep you on your wave, and truly led by the Spirit.

You can make a lot of progress opening chakras by just working on yourself. That's what having a personal yoga or chi gong practice is all about. But here's the catch... To fully open a chakra you MUST go beyond your own psycho-structural parameters. You MUST be taken out of your comfort zone. This can be very hard to do to yourself, and is why sometimes we need someone else to push us beyond our limitations… such as bodyworkers, yoga teachers, personal trainers… drill sergeants! This is REAL energy work I'm talking about here. When the chakras truly open, and that chi or prana really gets circulating, it is strongly felt - no question about it. And it is life changing.

However, Dr. Medici once said, "Don't force it. When the body is ready to open up, it is like plucking ripe fruit from a tree. It will happen naturally". As we progress with the treatments, we will do just enough work to shake things up in body-mind, but not too much for the mind to handle. We must allow enough "processing" time for your subconscious to update itself to the new realities and freedoms it is experiencing.

Cranial Rhythms & The Kundalini

If you have what I call “core rhythm” it means your cranio-sacral system is functioning freely, and your meridians and chakras are sufficiently opened. This means that your skull, spine, sacrum, and nervous system are free of any deeply rooted tensions and structural restrictions. This allows you to be relaxed enough so that you can heal properly and efficiently, and be in sync with nature and your everyday environment. This sense of freedom is the key to sensuality (fully sensing the world within and around you).



Some signs that this rhythm is opening up include deep abdominal breathing, and a sense of getting “into the body” or “letting the hair down”. Then the body may begin to twitch in certain areas or shake uncontrollably as the nervous system starts to release its tension. This may then turn into emotional releases, side-to-side jerking & fish-like movements, or a very smoothed out snake-like rhythm that can clearly be observed. This “cranial wave” as some call it, I believe to be the same phenomenon as the “kundalini awakening”, and indicates that the neuro-endocrine system is releasing its dural tension, toward a state of full-body freedom. This process of “unwinding” tension, combined with or without the cranial wave, can last minutes to even hours. It is normally more visible and pronounced in "pitta" & "vata" body types, than in "kaphas". Clients are encouraged to let the process continue for as long as the body requires… as long as it feels pleasurable & right, and there are no time constraints. If the process must be stopped for any reason, the skilled Therapist can easily stop it, without doing any harm.

A fully patent cranio-sacral system includes the concept of "hypothalamic intelligence". If there are restrictions in this system, the hypothalamus may not be working as optimally as it should, which can lead to a weakened immune system, slower healing potential, and a myriad of chronic disease conditions. But open cranial rhythms are not only important for overall health & wellbeing, they also allow us to be rhythmic & coordinated, and move smoothly & naturally… when walking, talking, dancing, in athletics, and in personal relationships.

The Free Spirit

This is the final stage of self-discovery. Your own personal will to create and express your desires and objections without restriction, and the ability to resonate with your surrounding physical and psychological environment. In an overly-civilized society such as ours, where there are many rules, laws, and social restrictions, maintaining a wild spirit can be very difficult. Often people seek out sports, martial arts, exotic dance, or excursions into nature to find this type of freedom, but rarely ever properly release their deeply rooted fears and tensions to experience this freedom throughout their many layers of tissue and mind. However, this is our goal! …and the only way to truly reach the bliss state.

After mind-body balancing is achieved, it is common for some clients to lose this essential connection within weeks or days, due to imbalanced lifestyles. But once the meridians, chakras, and kundalini are open, they usually remain open to some degree. When we refer to 'opening meridians' as the key to achieving optimal health, we basically are talking about all of these energy systems (no matter what you want to call them), opening up, strengthening, getting more flexible & resilient... alive!

THIS is how you strengthen your body & immune system. THIS is how you remain sharp & focused. THIS is how you stay young and beautiful. THIS is how you prosper in life and form the most fulfilling relationships. THIS… is how you find your bliss!

And that's it!

So get the rest of your life in order so that you can make this path your number one priority. You may even have to become a little obsessed with it in the beginning to gain momentum. But if you consistently keep on it, and recognize & celebrate those small successes along the way, you will succeed.

This guide will be a companion along your journey. It will keep you on track and focused on the most relevant milestones. Whether you are in the middle of a healing from some dysfunction, disability, or disease, or if you simply are trying to reach a higher level of human potential and existence… If you ever get stuck, or feel like your head is spinning from information overload, just follow & refer back to this guide and the Energetic Health Checklist (located on the last page). Within it are the most important aspects of health to be concerned with.

Your Daily Practice

The first step will be for you to develop your own daily practice of self-healing. This is a ritual that you create to rejuvenate your body and mind. It is the special time you take out of each day for yourself to "open your own meridians" and ensure that your neuroendocrine system is balanced. It may consist of one technique or many, and may include a form of meditation, breathing exercises, yoga, tai chi, or chi gong… it may be a martial art or other athletic activity, in a group setting or by yourself… it may involve nutrition, herbs, tonics, superfoods, or supplements… dry brushing, cold showers, ice baths, saunas, sun-gazing, swimming, or treading water… it may be done indoors or outdoors, whichever better suites your day.

However you decide to design your practice, it will require you to designate the right time & place to get healthy, centered, grounded, and connected to your resource… your source of ultimate truth and guidance in life. This is YOU time, and may also be spent focusing on anything that you desire… your health, your goals, or anything you may wish to manifest in your life or in the lives of others. Although there are many different options to choose from when designing your daily practice, it must include at least one activity that is significant enough that it crosses your psycho-physiological threshold. It must shock your system out of its comfort zone to create an exciting systemic vasoconstriction (a sympathetic response). Then it should be followed up with an activity that causes a relaxing systemic vasodilation (a parasympathetic response). This is what truly balances out your neuroendocrine system (your body's control centers), and helps you to purge emotional & biochemical toxicities.

HEALING WITH ENDORPHINS

"Endorphins control the transmission of light between the cells."
~Dr. Vincent Medici~

Quite possibly the most insightful, profound, and important lesson that my teacher, Dr. Medici, ever taught was the concept of healing with endorphins, and how it is the number one main factor that determines who is likely to heal from a chronic illness, and who most likely will not. In his radio show #628, Dr. Medici explains the deeper meaning behind the pioneering work of Candace Pert, PhD, and her groundbreaking book ***Molecules of Emotion***, in the field of Neuroscience.

Endorphins are peptides produced in the brain that block the perception of pain and increase feelings of wellbeing. They are produced and stored in the pituitary gland. Every cell in the body contains a receptor sight for these peptides. When they bind with the cell, healing "chi", or biophotons, move throughout the cellular complex.

"The road to health… the road out of relentless chronic symptomology… the road out of disease… the road to radiant health… All of it's the same track, in the sense that what you've got to do is make sure that you design a practice for yourself… a health regimen that increasingly produces endorphin..."

WHICHEVER HEALING REGIMINE THE PATIENT IS DOING, **IF HE/SHE DOES NOT NOTICE – ENJOY – TAKE PLEASURE IN – GET EXCITED ABOUT – GET OPTIMISTIC ABOUT THE SMALL IMPROVEMENTS THAT ARE BEING MADE, THE TREATMENTS WILL NOT HELP**.

During your healing process, whether it be the coffee enema, getting more flexible, fasting, sleeping, lowering your blood sugar, the ketogenic state, bite alignment, feeling more relaxed, etc, etc… as you are doing it or experiencing it, you must get "stoned" by high levels of endorphin being released into your system!

Realizing and celebrating the natural endorphin "high" that is produced from your daily pleasurable experiences, your relationships, your healthy foods & exercises, exhilarating activities, laughter, sexuality & sensuality… the feelings of euphoria that fill your body and mind, IS THE KEY TO MOVING BEYOND UNHEALTHY HABITS AND MOVING FORWARD TOWARD OPTIMAL HEALTH AND GENUINE BLISS.

SPIRITUAL MENTAL EXERCISE

This simple exercise can be your greatest life companion, and the "resource" that you must have in order to endure beyond any physiological or psychological interferences that are preventing you from living the life you want to live.

Now, if you already have your own heavenly resource in place, meaning that you practice a particular spiritual or religious faith and already have some concept of God that you can think of and rely upon whenever you need help, healing, strength, or guidance... Then you may not need this exercise. But if you do not already have a strong spiritual resource in place, then I would encourage you to embrace this exercise. You can even call it a prayer, if you wish. But from my experience and understanding, sometimes traditional prayers are not enough to deal with the many "demons" that come up in life. Most of the time, prayers come just from the head or heart. But a genuine exercise with God, is all encompassing throughout the entire body. So this work may better be described as a spiritual exercise.

Here's how it goes... Whenever you need help in life, no matter what it is, you can rely upon this technique. Whether you feel worried or scared and need support and reassurance, weak or instable and need strength and endurance, lacking focus or needing guidance, or in need of healing, you can access this divine energy whenever you like. It doesn't matter the time or day… it is always here for you to access. It is your best friend in any time of need.

And here's how you do it...

1. Visualize God as the Sun, picture in your mind's eye God's golden rays as energy shining down on you and into you.

2. Inhale God's golden light, the golden colored rays of energy that you need to endure and succeed in any given moment. It may be for peace or calming, strength or energizing, focus or intelligence, the ability to speak or express yourself clearly, the ability to be genuine and honor or see the perspectives of others, health or healing, happiness or laughter... anything you need or desire. Inhale it as deeply as you POSSIBLY CAN into your body, into a specific area that needs healing or strength, calmness or insight, or into your whole body for relaxation or rejuvenation.

3. Then, strongly visualize and exhale out all of the dark energy or restriction that may be present in your body. Blowing all of the negativity out and into the universe letting it all out to be dispersed as God only knows how to get rid of it.

4. Continue this inhalation of good and exhalation of bad as long and as much as you need to, until you feel in your body and mind a sense of relief, reassurance, focus, understanding, or strengthening.

5. After you have successfully accomplished the goals of this exercise, you should feel a sense of **resonance**, where your energetic frequency and the energetic frequency of that which you desire are synchronized.

This exercise is for WHATEVER you may need in any given moment... Just inhale it deeply and passionately into your soul, into your body and mind and/or any necessary body tissues. Expanding and increasing God's healing golden rays of circulation throughout. And then expelling all negativity, interference, or evil out of your body completely. When you are finished, you should feel FULL of God’s Golden Light… It should be intensely emanating from the core of your being, outward through every cell of your body, and illuminating your entire being and the world around you.

Opening Your Own Meridians

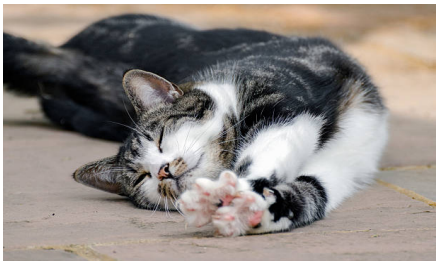
The meridians, chakras, kundalini, spirit… All of these make up the body's energy fields. But for simplicity, we often just use the word "meridians" in place of all of these.

During your bodywork sessions, we will use a variety of techniques and approaches to establish a mind-body connection and open your meridians. However, this work will plateau if you simply are not ready yet. Sometimes certain things must occur first in life before the body-mind can relax enough for these changes to be made. Other times it's just a matter of retraining the body-mind to feel life in ways that it never has before, which can take time. So, to supplement the clinical work we are doing, it will be necessary for you to work at it in your private life as well.

The primary way to begin getting connected to your body & life and opening up your energy fields is to begin seeking out that which "turns you on", and begin giving up any activities, people, or other things that are not turning you on or supporting this quest. Find things in life that the moment you think about them you feel their positive vibrations in your body… excitement, pleasure, relief, satisfaction, exhilaration, strength, empowerment, freedom, optimism, redemption, etc…

During your daily practice, meditate on these things. Think about all aspects of the life that turn you on. Then go out into your world and experiment with them. Find out which foods make you feel light, solid, and strong… which types of individuals you share the most magnetic vibrations with… which daily activities keep your body physically feeling alive & energetic… which home environments most nurture your particular body type… which career makes you feel like you're doing what you love in life.

Pandiculation



One easy way to begin feeling your energetic body is this…

When we wake up in the morning, the first thing that many of us do while still lying in bed, is stretch out - arms overhead, back arched, and yawning. I'm calling this the ''yawning stretch'', but technically it is called *pandiculation*, and it doesn't only take place in the morning, but can occur throughout the day whenever we need it.

But why do we do it, and what is the need being met by doing it? According to doctors and scientists the yawn is a phenomenon still not fully understood. Some say that it brings oxygen to the brain, while others argue against this. And stretching is simply thought by most to elongate muscles, and free up restrictions in the many tissues of the body. But these are the eXoteric explanations. The following eSoteric understanding of yawning and stretching may provide more insight.

The yawning stretch is an innate, animalistic action. When we are not blocked by an over-active conscious mind, we use this 'tool' sub-consciously to open our own meridians, and allow chi to flow through the body and into the brain, which wakes us up. When we are tired, the yawn is used to bring circulation (chi) into the brain by stretching the connective tissues of the jaw & cranium. But when done throughout the body this action can stimulate chi into the nerves, organs, bones, muscles, etc wherever and whenever its needed.

As you become more aware of this deeper meaning when you do this yawning stretch, you will begin to feel the chi release and flow immediately after. Beyond that, you will be able to use stretch and breath throughout your day to keep your meridians open, heal damaged tissue, and remain balanced in mind & body.

But eventually, you may experience what we call a full-body "wave" or “unwinding”, in which the central nervous system gets stimulated in a way that you feel the natural urge to move your body in a wave-like or snake-like motion. Sometimes there also may be twitching, shaking, or a fish-like “shimmy” involved. This indicates that your system is releasing deeper levels of tension from your nerves and connective tissues. This experience is mostly involuntary, feels amazing, and can last several minutes.

Taking this experience to the highest level, what you eventually want to do is find things in your life that naturally stimulate this body response the moment you think about or come in contact with them.

Now, in the subtle beginning stages, mind-body balancing & opening meridians can go hand-in-hand. When getting connected, remember that if you are the hypersensitive type, you will have to start giving yourself things that calm, insulate, & ground your nervous system, not excite it. If you are the hyposensitive type, you will need to find things that stimulate you and make you more sensitive in your body and mind. When opening meridians, remember that every approach & technique used must cross a certain psycho-structural threshold in order to stimulate the energy sensations sufficiently to be felt. This may be as simple as a cold bath when your body is hot, but can also be more extreme, such as Banya therapy, depending on your own particular health levels & constitutional needs.

There are three basic approaches to opening your energy fields… biomechanically, biochemically, and psychologically. Some people will need one of these approaches, and others will need a combination of these. It all depends on where the blockages are. If the blockages are purely in the diet, then you would primarily focus on fixing your biochemistry. If your blockages are in the fact that you are not physically flexible enough, you'd mainly work on your biomechanics. And if your problems are all in the way you handle things emotionally, you'll need to focus on psychology. Where it gets tricky is when these categories overlap. For example, some emotional issues are caused by poor diet… Some structural issues are caused by liver blood stagnation… Some emotional imbalances can be caused by structural imbalances in the skull, or from biochemical hormone imbalances… Some poor biochemical dietary habits can be caused by emotional issues… And so on. A classic example of this is the "yogi" that is very flexible & strong, and has mastered pranayama & the asanas, yet still is not circulating energy sufficiently due to mind-body imbalance, poor blood chemistry, blocked emotions, past head traumas, etc.

When you're opening your own meridians you first nurture (biochemically, emotionally, and structurally) your own constitution beginning with yin & yang. If you are primarily yin, add more yang to your life. If you are primarily yang, add more yin to your life. After that, if your constitution is very vata, you will want to nurture yourself with more pitta and/or kapha. If you're more pitta, you want to nurture yourself with more vata and/or kapha. And if you are more kapha, you'd nurture yourself with more vata and/or pitta. Beyond that, you may wish to explore other body-mind typing systems, such as the Chinese 5 Elements, and how it relates to your needs.

This all will require you to do some research, get to know your own type, and seek out and experiment with the different types of environments, relationships, activities, and foods that help to balance you out.

At some point during the meridian opening process, you may experience discomforts, such as intense burning, itching, aches, pains, pins & needles, nausea, foul smells coming out of the tissue, etc… These all are simply part of the cleansing & purging process.

Now, if you happened to live in an environment or country where the possibility of having a life that turns you on seems impossible, do not worry. Know that the Universe changes according to your subconscious beliefs. With enough positive vibrations radiating from your body-mind out into the world, anything is possible.

Overcoming Obstacles

Now, after you have started out on this new and exciting path of health & self-discovery, you may run into a little trouble…

First there is the Herxheimer reaction (aka the Healing Crisis, or Menken Response). This is a phenomenon that can take place in the hours or days following any healing session, and basically means that sometimes the patient might feel worse before he/she feels better. This "herxing" may cause the patient to feel sick, nauseated, develop a headache, or be in more pain than before, and probably is due to the movement of certain chemicals & waste products out of the body's fat tissue and lymphatic system. If these irritants aren't fully excreted out of the system in a timely manner they can linger and make the patient feel sick or sore. This is a common problem, and is why some practitioners recommend drinking plenty of water after each treatment. However this may or may not help to avoid the unpleasantness.

More specifically, this reaction is most likely the result of waste products from intracellular bacteria in people who carry chronic low-grade infections. Any therapeutic treatment can stimulate an inflammatory immune response in the body, which kills these bacteria. When they die, they release their toxins. This can make patients feel that their condition is actually getting worse. However, this is not a bad thing. It shows that the treatment was effective, and that the body is beginning to "detoxify" as a result of opening up the tissue and increasing circulation into areas that were chronically stagnant.

It will be important to possess the strong will to endure beyond this challenging period. This determination becomes especially crucial when "cleansing" the biochemistry and internal organs. Many people will stop treatments, believing they have done something wrong, but <u>as long as a qualified doctor is guiding them</u>, should be encouraged to continue on. It will be crucially important at this time for the patient to sleep well after each treatment session.

Secondly, it has been said that everything you want from life can be found just outside of your *comfort zone*. This "comfort zone" is a subconscious parameter that is learned at a young age, and is used by the body to ensure its survival.

Based upon the individual's life experiences and environment, the subconscious mind stores learned beliefs, called engrams, which establish his/her outlook on life and personal limitations. After this initial "programming" stops, around the age of seven, these core beliefs will be "played back" like a recording on a loop, determining the person's primary perspective in every aspect of life. Of course, even after this period we are capable of learning new core beliefs, however it generally requires more heavily emotionally affecting experiences to engrain new beliefs during adulthood.

So basically, the first part of your life is spent learning your personal mental & physical parameters, and for the rest of your life you have the choice to live within those parameters, remaining within your comfort zone, or go beyond them by pushing the limits of those beliefs.

There are many ways that people attempt to change their subconscious beliefs, including hypnosis, psychotherapy, energy psychology techniques, psychosomatic bodywork, meditation, and moving meditations, such as yoga, tai chi, and chi gong exercises. Other people like to challenge themselves with extreme physical activities, lifestyles, and regimens. But quite often, it simply is life itself that changes us. Whichever way suites you, there likely will be a blockage that you may eventually come up against.

Since these subconscious parameters are set up for the body's survival, it will fight back against your will to change if the core beliefs that are associated with the parameter are not changed as well. This is what I call the "Demon of Limitation", which is the part of the subconscious mind that tries to prevent an individual from moving permanently beyond his/her limits in life.

As you attempt to go beyond the edges of that which you are used to, or when some situation in life pushes you to your edge… your "demon" may surface. This basically means that mentally, emotionally, physically, or biochemically you are coming face to face with one of your negative core beliefs. However, with patience, perseverance, acceptance, and a belief in a higher power you may overcome this demon. When this shift genuinely occurs, there will be clear and noticeable changes in your outlook on life & self, and possibly in your body or facial structure (the physical body is a mirror-image of the person's subconscious programmed beliefs).

Once you're on your healing path, your demons are going to try to throw you off course… try to distract you from your goals. This is done in ways that are under your radar. There are things that slip in and take control that make you want to avoid your path… avoid doing the work that needs to be done on your path. So, you almost have to become a little hyper-aware, if you will, of your own negative tendencies, of your demon's negative tendencies. And as you become aware of those distractions, those things that are pulling you away from doing the things you know you should be doing, the better you're going to get at it, the less that demon will have control over you, and the closer you will be to actually overcoming that demon... to releasing that negative control pattern, and replace it with better, more updated understandings.

The DNA in every cell of your body is a crystalline structure, and if you stimulate a crystal with just the right frequency, it will emit energy. This essentially, is how we initiate a chi release. But in order for it to work, the edge of the crystal must sufficiently be crossed. And in healing, the threshold of your personal edge must be crossed. So when we venture beyond the comfort zone… when we push slightly beyond the edge of the psycho-structural tissue… we can "move chi".

Of course its possible to move chi while still within the comfort zone… anything that is significantly pleasurable can do this. But it is not comparable to the higher level of chi that is released from pushing the tissue's psycho-structural edge. And quite often there is no truly effective "chi release" and no genuine, permanent healing of cells if the patient remains in his/her comfort zone during the treatment. He/She usually must be taken at least slightly beyond the edge for real healing to begin.

Vibe Bodywork

Assessment Overview

During your initial assessment, I will take into consideration the following main underlying aspects of all health complaints…

The **Three Categories** of **Health Interference**

(The Main Underlying Causes of Pain, Dysfunction, and Misfortune)

There are three categories of health interferences… biomechanics, biochemistry, and psyche. The "blockages" within these categories determine how close, or far away, a person is to getting healthy… to feeling pain-free, to having better mobility, more energy & a strong immune system, and to opening his/her energy pathways for a more optimistic outlook on life, and even reaching more blissful states. This basically means that when an individual has any type of health problem, it is *almost* always due to some restriction within one or more of these categories.

BIOMECHANICS	BIOCHEMISTRY	PSYCHE
(PHYSICAL STRUCTURE)	(CELLS, TISSUES, ORGANS, NERVES, & VESSELS)	(MENTAL & SPIRITUAL)
Inflexibility	Poor Diet & Dehydration	Somatic Insensitivity
Poor Posture	Stagnant Blood/Interstitial Fluid	Autonomic NS Imbalance
Chronically Tense Muscles	Deficient Blood	Emotional Tension
Weak Muscles	Substance Abuse	Psychological Trauma/Abuse
Misaligned Joints	Environmental, Mold, & EMF Toxicity	Pessimism/Poor Outlook
Crooked Teeth	Medication & Personal Hygiene Toxicity	Self-Doubt
Misaligned Bite	Acidosis/Systemic Inflammation	Image Issues
Scar Tissue	Cysts, Tumors, other Growths	Stress/Fear
Fascial Adhesions	Brain Chemistry & Hormone Imbalance	Anxiety
Injuries	Poor Digestion or Nutrient Absorption	Heartbreak
Accidents	Infrequent or Poor Elimination	Shock
Surgeries	Low-Grade Pathogenic Infections	Worry/Pensiveness
Plastic Surgery	Infected Teeth & Metal Fillings	Anger/Frustration
Head Trauma	Weak or Diseased Organ Systems	Sadness/Grief
C-Sections	Birth Control Drugs/Devices	Judgment/Jealousy
Birth Trauma	Vaccine Toxicity & Injury	No Spiritual Resource

Vibe Bodywork

Treatment Overview

All sessions at Vibe Bodywork are guided by the following steps/goals...

1. Open the Tissue

A. Remediate all soft tissue restrictions, including trigger points, taut bands, fibrosis, scar tissue, and fascial/connective tissue adhesions
B. Get flexible in any areas of chronic muscle tension
C. Clear out any biochemical restrictions/stagnations, including clearing out any organ and hormonal issues. This includes suction cupping, clay packs, castor oil, contrast packs/baths, and organ system cleansing

2. Open the Joints

A. Mobilize all joint restrictions and "gates" around the chakras
B. Get physically and mentally FLEXIBLE in any areas needed
C. Use traction devices, if necessary

3. Open the Meridians/Chakras

A. Establish Interoceptive balance: balanced somatic sensitivity and awareness
B. Establish Autonomic Balance: 80 to 90% relaxed throughout the day
C. Establish Sufficient Sleep: for overall health, tissue & organ recovery, and adrenal strength
D. Established a Spiritual Resource - God/sun golden light visualization/meditation
E. Open the Meridians & Chakras, Free the Spirit, Establish God & Optimism in all Cells/Tissues

4. Accompanying Modalities

A. Nutrition/Gastro-intelligence: health regimens guided by a qualified holistic practitioner
B. Psychological Help: by a qualified practitioner, including energy psychology techniques and other psychosomatic bodywork
C. Banya Therapy: extreme cold and extreme hot environmental exposures
D. EFT Tapping Technique: for self-improvement
E. Creating & Using Affirmations: for daily meditation, focus, and self-improvement
F. Figuring out and creating a world around you that is as supportive as possible for your own physical and mental growth and support
G. Establishing relationships that are positive and supportive throughout all of this

My Specialized Soft Tissue Work

Some people think the soft tissue work (myofascial therapy/connective tissue massage) that I do is "magic" because after only a few hands-on treatments, their debilitating pain or dysfunction is gone… especially after they have spent so much time, energy, and money on other treatments that only provided minimal relief… or were told by other healthcare practitioners that they can't find anything wrong with them… or that there's nothing they can do for them… or that their injury or other situation would not improve without surgery. Well, it's not magic… it's just a specific way of working that many healthcare practitioners are not aware of.

From my experience over the past twenty-four years, there are three main causes of chronic pain & dysfunction in the body: ***fibrosis, scar tissue, and facial adhesions.*** All three of these lesions, or soft tissue restrictions, prevent sufficient circulation into and around the cells and create inflammation, preventing optimal tissue regeneration, and are where biochemical compounds build up and irritate the nerve endings. None of these lesions will go away on their own, and must be remediated (smoothed out, and gotten rid of) by specific manual (hands-on) techniques.

Now, there is very little, if any, scientific research on what I am about to explain. This information is purely theoretical, based upon my (and others') clinical experience. It strictly is anecdotal opinion, and I make no medical/scientific claims.

Fibrosis: Whenever there is cellular damage in any tissue of the body, there is an inflammatory response. This damage may be from an injury to a specific area, from a surgery, or it can be internally in the tissues, organs, joints, or arteries as a result of systemic oxidation (a lack of oxygen in or around the cells). Whatever the cause… wherever there is inflammation, the body lays down fibrin (protein fibers that are a part of the blood clotting process) that naturally help to heal the tissue damage. This is good and bad. It's good because the area is technically healed. But it is bad because fibrin is laid down in a very disorganized way that results in a more dense, weak, and poorly circulated tissue. Biochemical waste products and other irritants can then build up on this tissue causing further discomfort.

Furthermore, as we get older, most people tend to accumulate fibrin throughout their bodies. It builds up in the arteries, joints, and around organs, leading to circulatory issues and more and more stiffness as we age. So, one way that we can help to prevent this systemic fibrosis, other than a healthy diet and daily exercise, is to consume fibrinolytic foods & supplements. These foods are fermented and high in proteolytic enzymes, which have been shown to dissolve fibrin buildup. They include natto, kimchi, sauerkraut, very aged raw cheeses, and high meat. And systemic enzyme capsules may be taken as a daily supplement.

Scar Tissue: When there is significant inflammation, as with a severe disease condition, an injury, or after surgical incision, where there clearly is tissue damage present… the fibrin, along with collagen, continues to be laid down until a palpable scar is formed. Some scars are flat, and others are raised and thick. But both are dense… and the hardest ones form over damaged bone tissue.

Adhesions: If you look at connective tissue (fascia) under a microscope, you will see that it consists of very small fluid-filled tubules. When there is not enough fluid in these tubules, the collagen in the tissue becomes "sticky", clumping together and forming palpable lesions. Adhesions are areas of connective tissue that have been continually physically compressed either by an outside force (such as a chair) or by another body part (as when the hip bone gets compressed into the hip socket, when sitting) to the point that the connective tissue becomes dehydrated (the fluid gets squeezed out of it). This tissue then becomes adhesive to the point that it glues itself to the connective tissue and other structures around it. People who normally do not consume enough water, and are chronically dehydrated, are more likely to develop fascial adhesions. Certain dietary factors, such as excessive consumption of carbohydrates, may also contribute to the accumulation of adhesions.

Many practitioners use the terms "scar tissue" and "adhesions" interchangeably. However, there is a difference between the two. Scar tissue can build up on any damaged tissue in the body, while adhesions are only present in the connective tissue, and are not due to damage. Both lesions feel similar when palpated, lumpy with a more dense consistency than the surrounding tissue. And both contain collagen, which may adhere them to other surrounding tissues. But often the only way to know the difference is to know if there was damage to the tissue in that area or not.

Treatment is also similar, as the lesion is first warmed, and then stretched and gently but forcefully "smoothed out" with the fingertips. Other modalities, such as castor oil packs, instrumented assistance soft tissue mobilization, and Shockwave therapy may also be helpful in certain situations to help remediate these lesions. But it is important to understand that rolling out on a foam roller, lacrosse ball, or similar device WILL NOT affect these types of lesions. And suction cupping therapy will provide only minimal improvements.

All of these tissue restrictions can restrict mobility and prevent the body from accessing the area with proper circulation. This then creates structural imbalances & biochemical stagnations in the area that can lead to pain & stiffness, and will remain this way until it is remediated.

Most of the time when we feel excessive amounts of pain, this is due to irritated nerves from chemicals in the area that are related to inflammation. However, pain can also be associated with blood & interstitial fluid stagnation from poor diet, sedentary lifestyles, and other factors, which can also prevent circulatory patency and create local or systemic inflammation, with or without swelling. Before I can properly access & treat the deeper layers of tissue, these biochemistry issues MUST be cleaned up first. If this is not first achieved, there will be too much pain for you to deal with, and the integrity of the tissue & vessels in the area will likely be weaker and more susceptible to injury from the soft tissue work. If this is your situation, I may refer you out to a biochemistry specialist for help & guidance.

And even if the issue is from a very old injury, your body still wants to heal it. You just have to give it the right tools... the right circulation! We have to "open up" that area… that connective tissue, that tendon, or that joint… and allow fresh healing nutrients to circulate into it that will naturally remove any acids, biochemical irritants, or metabolic waste materials that are the true source of the inflammation, pain, and stiffness.

You've probably heard that the key to health is movement… "Move it or lose it", right? This is true. But more specifically, the key is optimal circulation. So that's what we are trying to achieve with this work… circulation deep into and around the chronic injury site or place of tension. To accomplish this, I use a variety of hands-on techniques and stretching exercises… getting the old stagnant fluid out of the area, increasing fresh new healing circulation into the area, stimulating the healing process, and restoring the tissue to as close to 100% as possible.

Now, does it work help everybody in every situation? …No. But either during the initial consultation, or within the first few visits, we will know whether or not these techniques will work for you. If not, I will try to point you in the direction of the appropriate practitioner, or other best option. If it is determined that this work IS appropriate for your particular situation, you will experience significant & permanent progress within the first three sessions.

If you are coming simply for a general whole-body wellness or maintenance treatment, you may reschedule as often as you like. But for the specific soft tissue work described above, it is recommended that you come no more than once per week. This allows your body and mind the necessary time to process and integrate the biomechanical changes. And it takes on average 2-4 days for adhered tissue to rehydrate itself after it is smoothed out and opened back up to proper circulation.

But however often you visit, the work that is done is usually permanent. It may not get any better without further treatment, but it normally does not get any worse, unless you continue the same habits or injuries that created the problem in the first place.

In most cases, there is immediate pain relief. However, the area may be sore from the deep pressure of the soft tissue work. This normal discomfort usually goes away within 2-4 days. Most people will notice a significantly permanent improvement within 4 days of treatment. But this also depends upon how well circulated the area is, and how well hydrated it is. Meaning that if there is poor circulation to that problem area and/or the area is not regularly hydrated by drinking enough water throughout the day, then it will take longer than 4 days (even up to two weeks) before the patient feels the relief they are looking for. Also during this post-treatment time period, your body's proprioceptive awareness may shift due to the rebalancing of your physical structure and posture. It is especially important to be aware of this during your exercise regimens, since your brain & body will be re-calibrating a new sense of "center".

As long as there is at least 20% permanent improvement in the condition within the first few treatments, we will continue with the work. However, just how quickly your body adjusts to the treatments depends upon a couple of factors... How much water are you drinking (how hydrated is your tissue), and how much daily exercising and stretching you are doing for proper circulation into that problem area.

Hydration, exercise, and stretching, are essential for the treatments to work optimally. So if you are not drinking enough water, nor exercising & stretching regularly, then the positive effects may take longer for you.

Client's Deeper Preparation for Maximum Results

Some clients may wish to work harder to achieve the best results from their treatments. The following suggestions, along with proper direction from your licensed medical provider, may help increase your treatment potential and achieve your personal goals more quickly.

The Weeks Before Your Session:

1. Diet: Eat as "cleanly" as possible. This basically means avoid foods that congest the liver, kidneys, or bowel, including hormone residues, artificial chemicals, pharmaceutical residues, foods & beverages that spike the body's blood sugar levels, and heated or rancid oils & grease (cooked butter, canola oil, soybean oil, safflower oil, olive oil, etc). These foods can stagnate the tissue, and lead to inflammation, pain, weakness, and dysfunction. The pain you feel can be directly related to the foods you eat. You may feel less pain in your body, in your life, and during these treatments if you eat clean, oxygenated, alkalizing foods. The cleaner your diet is, the healthier your cells likely will be. The healthier your cells are, the more efficiently they metabolize energy, which can lead to more chi flow (circulation) throughout your body. Healthy circulation is the key to healing disease.

Some examples of "clean" foods: Raw or lightly cooked organic produce; cereal grasses; chlorella; blue-green algae; sea greens; organic potatoes & beans; raw or lightly cooked organic meats & eggs; raw unheated creams & butters; very aged raw cheese; raw unheated honey & blackstrap molasses; raw organic cacao; raw seeds & nuts fresh from the shell; sprouted breads; sprouted beans; live & fermented foods; purified water containing organic minerals; fresh organic shots of juice (not tall glasses full); raw organic milk; fermented beverages; and organic herbal teas.

Some examples of "unclean" foods: Pasteurized dairy; refined sugar; artificial sweeteners; high fructose corn syrup; MSG; aspartame; agave nectar; oxidized or heated oils & grease; roasted nuts; low-grade chocolate; raisins; white flour; white rice; cheap pastas, breads, soy, tofu, processed wheat & other grains; non-organic, medicated, processed, genetically modified/engineered foods; glyphosate; and overly cooked meats; tap water; low-quality coffee & alcohol; excess caffeine; soda pop; energy drinks; and artificially preserved juice.

*Refrain from high glycemic carbohydrates/sugar, grease/heated oils & fats, overly cooked foods, fibrous raw vegetables, excessive amounts of alcohol & caffeine, marijuana, vapes, & cigarettes

*Keep raw "high oxalate" foods to a minimum: spinach, kale, rhubarb, beet greens, green beans, soybeans, potato skins, navy beans, grapefruit, raspberries, avocados, oranges, dates, almonds, and black tea

*****The key to eating right is to know your own body's needs based upon your body type & ancestral background, and experiment & learn to eat according to your natural healthy cravings (like a pregnant woman, only without the bon bon's!). Use your food as your medicine. You may want to start with the "Blood-Type Diet" to begin determining which foods digest easily and make you feel strong. For further nutritional education, you may want to visit the Weston Price Foundation. In addition, some short-term fasting, biochemical purification, or internal organ "cleansing" may also be helpful for some clients. For this, please see a qualified holistic doctor, or refer to medicienterprises.com.

2. Exercise: Stretch and exercise as often as possible. Flexible bodies with strong hearts and lungs have more oxygen, better energy flow, more vitality, and will increase the effectiveness of your treatment. Stretching the tendons (not necessarily the muscles) helps to move chi. There are numerous books on stretching. Find a few stretches that you know you need and do them every day. Yoga is excellent, but not for everybody, and there are alternatives. I would always do a good warm-up before stretching. Aerobic activity that you actually enjoy is always the ideal exercise, such as swimming, running, martial arts, gymnastics, dancing, etc. But adding in the right amount of weight training may also be essential.

30 mins/day minimum of aerobic exercise is preferred for most. Jumping on a mini-trampoline may be a good way to get started, as long as you are not too overweight, or have knee problems or other stability issues. Whichever exercises you choose, they should make you **sweat** and burn off excess internal heat energy! Ice baths and saunas can also be added in to help regulate internal temperature and boost the immune system.

3. Lifestyle: In addition to the diet & exercise improvements, some clients may find it helpful to spend some time in meditation, prayer, or seclusion for internal reflection… or out in nature getting reconnected to the elements. Others may need the opposite... out-n-about, in public, or with friends. These changes usually are more relevant for clients seeking energetic bodywork, not for the ones simply receiving soft tissue work.

The Day of Your Session:

*Do not eat within two hours of your appointment.
*Please shower before your appointment, and wear clean clothing.
*Please wear loose, comfortable clothing that is easy to stretch in.
*Do not come to your appointment intoxicated, or highly caffeinated.
*Do not come when you are sick or feel you may be getting sick.
*All clients under the age of 18 must be accompanied by a parent or guardian.

Using Your Breath:

The way to release tension and circulate chi is through the breath. You probably already know this from your yoga classes. It’s called pranayama. But on the treatment table you need to alter it a bit, to a more relaxed form of pranayama. Your body already does this naturally in the form of a "sigh". Have you ever been sitting in traffic, not moving an inch, late for work and frustrated? Do you remember taking a semi-deep breath and then just simply letting some of that frustration go right out of your mouth? You probably use this stress-relieving technique more than you are aware of. And you can learn to use it as a tool when you feel any pain, tension, or negative emotions that may arise during a bodywork session. What you want to do is take a normal breath in, picture the air (and chi) reaching every cell in your body, from your head down to your abdomen, and then out to your fingers and toes. Upon exhale, just let the air fall out of your mouth, taking the tension with it by letting out a little "core" sound, such as "ahhh", "haaa", or "hmmm" that seems to come from your low abdomen. It's NOT about taking a long, concentrated slow breath in, and then letting a long, concentrated slow breath out. That type of breathing will only make you more frustrated. Just simply breath in and then simply let the pain go. But breathe deep enough to penetrate "heart space". This will help you to circulate chi and release deeply rooted tension.

"Bodywork done intelligently is as important as surgery. It is the work that can heal people down to the core, and keep them from ever getting sick." -Dr. Vincent Medici

Home Health & Self-Treatment Options

for

<u>BIOMECHANICAL ISSUES</u>

vibe-bodywork.com/daily-health

- **Morning Warm-Up/Arm Swings/Do-In/Makko-Ho Stretches:** See my website
- **Fun Exercise:** Better for the heart than stressful exercise. If you truly enjoy the exercises you're doing, they will be less stressful/constricting on your heart & blood vessels (more dilating on your body)
- **Robin McKenzie books:** For treating your own neck, back, shoulder, knee, etc
- **Morter March/Brain Balancing**: See below
- **Self-Healing Meditation/Other Meditations:** See the Spiritual Mental Exercise
- **Flexibility/Stretching/Yoga:** Getting "flexible" is more important than stretching
- **Stretch Straps:** Simple nylon or cotton straps that assist with stretch
- **HydroTherapy/Swimming/Treading Water:** Non-weight bearing exercises
- **Inversion Therapy/Cervical & Lumbar Decompressing Devices/OmGym:** 20 seconds inverted, followed by 20 seconds erect. Repeat for two minutes/day
- **Manna DMSO/Hemp, topical cream:** May help with temporary local pain relief
- **Medicinal Clay Packs:** May reduce inflammation & improve local circulation. French Green Clay from Amazon
- **Castor Oil Packs:** May help to soften scar tissue, and improve local circulation
- **BPC-157 Peptide Injections:** May improve cellular metabolism and tissue healing
- **Flossing Bands:** May help to soften & extend connective tissue around joints for temporary pain relief and increased mobility
- **IASTM/Gua Sha tools**: May reduce local fibrosis around tissues & joints. Buy from Amazon
- **Cupping Therapy**: May reduce blood & interstitial fluid stagnation. Buy from Amazon
- **Still Point Inducer/Occipital Release Tool:** May help to induce parasympathetic tone, and balance cranio-sacral rhythms
- **Foam Roller, Lacrosse Ball**: For rolling out muscle tensions
- **Yoga Ball**: For stretching out on, or using as a more posture-friendly desk chair
- **Pso-Rite:** Psoas muscle release tool for hip flexor & low back health & mobility
- **Posture Corrector**: Wearable device, under the clothing, non-invasive
- **Self-Myofascial Release:** For areas that you can access
- **KT Tape:** Simply get the KT Tape APP, and learn how to apply it
- **Marc Pro Electric Stim Device:** marcpro.com Use discount code "VIBE"

- **REVERSING JOINT DEGENERATION**
  - **Morning Arm Swings:** See video on vibe-bodywork.com/daily-health website
  - **Sufficient Hydration:** Drink enough quality water
  - **Sufficient Quality Sleep:** Enough sleep is required for cellular regeneration and adrenaline production
  - **Daily Sunlight:** Vitamin D, necessary for bone & joint health
  - **Yoga or Hot Yoga:** Find a class
  - **Stretches:** cobra & lunge for low back/hip flexors; pigeon for piriformis/IT bands; standing forward bend for hamstrings; extended arm against wall for pec minor; yoga ball/foam roller for mid-back/diaphragm
  - **Medicinal Clay Packs & Castor Oil Packs:** See link on vibe-bodywork.com/daily-health website
  - **Salt Baths:** Add coral calcium, dead sea salt, or Epsom salt to your hot soak
  - **Ice Baths and Saunas:** Known as Russian Banya, helps improve local & systemic circulation & immunity
  - **Warm/Cold Contrast Packs & Baths:** 1 minute warm, 30 seconds ice cold, 1 minute warm (repeat 3-5 times)
  - **Aquatic Exercises:** See link on vibe-bodywork.com/daily-health website
  - **Inversion Table:** 20 seconds inverted followed by 20 seconds upright (continue for 2-5 minutes)
  - **OmGym/Exercise Hammock:** Use the same as the inversion table (20 secs inverted, 20 secs upright)
  - **Other Traction Devices:** fishertraction.com (20 secs in traction, 20 secs relaxed for 2-5 minutes)
  - **Cupping Therapy:** Learn to use suction cups to improve circulation in pain/dysfunction areas
  - **Acupuncture:** May help decrease pain and increase healing circulation in pain/dysfunction areas
  - **Proteolytic (systemic) Enzymes:** Daily supplements that help eliminate fibrosis throughout the body
  - **An Alkalizing & Oxygenating Diet:** Internet search alkalizing foods/diet, and oxygenating foods/diet
  - **No sugar, minimal caffeine & alcohol:** These are highly acidifying, and rob the body of minerals & oxygen
  - **Comfortable & Supportive Shoes:** Always wear cushion-soled shoes when out & about
  - **No bare feet on hard surfaces at home:** Always wear sufficiently cushioned slippers or flip-flops
  - **Posture Corrector:** For people with kyphosis or anterior head carriage
  - **Occipital Release Tool/Still Point Inducer:** Helps relax the body/mind, and improve overall circulation
  - **Pso-Rite (or similar tool):** Iliopsoas muscle release tool for hip flexor & low back health & mobility
  - **Marc Pro Electric Stim Device:** Improve local tissue/joint circulation. marcpro.com, use discount code "VIBE"
  - **Bemer Therapy Device:** https://life.bemergroup.com/product/
  - **Divine Resource Meditation:** Use for self-healing, download from vibe-bodywork.com/new-patients
  - **Other Options from your Holistic Doctor:** nutrition; animal protein; good fats/omega 3's; peptide injections; discuss altering any medications (including birth control, which can cause blood to thicken, that may be contributing to your pain or mobility dysfunction

Home Health & Self-Treatment Options

for

<u>BIOCHEMICAL ISSUES</u>

vibe-bodywork.com/daily-health

- **Sufficient Quality Sleep:** Enough sleep is required for cellular regeneration and adrenaline production
- **Morning Warm-Up/Arm Swings/Do-In/Makko-Ho Stretches**
- **Sufficient Tissue Hydration:** Drink enough quality water!
- **Sunlight/Sunbathing-Gazing, and Grounding/Earthing**
- **Fun Exercise:** better for the heart than stressful exercise (one is constricting, the other is dilating)
- **Flexibility/Stretching/Yoga:** Getting "flexible" is more important than stretching
- **Taoist Internal Exercises, Tai Chi, Chi Gong**
- **Vagus Nerve Stimulation Techniques**
- **Wim Hof Breathwork:** Self-Healing breathwork that makes the body-mind "invincible"
- **Banya/Sauna/Ice Bath/CryoTherapy:** The ultimate immune booster
- **HydroTherapy/Swimming/Treading Water:** Non-weight bearing exercises
- **Dry Brushing/Skin Exfoliation**
- **Medicinal Clay Packs:** Premier Research Labs Medi-Body Pack, buy from Amazon. Use over inflamed joints.
- **Castor Oil Packs:** Buy from Amazon.com. Use over liver, kidneys, thyroid, or reproductive organs.
- **Cupping Therapy:** May help with improving local circulation & pain relief
- **Marc Pro Electric Stim Device:** marcpro.com Use discount code "VIBE"
- **EmWave:** Heart coherence device that helps to ensure that your stress levels are not interfering with your heart health.
- **Cleansing & Nutrition:**
  - pH Test Paper Rolls and "pH Your Potential for Health", booklet
  - Healing With Whole Foods, by Paul Pitchford
  - Andreas Moritz books
  - Weston Price Foundation
  - Fasting and Intermittent Fasting
  - Superfood Smoothie
  - Water Enemas or Colonic Irrigation
  - Liver, Gall Bladder, or Kidney cleanses
  - Parasite Cleanses
  - Vaccine Adjuvant Cleanses

- **Herbs & Supplements:**
  - **Improved Overall Circulation:** Quantum Circulation Support, from qnlabs.com. *This product may thin the blood.
  - **Systemic/Proteolytic Enzymes:** Vitalzym, from Amazon.com. *This product may thin the blood.
  - **Digestive Enzymes:** B.E.S.T. Process Super Digest, from Amazon.com
  - **Omega 3 Fatty Acids**
  - **Adaptogenic Herbs:** Premier Research Labs Adaptogen-R3, available from Amazon.com
  - **Probiotics:** For gut balance & psychological health
  - **Psyllium Husk:** To clear out the colon
  - **Electrolytes:** To improve bio-electric circulation
  - **Immune Booster Supplements:** To quickly boost the immune system
  - **Chanca Piedra Tea/Tablets/Tonic:** for liver, gall bladder, and kidney health
  - **Malic Acid Tablets:** To help relax, smooth out, and clear the gall bladder
  - **CBD, internal:** To relax the body & mind, and reduce chronic Inflammation & pain
  - **Manna Lyposomal Curcumin:** For internal pain relief

- **Good Fats:**
  - **Aged Cheese:** Best aged at least three years, 6-month aged is acceptable.
  - **Avocados:** Minimum to moderate intake (high oxalate fruit); ripe & creamy only.
  - **Butter:** Raw is best. But minimally pasteurized is acceptable.
  - **Butter Milk:** The fermented kind, ideally.
  - **Tallow:** Rendered fat from cattle.
  - **Bone Marrow:** Femur bones from the butcher.
  - **Liver:** Organic beef, chicken, etc.
  - **Carpaccio & Tartare:** There are many healthy forms of raw meat (which includes good raw fat). The work of Aajonus Vonderplanitz is the authority.
  - **Coconut Cream:** You can buy it in a jar, these days... But its best if you buy FRESH Thai coconuts... just learn to cut them open properly, then scrape out the meat and blend it into a smoothie with the coconut water.
  - **Cottage Cheese:** Eat a few tablespoons, preferably at room temperature, whenever you feel your nerves need to get grounded and insulated.
  - **Cream:** From organically fed milk. Raw is best, but minimally pasteurized will suffice.
  - **Dark Chocolate/Cacao:** Best if no sugar added. Combine with goji berries for taste.
  - **Fish:** Sashimi-grade (frozen to at least 40deg below zero – F to kill parasites) salmon, tuna, mackerel, etc. Also ceviche is good. Sardines.
  - **Fish Roe:** Caviar.
  - **Goat Milk:** Raw is best, but lightly pasteurized is acceptable.
  - **Milk Kefir:** Good quality, but whatever you can find should be satisfying.
  - **Nuts:** Organic, ripe, and creamy… straight from the shell.
  - **Nut Butters:** There are a variety of good quality nut butters to choose from, these days.
  - **Raw Eggs:** Straight up, or blend into a smoothie drink. Digested best if at room temperature.

Home Health & Self-Treatment Options

for

PSYCHOLOGICAL ISSUES

vibe-bodywork.com/daily-health

- **Establish a Spiritual Resource:** This the most important
- **Morning Warm-Up/Arm Swings/Do-In/Makko-Ho Stretches:** See the videos
- **Sunlight/Sunbathing-Gazing:** Getting daily sunlight, including the concepts of sunbathing & sun gazing
- **Fun Exercise:** better for the heart than stressful exercise (one is constricting, the other is dilating)
- **Morter March/Brain Balancing:** See below.
- **Flexibility/Stretching/Yoga:** Getting "flexible" is more important than stretching
- **Taoist Internal Exercises, Tai Chi, Chi Gong:** These "internal" exercises are the best
- **Vagus Nerve Stimulation Techniques:** Anything to get genuinely relaced
- **Wim Hof and/or Holotropic Breathwork:** The best breathwork exercises
- **Banya/Sauna/Clod Showers/Ice Baths/CryoTherapy:** The best for optimal immunity
- **Meditation:** Calm & focus your subconscious mind
- **Energy Psychology:** NLP, B.E.S.T., Psych-K, EFT Tapping, etc
- **Still Point Inducer/Occipital Release Tool:** Induces parasympathetics & CST balance
- **Vagus Nerve Stimulation Techniques:** Various modalities to induce PNC balance
- **Pso-Rite:** Psoas muscle release tool for 2nd chakra calming & grounding
- **"Dealing With Anxiety" Article/Blog:** Download for free at vibe-bodywork.com
- **Cleansing & Nutrition:** See previous list from above
- **Clean Foods, Live Foods, Fermented Foods:** See previous list from above
- **Kapha Foods & Beverages:** These are from Indian cuisine, and tend to be more calming, grounding, and insulating.
- **Herbs & Supplements:**
  - **Digestive Enzymes:** B.E.S.T. Process Super Digest, from Amazon.com
  - **Omega 3 Fatty Acids:** The good fats
  - **Adaptogenic Herbs:** Premier Research Labs Adaptogen-R3, available from Amazon.com.
  - **Probiotics:** For gut balance & psychological health
  - **Psyllium Husk:** To clear out the colon
- **Good Fats:** See previous list from above

The Morter March

Developed by Dr. M.T. Morter, jr., Morter HealthSystem

This technique combines the principles of Proprioceptive Neuromuscular Facilitation and Energy Psychology to relax and re-align structural muscles and re-pogram the sub-conscious mind, which is where our core beliefs about life & self, exist. Physically, it may be effective in balancing out both hemispheres of the brain and improving homeostasis, which can help with such issues as a lack of balance, dizziness, clear thinking, mental focus, memory problems, imbalanced body rhythms, sleep disorders, poor digestion, blood pressure, nervous tension, hormonal imbalance, and chronic pain. Mentally, it can help you to re-program negative beliefs that you may have about yourself or your life that may actually be the main cause of your health issues or other personal limitations. This exercise may be done alone as a self-help technique, or with a client to facilitate healing. Before you begin, think of something that you would like to change about yourself. Then put that thought in the form of a positive statement, or affirmation. For example, if you may want to love yourself more. Your affirmation might be "I love my self unconditionally", or you may want to release a negative emotion that you are holding onto, for example *frustration*. Your affirmation might be "I am at peace with myself and the Universe".

1. Assume a lunge position, or "Cross-Crawl" stance
    1. Right foot forward, left foot back
    2. Left hand forward, right hand back
2. Look Over the Shoulder of the Raised Arm, and Close your Eyes (if you can)
3. Inhale deep, and hold your breath for 5-10 seconds
4. As you're holding your breath, state your affirmation (out loud *or* in your mind)
5. Exhale and Switch Sides:
    1. Left foot forward, right foot back
    2. Right hand forward, left hand back
6. Look Over the Shoulder of the Raised Arm, and Close your Eyes (if you can)
7. Inhale deep, and hold your breath for 5-10 seconds
8. As you're holding your breath, state your affirmation (out loud *or* in your mind)
9. Repeat, for a minimum of two times on each side.
10. Save your work: Stand with feet shoulder-width apart, and place your fingertips together so that each fingertip on the right hand touches each fingertip on the left hand (hold for about a minute).
11. Repeat this technique every day, as often as you like for a ***F**ree **U**pgrade **N**eurologically*.

Health Fundamentals Checklist

- Autonomic Balance ☐
- Self-Discipline ☐
- Purpose In Life ☐
- Spiritual Resource ☐
- Sleep/Adrenal Strength ☐
- Exercise ☐
- Flexibility ☐
- Nutrition ☐
- Elimination ☐
- Sunlight ☐
- Nature ☐
- Clean Air ☐
- Clean Water ☐
- Joy ☐
- Sensuality ☐
- Chemistry ☐

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Energetic Health Checklist

In order for a person to be capable of achieving optimal health, prosperity, and longevity, he/she must possess the following. The body-mind usually "opens up" in this general order. If you are unsure where you stand in relation to this list, and/or what you need to do to make progress… just consult with and/or get assessed by a qualified practitioner.

1. BASIC HEALTH FUNDAMENTALS: Sleep, Exercise, Flexibility, and Diet must be optimized…

☐

2. MIND-BODY BALANCE: Healthy levels of somatic sensitivity & nervous energy must be achieved…

☐

3. OPEN, FLEXIBLE, CLEAN MERIDIANS: The myofascial tissues must be flexible & radiating with chi upon stimulation, with no chronic pain…

☐

4. STRONG & FREE CHAKRAS: The psychological nerve & endocrine centers of the body must be free from restriction…

☐

5. FREELY MOVING CRANIAL RHYTHMS: The Kundalini, or core rhythm, must be unrestricted and freely flowing upon stimulation…

☐

6. REMAINING HEALTH FUNDAMENTALS: All or most of the other health fundamentals must be achieved…

☐

7. A FREE SPIRIT: By far, this most important aspect of human health & potential that can be achieved…

☐

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