

Core Wellness Institute
Therapeutic Lifestyle Change
ACTION GUIDE #5

Core Thoughts

The Art Of Allowing – Everything in this world simply unfolds with perfect harmony. Grass doesn't try to grow, it just grows. Babies don't try to go through the developmental stages, they just do.

What we've done is create *blockages* to this perfect unfoldment in the form of doubt, fear, worry, anger, and shame. These feelings and emotions block our natural flow of well being.

This agitation in the bodymind creates dis-ease and accelerates the aging process. So you must create a new habit of just "being" so the natural flow of the universe can act *through* you. Think of yourself like a "conduit" or "channel" where this well-being simply flows through.

It may help to go through a "letting go" process where you "give over" or "empty" all thoughts that are not of well being so you can "unclog" the channel!

I personally use the image of walking down to a river with my "baggage" full of toxic thoughts and actually opening up the bag and dumping them into the river and watching them drift away. Then I lay down on the warm rocks and feel the warm sunshine fill me up.

You could also imagine each one of your toxic thoughts as a helium balloon and let them go and watch them get smaller and smaller until they disappear out of site.

Just remember...the flow of well-being is always flowing and always available. You just have to *choose* whether you are going to *allow* it or *block* it.

The goal of this course is to help you continue to remove the blockages that stand in the way of perfect health. And the first thing is ALWAYS, ALWAYS the thoughts you think.

You see, you can only think one thought at a time. That's a scientific brain research fact.

So if you're thinking fearful or worrisome thoughts, there's no way you can be happy and healthy, but if you KNOW that you ARE well being, and you ARE love, and you ARE abundance, then these "illusions" of fear, doubt, and worry are immediately abolished and your energy is freed up to fill your heart's true desires.

Life is about filling yourself up with joy so you can share and give that joy to others. And you can't give or contribute anything if you yourself are emotionally and spiritually bankrupt.

So allow yourself to feel the freedom of letting go of all the blockages and continue to affirm the fact that you are a channel through which abundance, love, and peace flows *effortlessly*.

Remember...you can only think one thought at a time.

Core Movement

“The movement of the spine generates 90% of the stimulation and nutrition to the brain. This would be analogous to a windmill generating electricity”.

- Dr Roger Sperry, Noble prize recipient for brain research

Blockage to spinal movement is often silent for months or even years before it starts creating some kind of symptom (usually somewhere *other* than the area of blockage).

And since spinal movement is what *stimulates and nourishes* your brain cells, it makes sense to get it moving and *keep* it moving.

Also consider that the nervous system is the first system to develop and is “in charge” of regulating all the other systems in your body (circulatory, respiratory, reproduction, elimination, detoxification, etc).

So a nervous system that is functioning at less than 100% capacity because of spinal joint blockage means that other organ systems are suffering as well!!

This is why I often see chiropractic “miracles” where, after blockages are removed, seemingly “unrelated” symptoms improve. This happens a lot with the disappearance or improvement of constipation, acid reflux, and even allergies (among many other things) as your nervous system comes back into balance.

You see, good functional movement stimulates “mechanical” nerve endings. *Without* this good movement, your “pain” nerves are allowed to dominate.

So basically, GOOD FUNCTIONAL MOVEMENT BLOCKS PAIN!

I often use the example of bumping your elbow on a door jam. What do you do? You RUB it! That rubbing stimulates mechanical nerves and blocks the pain.

That’s why chiropractic adjustments are so effective for pain and stress relief. When you get adjusted...1. pain nerves are blocked 2. muscles are reflexively relaxed 3. there is increased coordination to the brain.

This is POWERFUL “medicine”. The only problem with it is it’s easy to become dependent on the adjustment for relief.

That’s why, with this course, you are learning how to correct your posture, balance your muscles, remove nutritional stress, and correct defeating self-talk patterns...so you don’t become dependent on passive care.

Managing all these things allows you to *reprogram* your nervous system for balance. And when there's balance, there cannot be imbalance! And it's the *imbalance* that causes *dis*-ease!

The wonderful thing about the body awareness you're creating with this program is that you'll be able to detect subtle problems before they turn into annoying and even life threatening problems!

So keep moving and keep giving your nervous system all that "good input" so you can live pain free and optimize the rest of your body systems as well!

Core Nutrition

"Patient response to individual medications can vary from 4 to 40 fold with any drug at any given dose depending on the patient's detoxification status" Cohen, J.S. Postgraduate medicine. 1999; 106(3) p163-172.

Why is the above quote important? Because we all have different abilities to get rid of toxins.

Some people are allergic to every drug imaginable and get completely drunk off one drink. Yet some never have a reaction to meds and can drink a case of beer and still function.

If you have trouble detoxifying and eliminating potentially damaging substances in your life, these toxins build up in your body and cause a host of downstream effects triggering inflammation and even autoimmune responses.

The most disturbing thing is that the toxins are stored mostly in fat tissue...including your organs like your brain.

It's a proven fact that Parkinson's disease risk is increased dramatically when detoxification capacity is impaired. This detoxification capacity is often genetic but can unfortunately also be induced with certain medications including the antidepressants Zoloft[™] and Paxil[™] !!

Your liver is also responsible for breaking down steroid hormones in your body like the stress hormone cortisol, as well as estrogen, progesterone, and testosterone.

So if you are an imbalanced detoxifier, you have hormone imbalance.

This is often the main issue with most hormone balance problems causing horrible mood swings, PMS, and horrific menopausal symptoms for women, and erectile dysfunction and prostate problems in men.

So how do you optimize your liver function?

1. Avoid/Limit toxic substances

-Solvents or chemically based cleaners are volatile organic compounds (VOC's) which act as neurotoxins. Examples are dry cleaning chemicals, fresh paint, new carpet, anything made of particle board, gasoline, and cigarette smoke to name a few)

- Pesticides (non organic dairy, meat, veggies, etc) are also neurotoxins that, incidentally, create a toxic estrogen response in your body. So eat organic as much as humanly possible.
- Dust your house (house dust accounts for more pesticide exposure than eating contaminated food)
- Get an air purifier for your home. Indoor
- Air cleansing house plants: mums, English ivy, peace lily, Chinese evergreen, bamboo palm, spider plants
- Avoid perfumes, colognes, scented lotions (they are petrochemicals...use essential oil based fragrance instead)

2. Support liver with proper nutrients

The main food group to focus on here is the cruciferous family of broccoli, cauliflower, kale, brussel sprouts, cabbage, arugula, and collards.

The compounds in these foods help your body keep the chimney clear so the byproducts from the explosions of the quite volatile first phase of detox can clear out of your body through the bowel or kidneys. Without these compounds, it would be analogous to the smoke backing up inside your house and causing all kinds of damage.

I also use a very successful cleansing medical food called Ultra Clear Plus which is specifically designed to facilitate efficient phase 1 and phase 2 detox. I recommend a liver cleanse at least once a year for about 3 weeks or more if you are repetitively exposed to chemical products with your job or hobbies or just to stay ahead of the toxins that build up from the environment.

And always remember to focus on lots of fiber and water to keep the bowels open.

Beets and radishes are good at purging toxins from the liver.

Brightly colored veggies and fruits also help the liver handle the toxic load

Cleaning up liver function can be very rewarding especially if you have chronic pain, chemical sensitivities, chronic fatigue, neurological problems, hormone imbalance, chronically suppressed immune function or auto-immune disease.

And remember, the modified elimination diet which eliminates commonly allergenic foods is also essential during any detoxification program.

Take Action!

Mindset:

Step: You must understand and believe that perfect health and well being is always flowing and always available to you and that if you are not experiencing it, you have created blockages to it.

Stride: Become aware when a thought or feeling comes up that creates a blockage to the flow of peace and well being. AWARENESS...like I've said repeatedly, is the first step.

Leap: Create a visualization sequence that works for you where you actually “unclog” or “open up” your channel so the flow can come through you and fill you up. This is the classic “letting go” of disharmonious thoughts. Watch it float down the river, up, up and away in a balloon, or whatever works for you. Do this as a daily ritual and also use it as a “tool” when a toxic, blocking emotion surfaces.

Movement:

Step: Develop the understanding that you've got basically two types of nerves in your body...Pain nerves and Mechanical nerves. Whenever mechanical nerves are stimulated with good movement...pain is blocked, muscles are relaxed, and coordination improves. That's why you must continue MOVING your WHOLE body and experience full range of motion in all your joints.

Stride: Dedicate yourself to a movement routine DAILY that feeds your central nervous system with good input so the rest of your body's system can work optimally. Do a rotation of the Mini-Circuits in this course or come up with your own sequence but just do *something*!

Leap: In addition to daily movement that nourishes and balances your nervous system. Schedule a regular check-up/check-in with your chiropractor to check for movement blockages you're not aware of (I call them “hidden time bombs”). He or she can help you release that blockage and (hopefully) show you a way to keep the blockage from returning. This is truly “optimal wellness care”.

Nutrition:

Step: Keep detoxification in mind when you choose your food. Start with getting some cruciferous veggies into your diet daily. Rotate between kale, collards, broccoli, brussel sprouts, cauliflower, etc.

Stride: Start the switchover to all natural cleaning and self care products.

Leap: Do a full on metabolic liver cleanse with *Ultra Clear Plus* and *AdvaClear* along with a Modified Elimination diet. I've been prescribing this program for over 13 years in my practice with great results for a variety of issues including weight loss, allergies, hormone balance, chronic fatigue, fibromyalgia, and more. The products will be available through the Metagenics store here on the site.

Also, if you are a CWI Student, you have access to a full 90 minute video and audio of a Weight Loss/Detox seminar. Just search for “Detox” in the search box or check the right sidebar.