



ANTHONY ROBBINS

EVENTS

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LIFE MASTERY[®]

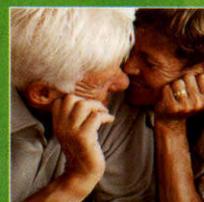
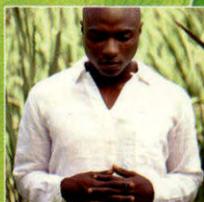
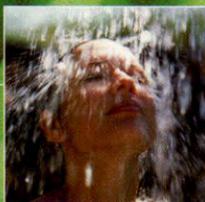
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RENEW



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REVITALIZE TRANSFORM ENERGIZE RENEW

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Welcome to Life Mastery!

Dear Friend,

Welcome to Life Mastery and for many of you, welcome home! I am thrilled to have you as my guest and I am especially excited that you've made the commitment to take your life to the next level. I believe there is no greater gift you can give yourself than a week designed to take care of you and to revitalize and rejuvenate your mind, body, and emotions. At the end of this week you will leave here not only feeling better and looking better, but you will have created tremendous momentum toward transforming five of the most important areas of your life: your physical body, your emotions, your relationship, your finances, and your spirituality.

Life Mastery is the result of over a quarter of a century of my own journey. Throughout my life I searched for any distinctions or tools that can save years of time, energy, or frustration. In the process, I've had the incredible fortune of working with almost four million people from an unbelievably diverse population—from presidents of countries to prisoners; from parents to professional athletes, from managers to moms; from gang members to high-powered business executives; and people of every religious belief, political conviction, race, creed, and nation in the world.

The result of not only my own life experience, but the experience of a variety of masters in their specific fields, is a series of principles and profound knowledge where those ideas, beliefs, strategies, techniques, and distinctions can immediately and measurably improve the quality of our own lives and all those we have the privilege to touch.

Life Mastery represents the best of the best of what is available today: the finest experts and mentors who exist and whose sole focus has been on discovering and distilling the core distinctions that can help you massively improve each area of your life. At the same time, while the content is designed to deepen and enrich virtually every facet of your life, the real transformation in this program will come from you. **At its core, Life Mastery is not a seminar, but an *experience*: the application of daily practices that will create lasting change in your physical health and vitality, your emotions, your relationships, your finances, and your life.**

This program will be different from other events you may have attended; it is about each of us digging deep and doing the things that will give us the energy we truly deserve to ensure we enjoy more deeply the experience of a different level of focus.

At the same time, we have planned each day so that the hours of the program are reasonable. We will have a few hours of content each morning and evening, and then the early mornings, afternoons, and late evenings are designed for you to rest, relax, take advantage of the spa and resort facilities, and rebuild your nerve energy. We also want you to have fun in the process so we have created many options for you to do during your free time (which you'll see outlined in this book).

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So, in order for us to achieve the outcomes of this program, there are three things we need to understand and do. We all love to do fun things, but most people do not like to do the things necessary to improve the quality of their health until there's a problem. There are **3 Mandates to Lasting Health and Vitality** that we all must live by in order to not only prevent illness and challenges, but to experience the lasting health and energy we all deserve.

- 1. Stop the Poisoning**
- 2. Cleanse & Detoxify** our bodies to eliminate built up waste
- 3. Revitalize & Regenerate** our body to provide it with its essential needs

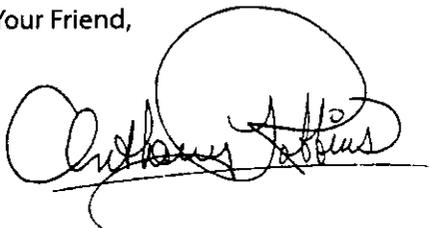
Remember, health is not simply the absence of disease; health is a metabolic state where the mind and the body are functioning at peak efficiency.

Thus, the **MUST** for all of us this week, is to break our patterns and cleanse our systems so that our bodies can begin the natural process of healing and getting rid of the waste and toxicity that has built up in our cells, bloodstream, and organs. The other **MUST** for us this week is to enjoy the process and really manage our emotions so that we find a way to be happy as we go through this process together. Again, this is why we've designed each day so that there will be a few hours of content and then long breaks where you can sleep, rest, relax, meditate, enjoy spa treatments, and do the necessary cleansing you'll need—i.e., colonics! **If you do this, this week will help you recapture or massively expand the sense of absolute energy, mental clarity, and physical vitality that you probably have not experienced for some time.**

So, as we begin our cleanse this week, remember: ***Nothing tastes as good as absolute health and energy feels!*** Let's begin now by making a commitment to hold ourselves to the highest standard possible, to play full out, to take advantage of the enormous resources that are available here for us, and most importantly, to take care of our minds, bodies, and spirits at the deepest level. The result is that you will not only feel better and experience greater energy, but you will leave with a renewed sense of excitement, joy, and possibility for your entire life. Again, congratulations on making the commitment to take action and create the extraordinary health you deserve!

Live with Passion!

Love and Respect,
Your Friend,

A handwritten signature in black ink, appearing to read 'Anthony Robbins', with a large, circular flourish above the name.

Anthony J. Robbins
Chairman of the Board
The Anthony Robbins Companies

Our Outcomes for You:

- (1) **To create an intimate and transformational experience that gives you both the philosophy and strategies to turn your dreams into reality:**
 - A. **The Science of Achievement:** the capacity to take the invisible and make it visible, break through barriers, and achieve the things you really want in your life.
 - B. **The Art of Fulfillment:** the experience of truly enjoying the process of life because you are living consistent with your own true nature.
- (2) To provide you with **an ideal environment and optimum strategies for cleansing and rejuvenating** your physical health.
- (3) To give you **new content and expose you to a variety of points of view from the world's experts** in the areas of health, emotions, relationships, spirituality, and finances.
- (4) To guide you to **make new decisions about what you will create in your life**, what's important to you, and to set a new standard for what's possible.
- (5) To begin or continue the process of **conditioning your mind and emotions for optimal joy, happiness, health, success, and fulfillment.**
- (6) To **provide you with tools so you leave here with a clear plan and a set of daily practices** that you will consistently utilize to take your life to the next level.

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.....(*notes*).....

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.....(*notes*).....

INTRODUCTION

Creating an Extraordinary Life

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(notes)

"Each of us is inevitable; Each of us is limitless—each of us with his or her right upon the earth; Each of us here as divinely as any is here."

— Walt Whitman

What Creates the Winning Edge?

How is it that some individuals are able to achieve levels of success that so far exceed their peers that they can only be called . . . *Masters*?

In a world that is changing so rapidly, how can we balance our time, emotions, physical vitality, relationships, and finances in a way that creates true success and fulfillment?

Merely working harder is not the answer. Together, over the next week and throughout the next year at Mastery University, we'll learn, utilize, and enjoy the strategies, skills, and distinctions that can immediately transform the quality of our lives forever. Remember: A single distinction has the power to change your life in a moment.

***Our goal at Mastery University is to compress decades into days;
to master the strategies that create an extraordinary quality of life.***

All change is ultimately driven by a decision. The most important decision one must make is to take conscious control of our perceptual process (our beliefs, attitudes, and emotions, etc.) and to commit to a life of continuous improvement. (CANI: Constant and Never-ending Improvement).

—(Develop Unreasonable Expectations)

"The reasonable man adapts himself to the world; the unreasonable one persists in trying to adapt the world to himself. Therefore, all progress depends on the unreasonable man."

— George Bernard Shaw

—(Raise Your Standards)

"There is one categorical imperative: Act so that every action of yours should be capable of becoming a universal rule for all men."

— Immanuel Kant

Outcome Exercise

Why did you come to Life Mastery?

*What do you want to achieve,
become, create, or enjoy as a result?*

What Creates an Extraordinary Quality of Life?

The Key to a Fulfilling Life

The single force that shapes your entire life is the force of psychology.

—(**Definition**)—

psychology: (noun) the process in which you interpret the world and create a meaning for your life.

Q: What do Bill Gates, Christopher Reeve, Mother Teresa, and Nelson Mandela have in common?

A: They have an extraordinary mindset, an extraordinary psychology, and a unique way of interpreting the world.

How do we change, grow, and improve the quality of our lives forever?

THE THREE MASTER STEPS OF CHANGE

- (1) **Raise Your Standards.** (Turn your shoulds into musts.)
- (2) **Change Your Limiting Beliefs.**
- (3) **Change Your Strategies.**

The same level of thinking that has gotten us where we are today will not get us where we want to go.

*Why is Change Only Temporary
and Not Long-term for Most People?*

**The Dissipation of Drive:
The Pressure Cooker Technique**

(Why most people start to change only to return to the problem.)



1. PAIN EQUALS DRIVE

A person hits a threshold; the problem causes such a significant amount of pain that they feel pressure to take action to change it.

2. DRIVE TURNS TO ACTION

As a person takes action they make progress toward eliminating some aspect of the problem (e.g., they lose 10 of their 40-pound weight-loss goal), which lessens the intensity of the pain.

3. ACTIONS LEAD TO RESULTS

When the intensity of the problem is reduced, the drive to complete the change is lessened and motivation to completely resolve the problem is lost. With a lack of pain to drive the person any longer, gradually they return to the old behavior and . . .

4. RESULTS LEAD TO LOSS OF DRIVE

RETURN TO PAST ACTIONS/RETURN TO THE PROBLEM. The problem remains.

Identity Exercise

The strongest force in the human personality is the need to remain consistent with how we define ourselves.

- (1) Describe what you were like before you got involved in this technology and training. How did you describe yourself and the way you were living then?

- (2) Before this training begins, how do you define yourself now? What metaphors do you use? What roles do you play? What do you stand for?

Identity Exercise, Cont.

(3) What has changed? What made the change possible for you?

Your New Identity

(4) Who are you committed to becoming in the next six days?

(5) Who are you committed to becoming in the next six months?

— (R E M E M B E R) —

Your identity is simply the way you describe yourself to yourself. It's a combination of the beliefs about who you are, what you're capable of; it's how you distinguish yourself from everyone else in the world.

CLEANSING & REJUVENATION GUIDE

What to Expect While You are Cleansing

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(notes)

"Nothing splendid has ever been achieved except by those who believed that something inside of them was superior to circumstance."

— Bruce Barton

Most Diseases Start on Your Plate

You are what you eat and, more importantly, what you have eaten that is still with you.

As important as what you're eating right now (and maybe even more important), is what you've already eaten that has not been eliminated. If you are eating all the proper nutrients but putting them into an environment that is toxic, your body is not able to absorb and utilize them to the fullest extent. If you don't cleanse your body, then the toxicity builds up, creating an ever-increasing detriment to your energy level, overall health, and well-being.

For example, if you have a headache and aches and pains, simply getting a massage or taking aspirin may not solve the problem long-term. You may achieve some temporary relief, but you will not be attacking the source of your pain. The source of your pain begins with what you eat. If you are eating food that overloads your system, then elimination becomes difficult, limited, or impossible—you literally create congestion or clogging in the normal bodily process of assimilation and elimination. Further, this retained waste matter prevents the full absorption of nutrients, depleting your body of energy as it tries to deal with this waste. Ultimately, when your colon becomes blocked, the small intestine must also work overtime to eliminate this waste. These toxins are further passed onto the liver and eventually your blood, decreasing the oxygen in all the cells of your body. Your cells will become starved and oxygen will not be delivered. Your blood—the river of life—becomes filled with toxins and literally, gradually, will become the river of death.

—(What is the cause of disease?)—

Disease is the result of acid in the body. Your lifestyle and eating habits will lead to disease if you do not alkalize your blood with the proper foods and hydration.

Cleansing FAQ

The evolution of modern society has resulted in an overload of chemicals, toxins, air pollutants, and radiation. In addition, by eating certain foods, we expose ourselves to processed and de-mineralized materials, herbicides, pesticides, food colorings, and preservatives.

All of these toxins put stress on our bodies. When the body is clean and strong, it has no trouble eliminating the waste. However, when it becomes overloaded with more toxins than it can properly eliminate, the liver will eventually become sluggish and allow the waste to build up. In this state, one cannot properly absorb vitamins, nutrients, and health supplements. Furthermore, the contamination and malnutrition that result make the body more susceptible to disease. In fact, a continuous overload of toxins into the body could trigger serious ailments, and if a system becomes so contaminated that it cannot get rid of the excess toxins, chronic illness or even death could result.

What is a cleanse?

Cleansing is the detoxification of the digestive track, blood, intestines, kidneys, liver, and lungs.

Should you be cleansing?

—(SIGNS)—

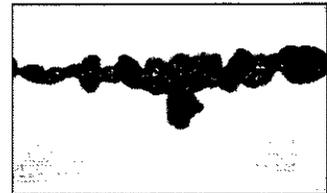
- You have a heartbeat.
- You have been working very hard or been under a lot of stress.
- You eat sugar or white flour and/or drink a lot of caffeine or alcohol.
- Your eyes are not clear and/or they are yellowish or red.
- You took a pH test and tested acidic.
- You feel a cold or flu coming on.
- You feel congested from too much food or the wrong kinds of food.
- You feel lethargic, like you need a good spring cleaning.
- You need to eliminate drug residues, or normalize after an illness or a hospital stay.
- You need a jump start for a healing program.
- You need a specific detox program for a serious health problem.
- You want to streamline your body processes for more energy.
- You need to remove toxins that are causing a health problem.
- You want to prevent disease and/or rest and rejuvenate the whole body.
- You want to assist with weight loss and/or want to clear up your skin.
- You want to slow aging and improve body flexibility.
- You want to improve fertility.
- You want greater mental clarity.
- You need better quality of sleep.
- You desire freedom from negative thoughts and feelings.
- You need to improve your circulation.

Cleansing FAQ

How does the body eliminate waste and what happens when toxins build up?

Toxins first build up in the bowel as a result of stress and/or consuming too many acidic foods, such as, sugar, white flour, caffeine, and alcohol. When the bowel becomes unnaturally acidic, it attempts to protect itself by secreting a glycoprotein substance that lines the entire intestinal wall. This is known as mucoïd plaque (see picture below). This substance is what makes it hard for the body to absorb vitamins and nutrients, which could result in chronic malnutrition.

When the bowel becomes toxic, it contaminates the blood, which, in turn, spreads the toxins to the heart, lungs, brain, muscles, etc. as it is delivering nutrients throughout the body. In the end, the liver is left to deal with the toxic blood, and after years of relentless toxicity, it will become sluggish until it will no longer function. At this point, the toxins will begin to collect in other parts of the body. Disease will manifest wherever they settle. Overall, cleansing allows you to remove accumulated mucoïd plaque in order to rebuild your bowel and your liver and protect yourself from disease.



How often should I cleanse?

Optimally, on a quarterly basis or at least once per year.

How long should I cleanse?

Cleanses last anywhere from 24 hours to 10 days. A 24-hour cleanse is a good way to deter oncoming cold and/or flu symptoms. **A general cleanse lasts 3-7 days.** It removes excess amounts of mucous, old fecal matter, trapped cellular and non-food wastes, and inorganic mineral deposits that contribute to arthritis. It also purifies your liver, kidneys, and blood; enhances mental clarity; increases energy; relieves the body of dependency on habit-forming substances; and reduces your stomach to its normal size contributing to weight loss. Finally, a deep cleanse lasts for up to 10 days and can help to fight a chronic illness or disease.

Where can I get more information about cleansing?*

Colon Health: The key to a vibrant life by Norman W. Walker

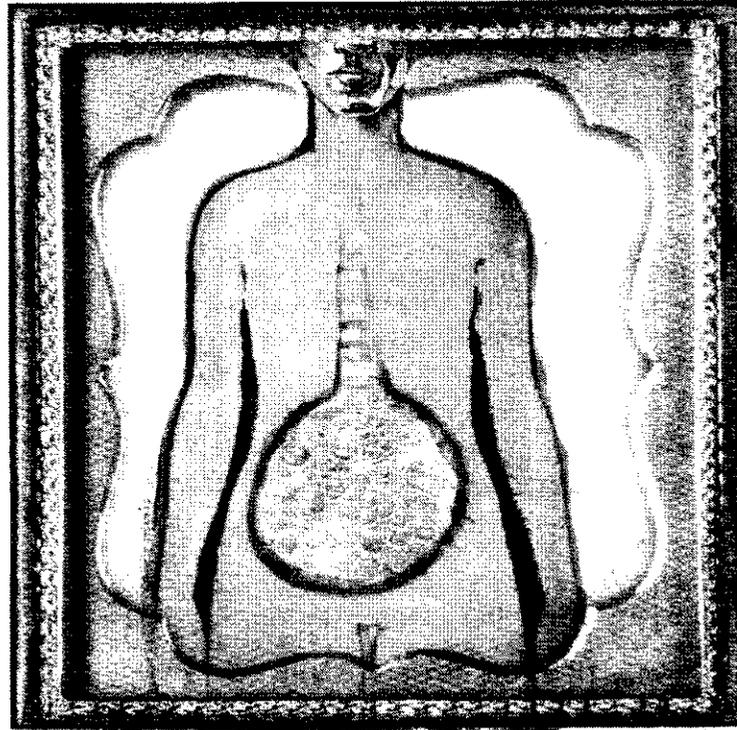
Dr. Jensen's Guide to Better Bowel Care: A complete program for tissue cleansing through bowel management by Bernard Jensen

Detox for Life by Loree Taylor Jordan

**For more information about cleansing resources, please see the Resource Guide in the back of this manual.*

Cleansing What You Can Expect

What you may look like:



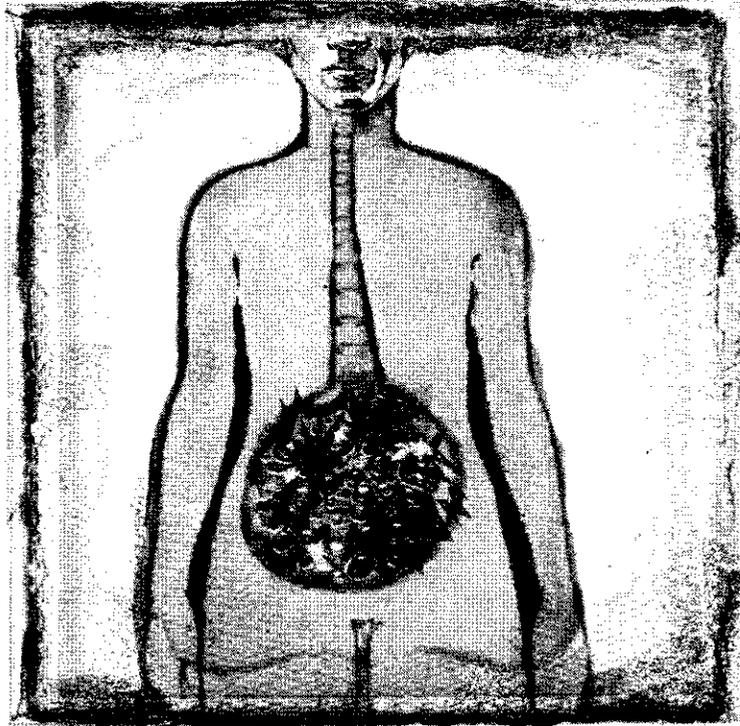
What you may be feeling:

So let's talk about how you may feel on your cleansing journey. There are so many different reactions to cleansing having to do with so many variables such as: What state of health were you in before the cleanse? Is your body highly acidic? What is your level of fitness? What is your diet? What kind of stress do you have in your life? What other practices do you partake in such as meditation, yoga, stretching, running, etc.? Do you take drugs prescription or otherwise? Then you add people's body types, their metabolism, their constitution, their state of mind, and you have a plethora of different types of reactions that people have when they do a cleanse. For some they may not feel any negative symptoms or maybe at the most a little tired. For others the experience may be filled with ups and downs. So remember when you give your body the gift of a cleanse, whatever happens with your body is the way your body is trying to stabilize itself. You will be able to get through the cleanse just like thousands of others before you have. And on the other side you may enjoy the most euphoric and blissful feeling. The symptom continuum in this section will give a list of all of the symptoms that may occur, and on what days they are likely to occur during your six day cleanse. This is to give you clarity that you are not alone if you are feeling out of sorts, or challenged. You then can consult the remedy guide for some solutions to some challenging symptoms.

REMEMBER: We have a competent staff here to assist you, we want to help and it is important to let us know if you are feeling out of sorts, especially important if you have any inkling of a feeling that you are putting your health in any kind of risk!

Cleansing: The First Day What You Can Expect

What you may look like:



What you may be feeling*:

You may feel tired during the day and you will probably experience hunger pains.

What to eat:

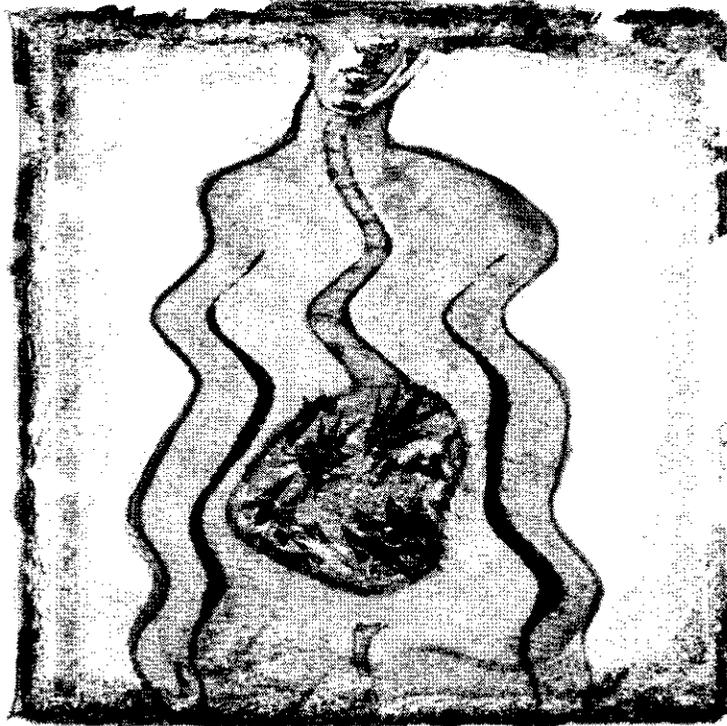
- Raw Soup
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz. alkalizing green vegetable juice (i.e., celery/cucumber juice)
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz alkalizing green vegetable juice
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoon's Udo's Oil
- 8 oz. alkalizing green vegetable juice
- Water with lemon and fresh mint
- Be sure to drink plenty of water with lemon—half your body weight in ounces each day

This list is a rough approximation of what you will consume during your cleanse at Life Mastery. At the seminar, you will receive some form of nutrient every 2-3 hours.

** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: The Second Day What You Can Expect

What you may look like:



What you may be feeling*:

Again, you may feel tired during the day and you will probably experience hunger pains. In addition, you may experience nausea, weakness, and vomiting. And you may become irritable, have a foggy brain, be somewhat sweaty (the skin is an avenue of elimination), and have a unique body pungency. All of these are normal reactions as the toxins begin to move through your body. Please see the following "Back to Center" guide for remedies that may alleviate some of your discomfort.

What to eat:

- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz. alkalizing green vegetable juice (i.e., celery/cucumber juice)
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz alkalizing green vegetable juice
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoon's Udo's Oil
- 8 oz. alkalizing green vegetable juice
- Water with lemon and fresh mint
- Be sure to drink plenty of water with lemon—half your body weight in ounces each day

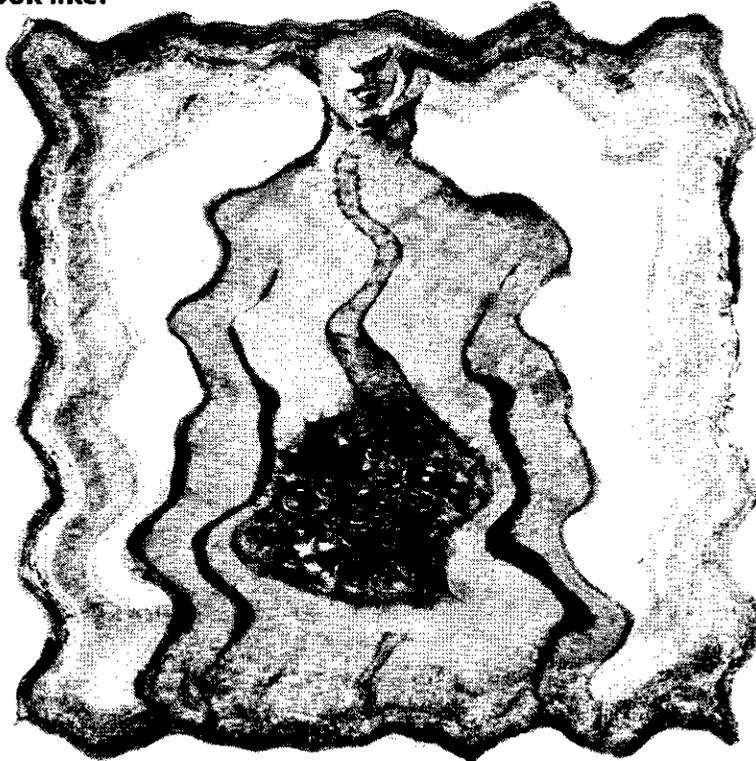
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** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: The Third Day

What You Can Expect

What you may look like:



What you may be feeling & what you may be concerned about*:

Again, you may feel tired during the day and you will probably experience hunger pains. In addition, you may experience nausea and weakness. You may become irritable, have a foggy brain, be somewhat sweaty (the skin is an avenue of elimination), and have a unique body pungency. Also, you may get the "shakes," feel out of control, have skin eruptions, and be highly sensitive to nerve pain. All of these are normal reactions as the toxins begin to move through your body. Please see the following "Back to Center" guide for remedies that may alleviate some of your discomfort.

What to eat:

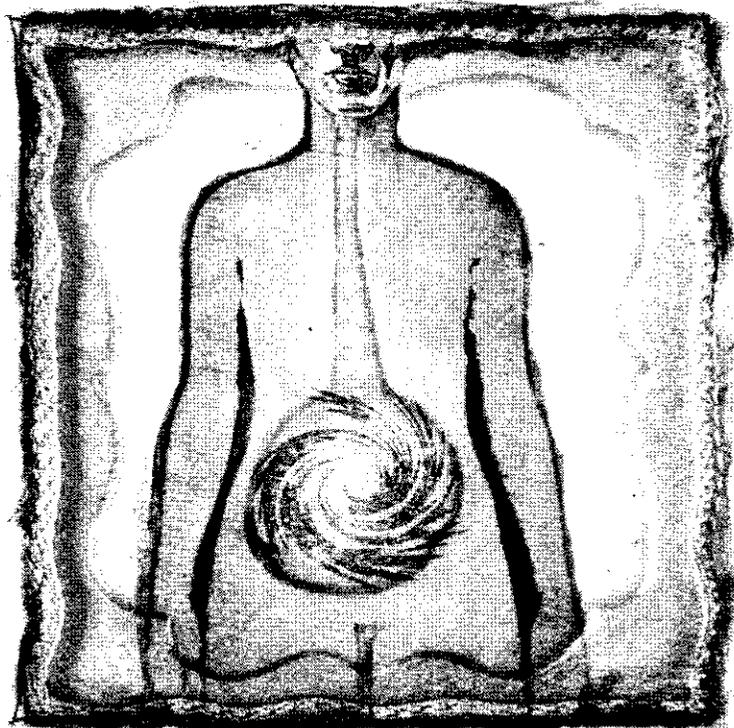
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz. alkalizing green vegetable juice (i.e., celery/cucumber juice)
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz alkalizing green vegetable juice
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoon's Udo's Oil
- 8 oz. alkalizing green vegetable juice
- Water with lemon and fresh mint
- Be sure to drink plenty of water with lemon—half your body weight in ounces each day

This list is a rough approximation of what you will consume during your cleanse at Life Mastery. At the seminar, you will receive some form of nutrient every 2-3 hours.

** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: The Fourth Day What You Can Expect

What you may look like:



What you may be feeling*:

Again, you may feel tired during the day. The hunger pains will have probably passed. You may still experience nausea and weakness. You may still feel irritable, have a foggy brain, be somewhat sweaty (the skin is an avenue of elimination), and have a unique body pungency. Again, you may get the "shakes," feel out of control, have skin eruptions, and be highly sensitive to nerve pain. Today, you may also get hot or cold flashes and have an acidic taste in your mouth. All of these are normal reactions as the toxins begin to move through your body. Please see the following "Back to Center" guide for remedies that may alleviate some of your discomfort.

What to eat:

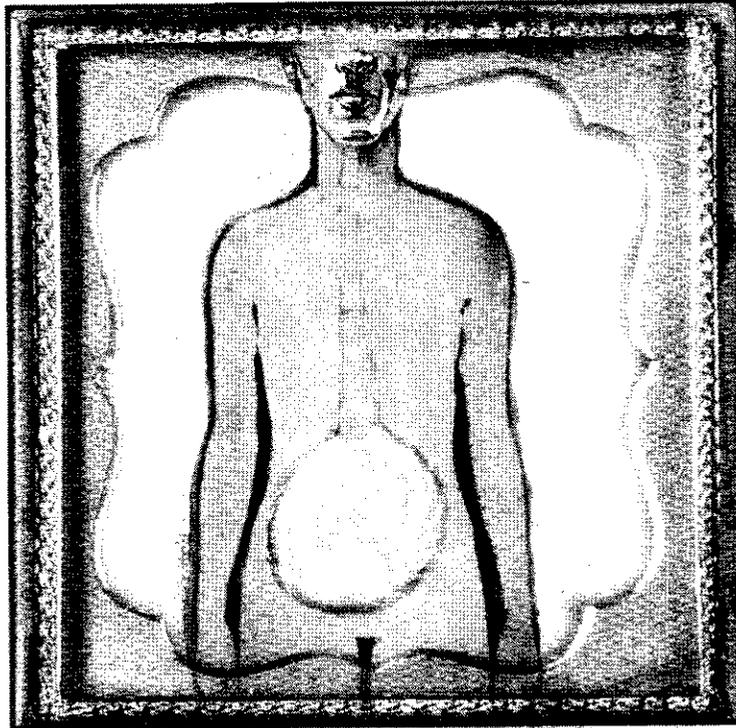
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz. alkalizing green vegetable juice (i.e., celery/cucumber juice)
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz alkalizing green vegetable juice
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoon's Udo's Oil
- 8 oz. alkalizing green vegetable juice
- Water with lemon and fresh mint
- Be sure to drink plenty of water with lemon—half your body weight in ounces each day

This list is a rough approximation of what you will consume during your cleanse at Life Mastery. At the seminar, you will receive some form of nutrient every 2-3 hours.

** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: The Fifth Day What You Can Expect

What you may look like:



What you may be feeling*:

You may still experience weakness. You may still feel irritable and have a foggy brain. Again, you may feel out of control, have skin eruptions, and be highly sensitive to nerve pain. You may also still have an acidic taste in your mouth and have a unique body pungency. All of these are normal reactions as the toxins begin to move through your body. Please see the following "Back to Center" guide for remedies that may alleviate some of your discomfort. Today, you may also start to feel euphoric, have a divine connection with your spirit, feel vibrant, and feel emotionally alive. *(All of these positive symptoms are available for a lifetime if you choose a life of vibrant health.)*

What to eat:

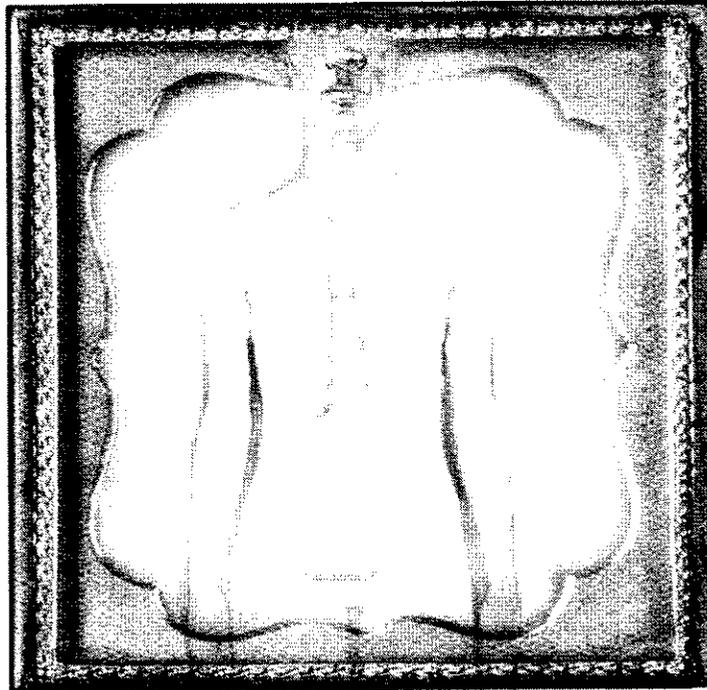
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz. alkalizing green vegetable juice (i.e., celery/cucumber juice)
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoons Udo's Oil
- 8 oz alkalizing green vegetable juice
- 1-2 oz. fresh wheatgrass juice
- 1-2 Tablespoon's Udo's Oil
- 8 oz. alkalizing green vegetable juice
- Water with lemon and fresh mint
- Be sure to drink plenty of water with lemon—half your body weight in ounces each day

This list is a rough approximation of what you will consume during your cleanse at Life Mastery. At the seminar, you will receive some form of nutrient every 2-3 hours.

** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: The Sixth Day
What You Can Expect

What you may look like:



What you may be feeling*:

You may still have a unique body pungency and you may experience gas. All of these are normal reactions as the toxins begin to move through your body. Please see the following "Back to Center" guide for remedies that may alleviate some of your discomfort. Today, you may feel euphoric, have a divine connection with your spirit, feel vibrant, and feel emotionally alive. You may also have total mental clarity, have super heightened senses, and have a sense of love and connection. *(All of these positive symptoms are available for a lifetime if you choose a life of vibrant health.)*

This list is a rough approximation of what you will consume during your cleanse at Life Mastery. At the seminar, you will receive some form of nutrient every 2-3 hours.

** Please note that since every person is different, each individual experiences different symptoms each day. These are just some common symptoms or feelings that you may experience during your cleanse.*

Cleansing: To Amplify the Cleanse

- (1) **Prepare**
3-5 days before the cleanse, decide what kind of cleanse you need. Decide how much time you can realistically devote to a focused cleansing program. Set aside the day(s) ahead of time so that you can prepare both your mind and body for the experience. In order to maximize the effect of the cleanse, you should attempt to alkalize your body as much as possible before beginning, especially if you have a low pH level to start with.
- (2) **Take a detoxification bath**
The skin is the largest cleansing organ. It eliminates more waste than the colon and kidneys combined. Every 2 days during your cleanse, soak with 1-2 cups of Epsom salt, mineral salts, or sea salts for 15-20 minutes. Epsom salt draws lactic acid out of the muscle and the sulfur components aid in detoxifying by drawing the acid and toxins out.
- (3) **Go to a sauna**
30-40 minutes in a sauna stimulates therapeutic sweating and allows the skin to act as a third kidney.
- (4) **Dry brushing**
The lymphatic system carries nutrients to and from the cells and helps eliminate acids from the cell. Essentially, it is a garbage dump for toxins, acids, and dead cells. Dry brushing accentuates this process and is especially effective after a bath or sauna session. Brush your skin using small circular strokes starting from your body at the extremities and working your way towards the heart. You can find a dry bristle brush at any health food store.
- (5) **Get a colonic**
Special equipment is used by professionals to give your colon an internal bath. A sterilized speculum is inserted into the rectum, and a steady flow of water flows from the small tube. If you are experiencing discomfort while cleansing, a colonic will help. For a deep cleanse, it is recommended to get 3-4 colonics during the process. They are most effective when done in the evening.
- (6) **Acupuncture or acupressure**
This will help to relieve headaches and other discomfort that may occur while cleansing.
- (7) **Breathe properly**
Proper diaphragmic breathing will accelerate removal of your physical and emotional waste by reducing anxiety and aiding in the removal of carbon dioxide waste from your respiratory system. In addition, the 1-4-2 ratio Yoga Breaths will stimulate your lymph system as well. As a reminder, to do this you inhale for the count of 1, hold for the count of 4, and exhale for the count of 2. For example, inhale for 10 seconds, hold for 40 seconds, and exhale for 20 seconds. In addition, practicing Yoga is a good way to develop good breathing habits.
- (8) **Stretch**
Spine twists stimulate and cleanse the colon, liver, gall bladder, spleen, and pancreas, and back bends are great liver detoxifiers. Doing your Egoscue menu will support you in your cleanse.

Cleansing: Top 10 Things Not to Do

- (1) **Neglect super-hydrating with water.**
You should consume half your full body weight in ounces a day, especially if you are in a hot and humid climate.
- (2) **Not get proper rest.**
Don't try to push yourself if you are tired. This is the adrenal stress that most of us live under in our daily lives. To get the most benefit from the cleanse, rest.
- (3) **Eat bugs like on *Survivor*, mmmm ... protein.**
- (4) **Neglect doing E's and I's and Colonics during the cleanse.**
This is the MAJOR way your body has to eliminate toxins during your cleanse. If you don't get them completely out of your system, you will re-absorb them into your bloodstream.
- (5) **Not get some nutrition in the form of your green juice, wheatgrass, and Udo's Oil.** These are the building blocks of health and will allow you to be healthy while you cleanse.
- (6) **Sneak a Little Debby Snack cake that you bribed the taxi driver to bring you back from town.**
- (7) **Exercise Vigorously.**
This is not a time for exercise although you may feel like exercising because you feel so good. Wait until you are putting more nutrients back into your body so that you don't overstress the body. Also exercise creates acid which will make it harder for your body to cleanse. (We call this pulling an Arvin!)
- (8) **Over Reboundicize.**
This can stir things up a bit too much and your body may not know what to do with all the extra toxins. So take it easy on the rebounder.
- (9) **Drink excess wheatgrass juice.**
This may overwhelm the body, and there is natural sugars in wheatgrass so don't overdo it.
- (10) **Not ask for help.**
If you are feeling lousy and you have an inkling that you are not in good shape ASK for someone on the staff to help you through it. They have seen just about everything, and they want most of all to make sure your cleanse is healthy.

Preventing Distress While Cleansing

This guide will give you some practical and accessible solutions that you can use if you are having any of these symptoms. Again if you ever feel like you need help let one of us know so that we can help you resolve any challenges you may have.

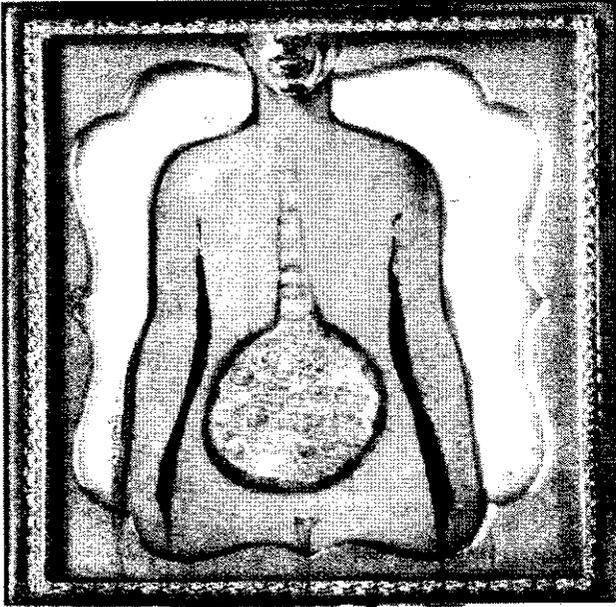
Symptom	Aromatherapy	Acupressure/ Reflexology	Other Remedies
Nausea & Vomiting <i>(If either last longer than an hour or you have blood in vomit seek attention now)</i>	Fennel oil for nausea.	YES, See charts in this manual.	<ul style="list-style-type: none"> — Chewing piece of ginger. — Rescue Remedy Flower essence for nausea and vomiting. — Rest. — Colon Hydrotherapy or Enemas.
Insomnia	Chamomile, clary sage, lavender, or rose in bath. Gentle massage with above oils in a carrier oil.	YES, See charts in this manual.	<ul style="list-style-type: none"> — Hydration, light walk, deep breathing, stretching.
Skin Eruptions	<ul style="list-style-type: none"> — Diluted blend of cedarwood, chamomile, aspic applied directly to affected area to ease itching or irritation. — Massage with chamomile, sage, geranium, and lavender with carrier oil. 	N/A	<ul style="list-style-type: none"> — Don't use commercial lotions on open skin wounds. — Massage lightly if caused by stress. — Super Hydrate. — Chamomile with red clover infusion. — Sunlight in small doses can help. — Drink wheatgrass for vitamins and minerals. — Nettle Tea can also help with formic acid. — Nettle Skin Cream.
Headache	<ul style="list-style-type: none"> — Massage Lavender oil into temples and base of neck. Lavender oil under nostrils for instant relief. — Peppermint oil mixed in hot water inhale the steam, then lay down with warm compress soaked in sweet marjoram oil on forehead. 	YES, See charts in this manual.	<ul style="list-style-type: none"> — Super Hydration, rest, massage, visualization. — Chew on small piece of ginger root. — Peppermint or Chamomile herbal tea. — Sit on the blowhole deck and meditate. — Colon Hydrotherapy or Enemas. — Udo's Oil and Wheatgrass juice.
Fainting or Dizziness	Peppermint or Neroli Oil drop under the nose or on a tissue.	YES, See charts in this manual.	<ul style="list-style-type: none"> — Rescue Remedy Flower Essence on tongue. — Crunch an apple to reduce overwhelm or feelings of faintness (ask staff). — Infusion of ginger, cinnamon, and pepper mint helps prevent fainting. — Juice of lemon or lime to half a glass of soda water can reduce dizziness. — Colon Hydrotherapy or Enemas.
Irritable	Chamomile, lavender, or Rose oil with diluted oil massage or in bath.	N/A	<ul style="list-style-type: none"> — Focus on gratitude and what you will feel like shortly. — Mint and lemon in water. — Light, light exercise.
Unique Body Pungency	Bergamont, clary sage, lavender, neroli, or eucalyptus are all considered deodorizing oils.	N/A	<ul style="list-style-type: none"> — Go with it your body is trying to eliminate toxins through the skin. — Avoid antiperspirant, including the crystals, they include aluminum heavy metals.

ANTHONY ROBBINS LIFE MASTERY

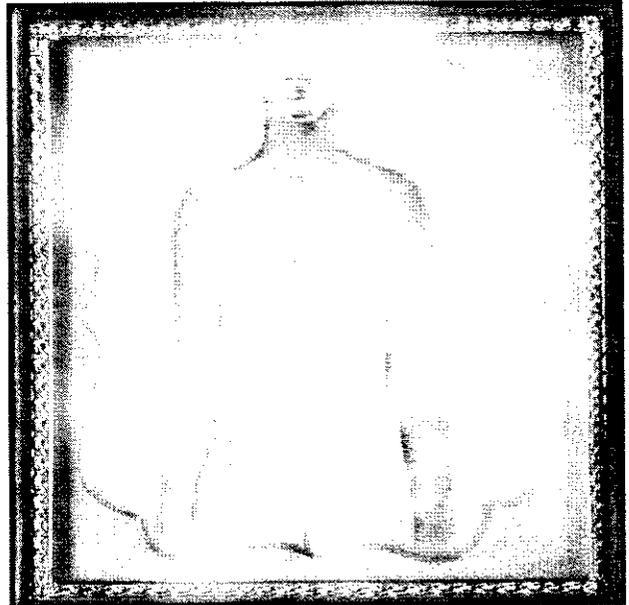
Symptom	Aromatherapy	Acupressure/ Reflexology	Other Remedies
Foggy Brain	Rosemary oil on cloth or Kleenex	YES, See charts in this manual.	Super Hydration, Colon Hydrotherapy or Enemas.
Hunger Pain	N/A	N/A	<ul style="list-style-type: none"> — Hydration, breathing, and Udo's oil. Water with mint in it. — Do an activity to change your focus.
Flatulence	N/A	N/A	<ul style="list-style-type: none"> — Chew on Orange or Lemon Peel. — Celery seeds can reduce symptoms.
Tired During the Day	<ul style="list-style-type: none"> — Bergamot, neroli, rosemary, rose can all be used in massage for uplifting — Tea tree or niaouli oil in the bath. 		<ul style="list-style-type: none"> — Rest, deep breathing, light, light exercise such as walking or rebounding . — Laughter. — Colon Hydrotherapy or Enemas.

Post-cleanse Strategies
Body Comparison

Before the Cleanse



After the Cleanse



—(REMEMBER)—

Whatever you can get in, you can get out through the colon and the lymph.

Cleansing

7 Steps to Complete Your Cleanse

Once you have completed your cleanse, your liver, bowel, and body systems can begin working properly. More importantly you will want to continue to create a lifestyle of virant health and energy. In order to maximize the benefits of the cleanse, however, it's important that you continue to regenerate and revitalize your system in order to rebuild healthy tissue and restore energy. Remember, as important as the cleanse itself, is how you come off of it and the daily practices you institute to support your overall health.

- (1) **Breathe.**
Remember to stop three times a day and do your ten power breaths in the following ratio:
(1) Inhale for the count of 1
(2) Hold for the count of 4
(3) Exhale for the count of 2
- (2) **Continue to super-hydrate your body.**
This is something you want to do, not only for the next few days, but forever! This is the most important habit you can develop to keep your body alkaline vs. acidic. Each day you should drink half your body weight in ounces (i.e., if you weigh 150 lbs, you should drink 75 ounces of water per day).
- (3) **Eat lightly and as always, make sure that at least 70% of your diet consists of high-water content, live, alkalizing foods.**
Because the body tends to resist sudden changes, ease off the cleanse slowly with high water-content vegetables. Ideally, eat raw foods for the same number of days on the cleanse (or 1/2 the days on the cleanse at a minimum). Then, continue to eat a lot of vegetable soups, fresh vegetables, salads and other alkaline foods (organic is best)—this is particularly important for the first week or so. Don't go off and suddenly eat a big piece of meat in the first couple of days or you may put yourself into a deep healing crisis. Also, wheatgrass juice is a great supplement to add to your daily routine.
- (4) **Take care of your emotional state.**
Rather than jumping back into a stressful life and trying to make up for the time that you've given yourself this week, make sure that you continue to devote at least an hour a day to your emotional and physical well being. The best time to do your "Hour of Power" is in the morning—go for a brisk walk or run and use this time to listen to audio tapes or music that stimulates you, do your incantations, etc.
- (5) **Re-introduce exercise to reignite your metabolism.**
During the cleanse, you likely were not as active as you are in your daily life. And, because your body shifted modes—from metabolizing the foods you normally eat to focusing on cleansing your blood, lymph and organs—it's important that as soon as you reintroduce foods that you also begin to exercise (walk, run, bike, swim—whatever you enjoy) so that your metabolism returns to its optimum level.
- (6) **Consistently saturate yourself with information that empowers you.**
Eating a successful, healthy, live-food, organic, plant-based diet depends on your ability to continually educate yourself on the subject. Saturate yourself in the information until it becomes habit for you.
- (7) **Continue to take your vitamins and supplements so that you get all of the nutrients you need.**
For example, the Inner Balance Daily Essentials Pack (men's or women's) will give you the vitamin and mineral support your body needs daily and the Inner Balance Pure Energy Pack will help to alkalize your blood and tissues and provide your body with the high-potency essential vitamins and minerals you need.

Post-cleanse Strategies
Top 10 Things NOT To Do

- (1) **In the airport on the way home Grab a Big Mac and Super Mega Fries with a Monster chocolate shake and a Colossal Coke to celebrate making it.**
- (2) **Neglect Aerobic Exercise.**
This is ultra important since your metabolism is greatly slowed down.
- (3) **Sit on the couch for an average of 9 hours a day watching the Jerry Springer Re-Runs you missed while on your cleanse.**
- (4) **Eat cooked denatured foods right away.**
Stay with raw food if possible for the amount of days of the cleanse.
- (5) **Neglect to hydrate yourself with half your body weight in ounces of water each day.**
- (6) **Go back to your addictions like coffee, candy, soft drinks.**
There will never be a better time to give up these distractions to your personal health.
- (7) **Not have your post cleanse plan prepared.**
Remember the old saying, those who fail to plan—plan to fail. The world we live in is not friendly to our health and well being, unless we make it so.
- (8) **Be a radical raw food evangelist, who shares with zeal to anyone within earshot the benefits of your new lifestyle.**
Making sure to point out how everyone else will perish from terrible diseases unless they are converted. This is probably not the best way to get people on board. Instead, be a living example of health and vitality, not making others uncomfortable with your new love of life.
- (9) **Not keep the bowels moving.**
A healthy person should have 3 to 4 bowel movements a day. The three best things you can do are: keep hydrating, take in healthy bacteria to generate healthy flora, and take in fibrous foods.
- (10) **Think that now you have cleansed you will never have to another one again.**
Our world is toxic and to maintain health it is important to set up time each year to cleanse, and hopefully more than once. Your body, mind and spirit will greatly appreciate you for this.

ANTHONY ROBBINS LIFE MASTERY

(notes)

"Every man believes that he has greater possibility."

— Ralph Waldo Emerson

PHYSICAL MASTERY

Establishing Optimal Health

ANTHONY ROBBINS LIFE MASTERY

.....(notes).....

"I came to a cleanse with rheumatoid arthritis, not able to walk up a flight of stairs or move without massive pain. This morning I ran on the beach."

— Juanita, Life Mastery 2004 Graduate

Physical Mastery: An Overview

Physical mastery is the creation of a daily experience of vital health, energy, and vitality and the ultimate transformation and revitalization of your entire life. Your health profoundly and indelibly impacts everything you think, do, enjoy, create, and experience. Physical mastery starts with a decision and a commitment to take care of your body, to establish daily practices that will support you long-term, and to do the things necessary to not only cleanse your body of the inevitable toxins we all accumulate over time, but to create a lifestyle whereby you are giving your body what it really needs on a daily basis.

Physical mastery is not about giving things up; it's about creating things anew in your life. During this week you will create new choices that are just as, if not more enjoyable than things you may have been doing before. The biggest determinate of your success in this area of life is a decision to take charge and be responsible for your own health. There are so many widely divergent view points in the world and many beliefs, habits, and practices that are considered mainstream by the general population, and yet in many cases, these are not what will support you long-term. It is up to you to be an intelligent browser: take responsibility by learning as much as you can and then implement what makes the most sense for you in your life. When you take your physical health to the next level, the rewards are beyond what most people have ever imagined in terms of your sense of joy, excitement, vitality, energy, passion, fulfillment, and health.

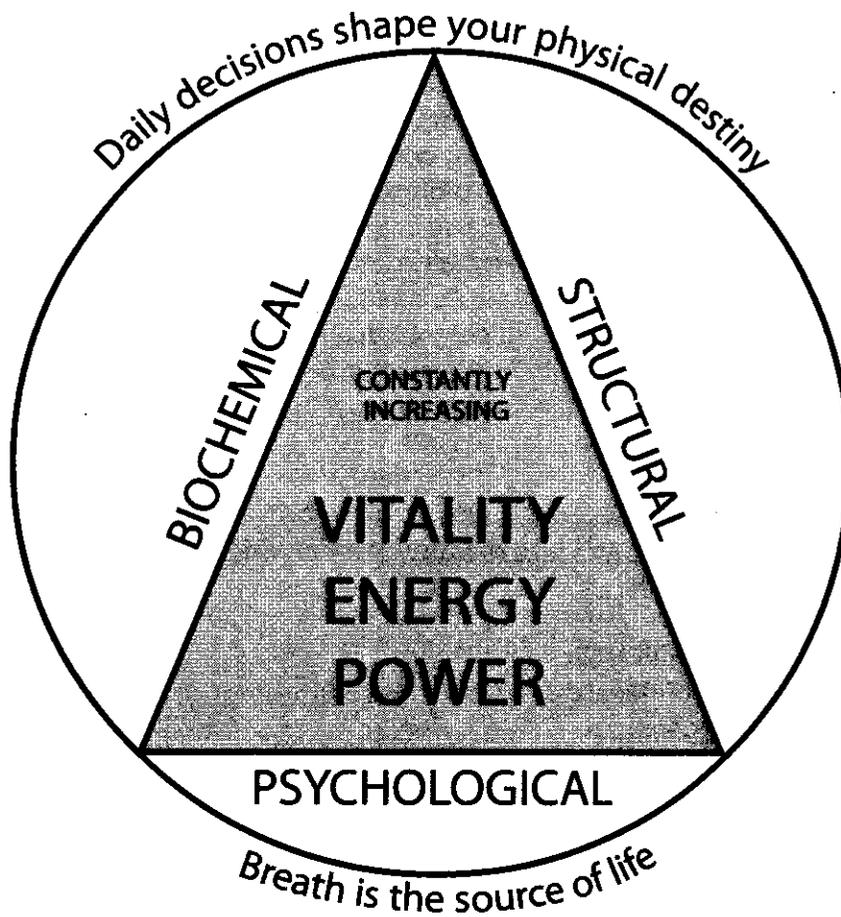
At Life Mastery, **you will be trained to use the tools—the skills, distinctions, and experiences—you have learned to Close the Gap** between where you are now and where you want to be in this area of your life.

YOU WILL LEARN AND EXPERIENCE:

- **The 3 Mandates of Health:** 1) Stop the Poisoning; 2) Cleanse and Detoxify; 3) Revitalize and Regenerate
- How to **Appreciate and Feel Gratitude** for your body at the deepest level
- **The Power of Beliefs** to create new choices
- **The 10 Principles of Living Health**
- **The Principles of Detoxification and Colon Health**
- **Fats that Heal/Fats that Kill:** The Power of Essential Fats to give your body what it needs
- **Urge Management:** The Quality Quantifier (how to take any food you love and decrease your desire for it forever!)
- **The Power of Alkalinity:** Alkalize & Energize your body
- **The Cycle of Imbalance & The Cycle of Balance**
- **The Mind, Body, Spirit Connection:** How this is all reflected in your state of health
- **The Ideal Food Pyramid:** How to create a menu of foods that will create a life of health and vitality
- **Creating your Life Plan** (how to create a plan and a daily practice that excites you and that you know you can commit to 100%)
- **Experiences such as: Physical Testing (blood), Pete Egoscue, Dr. Udo Erasmus, Dr. Alex Guerrero, John Maguire (Touch for Health), David Wolfe, Chris Carmichael**

Physical Mastery

Experience the Joy of Ever-increasing Levels of Health



1. *The Philosophy*

Our physical health is primarily determined by our decisions, but our decisions are shaped by our beliefs and philosophy of health. Thus, if we want to maximize our energy, our vitality, and our health, we must start by examining our current beliefs.

How to produce what you really want:



Ultimately, the factors that influence your health and vitality most are your decisions. Your decisions are shaped by your philosophy towards health, i.e., your organizing principles, beliefs, rules, etc. The challenge is that the organizing principles and beliefs that the majority of people in our society hold to be true, consistently produce ill health, low energy, and disease. Thus, following these principles is a recipe for disaster.

—(**REMEMBER**)—

There are two reasons to learn anything.

(1) **To avoid pain and/or**

(2) **To gain pleasure**

If you have a false organizing principle, it will cause you to take actions that consistently produce a result other than the one you desire.

ANTHONY ROBBINS LIFE MASTERY

What are the primary organizing principles (beliefs) that our society conditions us to have about what it takes to avoid disease and experience health?

(**EXAMPLE**)

- *A well-balanced meal includes something from each of the four food groups.*
- *An apple a day keeps the doctor away.*
- *Starve a cold; feed a fever.*

What have we been taught to believe about what causes us to become ill?

(**EXAMPLE**)

- *Standing in a cold draft will give you a sore throat.*
- *Stress kills.*
- *Come out of the rain or you'll catch your death of cold.*

How have we arrived at our current models for creating health?



Old Woman...Or Young Girl?

Hint: The old woman's nose is the young girl's nose and chin.

The Diet Epidemic

If I told you that one out of every two people you know is going to be murdered or killed before their time, would you consider that a national epidemic? Is this something you think about before you go to sleep at night? What if you could prevent these premature deaths? What if all you had to do was get the people you know to eat differently?

Eight of the top ten causes of disease in America today are directly related to diet.

ESTIMATED TOTAL DEATHS** FOR THE TEN LEADING CAUSES OF DEATH

Rank	Cause of Death	Number
1.	Heart disease*	726,974
2.	Cancer*	539,577
3.	Cerebrovascular (e.g., stroke)*	159,791
4.	Pulmonary Diseases*	109,029
5.	Accidental Injuries	95,644
6.	Pneumonia/Influenza*	86,449
7.	Diabetes*	62,636
8.	Suicide	30,535
9.	Kidney Disease*	25,331
10.	Liver Disease*	25,175

*8 of 10 are diet-related

**Out of total U.S. population: 267,636,061

Source: NCHS Vital Statistics System for numbers of deaths, Bureau of Census for population estimates. Statistics compiled by the Office of Statistics and Programming, NCIPC, CDC.

—(DEFINITIONS)—

According to:

- (1) **World Health Organization:** Health is a state of complete physical, mental, or social well-being, and not merely the absence of disease or infirmity.
- (2) **Nutrition and Diet Therapy:** Optimal human fulfillment and productivity—quality of life.
- (3) **Encyclopedia of Natural Medicine:** Health is the result of individual responsibility—choosing healthy alternatives over non-healthy.

*The quality of your life is the quality of the life of
your _____.*

The health of your body depends on the health of your cells. There are over 75 trillion cells in your body (The Oxygen Breakthrough, Sheldon Saul Hendler, Harper Collins, 1990). Cytology, the study of cells, reveals that the seemingly infinite number of tiny powerhouses is what keeps us energized and alive. Cells are the miniature factories that process the nourishment we need and void the waste.

With proper amounts of oxygen, each cell not only performs its own specialized function, but also produces adenosine triphosphate (ATP) to fuel the body. It only makes sense that maximizing your overall health requires that your body receive the optimum ingredients for ensuring health on a cellular level.

—(**REMEMBER**)

What do cells need to survive, and more importantly, to thrive?

(1) _____ is the source of all energy in the body.
Cells use oxygen to convert glucose into ATP.

(2) _____.

(3) The ability to _____.

Answers: cells, Oxygen, Nutrients, eliminate their own waste

The Impact of Decreased Oxygen on Cells

So what happens if cells do not receive the oxygen they need?

How long will a cell live?

THREE CLASSIC EXPERIMENTS DEMONSTRATE WHAT CELLS NEED ...

Cell respiration

Dr. Otto Warburg

Winner of the 1931 Nobel Prize for his studies in cell respiration, Dr. Warburg believed that there is a direct correlation between a person's health and the level of oxygen in his or her bloodstream. To test his theory, he put rat cells in bell jars with both normal and 60% below normal oxygen levels. In the jars with lower oxygen levels, some cells weakened or died, while others mutated.

Lack of oxygen destroys cells

Dr. Harry Goldblatt

His studies at the Rockefeller Institute supported the hypothesis that a lack of oxygen destroys cells. He duplicated Dr. Warburg's experiment, then reinserted the cells back into the rats. The rats who got oxygenated cells survived; those who received under-oxygenated cells developed cancer.

Cells can live forever

Dr. Alexis Carrel

A two-time Nobel Prize winner for his work at the Rockefeller Institute, Dr. Carrel achieved startling results with chicken cells that he kept alive indefinitely in petri dishes, proving his theory that "cells will live forever" if they're given their basic needs and are not poisoned by their own environment.

—(THREE WAYS A CELL CAN DIE)—

If cells can live forever, what causes them to die?

(1) The most common killer of cells is _____.

(2) Any _____ of cells can kill them.

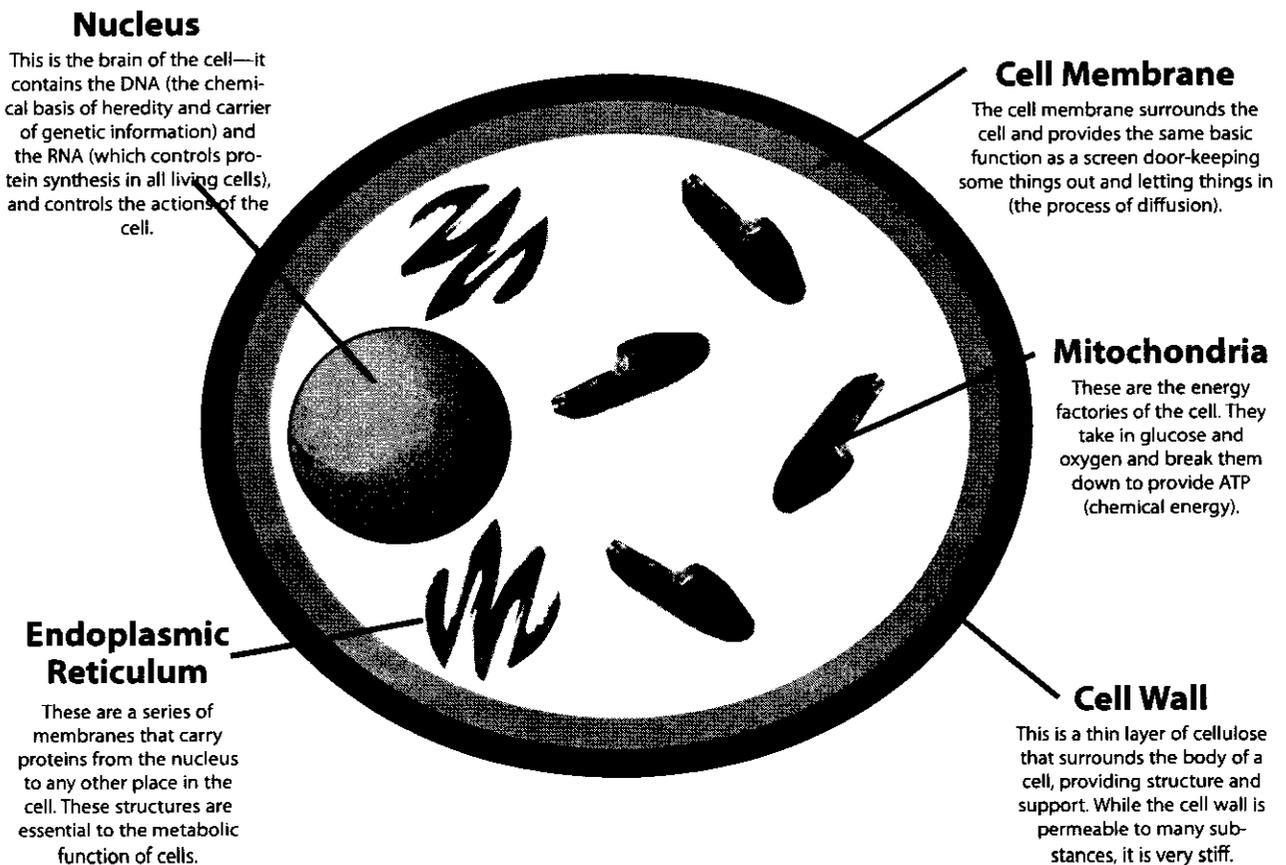
(3) Any _____ in cells can also kill them.

Answers: lack of oxygen, disturbance to the electrical fields, physical rupture

Healthy Cells: The key to a healthy body

The quality of your life is based on the quality of your cells! In order to both survive and prosper, cells must have oxygen, water, nutrients (potassium, sodium, magnesium, calcium, and zinc among others), and the ability to eliminate their own waste. Without these four things, which are dramatically affected by the quality of your blood (your River of Life), your cells cannot survive.

In order to keep these cells healthy, your blood must remain slightly alkaline. Alkalinity/acidity is measured on a scale of 1-14, with 1 being pure acid, 7 neutral, and 14 pure alkaline. *Your blood must maintain a slightly alkaline pH of 7.365.* When there is a disturbance to this balance, the red blood cells begin to clump together. When that happens, they are no longer able to travel through the capillaries and feed the cells throughout the body. When you eat corn, for example, which contains a large quantity of fungus, your blood becomes more acidic, causing cells to degrade and excrete toxic waste. This acidic waste then causes even more cells to degrade in an ever-growing downward spiral. In order to bring the system back into balance, this cycle must be broken by increasing the alkaline levels in the bloodstream through drinking plenty of pure, living water, and eating alkaline-rich food (i.e., green vegetables).



How Toxins Move Through the Body

- **Blood** is the primary medium that delivers oxygen and nutrients to the body. It is the river of life.
- The **Lymph System** is the body's primary medium for eliminating wastes. Your body has three times more lymph than blood.
- In spite of your body's natural strength, **the accumulation of toxins in your bloodstream is the primary cause of illness.**
- **Your body is designed to eliminate toxins from the bloodstream.** That's why Dr. Isaac Jennings has said that the cause of an individual disease may be isolated to a given circumstance (i.e., bacteria), but the source of the problem begins in those activities that drain our body of life force.

Dr. Jennings is the founding father of the philosophy of natural hygiene, which professes that correct diet, exercise, fresh air, sunshine, cleansing of bodily toxins, and the use of homeopathic or natural healing agents will keep a person healthy well beyond the normal human life span.

"Disease is due to a deficiency of force."

— Dr. Issac Jennings

When you live a lifestyle that is constantly demanding more energy than you replenish over months, weeks, years, or even decades, you run the risk of having the body become overloaded with toxins because . . .

One of the first responses the body makes to lowered nerve energy and decreased functional efficiency is the elimination of toxins from the system.

—(FOUR AVENUES FOR ELIMINATING TOXINS)

(1) _____ (2) _____

(3) _____ / _____ (4) _____ Tract.

What causes poisons to build up in the bloodstream?

- (1) **Taking in more than you can eliminate.** (This can occur as a result of being in a state of diminished nerve energy from making constant demands on your body without allowing it to fully recover.)
- (2) **Biochemical additives and/or waste and animal products—**substances your body cannot use.
- (3) **An overly acidic diet & lifestyle** that allows the micro-organisms (yeasts, molds, fungi, etc.) within your bloodstream to proliferate—all of which produce their own waste (mycotoxins) adding to the toxicity of your system.

“Disease, in my opinion, how prejudicial whatsoever its causes may be to the body, is no more than a vigorous effort of Nature to throw off morbidic matter and thus recover the patient.”

— Thomas Sydenham, M.D., *Methodus Curandi Febres*, 1666

Answers: Skin, Lungs / Respiratory Tract, Bowels, Urinary

“The Fungus Among-Us”

Candida albicans is a microbe known as yeast, and it is a normal inhabitant of the body. For a variety of reasons, it can become a pathogen—a disease-causing fungus that feeds on the body and weakens the immune system, which the medical community often views as the source of allergies, AIDS, chronic fatigue (Epstein-Barr), herpes, and many other illnesses.

The naturally occurring yeast resides in the gastrointestinal (G.I.) tract in a symbiotic relationship with other constituents of intestinal flora. If it overpopulates, particularly in a biotin-(B vitamin) deficient environment, it can change both its physiology and anatomy and become a cell-invasive, parasitic fungus called candida that destroys the body by attacking the weakest cells. As a fungus it does not behave like yeast or a yeast infection, because it is not a simple yeast infection: It is a fungus that originated as a yeast and has learned how to attack cells.

All over the world, immune system deficiencies are becoming more and more prevalent. Many people think this is due to the same reasons that candida is such a widespread disease—the use of drugs, antibiotics, immunizations, poor diet, silver amalgam dental fillings, addictive substances (caffeine, tobacco, sugar), chemical preservatives and pesticides, and the lack of full spectrum light and exercise, and also the appearance of higher stress levels.

Thirty years ago there were few cases of candidiasis—1 in 300. Today it is found in 90% of the people tested in northern California; and, 60 to 70% of the people in Texas, Arizona, and Florida are believed to have candida. Some doctors estimate that as much as 80% of the population may have yeast/fungus involvement to some degree. Candidiasis is being found to be “the disease behind the other diseases.”

Candida has an affinity for brains with high aluminum levels (Alzheimer’s), joints weakened by amoebas and/or pneumococci (arthritis), livers congested with toxins (allergies), pancreas weakened by sugar and/or small pox vaccinations (diabetes), female systems weakened by birth control pills (premenstrual syndrome, amenorrhea, dysmenorrhea), and so forth.

Sugar is the primary diet of the yeast and fungi that live in our bodies which use the sugar for energy and protein for development and growth. They (the yeast and fungi and their mycotoxins) greatly contribute to the over-acidification of our systems, thus producing a myriad of disease and symptomology.

Excerpt from *Conquer Candida And Restore Your Immune System* by Jack Tips, N.D., Ph.D. Copyright (c) 1987, 1989. Reprinted by permission of Dr. Jack Tips. Apple-A-Day Press, 512.328.3996, www.jacktips.com.

A Vital Understanding

Cause and source are not the same.

_____ is the cure.

The source of my pain is rarely the cause.

"25 years in which I used (prescribed) drugs, and 33 years in which I have not used (prescribed) drugs, should make my belief that drugs are unnecessary and in most cases injurious, worth something to those who care to know the truth."

— John H. Tilden, M.D., (1851–1940)

How does your body respond when you put poison into your bloodstream? What are the symptoms you experience from being poisoned?

_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

—(R E M E M B E R)—

How did you poison your bloodstream in the first place?

You ate food that was inundated with harmful micro-organisms (e.g., e-coli—an extreme example you probably heard about on television); you ate food that was already in the process of decay (animal flesh); you didn't combine your foods properly so they putrefied and fermented within your system; you overate; you diminished your digestive capacity by eating while you were stressed; you did not practice full, diaphragmic breathing—you created an anaerobic condition in your system. All of these factors caused you to create an acidic environment—one in which you literally rot from the inside out.

Answer: Disease

So What is the Source of Disease?

The source of disease is the poisoning of the system, which comes from many different places. Disease occurs when more tearing down than building up is occurring in your system. This happens when the body is put into a weakened state—when there is a deficiency of force. This is a result of internal poisoning, which occurs from several different sources.

—(FIVE SOURCES OF DISEASE)

Five forces that are destructive to cells, and thus destructive to your health and your life!

(1) **Autointoxication**

There are three ways to autointoxicate:

- A. Consciously take in poisons that destroy your body;
- B. Maintain a diet that slowly builds up more poison in your system than you are able to eliminate;
- C. Create a bloodstream that is overly acidic.

(2) **Chemical Poisoning**

(3) **Nerve Impingement**

(4) **Physical Rupture**

(5) **Destructive Mindset & Negative Thoughts**

THE 3 MANDATES OF HEALTH

A New Beginning

ANTHONY ROBBINS LIFE MASTERY

(notes)

"When we were children, we used to think that when we were grown-up we would no longer be vulnerable. But to grow up is to accept vulnerability ... To be alive is to be vulnerable."

— Madeleine L'Engle

The 3 Mandates of Extraordinary Health

Three Master Steps to transform and regenerate your body, create more energy and power, and ignite a greater sense of aliveness than ever before.

(1) Stop the Poisoning

- 1. Emotional**
- 2. Physical**
- 3. Environmental**

- 1. Get conscious** of the pattern of thinking, feeling, eating, and living that is not supporting your greater well being.
- 2. Take immediate, massive intelligent action** to change (no excuses!).

(2) Cleanse & Detoxify

- 1. Open the channels of elimination by cleansing the colon (i.e., colonics)**
- 2. Stimulate the flow of lymph to build the immune system**
 - a. Deep Diaphragmatic Breathing (3 times per day/10 power breaths)
 - b. Rebounding
 - c. Light Beam Generator
 - d. Dry Brushing/Lymphatic Massage
- 3. Complete a dietary cleanse/fasting to cleanse the digestive track, blood, intestines, kidneys, liver, and lungs.**

If it got into your system, it can get out!

(3) Revitalize & Regenerate

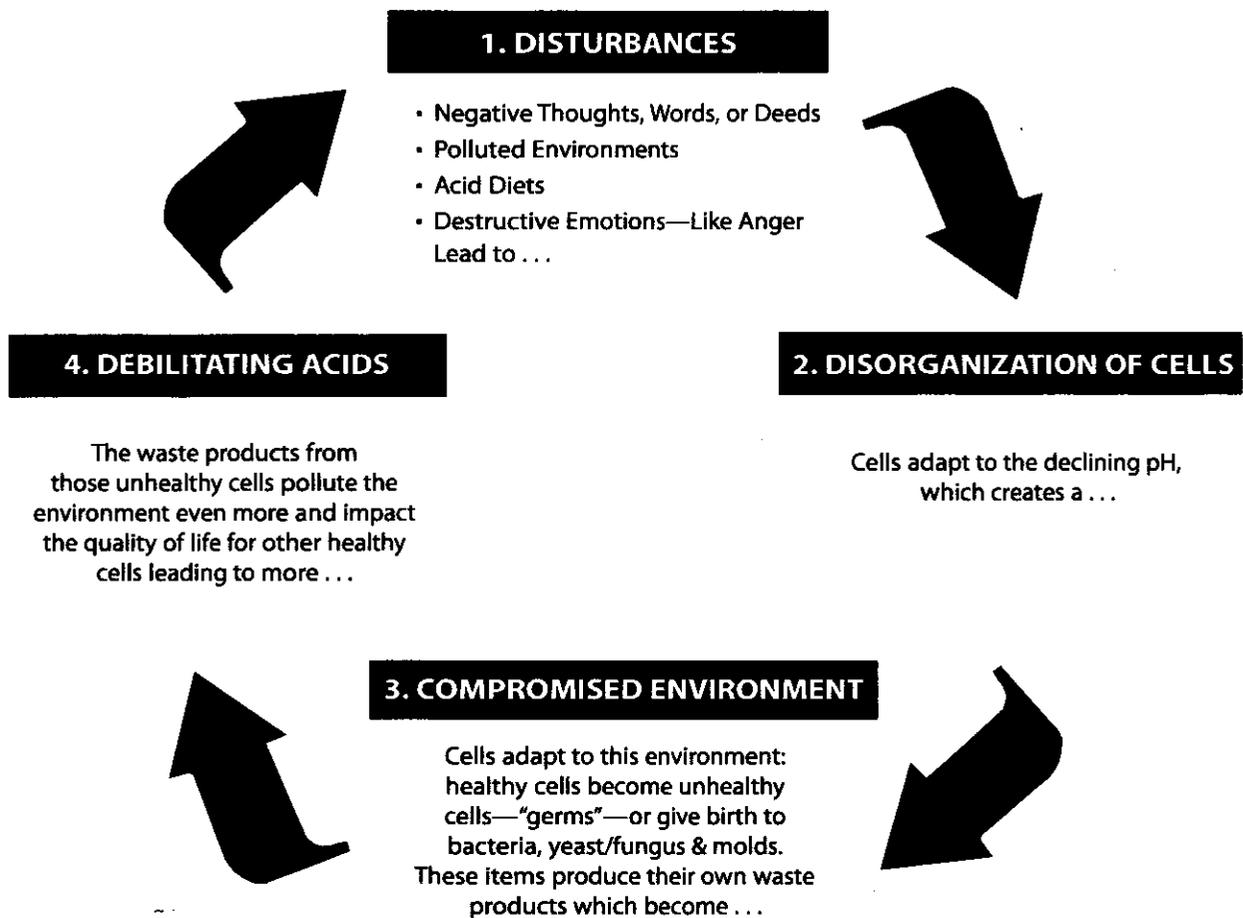
- 1. The 14 Components of Health**

Provide your body with the nutrients it truly needs
- 2. Structural Integrity & Aerobic Power**
 - a. Create structural balance and maximize natural nerve flow
 - b. Consistent, intelligent, and effective challenge of the musculature of your body
- 3. Emotional Juice**
 - a. Magic Moments
 - b. Incantations
 - c. Emotional Flood
 - d. The Power of Focus: What's wrong is always available; so is what's right

Any thought, emotion, or behavior you consistently reinforce will become habit.

Cycle of Imbalance

Pure Energy: The Power of Alkalinity

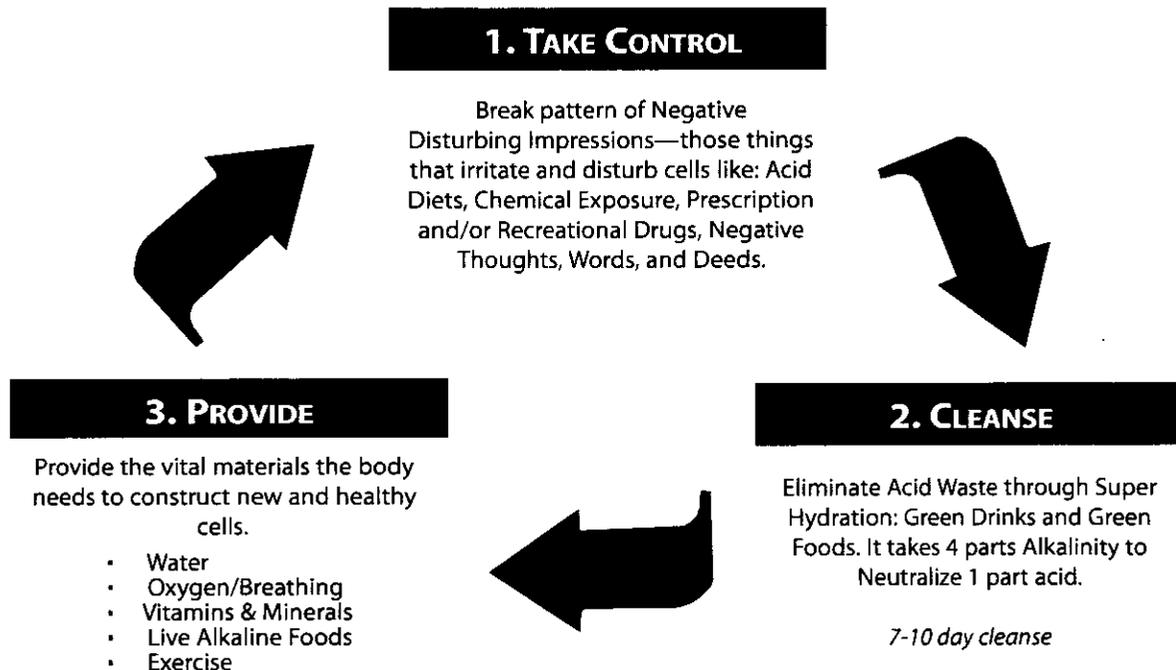


In the Cycle of Imbalance the signs of Disease (Symptoms) are reflected as:

Low Energy and Fatigue • Poor Digestion • Excess Weight
Unclear Thinking • Aches and Pains • Major Disorders

Cycle of Balance

Reclaim Your Terrain



In the Cycle of Balance the signs of HEALTH are reflected as:
Energy and Vitality • Clear Bright Eyes • Mental Clarity and Concentration • A Lean, Trim Body

ANTHONY ROBBINS LIFE MASTERY

(notes)

*"We first make our habits, and then our habits
make us."*

—John Dryden

1. *Stop the Poisoning*

Eliminate the sources that cause disease.

—(ALL DISEASE STARTS ON YOUR PLATE)

Remember, it is your daily decisions that determine your physical destiny. Make the decision today to stop the poisoning and begin to create an environment free from toxicity, where your mind and body are functioning at peak efficiency.

There are a number of harmful substances readily available in today's society. We expose ourselves daily to a myriad of hidden toxins. Some poisons are obvious, while others may surprise you. The first step in creating a vibrant and healthy lifestyle is to stop the poisoning to eliminate or reduce our exposure to these harmful agents.

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(1)

Toxic Stress Cycle

The 12 Stages of the Toxic Stress Cycle

(1) **Digestive System**

Symptoms:
 Low Energy
 Heartburn
 Gas
 Irritation
 Constipation

Consequences:

1. Lack of enzymes to properly digest food or conflicting digestive juices that cause putrefaction and reduced energy
2. Mechanical problems such lack of nerve flow from the spine & organs pushing on other organs
3. Cutting off circulation

(2) **Colon**

Symptoms:
 Protruding Stomach
 Gas
 Tissues of the body become dry or fragile

Consequences:

Without proper digestive activity, food remains undigested and cannot be properly absorbed or eliminated, causing gas, putrefaction, and toxic stress.

(3) **Small Intestine**

Symptoms:
 Gas
 Putrefaction
 Bloating

Consequences:

The putrefaction further builds into the small intestine, magnifying the challenges with absorption and elimination.

(4) **Liver & Gall Bladder**

Symptoms:
 Infection
 Diabetes
 Menstrual Problems
 High cholesterol

Liver: Conversion factory, detoxification factory, and chemical plant that manufactures enzymes and chemicals for rebuilding.

Consequences:

As the colon builds up more and more toxicity, the liver and gall bladder receive these toxins, gases, fluids, and nitrogens from the colon. When the liver is preoccupied with excessive toxins, it can't rebuild itself or provide the proper enzymes for other areas of the body to rebuild.

(5) **Kidney & Bladder**

Symptoms:
 Metabolic Disturbance
 Water Retention
 Tendency toward osteoporosis

Kidneys: Filter the blood, blood pH balance

Consequences:

Whatever the liver can't handle effectively will be dumped back into the bloodstream and sent on to the kidneys and bladder. If the kidneys fail to do their job effectively, long-term metabolic disturbances can occur.

(6) **Lungs**

Symptoms:
 Foul breath
 Asthma

Lungs: Oxygenate the blood bonding it with iron (hemoglobin), excrete unwanted gasses.

Consequences:

What toxins the kidneys can't handle travel through the bloodstream to the alveolar sacs in the lungs. When excessive toxins are in the blood, they can interfere with oxygen absorption.

(7) Circulation: Blood Lymph

Symptoms:
Congested and toxic lymph
Swollen lymph nodes

Lymph: Reservoir and major transport canal for white blood cells

Consequences:
Because there is a lack of oxygen in the circulatory system, not enough oxygen gets to cells to burn sugars, proteins, and fats for energy. The lymph becomes congested with the waste materials from the cells.

(8) Spleen & Heart

Symptoms:
Compromised immune system
Damage to the heart

Spleen: Filters lymph & co-creates B-lymphocytes

Consequences:
A toxic lymph system places greater stress on the spleen, thus further compromising the immune system. The heart ends up bearing the brunt of the waste the spleen hasn't been able to filter out. The heart, which relies on lipids for its proper function, is exposed to toxic material picked up by the lipids from the blood and the lymph.

(9) Muscle & Soft Tissue

Symptoms:
Stiffness
Irritation
Pain

Consequences:
At this point, the muscles and soft tissues are not getting proper oxygen for oxidation of the fats and sugars. The muscles become loaded with old lactic acid. River of life has become the river of death—it's full of poison.

(10) Spine

Symptoms:
Spinal misalignment
Spine rotations, tilts, and torques

Consequences:
As muscles become irritated and they are not flexible (they're stiff), they will pull on the spine.

(11) Brain Nerves

Symptoms:
Headaches

Brain Nerves: Conduct electrical impulses carrying sensory, motor, and other information to and from the body

Consequences:
As the spine becomes dislocated, this affects the brain and nerve flow to all of the organs in the body, including the glands.

(12) Endocrine

Symptoms:
Hyperthyroid
Hypothyroid
Hypoglycemia
Hyperglycemia
Adrenal Burnout

Endocrine Glands: Stimulates manufacture and secretion of hormones in the thyroid, adrenal, and pituitary glands

Consequences:
The endocrine system becomes depleted both nutritionally and energetically, which prevents the manufacturing of sufficient enzymes for digestion and the whole toxic stress cycle starts again. In addition, with your blood sugar decreased, you start to crave foods to bring your blood sugar up, thus causing you to make food choices that will clog you up all over again.

Health Picture

- In 2002 about 555,500 Americans* will die of cancer, more than 1,500 people a day. Cancer is the second leading cause of death in the US, exceeded only by heart disease. These rates are 25% higher than 25 years ago.
- About 1,284,900 new cancer cases will be diagnosed in 2002. In the US, men have about a 1 in 2 lifetime risk of developing cancer, and for women the risk is about 1 in 3.
- Over 80 million people suffer from digestive problems (almost 1/3 of the US population) in a population where 61% of the people are clinically overweight.

**Statistics are similar in Canada, slightly lower in Australia, and higher in European countries.*

Here is a look at some of the current physical and environmental poisons affecting this health picture. The good news is that many of these choices are within your control.



The Air We Breathe & Water We Drink:

PCB Poisoning

What are PCBs?

Polychlorinated biphenyls are odorless and tasteless synthetic chemicals that were used as coolants and lubricants in transformers and other electrical equipment. Their manufacture in the USA was stopped in 1977 because of environmental concerns.

How can someone be exposed to these chemicals?

Small amounts of PCBs can be found in almost all outdoor and indoor air, soil, sediments, and surface water. **PCBs can enter the body through the air, food, or skin contact. They can enter the air by evaporation from both soil and water.** Sediment that contains PCBs can also release the chemicals into surrounding water.

What happens if you're exposed to high levels of PCBs?

The Environmental Protection Agency has determined that PCBs probably cause cancer in humans. Studies also suggest that exposure to PCBs can cause rashes and acne, irritation of the nose and lungs, and changes in the blood and liver.

How do you know whether you've been exposed?

All people in industrial countries have some PCBs in their bodies.

Source: Agency for Toxic Sources and Disease Registry



Aspartame: The Bitter Truth

Nutrasweet[®], Equal[®], CANDEREL

Over 5,000 products contain the chemical aspartame, which consists of phenylalanine, aspartic acid, and methanol (wood alcohol). **When the methanol is heated in the body (over 86°F), it is converted to formaldehyde and formic acid (the poison found in the sting of fire ants), which then accumulates within the cells. Formaldehyde is a deadly neurotoxin** and according to the EPA, methanol is considered a cumulative poison due to the low rate of excretion. Once it is absorbed in the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." Aspartame also changes the brain's chemistry by changing the dopamine level in the brain.

Aspartame is not a diet product. Dr. H. J. Roberts, diabetic specialist and author of "Defense against Alzheimer's Disease," found that **when he got patients off aspartame, their average weight loss was 19 pounds per person. Another study of 80,000 women by the American Cancer Society found that those who used this neurotoxic "diet" sweetener actually gained more weight than those who didn't use aspartame products.**

Pay attention to who is telling you aspartame is safe. Thousands of companies use aspartame in diet sodas, powdered drinks, gelatin, tea, cocoa, juices, frozen desserts, even vitamins and medications. **This translates to \$1 billion industry annually.**

Of the 74 *aspartame industry-sponsored* studies, 100% claimed that there were no problems with aspartame. Of the *non-industry and non-FDA sponsored studies*, however, **almost 100% identified significant challenges with aspartame.** This is reminiscent of tobacco

industry research where it is primarily the tobacco research which never finds problems with the product, but nearly all of the independent studies do find problems.

Following is the first paragraph of a site on aspartame created by the Grocery Manufacturers of America (GMA). "This site concurs that aspartame is safe and offers extensive information and internet links that support its safety. **GMA is the world's largest association of food, beverage, and consumer companies...**" Fortunately, consumers today are smarter than that.

How aspartame was approved as a food additive should serve as a lesson in how the drug industry manipulates, infiltrates, and uses government agencies and non-profit organizations like the American Dietetic Association (ADA) to serve their own agenda. The FDA and Monsanto have had a revolving door employment policy for years. In 1992, the Townsend Letter for doctors reported on a study that showed 37 of 49 top FDA officials who left the FDA took positions offered by the companies they regulated. They also reported that over 150 FDA officials owned stock in drug companies they were assigned to manage.

Many large organizations and universities receive large sums of money from companies connected to the NutraSweet Association, a group of companies promoting the use of aspartame. The ADA who received a \$75,000 grant from the NutraSweet Company (a Monsanto Corporation), has stated the NutraSweet company writes their "facts" sheets. By taking money from NutraSweet, the ADA loses its neutral position by endorsing a Monsanto product.

Symptoms of Aspartame Poisoning

- Spasms, shooting pains, numbness in your legs, cramps, vertigo, headaches, tinnitus, joint pain, depression, anxiety attacks, slurred speech, blurred vision, memory loss, fibromyalgia symptoms
- The FDA has documented over 92 recognized symptoms.

Incidents of diseases related to the consumption of Aspartame

- **Multiple sclerosis** (methanol toxicity mimics M.S. so people often are mis-diagnosed)
- **Lupus** (triggered by aspartame)
- **Breast cancer / prostate cancer** (rates are 5 to 6 times higher in Europe and North America where consumption of aspartame is significantly higher)



The #1 Advertised Drugs in America: Vioxx & Celebrex

The August 22, 2001 front page of *The Wall Street Journal* starts out stating that the blockbuster arthritis drugs Vioxx and Celebrex are the most successful product launches in pharmaceutical history. The \$3-a-day (£3.27) pills together generate \$6 billion in annual sales, which are spurred by the hope that users may be spared the ulcers that older painkillers can cause. **But new research suggests the breakthrough drugs could have a worse side effect: an increased risk of heart attack. The research poses the first serious threat to these drugs, which have been used by tens of millions of Americans and many more world-wide since they came out in 1999.**

As it turns out, the FDA report reveals that **the research conducted at the University of Illinois on behalf of Pharmacia (the company that produces Celebrex) had a half-year of data beyond what it published and that the full 12-month trial showed worse results regarding ulcers than what they published.** Worse, as the FDA officials reviewed the data from Merck (the company that produces Vioxx), they became extremely concerned about the apparently high rate of cardiac events.

Even though the manufacturers of Vioxx and Celebrex have advertised the potential benefits of the drugs—to combat pain and arthritis but cause fewer ulcers and stomach distress—they

have failed to adequately warn users of all serious side effects of these drugs. **Reported side effects of Vioxx and Celebrex include headaches, back pain, high blood pressure, facial swelling, chest pain, dizziness, nausea, heart burn, seizures, stroke, heart attack, liver and kidney damage, internal bleeding, gastrointestinal problems, depression, hallucinations, respiratory problems, pregnancy complications, and birth defects. Data from the Cleveland Clinic shows that patients taking Vioxx are almost 2 1/2 times more likely to experience these types of events.**

Earlier this year, the FDA recommended that the manufacturers issue a warning label about potential heart complications. Vioxx has been linked to 11 deaths and over 1200 adverse reactions, including cardiac failure and hypertension. Dr. M. Michael Wolfe, chief of the gastroenterology section at Boston University School of Medicine and a member of the FDA advisory committee says that "The marketing of these drugs is unbelievable" and "I'm sure there are many people out there who are taking these drugs that should not be."

The New York Times reports that "Several doctors say they are worried about the possibility of heart attacks because many of the arthritis patients taking the drugs are elderly and have a higher risk of cardiovascular problems to begin with."

Prescription Drugs

The pharmaceutical industry continues to be the most profitable US industry, with profit margins in 2000 nearly four times the average of Fortune 500 companies. Last year alone, over 28 billion prescriptions were filled—an average of 9.9 prescriptions *per person*.

Heart Attack Rates

(calculated by Cleveland Clinic researchers)

Placebo Patients	.52%
Vioxx Patients	.74%
Celebrex Patients	.80%

(5)

The Real Drug Problem

Has it ever occurred to you that we live a double standard when it comes to drugs? Today's children and teens are constantly exposed to "Don't Do Drugs" messages, yet our own days are spent consuming painkillers, heartburn medicines, arthritis pills, and anti-depressants.

The common perception is that these drugs are harmless, which the drug companies delight in since they spend billions of dollars a year promoting their pharmaceutical concoctions (almost \$15.7 billion in 2000). But the reality is this: **a 1999 study in the Journal of the American Medical Association found that 100,000 people die each year, and 2.1 million are seriously injured from reactions to prescription drugs and over-the-counter medicines.**

The 100,000 deaths make adverse drug reactions the sixth-leading cause of death in the United States, behind heart disease, cancer, lung disease, strokes, and accidents.

A June 1999 study in the New England Journal of Medicine looked specifically at non-steroidal anti-inflammatories (NSAIDs), the very common drugs sold as Advil, Nuprin, Motrin, and aspirin. It found that among people who take NSAIDs:

- 10 to 20 percent, and as many as half, develop stomach upset from NSAIDs, including burning, indigestion, and pain in the upper chest.
- Within six months of starting NSAIDs, 5 to 15 percent of people with rheumatoid arthritis have to stop taking the drugs because of stomach upset.
- About 16,500 arthritis patients die each year from NSAID-related problems, making NSAID-

linked deaths the 15th leading cause of death, killing more than bone tumors, asthma, cervical cancer, and Hodgkin's disease, and almost as many as AIDS.

- 5 to 10 percent of people who are hospitalized for NSAID-induced bleeding will die.
- An estimated 103,000 Americans are hospitalized each year for "serious gastrointestinal complications" from taking NSAID drugs.

The reality is this: people would much rather hear about the good that drugs can do and they tend to tune out the possible negative or even deadly side effects.

But here's what can happen from commonly used, government-approved drugs:

- Antibiotics can cause severe allergic reactions.
- High blood pressure medicines can cause impotence, depression, and fatigue.
- Cholesterol-lowering medicines and NSAID medicines like Advil and Motrin can negatively affect the liver and kidney over time.
- Cortisone (prednisone) often prescribed for arthritis, allergies, and breathing problems, can suppress the immune system, making people vulnerable to infection. Other side effects include blurred vision, mood changes, skin rashes, confusion, stomach pain, hip/shoulder pain, swelling and puffiness, weakness, thin skin, bruising, slowed wound healing, menstrual irregularities, and more.

Adverse drug reactions range from mild to deadly, and consumers increasingly are being urged to learn about the drugs they take to spot reactions and side effects before they turn severe.

Oops!

Sometimes, drugs must be taken off the market because they begin causing sickness, death, and other adverse reactions once they reach the general population.

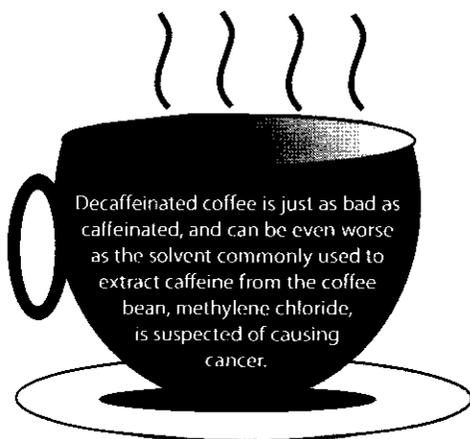
- For example, the sedative thalidomide was pulled off the market in 1962 because it caused birth defects.
- **The arthritis drug oraflex was taken off the market in 1982 when its manufacturer admitted withholding information about side effects.**
- The anti-inflammatory drug Suprol was withdrawn in 1987 after it was linked with kidney failure and banned in Europe.
- The antibiotic Omniflox was pulled from the market in 1992 after it was linked to blood disorders, kidney failure, and death.
- And in September 1998, the diet drug fen-phen (fenfluramine/phentermine) was pulled off the market because it caused serious heart defects.

(6)

Ten Reasons Why Coffee Will Weaken or Destroy the Terrain

Americans consume more than 140 billion cups of coffee per year. It is a billion-dollar industry and affects the economies of 26 nations. Coffee and the caffeine contained within, however, seriously compromise one's health and vitality by weakening the body's forces.

1. **It stimulates the central nervous system, heart, and respiratory system.**
2. It can acutely **affect the cardiovascular system, the digestive system, energy expenditure, and frequency of urination** (increases by as much as 30%). It has a tendency to induce arrhythmias or palpitations in the hearts of susceptible individuals. In most cases, it elevates blood pressure.
3. **It increases the amount of time it takes to fall asleep, thus reducing total sleep time.**
4. Coffee drinking **increases the secretion of acid in the stomach. It slows the emptying of the stomach's contents into the small intestine and the passage of material through the small intestine.** Thus, it can cause stomach upset and ulcers.
5. Caffeine use is **associated with high cholesterol levels.**
6. Coffee drinking can **inhibit absorption of some nutrients**, particularly iron, and because it increases frequency of urination, it can cause such nutrients as calcium, magnesium, and sodium to be flushed from the body.
7. Possible **links between caffeine and disease:** bladder cancer in men, breast cancer in women, and birth defects (when taken by pregnant women).
8. Continuous caffeine abuse causes an almost **continuous spasm of the muscles surrounding the spine.** This pulls the vertebrae out of proper alignment, resulting in backaches and, in some cases, nerve damage.
9. Caffeine **causes a large amount of sugar to be released into the bloodstream.** The pancreas reacts by releasing an excessive amount of insulin. The sugar is rapidly burned, producing a surge of energy. The blood-sugar level then falls below the normal level, producing some unpleasant symptoms.
10. Caffeine **can cause chromosomes in the cell nucleus to break apart.** Sometimes the genes are rearranged by the toxin. This defect is usually seen in the delivery room of hospitals as deformed babies.



COFFEE IS PURE ACID

A healthy body maintains a blood pH at around 7.3. Coffee is 25.1 on the acid scale. This much acid massively disturbs the central balance of your cells. A healthy condition depends upon a high level of negative charge on the surfaces of tissue cells. Acidity is the opposite charge, and dampens out these electrical fields stripping away the negative charges around the cells. If tissue pH deviates too far to the acidic side, metabolism stops. In other words, cells are poisoned and die!

The effect of muscle spasms is quite apparent when one examines the face of a long-term heavy user of coffee. Upon arising in the morning, the facial muscles sag, with the typical bags under the eyes and lines along the cheeks.



Coffee's Close Cousin: Chocolate

- **Along with coffee, tea, and cola beverages, chocolate contains caffeine.** In addition to the caffeine, however, it also contains the following:
 1. Traces of theophylline
 2. Large amounts of theobromine

These central nervous system stimulants are called methylxanthines.
- **Chocolate is also high in amines.** According to the National Migraine Foundation, “an excess of amines produce a lowering of blood pressure, a pooling of blood in the capillary beds, and a resultant increase in intra-cranial pressure, which can cause severe headaches.” Amines can also be found in such foods as cheese, citrus fruits, coffee, tea, and alcohol.
- **Chocolate also contains refined sugar.** Not only is sugar highly acidic (17.6 on the acid scale), but it is the primary food for yeast and bacteria in your system. Remember, as you over-acidify the system, you provide a biological terrain that is conducive to the growth of virus, bacteria, yeast, and fungus—the great decomposers of cells and tissues in the body!
- **Chocolate also can cause constipation and rectal itch.**
- In people who are chemically allergic, **chocolate can trigger antisocial behavior.**
- Dr. William Philpot, a psychiatrist and specialist in cerebral allergies, says **there is a direct correlation between committing crimes and foods such as chocolate** and, at least when eaten by the biochemically intolerant: “Food allergies directly affect the body’s nervous system by causing a non-inflammatory swelling of the brain which can trigger aggression.”

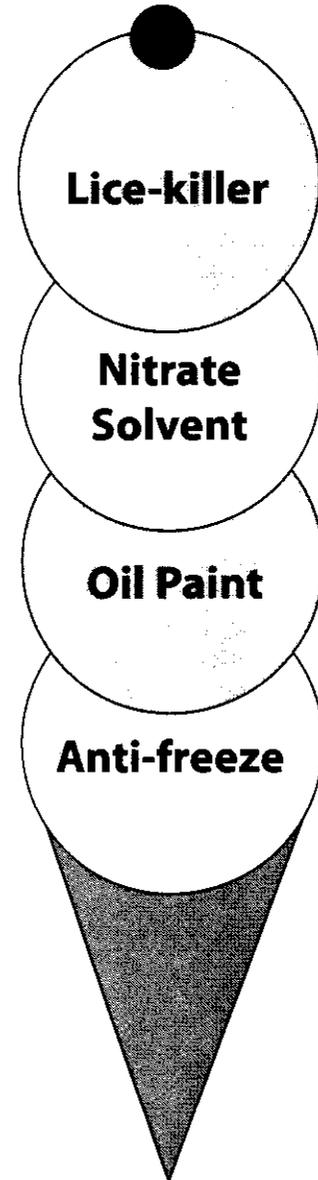
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How is Ice Cream Made?

Rather than cream from milk being used, the scraps from slaughter houses are purchased and the fat rendered out of them is used. Cooked tallow, suet, and lard are in commercial ice cream. According to Nature's Path magazine, "retail store ice cream manufacturers are not required by law to list the additives used in the manufacture of their product." Consequently, today most ice creams are synthetic from start to finish. Analyses have shown the following substances are included in ice cream:

- **Diethyl glycol** — a cheap chemical used as an emulsifier instead of eggs
- **Aldehyde C17** — an aniline dye used in plastic and rubber gives cherry flavor
- **Piperonal** — a chemical used to kill lice, is used in place of vanilla
- **Ethyl acetate** — cleans leather, and its vapors are known to cause chronic lung, liver, and heart damage, gives pineapple flavor
- **Butyraldehyde** — used in rubber cement, gives a nut flavor
- **Amyl acetate** — an excellent paint solvent, produces a banana flavor
- **Benzyl acetate** — a nitrate solvent, used for strawberry flavor

There are real ice creams that do not use any chemical additives. They are made out of frozen cow's milk cream, refined sugar, frozen raw eggs, and natural fruits and flavors instead.



(9)

Environmental Toxins – Benzene

Benzene (C₆H₆) occurs naturally in many organic compounds, and in living organisms the benzene ring is a common component of crucial substances, such as vitamins, sugars, and enzymes, which are involved in normal biochemical processes. There are also many synthetic benzene products, such as petroleum, gasoline, and coal, used as raw material for processing many commercial products.

The chemical properties of benzene make it a solvent (i.e., a substance that dissolves grease). There are many solvents used in industries, none of which dissolve grease as quickly as benzene. This has obvious implications, as fats and oils are essential components of the human body.

HEALTH RISKS

Different toxins accumulate in different organs. **Benzene goes directly to your thymus. Although your white blood cells immediately begin to eliminate the benzene, it still damages the cells.** In a person who has no thymus damage, the benzene is escorted to the liver, and kidneys, and is expelled from his/her body. **Repeated benzene damage, however, checks the body's ability to eliminate the benzene. Ultimately, the T-cell production falls lower and lower, thus compromising the body's immune system, i.e., weakening the terrain.**

SOLUTIONS

The more natural, live food you eat, the less benzene you will ingest. Stay away from processed foods, particularly ones that have added flavor. In addition, since grilled food compromises the liver's detoxifying ability for benzene, reduce or eliminate your intake of these foods as well (vitamin B2 is known to counteract this effect). Most importantly, eliminate or reduce the number of benzene-polluted products you consume.

Benzene Polluted Products

Paints, oils, resins, paintbrush cleaners, adhesives, aspirin, deodorants, oven cleaners, asphalt, explosives, pesticides, plastics, detergents, dyes, synthetic rubber.

- Flavored food (yogurt, Jello™, candies, throat lozenges, store-bought cookies and cakes)
- Chewing gum
- Personal lubricant
- Amyl nitrate, butyl nitrite, and similar products, commonly called "rush"
- Marijuana
- Flavored pet food, both for cats and dogs
- Bird food made into cakes
- Cattle and poultry feeds, except simple grains
- Hand cream, skin cream, moisturizers
- Toothpaste
- Some essential oils
- Beverages including bottled water and store-bought fruit juice
- Vaseline products
- Cold cereal
- Cooking oil and shortening (except olive oil, butter, and lard)
- Ice cream and frozen yogurt

The Thymus

The thymus sits at the center of the remarkable web of interconnected organs and tissues that make up the lymphatic system and are involved in the immune response. T-Cell (Thymus-Cell) lymphocytes, which develop in the bone marrow and migrate to the thymus, are under the control of the thymus and play a large role in the cellular immune system by responding to antigens. In addition, they stimulate other white blood cells to mount a defense, providing cell-mediated immunity.

(Source: The Cure for HIV and AIDS, Hulda Clark, Ph.D., M.D., New Century Press, 1993.)

(10)

Commercial Beverages

Environmental toxins from commercial beverages are especially toxic due to traces of solvents left over from the manufacturing process. There are solvents found in decaffeinated beverages, herbal tea blends, carbonated drinks, beverages with NutraSweet, flavored coffee, diet and health mixes, and fruit juices, even when the label states "not concentrate" or "100% pure."

Acetone	<i>Carbonated Drinks</i>
Benzene	<i>Store-bought drinking water, store-bought "fresh squeezed" fruit juice</i>
Carbon Tetrachloride	<i>Store-bought drinking water</i>
Decane	<i>In decaffeinated blends</i>
Hexanes	<i>In flavored foods</i>
Hexane dione	<i>In flavored foods</i>
Isophorone	<i>In flavored foods</i>
Methyl butyl/ethyl ketone	<i>In fruit juice</i>
Methyl chloride	<i>In decaffeinated blends</i>
Pentane	<i>In carbonated drinks</i>
Isopropyl alcohol	<i>Bottled water, commercial fruit juices, commercial beverages</i>
Toluene and xylene	<i>In health foods and beverages</i>
Wood alcohol (methanol)	<i>Carbonated drinks, diet drinks, herb tea blends, store-bought water, infant formula, NutraSweet</i>

—(R E M E M B E R)—

Different toxins accumulate in different organs. Wood alcohol, for example, migrates to the pancreas and eyes.

(11)

*The Dangers of Dry Cleaning***DRY CLEANING HEALTH HAZARDS**

Dry cleaning your clothes may be hazardous to your health. Since the 1950s, most dry cleaners have relied on a chemical solvent called perchloroethylene, or "perc" to clean your clothes. This highly toxic chemical has been shown to have harmful effects on the nervous system and all major organs. Exposure to perc can cause dizziness, respiratory problems, and unconsciousness. It has been linked to nervous system, kidney, liver, and reproductive disorders, as well as a higher risk of cancer among dry cleaning workers. In fact, the International Agency for Research in Cancer (IARC) classifies perc as a "probable human carcinogen."

Perc residue from freshly cleaned clothes can cause throat, eye, and nose irritation. Lower levels, like those found in a closet containing dry cleaned clothes, can affect your mood, memory, and coordination. According to the U.S. Environmental Protection Agency (EPA), over 100 million Americans are at risk from elevated levels of perc in their homes due to released fumes from dry cleaned clothing. An EPA study revealed that bringing freshly dry cleaned clothing into a house can result in perc levels that exceed the guidelines for indoor air.

The maximum safe level of perc is 100 parts per million; however, one study measured 350 parts per million inside a car just fifteen minutes after a typical order of dry-cleaned clothes had been placed in it.

DRY CLEANING ALTERNATIVES

1. **Wet Cleaning:** this chlorine and toxic-free option is a new method of professional cleaning. It is a high-tech combination of hand washing with natural soaps, spot cleaning, steaming, and drying that is as effective as dry cleaning and costs the same. Check in your area to find a dry cleaner which uses water-based cleaning instead of perc-based cleaning, or encourage your local cleaner to start using this method. To learn more about wet cleaning or to locate a cleaner in your area, visit the Center for Neighborhood Technology's website at www.cnt.org.
2. **Hand wash:** many fabrics that say "dry clean only" do not require it. Manufacturers often put this on the label to prevent liability because they must accept the return if a garment shrinks or loses its shape. Dry cleaning has long been the only guaranteed method of cleaning that prevents this, so clothing manufacturers unnecessarily label garments as "dry clean only." In many cases you can safely hand wash "dry clean only" items.
3. **Machine wash:** Miele washing machines offer a variety of settings that allow you to care for every type of fabric in your closet including cotton, wool, and rayon. They are designed to reach temperatures up to 190 degrees which results in deep cleaning of your clothing, without harsh chemical additives such as bleach. In addition, Miele's hand wash program not only eliminates the chore of hand washing, but actually washes delicates and woolens more gently than you can by hand. Any item with a hand wash label, such as cashmere, angora, silk, and lace, and even some clothing labeled "dry clean only" can be washed safely in a Miele. For more information, contact Steve Evans (U.S.—West Coast Distributor) 415-241-6820 or www.mieleusa.com.
4. **Allow your clothes to ventilate:** If you must continue to dry clean your clothes, cut down on any after-effects by taking them out of the plastic bag as soon as you get home and hanging them outside or in a ventilated area for awhile before wearing them.

For more information on the dangers of dry cleaning refer to www.greenpeace.org

How Our Bodies Become Toxic

There are many poisonous chemicals that intrude on our systems either by ingestion, respiration, or absorption through the skin. Here is a partial list:

AGRICULTURAL CROPS

Pesticides
Herbicides
Fungicides
Chemical fertilizers
Dormant sprays

VACCINATIONS

Formaldehyde
Live virus
Foreign proteins introduced
to the body abnormally

RECREATIONAL DRUGS

Marijuana
Cocaine
Amphetamines
Opiates
Barbiturates
Crack

PRESCRIPTION DRUGS

AZT
Flagil
Chemotherapy
All medicinal drugs
Estrogen/progesterone
Acetaminophen

AGRICULTURAL ANIMAL CHEMICALS

Growth hormones
Antibiotics
Vaccinations

FOOD-PROCESSING CHEMICALS

Ripening sprays
Chemical additives
Waxes
Pesticide gasses
Preservatives

BODY PRODUCTS

Deodorants (aluminum)
Hair spray
Cosmetics
Eye drops (mercury)
Baby oil (mineral oil)
Others too numerous to mention

FRIED & FATTY FOODS

All fried foods
Excessive fatty foods
Rancid oils
Hydrogenated oils

DENTAL FILLINGS

Silver-mercury amalgam

RADIATION

Radiation treatments
Police radar (at the transmitter)
Microwave transmitters
ELF radiations from
computer screens
Cellular phones
Irradiated foods
X-rays

ADDICTIVE FOODS & DETRIMENTAL CONSUMABLES

Alcohol
Sugar
Tobacco
(including secondary smoke)
Soft drinks
Mega-vitamins
Chocolate
Coffee

ENVIRONMENTAL POLLUTANTS

Industrial wastes
Chlorine and fluoride in water
Auto exhaust
Solvents
Household cleaners
Household bug sprays
Garden sprays
Styrene

**So what's the solution if there are so
many ways to pollute and poison our bodies?**

The constant monitoring of *your diet, consistent exercise, care of the colon (which will be discussed next), your living environment, and your lifestyle* are all factors that lead to a healthy body.

ANTHONY ROBBINS LIFE MASTERY

(notes)

"To lose one's health renders science null, art inglorious, strength unavailing, wealth useless, and eloquence powerless."

— Herophilus c. 300 B.C.

2. Cleanse & Detoxify

The Seven Principles of Detoxification

- (1) **Cleanse and rebuild your liver and your colon . . .**
through a diet of fresh squeezed alkalizing juices, live foods, liquid fasting when appropriate, the use of colonics, enemas, and consistently monitoring your diet.
- (2) **Super-hydrate . . .**
with four to five liters (4-1/2 quarts, 135 ounces, or 17 cups—approximately 3 tall bottles) of alkalizing juices or structured water containing a high content of chlorophyll. Drink half your body weight in ounces daily (e.g., if you weigh 150 pounds, you should drink 75 ounces of water daily).
- (3) **Develop a healthful nutrition plan . . .**
plan built upon natural health principles, basic food combining, and consumption of fresh, live, whole, organic foods.
- (4) **Regularly lymphatize . . .**
with a light ten-minute bounce on a small trampoline (rebounder), lymphatic massage, dry-heat sauna, or dry skin brushing.
- (5) **Perform low-impact exercise . . .**
to maintain balanced and efficient bodily systems that will aid in the flushing of toxins.
- (6) **Build a strong immune system . . .**
by developing a diet that gives you the required enzymes (live, fresh fruit, vegetables and their juice). This will help to break down ingested food appropriately for health, strength, and vitality.
- (7) **Ensure your body has the ability to rebuild itself . . .**
with a natural rest cycle that allows your elimination channels to work optimally.

Cleanse & Detoxify

Most of us never give a second thought to our health until there is a specific challenge. Or, even if we do—we eat healthfully, we exercise, and we support our structure—rarely do most of us take the time to really think about and more importantly, take action on cleansing and detoxifying our system. Even if we take great care of ourselves, over the years, our bodies build up a tremendous amount of toxicity—through the environment, our eating habits, and through the emotions and stress we feel. Over time, we create a condition in our body called auto-intoxication—where the body literally poisons itself from the inside out by maintaining an acidic environment and by building up a cesspool of decaying matter in our eliminative organs.

The solution to ensure lasting vibrant health and energy is to take the time periodically to cleanse and detoxify your body. Once you stop the poisoning, it's not enough unless you also cleanse the poisons that you have already ingested.

—(R E M E M B E R)—

There are three ways to cleanse and detoxify your body:

- (1) Open the channels of elimination by cleansing the colon (i.e., colonics)
- (2) Stimulate the flow of lymph to build the immune system through:
 - a. deep diaphragmic breathing (3 sets/10 times per day)
 - b. rebounding
 - c. lymphatic drainage/massage
 - d. dry brushing
- (3) Complete a dietary cleanse to support the digestive track, blood, intestines, kidneys, liver, and lungs (ideally once or twice per year)

COMMON SYMPTOMS OF TOXICITY OVERLOAD IN THE BODY

- constipation
- depression
- fatigue
- frequent colds
- halitosis (bad breath)
- indigestion
- obesity
- All the 'itis's'—colitis, diverticulitis, bronchitis, pancreatitis, sinusitis, etc.
- headaches
- acne
- skin conditions (eczema, psoriasis, etc.)
- sinus congestion
- joint stiffness/aches and pains
- menstrual problems
- allergies

Source: Detox for Life by Loree Taylor Jordan

Cleanse & Detoxify

—(ABOUT THE COLON)

- The average person carries around 10 to 15 pounds of fecal matter in their system.
- When the colon becomes constipated, generally it is packed or lined with accumulated feces that become hardened and lodged in the pockets of the wall. This build-up may take many months or years and can result in 5 to 15 pounds of added weight, causing the colon to become distended, abnormally shaped, and ineffective.
- Many overweight patients have eliminated as much as 10 to 25 pounds by having their intestinal tract cleansed.
- The colon is the largest perpetrator of disease of any organ in the body and is said to be the initiator of 80% of all critical illnesses.

Death Begins in the Colon

"The colon is a sewage system, but by neglect and abuse it becomes a cesspool. When it is clean and normal we are well and happy. Let it stagnate and it will distill the poisons of decay, fermentation, and putrefaction into the blood, poisoning the brain and nervous system so that we become mentally depressed and irritable; the heart so that we are weak and listless; the lungs so that our breath is foul; the digestive organs so we are distressed and bloated; and the blood so the skin is sallow and unhealthy. In short, every organ of the body is poisoned, and we age prematurely; look and feel old; the joints are stiff and painful; neuritis, dull eyes, and a sluggish brain overtake us; and the pleasure of living is gone."

—Bernard Jensen, 1974

—(FOUR WAYS TO CLEAN THE COLON)

- (1) **Colon Hydrotherapy (i.e., a colonic)**
- (2) **Colon Hydrotherapy with Libbe Bed**
- (3) **Colema Board (i.e., a home colonic unit)**
- (4) **Enema and Implant**

Colon Hydrotherapy

At Life Mastery, you have the option of making appointments for colon hydrotherapy (a colonic). In addition, a kit to do enemas and implants is also available—a great solution if you are not feeling well during the cleanse and are unable to get an appointment for a colonic.

A colonic is critically important during a cleansing and detoxification program because it keeps the body from reabsorbing toxins back into the body. As you are cleansing, and perhaps taking herbs and supplements to support the detoxification process, your body can be overloaded with releasing toxins. **If these increased toxins are not quickly and effectively removed from the body via the bowel with colonics, the same toxins will be reabsorbed into the bloodstream and carried throughout the whole body.** This reabsorption can cause such discomforts as malaise, nausea, headaches, joint and muscle aches, and foul-smelling breath. Detoxification and cleansing *can* cause some healing discomforts—we will discuss those later when we talk about the healing crisis—but colonics will keep them to a minimum.

Five Benefits of Colon Hydrotherapy

- (1) **Cleanse the Colon**
Toxic material is broken down and removed so that it can no longer poison your body or inhibit assimilation and elimination. Even debris built up over time can be removed in the process of a series of colonics. Once impacted material is removed, your colon can begin to function as it was meant to. A colonic is a whole body rejuvenation treatment.
- (2) **Exercise the Colon Muscles**
The buildup of toxic debris weakens the colon muscles and impairs their functioning. The gentle filling and emptying of the colon improves the peristaltic activity (muscular contraction) by which the colon naturally moves material. This will help speed up the transit time of fecal material once the colon muscles have been toned, strengthened, and rejuvenated.
- (3) **Reshape the Colon**
When problem conditions exist in the colon, they tend to alter its shape and structure which in turn cause more health problems. The gentle action of water, coupled with the massage techniques and experience of the colon therapist, help to eliminate bulging pockets of waste and eventually narrowed, spastic constrictions, finally enabling the colon to resume its natural state. Other manipulative and massage techniques can help to reshape the colon structure over time.
- (4) **Hydrate the Body**
Our bodies are made up of 70% water and with the use of pure water in the colonic, our bodies are able to absorb much needed clean and pure water to hydrate the cells of the body so that they can function at a higher rate as well as dilute the toxins already present within the body.
- (5) **Prevent Reabsorption of Toxins During a Cleanse**
When you are completing a cleanse, your body is releasing all kinds of toxins—this is your bodies chance to clean itself out. Unless you remove the toxins through colonics, many of these same toxins will be reabsorbed in your system. This reabsorption will not only cause you to feel ill, but also decrease the effectiveness of the cleanse.

3 Tips for Proper Digestion

- (1) Chew your food well (use plenty of saliva)
- (2) Don't drink fluids with your meals as they dilute your digestive juices. Wait 20-30 minutes after drinking water or other fluids before eating.
- (3) Monitor your emotional state while eating! Your emotions affect your digestion.

3 Tips for Proper Food Combining

- (1) Eat fruit only by itself. Eat fruit either 20 minutes before you eat or several hours after you eat. "Fruit alone or leave it alone!"
- (2) Do not combine proteins and starches as they are not compatible. Proteins require a more acid environment and starches require a more alkaline environment.
- (3) Eat 70-80% high water content, live, raw foods.

—(AUTOINTOXICATION)—

Self-poisoning; creating a toxic environment through improper nutrition (i.e., not enough live foods) and an acid lifestyle. This is aggravated by a lack of cleansing.

Source: Loree Taylor Jordan, C.C.H., L.D.

Colon Facts

- Most people have anywhere from 10 to 15 lbs of fecal matter still in their systems.
- What goes in must come out—if you eat three meals a day, you should eliminate three meals a day.
- Most of us have parasites in our systems. The challenge is that the most common symptom is no symptom. The challenge with parasites is that they do additional damage by not only feeding off your waste, but creating their own. Doing a week long cleanse will help you make huge progress. If you still think you have a parasite challenge after your cleanse, you can then consider doing a parasite cleanse specifically.
- Drinking plenty of water is one of the best things you can do to support your colon health.

Source: Loree Taylor Jordan, C.C.H., L.D.

Colonics: FAQ

Colonics: what you may be concerned about:

Is it embarrassing to get a colonic?

No, you will fully maintain your personal dignity. You will be in a private room with only your therapist, who fully appreciates the sensitivity of the colonic procedure and will help you feel at ease. Your emotions will be acknowledged and honored. After the gentle insertion of a small tube into the rectum, you are completely covered. Rubber tubing carries clean water into the colon and waste out of the colon in a mildly pressurized system. The mess and odor sometimes present during an enema simply does not exist with a colonic.

Are colonics dangerous in any way?

Being an essentially natural process, there is virtually no danger with a colonic. Skilled therapists will exercise extra care with an elderly person who is severely constipated. Colonics are occasionally performed on a pregnant woman to relieve constipation. Colonics are never performed on a person with active ulcerative colitis or following recent colon surgery.

I am a woman. What if I am having my period?

No problem. It's perfectly safe and beneficial to have a colonic during your period. In fact, some women find that having a colonic on the day their period starts reduces the amount of menstrual discomfort experienced. A tampon is usually worn by the female for comfort.

I've heard that I could become dependent on colonics. If I get too many, the colon may stop functioning on its own. Are colonics habit-forming?

The colonic is a tool intended to be used to create a clean and healthy colon. A colon therapist who is dedicated to your health will encourage you to set a goal of having a well-functioning colon. Our fulfillment comes from assisting you in healing your colon, not in making you dependent upon colonics. Actually, one of its better features is that a colonic can be used to tone the colon muscle so that the colon does not perform so sluggishly. When the colon is sluggish and bowel movements do not return for a few days after one colonic, it is an indication that extensive colon work is needed to remove the debris that the bowel has built up over the years. This build-up of fecal material has decreased the muscular action within the colon. Once a series of colonics is completed, the colon will begin to function more like Mother Nature had intended as permanent damage has not occurred.

Will a colonic make me constipated or give me diarrhea?

The most frequent post colonic experience is to have a slight delay in bowel movements and then a resumptive of a somewhat larger, easier to move stool. Sometimes if the colon is weak and sluggish, there may be no bowel movement for several days following a colonic. Infrequently loose bowels may be experienced. This could be due to the extra water introduced into the colon or to the stirring up of toxic waste. If this should occur; it is usually of very short duration. However, since severe diarrhea dehydrates the body, it must be carefully monitored.

How long does a colonic take?

Probably 90% of all colonics take between 30 and 45 minutes. It could also be shorter or longer than that, based upon the judgement of the therapist and sometimes the wishes of the patient. There will also be about 5 minutes required before the colonic for changing into a gown and 5 to 15 minutes afterwards.

Is there a special kind of water used for colon irrigations?

The best type of water to use for colonics is distilled or purified water. This kind of water is capable of absorbing and flushing out more toxins out of the colon because of its drawing effect on solid particles, chemicals, and particular matter. Tap water already has numerous chemicals and inorganic substances present.

Colonics: FAQ

Will one colonic completely empty the colon?

Almost never. First of all, many of us have a considerable amount of impacted feces in our colon. This is hardened, rubbery, or wallpaper like material. Substantial work must be done to remove it. Second, there is a subtle learning process involved in receiving colonics. As you become more aware of what is going on in your abdomen, and as your body learns to allow the cleansing experience, you are better able to enter the process, and therefore more material is released. One colonic will remove some of the stagnant waste in the colon. The second and subsequent colonics will remove more. How many you may wish to have will depend upon your personal objectives.

How will I know when the colon is empty?

It will probably never be empty, as it is an organ in continuous use. As more of the old, impacted material is released you will actually feel the water enter higher regions of the colon without any sense of obstruction. The objective ought not to be an empty colon, but rather a well-functioning colon.

Is the procedure painful?

Rarely. Sometimes during the procedure, the muscles of the colon contract suddenly, expelling considerable liquid and waste into the rectum. The contraction may feel like cramping or gas with pressure in the rectum. Most of the process is mild and gentle with a wonderfully light and empty feeling afterwards.

Does colon therapy wash away all bacteria, even the good?

If your bowel is toxic you have little or no good intestinal flora to begin with. As in gardening, if you do not prepare the soil and fertilize the ground, plants will not live. The helpful bacteria can only live in an acidic environment, whereas the harmful ones thrive in an alkaline environment. (See page 99 for more information on acid/alkaline). Most people, due to years of improper eating, lack of exercise, and poor elimination, have an alkaline colon. The great benefit of the cleansing program is to change the environment from alkaline to acid. If we make conditions favorable in the colon for bifidophilus and acidophilus cultures—the good bacteria—they will populate. Removing toxic material and gases is the first step.

Replenishing good bacteria can be accomplished by oral supplementation and by adding bifidophilus/ acidophilus as an additive after your colonic treatment. Your colon hydrotherapist can show you how to give yourself an implant at home after a colonic treatment.

What other benefits may I expect from colon hydrotherapy?

Colon hydrotherapy is not a cure, but a valuable procedure used to assist the body with a wide variety of colon-related conditions. By re-toning the bowel wall and improving colon functions, the entire body is able to function more efficiently.

Common effects are sinus drainage, a loosening of mucous in the lungs, improved range of motion, skin tightening, feeling younger, clearing up of acne and skin conditions, improved posture, abdomen softening and shrinking, relief from headaches, less fatigue, and improved bowel function. Colon hydrotherapy works to soothe and tone the colon, helping it to eliminate more efficiently. The function as a whole reduces the burden on other organs and the lymphatic system. The main benefit received from releasing the old toxic waste is that we remove the #1 source of disease in the body. The bowel then works more efficiently in eliminating waste, and nutrient absorption is improved.

Colonics: FAQ

Will laxatives or enemas accomplish the same results?

Using an enema you are missing about 4 feet of the colon. During a colonic, the water goes all the way through 5 feet of the colon or bowel to the ileocecal valve (this is where the small and large intestine meet). If you do not have access to a colonic, however, an enema can be a good option for immediately removing toxins. Laxatives are an irritant, causing the body to produce a thin, watery substance that goes through the colon and leaves behind impacted toxins and waste on the walls of the colon. Laxatives can also become very habit forming.

Is the procedure safe *and* sanitary?

With the use of high-tech disposable apparatus, the equipment is made "new" every session. There is total hygienic safety, superior even to sterilization.

—(CONTRARY TO YOUR FEARS...)

Colon hydrotherapy, or colonics, aren't as bad as you might conjure up in your mind. Here's a list of what you will (or better yet, won't) experience...

- *No smell.*
- *No muss, no fuss.*
- *Good, clean relaxation.*
- *And only brief, partial nudity!*

“Libbe” Bed

Now that you know that colon hydrotherapy—colonics—is the irrigation of your colon. You must be curious as to how it’s done. Well there are a couple of different ways to perform a colonic—a “LIBBE” bed and a colema board. We’ll start with the libbe bed and get to the colema board on the next page.

Description

“LIBBE” stands for lower intestine bottom bowel evacuation.

Equipment

The “LIBBE” bed consists of a one-piece fiberglass “bed” or table with a cushioned area and a headrest for you to lie on and a large drain at the opposite end. The water used in this process passes through a carbon filter to remove rust, sediment, and chlorine before being purified by an ultraviolet-ozone water purification unit. Plus, and this might be the best part of all, the “LIBBE” uses an odor exhaust system to ensure an odor-free environment.

Environment

You’ll probably find the “LIBBE” bed used most often in an office setting by professionally certified colon hydrotherapists.

Process

You will begin your session by undressing from, obviously, the waist down. Don’t worry—you’ll get some coverage when the process begins. You then lay down on the bed and insert the disposable rectal tube about 3 inches into your rectum. The water, which is temperature controlled, flows into your system at a speed that you control. The rectal tube may shift to one side as softened feces begins to flow out of your rectum. You can watch “the flow show” through a clear tube to the side of the “LIBBE” bed to see all of the nasty things you’re ridding your body of. The therapist will monitor your progress and help if needed, but the majority of the tools that accompany the “LIBBE” bed can be client manipulated, which goes a long way in ensuring your privacy.

A normal “LIBBE” session lasts about 45 minutes to an hour and should be as relaxing as it is cleansing.

Colema Board

You have learned not only about colon hydrotherapy and how it works, but also one of the procedures for getting the job done—the “LIBBE” bed. Now let’s move on to the second procedure, the colema board.

Description

The colema board is, just as it states, a board that enables you to do at-home enemas or colon hydrotherapies.

Equipment

The colema board requires assembly and comes to you with the following parts: disposable rectal tubing, a syringe, instructions, and, depending on the distributor or the model, an instructional video and comfort pad. Some other items you’ll need to have on hand include a 5-gallon bucket, a comfort pad of your own or a lot of towels, a lubricant, a chair to support the end of the board that is not on the toilet, a pillow on which to lay your head, and a purified water solution.

Environment

Though you don’t have a certified colon hydrotherapist at your disposal with the colema board, you do have the luxury of performing this function in the privacy of your own home and without making an appointment.

Process

You will begin your session by setting up your system in your bathroom.

- Step 1:** Assemble your colema board and place one end on the toilet and the “head end” on your chair. Arrange your comfort pad or towels and your pillow on the colema board.
- Step 2:** Fill your 5-gallon bucket with purified, room temperature water. Purified water ensures that little to no chlorine or microscopic organisms will be absorbed into the body. To your water you can add one (and *only one*) of the following ingredients: coffee, lemon juice, epsom salts, garlic, or bentonite. Each ingredient offers its own benefit from stimulating the liver (coffee) to killing unfavorable bacteria in the colon (bentonite).
- Step 3:** Place an old—*never to be used again*—colander in the toilet. This strainer will catch the putrid fecal matter that your colon has been offering safe harbor to all these years.
- Step 4:** Place the bucket of your purified water solution 2 feet above your body. Be aware that lowering or raising the height of the bucket will determine the speed at which the water flows into your body. In order to get suction in the plastic tubing connecting you to the bucket, you should fill the hose with water and then let some of it out. Clamp one end of the hose to the bucket.
- Step 5:** Lubricate the rectal tip and insert it into your rectum. (At this point, you will, of course, be undressed! No need to worry about coverage with this process, you’re in the privacy of your own home!)
- Step 6:** If after allowing the water to begin flowing, you feel “pressure,” like you might be holding too much water, let go. The water will pour directly into the toilet. The more experienced you become with home colonics, the better you will know how much water you can accommodate.
- Step 7:** Massage your colon throughout the process.
- Step 8:** Begin this cleansing process only if you can do it continuously over the course of a month. Don’t start and stop, start and stop.
- Step 9:** Clean and sanitize all of your equipment immediately after each use!

Enema & Implant Instructions

NOTE: While different equipment might have slight variations, the instructions below will help you complete your enemas and implants effectively.

(1)

Assemble Materials

- Attach the plastic tube to the bottom of the enema bucket.
- Secure the colon tube to the end of the plastic tube.
- Hang the enema bucket from a towel rack using a metal clip.
- Clip off the plastic tube.
- Set up a mat, some lubricant, a syringe and a nipple (optional).

(2)

Prepare Your Implants (e.g., wheatgrass juice)

- Either juice or secure about 2 ounces of wheatgrass juice (or prepare your other implant ingredients such as acidophilus, etc.) and place in a glass.
- If using wheatgrass juice, strain your wheatgrass juice to take away the foam.

(3)

Fill the Bucket with Water

- Pour warm water into the enema bucket.
- Option: If not using a pure source of water, add a teaspoon of wheatgrass juice to purify the water.

(4)

Air Out the Tube

- Hold the end of the colon tube next to your bucket above water level.
- Unclip the plastic tube and lower the end of the colon tube.
- When you reach water level, you should notice some water coming out of the tube.
- To ensure everything is working properly, raise the colon tube above water level to ensure the water flow stops. Then, lower the tube to ensure that the water flow starts again. Water coming out of the end of the colon tube means that the tube contains no air.
- Reclip the plastic tube.

(5)

Take the Enema

- Choose a comfortable position (side, back, or on knees).
- Lubricate the end of the colon tube for insertion into the rectum. (Note: Only insert the colon tube a few inches into the rectum.)
- Unclip the tube once it is inserted into the rectum to allow the water to flow from the bucket into your colon. (Note: It's okay if you cannot take the whole bucket of water at one time. If this is the case, take as much as you can and repeat this step until you have taken the whole bucket of water.)
- Clip off the tube and massage your colon (from left to right) to push the water toward the end of the colon.
- Expel the water.

(6)

Take the Implant

(Note: If you choose to do a second implant, wait an hour before repeating the process.)

- Take the syringe and press the air out by pushing the bulb.
- Draw some wheatgrass juice (or whatever you are using for the implant) out of your glass.
- Hold the end of the colon tube over the tip of the syringe.
- Empty a few drops of juice out of the syringe by squeezing it.
- Insert the remaining end of the colon tube into the rectum. (Hold the colon tube and syringe together tightly!)
- Allow the wheatgrass juice go through the colon tube.

(7)

Holding/Releasing the Implant

- Put feet against the wall and raise the pelvis.
- Massage colon in a circular motion (up, right, down, left).
- Hold butt cheeks together. After a few minutes (between 10 to 20), release the implant.
- While walking, massage colon in the opposite direction.
- Thoroughly clean all of your equipment.

The Ten Commandments for a Healthier Colon

- (1) **Drink 8 to 12 glasses per day of the best water, herbal tea, and/or fresh juices you can get.** Be sure to drink half your body weight in ounces daily.
- (2) **Eat a high-fiber diet.**
- (3) **Eliminate extrinsic poisons such as sugar, coffee, alcohol, tobacco, chocolate, and preservatives.** All of these foods leach vital nutrients from your body.
- (4) **Eat more raw vegetables and fewer processed foods.**
- (5) **Avoid dairy products.**
- (6) **Don't overeat.** Chew your food slowly and thoroughly.
- (7) **Eliminate or reduce the intake of antibiotics and medicines.** They disrupt the balance of required bacteria in the colon.
- (8) **Create a stress-reduced environment.**
- (9) **Exercise. Be mobile. Get moving!**
- (10) **When nature calls, answer.** Don't wait or put it off. Your system needs a break in order to concentrate on extracting toxins and wastes from its cells and tissues.

—(R E M E M B E R)—

Don't wait until you are in extreme pain or suffering from rashes, sores, or internal pain to restore the functioning ability of your liver, stomach, and colon through cleansing and detoxification. Experience the vitality, energy, and glow of life; extend the length of your life; keep a youthful look and slow the aging process by cleansing your colon. Create a life of health!

ANTHONY ROBBINS LIFE MASTERY

(*notes*)

3. Revitalize & Regenerate

Provide the body with its vital needs

Modifying your lifestyle is the key to building a strong and resistant body. Try to cut back on acid-forming foods while incorporating more greens into your diet. Continued use of the Inner Balance *Life Balance* products, wheatgrass, and Udo's Oil will help to keep your body cleansed and revitalized. Regular exercise and a consistent practice of relaxation techniques will help to deter the build up of toxins caused by stress.

The following pages give examples and information about how to create a nutrient-rich environment to give your body what it needs. Primarily, you must follow the principles of Living Health (i.e., oxygen, high water-content food, live/enzyme rich food, structural support, empowering thoughts/mindset). This section is designed to give you additional choices to expand your repertoire for achieving this, including:

The 7 Powers to Revitalize and Regenerate:

- (1) The Power of Water
- (2) The Power of Alkalinity in the Body
- (3) The Power of Live and Green Foods
- (4) The Power of Effective Supplementation
- (5) The Power of Lymphasizing
- (6) The Power of Essential Fatty Acids
- (7) The 14 Basic Components of Health

1. Water is Life

Water makes up more than half the weight of the human body. Without water, humans would die in a few days. All the cell and organ functions depend on water for functioning. It serves as a lubricant and forms the base for saliva and the fluids that surround the joints. Water regulates the body temperature, as the cooling and heating is distributed through perspiration.

How Do You Get Dehydrated?

Through activities of daily living, the average day's loss of fluid is 4 liters, which is generally replaced by the fluid we drink and the food we eat. But exercise, sweating, diarrhea, temperature, or altitude can significantly increase the amount of fluid required. The most common cause of increased fluid loss is exercise and sweating. The effects of even mild dehydrating are decreased coordination, fatigue, and impairment of judgment. The sources of fluid loss are respiration, perspiration, urination, and defecation. The rate of loss from each of these vary according to activity levels, air temperature, humidity, and altitude.

RESPIRATION: With normal daily activities we lose approximately 1-2 liters of water through breathing.

PERSPIRATION: The evaporation of sweat from skin accounts for 90% of our cooling ability. With normal daily activities we lose about 1-2 liters of water per day. During heavy exertion, we can lose 1-3 liters per hour.

URINATION: 1 to 2 liters of water are lost daily via urination. The amount of urine produced will increase with over-hydration and decrease with dehydration.

DEFECATION: The average daily loss of fluid through defecation is only about 0.1 liter. However, this can increase dramatically with diarrhea (as much as 25 liters during a 24 hour period).

How Do You Know If You're Dehydrated?

The body has several indicators to signal dehydration:

- A dry mouth is the *last* outward sign of dehydration.
- If you are thirsty it means your cells are *already* dehydrated.
- A *severely dehydrated* body produces orange or dark color urine.
- A *somewhat dehydrated* body produces yellow urine.
- A *carefully hydrated* body produces colorless urine.
- Some side effects of dehydration include stress, headaches, back pain, allergies, weight gain, asthma, high blood pressure, and Alzheimer's Disease.

How Much Water Do You Need To Drink?

- *Each day you should drink half of your body weight in ounces.* In other words, if you weigh 200 pounds, you should be drinking 100 ounces of water a day.
- Ideally, you should *never go more than 15 or 20 minutes* without sipping water.
- You should *start drinking water in the morning*, before you even get out of bed. This is when you are most toxic and dehydrated.

—(CONVERSIONS)—

* *If you weigh 200 pounds, you should drink:*

100 ounces, 6.25 pints, 3.13 quarts, 2.96 liters, 2960 mL

1 ounce = .0625 pints, .0313 quarts, .0296 liters, .00296 mL

Did You Know?

95% of Americans regularly consume soft drinks.

Last year the average American consumed 581 cans of soda.

In order to neutralize 1 glass of soda, it would take 32 glasses of water.

Soft drinks, especially cola, are highly acidic and cause dehydration.

What does this mean?

Soft drinks are slow killers.



All Water is Not Created Equal

TAP WATER

The quality of your tissues, their performance, and their resistance to injury is absolutely dependent on the quality and quantity of the water you drink. And you have to drink it constantly. Light exercise uses half a gallon of water a day in breath, sweat, and urine. Therefore, you must continually rehydrate.

Unfortunately, clean water is a scarce commodity. Most faucet water in America is badly polluted. Environmental Protection Agency figures show that about 85% of faucet water in America is now contaminated and a test of the water supply of 954 cities by Office of Technology Assessment shows that 30% of them are "seriously contaminated." Water authorities do what they can, but it's far too expensive to make our tap water healthy enough to drink. So the water is treated only to minimum standards, by sedimentation, filtration, chemical conditioning, and disinfection with chlorine. While the tap water will not kill you, or even make you obviously sick, there is no way your body can function properly on poisons.*

What about bottled mineral water, is that good for you?

Most bottled water is simply tap water put through minimal conditioning filters to make it taste better. Contrary to popular belief, the Food and Drug Administration does not carefully regulate this industry. Therefore, even bottled water is unsafe unless it is the right kind of water.

Is all water the same?

No. The only way to have pure water is to eliminate all contaminants including cryptosporidium, a water-borne parasite. Most filtering systems do not handle this and most bottled water has no such claim. When most people think liquid water they think of H₂O as water, but that's a molecule of water, it's not liquid water. H₂O is 2 atoms of hydrogen and 1 atom of oxygen. But if the hydrogen atoms were by themselves, they would vibrate so fast, they would vaporize.

So, the only way you can have pure liquid water is to have a pentamer—5 H₂O molecules—the smallest structure of water. Penta-hydrate water, developed by engineer Bill Holloway, is a pure water that has gone through reverse osmosis, is heated to temperatures close to the surface of the sun at a hundred million PSI, and filtered for cryptosporidium into its absolute purest state with a 7.0 pH. Most importantly, Holloway developed a patented system for tearing the water back down to its smallest liquid size of 5 H₂O, or pentamer.

Having water that's clean is one thing. Having it actually be absorbed by the cells is another. Free of any contaminant's, Penta-hydrate reduces large molecular clusters of water into single pentamer clusters, which increases the water absorption rate of cells. This provides more oxygen and nutrients to the cell, while simultaneously cleansing the cells of waste products faster, providing for you a healthier, more energetic cell, and more energy for life.

*From Michael Colgan's Optimum Sports Nutrition

Facts to Consider:

- Your brain is 76% water.
- Your lungs are 90% water.
- Blood is made up of 84% water.
- Blood plasma is 98% water.
- Approximately 90% of the world's population is dehydrated.

CONTACT INFORMATION

For More Information or to order Penta-hydrate, please refer to:
Bill Holloway's website www.hydrateforlife.com or call 800/531-5088

For More Information about Water, please refer to:
Dr. F. Batmanghelidj, M.D., Your Body's Many Cries For Water, or www.watercure.com

ANTHONY ROBBINS LIFE MASTERY

.....(*notes*).....

2. Alkalinity: Maintaining Balanced Body Chemistry

Balanced body chemistry and maintaining a proper ratio between acid and alkaline foods in your diet are of vital importance to maintaining health. *In fact, too much acidity in the body's tissues is the cause of pleomorphic activity (plea = more, morphic = change, the mutation of cells), which leads to disease.* One of the highest priorities of your body is to make sure that the blood alkalinity remains at a level supporting cellular life. To do that, *your blood needs to be maintained at an ideal pH of 7.365.* When the body becomes more acidic, the body needs alkaline salts (sodium, potassium, magnesium, calcium). *This is so important that the body maintains alkali reserves of these to have available at all times.* But, if you have a diet that is extremely acidic (or a stressful lifestyle) you may be depleting those reserves to the point where you have none for the body and its tissues.

All foods are "burned" (digested) in the body, leaving an ash as the result. This food ash can be neutral, acid, or alkaline, depending largely on the mineral composition of the food. Acid ash (acidosis) results when there is a depletion of the alkali reserves in your blood and tissue, which a healthy body keeps in order to meet emergency demands if too many acid-producing foods are consumed.

In a normal, healthy diet, a ratio of four parts alkaline to one part acid is needed in order to maintain your blood at an ideal pH of 7.365. When your diet and lifestyle maintain this kind of balance, microorganisms such as pleomorphic virus, bacteria, yeast, and fungus will de-evolve back to their original, healthful state. *However, when your body becomes extremely acidic because alkaline reserves have been depleted (or when your diet becomes extremely acidic), your health can be seriously compromised and cells begin to mutate. Your body can function normally and sustain health only in the presence of adequate alkaline reserves and the proper acid-alkaline ratio in all of the body's tissues and blood.*



—(REMEMBER)—

The following are some common examples of acid-& alkali-forming foods:

Alkali-Forming—almonds, carrots, dates, avocados, lemons, limes, coconuts, celery, cucumbers, cauliflower, brussel sprouts, asparagus, green beans, broccoli, green/red/yellow peppers, onions, garlic, radishes, green leafy vegetables, Wheatgrass, cabbage, walnuts, soy beans, tofu, lima beans, spinach, turnip tops, and beet tops.

Acid-Forming—pork, veal, fish, beef, chicken, turkey, eggs, shrimp, lobster, oysters, hot dogs, whole wheat and rye breads, refined sugar, cheese, milk, sour cream, yogurt, butter, margarine, mushrooms, coffee, tea, wine, and beer.

ANTHONY ROBBINS LIFE MASTERY

..... (*n o t e s*)

3. *The Power of Live & Green Foods:*

The Energetic Power of Live Foods

What lowers my body's capacity to deal with the natural processes of digestion, assimilation, and elimination?

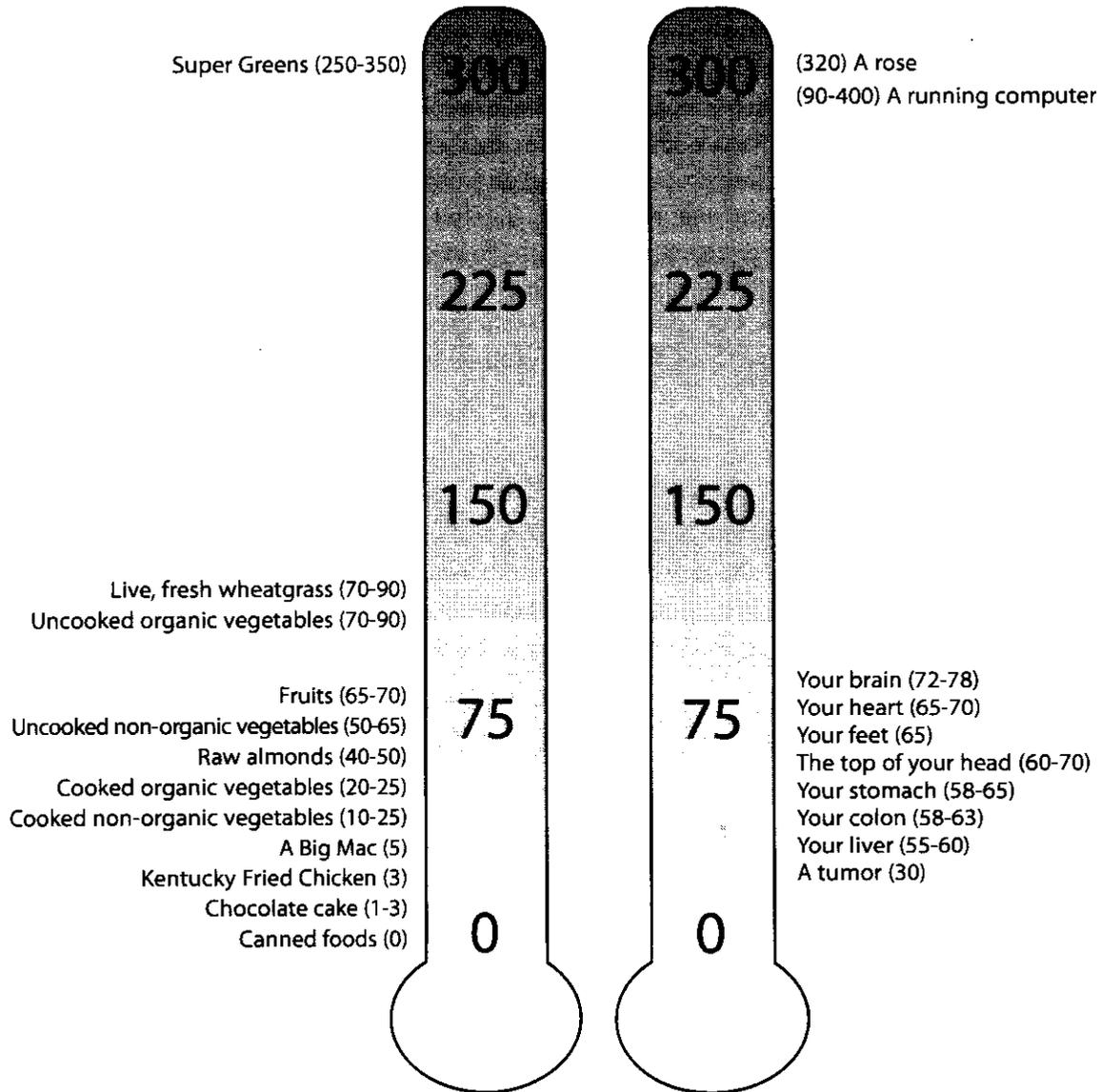
Taking in foods that take away more energy than they provide.

Your body operates on a subtle electromagnetic current. Nerve signals are in fact electrical charges—your brain, heart, and all organs emit a field of electrical current. Your cells communicate with each other with pulses of electricity. When we eat food, our body breaks down the food particles into their smallest size, called "colloids." A colloid is the smallest possible form of a nutrient particle (the usual size ranges from .01 to .00001 of a micron in diameter). These nutrient particles are then carried to our cells via an electrical charge. If we eat something lifeless (like processed foods), or with a low energy frequency, we are not providing the body with the electrical energy it needs. Thus, we are requiring the body to expend electric nerve energy to run the digestive system to break this food down. This means the food is actually taking more energy than it is giving. (The energy in food is measured in megahertz MHz), a fancy name for the frequency of the electrical charge around the food. This charge ranges from 0 to 250+. The foods we eat must be living, energetically-alive foods that carry nutrients to our cells—or we become sick and tired.

<u>Item</u>	<u>MHz</u>	<u>Item</u>	<u>MHz</u>
Canned foods	0	A tumor	30
Chocolate cake	1 - 3	Your liver	55 - 60
Kentucky Fried Chicken	3	Your colon	58 - 63
A Big Mac	5	Your stomach	58 - 65
Vitamin/mineral supp.	10 - 30	The top of your head	60 - 70
Raw almonds	40 - 50	Your feet	65
Fruits	63 - 73	Your heart	65 - 70
Green vegetables	70 - 90	Your brain	72 - 78
Live, fresh Wheatgrass	70 - 90	A running computer	90 - 400
A rose	320		
Super Greens	250 - 350		

70 is the Magic Number

The foods you include in your diet should have a frequency of at least 70 MHz. When you eat something that carries less than 70 MHz, your food actually takes more than it gives to your body. In fact, when you don't eat foods that carry 70 MHz or above, your body will immediately trigger you to crave more energy, and you will likely fulfill this craving with "artificial" energy, i.e., high calorie foods, caffeine, sugar, etc.



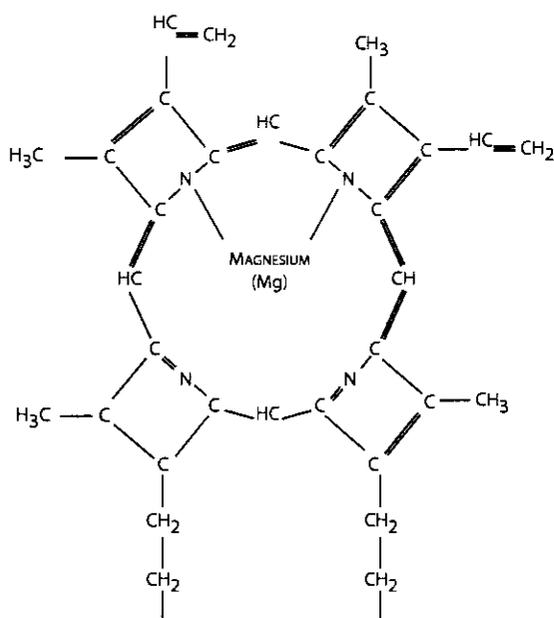
The Power of Wheatgrass

(DEFINITION)

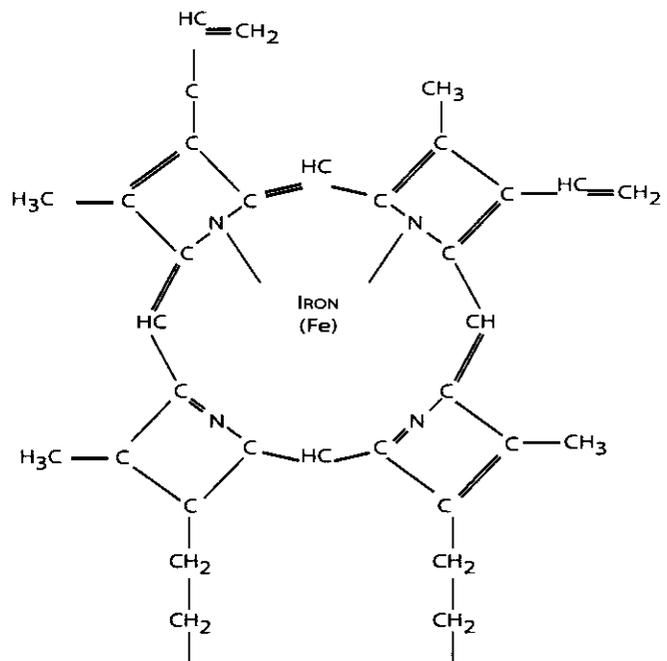
Wheatgrass juice is a green juice pressed from young wheat plants that is one of the richest sources of chlorophyll, natural vitamins, minerals, enzymes and life energy available.

Properties of Wheatgrass

The most important property of wheatgrass is that it is made of about 70% chlorophyll. The chlorophyll molecule is almost identical to a human red blood cell (also known as hemoglobin) with only one significant difference: hemoglobin has iron as its central nucleus whereas chlorophyll has magnesium as its nucleus.



Chlorophyll Molecule



Hemoglobin Molecule

What is Chlorophyll?

Chlorophyll is an element found in any green plant life. When sunlight hits a plant leaf, the plant converts this solar energy into chlorophyll. Chlorophyll is known to aid the body in the following ways:

1. It allows the body to convert chlorophyll directly to hemoglobin, **helping to purify and cleanse the blood.**
2. It **helps stop the growth of unhealthy bacteria.**
3. It **helps to improve the function of many organs and systems in the body including the heart, lungs, liver, uterus, the vascular system, the digestive system, and even aids in deodorizing the body.**
4. It is a **powerful protector and healer** in the body.

What else makes wheatgrass so valuable?

In addition to chlorophyll, wheatgrass provides the following nutrients to the body:

- 1. Vitamins:** Wheatgrass contains a high amount of:
 - Vitamin A (aids in bone growth, eyesight and reproduction)
 - Vitamin B (aids brain and body development, the adrenal glands and the nervous and digestive systems)
 - Vitamin C (aids the development of healthy skin, teeth, gums, eyes, muscles, and joints)
 - Vitamin E (helps the heart and reproductive systems in a form that is much more easily absorbed by the body than synthetic vitamins)
- 2. Minerals:** Of the more than 102 minerals available in the soil, 92 of them are absorbed by wheatgrass, including:
 - Calcium (builds strong bones and teeth, regulates the heart, and helps balance blood pH)
 - Iron (aids red blood cell formation and the transport of oxygen to the cells)
 - Sodium (helps digestion, elimination and the regulation of body fluids)
 - Potassium (balances the body, tones muscles, firms skin)
 - Magnesium (helps muscle function and elimination)
- 3. Amino Acids:** Wheatgrass contains 17 amino acids, including all 8 of the essential amino acids (which comprise proteins in the body). These are the 8 amino acids that the body cannot manufacture by itself—it must synthesize these from the foods we eat.
- 4. Enzymes:** Wheatgrass contains a lot of enzymes and also stimulates the body to produce its own natural enzymes.
- 5. Wheatgrass stimulates peristalsis and supports thyroid functioning.**

**1 OUNCE OF
WHEATGRASS
IS THE EQUIVALENT
OF 2 POUNDS
OF VEGETABLES.**

How to drink wheatgrass:

- 1.** Begin by drinking one to two ounces of wheatgrass per day. Over time, you should increase the number of ounces you are drinking per day up to four ounces. The key is to drink it in small amounts over the course of a day (i.e., drink one ounce in the morning, one ounce mid-day, and one ounce in the evening).
- 2.** You should also drink it on an empty stomach: at least an hour before eating or two hours after eating any food.
- 3.** Wheatgrass juice should be freshly pressed and if you want, you can add a small amount of water to it at first as it is very strong when you first start to drink it.
- 4.** Most often, people drink wheatgrass by itself, however, you can mix it with other vegetable juices such as celery, parsley and carrot, etc.

Where to find it:

Any major health food store or juice bar will have fresh wheatgrass juice. Or, you can purchase a juicer and juice it yourself. You can even grow your own wheatgrass (if you decide to do this, visit a health food store for a booklet on how to do this properly).

All About Wheatgrass

How does Wheatgrass help our system:

Wheatgrass is almost like a blood transfusion. It is a wonderful cleanser and rejuvenator, which means it helps your body to throw out toxins that have built up over the years and helps it replace old dead cells with new cells. These are the two essential factors that cause disease in our bodies and which Wheatgrass sets right.

In chronic ailments, including cancer, there may be an attempt by the body to throw out accumulated toxins, which could result in diarrhea or vomiting. Both these conditions are to be WELCOMED. If this does happen, cut down on the quantity of Wheatgrass juice being consumed to half and use it diluted. Gradually begin to increase the quantity as the body begins to handle the removal of toxins in a more gentle way.

Wheatgrass seva can become an important part of all our lives. Let us grow Wheatgrass in abundance and make it available to chronically sick patients, especially those suffering from cancer, AIDS, asthma, and kidney failure.

Wheatgrass Nutrient Content:

NUTRIENT	Amount	RDI
Calories	13	
Calories from fat	0	
Cholesterol	0	
Carbohydrates	1.6 g	
Protein	860 mg	
Dietary Fiber	1 g	4% RDI
Chlorophyll	18.5 mg	
VITAMINS	Amount	RDI
Biotin	4 mcg	
Choline	5 mg	
Lutein	1 mg	
Lycopene	29 mcg	
Vitamin A (Betacarotene)	1668 IU	30% RDI
Vitamin B1 (Thiamine)	11 mcg	*
Vitamin B2 (Riboflavin)	260 mcg	17% RDI
Vitamin B3 (Niacin)	252 mcg	*
Vitamin B5 (Pantothenic Acid)	36 mcg	
Vitamin B6 (Pyridoxine)	39 mcg	*
Vitamin B8 (Folic Acid)	21 mcg	10% RDI
Vitamin B12 (Cobalamin)	.05 mcg	*
Vitamin C	7.5 mcg	13% RDI
Vitamin E	320 mcg	
Vitamin K	35 mcg	20% RDI
Zeaxanthin	279 mcg	
MINERALS	Amount	RDI
Calcium	15 mg	
Cobalt	1.7 mcg	
Copper	17 mcg	
Iodine	8 mcg	
Iron	870 mcg	4% RDI
Magnesium	3.9 mg	*
Manganese	240 mcg	7% RDI
Phosphorus	14 mg	*
Potassium	137 mg	
Selenium	3.5 mcg	6% RDI
Sodium	1 mg	*
Sulfur	10.5 mg	
Zinc	62 mcg	
AMINO ACID PROFILE	Amount	RDI
Alanine	69 mg	
Arginine	66 mg	
Aspartic Acid	50 mg	
Cystine	11 mg	
Glutamic Acid	76 mg	
Glycine	49 mg	
Histidine	18 mg	
Isoleucine	35 mg	
Leucine	72 mg	
Lysine	38 mg	
Methionine	18 mg	
Phenylalanine	36 mg	
Proline	46 mg	
Serine	31 mg	
Threonine	42 mg	
Tryptophan	6 mg	
Tyrosine	33 mg	
Valine	48 mg	

NUTRITIONAL ANALYSIS OF Wheatgrass

NOTE: THIS IS NOT A COMPLETE NUTRITIONAL ANALYSIS. There are often thousands of nutrients in a given whole food like Wheatgrass. Like other green leaf vegetables, Wheatgrass certainly contains other carotenoids, plant pigments, vitamins, minerals not tested, and likely other nutrients yet to be discovered.

Where no RDI amount is listed, it is because we do not know of an RDI for that nutrient. Where there is an asterisk (), the RDI of that nutrient is less than 1%. Amounts are based on a single 3.5 gram serving (1 teaspoon).*

What if I am allergic to wheatgrass?

People who are allergic to wheat and wheat products are usually reacting to gluten, a sticky protein found in the grains of wheat, barley, and rye. Wheatgrass contains no gluten. In fact, the nutrient composition of Wheatgrass is quite different from that of any grain

Wheatgrass is simply the young wheat plant. At this stage of its growth, the green leafy plant has the look, taste, and nutrient profile of other leafy green vegetables (spinach, kale, chard, etc.). As the plant approaches the jointing stage (in the early spring for winter wheat), these nutrients reach their peak levels. Harvests the grass at this special, once-a-year time and carefully dries and bottles it to provide these important nutrients to everyone.

Eliminating Toxins with Fiber

Allergies are immune reactions to things which most of us can tolerate. It is important that people with allergies take measure to eliminate toxic irritants from their internal and external environments. This means they must take care to insure the highest possible level of intestinal regularity (to eliminate digestive wastes), and immune health (to eliminate foreign and diseased elements from the blood and tissues).

Wheatgrass contains a large quantity of vegetable fiber (twice the fiber of bran), and is used by many to normalize colon health.

Antioxidants and More!

Wheatgrass is one of the best food sources of beta-carotene, which is converted by the body to Vitamin A. Though synthetic Vitamin A has some questions swirling around it, natural beta-carotene is non-toxic. As an antioxidant, it is thought to protect the body against some types of cancer and is beneficial to the immune system. Wheatgrass is also a source of iron, folic acid, and Vitamin B-12, all necessary for healthy red blood cells and immunity. It also contains over 20% vegetable protein, as well as Vitamin C and a variety of trace minerals - all of which are vital to immune health.

In summary, almost everyone who is allergic to wheat can safely take Wheatgrass. In fact, those with allergy problems may find it helpful and convenient to take Wheatgrass to increase the level of green vegetable nutrients and fiber in their diets.

Wheatgrass Nutrient Content:

TYPICAL ANALYSIS OF DEHYDRATED UNJOINTED GRASS AND ALFALFA

	Unjointed Cereal Grass	Alfalfa
Solids	95%	95.0%
Protein	20%	17.5%
Ether extractives	8%	6.0%
Mineral (ash)	12%	12.0%
Fiber	17%	25%
Vitamin A (carotene) IU/lb.	300,000	150,000
Vitamin K mg/lb.	70	35
Vitamin E mg/lb.	150	110
Riboflavin	11	7
Niacin mg/lb.	35	18
Pantothenic acid mg/lb.	11	16
Folic acid mg/lb.	5	4
Folinc acid mg/lb.	(2)*	?***
Thiamine mg/lb.	5	3
Pyridoxine mg/lb.	6	6
Ascorbic acid mg/lb.	1600	700
Chlorine mg/lb.	470	500
Inositol mg/lb.	300	950
Betaine mg/lb.	?***	2000
Vitamin B-12 mcg./lb.	20	20
Biotin mcg/lb.	500	150
Thioctic acid mcg./lb	1100	275**

* This figure does not represent dehydrated product but is a calculated figure based on an analysis on juice. Conventional dehydration destroys most of this factor.

** Leaf Meal

*** No data available

In terms of animal or human requirements or compared with other natural sources, green leaf products are very rich in vitamin A activity (carotene), ascorbic acid, vitamin K, vitamin E and thioctic acid. They are also good sources of riboflavin, folic acid and folinic acid even though the latter appears to be largely lost during dehydration.

The Unidentified Vitamins of Grass & Alfalfa

In the development of nutritional knowledge, a new vitamin is usually discovered by observing the development of symptoms in animals fed a diet which is complete in available amino acids, minerals, carbohydrates and known vitamins. If the symptoms can be prevented or cured by adding some particular food or concentrate to the diet, it is tentatively concluded that the corrective food contains a new nutritional factor or unidentified vitamin.

This is an oversimplification of the process since a great deal of painstaking and tedious laboratory work must be done to unequivocally rule out the effects of known minerals and vitamin, energy effects, and protein digestibility, as well as interactions of these factors

The initial work is usually carried out on some laboratory animal such as the rat, guinea pig, chick or hamster. In recent years bacteria and protozoa have been used effectively. After the existence of a new factor is established, the difficult task of isolation is undertaken. Once having isolated a pure biologically active compound from the natural source, chemical studies are undertaken to establish the chemical structure. When this is known, chemical synthesis is attempted.

Along with chemical work which follows the initial discovery, biological studies are usually carried on to determine the mode of physiological action and the requirements of various species for the (unidentified growth factor). Once the pure compound has been isolated and a reasonable number of its physical and biological properties are known, the new factor, or vitamin, is no longer referred to as "unidentified." Even though its complete chemical structure may not be known. In most cases it has been found that the unidentified vitamin is a group of related chemical compounds all of which have similar biological activity.

RAPID PROGRESS

The rate of progress in this difficult but tremendously important field of research has been relatively fast. In the last few years folic acid (also known as eluate factor, L. caseii factor, vitamin M), which has been known by its biological effects for over 20 years, has been isolated characterized and synthesized. In related vitamin, folinic acid (citrovorum factor, tetrahydro formyl folic acid) has also reached the synthesis stage, as has thioctic acid (Protogen, acetate factor, alfalfa lipoic acid, pyruvate oxidation factor). Also, vitamin B-12 has been isolated in pure form and is commercially available even though its chemical structure is not yet known.

Typical analyses of dehydration grass and alfalfa for identified nutrients are shown on the previous page.

The Unidentified Vitamins of Grass & Alfalfa

1. Unidentified Growth Factors in Grass

The "grass juice factor" for rats, guinea pigs and rabbits is a water-soluble growth factor which is different from all identified vitamins. A number of the chemical properties have been determined. The symptoms of deficiency in rats and guinea pigs are principally poor growth, reduced activity and dull hair coat. The grass juice factor is found in the milk of pasture-fed cattle, while "winter milk" is a poor source, especially if poor quality hay and silage are fed. Acid-preserved silage is a better source than is fermented silage. Whole vacuum-dried liver is a good source of the factor although some commercially available liver extracts and by-products are not. Most samples of yeast are relatively poor sources of the factor as are grains and grain by-products, meat and eggs. Peas and other green vegetables are good sources.

A water-soluble growth factor in grass has been found to be required for optimum growth of chicks, turkeys and geese. This factor is similar to the guinea pig "grass juice factor" in many of its properties and has been found to be destroyed to variable degree by dehydration. Some samples of sun-dried hay have been shown to contain a high degree of potency. The most consistently potent products have been obtained by suitable juicing procedures.

It is of practical significance that the grass factor for poultry usually gives a response on practical type rations. Antibiotics have been found to partially replace the growth factor but addition of potent juice preparations gives a further response in most experimental groups. Purified diets have been devised which allow improved responses to potent leaf preparations.

Several workers have shown that dehydrated alfalfa contains growth factor for pigs.

Some evidence that an unidentified factor in grass is required for optimum human nutrition has been presented by von Wendt. He found that when milk from grass-fed cows is fed to nursing mothers, the children developed more rapidly than when milk from cows on dry rations was fed. The grass factor was preserved in acid silage but was lost from hay during storage.

Growth factors in grass have been reported for insects including corn borers and *Tenebrio molitor* (vitamin B-T-now known to be carnitine). Planarian worms require a growth factor found in grass. A microbiological growth factor in grass has been reported for *Leuconostoc mesenteroides*. Studies in the author's laboratory have shown that *T. geleii*, *L. helveticus* and *L. leichmaneei* require unidentified growth factors found in grass and alfalfa.

The Unidentified Vitamins of Grass & Alfalfa

2. Unidentified Factors Related to Reproduction

Studies with poultry have shown that grass and alfalfa contains unidentified factors which improve egg production and/or hatchability of eggs. Practical type rations were used in these studies. Cereal grains, meat, fish meat and whey are not good sources of the factor. Dried pork liver and grass were good sources.

Hogan and his coworkers found that green forage contains unidentified nutrients essential to normal reproduction of swine. Part of the activity originally observed was found to be due to vitamin K. A water soluble factor was also involved, however. Similar results have been reported by Vestal, et al. The pigs from gilts receiving the basal ration were unthrifty and showed high mortality before weaning. The factor from grass was passed through milk to the pigs and although the milk to the pigs and allowed normal livability and development during the suckling period.

Somewhat similar effects have been observed in rabbits and sheep.

The feeding of immature grasses to dairy cattle has been shown to produce increases in milk production.

A considerable amount of research has been done on an unidentified water soluble factor in cereal grass juice which is effective in producing ovulation of rabbits sensitized with estrogen. The factor apparently exerts its effect by causing release of gonadotropic hormone of the pituitary. While the factor is concentrated by the Katzman-Doisy benzoic acid method designed for extraction of gonadotropic material from pregnancy urine. Its stability and other properties are different from the animal hormone. A great deal of variability was observed in different lots of material which could not be correlated with any environmental factors or stage of growth of the plants.

An unidentified factor in grass has been reported which produces early vagina opening and stimulates early ovarian activity in immature rats. This material is orally "alive". It is water soluble and was concentrated by alcohol precipitation of grass juice. It was referred to as the "sex maturity factor".

Recent work on sheep, mice, and guinea pigs has shown that some fresh leaf materials contain estrogenic materials. Several pure biologically active flavone derivatives have been isolated from fresh "subterranean clover" but it is not yet known whether these compounds occur in other forage crops. There is some indication that the active principle(s) is unstable to drying

The Unidentified Vitamins of Grass & Alfalfa

3. Miscellaneous Unidentified Factors in Grass or Alfalfa.

A factor has been reported which is effective in preventing the development of histamine induced ulcers of the stomach and duodenum of guinea pigs. The factor, called vitamin U or the antipeptic-ulcer dietary factor, is found in a variety of green vegetables. Clinical studies with patients appear promising.

During the course of a search for an antimetabolite for ascorbic acid, it was found that feeding glucoascorbic acid to mice produced a scurvy-like condition. Strangely, though, the toxicity of the glucoascorbic acid was not reversed or prevented by ascorbic acid. When the dehydrated grass (Cerophyl) was fed, however, the development of symptoms was prevented.

Another induced deficiency of unidentified growth factor has been produced by feeding thyroactive materials to rats. It has been shown recently that alfalfa leaf meal is an excellent source of this antithyrotoxic factor.

Wheatgrass

"Be Your own Doctor" by Ann Wigmore is a comprehensive book on the health-giving properties and value of Wheatgrass and we recommend it to all those who are interested in "healing themselves". See Recommended Reading".

Wheatgrass and/or its juice is a specific food which can assist in fighting a whole range of chronic ailments- from simple anaemia to leukemia; from a simple skin rash to skin cancer, from worms to ulcers. It can be chewed slowly or drunk as a juice.

HOW TO GROW WHEAT-GRASS

1. Soak adequate quantity of unpolished wheat-grain overnight in water in any container (after cleaning and washing it thoroughly).
2. Keep a few pots (preferably 7-9 pots- one to be of the week) ready with ordinary soil. Do not add any chemicals or fertilizers. Cow-dung or goat-dung may be added as manure if needed.
3. Spread the soaked wheat on the surface of the soil so that the grains are touching one another.
4. Sprinkle a thin layer of soil on the wheat grains.
5. Cover the pot with news paper to provide darkness which helps the sprouting and also to prevent the birds from eating the wheat.
6. Keep the pot in a balcony or a windowsill or a covered verandah.
7. Next day uncover the pot and spray on some water and again cover it with the newspaper.
8. Repeat step 7 everyday until you see green leaves sprouting through the soil. Stop covering the pot as soon as the green leaves appear.
9. Everyday water the pot lightly but adequately depending upon the season and also depending upon the pots used- whether they have holes or not. Beautiful green blades of grass keep growing in height everyday.
10. As soon as the grass is about 8 inches tall (which usually happens around the 7th to the 9th day from the date of sowing) harvest the grass by cutting with a clean pair of scissors about 1/2" above the surface of the soil.
11. The harvested Wheatgrass is now ready to be chewed or juiced or stored.
12. After the harvest from the pot, remove all the soil in the pot onto a newspaper- breakup all the roots and mix the with the soil. Add a bit of cowdung to this to rejuvenate the soil.
13. The soil is now ready for reuse for a fresh sowing of wheat.

Wheatgrass

Choice of Pots

Clay pots with or without holes can be used. However we find plastic basins of about 8 inches diameter and about 3 inches deep ideal. These can be filled up to 2^{1/2} inches with soil. Also trays made from wood or plastic or steel may be used.

How much wheat to sow everyday?

For a family of 4 healthy persons, about 100 grams can be sown every day in a new pot or basin so that a continuous supply is available (7 to 9 pots would ensure a fresh harvest every day of the week).

For a person who is sick, the amount of wheat required to be sown every day is about 50 to 100 grams. Again 7 to 9 pots growing at any given time would ensure one pot maturing for cutting everyday (since it takes about 7 to 9 days to get the harvest).

How to store Wheatgrass

The Wheatgrass can be stored in the refrigerator in a plastic container or a good quality cellophane bag for about 3 days. But the juice must be drunk as soon as juiced or within 1/2 hour of juicing.

How to juice Wheatgrass

Please do not use electric blenders for juicing as the rapid blade movement causes oxidation of the chlorophyll and renders it useless.

A manual mince maker may be used or you can use any stone crushing method available in the home for making chutneys.

Add a little water while grinding or pounding- strain the juice through a clean cloth into a cup or a glass. Grind again adding water- repeat this process until the remaining grass is almost white. Do not throw the leftover grass. Put it in your plants as manure.

Wheatgrass

How to use Wheatgrass

1. For a healthy person- a good mouthful (fairly well stuffed) and more if you wish, should be taken early morning and chewed until the remaining cud in the mouth is almost white. This can be eaten or thrown out. (Constipated people are advised to eat the cud as it provides roughage for a better bowel movement).

If being taken in juice form, a healthy person can take 1/2 to 1/3 of a glass everyday. But remember that the juice must be drunk immediately on juicing.

2. For a sick person- 1/2 glass of Wheatgrass juice is required to start with. If possible this should be spread over 2 to 3 times during the day- the important thing of course being to drink the juice soon after juicing.

The quantity should be gradually increased to about 8 ounces a day (approximately one glass full).

3. Wheat can be crushed thoroughly and applied externally on Cancers and Ulcers as a poultice.
4. Wheatgrass juice can be used as a rectal implant for cleansing and rejuvenating. Use an enema syringe to implant the juice in the rectum. Try and retain it for 20 minutes.
5. Wheatgrass juice is also effective as an eye-bath (using an eye-cup).

The Jointing Stage: When nutrients Reach Their Peak

Laboratory analyses clearly indicate that the nutrients found in young green cereal plants vary with the stage of growth, rather than with the age or height of the plant. Chlorophyll, protein, and most of the vitamins found in cereal grasses reach their peak concentrations in the period just prior to the jointing stage of the green plant. Although this period lasts for only a few days, cereal grasses which are consumed as food supplements should be harvested precisely during this stage of the wheat or barley plant's development.

The jointing stage is that point at which the internodal tissue in the grass leaf begins to elongate, forming a stem. This stage represents the peak of the cereal plant's vegetative development; factors involved in photosynthesis and plant metabolism would be expected to increase up to this stage.

After the jointing stage, the stem forms branches and continues to elongate. The chlorophyll, protein, and vitamin contents of the plant decline sharply as the level of cellulose increases. Cellulose, the indigestible plant fiber, provides structural stability for the growing stem.

Over a period of several months, the green leafy plants are transformed into golden stalks of grain. The mature cereal plant holds the seed grains which contain the nutrients necessary for germination and early growth of the young cereal plant. And so the seed-grass-grain cycle continues.

In most of the studies mentioned, this unidentified factors have been shown to be organic in nature. That is, the factors are destroyed by ashing the forage material. Work on digestion of cellulose by rumen micro-organisms has shown that the unidentified factor in alfalfa which stimulates cellulose digestion is inorganic in nature. Thus alfalfa ash contains some as yet unidentified mineral or combination of mineral elements which is responsible for the biological activity (74).

Summary:

It seems likely that some of the different effects reported will be found to be caused by the same metabolite. This is the history of folic acid which has been known during its "unidentified factor" days as Vitamin M (for monkeys), as eluate factor (for *Lactobacillus casei*), as folic acid (for *Streptococcus lactis*), as Factor U and vitamin B-c (for chicks), and as the Will's anemia factor (for human beings). From the properties already known, of some of the unidentified vitamins of leaves it seems likely that at least three or four different factors are actually involved.

Although it will probably be many years before the chemical nature and physiological importance of the unidentified grass factors are fully known, it is essential that adequate amounts be included in livestock and poultry rations. It is the objective of the producer of dehydrated grasses and legume's to develop methods of conserving as completely as possible the values of the fresh green leaf and to produce standardized, uniform products. This can be accomplished only by means of sustained program of applied research and development.

Green Foods: **The Essential Ingredients**

Green foods contain the essential ingredients needed for the creation and maintenance of healthy cells. Green and yellow vegetables contain the following life-giving elements:

- (1) **Chlorophyll: Go Green!**
First of all, green foods are some of the lowest-calorie, lowest-sugar, and most nutrient-rich foods on the planet. Secondly, the green color is produced by chlorophyll, the blood of the plants. Its molecular structure is very similar to the hemoglobin of human blood, in which the oxygen is transported. Chlorophyll reduces the binding of carcinogens to DNA in the liver and other organs. It also breaks down calcium oxalate stones, which are created by the body for the purpose of neutralizing and disposing of excess acid, for elimination.
- (2) **Vitamins and Minerals**
Research indicates that Wheatgrass contains more than 100 food elements—including every identified mineral and trace mineral—with more iron per volume than spinach. It also contains every vitamin in the B-complex family, has one of the highest pro-vitamin A contents of any food, and is rich in vitamins C, E, and K. Wheatgrass juice averages 25% protein, a higher percentage than meat, fish, eggs, dairy products, or beans. In addition, researchers claim that young, green Wheatgrass has 100 times the laetrile (an anti-fungal, antimycotoxic substance) of sprouts.
- (3) **Fiber**
 Where does fiber come from? Plants—vegetables and grasses are loaded with it. Studies have shown that fiber markedly decreases mycotoxicity. Fiber in your diet is essential. While fruit is also a good source of fiber, its high sugar content feeds yeast and fungus, so it should be avoided.
- (4) **Enzymes**
 The fourth benefit of vegetables and grasses is enzyme content. Dr. Edward Howell states, "length of life is universally proportional to the rate of exhaustion of the enzyme potential of an organism. Increased use of food enzymes promotes a decreased rate of exhaustion of the enzyme potential." The overall potential is a component of overall energy reserve in the body. The end of enzyme potential is the end of life. When excessive demand for digestive enzymes depletes the overall potential, the body is unable to produce an adequate quantity of metabolic enzymes to repair myco-toxic damage. Remember, enzymes are involved in nearly every chemical activity in the body, and they are not easy to make.
- (5) **Phytonutrients**
 One of the most important categories of plant elements is the phytonutrients. Existing in astounding number and variety, these substances are highly biologically active and extremely beneficial. One large group of these is known as bioflavonoids: water soluble companions of vitamin C. These substances, such as the allicin in garlic are highly anti-yeast and fungus—this is the key to their benefit!

ANTHONY ROBBINS LIFE MASTERY

..... (*notes*)



4. The Power of Effective Supplementation: What's Really in Your Supplements and Why You Need Them?

Now that you are starting your cleanse and you are getting all of these different supplements and juices and terms thrown at you, it is pretty easy to get confused and to wonder why you are taking all of this stuff and what it is actually doing for you. It's important to know exactly what and why you are putting things into your body. There are a lot of factors that go into creating a healthy body and a healthy lifestyle, and you need to participate in your health by eating right, exercising, supplementing your diet and learning about the many aspects of health.

Supplements are designed to support you in creating and maintaining a lifestyle of vibrant health, vital life, and abundant energy that may not be available through today's food choices alone. However, it is important that you be aware that while all of these supplements are safe and effective when taken in the correct dosages, it can be dangerous to overstep those dosages. More is not always better when it comes to supplementing your diet and common sense is the key. The same goes for your diet. Supplements alone aren't a sufficient source for all the nutrients that you will need to maintain a healthy lifestyle. You need to reach a balance between your diet, supplementation and lifestyle that offers sufficient nutrients, exercise and sustenance to help keep you healthy.

The following are some basics to help you to learn and understand your path toward a more vibrant and vital lifestyle. You will also find an appendix of useful information on specific supplements in the back of your manual.

DIETARY SUPPLEMENTS

The Dietary Supplement Health and Education Act defines dietary supplements as a: "product (other than tobacco) intended to supplement the diet that bears or contains one or more of the following dietary ingredients: A vitamin, mineral, amino acid, herb or other botanical or an amino acid..." While manufacturers are required to ensure that its products are safe and properly labeled, the FDA doesn't test such products for safety. Manufacturers do, however, have to provide the FDA with the information that reasonable expectations of safety for new ingredients are based on.

Because today's typical diet generally fails to provide sufficient amounts of nutrient intake, dietary supplements are a beneficial way to achieve both short and long-term health goals.

VITAMINS

Vitamins are a group of organic compounds that are required by the human body in small amounts in order to maintain a healthy balance. A lack of such compounds would result in overt symptoms of deficiency. Ideally, these vitamins would be available in the diet and food sources that occur naturally, however, with all of the processing and cooking that kills our foods today, there is a scarce amount of such vitamins available to us through our diet.

MINERALS

Minerals are elements originating from the earth and cannot be made. Most of the minerals in our diets come indirectly from animal sources or directly from plants. We may also get some of our minerals from the water that we drink, but this can vary from place to place. Plants obtain their minerals from the soil, however, because the mineral content of the soil in which we grow our foods today is greatly decreasing, we no longer have sufficient amount of minerals available to us. This can be problematic because minerals play a number of vital roles within the human body. Maintenance of the structural integrity of our bones and teeth, enzyme activity and a variety of other essential biological processes require minerals. So in order to acquire the necessary levels of minerals, supplementation has become necessary.

ANTHONY ROBBINS LIFE MASTERY

.....(*notes*).....

5. *The Power of Lymphasizing*

The lymph system is the detoxification system of the body by which fluid can flow from the interstitial spaces (the spaces around the cells) into the blood. The lymph is responsible for carrying away large particle matter (dead cells and other toxic materials) and blood proteins away from the tissue spaces, neither of which can be removed by absorption directly into the blood capillary. This return of proteins to the blood from interstitial spaces (by the lymphatic system) is an essential function. **If this were shut down we would die within 24 hours.**

The principal researcher and developer of the *Manual Lymphatic Drainage Technique*, known as the "Vodder Method" wrote an article in 1936 stating: "If the milleau (lymph) and cell activity stagnate, then cells will degenerate, age, and die. If the milleau is constantly renewed then life flourishes and cells divide."

—(DR. ALEXIS CARREL: NOBEL RECIPIENT 1912)

Dr. Alexis Carrel, the father of modern organ transplants, received the Nobel Peace Prize in 1912 for his research on the cultivation of living cells. Carrel's classic experiment proved that cells in a chicken's heart stayed alive if the lymph was continuously renewed.

Dr. Carrel was also able to keep embryonic cells alive for over 10 years, whereas the normal life expectancy is only 4-5 years. This was possible thanks to the lymphatic milleau which was changed every two days. In effect, Dr. Carrel's experiment demonstrated that changing the lymphatic milleau every two days doubled the life of the cells!

Lymph & Infection

"Up to ten times as much virus resides in the lymph system as in the blood," according to Dr. Fauci of the NIH Allergy and Infectious Disease Control Center. "This condition results in a breeding ground (especially for the HIV virus) and pathogenic material. The lymph system acts as a reservoir of infection churning out billions of HIV-infected immune system cells that eventually spill into the blood stream, where they travel to other parts of the body. Much later, after enduring years of viral proliferation, the immune system begins to falter and infectious disease marches in."

Lymphasizing:
The Benefits of Rebounding

- (1) The vertical use of acceleration, deceleration, and gravity provide the ideal conditions for cleansing cells.
- (2) Rebounding is a true cellular exercise. It builds physical cellular strength by challenging the structure of each cell. This strengthening of the cells helps to protect against degenerative disease.
- (3) It leads to improved posture, increased vascularity, better muscle tone, enhanced timing, sharper vision, greater coordination, better balance, more rhythm, and elevated energy levels.
- (4) By working against the constant gravitational pressure while bouncing, you resist the earth's pull. Gravity becomes a force for the good of your entire body.
- (5) Rebounding will let you improve the working of your heart muscle by improving the tone and quality of the muscle itself and by increasing the coordination of the fibers as they wring blood out of the heart during each beat.
- (6) It provides the stimulus for a free-flowing lymphatic drainage system, which helps rid your body of toxins, cancer cells, wastes, trapped protein, bacteria, viruses, and other waste the cells cast off.
- (7) When you are rebounding, you are flooding the cells with oxygen. This enables them to convert glucose into ATP and also into glycogen. Thus, rebounding can actually increase your ability to convert glucose into glycogen. Further, it may be possible to train your body (through consistent lymphasizing) to store this glycogen and have it released when you need it for a sudden burst of energy.

—(REMEMBER)—

The G-force (gravity) at the top of the bounce is eliminated and the body becomes weightless for a fraction of a second. At the bottom of the bounce, the G-force suddenly doubles over what is ordinary gravity on earth, and internal organs are put under pressure. Their cellular stimulation is increased accordingly so that waste materials within cells get squeezed out. The lymphatics carry the waste away to be disposed of through the urinary tract and other excretory mechanisms.

6. The Power of Essential Fatty Acids

Most fats can be classified into one of two categories: fats that heal or healthy fats, and fats that kill or dangerous fats. Essential fatty acids are healthy or healing fats, those which your body cannot make but every cell in the body requires to function and therefore must obtain from foods. These consist of two essential fatty acids, Omega 3s and Omega 6s.

12 Reasons Why Essential Fatty Acids are Important to Healthy Living

- (1) Essential fatty acids are necessary for many vital functions in all cells, tissues, and organs. They increase oxidation and metabolic rate. Energy levels go up with high stamina and decreased recovery time.
- (2) Skin Care: Besides creating smooth, velvety skin, it helps improve acne, psoriasis, and eczema.
- (3) Digestion: Essential fatty acids help to prevent leaky intestines that can lead to allergies, inflammation, and auto-immune problems.
- (4) In the cardiovascular system fatty acids are required to transport cholesterol, lower triglycerides, make platelets less sticky and lower blood pressure.
- (5) Fatty acids elevate mood, lift depression, and improve our stability to deal with stress. High stress levels promote high blood pressure, water retention, inflammation, and blood clot formation.
- (6) Fatty acids stabilize the heartbeat, preventing heartbeat abnormalities (arrhythmia) that can lead to cardiac arrest.
- (7) Overweight people and animals benefit from fatty acids because their kidneys expel excess water.
- (8) In the immune system, essential fatty acids protect DNA from damage. Although it is not a cure for cancer, there are benefits for people and animals with cancer, using essential fatty acids. Call it nutritional support for cardiovascular and immune systems.
- (9) Sufferers of osteoarthritis and rheumatoid arthritis report decreased inflammation.
- (10) Essential fatty acids are involved in transporting minerals through the body.
- (11) The brain does not function without essential fatty acids.
- (12) Recent studies indicate that an unborn child draws from its mother's body substantial amounts of the essential fats required to build its brain.

Essential Fatty Acids Deficiency Symptoms Include

- Skin eruptions (that look like eczema)
- Hair loss
- Malfunctioning liver
- Kidney malfunction
- Water loss with thirst (the skin becomes fragile)
- Glands dry up (one becomes susceptible to infections)
- Wounds don't heal well
- Males become sterile (unable to produce testosterone)
- Females miscarry
- Arthritis-like symptoms
- Heartbeat abnormalities
- Stunted growth in children
- Dry skin, brittle nails, dry eyes/vision problems
- Increase in cholesterol
- Platelets become more sticky
- Low-energy levels, weakness
- Tingling sensations in arms and legs
- Loss of coordination in motor skills
- Water retention (edema)
- Inflammation in tissues
- Lowered metabolic rate
- Malfunction of immune system

Killer Fats

Processed fats are fats that are destroyed through cooking (at temperatures above 118° F) such that they are unusable and toxic to the body. The dangers of bad fats (or processed fats) include poor circulation, high blood pressure, poor elimination, excess congestion, and toxicity in the body.

- Margarine
- Animal Fats such as:
 - butter
 - cheese
 - eggs
 - milk
 - vegetable oils (i.e., Wesson, Pam, etc.)
 - shortening
- Deep fried foods

Essential Life-Sustaining Fats

Unprocessed fats are any fats that occur in their natural state. They support lubrication of the entire system and the health of all the cells in your body.

- Udo's Oil (Omega 3 to Omega 6 in a ratio of 2:1)
- Flax seed oil
- Olive oil
- Avocado
- Fish oils*
- Nuts such as: Almonds, hazelnuts, pumpkin seeds, sunflower seeds

**Easily become rancid if not refrigerated*

Udo's Choice Oil Blend

Udo's Choice Ultimate Oil Blend is a special blend of carefully chosen, natural, unrefined oils. It contains oils from **fresh, certified organic flax, sesame, and sunflower seeds**, as well as **oils from wheat germ, rice germ, and oat germ**. The oil blend is also rich in **lecithin** (which provides the building materials for healthy cell membranes), **medium chain triglycerides** (MCTs easy to digest and assimilate and used as a source of energy), and **Vitamin E** to improve shelf-life and to act as a free radical scavenger in the body.

Natural, unrefined Udo's Choice contains an ideal balance of the essential fatty acids (EFAs) omega 3 (alpha-linolenic) and omega 6 (linoleic). These EFAs are essential to life itself as they cannot be created by the body and must be obtained through diet. Studies show that most contemporary western diets are lacking in omega 3. However, too much of either omega 3 or omega 6 will cause a deficiency of the other. Udo's Choice Oil Blend was created to provide a single oil that provides both EFAs in the right amounts: the 2:1 ratio of 3s to 6s.

Udos Choice Ultimate Oil Blend is available at most health food stores. Or, www.udoerasmus.com. See Speaker section of this book for specific ordering information in your country.

7. *The 14 Basic Components of Health*

-
- (1) **Fresh Air** Take 10 power breaths 3 times a day in the following ratio:
Oxygen is the catalyst to create ATP (Adenosine Triphosphate, the energy used by your cells). Without ATP your body would immediately shut down. Inhale for 1 count, hold for 4 counts, exhale for 2 counts.
-
- (2) **Water** Drink 1/2 your body weight in ounces daily—ideally structured water (i.e., pure liquid water) such as Penta-hydrate (if you weigh 200 lbs, drink 100 ounces, or approx 6 (16.9 fl. oz./ 500ml) bottles.
All the cell and organ functions depend on water for functioning. It serves as a lubricant and forms the base for saliva and the fluids that surround the joints. Water regulates the body temperature, as the cooling and heating is distributed through perspiration.
-
- (3) **Green Foods & Drinks** Green vegetables and their juices, and Wheatgrass—which contains a high amount of Vitamin A, B, C, calcium, iron, sodium, potassium, & magnesium.
Green foods contain the essential ingredients needed for the creation and maintenance of healthy cells. They contain life-giving elements such as: chlorophyll, vitamins & minerals, fiber, enzymes, and phytonutrients.
-
- (4) **Essential Fatty Acids** Olive oil, flax seed oil, avocado, sun-flower seeds, Udo's oil (a balance of Omega 3 to Omega 6 in a 2:1 ratio).
Essential fats and oils build cell membranes, aid in the production of hormones, raise metabolism & create energy, protect the body by buffering and neutralizing acids, and they provide lubrication so the cells are free to move.
-
- (5) **Alkalizing Foods** Green foods and drinks, uncooked organic vegetables, non-acid fruits, raw almonds, flax seeds, sunflower seeds lemon, lime.
Fresh, alive, raw foods give more energy than they take away and help the body maintain a slightly alkaline balance.
-
- (6) **Essential Amino Acids** Fish, broccoli, wheatgrass. Wheatgrass contains all of the essential amino acids. These are the 8 amino acids that the body cannot manufacture by itself.
Essential amino acids comprise the proteins in the body, which are the basic building blocks of cells.
-
- (7) **Phytonutrients** Colored vegetables and fruits, tomatoes, watermelon.
Highly biologically active foods are highly anti-yeast and fungus promoting. One group of these is bioflavonoids, water soluble companions of Vitamin C.

(8) Vitamins
 Vitamins facilitate chemical reactions and processes in the body. They are the fundamental nutrients that sustain life.

Live foods and quality supplementation (i.e., Inner Balance).

(9) Enzymes
 Enzymes are the dynamic factors that break down fats, carbohydrates, and proteins into their basic building blocks so the body can digest and use them.

Live raw foods and quality supplementation, (i.e., Inner Balance).

(10) Minerals
 Minerals comprise the basic components of tissues. They help maintain the proper electrical balance in the body, buffer acids, and aid in repair and regeneration.

Live foods, especially greens, and quality supplementation, (i.e., Inner Balance).

(11) Fiber
 Fiber decreases mycotoxicity (reduces toxic-waste build up in the body) by decreasing the transit time of waste material through the bowel.

Plant foods (vegetables and grasses) (Avoid high-sugar fruit—although it contains fiber, its high sugar content feeds yeast and fungus).

(12) Anti-Oxidants
 Anti-oxidants help balance the oxidation process that strips electrons from cells.

Colorful vegetables and fruits such as carrots, peppers, tomato, watermelon, grapes as well as Inner Balance MSM & Vitamin C and Mega Multi-Vitamins.

(13) Friendly Micro-Organisms
 Friendly Micro-organisms maintain healthy flora in our systems. They help create an environment that inhibits the growth of bad bacteria, thereby monitoring and controlling the growth of potentially harmful micro-organisms in your body. They can also help cancel out the effects of toxins and environmental pollutants.

Stimulation of lymph to move more rapidly and clean out unfriendly bacteria as well as probiotic supplements such as Lactobacillus acidophilus, Lactobacillus bifidus, Lactobacillus bulgaricus.

(14) Light
 Light stimulates serotonin, melatonin, endorphins, etc.

COLON, LIVER, & LYMPH HEALTH

ANTHONY ROBBINS LIFE MASTERY

(notes)

"Iron rusts from disuse; stagnant water loses its purity and in cold weather becomes frozen; even so does inaction sap the mind."

—Leonardo da Vinci

COLON HEALTH

Colon Health

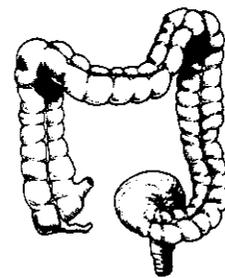
The human body is a vast network of interconnected nerves, wherein, when one is stimulated energetically, a response will occur either locally or remotely through a muscular or chemical reaction. The local response is the one most familiar and identifiable to us. The remote responses we are less knowledgeable about, but they have tremendous and far-reaching impact. The colon is one of the most misunderstood and abused organs in our bodies, yet its functioning profoundly affects how we feel, how we look, and how active we are. We don't see the colon, but we certainly know its aftereffects. What we often don't know is how it functions and the direct correlation between what we eat, how it's digested, physical manifestations, and what the health benefits are.

This section on colon health is to enlighten you as to the importance of having a healthy and fully-functioning colon. There are several graphic pictures to help you clarify in your mind the need to start now to cleanse yourself and begin getting the most out of the foods you eat, eating less, eliminating less waste, having more energy, and literally glow with health. The following material will explain how the colon functions, give statistics on abused colons, and data on healthy colon outcomes. In addition, it will reveal various practices, healthy eating habits, and therapies to help you realize a fuller and more vitalized life.

Illustrations reprinted with permission by the author, Dr. Bernard Jensen, Escondido, CA, from his book *Tissue Cleansing Through Bowel Management*.

—(HOW & WHAT IT DOES)

The process of digestion begins with the mixing of food with saliva, which starts the breakdown and processing of nutrients in the food. When this matter reaches the stomach, it interacts with gastric juices (hydrochloric acid and enzymes) to create a product called "chyme." This material then enters the small intestine where it is churned with digestive juices (bicarbonate, bile from the gall bladder, and pancreatic juices).



A Healthy Colon

The wave of motion known as peristalsis moves the matter through the three sections of the small intestine and eventually into the large intestine, also known as the colon.

The colon secretes a mucus substance to produce lubrication for the passage of the matter, which is known as feces. The colon is normally filled with billions of micro-organisms called bacteria. The bacteria synthesize valuable nutrients by digesting portions of the fecal matter. It produces, through this digestion, such vitamins as K and portions of B complex. Other products include hydrogen sulfide, fatty acids, methane gas, and carbon dioxide—the aspects we easily recognize. By the time the matter reaches the rectum, the fecal matter consists of about 70% water, about 30% bacteria, and the rest is food residues, cellulose, indigestible materials, and dead cells discarded by the body.

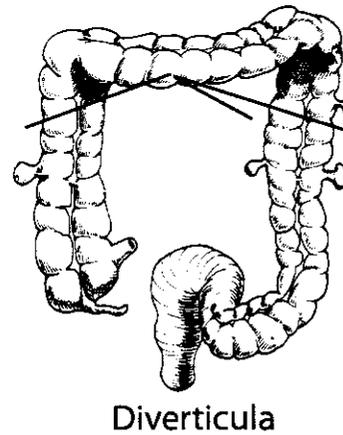
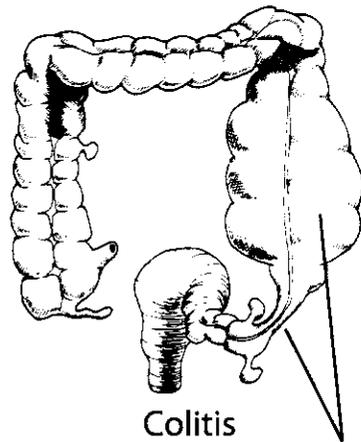
A properly functioning digestive system allows for proper distillation of all essential nutrients from the food that has been ingested. Ideally, we should look the perfect picture of health: shiny, glowing facial skin, white eyes around the pupils, unblemished and hydrated skin, shiny hair, pleasant breath, pleasant body odor, no illnesses, and boundless energy.

—(THE REAL PICTURE)

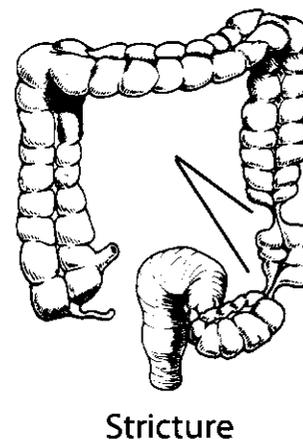
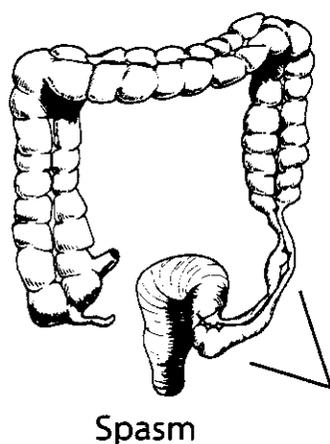
What we have instead of the ideal picture are eating habits, behavioral patterns, fatigue, stress, poor circulation (from lack of exercise), and environmental pollutants that have created the following scenario: fecal matter encrusted to the walls of the colon which has accumulated over an entire lifetime and which doesn't allow for proper digestive functioning. The results can be: skin blemishes, rashes, dry skin, menstrual problems, halitosis, flatulence, headaches, depression, moodiness, constipation, sluggish elimination, straining, diarrhea, hemorrhoids, diverticulitis, prolapsed colon, collapsed colon, intestinal parasites, premature aging, and colon cancer.

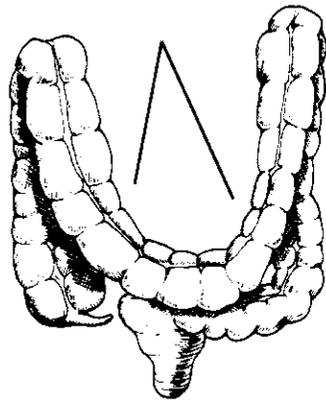


Ballooned Sigmoid

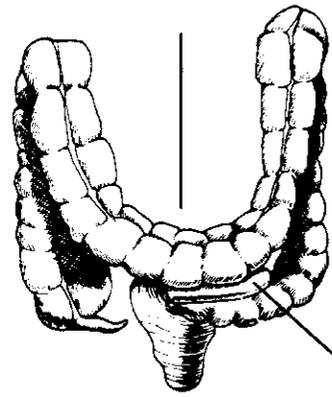


Basically, because the colon has been unable to do its job, toxins (poisons) are released into the body. The body, in turn, tries to eliminate in the best way it knows how. When the colon isn't operating at an optimal level, we are, in essence, creating a living sewer in our bodies. This produces a breeding ground on a par with the open sewers of the 14th century—which produced the Bubonic Plague. Toxins in the blood stream cause cell destruction; accumulation of toxins in body tissues creates slowed reaction time and response; increasing toxicity in the blood stream causes a lack of oxygen to the cells, which brings about a lack of energy; as we lack energy, the body spirals downward, unable to eliminate the toxins effectively.





Prolapsus



Prolapsus with pressure
on lower organs

STATISTICS

Doctors have found amazing evidence to support the importance of colon health:

- Over 80 million Americans suffer from bowel problems.
- Colon cancer kills approximately 100,000 Americans every year.
- Professor Arnold Ehret states that, "The average person carries around as much as ten pounds of un-eliminated feces in their bowels."
- People have been known to hold onto things they've eaten for over 30 years in their colon.
- Robert Gray, colon expert, concludes, "Nearly every man, woman, and child living in modern society today is constipated, even though the bowels may move regularly every day."
- A mere change of diet or an occasional laxative will not undo decades of neglect and abuse.
- According to Bernard Jensen, D.C., "It is an indisputable fact that illness, old age, and even death itself are due to the accumulation of waste products (within the body) . . . to the inability of the body to replenish its cellular structures and organs with fresh, vital nutrients."
- The Royal Society of Medicine reports, "It may be said that almost every chronic disease known is directly or indirectly due to the influence of bacterial poisons absorbed from the intestine."
- Bernard Jensen, D.C. states, "Most all health problems begin in the bowel!"
- Parasites are found in more than 80% of the world's population.

ANTHONY ROBBINS LIFE MASTERY

(notes)

"Happiness lies, first of all, in health."

—George William Curtis

LIVER HEALTH

The Liver

We are in constant contact with something in our lives that we pay minimal attention to, yet which has the most powerful impact on how we feel, act, and think—our bodies. They are made up of all the externals we can see, and the internal organs and systems that allow us to function in whatever environment we choose. But, we have a tendency to take the exquisite functioning and balancing act of our bodies for granted.

In our society, it can be said that we are, literally, what we eat. And what we ingest expresses itself through our bodies in a number of ways, e.g., our size, our physical prowess, our flexibility, how old we look, how well we think, how we handle stress, etc. In order for us to experience vital health, we need to ensure that our systems are operating at maximum efficiency.

Several ways of doing this are through diet, exercise, and detoxification. By detoxification, I mean the cleansing of our bodies of impurities or poisons that have accumulated in our organs since the day we were born. *It is actually the first step to vital health.* If we don't undo the accumulated residue of what we've ingested, cleanse, nurture, and rebuild our organs, we'll never have the level of health, energy, stamina, or vitality we desire.

In order to understand what needs to be cleansed and rebuilt, let's look at the major organs involved in maintaining physical health and balance.

The liver produces 13,000 chemicals and over 50,000 enzymes, which, under a healthy regimen of diet, exercise, and a low stress/low-polluted environment, provides optimal balance within all of the body's systems.

The bodily hierarchy of importance puts the liver at the top, even over the brain, for survival. (Your body will let your brain suffer oxygen deprivation, before your liver.) In China, the liver is referred to as the "lifeline."

It is estimated that the human body can function on just 20% of the total capacity of the liver. It is also estimated that few people function on more than 35% of liver capacity, particularly after age 38, and people with a 35% liver capacity feel, react, think, see, and perform many times better than those who have only a 20% capacity. *Imagine how you would feel if your liver were to operate at 70%!*

The liver is not only vulnerable to poisons introduced into the system, but it is also responsive to our emotions. *What we are thinking and feeling has an impact on the liver*, as it is producing chemicals in direct response. If we are in a constant state of anger or are highly stressed, our liver is producing chemicals to either support the mood or combat it, producing an overload of chemicals that can cause adverse effects on the body, its systems, and organs.

Exercise
The Liver

Just how important is the optimum maintenance of this organ?

Review the list of systemic, glandular, hormonal, and regulatory processes below. Then answer the following questions.

(LIVER FUNCTIONS)

- Immune system
- Hormone recycling
- Converting proteins and metabolic acids
- Nutrient storage
- Production of bile
- Cholesterol
- Endocrine glands
- Controlling allergic response
- Process gases
- Metabolic regulation
- Blood management
- Production of gamma globulin
- Construction

What are some of the possible physical outcomes of poor liver care or abuse?

What could your life be like if you don't take care of your liver?

Detoxing the Liver: Nutrition & Herbs

Herbs are a wonderful and natural method for supporting detoxification and rejuvenation of the liver. They fall into several categories depending on whether they are considered for food or as a supplement.

- **Vegetables** are described as “pot herbs” in that we cook them. They have low toxicity and are considered herbs, but they are eaten more for sustenance than therapeutic use unless taken in large quantities.
- **Tonic herbs** are more therapeutic, as well as mild, sustaining, gentle, and toning. They can be used over a long period of time, are not very toxic, and many are used to provide supplemental nutrients.
- **Therapeutic herbs** have a more pronounced toxicity that can cause side effects if used in too large a dose or over too long a period of time. They are generally used for the purpose of healing, with their primary action being to stimulate or sedate an activity of a tissue or body system.
- **Drastic herbs** (poison ivy, poison hemlock, quinine, ipecac, deadly nightshade) are considered poisonous and cause drastic side effects. They possess tremendous healing properties when largely diluted though if undiluted, they can cause death.

**If you choose to treat your body with care
and nurture your liver, here are the potential benefits:**

1. Increased ***energy!***
2. Increased ***blood flow!***
3. Increased ***mental capability!***
4. Increased ***strength!***
5. Strengthened ***immune system!***
6. Increased ***allergic immunity!***
7. Proper ***kidney functioning!***
8. Increased ***lung functioning!***

LYMPH HEALTH

The Lymphatic System



The Power of Lymph

Dr. F.P. Millard

The majority of disturbances and organic involvements, from colds to fevers, have a bearing upon the lymphatic system, as it is quite impossible to consider any organic disturbances that does not include a lymphatic change.

Few people are in such good health that they have normal lymphatic channels and lymphatic fluid. Every abrasion of the skin, every abscessed tooth, every diseased tonsil, sluggish organ and congested area means a more or less overburdened lymphatic system.

—(TREATMENT INDICATIONS)—

- Acne (on beginning a slight worsening may occur)
- Tissue congestion from injuries
- Chronic injuries
- Eczema, burns
- Enhancement of general resistance
- Scars
- Old and new keloids
- Cellulite
- Swollen legs, heavy legs, and fatigued legs
- Mastodynia (breast tension in women after ovulation)
- Prostate enlargement
- Pre-surgical preparation
- Post-surgical treatments
- Headaches
- Fibromyalgia
- Lupus
- ANY chronic condition
- New and old injuries
- Pain

The Cell's Fluid System

Arterial System

Brings Oxygen and Nutrients to the Cell through arterioles and filtrates to connective tissue.

Venous System

Reabsorbs fluid (be re-absorption) from the interstitial tissue and carries CO₂ and metabolic products back to the heart for oxygenation. It also distributes hormones and various active substances within the body.

Lymphatic System

Maintains the balance (Homeostasis) between the Arterial In-flow (Filtration) and the Venous Out-flow (re-absorption) within interstitial tissue, by removing fluid and debris (i.e., dust, fats, proteins, etc.) not reabsorbed by the Venous System.

—(CONTRIBUTORS TO LYMPH OBSTRUCTION)

- Allergies
- Bad eating habits
- Physical, emotional, and spiritual stress
- Little or no exercise
- Shallow Breathing
- Anger, loss of temper, resentment, greed, holding grudges
- Shock such as death in the family, loss of job, loss of promotion, divorce, illness, financial set-backs
- Fears, such as testing, relationships, failure, etc.
- Environmental pollution/toxicity to include inhalation of chemical particulant such as ammonia, Clorox, bug and plant sprays, insect sprays (Nile virus mosquito), automobile or diesel exhaust, second hand smoke, paints, rugs, polyvinyl chloride (mobile homes), etc.
- Skin contamination due to fertilizers, work environment, plant bug sprays particulate inhalation of chemical vapors

Homeostatic Relationship

Lymphatic System and Other Body Systems

Endocrine System

- Lymphatic vessels pick up leaked fluids and proteins; lymph distributes hormones; immune cells protect endocrine organs from pathogens.
- The thymus produces hormones that promote development of lymphatic organs and "program" T lymphocytes.

Lymphatic System/Immunity

Respiratory System

- Lymphatic vessels pick up leaked fluid and protein from respiratory organs; immune cells protect respiratory organs from specific pathogens; lymphocytes populate the tonsils; plasma cells in the respiratory mucosa secrete IgA to prevent pathogen invasion of deeper tissues.
- The lungs provide oxygen needed by lymphoid/immune cells and eliminate carbon dioxide; the pharynx houses some lymphoid organs (tonsils); the respiratory "pump" aids lymph flow.

Digestive System

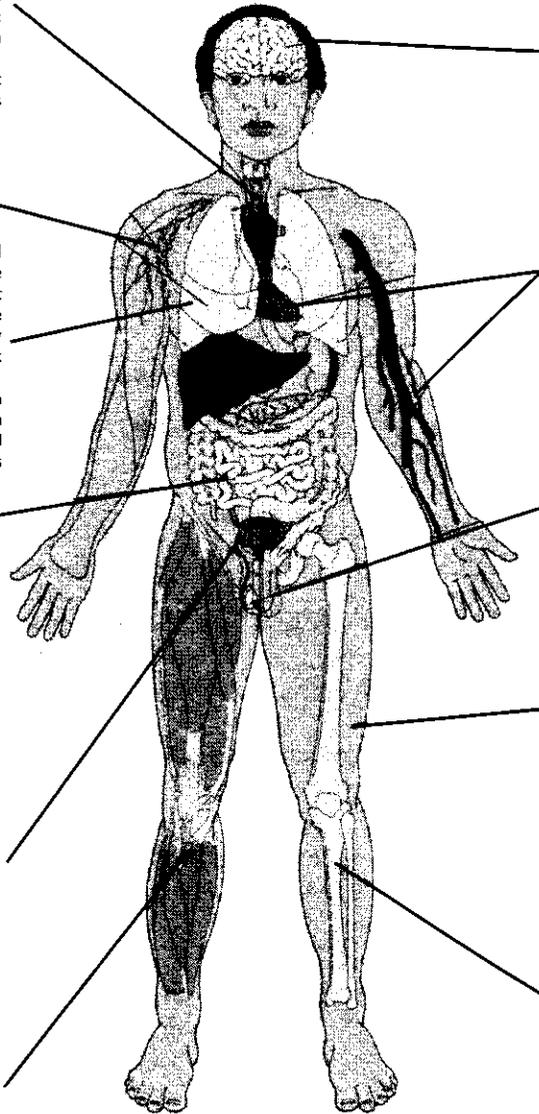
- Lymphatic vessels pick up leaked fluids and proteins from digestive organs; lymph transports some products of fat digestion to the blood; lymphoid nodules in the wall of the intestine prevent invasion of pathogens.
- The digestive system digests and absorbs lymphatic organs; gastric acidity inhibits pathogens' entry into blood.

Urinary System

- Lymphatic vessels pick up leaked fluid and proteins from urinary organs; immune cells protect urinary organs from specific pathogens.
- Urinary system eliminates wastes and maintains homeostatic water/acid-base/electrolyte balance of the blood for lymphoid/immune cell functioning; urine flushes some pathogens out of the body.

Muscular System

- Lymphatic vessels pick up leaked fluid and proteins from skeletal muscle; immune cells protect muscles from specific pathogens.
- The skeletal system muscle "pump" aids the flow of lymph; muscles protect superficial lymph nodes.



Nervous System

- The lymphatic vessels pick up leaked plasma fluid and proteins in the peripheral nervous system structures; immune cells protect peripheral nervous system structures from specific pathogens.
- The nervous system innervates larger lymphatic vessels; the brain helps regulate immune response.

Cardiovascular System

- Lymphatic vessels pick up leaked plasma and proteins; spleen destroys aged RBCs, stores iron, and removes debris from blood; immune cells protect cardiovascular organs from specific pathogens.
- Blood is the source of lymph; lymphatics develop from veins; blood provides the route for circulation of immune elements.

Reproductive System

- Lymphatic vessels pick up leaked fluid and proteins from reproductive organs; immune cells protect the organs from specific pathogens.
- Acidity of vaginal secretions prevents bacterial multiplication.

Integumentary System

- Lymphatic vessels pick up leaked plasma fluid and proteins from the dermis; lymphocytes in lymph enhance the skin's protective role by defending against specific pathogens via the immune response.
- The skin's keratinized epithelium provides a mechanical barrier to pathogens; acid pH of skin secretions inhibits growth of bacteria on skin.

Skeletal System

- Lymphatic vessels pick up leaked plasma fluid and proteins from the periosteum; immune cells protect bones from specific pathogens.
- The bones house hematopoietic tissue (red marrow) which produces the lymphocytes (and macrophages) that populate the lymphoid organs and provide body immunity.

Photon Light Beam Generator (LBG)

The LBG uses extremely low current cold gas light protons to transfer energy frequency patterns to the area of the cell providing an environment allowing the cell to correct its electromagnetic charge.

This results in the cell balancing its field charge and disassociating itself from the binding agent responsible for the collection of water and pooling of protein within the affected area.

In the Lymph System, protein interactions (bonding's) are primarily electrical and the beneficial photon field produced by the LBG, provides the cell with the opportunity to repel or separate from its cluster, allowing the therapist to work on more pliable tissue.

Because the tissue is in a state of free flow, this is the ideal condition to effectively treat swollen tissue.

With an application of minimal or no massage drainage techniques, rapid movement of waste material occurs, with the delivery of waste material to organs and nodes responsible for waste elimination is enhanced.

LBG: Its Effect on Tissue

The use of LBG in lymphatic therapies is based on the thesis protein interactions are primarily electrical.

The bonding of amino acids is electrical. As chains for amino acids organize, the identity of the protein molecule is determined by protein folding. The bonding mechanism that determines this structure or folding is purely electrical, based on the attraction of opposing polarities.

Protein structures in living, healthy tissue is always in a state of alignment. This is the most evident in the connective tissue that holds the body together where the alignment of collagen fibers is stable.

However, these protein structures break down as cells die or are damaged. It is these waste proteins that are removed by the lymph system. When these proteins are not fully removed by the lymph system, pathologies occur in the body.

These non-functional proteins have the same electrical properties of attraction, but as they organize, their structures are random. This is called fibrotic condition of the interstitium (the area between the living cells in connective tissue).

The instability of non-functional proteins causes them to attract water and hold it by electrical bonding. This is called edema.

The Light Beam Generator creates separation of these random bonded proteins by presenting a flood of electrons compatible with the random protein structures providing for the release of the water they were holding.

Healthy tissue protein structures do not attract water and are not affected by energy presented by the Light Beam Generator.

Fatal Preservatives Extend Shelf Life

In an attempt to extend shelf-life of cheese, manufacturers add certain preservatives scientifically proven to be hazardous to the health that neutralize the enzymatic activity of minute microbic cells, thereby eliminating the effect of putrefactive bacteria.

These preservatives, when added to exporting cheese, can extend the normal shelf life of cheese from three to six months to a shelf life of two to three years in the importing country (Egypt).

Medical reports confirm that preservatives penetrate the genetic make-up of human cells and go as far as causing cancer. If the effect is not fatal, preservatives have cumulative effects and can eventually result in hepatitis or renal failure.

Children, who have not yet fully developed the enzymatic mechanism and physiological defense system that combat the preservatives are prone to being infected with paralysis or mental retardation. Children under the age of five are most vulnerable.

What do you think is the effect on the lymphatic system?

Ref: *Egyptian Mail*, Issue No. 31, Saturday, August 6, 1994, Page 1.

Asthma Rates Defy Efforts at Explanation

- Nearly 15 million American adults have asthma, according to the government's first state-by-state survey of respiratory disorders.
- The report showed no broad regional trends, leaving scientists scratching their heads as to why some states are more susceptible than others.
- Asthma rates have more than doubled since 1980. The Pew Environmental Health Commission predicts 29 million Americans will have asthma by 2020.
- 9.2% of women said they currently have asthma, compared with 5.1% of men.

Ref: *USA Today*, Friday, August 17th, 2002, page 2A.

Chronic Radium Poisoning

40 years ago, radium (radioactive material) was administered intravenously to various patients on an empirical basis for certain conditions such as high blood pressure.

At about the same time, workers who applied luminous paint to watch dials were constantly ingesting minute quantities of radium, mesothorium, and radioactive thorium as a result of touching the tip of their brush to their tongue in order to make a fine point.

RESULT: Some developed aseptic necrosis of the vertebral bodies and pathological fractures of the vertebral bodies. In some, radiation induced sarcomas have developed and severe anemia has also occurred.

Ref: *Clinical Symposium*, Volume 32, Number 6, 1980

Dr. Emil Vodder

The principal researcher and developer of the Manual Lymphatic Drainage technique, known as the 'Vodder Method' wrote an article in 1936 stating: "If the milieu (lymph) and cell activity stagnate, then cells will degenerate, age, and die.

"If the milieu is constantly renewed, then life flourishes and cells divide. Then, the wrinkled and tired skin can regenerate itself, it becomes fresh and elastic and the tired worn out appearances in the face disappears."

In the same article, Dr. Vodder states, "Under the direction of the renowned cancer researcher Professor Fibiger, the significance of the cell environment in lymph circulation for living, diseased and dead cells was suddenly clear to me. I understood clearly how the perpetual youth of the cell depends on this fluid (the lymph*):"

*Note: when Dr. Vodder wrote this article, all bodily fluid, except blood and cellular fluid was described as lymph.

Source: *Textbook of Dr. Vodder's Manual Lymph Drainage*, Volume 1: Basic Course, page 132.

Dr. Reckweg

Key Observations from his book, Homotoxicology

- Inflammation (swelling) has a critical role in illness
- Inflammation helps liquefy toxins in connective tissues
- Inflammation helps eliminate toxins from the body
- Disease can occur whenever the body is unable to eliminate fluid
- Diseases are the result of the struggle with toxins
- As long as the body eliminates toxins, the body maintains health, even if health is at an extreme illness level
- When the body cannot eliminate fluid, cells become stressed

Ref: *Homotoxicology: Illness and Healing through Anti-Homotoxic Therapy*, 1980.

Dr. Fauci

NIH Allergy and Infectious Disease Control Center

"Up to ten times as much virus resides in the lymph system as in the blood." This condition "Results in providing a breeding ground (especially for the HIV virus) for pathogenic material.

The lymph system acts as a reservoir of infection churning out billions of HIV-infected immune-system cells that eventually spill into the blood stream, where they travel to other parts of the body.

Much later, after enduring years of viral proliferation, the immune system begins to falter, and infectious disease marches in."

Ref: *The Evansville Courier*, Sunday, March 28, 1993, page G6.

NUTRIENT GUIDE

What to Eat

ANTHONY ROBBINS LIFE MASTERY

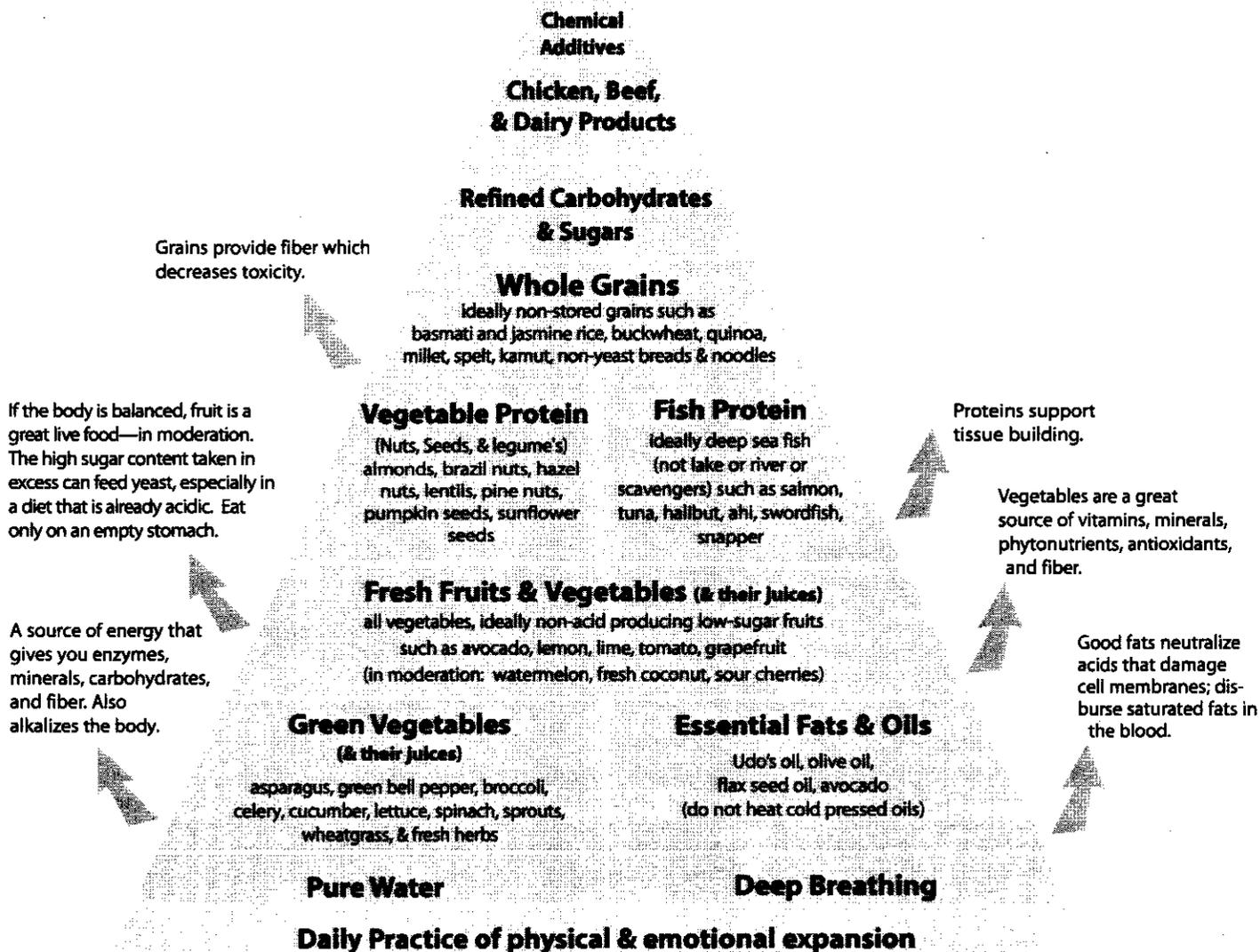
..... (notes)

"Success and failure are not overnight experiences; it's all the small decisions along the way that cause people to fail or to succeed."

— Anthony Robbins

The Ideal Food Pyramid

Create a terrain that continually produces, nurtures, strengthens, and reinforces vital, healthy, and strong cells.



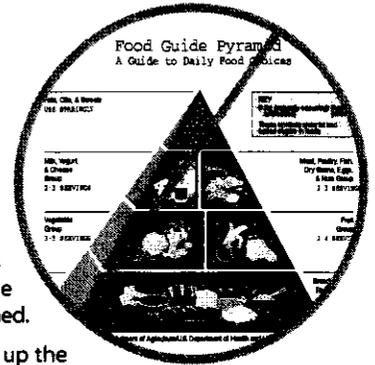
The Ideal Food Pyramid

An Explanation

Throughout our lives, we've been told time and again to follow the traditional food pyramid set forth by government standards (see graphic below). Though this government pyramid does contain some basic information by which to survive, it does not include all of the facts we need.

The ideal food pyramid on the previous page shows you not only food and liquid items to focus on in your daily life, but also includes the subject of mental and physical exercise as well as supportive breathing techniques. This pyramid along with proper food combining and simple weekly recipes, will make your life easier, healthier, and more vital than you could ever have imagined.

As usual, the item or items you should do the most or consume in the largest quantity make up the base of the pyramid and so on until you get to the item or items at the very top of the pyramid that you should have least or in the smallest quantities. That order is the one in which this description shall follow so that you learn about the best things first!



Daily Practice of Physical and Emotional Expansion

The age-old adage "If you don't use it, you'll lose it" comes to mind when discussing physical exercise, but the same is true with mental exercise. The brain, similar to your deltoids, your heart, your biceps, and the like, is a muscle; and, without consistent "exercise" it will deteriorate or atrophy just like any other unused muscle in your body. The more physically fit you become, the more you help your mental fitness to improve. But don't stop at physical fitness, the mind needs more to keep growing and expanding, too.

Pure Water

According to Victor Lambert in the June 1991 edition of *FDA Consumer* magazine, "purified" water is water produced by distillation, deionization (passing water through resins that remove most of the dissolved minerals), reverse osmosis (the use of membrane filters to remove dissolved solids), or other suitable processes. This meets the standard of the U.S. Pharmacopeia—the group that establishes the standard for water used for medical purposes.

(Sources: Victor Lambert, "Bottled Water: New Trends, New Rules" *FDA Consumer*, June 1991.)

Deep Breathing

The richest blood flow is in the lower lungs. When this area fails to be adequately ventilated with air, we end up under-oxygenated. Proper breathing requires the use of the diaphragm, the layer of muscle that separates the chest cavity from the abdominal cavity. When you breathe properly, the diaphragm contracts and the abdomen protrudes, allowing the lungs to expand and fill with air. To get the maximum benefit from the roughly 2,500 gallons of air you take in daily, learn to breathe from the bottom up!

(Source: Sheldon Saul Hendler, *The Oxygen Breakthrough: 30 Days to an Illness-Free Life* (William Morrow & Co., August 1991).)

Green Vegetables (and their Juices)

Green vegetables such as spinach and broccoli house a myriad of nutrients key to long-term health and disease prevention. "Many varieties of greens are rich in beta carotene and other carotenoids. They are also high in vitamin C and in folic acid...(and) other important substances that may help protect against cancer and other diseases." Green vegetables are also "good sources of iron, calcium and other minerals, not to mention fiber." Plus, green veggies are *fat free*—as long as you don't drown them in fatty condiments (e.g., butter).

(Source: Dr. Sheldon Margen and Dale A. Ogar, "Get the most from your greener habits," *The Chicago Sun-Times*. © 2000 Chicago Sun-Times, Inc.)

Essential Fats and Oils

There are two fatty acids, termed *essential* for their life-sustaining importance, that the body cannot produce itself—Omega 3 (linolenic acid) and Omega 6 (linoleic acid). Omega-3 fatty acids especially have a valuable role in reducing the risk of heart disease and building healthy brain cells. The standard American diet is sadly deficient in Omega 3s, found mainly in plant foods (especially canola oil and flax oil, soybeans, and walnuts) and seafood. Omega-6 is beneficial for skin and hair growth, regulating metabolism, promoting the transport of fatty acids from the liver to the tissues, and maintaining reproductive performance."

(Sources: "Facts About Fats," www.askdrsears.com, "Omega-6 Fatty Acids," www.healthandage.com)

Fresh Fruits and Vegetables (and their Juices)

The pigments in red, orange, and yellow fruits and vegetables are powerful antioxidants, and they have many other anti-cancer properties. Most are packed with vitamins C and E, beta-carotene and lycopene, all of which act as antioxidants, removing from the body free radicals. All of the 'green foods' contained from five to 10 of the same carotenoids. All of the 'orange foods' contained a set of mostly different carotenoids which is why the old advice to be sure to eat something green and something orange every day makes more sense than ever.

(Sources: Jane Plant, "Cancer-proof your body," *The Sunday Telegraph*. Copyright 2000 Nationwide News Pty Limited, Jean Carper, "Study: Fruits, veggies fight cancer," *Chicago Sun-Times*, April 23, 1992. Copyright 1992 Chicago Sun-Times, Inc.)

Vegetable Protein (Nuts, Seeds, and legume's)

"Peas and beans have come into their own, which is not surprising since they have so much to offer, including vitamins, protein, fiber, minerals, cancer-fighting photochemicals, folic acid and LNA (linolenic acid or Omega-3). They are also low in calories and free of saturated fat and cholesterol. Raw nuts are an excellent health food, as well since they provide unadulterated oil that has not been wrenched from its seed casing, exposed to air, leached, heated and stripped of its antioxidants during processing." Sprouting seeds such as soybeans, pumpkin seeds, and sesame seeds are "rich in zinc and vitamin C" as well as being high in protein.

(Sources: "How to balance your fats and stay healthy," The Sunday Telegraph, June 20, 1999. Copyright 1999 by Nationwide News Pty Limited, Jane Plant, "Cancer-proof your body," The Sunday Telegraph, June 18, 2000. Copyright 2000 by Nationwide News Pty Limited)

Fish Protein

Fish is not only a great source of protein, vitamin B-12, and iron, but it is the richest source of Omega-3 fatty acids which are not only good for your heart health, but your mental health as well. Tuna, salmon, and swordfish contain the highest amounts of protein as well as Omega-3 fatty acids.

(Source: "Fish: A Nutritious Family Food," www.askdrsears.com.)

Whole Grains

"Professor Robert Pickard, director general of the British Nutrition Foundation, said: "Whole grain consumption could have a profound impact on the health of the nation. It could certainly help to significantly reduce the incidence of heart disease and cancer. (The term whole grain) means all three parts of the grain are used, including the fiber-rich outer layer and the nutrient-packed germ. It was previously thought that whole grain reduced the risk of disease because it was a good source of fiber. But latest research confirms the whole grain package, including vitamins, minerals and complex carbohydrates, protects the body against many diseases."

(Source: "Eat whole grain, live longer," BBC News at news.bbc.co.uk, February 21, 2000.)

Refined Carbohydrates and Sugars

"There are two types of carbohydrates: complex and simple. Complex carbohydrates are often referred to as starch, existing in foods as either a natural or refined form. Complex carbohydrates as natural starches are found (for example) in the following foods: bananas, barley, beans, brown rice, and chickpeas. Complex carbohydrates as refined starches are found in such foods as biscuits, pastries, cakes, pizzas, processed breakfast cereals, and white bread, flour, pasta, and rice. Simple carbohydrates are also known as sugars and exist in either a natural or refined form. Simple carbohydrates or natural sugars are found in fruit and vegetables. Simple carbohydrates or refined sugars are found in biscuits, brown and white cane sugar, cakes and pastries, chocolate, prepared foods and sauces, soft drinks, sweets and snack bars.

The complex carbohydrates provide a slower and more sustained release of energy than the simple carbohydrates. For long-term good health, appetite control and sustained energy levels (a small amount of), unrefined complex carbohydrates are recommended as part of your daily diet. Cut down on the amount of refined white flour products in your diet such as white bread, pizza, white pasta and white rice. The refining process produces simple carbohydrates and much of the vitamin and mineral content of these foods is lost in the process.

(Source: Dr. Dan Rutherford, "Carbohydrates," netdoctor.uk.uk. Copyright 1998-2001 by NetDoctor.co.uk. All rights reserved.)

Chicken, Beef, and Dairy Products

Poultry, beef, and dairy product consumption is becoming rather controversial in these more nutritionally well-informed times. Dairy products, once thought to be the best way to obtain our daily intake of calcium, are now causing problems for those people who are prone to lactose-intolerance, not to mention the clogging effect they have on our systems. And, a Harvard University study showed that consuming dairy products did not increase bone density. Beef, once a staple of the American dinner table, is being taken to task for high saturated fat and cholesterol content implicating itself as a factor in heart disease and different types of cancer. And chicken, the supposed safe protein alternative to beef, is being uncovered as a possible carrier of such diseases as salmonella and lymphoma. Try to avoid meat and dairy products, but if you must, have them occasionally, going lean and low-fat and choosing limited quantities is probably your best bet in this category!

(Sources: "The Bones of the Milk Argument," Financial Times. Copyright 1999 by The Financial Times Limited; John Fauber, "Is it time to chuck meat?" Journal Sentinel. Copyright 1997 by The Milwaukee Journal Sentinel; Michael Klaper, M.D., Vegan Nutrition: Pure and Simple (Gentle World, June 1987).)

Chemical Additives

Processed, canned, and prepackaged foods use chemical additives to "retard the rancidity of fats, to preserve shelf-stable foods, or to impart distinctive flavors or colors. Other synthetic substances that are used for food production, such as pesticides and veterinary drugs, often leave residues in food that require safety assessments." Do what you can to eat organic foods in their most natural form!

(Source: "Chemicals in Food," The International Programme on Chemical Safety (IPCS). © by World Health Organization (WHO). All rights are reserved.)

PROPER FOOD COMBINING

A GOOD SOURCE OF:

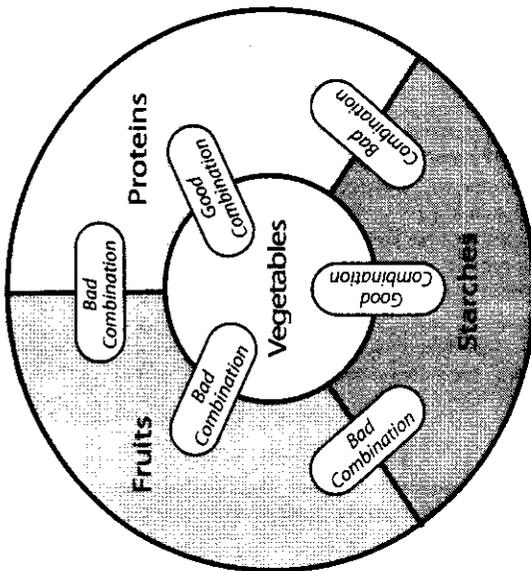
Fruits

Acid	Sub-acid	Sweet
Grapefruits Lemons Oranges Limes Mandarins Pineapples	Mulberries Raspberries Blackberries Blueberries Grapes	Bananas Avocados Figs Prunes Dates Carob Persimmons Custard Apples All Dried Fruits
Pomegranates Strawberries Kiwifruits (Gooseberries) Passion Fruits	Pears Apples Cherries Apricots Peaches	Plums Nectarines Papayas Mangoes Guavas

Proteins

Proteins	Secondary
Almonds Brazil Nuts Cashew Nuts Hazelnuts Pine Nuts	Peanuts Cheese Yogurt Poultry* Meat* Fish*
Pistachios Walnuts Pumpkin Seeds Sunflower Seeds	
Sesame Seeds Wheat Germ Soybeans	

*Not recommended for Good Nutrition



(IN GENERAL)

- Avoid mixing fruits with other foods, especially proteins.
- Avoid sugary desserts right after other foods.
- Consuming more than one protein at a meal is hard on the digestive system.
- Milk does not combine well with other foods.
- Melons digest rapidly and ferment easily in the stomach. A melon appetizer will probably cause gas in the intestines.

Starches

Rice Wheat Corn Rye Millet	Lima Beans Red Beans Pinto Beans Mung Beans Mung Beans	Garbanzo Beans Chestnuts Broadbeans Jackfruit	Yams Artichokes Pumpkin Taro Buckwheat	Brodd Beans Potatoes Lentils Sweet Potatoes	Slightly Starchy Beets Carrots Fenugreek Turnips
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Vegetables

Globe Artichokes Fresh Sprouts Beetroot Capsicum Cucumber	Parsley Brussels Sprouts Cauliflower Cabbage Celery	Lettuce Green Beans Zucchini Marrows Squash	Broccoli Asparagus Eggplant Silver Beets Spinach	Tomatoes (not with starches) Onions (best when cooked)
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Fats

Avocados Oils Macadamia Nuts	Pecan Nuts Coconut Olives	Melons (Eat alone) Cantaloupes Watermelon Honeydew
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What Can I Eat?

Dark Green and Yellow Vegetables and Grasses—An excellent source of alkaline salts, these foods are anti-yeast/fungus and anti-mycotoxic. Some examples of these foods include lettuce, broccoli, asparagus, wheatgrass, bell peppers, squash, chard, sprouts, etc.

Meal Suggestions: Try veggies steamed over spelt noodles, stir-fried with chickpeas in soy oil over basmati rice, or rolled in olive oil and seasoned with herbs.

Certain Carbohydrate Vegetables—Examples of these foods include potatoes (not commercially stored), winter squash (acorn, butternut, hubbard), sweet potatoes, and pumpkin.

Meal Suggestions: Try some whipped butternut squash or sweet potatoes with a fresh green leaf salad.

legume's—Black beans, chickpeas, peas, adzuki beans, white beans, chestnuts, cowpeas, dried pinto beans, lima beans, and lentils (soy and lentil are a good source of protein).

Meal Suggestions: Enjoy some hummus and Greek salad, or lentil soup with a slice of non-yeast bread.

Unstored Grains (except corn)—Basmati and jasmine rice, buckwheat, kamut, amaranth, spelt, and millet are examples of this type of food.

Meal Suggestions: Have a baked tofu sandwich on kamut bread for lunch, or some cooked millet for breakfast. Or, try some spelt pasta with olive oil, fresh tomatoes, and basil.

Protein—Examples of protein include raw almonds, raw sunflower seeds, raw pumpkin seeds, hazelnuts, fresh soy sprouts, organic soybeans, fresh tofu, soy oil, and lecithin (a by-product of soy).

Meal Suggestions: Make a tofu dressing for salad and veggies, or enjoy a fresh soy sprout salad with grated carrot and lemon/olive oil dressing.

Low Sugar Fruits—Lemon, lime, avocado, tomato, and grapefruit.

Alternatives—Bread: yeast-free bread, kamut or spelt bread; Pasta: rice or spelt pasta.

Where Can I Eat?

Asian (Chinese, Japanese, Vietnamese) Restaurants are great if you ask them to hold the mushrooms and corn, and order vegetable and rice dishes.

Fast Food: "Wrap" Restaurants where you can special order what you want in your wrap are great, especially if you can also get a special sprouted wheat tortilla. One good option is the Greek wrap: hummus and veggies wrapped in a special sprouted wheat tortilla (alkaline rather than acidic once you sprout the grain).

Health Food Markets often have fresh, organic salad bars as well as deli sections with a wide range of food selections.

—(REMEMBER)—

The key to eating healthfully is to eat consciously. Make sure you know what you are eating before you eat it. Make special requests at restaurants for salads, grilled vegetables, lemon, and olive oil for your salad; and shop at stores that you know carry quality foods.

What Should I Avoid?

Junk (nonfoods)

These foods are refined, over-processed, and loaded with sugar, salt, coloring, additives, and hardened (hydrogenated or partially hydrogenated) vegetable oil, margarine, butter, and hidden ingredients. All refined nonfoods are deficient in fiber and many essential nutrients. Such nonfoods are a direct assault on the blood. *Alternatives:* Try some carrots with hummus dip or some fresh-baked, seasoned tofu nuggets.

Sugar

Processed or refined sugar must be completely avoided—it is very acidic and increases glucose levels in the blood rapidly. Glucose is the first thing to be metabolized by yeast, bacteria, fungus, and mold in the body. This creates a highly acidic environment where disease and symptomology thrive. *Alternatives:* Fruit is a sugar you *can* have. Remember that the craving for sugar comes because your body is not absorbing the food you're eating. Try drinking water or a green drink first (such as the one we offer at Life Mastery). This type of drink can alkalize your body making it less prone to cravings.

Animal Products (pork, beef, chicken, eggs, dairy)

Whatever nutrients may be in animal food, it is not worth the stress put on and the energy required from the body to extract them. Animal food is highly acid-forming, and, as grown in the U.S., has high levels of bacteria, yeast, fungus, and associated toxins. The methods involved in utilizing domesticated animals for human food involve a number of steps that increase exposure to yeast and fungus and their mycotoxins. For one thing, animals eat stored feed from silos, which is characteristically fungally contaminated and toxic. These influences are passed on to the consumer. Avoid all processed, pickled, and smoked meats, such as sausages, hot dogs, corned beef, pastrami, pepperoni, and pickled tongue or feet. Dairy contains lactose, a form of sugar. Dairy is also very mucus-forming. The mucus is produced by the body in order to neutralize acids. *Alternatives:* Try fish instead of pork or beef. Just make sure to get it from a fresh source!

Mushrooms

Avoid edible fungi: mushrooms of all kinds, truffles, etc., and even spirulina and algae. These foods are all acid-forming and contain mycotoxins. *Alternatives:* Put sprouts and squash on salads and in sauces for alternatives to fungi.

Caffeine

Avoid all products containing caffeine, including chocolate, tea, and all forms of coffee. All such items are highly acid and mucoid forming.

Malt

Avoid malt products such as malted milk and certain cereals and candy. These foods are all fermented with fungus, contain high levels of sugar, and are highly acid and mucoid forming.

Brewer's Yeast

Avoid or reduce your usage of all products containing brewer's yeast, especially baked goods such as bread, muffins, pies, cakes, and pastries. The grains in bread and cookies usually contain yeast/fungus and mycotoxins already, and the moisture content of the finished products tends to promote further growth of these forms. Regular consumption of brewer's yeast and its toxins can lead to many cancers, particularly breast, prostate, and liver cancer. Other symptoms result as well, such as Crohn's disease, colitis, heart disease, kidney disease, diabetes, sarcoidosis, cirrhosis, arthritis, and osteoarthritis (the aging arthritis).

Condiments

Avoid condiments such as mustard, ketchup, steak sauce, soy sauce, tamari, mayonnaise, salad dressings, chili sauce, horseradish, and monosodium glutamate. These foods are all acid-forming, mucoid forming, and, excluding monosodium glutamate, fermented with fungus. For the same reasons, avoid pickled vegetables, such as relish, green olives, sauerkraut, and of course, pickles! *Alternatives:* Try olive oil and lemon as a salad dressing. It's delicious!

Stored Potatoes/Grains (wheat)

Stored grains begin to ferment in 90 days under most conditions. In a short time, they will be full of mycotoxins. It is also unwise to eat animals that eat stored grains. In 1991, researchers studied 112 patients with esophageal cancer and found positive correlations between esophageal cancer and stored grains. You cannot cut out a moldy spot on a potato and assume you "got it all." Once mold is present anywhere, it renders the whole product toxic. *Alternatives:* Try some spelt, kamut, and non-yeast breads and noodles.

(Source: P. Ghardirian, "Thermal Irritation and Esophageal Cancer in Northern Iran," *Cancer* 68: 1909-1914, 1987.)

Peanuts

Avoid peanuts and peanut products. Peanuts contain 26 different carcinogenic fungi.

Corn

Avoid corn and corn products. Corn contains 25 mycotoxin-producing fungi.

Fad Diets

A Recipe for Disaster

Throughout the years, numerous diets have gone in and out of fashion: Several years ago, many health professionals jumped on a common bandwagon against fats and oils. Since then the food industry has responded by producing everything “fat free,” from potato chips to chocolate cake. But manufacturers counterbalance the lack of flavor and texture in “fat free” products by adding extra chemicals and sugars to their already processed ingredients. In addition, the effort to avoid fats has turned many people into “carb loaders,” and an excess of anything, “fat free” or not, turns to fat. A complete lack of fats in your diet also causes extreme stress on your liver.

One of the most recent diets to become popular is from a book entitled Enter the Zone by Barry Sears. Sears’ program revolves around creating a favorable hormonal balance, especially among insulin, glucagon and the superhormones called eicosanoids. This program contends that combining equal “macro nutrient blocks” of protein, carbohydrates, and fats will maintain the secretion of insulin and glucagon at optimal levels. Sears feels that it is imperative to think of food as a drug, eating it in a controlled fashion and in the proper proportions. He believes that the way to balance these eicosanoids is by having both carbohydrates and proteins together in equal balances in the same meal . . . this is absurd!

Carbohydrates require enzymes to be digested (utilizing an alkaline base), while proteins require an acid base. When your body requires both acid and alkaline to digest the food you ingest, they neutralize each other. This causes an increase in the secretion of digestive juices to metabolize the food. As this happens over and over again, your nerve energy is depleted, the undigested proteins putrefy and the carbohydrates ferment, releasing countless harmful toxins into your system.

Exercising can counteract this effect, because aerobic exercise has a glucagon effect. Glucagon will balance your sugar metabolism and make you more insulin sensitive, which means you will have a greater capacity to deal with the sugars brought into your body.

Although the basis of Sears’ thought is excellent—that food is the most powerful drug you’ll ever take—Sears’ theory is an example of a biochemist’s idea operating in a vacuum. He sees food as the only factor that affects your nervous system. The reality is, however, that your breathing, movement, emotions, and mindset all influence your biochemistry.

In addition, Sears cautions against eating pasta because it has no nutrients, but he tells you to eat eggbeaters (eggs that have the yolks removed and chemicals added in order to recreate the flavor) as a source of protein.

So what is the solution?

Make sure you live by the fundamentals that are taught in Living Health: 70% water content foods (properly combined), deep diaphragmatic breaths and movement in the form of aerobic exercise, and the elimination of poisons through cleansing.

What Has Your Food Pyramid Been?

**Chemical
Additives**

Chicken, Beef, & Dairy

Refined Carbohydrates & Sugars

Whole Grains

Vegetable Protein
(Nuts, Seeds & legume's)

Fish Protein

Fresh Fruits & Vegetables (& their juices)

Green Vegetables

Essential Fats & Oils

Water

Deep Breathing

Daily Practice of Physical & Emotional Expansion

The Ideal Food Pyramid: Inventory

Enjoy yourself! It's not about what you can't have; it's about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.

What foods have you eaten consistently in the past?	What is the effect of this food on your body and overall health and well-being?	Now that you know the consequences of eating this food, what is your level of enjoyment, really?

The Ideal Food Pyramid: Create Your Own

Create a healthful menu that you will enjoy and that will give you variety.

**Chemical
Additives**

Chicken, Beef, & Dairy

Refined Carbohydrates & Sugars

Whole Grains

Vegetable Protein
(Nuts, Seeds, & Legume's)

Fish Protein

Fresh Fruits & Vegetables (& their juices)

Green Vegetables

Essential Fats & Oils

Water

Deep Breathing

Daily Practice of Physical & Emotional Expansion

Revitalizing Menus: Two Weeks of Healthy and Tasty Eating

This is designed to give you a sample and some options for food choices that are tasty, healthy, and give you variety. Sample different foods and menus to discover what you love. Or, combine the 'Eat at home' menus below with the 'On the Road' menus on the next page for even more variety.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breakfast: Steamed broccoli with olive oil & lemon</p> <p>Lunch: Vegetable wraps (sprouted tortilla with peppers, raw vegetables, sun-dried tomatoes, almonds, etc.)</p> <p>Snack: Raw almonds</p> <p>Dinner: Grilled halibut in pesto sauce, asparagus, tomato/cucumber/avocado salad</p>	<p>Breakfast: Open-faced avocado sandwich (avocado, tomato, and seasoning on toasted sprouted bread)</p> <p>Lunch: Tuna burger on a sprouted wheat bun with fresh tomato and lettuce, mixed green salad</p> <p>Snack: Rice crackers with raw almond butter</p> <p>Dinner: Vegetable Fajitas with guacamole & salsa, gazpacho soup, and mixed green salad with clover sprouts, pine nuts, herbs, roasted peppers and olive oil</p>	<p>Breakfast: Roasted vegetable broth soup (i.e., diced zucchini and yellow squash) and green salad with crunchy chow mein noodles and green peas</p> <p>Lunch: Warm spinach salad with falafel</p> <p>Snack: Sunflower sprouts, cucumber, Udos Oil</p> <p>Choice Blend and lemon</p> <p>Dinner: Vegetable stir fry seasoned with Bragg™ Liquid Aminos, wild rice and miso soup</p>	<p>Breakfast: Tomato, cucumber and avocado salad with olive oil and lemon</p> <p>Lunch: Roasted vegetable wraps (in sprouted tortilla) with hummus and tabbouleh</p> <p>Snack: Flax seed chips and guacamole</p> <p>Dinner: Barbecued Salmon with a vegetable skewer and a mixed green salad with avocado tofu dressing (Put tofu in blender with one avocado and add seasoning—i.e., Mrs. Dash)</p>	<p>Breakfast: Stir fry broccoli, sesame oil, Bragg's, Chinese 5 Spice Powder, Sesame Seeds</p> <p>Lunch: Lentil soup with field greens salad and no yeast crackers</p> <p>Snack: Raw vegetables (jicama, celery & carrots) and guacamole</p> <p>Dinner: Split pea soup and softshell fish tacos with lettuce, tomato, guacamole and salsa (optional: soy sour cream)</p>	<p>Breakfast: Stir fry vegetables and hash browns with green peppers and onions</p> <p>Lunch: Vegetable burger, avocado, lettuce and tomato on sprouted wheat bun and sweet potato chips</p> <p>Snack: Date shake</p> <p>Dinner: Taco Salad: Crunchy tortilla (place olive-oil basted tortilla upside down over a bowl in the oven), pinto beans, romaine lettuce, tomato, and avocado sprinkled with shredded rice cheese</p>	<p>Breakfast: Steamed broccoli with olive oil & lemon</p> <p>Lunch: Vegetarian chili and yellow squash</p> <p>Snack: Hummus, tabbouleh and raw vegetables</p> <p>Dinner: Grilled salmon, asparagus, spinach salad and lemon tofu cheesecake</p>
<p>Breakfast: Miso soup and spinach and fresh greens with lemon and lime juice and Udos Oil Choice Blend</p> <p>Lunch: Grilled zucchini, peppers, cauliflower, and broccoli over millet</p> <p>Snack: Fresh Melon or grapefruit (after 30 days of cleansing & only on an empty stomach)</p> <p>Dinner: Minestrone soup, spaghetti squash with tomato/basil sauce</p>	<p>Breakfast: Vegetable juice (carrot juice, celery juice, parsley juice and Wheatgrass juice)</p> <p>Lunch: Roasted eggplant sandwich on whole wheat focaccia bread with roasted peppers and pesto with tomato-spinach soup</p> <p>Snack: Taro, beet and sweet potato chips</p> <p>Dinner: Curried tofu and vegetables (peppers, carrots, broccoli, cauliflower, onion, garlic, etc.) with wild rice</p>	<p>Breakfast: Stir fry vegetables and hash browns with green peppers and onions</p> <p>Lunch: Chopped salad: finely chopped romaine lettuce, tomato, cucumber, pine nuts, sun-dried tomatoes, chopped herbs, olive oil and basil</p> <p>Snack: Grilled vegetables with olive oil and seasoning</p> <p>Dinner: Cream of broccoli soup with soy milk and roasted vegetable wrap</p>	<p>Breakfast: Basmati rice with sliced avocado and tomato with lemon juice</p> <p>Lunch: Nicoise salad (tuna, red-skinned potatoes, green beans, olives, romaine lettuce with lemon dressing)</p> <p>Snack: Celery and jicama with raw almond butter</p> <p>Dinner: Lentil soup and pita chips with mixed green salad (flax seeds, lentil sprouts, tomato, cucumber, mixed baby greens)</p>	<p>Breakfast: Assortment of fresh melons (after 30 days of healthful living & cleansing)</p> <p>Lunch: Soft shell fish tacos (i.e. halibut, vegetables, and guacamole, and tomato salsa)</p> <p>Snacks: Stir fried tomato, basil, garlic and zucchini</p> <p>Dinner: Rice (or spelt) pasta with pesto sauce, cabbage, carrots and pine nuts, garlic toast, and mixed greens salad with tomato, cucumber, flax seeds and avocado</p>	<p>Breakfast: Brown basmati rice with broccoli and cauliflower seasoned with olive oil, real salt and pepper</p> <p>Lunch: Ginger/carrot soup with zucchini salad (zucchini, red leaf and romaine lettuce, radish and onions with flax seed oil, real salt and garlic dressing)</p> <p>Snack: Healthful oatmeal raisin cookies</p> <p>Dinner: Pizza: Grilled vegetables, rice mozzarella, tomato sauce on yeast free crust</p>	<p>Breakfast: Tomato, cucumber and avocado salad with olive oil and lemon and vegetable juice (celery, cucumber, parsley and spinach)</p> <p>Lunch: Roasted vegetable salad (mixed greens, eggplant, zucchini, yellow squash, peppers, asparagus, 5 un-dried tomatoes with citrus dressing) with potato and arugula soup</p> <p>Snack: Veggie Stix (available at most health food stores)</p> <p>Dinner: Broiled herbed mahi mahi, vegetable medley, and baby green salad with flax seeds, lemon and olive oil</p>

Revitalizing Menus: Eating on the Road

Whether you're at home or on the road, try creating themes for different days. For example, Monday is Greek day, Tuesday is Chinese, Wednesday is Mexican, Thursday is Thai, Friday is Italian, and Saturday is Japanese. Play around with different menu options at each type of restaurant (or even if you're cooking at home).

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
<p>Breakfast: Home Steamed broccoli with olive oil & lemon</p> <p>Lunch: Airplane Bring cut up cucumbers and carrots to snack on. Pack a salad wrap (vegetables, hummus, etc. in a pita) to take with you.</p> <p>Snack: Raw almonds</p> <p>Dinner: Hotel Call ahead and ask the chef to make baked fish, a fresh vegetable and salad (i.e. Baked salmon with olive oil, rosemary, salt and pepper, sauteed spinach with garlic and green salad with olive oil and lemon.</p>	<p>Breakfast: Hotel Miso soup and cucumber, tomato and avocado salad.</p> <p>Lunch: Wrap Fast Food Ask the hotel concierge (or call around yourself) to find a 'fast food wrap restaurant'. Order a vegetable wrap with guacamole and sweet potato chips or fries.</p> <p>Snack: Hotel Raw vegetables (and guacamole if available).</p> <p>Dinner: Chinese Wonton soup (no egg, no mushrooms), szechwan shrimp and snap peas with black bean sauce (Remember to ask them to hold the MSG!)</p>	<p>Breakfast: Hotel Stir fry broccoli, sesame oil, Bragg's, and Sesame Seeds</p> <p>Lunch: Salad Bar Big salad, vegetable soup and potato</p> <p>Snack: Sunflower sprouts, cucumber, Udos Oil Choice Blend and lemon</p> <p>Dinner: Seafood Restaurant Grilled halibut, asparagus, field or mixed green salad</p>	<p>Breakfast: Restaurant Fresh melons and or grapefruit (on empty stomach after 30 days of cleansing)</p> <p>Lunch: Restaurant Tuna over salad with tomato, cucumber, mixed greens, etc.</p> <p>Snack: Vegetable chips (ask hotel to help you find a health food store or grocery store to purchase healthful snacks)</p> <p>Dinner: Thai Vegetable spring rolls (fresh), vegetable fried rice (with no egg), phad thai noodles(no egg, no mushrooms)</p>	<p>Breakfast: Hotel Steamed broccoli with olive oil & lemon</p> <p>Lunch: Greek Greek salad, falafel, humus and pita</p> <p>Snack: Raw Almonds</p> <p>Dinner: Italian Big green salad with olive oil and lemon, asparagus, angel hair pasta with olive oil, basil, garlic and tomato and lemon sorbet.</p>	<p>Breakfast: Hotel Stir fry vegetables and hash browns with green peppers and onions</p> <p>Lunch: Mexican Fish tacos or bean tostada (Ideally made with pinto bean make sure that the beans are not made with animal fat. Hold the sour cream and cheese. Ask for extra lettuce, salsa and guacamole).</p> <p>Snack: Hotel Grilled vegetables with olive oil and spices</p> <p>Dinner: Japanese Edamame (boiled soybeans), salad with ginger dressing, and vegetable nori rollups.</p>

(DINING OUT STRATEGIES)

1. Eat a balanced meal with salad & vegetables.
2. Avoid fried foods.
3. Use olive oil and lemon rather than creamy, fat-laden dressings. (Also use olive oil in place of butter and margarine.)
4. Ask for steamed vegetables on the side with a squeeze of lemon for flavor.
5. Watch out for MSG (especially in Asian restaurants)—you can request to have the food prepared without it.
6. Use fresh parsley on top of soups and salads when possible to increase the alkalinity.
7. Stay away from breads and desserts.
8. When ordering a salad, request the dressing on the side.
9. Order flat bottled water in a wine glass with lemon (to make it more enticing and exciting). Remember, it's what you do on a daily basis that shapes your health.

(VEGETARIAN INTERNATIONAL OPTIONS)

1. Indian
2. Chinese
3. Thai
4. Greek
5. Japanese
6. Mexican
7. Mediterranean

(THINGS TO TAKE WITH YOU :)

1. Raw Almonds
2. Udo's Choice Oil Blend in capsules
3. Penta-Hydrate Water
4. Bragg™ Amino Acid (optional)
5. Inner Balance supplements
6. Pure Energy: Ultra Greens with MSM

Revitalizing Menus: Supplies & Principles

KITCHEN TIPS

Stocking Your Kitchen

1. A variety of organic fresh seasonal fruits and vegetables.
2. Lemons and limes.
3. Fresh herbs.
4. Penta-Hydrate Water.
5. Olive oil, Udo's Choice Oil Blend, Flax Seed Oil.
6. Seasonings: Bragg™ Liquid Aminos, any Spice Hunter seasoning as well as The Zip by Spice Hunter.

Tools For Your Kitchen

1. Food processor
2. Blender
3. Juicer that can do Wheatgrass
4. Wok
5. Steamer
6. Barbecue
7. Salad Spinner

ORGANIZING PRINCIPLES

1. Dramatically reduce or eliminate processed foods.
2. Read labels carefully. If you need a dictionary to understand it, don't buy it!
3. Remember the 80/20 rule: Your diet should contain at least 70 to 80% water-based, alkalizing foods. Only 20% should be cooked foods.
4. Remember to drink half your body weight in ounces per day (i.e., if you weigh 150, you should drink 75 ounces of water per (day). Remember to drink water 30 minutes prior to eating.
5. Enjoy yourself! It's not about what you can't have, it's about developing the consistent habits that allow you to eat foods that you enjoy and that give you the health and energy you deserve.

—(REMEBER)—

Eat as if your life depended on it.

— Anonymous

ANTHONY ROBBINS LIFE MASTERY

~~..... (notes)~~

Quality Quantifier **An Urge Management Tool**

The Quality Quantifier, or the QQ, is a simple tool you can use to immediately increase your enjoyment in any situation. It can also be used to change your behavior immediately by shifting the level of pain or pleasure you associate to any task. Most people never decide in advance the precise level of quality (pleasure, enjoyment, excitement) they are committed to experiencing in a task; nor do they decide what negative feelings they will associate to a behavior to avoid indulging in it. Instead, they settle for whatever "shows up." Leaving the quality of your life's experiences to chance is a recipe for disappointment, frustration, boredom, unhappiness, and behaviors that do not support you.

The Quality Quantifier guides you step-by-step through a simple process to increase your desire (i.e., your drive or urge) for an activity that supports you, or decrease your desire for an activity that does not support you. In short, it's an "urge-management" tool. For example, with effective employment of the QQ, in only a few seconds you can increase your desire to exercise and decrease your desire to eat chocolate cake.

When applied properly, the QQ is a surefire strategy for getting what you really want by immediately tapping into more of your innate abilities and resources. It's a simple, four-step process in which you ask yourself a brief series of questions, and it's built upon the following understandings:

(THE FOUR STEP STRATEGY)

1. You must **assess your current level of desire**. By assigning a numeric value to your experience, you set a benchmark for creating the experience you desire.
2. The second step of the QQ is consciously **describing what feelings/sensations you want to experience** while participating in a particular activity—or to associate to a behavior you're trying to eliminate. Decide in advance what level of positive emotions/sensations you are committed to experiencing. Doesn't it make sense that when you tell your brain precisely what you want from something, you have a better chance of coming up with a way to achieve it?
3. **Decide and quantify (give a numeric rating to) the quality of experience you are now committed to having**. The quantification is on a scale from -10 to +10 (from completely and utterly repelled by this activity to irresistibly compelled to do it now). Ask yourself, "On a scale from -10 to +10, what is the quality of experience I am committed to having?"
4. **Develop a simple plan**. With one question, you can quickly develop a strategy for experiencing the level of quality you desire. Ask yourself, "What conditions must I create within myself and/or the environment to experience this level of quality? What could I focus on/appreciate while I am participating in this task to bring me to the level I desire? What could I do differently to cause me to enjoy this task at least at a level +8?"

By this simple action you will think of readily available resources that will allow you to enjoy yourself much more. Rather than starting the activity reluctantly, expecting pain—and, of course, getting it—you are asking questions to redirect your focus. With the addition of each of these changes in perception or procedure, you'll find that the quality of your experience is immediately enhanced.

How to use the Quality Quantifier

Example 1: Pizza—Decreasing Desire

How do you use the QQ to reduce your desire for something? Here are the four steps to utilizing the QQ.

Step 1: Quantify.

When I think of engaging in this activity (food, meeting, conversation, task, etc.), what is the current level of quality (feelings/sensations) I associate to it (-10 to +10)? What am I currently experiencing?

For pizza, let's say you're at +10—you can't live without it, as one seminar participant couldn't...



Step 2: Describe.

What are the sensations/feelings I want? What do I want to experience? What do I want to feel when I think of this task?

Our pizza-loving participant (let's call him Zeke) had already lost 44 pounds in the last four months, and he figured that unless he dropped his addiction to pizza, he wouldn't be able to reach his goals. He no longer wanted to be a slave to this food. He wanted to feel no desire; he wanted to feel indifference, and he knew it was probably in his best interest even to feel disgust.



Step 3: Decide.

What is the level of experience (quality of sensations) I'm committed to having? Do I want to associate -10 to eating chocolate, or just -5? Do I want to associate my level of pleasure at a 7, an 8 or a 10 for this exercise I'm about to engage in?

Zeke wanted his enthusiasm for pizza to plummet to -10.

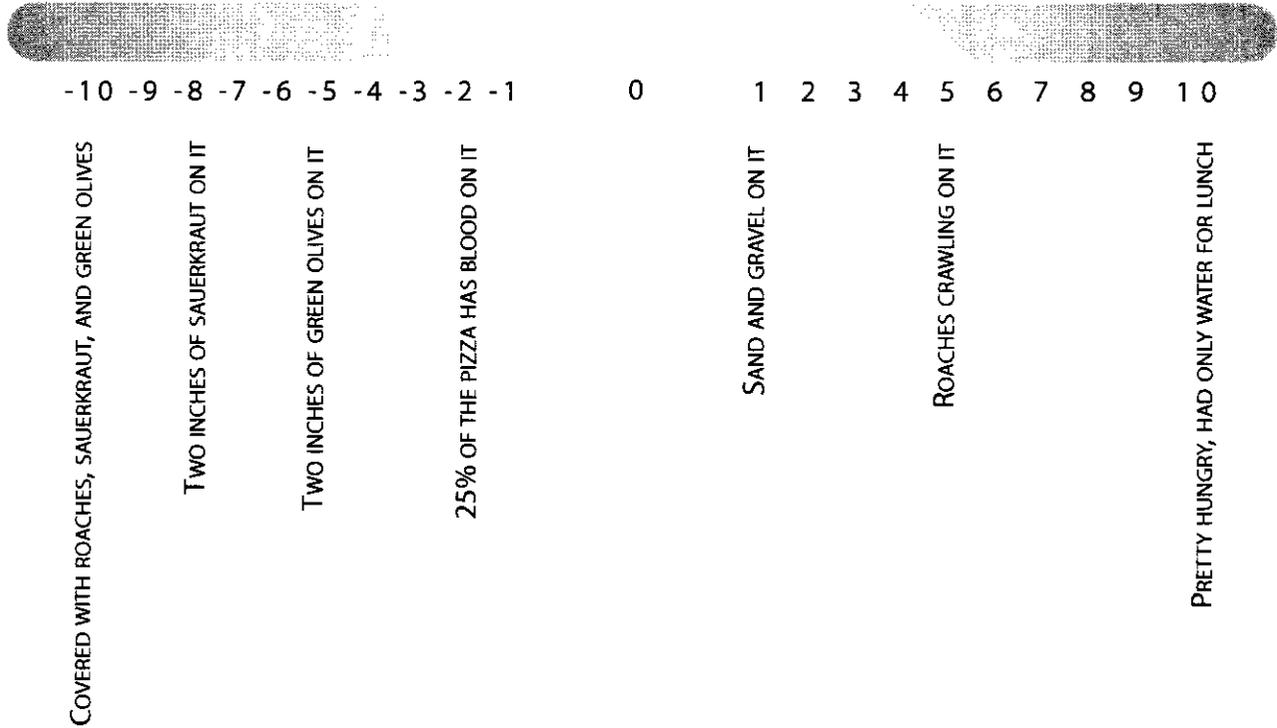
Step 4: Strategize.

What has to happen in order for me to feel that way about it? What conditions must I create inside myself and/or the environment to experience that level of quality?

Zeke was assisted in moving down the QQ scale in small increments. First, to get from +10 down to +5, he imagined the pizza with roaches crawling on it. Then, to get down to +2, he imagined sand and gravel all over the pizza. Visualizing 25% of the pizza covered with blood was his strategy for getting it down to -3. To get down to -6, he imagined the pizza covered with 2 inches of green olives (for him this was worse than blood!). Two inches of sauerkraut would have moved it down to -8, and a combination of roaches, olives, and sauerkraut ("The Works") brought it all the way down to -10.

Example 1: Pizza—Decreasing Desire, con't.

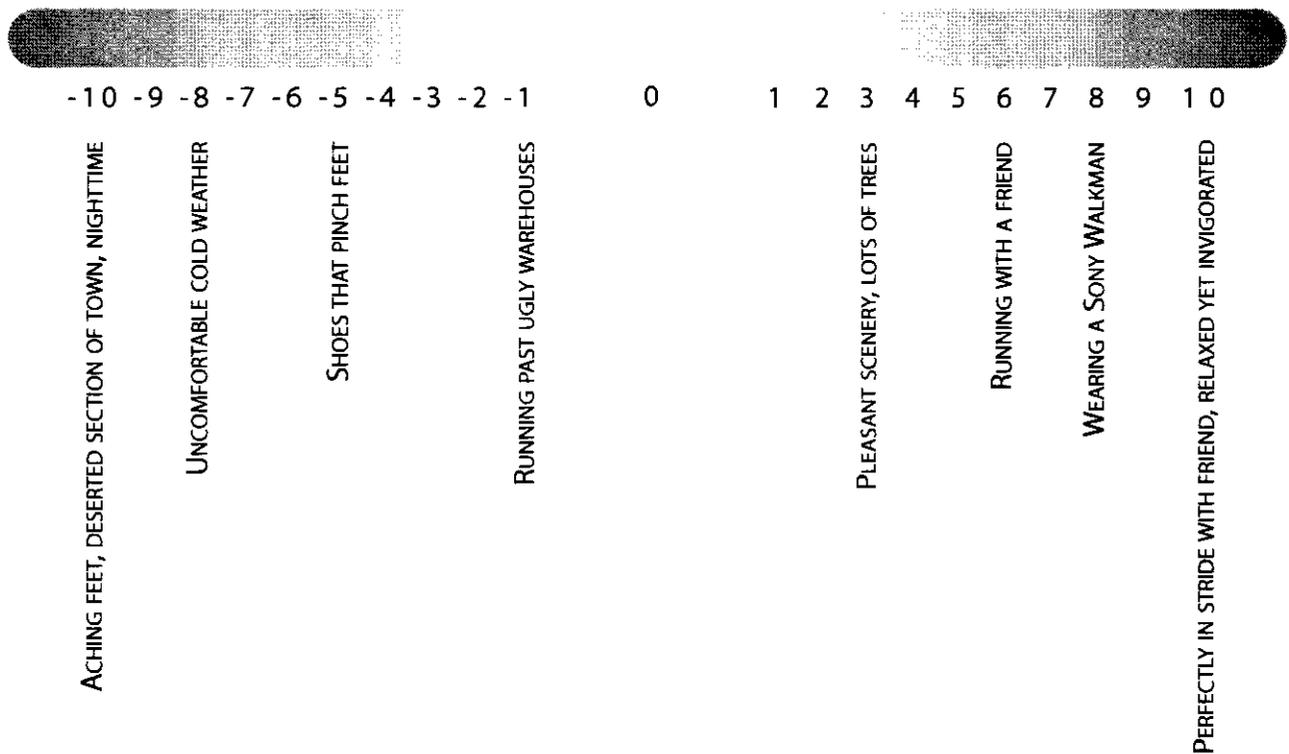
By the time we were done, he didn't want to have anything to do with pizza, nor could he even imagine wanting to eat it again. And even if he did feel like eating it again sometime in the future, he could always take control of his urges by using the QQ to get back down to -10—or to any level he desired!



How to use the Quality Quantifier, Cont'd.

Example 2: Running—Increasing Fun and Pleasure

Here's how the QQ works for running. Let's say you feel neutral about running; i.e., you're currently at a 0. If you wanted to make running undesirable—a -2, or -5, or -7—what would it take? If you wanted to make running more appealing—a +4, or +8, or +10—what would that take? The scale below shows the answers some people have come up with.



Naturally, more of us would use the QQ to increase the pleasurable sensations we link to running rather than decrease them. But isn't it useful to know how to move your feelings about anything in either direction?

Now it's Your Turn!

The Two Most Important Principles in Using the Quality Quantifier:

1. Remember that there are many ways to create a +10 experience.
2. Define the rules so you have control—not the environment or someone else.

Think of a situation for which you could apply the QQ. For example, you might have put off discussing an upset with someone for too long, and now it's really time to take care of it. On a scale from -10 to +10, how much are you looking forward to handling this situation now? Does the prospect fill you with positive expectation, mild interest, mild discomfort, or overwhelming dread? Once you've decided on a situation or behavior to manage with the QQ, write it in the blank provided below.

—(REMEMBER)—

THE FOUR EASY STEPS

1. **Quantify.** When I think of engaging in this activity (e.g., food, meeting, conversation, task), what is the current level of quality (feelings/sensations) I associate to it (-10 to +10)? What am I currently experiencing?
2. **Describe.** What are the sensations/feelings I want? What do I want to experience? What do I want to feel when I think of this?
3. **Decide.** What is the level of experience (quality of sensations) I'm committed to having? Do I want to associate -10 to eating chocolate, or just -5? Do I want to associate my level of pleasure at a +7, +8, or a +10 for this exercise I'm about to engage in?
4. **Strategize.** What has to happen for me to feel that way about it? What conditions must I create inside myself and/or the environment to experience that level of quality?

When you ask a new question, your brain comes up with new answers.

QUALITY QUESTIONS:

- What would I have to believe?
- What would I have to start noticing or focusing on?
- What am I grateful for?
- What's fun about this?
- How can I learn even more while enjoying the process?

Now indicate on the scale below all the triggers you'll use to immediately change your level of desire for this situation, activity, or behavior.

Quality Quantifier for _____



-10 -9 -8 -7 -6 -5 -4 -3 -2 -1 0 1 2 3 4 5 6 7 8 9 10

ANTHONY ROBBINS LIFE MASTERY

~~(notes)~~

Transforming Your Beliefs *About Health & Vitality*

← (DEFINITION)

Belief: A feeling of certainty about what something means.

So often we are seduced into believing that events control our lives and that our environment has shaped who we are today. No greater lie was ever told. It's not the events of our lives that shape us, but rather our beliefs about what those events mean. The meaning we attach to the events of our lives, or our beliefs about the areas of our lives such as our health is what shapes who we are today and who we'll become tomorrow. In fact, our beliefs control everything we think, feel, and do.

Beliefs are what make the difference between a lifetime of vitality, health, energy, passion, joy, and love and one of misery, health challenges, and devastation. They are what separate a Lance Armstrong from a Jim Belushi or a Kurt Kobain.

Since our beliefs have the power to create or to destroy, it's imperative that we consciously decide what it is we believe in all the areas of our lives vs. allowing the beliefs that have been conditioned in us since we were little to shape and direct our lives.

How often have all of us had beliefs in our past that we knew intellectually didn't make sense, but emotionally we still allowed them to control us in a negative way? Likewise, if we look at all the great successes in our lives, undoubtedly we have beliefs that have empowered us to turn these dreams into reality.

← (THE THREE TYPES OF BELIEFS)

- (1) **An opinion:** A belief based on references that we don't have a lot of basis for intellectually, emotionally, or physically in our bodies—usually stemming from information others have given us. Opinions can be shifted pretty easily because we are not as vested in the references that form these beliefs.
- (2) **A belief:** More powerful than an opinion, is a belief. A belief occurs when we have several references not only from others, but from our own personal experience. Beliefs are harder to shift than opinions because they have a larger reference base and often we are more emotionally associated to them.
- (3) **A conviction:** A conviction is a belief system we are so certain about that it would be very difficult to change it. Usually, convictions stem from very a strong personal reference base—i.e., we (or someone we know intimately) has had a painful experience that caused us to form a conviction.

*To take our lives to the next level, we must be willing to let go of our convictions
and to look at what truly makes the most sense to support us today.*

In this section, we'll take a look at what some of our beliefs about health have been (both empowering and disempowering) and what they need to be now to achieve our ultimate levels of health, energy, and vitality.

Beliefs Exercise

1. What are two or three of your most empowering beliefs about health (i.e., beliefs that have contributed positively to your current state of health, energy, or vitality)?

2. What are two or three of your most disempowering beliefs about health (i.e., what beliefs may you have used as an excuse not to change something that you need to in this area)?

Beliefs Exercise, Cont.

3. What have these disempowering beliefs cost you? Why must you change now?

4. What beliefs do you need now to take your life to the next level?

ANTHONY ROBBINS LIFE MASTERY

(notes)

*"Under all that we think, lives all we believe, like the
ultimate veil of our spirits."*

—Antonio Machado

THE 10 STEPS OF PURE ENERGY

ANTHONY ROBBINS LIFE MASTERY

(*notes*)

The 10 Steps of Pure Energy

- (1) The Gift of Vital _____
- (2) The Gift of _____ & _____
- (3) The Gift of _____ Power & _____
- (4) The Gift of Maximum _____
- (5) The Gift of _____
- (6) The Gift of a _____ Mind
- (7) Dramatically Reduce or Eliminate Your Intake of

- (8) Dramatically Reduce or Eliminate Your Ingestion of

- (9) Dramatically Reduce or Eliminate Your Consumption of
_____ Products
- (10) Dramatically Reduce or Eliminate _____ Addictions from
Your Diet

Answers: Breathing, Living Waters, Live Foods, Aerobic, Maximum Strength, Nourishment
Structural Support, Directed, Processed Fats, Animal Flesh, Dairy, Acid

1. *The Gift of Vital*

According to Sheldon Saul Hendler in *The Oxygen Breakthrough: 30 Days to an Illness-Free Life* (William Morrow & Co., August 1991), without ATP (adenosine triphosphate) our bodies would immediately shut down—and without oxygen, there would be no ATP. It's clear, then, that optimal oxygenation of your cells through proper breathing, nutrition, fluid intake, exercise, and stress management is absolutely necessary in order to maintain your health.

Results of Shallow "Chest Breathing"

1. Chronic or intermittent fatigue
2. Chest pains and palpitations suggestive of heart disease
3. Tingling and numbness in the arms, legs, hands, etc.
4. Muscular cramps in the neck, shoulders, and back
5. Stomach upsets, heartburn, and gas
6. Anxiety and panic attacks
7. Feelings of unreality, hallucinations
8. Disturbances, nightmares, night sweats



— (POWER BREATHING) —

Take ten power breaths three times a day in the following ratio:

- Inhale for the count of 1.**
- Hold for the count of 4.**
- Exhale for the count of 2.**

Answers: Breathing

165

2. The Gift of _____ & _____

What is living water? Water plays an essential role for all living matter, and it is the single largest component of the human body—digestion, circulation, and excretion cannot occur without it. However, water can be either dead or alive depending on its alkalinity and the energy it transmits from its source to our bodies. Water in which the alkalinity has been restored or to which "live" electrical food (such as Inner Balance Ultra Greens Plus MSM™) has been added is considered living water.

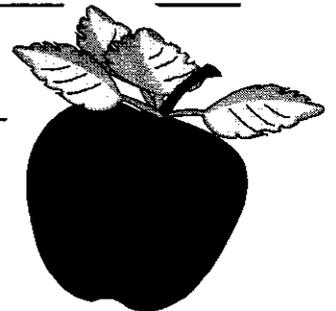
So what are live foods? Foods that have been processed (canned, bottled, or prepackaged) or take more energy from our body than they give to it during the digestion process are not considered living foods. Live foods include uncooked vegetables, fruits, sprouts, seeds, etc.

Have you been keeping your body properly hydrated and nourished through the fluids you drink and the foods you eat?

-(EXERCISE)

Write down everything that has passed through your lips in the last 24 hours (or the 24 hours prior to arriving at Life Mastery).

Lined writing area consisting of two columns of horizontal lines for text entry.



Answers: Living Waters, Live Foods

The Electrolyte & Water Balance

Body fluids contain water and electrolytes; variations in the water balance affect electrolyte concentration and vice-versa. Electrolytes are substances or compounds which, when dissolved in water, disassociate into positively and negatively charged ions (e.g., simple inorganic molecules of sodium, potassium, or magnesium). When excess water is lost, changes in the electrolyte balance occur. The interactions between sodium and potassium electrolytes in maintaining water balance are critical.

The body has no place to store water and water held in the bladder is of no metabolic use; therefore, **the amount of water lost every 24 hours must be replaced** to maintain health and efficiency. Water is so crucial to the proper functioning of the body that a person can lose 50% of its glucose, fat, or protein, but only 20% of its water before death may occur. This replacement can happen by drinking water or water-based liquids, of course, but also by eating foods with a high water content.

WATER CONTENT OF COMMON FOODS

Iceberg Lettuce	96%	Cheese	40%
Watermelon	94%	Bread	36%
Broccoli, Carrots, Beets	91%	Sponge Cake	32%
Oranges	88%	Butter	16%
Apples	85%	Nuts	5%
Boiled Potatoes	80%	Soda Crackers	4%
Bananas	76%	Dry Cereal	4%
Baked Fish	68%	White Sugar	trace
Beef	50%	Oils	0

-(NOTE)

Water-rich foods should make up 70% of your total diet. This composition allows your body to cleanse itself. Failing to consume this percentage of water means that you are clogging your body, not cleansing it.

A typical American diet, consisting of only 15% water-rich foods, is suicide.

What is the minimum amount of water you need to survive?

- You can lose 50% of your glucose.
- You can lose 50% of your fat.
- You can lose 50% of your protein.
- You can lose only 20% of your water!

One Person's Diet

1	Milky Way	1	Plate of Pasta
1	Ground Beef Pizza	1	Bag of "Theater Style" Popcorn
1	McDonald's Meal	2	Twinkies
1	Roast Duck	10	Sodas
3	Bowls of Cold Cereal/Low-Fat Milk	1	Ham Sandwich
3	Pears	1	Plate of Veal and Pasta
3	Cantaloupes		

—(EXERCISE)—

Why might this person not perform at his/her peak? Any clues?

—(EXERCISE)—

Now, look back at your list of everything that has passed through your lips in the past 24 hours. What percentage of your diet is made up of water-rich foods?

**Every time you reach for food, ask yourself,
"Will this cleanse me . . . or clog me?"**

3. The Gift of _____ & _____

Q: *What is the difference between fitness and health?*

A: ***Fitness is the physical ability to perform athletic activity. Health is the state in which all the systems of the body—nervous, muscular, skeletal, circulatory, digestive, lymphatic, hormonal, etc.—are working OPTIMALLY.***

Q: *How can you achieve the optimum balance of health and fitness?*

A: ***Train your METABOLISM. Research has shown that if you exercise consistently over a 12-month period, you will form this positive addiction for a lifetime.***

The term “aerobic” means, literally, “with oxygen,” and refers to moderate exercise sustained over a period of time. Your aerobic system gives you endurance, and it encompasses the heart, lungs, blood vessels, and aerobic muscles. If you condition your metabolism to operate aerobically, and supply it with proper diet and exercise, your body will burn fat as its primary fuel.

“Anaerobic,” on the other hand, means “without oxygen” and refers to exercises that produce short bursts of power. Anaerobic exercise burns glycogen as its primary fuel, while causing the body to store fat.

The body’s chemical response to a workout, not the workout itself, determines whether or not it is aerobic or anaerobic. The level of intensity one’s heart rate is a major factor in determining whether the particular exercise is aerobic or anaerobic. At lower heart rates, walking, skiing, jogging, biking, swimming, and dancing are good examples of aerobic exercise. The previous examples at a high heart rate or an activity such as weight-lifting are examples of anaerobic exercise as they require intense stop-and-start exertion.

“THE PHILOSOPHY OF “NO _____, NO _____” IS A FALLACY!

In most cases, pain is usually a signal that you are doing something wrong. Your goal should be to exercise for a longer period of time, but in a totally enjoyable way. If you exercise at 70% of your heart rate rather than 90%, you can exercise forever, and afterwards, you won’t feel as physically stressed, stiff, beat up, or exhausted—what an incredible feeling!

Anaerobic exercise builds muscle. Aerobic exercise builds health.

Answers: Aerobic Power, Maximum Strength, pain, gain

Benefits of Aerobic Training

1. Your LUNGS operate more efficiently.
2. Your blood VESSELS become enlarged, making them more pliable and reducing the resistance to blood flow.
3. Your BLOOD supply increases, especially the red blood cells and hemoglobin.
4. Your body TISSUES are supplied with more oxygen.
5. Your HEART is strengthened.
6. You eat better, DIGEST better, and ELIMINATE waste better.
7. You SLEEP better.
8. You may even FEEL BETTER mentally and emotionally!

(Source: "Aerobic Training," The International Fitness Association (IFA) web site (www.ifafitness.com). Copyright 1995, 2000 by IFA.)

*"Take good care of your body. It's the only place you
have to live."*

— Jim Rohn

SYMPTOMS OF EXCESSIVE TRAINING

Anaerobic

1. Fatigue and muscle pain (lactic acid)
2. Recurrent exercise injuries
3. Low blood-sugar patterns
4. Depression and anxiety
5. Fat metabolism problems
6. Premenstrual syndrome
7. Circulation problems and stiff joints

(Source: "Cross Training for Total Fitness," Cytosport web site (www.cytosport.com).)

Aerobic

1. Muscle, connective tissue, or bone injury
2. Burning lean muscle tissue necessary for body movement
3. Loss of menstrual cycle
4. Premature bone loss
5. Compulsive behavior (e.g., eating disorders)

(Source: Roger Schwab, "Understanding Aerobics...The Benefits and the Limitations," Main Line Health and Fitness web site (www.mlhf.com/aerobics.htm).)

How to Reset Your Body Fat Set Point

If you diet without exercise, you're likely to experience the "set point" phenomenon, named for your body's internal mechanism that regulates the amount of body fat you would normally have. After a few days of reduced caloric intake, the body adjusts by lowering its basal metabolic rate (BMR), thus permitting more efficient use of calories. This automatic biological response makes it progressively more difficult to lose weight while dieting. Furthermore, by lowering the BMR, the dieter may cause a physiologic change that makes weight gain easier after the diet is broken.

To date, the only known way to lower your set point, raise your BMR, and "program" your body to store less fat than it did before is to **increase your physical exercise**. Exercising aerobically will give your body more oxygen for energy, burn fat as fuel and, most importantly, it will help you to accelerate your metabolic rate so that you become a virtual fat-burning machine.

Five Steps to Effective Target-Zone Training

Based on Stu Mittleman's "Recipe for Heart Rate Zones" as found in his book *Slow Burn: Slow Down, Burn Fat, and Unlock the Energy Within* (Harper Resource, May 2000).

Scale 0 to 10
in effort*

Step 1: Warm Up

When you are just walking, just beginning to awaken your body, you cause the blood to start flowing through the muscles and your system. There is increased circulation, minimal effort is involved, and you begin to mobilize stored body fat. During the warm up, you'll experience some mood elevation and the blood and oxygen flow is helping to eliminate certain toxins from your system. Heart rate increases and exertion is between 1 and 3.

1 to 3

Step 2: Moderate Aerobic Pace (M.A.P.)

Increased utilization of fat in your system occurs at this pace. Aerobic benefits abound, including greater oxygen flow to the muscles, enhanced ability to remain focused and alert for long periods of time, and more energy released with less discomfort. The effort level in the M.A.P. is relatively comfortable, only a 3 to 5 in the Rate of Perceived Exertion (R.P.E.) on a scale of 0 to 10.

3 to 5

Step 3: Most Efficient Pace (M.E.P.)

The M.E.P. is a mixed fuel zone with both fat and sugar contributing towards energy production. The main outcome of the M.E.P. is increased productivity while still remaining in a state where fat is available for fuel, albeit at a lower level than in the M.A.P. The exertion level in the M.E.P. is between 5 and 7.

5 to 7

Step 4: Speedy Aerobic Pace (S.A.P.)

Your level of workout at this pace can be relatively challenging and intense. Your breathing has changed—you've broken through your aerobic threshold. You are now using a fuel mix comprised mostly of sugar and very little fat. Your level of exertion is probably between levels 7 and 9.

7 to 9

Step 5: Anaerobic Intensity Training (A.I.T.)

You are no longer burning fat, only carbohydrates. At the same time, you're also building up toxins in your system. Your level of effort is 9 and up. The A.I.T. is marked by a flight or fight intensity that rarely has a place in most training programs designed to promote long-term health and vitality.

9+

*10 is maximum exertion and 0 is no effort.

1. Maximum Heart Rate

Apply the following method to determine your heart's maximum capacity when training. Stay well below this heart rate, otherwise, you're working anaerobically and just burning sugar.

220 - YOUR AGE = MAXIMUM HEART RATE

(EXAMPLE)

You are 35 years old. Subtract 35 from 220 to determine your maximum heart rate: 185.

$$\begin{array}{r} 220 \\ - 35 \text{ YEARS OLD} \\ \hline 185 \text{ MAXIMUM HEART RATE} \end{array}$$

$$\begin{array}{r} 220 \\ - \text{YOUR AGE} \\ \hline \text{MAXIMUM HEART RATE} \end{array}$$

2. Aerobic Training Heart Rate

Apply the following method to determine your aerobic training heart rate for burning fat. Your aerobic rate is approximately 70% of your maximum heart rate capacity and is between 60-85% depending on your fitness level. You'll know when you're aerobic if you are comfortable while exercising. A short-cut method to determine your rate is:

180 - YOUR AGE = AEROBIC TRAINING RATE

(EXAMPLE)

You are 35 years old. Subtract 35 from 180 to determine your aerobic training rate: 145.

$$\begin{array}{r} 180 \\ - 35 \text{ YEARS OLD} \\ \hline 145 \text{ AEROBIC TRAINING RATE} \end{array}$$

$$\begin{array}{r} 180 \\ - \text{YOUR AGE} \\ \hline \text{AEROBIC TRAINING RATE} \end{array}$$

3. Aerobic Warm-up/ Cool-down Heart Rate

Here is a simple method to establish your ideal warm-up and cool-down heart rate. This figure can be found simply by multiplying your maximum heart rate by 60% (0.60).

MAXIMUM HEART RATE X 60% = WARM-UP/COOL-DOWN HEART RATE

(EXAMPLE)

Your maximum heart rate is 185. Multiply that rate by 60% (0.60) to determine your low-range aerobic warm-up/cool-down heart rate: 111.

185	MAXIMUM HEART RATE
X 0.60	
111	LOW RANGE AEROBIC WARM-UP/COOL-DOWN HEART RATE

x 0.60

MAXIMUM
HEART RATE

LOW-RANGE
AEROBIC
WARM-UP/
COOL-DOWN
HEART RATE

Find your age on the following page to determine your warm-up/cool-down range.

OPTIMUM HEART RATES

$$\begin{array}{r} 180 \\ - 35 \\ \hline \end{array}$$

145 This result is your optimum heart rate for aerobic training after 15 minutes of warm-up. (See Step No. 1 of this section for more detail.)

$$\begin{array}{r} 145 \\ - 10 \\ \hline 135 \end{array}$$

Subtract 10 more points if you are recovering from a major illness or taking medication.

$$\begin{array}{r} 145 \\ - 5 \\ \hline 140 \end{array}$$

Subtract 5 points if you have not exercised before, have an injury, or are gearing down in your training, or if you often get colds or the flu, or have allergies.

$$\begin{array}{r} 145 \\ + 0 \\ \hline 145 \end{array}$$

If you have been exercising for up to two years without any real problems and have not had colds or flu more than once or twice per year, keep your score the same.

$$\begin{array}{r} 145 \\ + 5 \\ \hline 150 \end{array}$$

Add 5 points if you have been exercising for more than two years without problems and making progress in competition without injury.

Age	Aerobic Range	Warm-up/ Cool-down Range
20	150-160	110-120
21	149-159	109-119
22	148-158	108-118
23	147-157	107-117
24	146-156	106-116
25	145-155	105-115
26	144-154	104-114
27	143-153	103-113
28	142-152	102-112
29	141-151	101-111
30	140-150	100-110
31	139-149	99-109
32	138-148	98-108
33	137-147	97-107
34	136-146	96-106
35	135-145	95-105
36	134-144	94-104
37	133-143	93-103
38	132-142	92-102
39	131-141	91-101
40	130-140	90-100
41	129-139	89-99
42	128-138	88-98
43	127-137	87-97
44	126-136	86-96
45	125-135	85-95
46	124-134	84-94
47	123-133	83-93
48	122-132	82-92
49	121-131	81-91
50	120-130	80-90
51	119-129	79-89
52	118-128	78-88
53	117-127	77-87
54	116-126	76-86
55	115-125	75-85
56	114-124	74-84
57	113-123	73-83
58	112-122	72-82
59	111-121	71-81
60	110-120	70-80

4. *The Gift of Maximum* _____

Efficient Eating in a Few Easy Steps

1. **Break your fast** (breakfast) with green vegetables; green juices; non-acid producing, low-sugar fruits and fruit juices; or light, alkalizing foods only.
2. **Eat organic food** whenever possible.
3. **Avoid eating dead foods**, or foods that are processed, refined, frozen, or canned.
4. **Avoid overeating** any food.
5. **Avoid eating too great a variety** of foods at one meal, as this stimulates you to overeat.
6. **Avoid eating when you are stressed**, depressed, ill, extremely tired or emotional, or when you are not truly hungry, as this inhibits digestion and creates fermentation.
7. **Avoid eating between meals**; your body can use the break to cleanse itself.
8. **Do not drink any liquids**—not even water—**with your meals** and separate your meals from any liquid intake by at least ten minutes.
9. **Properly combine your foods** for maximum nourishment and energy. Eat one concentrated food in a meal. Do not combine carbohydrates and proteins at the same meal.
10. **Eat slowly** and chew all foods completely.
11. **Avoid eating condensed foods**, especially animal products, immediately before bed.
12. **Enjoy all that you eat!**

"Pavlov has conclusively demonstrated that each kind of food provokes a specific, definite type of gastric and intestinal secretion. Because the presence of the three concentrated foods call for antagonistic chemical processes at the same time, it is a physical and chemical impossibility for the digestive glands to function properly as they are subject to definite physiological laws."

— N. Philip Norman, M.D., Adjunct Professor of Stomatology,
Lecturer in Gastroenterology, New York Polyclinic Medical School and Hospital

Answers: Nourishment

Less is More

There is a consensus among health professionals that avoiding obesity can help us live a long and healthy life. Now, two new studies add to evidence that it's possible to live longer and healthier by restricting calories. Previous studies have found that rats which were placed on a very low-calorie diet lived up to 30 percent longer, and scientists have been working to see if that translates to humans. George Roth and colleagues at the National Institute on Aging and the Arizona Center on Aging worked with monkeys, and found a 30 percent reduction in calories led to higher levels of HDL—the “good” cholesterol that decreases the risk of heart disease. “In addition to enhanced HDL and lower triglyceride levels, we also see a small drop in blood pressure,” Roth said regarding his study, which was published in the *American Journal of Physiology*. “My own personal belief is...these beneficial effects that we see in calorically-restricted monkeys could be translated into people,” he stated, noting that his research could serve as a model for human studies.

The second study, published in the *Journal of Clinical Endocrinology & Metabolism*, showed that caloric reduction helped slow down the body's natural decrease in the level of the hormone, DHEA one of the indicators of aging. A review article in *The New England Journal of Medicine* noted that, in addition to extending longevity in many animals, studies show that caloric restriction slows age-related deficits in learning, immune response, DNA repair and behavior.

(Source: “Restricting Calories: Fountain of Youth?” Copyright 2002 Calorie Control Council. Reprinted with permission from the Calorie Control Council.)

5. *The Gift of* _____

The importance of the bones, muscles, and tissue that make up the structural support of our bodies cannot be denied. As bones weaken and muscles atrophy from whatever variety of conditions—age, poor nutrition, sedentary lifestyle, etc., we realize, too late, how much we need that support. Hence, taking care through exercise, weight training, and proper nutrition—of those entities that comprise our structural support system should be one of our highest priorities.

STRUCTURAL SUPPORT EFFECTS THE ENTIRE BODY

The body's musculoskeletal system—the bones, muscles, tissues, and nerves—is the key to a person's well-being. The musculoskeletal system, one of the most easily accessible systems of the body, comprises about 2/3 of a person's body mass. But its importance goes well beyond providing structural support.

Osteopathic medicine maintains that the musculoskeletal system reflects many internal illnesses and may aggravate or accelerate disease in the circulatory, lymphatic, nervous, and other systems of the body. The musculoskeletal system, therefore, plays a key role in the body's effort to regulate itself and resist illness or disease.

(Source: "Osteopathic Medicine's Philosophy and Principles." Tucson Osteopathic Medical Foundation web site (www.tomf.org). Copyright 1996-2002 by Tucson Osteopathic Medical Foundation.)

FIT BONES MAKE A FIT LIFE

It is important to understand that bone is not a hard and lifeless structure; it is, in fact, complex, living tissue. Our bones provide structural support for muscles, protect vital organs, and store the calcium essential for bone density and strength.

Because bones are constantly changing, they can heal and may be affected by diet and exercise. Until the age of about 30, you build and store bone efficiently. Then, as part of the natural aging process, your bones begin to break down faster than new bone can be formed. In women, bone loss accelerates after menopause, when ovaries stop producing estrogen—the hormone that protects against bone loss.

Think of your bones as a savings account. There is only as much bone mass in your account as you deposit. The critical years for building bone mass are from prior to adolescence to about age 30. Some experts believe that young women can increase their bone mass by as much as 20 percent—a critical factor in protecting against osteoporosis.

(Source: "How Can I Tell the Health of My Bones?" National Osteoporosis Foundation web site (www.nof.org). Copyright © 2002 National Osteoporosis Foundation. All Rights Reserved.)

Answers: Structural Support

6. The Gift of a _____ Mind

The Seven Principles of the Mind-Body Connection

- (1) The **mind** has tremendous power over the body.
- (2) A depressed immune system is the result of **stress**, which is the result of disempowering eating and sleeping patterns, as well as habitual poor physiology and/or focus.
- (3) Anger and resentment are physical **poisons** to the body. Realize that stress is entirely a function of how you interpret events. Your thoughts create a direct physical effect on your body.
- (4) **Fear** compromises your immune system.
- (5) Develop **empowering beliefs** to remind yourself that there is always a way if you are committed.
- (6) Create a **physiology of vibrancy** and watch your health respond.
- (7) Create a **compelling future**.

"A bodily disease which we look upon as whole and entire within itself may, after all, be but a symptom of some ailment in the spiritual part."

— Nathaniel Hawthorne

Answer: Directed

Norman Cousins on the Mind-Body Connection

Hope, purpose, and determination are not merely mental states. They have electrochemical connections that play a large part in the workings of the immune system and, indeed, in the entire economy of the total human organism. The emotional state of the patient has specific effects on the mechanisms involved in illness and health. The modern physician, therefore, will prescribe not just out of the pharmacy or his little black bag, but out of the magnificent apothecary that is the human brain, which can activate and potentiate the healing system. The roster of emotions are hope, faith, love, will to live, festivity, playfulness, purpose, and determination. These are powerful biochemical prescriptions.

"The AIDS patients who live long past the time predicted for them seem to have a certain trait in common. Perhaps the most important of these characteristics is the refusal to accept the verdict of a grim inevitability. They do not accept the fatalism so characteristic in public thinking about the disease. It is important for people to put terror and defeatism behind them in thinking about AIDS. Indeed, one of the main impediments to an effective attack on AIDS is the public hysteria associated with the disease. This hysteria produces a climate in which persons who are diagnosed as HIV-positive go into a state of emotional collapse that in itself compromises both treatment and potentiation for the patient's own resources. AIDS is another example of the fact that the way in which we think about a disease has an effect on the outcome."

(Source: Excerpt from *Head First: The Biology of Hope* (Penguin, USA). Copyright 1989 by Norman Cousins. Reprinted by permission of IMG Literary Agency.)

"Disease is not so much the effect of noxious, external forces—the 'bugs,' both literal and figurative, in our lives—as it is the faulty efforts of our minds and bodies to deal with them. Most of the 'bugs,' the literal kind, already reside in our bodies. When our responses to problems in life are excessive or deficient, the central nervous system and hormones act on our immune defenses in such a way that the microbes aid and abet disease."

— Blair Justice, "Who Gets Sick", revised edition, 2000

7. *Dramatically Reduce or Eliminate Your Intake of _____*

Be certain, however, to get your essential fatty acids. Processed fats are fats that are destroyed through cooking (at temperatures above 118° Fahrenheit) such that they are unusable and toxic to the body, resulting in acid and disease conditions in the body. Examples of foods that contain processed fats are butter, margarine, cheese, whole milk, meats, etc.

FATS IN THEIR NATURAL, UNPROCESSED FORM SERVE FIVE MAJOR FUNCTIONS:

- (1) They build cell membranes.
- (2) They aid in the production of hormones.
- (3) They raise metabolism and create energy.
- (4) They protect the body by buffering and neutralizing acids.
- (5) They provide lubrication to the body so that the cells are free to move.

Unprocessed fats are any fats that occur in their natural state. The best examples are the fats contained in avocados, olive oil, almonds, and flax seed oils.

The dangers of bad fats (or processed fats) include poor circulation (leading to high blood pressure), poor elimination, excess congestion, and toxicity in the body. In addition, the body is not able to perform the functions that good fats (or unprocessed fats) provide.

Answers: Processed Fats

Fats

Percentage of Calories as...

PROCESSED FAT		NATURAL FAT	
MEAT		VEGETABLES	
Sirloin Steak, hipbone (lean with fat)	83%	Lettuce	12%
Bacon (lean)	82%	Mushroom	8%
Bologna	81%	Cabbage	7%
Hot Dog	80%	Cauliflower	7%
Chicken, dark meat with skin, roasted	56%	Asparagus	6%
Turkey, dark meat with skin	47%	Green Bean	6%
		Artichoke	3%
		Potato	1%
FISH		NUTS AND SEEDS	
Tuna, chunk, oil-packed	63%	Almonds (unprocessed)	76%
Bass, black sea	53%	Pumpkin Seeds (raw)	71%
Caviar, sturgeon	52%	Sunflower Seeds (raw)	71%
Salmon, stockeye (red)	49%	Hazelnuts or Brazil Nuts	70%
DAIRY PRODUCTS			
Butter	100%		
Cream Cheese	90%		
Blue Cheese	73%		
Cheddar Cheese	71%		
Swiss Cheese	66%		
Eggs, whole	65%		
Cow's Milk	49%		
Ice Cream, regular	48%		
Cottage Cheese	35%		
Low Fat Milk (2%)	31%		

(Source: "Nutritive Value of American Foods in Common Units," U.S.D.A. Handbook No. 456.
See also John Robbins, *Diet for a New America* (Walpole, NH: Stillpoint Publishing, 1987), p 233-4.)

8. Dramatically Reduce or Eliminate Your Ingestion of _____

The negative consequences—upon both our health and our planet—of eating a meat-based diet have been cogently argued by John Robbins in his books, *Diet for a New America* and *May All Be Fed: Diet for a New World*.

HEART DISEASE

- The leading sources of saturated fat and cholesterol in the American diet are provided by meat, poultry, and dairy products. The cholesterol found in all grains, legume's, fruits, vegetables, nuts, and seeds is zero.
- The risk of death from heart attack for the average American male is 50%. The risk of death from heart attack for the average American male who consumes no meat, dairy products, or eggs is 4%.
- The annual amount of U.S. taxpayer dollars spent to treat cardiovascular disease is \$135 billion.
- The leading killer in the U.S. is heart disease.

CANCER

- The percent of diet-related cancers in the U.S. is 40%.
- The increased risk of breast cancer for women who eat meat daily compared to less than once a week is 3.8 times higher.
- The increased risk of fatal prostate cancer for men who consume meat, dairy products, and eggs daily instead of sparingly is 3.6 times higher.

(Source: John Robbins, *Diet for a New America* (Walpole, NH: Stillpoint Publishing, 1987).)
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OTHER DISEASES

The number of all diseases in the U.S. that are related to diet are 68%. Some diseases that can be commonly prevented, consistently improved, and sometimes cured by observing a low-fat diet, free of animal products, include arthritis, asthma, breast cancer, colon cancer, constipation, diabetes, diverticulosis, gallstones, heart disease, hypertension, hypoglycemia, impotence, kidney disease, obesity, osteoporosis, peptic ulcers, prostate cancer, salmonellosis, strokes, and trichinosis.

Answers: Animal flesh

The Number One Killer in America

The leading cause of death in the United States is atherosclerosis—the medical term for the clogging, narrowing, and closing of our arteries caused by accumulated deposits of fat and cholesterol. Atherosclerosis and cardiovascular disease kill more people in this country than all the other causes of death by disease (e.g., cancer, lung disease, diabetes). According to the American Heart Association, every 35 seconds in this country, 24 hours a day, someone dies due to atherosclerosis or cardiovascular disease.

The only source of cholesterol, of course, is animal flesh and animal products (beef, pork, chicken, fish, dairy products, and eggs). Absolutely no cholesterol is found in fruits, vegetables, nuts, grains, or seeds.

“So obvious is the link between animal products and atherosclerosis that on October 7th, 1988, we received the most timely and convincing verification of the need to reduce our intake of animal products when the nation’s top medical doctor, the United States Surgeon General, Dr. C. Everett Koop, released the ‘Report on Nutrition and Health.’

“This highly comprehensive report, based on over 2,000 scientific research studies, left no doubt that our standard meat-based, fat-laden American diet is, in Dr. Koop’s words, ‘killing millions prematurely and ruining the lives of tens of millions.’

“The report established as national policy a reduction in the consumption of animal products, with a simultaneous increase in fruits, vegetables, and grains.”

(Source: Harvey Diamond, *Your Heart, Your Planet* (Carlsbad, CA: Hay House, Inc., 1990), pp 11-30.)

According to John McDougall, M.D., University of Hawaii, School of Medicine, stated that in 1930, the first study was published¹ that showed that in humans, a diet with high meat content caused the loss of large amounts of calcium and a negative calcium balance. And yet, years later, our learned medical authorities are still pondering the cause of osteoporosis.

If you have a calcium deficiency or osteoporosis and you knew the results of this study, wouldn’t you make a change to your intake of meat and other proteins?

¹McClellan, Walter S., et al. “Prolonged meat diets with a study of the metabolism of nitrogen, calcium, and phosphorus.” *The Journal of Biological Chemistry*, Vol. 87: 669, 1930. www.jbc.org.

Meat-based Diets Contribute to Osteoporosis

Modern nutritional research clearly indicates a correspondence between excess protein intake and osteoporosis. Even with very high calcium intakes, the more excess protein in the diet, the greater the incidence of negative calcium balance, and the greater the loss of calcium from the bones.

The result is that high protein diets in general, and meat-based diets in particular, lead to a gradual but inexorable decrease in bone density, and produce the ongoing development of osteoporosis.

Dr. John McDougall, one of the nation's leading medical authorities on dietary associations with disease, says, "The many studies performed during the past 55 years consistently show that the most important dietary change that we can make if we want to create a positive calcium balance that will keep our bones solid is to decrease the amount of proteins we eat each day. The **important change is not to increase the amount of calcium we take in.**"

(Source: John Robbins, *Diet for a New America* (Walpole, NH: Stillpoint Publishing, 1987).)

—(NOTE)—

Excess protein can create a calcium imbalance.

Protein Requirements

The determination of protein requirements remains elusive primarily because of the lack of precise and adequate methods for evaluating nutritional status with regard to protein. Dr. Mark Hegstead, Professor of Nutrition at the Harvard School of Public Health stated, "Although almost nothing is known about the mechanisms that are involved, it seems certain that man has considerable ability to 'adapt' to low energy intakes. Populations do survive, work, and reproduce on energy intakes that seem very low compared to many estimates of need. Indeed, many apparently normal individuals in the United States population appear to be consuming very low energy intakes."

(Source: Dr. Mark Hegsted, "Assessment of nitrogen requirements." *The American Journal of Clinical Nutrition*, Vol. 31: 1669-1677, September 1978.)

RECOMMENDED PROTEIN INTAKE

The following percentages are the recommended amounts of daily calories to be provided by protein, as established by various organizations:

World Health Organization of the United Nations: 4.5%
Food and Nutrition Board of the U.S.D.A.: 6%
National Research Council: 8%

DON'T ATHLETES NEED TO CONSUME LOTS OF MEAT?

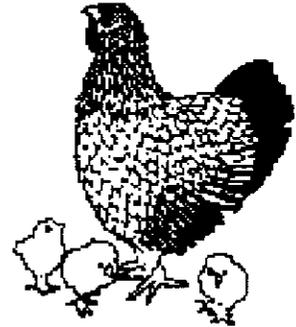
The world record-holder in the 24-hour triathlon (for swimming 4.8 miles, cycling 185 miles, and running 52.5 miles) is Sixto Linares, a vegetarian.

Dave Scott has won the Ironman triathlon (2.4-mile swim, 112-mile bike ride, 26.2-mile run) six times, and he is a vegetarian as well.

Beware of Chicken

What You Don't Know Could Hurt You!

- Chicken is not as lean as most people think. White chicken meat (with the skin) has nearly three teaspoons of fat in every serving (3 oz.). Even without the skin, chicken still has over a teaspoon of fat. Have you ever cooked chicken soup and watched the water become oily and yellow?
- Eating animal protein makes a person who is not following an exceptionally high-calcium diet more likely to contract osteoporosis—weak, fragile bones that are prone to fracturing. Unless one is consuming 1500-2000 mg. of calcium daily, the greater the amount of protein in your diet, the greater the amount of calcium that is lost from the body's bones through the kidneys. Not surprisingly, those countries that consume the most poultry and other meats have high incidences of osteoporosis.
- Salmonella bacterial contamination of chicken is increasingly threatening public health. The symptoms of this bacteria, once it has infected the body, can be a severe, dehydrating diarrhea, which can progress to infection of the lungs and nervous system, and, if the person survives the infection, a lingering arthritis. In the most severe cases, death can result. In 1998, the U.S. Communicable Disease Center and the Food and Drug Administration estimated that 3.8 million Americans were infected with salmonella bacteria. The result of this contamination put 35,000 people in the hospital; left 120,000 people with chronic, crippling arthritis; and left 1,000 people dead. Every year, millions of people who complain of the flu may actually have contracted salmonella poisoning.



"Salmonella contamination is endemic in the poultry industry. This chronic contamination largely results from feeding grain to chickens that is mixed with salmonella-tainted chicken manure as a 'volume extender' and protein 'booster.' (Such bacterially tainted volume extenders made with chicken manure are also fed to cattle, thus promoting the spread of salmonella to beef products as well.)"

In the preparation of chicken in home kitchens and restaurants, it is distressingly easy for the counters, cutting boards, and utensils to become contaminated with salmonella bacteria, thus leading to the contamination of other foods prepared on the same surfaces.

- Lymphoma, cancer of the lymph nodes, is the most common cancer in chickens. It's caused by a virus that is passed from bird to bird. This virus, also known as Marek's Disease, is suspected to cause cancer in the lymph nodes of people.

Poultry farmers have a high rate of lymphatic cancer, possibly because they work in chicken houses, breathe the dust, and, it is postulated, because they eat meat from chickens with the virus. Also, it has been shown that the medical researchers who work with the chicken lymphoma viruses have contracted lymph node cancers. Remarkably, under the microscope, the tumors of the chickens and the humans are nearly indistinguishable. (Although strongly suspected, the link between cancer in chickens and humans has not been conclusively proven. The connection, however, is disturbing.)

9. Dramatically Reduce or Eliminate Your Consumption of _____ Products

Does Milk do a Body Good?

William E. Ellis, M.D., reported in the *The Healthview Newsletter*, No. 14, "Thousands and thousands of blood tests I've conducted show that people who drink three or four glasses of milk a day invariably had the lowest levels of blood calcium. My tests show conclusively, in my opinion, that adults who use milk products do not absorb nutrients as well as adults who don't."

Dr. Ellis outlines how milk drinking causes malabsorption. "The first reason is that milk and milk products have a great ability to neutralize hydrochloric acid. This forces your stomach to work harder to produce enough hydrochloric acid to digest your food. The second reason is that **milk and cheese tend to generate excessive mucus** in the intestines, sinus (cavities), and lungs. The extra mucus in the intestines hardens and forms a coating on the inner lining that is **relatively impermeable to nutrients**. This, of course, **means poor absorption, which in turn means chronic fatigue**.

"Moreover, excessive mucus generated by milk and milk products is behind many respiratory ailments. Mucus accumulates in the lungs and sinuses as well as the intestines. So it's an important factor in nasal dripping and excessive phlegm in your throat."

According to Michael Rabbens, M.D., "Few adults can metabolize the protein in cow's milk properly. The principle protein in cow's milk is casein, (which) is not what humans primarily need. According to my studies, both infants and adults have a great deal of difficulty in digesting casein. My studies also show that—at least in infants—50% or more of the casein is not digested.

"The partially digested proteins enter the bloodstream. There, they irritate the tissues, creating susceptibility to allergens. Eventually, the liver has to remove all this partially digested cow protein—and that, in turn, places a heavy, unnecessary burden on the person's entire excretory system, and his or her liver in particular. Additionally, the calcium in cow's milk does not metabolize properly whereas the calcium in mother's milk does."

Answer: Dairy

The Calcium-Magnesium-Phosphorus Balance

Magnesium acts as a carrier for calcium, delivering it to the bones. The optimal balance between magnesium and calcium is two to one, or two times as much magnesium as calcium. When the balance is upset in favor of calcium (as it is for most Americans), magnesium absorption is compromised. In turn, less calcium is absorbed from the diet, and the excess calcium circulates in the body, deposits in the soft tissues, and often contributes to hardening of the arteries, wrinkling, arthritic deposits, cataracts, and kidney stones.

Further, the ratio of calcium to phosphorus should be two to one, or twice as much calcium as phosphorus. When phosphorus far exceeds calcium, the body responds by leaching calcium from the bones. Soft drinks are a prime source of phosphorus because phosphoric acid (phosphorus treated with sulfuric acid) is often added to keep the bubbles from going flat. In addition, dairy products are high in calcium and phosphorus, but a poor source of magnesium.

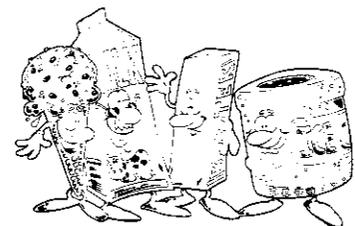
Consider these interesting facts:

- Americans consume more dairy products than any other country in the world (300 pounds for every man, woman, and child). If dairy products really did help (prevent) osteoporosis, we should have very few incidences of the disease.
- The highest incidence of osteoporosis is in countries where dairy products and calcium supplements are consumed in the greatest quantities (U.S., Sweden, Finland, and the United Kingdom). The incidence of osteoporosis is lowest in countries where the smallest amounts of dairy products are consumed (Asian and African countries).
- Osteoporosis is unique to the human species; the only exceptions are animals under the care of humans.

(Source: Harvey Diamond, *Fit for Life II*. Copyright 1987 by Diamond's Fit for Life, Inc. Reprinted with permission of Warner Books, Inc.)

-(NOTE)-

Consuming dairy products can actually cause osteoporosis.



10. *Dramatically Reduce or Eliminate _____ Addictions from Your Diet*

A diet that promotes over-acidification of the blood and tissues allows for a terrain that is conducive to the growth of virus, bacteria, yeast, and fungus—the great decomposers of cells and tissues in the human body. Think of it like this: A refrigerator must stay cold in order for food to stay free of bacteria, fungus, and mold. If the terrain of the refrigerator is compromised and the refrigerator begins to warm up, the food inside will begin to grow bacteria that evolves into yeast and mold. The food begins to deteriorate and is destroyed. The same thing happens to the inside of your body when you overeat acid-producing foods.

This is how all infectious and degenerative diseases begin.

WHAT'S THE SOLUTION?

A low-carbohydrate diet consisting of dark green and yellow vegetables, soybeans, sprouted nuts, seeds, grains, and essential fatty acids is biologically and physiologically correct nutrition. Why? Because it lowers the over-acidification of the blood and tissues by its abundance of bases and alkaline salts.

Answer: Acid

Just Say No!

To the following acid addictions:

- (1) **Sugar**
Sugar is an addictive drug that causes diabetes, obesity, coronary thrombosis, tooth and gum decay, varicose veins, stomach trouble, and, indirectly, mental disturbances. In a 1981 study, the number of continually trouble-prone juveniles dropped 80% after all sugar in their diets was eliminated.
- (2) **Vinegar**
Vinegar is the product of decay and contains acetic acid that affects the liver in much the same way alcohol does. Vinegar thickens the blood, putting a strain on the functioning of the arteries and the heart, and also interferes with the digestion of starch.
- (3) **Salt**
Over 1/5 of all Americans, aged 25–74, suffer from hypertension—high blood pressure—which is a direct result of excessive salt in the diet.
- (4) **Nicotine**
The many harmful effects of tobacco consumption have been listed by the U.S. Surgeon General on every cigarette package. These consequences include increased risk of heart disease, lung cancer, stroke, emphysema, and hypertension.
- (5) **Alcohol**
There has been significant research on the effects of drinking alcohol on one's brain cells. In fact, alcohol is a toxin in the body and even one drink can result in permanent damage, literally killing off thousands of brain cells.

This occurs because alcohol inhibits blood from transporting oxygen to brain cells. When brain cells are deprived of oxygen, they become impaired or die.
- (6) **Caffeine**
The toxic cousin of nicotine, caffeine impacts the brain and spinal nerves, causing increased irritability, loss of sleep, heart palpitations, and even muscular tremors. The toxic alkaloid of caffeine is the active ingredient in coffee, tea, cocoa, and soft drinks. (Over 50 million cola beverages are consumed daily in the U.S.—48 billion worldwide. In the U.S., consumption is up 43% since 1985.)
- (7) **Drugs**
The harmful effects of drugs, both prescription and illegal, mirror the symptoms of disease. In many cases the "side effects" of a drug are worse than the disease for which it is being taken.

Your Life Plan for Health & Vitality

Creating a Daily Practice for Ongoing Mastery

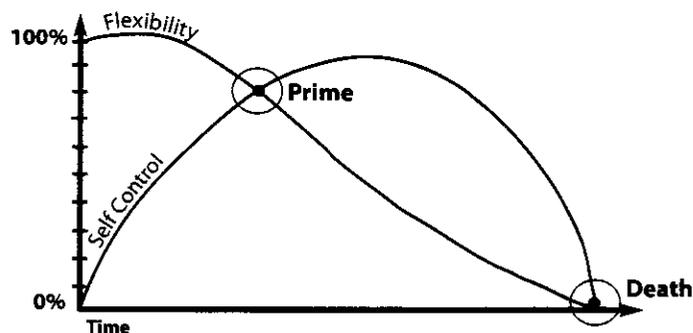
Life Mastery is about the creation of a **daily practice**—decisions that you resolve not only to make but that you commit to take action on each day. Our goal at Mastery University is to expose you to a plethora of resources and tools and a variety of speakers with many different view points. In the end, however, it is up to you to decide not only what you will believe and what principles you will live by, but most importantly, what you will actually do.

The truth is that very few people will follow through on 100% of what they learn at any event, no matter how powerful. **What will determine your level of action, and therefore the impact on your quality of life are three things:**

- (1) **A compelling vision and purpose** that will drive you to follow through
- (2) **The decisions you make:** what you resolve to stand for, believe, take action on
- (3) **A scheduled plan for implementation**

One of the most important ingredients of your plan is to maximize the resources available to you. To do this, **there are two key ingredients: flexibility and control.** In order to achieve the maximum results in any area of your life, these two emotional states/ways of living must be in balance. The concept was created by Ichak Adizes, Ph.D., author of *Managing Corporate Lifecycles* for use in a business context. The principle, however, applies equally effectively to all the areas of your personal life.

PRIME: THE ZONE OF MAXIMIZATION



When we are born, we usually have maximum flexibility but almost no control. Through time, however, our flexibility tends to decrease, but our level of control increases. There are two places where these two elements intersect: The second time they intersect is at death (when you have no control and no flexibility). The first time they intersect, however, is at what is called 'prime.' **Prime is the zone (it's not one point, but rather a region) where you are maximizing both elements: you have enough control so that you are held to a standard and are maximizing your progress and results. At the same time, you have enough flexibility so that you are not too rigid**—because too much rigidity is not sustainable for most people.

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So as you develop your life plan, we encourage you to do this from a place of maximization. **What are the absolute 'musts' for you in each area of your life, and what are you going to live by consistently?** At the same time, what are some things that you learned this week that you know are simply not a priority or practical for you to follow through on? For example, it's nice to think that you will drink 2 oz of Wheatgrass three times a day, but is this really sustainable for you? Or are you committed to drink 2 oz of Wheatgrass once per day? The outcome is to set a standard that's high enough that you will fulfill your vision and goals but one that is also very achievable for you.

On the following pages is an example of the beginning of a life plan that Tony and Sage Robbins created in the area of their health. Then, you will find some blank forms for you to create your own life plan for your health, since this area has been such a strong focus this week. As you do this, keep yourself in check: Are you setting a high enough standard for yourself? At the same time, are you allowing enough flexibility to ensure that you really follow through?

When you are finished, you can transfer this plan to your 'Life Plan' manual—where you can also add your vision, your goals, and a plethora of other things so that you have a map to follow for each of the most important areas of your life.

—(ONE FINAL HINT)—

Utilize your 7th Power: *If you are in a relationship with someone who will be affected by your life plan (i.e., a spouse who is a heavy meat-eater or who loves sweets), be sure to include them in the process. What would they be willing to do to support you and vice versa? Is this a plan that is sustainable for both of you? What can you do to enroll this person to support you?*

*"What's talked about is a dream, What's envisioned is exciting,
What's planned becomes possible, What's scheduled is real."*

— Anthony Robbins

Example: Tony & Sage Robbins

Physical Mastery Plan for Life

GOVERNING PRINCIPLES FOR HEALTHY EATING & LIFESTYLE

- (1) Eat 70% high water content (i.e., raw or lightly steamed vegetables) foods and 30% concentrated foods:
 - High concentration of low glycemic veggies (i.e., broccoli, brussel sprouts, asparagus, green beans, spinach, salads, cabbage, bell peppers)
- (2) Drink half our body weight in ounces throughout the day.
- (3) Three green drinks per day.
- (4) Lymphatize by rebounding twice a day for 10 to 12 minutes each:
 - First 5 minutes = incantations
 - Second 5 minutes = 1-4-2 ratio diaphragmic breathing
- (5) Structural support:
 - Egoscue five times per week
 - Yoga five times per week
 - On days working out: 15 minute pre-menu & 15 minutes post-menu (plus 35-minute run)
- (6) Workout five days per week:
 - Three days: cardio
 - Two days: body weight bearing exercise (strength training) - i.e., Navy Seal workout
- (7) Consistently ingest essential fats: avocados & Udo's Oil (four to five tablespoons per day)
- (8) Wheatgrass: minimum of four per week
- (9) Zag once per week plus one extra day a month (maximum of two) - i.e., zag 6 days/month = 80% of time
- (10) Utilize visual inspection: Does our food contain 70% water content?
- (11) Cleanse our bodies: colonics once or twice per month
- (12) Meditate: once to twice per week
- (13) Ten minute gratitude meditation daily before going to sleep at night
- (14) Read one chapter from a book per night
- (15) Weekly family meeting:
 - Share magic moments
 - Share what outcomes we achieved for the week
 - Share what we've failed to achieve
 - Design plan for following week

Supplements

1. Inner Balance Ultra Greens with MSM
2. Enzymes with every meal
3. Lipoic Acid
4. Adrenal support
5. Acidophilus
6. Bromeline (empty stomach with lemon water)
7. Peppermint for digestion
8. Vitamin E
9. Zinc
10. Inner Clear (during time when doing cleanse)



Schedule for Implementation
Example: Tony & Sage Robbins

MORNING

1. Drink water with lemon and/or green drink upon waking
2. Rebounding (10 minutes) with:
 - 5 minutes of incantations
 - 5 minutes of lymphasizing breaths (1-4-2 ratio)
3. Egoscue menus (15-20 minutes)
4. On workout days: 35 to 40 minutes for fitness/body weight exercises
5. Post -Egoscue menus (15-20 minutes) after work out
6. Live breakfast / shake
7. 1-2 tablespoons Udo's oil
8. 2 oz. wheatgrass

MID-DAY

1. Drink water with lemon and/or green drink prior to lunch
2. 5 minutes of lymphasizing breaths (1-4-2 ratio)
3. Lunch: 70% high water content/live foods
4. Take supplements
5. 1-2 Tablespoons Udo's oil
6. 2 oz. wheatgrass

EVENING

1. Drink water with lemon and/or green drink prior to dinner
2. Light meal: 70% higher water content/live foods
3. Supplements
4. Rebounding (10 minutes) with:
 - 5 minutes of incantations
 - 5 minutes of lymphasizing breaths (1-4-2 ratio)
5. 5-10 minutes journal magic moments
6. Read for 20-30 minutes

My Physical Mastery Life Plan

Take a few minutes to brainstorm your personal life plan for physical mastery. When you are done, you may want to transfer it to your Life Plan Journal.

GOVERNING PRINCIPLES FOR HEALTHY EATING & LIFESTYLE

SUPPLEMENTATION

Schedule for Implementation

MORNING

MID-DAY

EVENING

ANTHONY ROBBINS LIFE MASTERY

(notes)

*"Efforts in courage are not enough without
purpose and direction."*

— John F. Kennedy

Creating Your Personal Training Plan

The goal of a good training plan is to maximize your achieved performance by getting more work done at a lower cost of energy. This is accomplished by a continual cycle of stressing and then rebuilding the body. If either of these two factors is out of balance, the body will not be able to meet your intended goal.

There are four basic steps to create a training plan that will work for you.

- (1) Set a Realistic Goal Date
- (2) Consider the Components
- (3) Create a Consistent Plan
- (4) Don't Be a Slave to Yourself!

1. Set a Realistic Goal Date

Be specific about what you want to accomplish. If you are training for a particular race, what is the date? What is your goal finish time, or are you racing just to finish? If you are training to lose weight or to increase muscle mass, what weight and body fat percent is your ultimate outcome? Be specific about what you want to accomplish and choose a realistic date by which you can achieve your intended results. Ultimately, you will want to establish a routine that you can incorporate into your life, not a unilateral, short-term plan.

"What a disgrace it is for man to grow old without ever seeing the beauty and strength of which his body is capable."

— Socrates

2. Consider the Components

To determine what type of exercise should fill each day, there are six components to consider:

1. Maximum Heart Rate

As stated earlier, your maximum heart rate is the maximum amount of oxygenated blood that your body can create to support activity and exercise.

2. Aerobic Training

Aerobic training is accomplished at 55-65% of your maximum heart rate. It is a preferred zone of training for 3 reasons:

- 1) It is done with the presence of oxygen
- 2) It has no negative bi-products (i.e., lactic acid)
- 3) It is supplied by both carbohydrates and fat—fat is a more efficient source of fuel than carbohydrates.

FATS, CARBS, & CALORIES

- 1 gram of fat =9 calories
- 1 gram of carbohydrate=3-4 calories
- If you train in an aerobic zone, you will teach your body how to effectively use fat as a source of fuel, and even when you are not exercising, it will burn fat. That is what makes this the best zone to train in if you are want to lose weight.

3. Lactate Threshold

Lactate Threshold is the point where you cross over from using your aerobic energy system to using your anaerobic (without oxygen) system. Many now consider this the best zone to train in when working towards a race or endurance event because it the fastest your body can go while using its most efficient source of fuel. This is because your lactate threshold is the maximum amount your body can endure before your body reaches an anaerobic zone (where it is without the presence of oxygen and where it cannot use fat as fuel.)

You can achieve your lactate threshold at 70-80% of your maximum heart rate. One usually trains in this zone for shorter intervals that are built up over time. The longer you can train to stay at your lactate threshold, the more effective you will be on race day.

Start with a short interval of 5-15 minutes and build up from there. (As a reference, Lance Armstrong does two 1- to 1.5-hour intervals with a 10- to 12-minute break when training in this zone). If you can build up your performance at the heart rate where you reach lactate threshold, you will be able to hold a faster speed for a longer period of time.

4. VO2 Max

Your VO2 Max is achieved when the intensity of your activity reaches the maximum amount of oxygen your lungs can send into your blood stream. The purpose of working in this zone is to increase speed and to improve your body's ability to transport more oxygen into the body, as this will improve your overall athletic endurance. As more oxygen is delivered into the bloodstream, more intense work can be achieved. To improve your VO2 Max and therefore your speed, train at 85% of your maximum heart rate in short intervals building up from 3-5 minutes. One usually trains in this zone only after building up his lactate threshold.

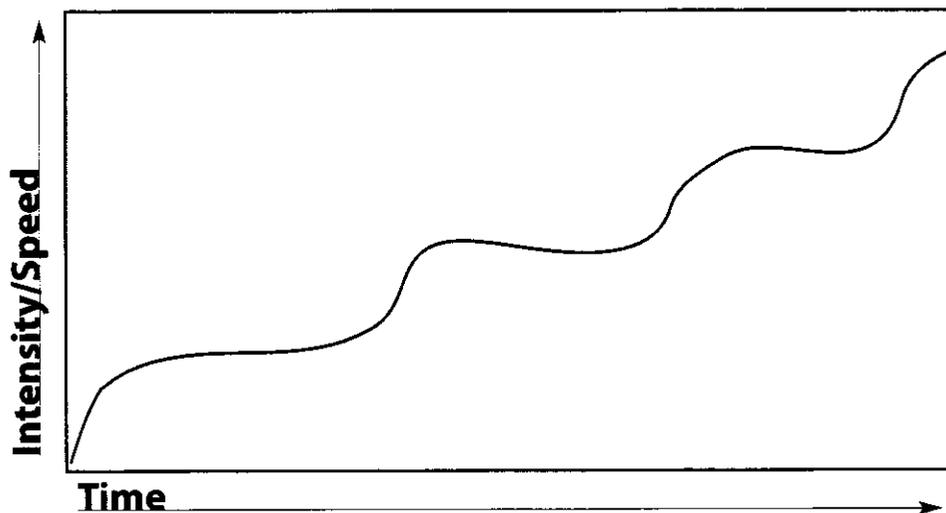
5. Rebuilding & Repair

Creating time in your schedule to rebuild and repair is perhaps the most overlooked training necessity. Fundamentally, your body must have time to repair after it has been stressed by exercise. The amount of recovery needed changes depending on your level of fitness. After your most intense workouts, you should give your body a full day to recover. For most other workouts, making sure that you get a solid amount of sleep will suffice. You can also vary the intensity of your workouts. For example, swimming is a great recovery workout after running or biking because these two activities (running especially) puts stress on your joints and ligaments. Swimming can work out any lactic acid build-up in your muscles, without putting excessive repetitive strain on your body.

If you are training for a race over a long period of time, you will want to create a training system that ebbs and flows, while building up at the same time. Think of the intensity vs. recovery time as an increasing wave.

6. Tapering

Tapering is training at a decreased level of intensity after reaching a maximum level of training. It is only necessary when training for a race or specific event. Because your body needs time to recover and because you will want your body to be fresh on race day, tapering is recommended after you reach your peak level of training. For endurance races, tapering begins 2-4 weeks before the date of your race and lasts for the rest of that duration. For sprint races, it is usually 3-5 days before the race. Overall, the amount of time you should taper depends on the intensity of your race and your personal level of endurance/fitness.



3. Create a Consistent Plan

Determine the date that you will start your training. Once you have the start date and the goal date determined, begin filling out a calendar. Be realistic about your current commitments and the rigors of your day-to-day life. Set up a system with parameters that will enable you to be consistent with your workouts. Your body builds muscle and burns fat as a result of a consistent combination of stress (exercise) and repair (relaxation), so you will need to evaluate your overload to response to determine what it takes to break down your muscles. This will depend on the level of fitness you are already at. If you are just getting started, you will need less exercise to stress your muscles, and you will need more rest in order for them to repair. However, at a minimum, any person should be able to work out at least 3 days per week for a duration longer than 10 minutes at a heart rate above at least 55% or higher. This will ensure a balance between consistency and results. For maximum results, progressively increase the duration and frequency of your chosen activity.

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am							
	pm							
2	am							
	pm							
3	am							
	pm							
4	am							
	pm							
5	am							
	pm							
6	am							
	pm							

4. Don't Be a Slave to Yourself!

Remember to have flexibility with your plan and not to get discouraged if you do not follow through exactly as planned. Stay focused on your overall outcome, and focus on that instead. Day-to-day life can often contradict your written plan. Thus, it is important to be able to change your plans when other obligations come up, if you should become injured, and to ensure that you are still having fun in the process!

Also, be careful to stop exercising if any of your joints, ligaments, tendons, and/or muscles begins to cramp and/or exhibit sharp pain. Even small pains can develop in to prolonged injuries if training persists. Perpetually pressing yourself through this type of pain could not only prevent you from completing your goal, it could eventually inhibit your ability to exercise ever again.

Sample Training Plans

Please note: These training plans are templates that you can use as a reference for creating your own schedule. Consult a coach and/or your physician to ensure that you create a plan that will work support your personal health needs.

SAMPLE WEIGHT LOSS TRAINING PLAN

Wk	Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am	Aer. Run or Walk 30 min.	Aer. Run or Walk 30 min.	Aer. Swim 1-hour	Aer. Run or Walk 30 min.	Aer. Swim 1-hour	Aer. Run or Walk 45 min.	Day Off
	pm			Yoga 1-hour				
2	am	Aer. Run or Walk 30 min.	Aer. Run or Walk 30 min.	Aer. Swim 1-hour	Aer. Run or Walk 30 min.	Aer. Swim 1-hour	Aer. Run or Walk 50 min.	Day Off
	pm			Yoga 1-hour				
3	am	Aer. Run or Walk 45 min.	Aer. Run or Walk 45 min.	Aer. Swim 1-hour	Aer. Run or Walk 45 min.	Aer. Swim 1-hour	Aer. Run or Walk 55 min.	Day Off
	pm			Yoga 1-hour				
4	am	Aer. Run 45 min.	Aer. Run 45 min.	Aer. Swim 1-hour	Aer. Run 45 min.	Aer. Swim 1-hour	Aer. Run 60 min.	Day Off
	pm			Yoga 1-hour				
5	am	Aer. Run 50 min.	Aer. Run 50 min.	Aer. Swim 1-hour	Aer. Run 50 min.	Aer. Swim 1-hour	Aer. Run 60 min.	Day Off
	pm			Yoga 1-hour				
6	am	Aer. Run 60 min.	Aer. Run 60 min.	Aer. Swim 1-hour	Aer. Run 60 min.	Aer. Swim 1-hour	Aer. Run 60 min.	Day Off
	pm			Yoga 1-hour				

Key: Aer. = Aerobic ATHres.=Anaerobic Threshold VMax: VO2 Max

The key to a solid weight-loss plan is consistency. Most people drip off after 6 weeks in a program. Create a routine that you can incorporate into your lifestyle.

ANTHONY ROBBINS LIFE MASTERY

Sample First 10k Training Plan

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am pm	Aer. Run 0-2 miles	Aer. Run 3-4 miles	Aer. Run 0-2 miles	Aer. Run 3-4 miles	Aer. Run 0-2 miles	Day Off	Aer. Run 4 miles
2	am pm	Aer. Run. 0-2. miles	Aer. Run. 3-4 miles	Aer. Run. 0-2 miles	Aer. Run. 3-4 miles	Aer. Run 0-2 miles	Day Off	Aer. Run 5 miles
3	am pm	Aer. Run 0-2. miles	Aer. Run. 3-4 miles	Aer. Run. 0-2 miles	Aer. Run. 3-4 miles	Aer. Run 0-2 miles	Day Off	Aer. Run 6 miles
4	am pm	Aer. Run. 0-2. miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	Aer. Run 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 7 miles
5	am pm	Aer. Run. 0-2. miles	ATHrs. Run 4-5 miles	Aer. Run. 0-2 miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 5 miles
6	am pm	Aer. Run. 0-2. miles	ATHrs. 4-5 miles	Aer. Run. 0-2 miles	Aer. Run 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 8 miles
7	am pm	Aer. Run. 0-2. miles	ATHrs. Run. 4-5 miles	Aer. Run 0-2 miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 9 miles
8	am pm	Aer. Run. 0-2. miles	ATHrs. 4-5 miles	Aer. Run. 0-2 miles	Aer. Run 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 5 miles
9	am pm	Aer. Run 0-2 m. miles	VMax 6 x 440 meters	Aer. Run 0-2 miles	Aer. Run. 4-5 miles	Aer. Run 0-2 miles	Day Off	Aer. Run 10 miles
10	am pm	Aer. Run 0-2. miles	VMax 8 x 440 meters	Aer. Run 0-2 miles	Aer. Run. 4-5 meters	Aer. Run. 0-2 miles	Day Off	Aer. Run 5 miles
11	am pm	Aer. Run 0-2 m. miles	VMax 10 x 440 meters	Aer. Run. 0-2 miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	Day Off	Aer. Run 11 miles
12	am pm	Aer. Run 0-2 m. miles	VMax 6 x 440 meters	Aer. Run. 0-2 miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	10k dry run	Aer. Run 2-5 miles
13	am pm	Aer. Run 0-2 m. miles	VMax 6 x 440 meters	Aer. Run. 0-2 miles	Aer. Run. 4-5 miles	Aer. Run 0-2 miles	Day Off	Aer. Run 10 miles
14	am pm	Aer. Run 0-2 m. miles	VMax 6 x 440 meters	Aer. Run. 0-2 miles	Aer. Run. 4-5 miles	Aer. Run. 0-2 miles	Day Off	10k race

Key: Aer. = Aerobic ATHrs. = Anaerobic Threshold VMax = VO2 Max

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ANTHONY ROBBINS LIFE MASTERY

Sample Marathon Training Plan (to finish)

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am pm	Aer. Run 4-5 miles	Aer. Run 3-4 miles	Aer. Run 4-5 miles	Aer. Run. 3-4 miles	Aer. Run. 0-2 miles	Aer. Run 6 miles	Day Off
2	am pm	Aer. Run. 4-5 miles	Aer. Run. 3-4 miles	Aer. Run. 4-5 miles	Aer. Run. 3-4 miles	Aer. Run. 0-2 miles	Aer. Run 8 miles	Day Off
3	am pm	Aer. Run 6 miles	Aer. Run 4 miles	Aer. Run. 6 miles	Aer. Run. 4 miles	Aer. Run 4 miles	Aer. Run 10 miles	Day Off
4	am pm	Aer. Run. 6 miles	AThrs. Run. 4 miles	Aer. Run. 6 miles	AThrs. Run 4 miles	Aer. Run. 4 miles	Aer. Run 12 miles	Day Off
5	am pm	Aer. Run. 6 miles	AThrs. Run. 4 miles	Aer. Run. 6 miles	AThrs. Run 4 miles	Aer. Run. 4 miles	Aer. Run 8 miles	Day Off
6	am pm	Aer. Run. 6 miles	AThrs. Run 4 miles	Aer. Run. 6 miles	AThrs. Run 4 miles	Aer. Run. 4 miles	Aer. Run 15 miles	Day Off
7	am pm	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run 6 miles	AThrs. Run 6 miles	Aer. Run. 4 miles	Aer. Run 8 miles	Day Off
8	am pm	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 4 miles	Aer. Run 17 miles	Day Off
9	am pm	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 4 miles	Aer. Run 8 miles	Day Off
10	am pm	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 4 miles	Aer. Run 20 miles	Day Off
11	am pm	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 6 miles	AThrs. Run 6 miles	Aer. Run. 4 miles	Aer. Run 8 miles	Day Off
12	am pm	Aer. Run. 6 miles	Aer. Run.. 2-3 miles	Aer. Run. 6 miles	Aer. Run.. 2-3 miles	Aer. Run. 4 miles	Aer. Run 10 miles	Day Off
13	am pm	Aer. Run. 4 miles	Aer. Run.. 2-3 miles	Aer. Run.. 4 miles	Aer. Run. 2-3 miles	Aer. Run. 4 miles	Aer. Run 8 miles	Day Off
14	am pm	Aer. Run. 2-3 miles	Aer. Run.. 2-3 miles	Aer. Run. 2-3 miles	Aer. Run. 2-3 miles	Aer. Run. 2-3 miles	Day Off	Marathon

Key: Aer. = Aerobic AThrs. = Anaerobic Threshold VMax = VO2 Max

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ANTHONY ROBBINS LIFE MASTERY

Sample Marathon Training Plan (4:00)

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am pm	Aer. Run 4-5 miles	Aer. Run 3-4 miles	Aer. Run 4-5 miles	Aer. Run 3-4 miles	Aer. Run 0-2 miles	Aer. Run 6 miles	Day Off
2	am pm	Aer. Run. 4-5 miles	Aer. Run 3-4 miles	Aer. Run 4-5 miles	Aer. Run 3-4 miles	Aer. Run 0-2 miles	Aer. Run 8 miles	Day Off
3	am pm	Aer. Run 6 miles	Aer. Run. 4 miles	Aer. Run 6 miles	Aer. Run 4 miles	Aer. Run 4 miles	Aer. Run 10 miles	Day Off
4	am pm	Aer. Run. 6 miles	ATHrs. Run 4 miles	Aer. Run 6 miles	VMax Run 3 x 440 meters	ATHrs. Run 4 miles	Aer. Run 12 miles	Day Off
5	am pm	Aer. Run 6 miles	ATHrs. Run 4 miles	Aer. Run 6 miles	VMax Run 3 x 440 meters	ATHrs. Run 4 miles	Aer. Run 8 miles	Day Off
6	am pm	Aer. Run 6 miles	ATHrs. Run 4 miles	Aer. Run 6 miles	VMax Run 5 x 440 meters	ATHrs. Run 4 miles	Aer. Run 15 miles	Day Off
7	am pm	Aer. Run 6 miles	ATHrs. Run 6 miles	Aer. Run 6 miles	VMax Run 6 x 440 meters	ATHrs. Run 6 miles	Aer. Run 8 miles	Day Off
8	am pm	Aer. 6 miles	ATHrs. Run 6 miles	Aer. Run 6 miles	VMax Run 6 x 440 meters	ATHrs. Run 6 miles	Aer. Run 17 miles	Day Off
9	am pm	Aer. Run 6 miles	ATHrs. Run 6 miles	Aer. Run 6 miles	VMax Run 6 x 440 meters	ATHrs. Run 6 miles	Aer. Run 8 miles	Day Off
10	am pm	Aer. Run 6 miles	ATHrs. Run 6 miles	Aer. Run 6 miles	VMax Run 6 x 440 meters	ATHrs. Run 6 miles	Aer. Run 20 miles	Day Off
11	am pm	Aer. Run 6 miles	ATHrs. Run 6 miles	Aer. Run 6 miles	VMax Run 6 x 440 meters	ATHrs. Run 6 miles	Aer. Run 8 miles	Day Off
12	am pm	Aer. Run 4 miles	Aer. Run 4 miles	Aer. Run 4 miles	Aer. Run 4 miles	Aer. Run 4 miles	Aer. Run 10 miles	Day Off
13	am pm	Aer. Run. 4 miles	Aer. Run 2-3 miles	Aer. Run 4 miles	Aer. Run 2-3 miles	Aer. Run 2-3 miles	Aer. Run 8 miles	Day Off
14	am pm	Aer. Run 2-3 miles	Aer. Run 2-3 miles	Aer. Run 2-3 miles	Aer. Run 2-3 miles	Aer. Run 2-3 miles	Off	Marathon

Key: Aer. = Aerobic ATHrs. = Anaerobic Threshold VMax = VO2 Max

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ANTHONY ROBBINS LIFE MASTERY

Sample Sprint Triathlon Training Plan (.75 mile swim/18-mile bike/3-mile run)

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am	Aer. Swim 1 hour	Aer. Run 2 miles	Aer. Swim 1 hour	Aer. Run 2 miles	Day Off	Aer. Run 2 miles	Aer. Bike 10 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
2	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	Aer. Run 3 miles	Day Off	Aer. Run 3 miles	Aer. Bike 15 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
3	am	Aer. Swim 1 hour	Aer. Run 4 miles	Aer. Swim 1 hour	Aer. Run 4 miles	Day Off	Aer. Run 4 miles	Aer. Bike 20 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
4	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	Aer. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles
	pm			ATHrs. Bike 15 miles	Spin Class			
5	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	Aer. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles
	pm			ATHrs. Bike 15 miles	Spin Class			
6	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	Aer. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 2 miles
	pm			ATHrs. Bike 15 miles	Spin Class			
7	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	ATHrs. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 3 miles
	pm			VMax Bike 15 miles	Spin Class			
8	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	ATHrs. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 3 miles
	pm			VMax Bike 15 miles	Spin Class			
9	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	ATHrs. Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 4 miles
	pm			VMax Bike 15 miles	Spin Class			
10	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	VMax Run 5 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 4m miles
	pm			VMax Bike 15 miles	Spin Class			
11	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	VMax Run 3 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles/ Brick Run 5 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
12	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	VMax Run 3 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
13	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	Aer. Run 3 miles	Day Off	Aer. Run 5 miles	Aer. Bike 30 miles
	pm			ATHrs. Bike 10 miles	Spin Class			
14	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	Off	Triathlon
	pm							

Key: Aer. = Aerobic ATHrs. = Anaerobic Threshold VMax = VO2 Max

Brick = Run immediately following bike ride Spin Class = Stationery bike workout

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ANTHONY ROBBINS LIFE MASTERY

Sample Ironman Triathlon Training Plan (2.4 mile swim/112-mile bike/26.2-mile run)

Wk	Tm	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Weights 1 hour	VMax 2 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin	Weights 1 hour	Aer. Spin Class	Weights 1 hour		Aer. Bike 45 miles	Aer. Run 8 miles
2	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 4 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Weights 1 hour	Aer. Spin Class	Weights 1 hour		Aer. Bike 60 miles	Aer. Run 10 miles
3	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Weights 1 hour	VMax 6 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Weights 1 hour	Aer. Spin Class	Weights 1 hour		Aer. Bike 60 miles	Aer. Run 12 miles
4	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 8 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Weights 1 hour	Aer. Spin Class	Weights 1 hour		Aer. Bike 70 miles	Aer. Run 8 miles
5	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 10 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Weights 1 hour	Aer. Spin Class	Weights 1 hour		Aer. Bike 70 miles	Aer. Run 15 miles
6	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Weights 1 hour	VMax 6 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Spin Class	Aer. Spin Class	Weights 1 hour		Aer. Bike 80 miles	Aer. Run 8 miles
7	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 10 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Spin Class	Aer. Spin Class	Weights 1 hour		Aer. Bike 80 miles Run 30 min.	Aer. Run 17 miles
8	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Weights 1 hour	VMax 6 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Spin Class	Aer. Spin Class	Weights 1 hour		Aer. Bike 90 miles Run 30 min.	Aer. Run 8 miles
9	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 10 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Spin Class	Aer. Spin Class	Weights 1 hour		Aer. Bike 60 miles Run 45 min.	Aer. Run 20 miles
10	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 6 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Swim 1 hour	Aer. Spin Class	Aer. Spin Class		Aer. Bike 110 miles Run 45 min.	Aer. Run 8 miles
11	am	Aer. Swim 1 hour	AThrs. Run 5 miles	Yoga	VMax 6 x 440 meters	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Swim 1 hour	Aer. Spin Class	Aer. Spin 1 hour		Aer. Bike 45 miles	Aer. Run 10 miles
12	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Swim 1 hour	Aer. Spin Class	Aer. Spin Class		Aer. Bike 45 miles	Aer. Run 8 miles
13	am	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour	Aer. Run 5 miles	Aer. Swim 1 hour		
	pm	Aer. Spin Class	Aer. Swim 1 hour	Aer. Spin Class	Aer. Spin Class		Aer. Bike 45 miles	Aer. Run 8 miles
14	am	Aer. Swim 1 hour	Aer. Run 3 miles	Aer. Swim 1 hour	Aer. Run 3 miles	Off		
	pm						Off	Ironman Triathlon

Key: Aer. = Aerobic AThrs. = Anaerobic Threshold VMax = VO2 Max Spin Class = Stationery bike workout

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Race Resources

active.com

You can find most anything you need that is sport- and exercise-related on this website. There is information about local clubs and races located throughout the world. You can register for most races on this site, read articles with training tips and advice, and discover a wealth of other related information.

Local Running Clubs

This is probably the best source of information for any type of exercise, as it will introduce you to people in your specific area who can become training partners, coaches, and resources. Clubs are a great way to develop relationships and remain committed. A good way to find out about areas clubs is through your local sporting goods store.

Triathlon magazine

This publication provides information regarding professional triathletes, triathlon training tips and gear, and more tri-related specs. In addition, it will give you a good overview of national and international triathlons. www.triathletemag.com

Runners World magazine

This magazine covers a broad range of running topics. From marathons, to stretching advice, to good running trails, you will find most any running advice you desire. This magazine also includes a great calendar for all upcoming national and international running races of all distances. www.runnersworld.com

Major Ironman Races

Ironman Germany (*July 10, 2005*)
Ironman Canada (*August 28, 2005*)
Ironman Korea (*August 28, 2005*)
Ironman Wisconsin (*September 11, 2005*)
Ironman World Championship—Kona (*October 15, 2005*)
Ironman Florida (*November 5, 2005*)

Partial list of largest U.S. Marathons

Suzuki Rock 'N Roll Marathon—San Diego (*June 5, 2005*)
Portland (*October 9, 2005*)
Chicago (*October 9, 2005*)
Marine Corps Marathon—Washington, D.C. (*October 30, 2005*)
New York (*November 6, 2005*)
Seattle (*November 27, 2005*)
Walt Disney World—Orlando (*January 8, 2006*)
Boston (*April 17, 2006*)
Los Angeles (*March 6, 2006*)

Bernard Jensen, D.C.

Nutritionist, Chiropractor, Author

One of the foremost pioneering nutritionists, Dr. Bernard Jensen began his career in 1929 as a chiropractic physician. He turned to the art of nutrition in search of remedies for his own health challenges. He studied under such giants as Dr. Benedict Lust, Dr. John Tilden, Dr. John H. Kellogg, and Dr. V.G. Rocine, plus observed firsthand the cultural practices of people in more than fifty-five countries. He has also taught around the world. In 1955, Dr. Jensen established the Hidden Valley Ranch in Escondido, California, as a retreat and learning center dedicated to the healing principles of nature.

Over the years, Dr. Jensen has received a multitude of prestigious awards and honors for his work in nutrition and the healing arts. Dr. Jensen is also the author of numerous articles and best-selling books.

After working with over 350,000 patients, he concluded that nutrition is the single most important therapy to be used in the healing arts and that we must treat the whole patient, not just the disease. Through his life, Dr. Jensen believed humanity needed a formula for living successfully, healthfully, and peacefully. He combined the elements of the physical, mental, and spiritual in teaching people how to live.

Dr. Jensen continued to teach, travel, write, and learn until his death in 2001, one month before his 93rd birthday.

“Unless we know and use foods that have the right chemical elements needed to sustain health, we are hopelessly unable to resist disease.”

— Dr. Bernard Jensen

Author: *Dr. Jensen's Guide to Diet and Detoxification*, 2000
Dr. Jensen's Guide to Better Bowel Care, 1999
Foods That Heal, 1993
Tissue Cleansing Through Bowel Management, 1981

For more information, please refer to www.BernardJensen.org.

ANTHONY ROBBINS LIFE MASTERY

(notes)

"One kernal is felt in a hogshead; one drop of water helps to swell the ocean; a spark of fire helps to give light to the world. None are too small, too feeble, too poor to be of service. Think of this and act."

—Hannah More

Udo Erasmus, Ph.D.

Authority on Fats and Oils

Udo Erasmus received his B.Sc. degree in Honors Zoology with a major in Psychology from the University of British Columbia, followed by graduate studies in biochemistry and genetics. Poisoned while working with pesticides, Udo turned his attention to the field of nutrition to find the answers that doctors were unable to give him to achieve a full recovery. Several years of research led him to write the landmark bestseller, *Fats and Oils*, which earned him a Ph.D. in nutrition. He went on to pioneer the technology for pressing and packaging flax and other fresh oils for human consumption with the enhancement of health, rather than shelf life, in mind. Udo Erasmus has become an internationally recognized authority on the subject of fats, oils, and cholesterol in human health. His current best selling book, *Fats that Heal Fats that Kill*, contains up-to-date research on common and lesser known oils with healing potential such as flax, olive, fish, and evening primrose. Over the past fifteen years, Udo has participated in more than 2000 media interviews and lectures, educating audiences across the US, Europe, Canada, and Australia on the components of good health.

"It's not FATS that make you FAT."

— Udo Erasmus

Author: *Choosing the Right Fats*, 2002
The Practical Guide to Fats that Heal, Fats that Kill, 1993
Fats the Heal, Fats that Kill, 1986

For more information, please refer to www.udoerasmus.com.

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Hydrogenation

Hydrogenation is the most common way of drastically changing natural oil, which has major effects on health. Industry's reason for using the process is to provide cheap products for (non-discriminating) consumers, or to provide shelf stability at the expense of nutritional value.

Hydrogenation changes the unsaturated and essential fatty acids present in a natural oil. In this process, oils are reacted under pressure with hydrogen gas at high temperatures (120 to 210 degrees Celsius; 248 to 410 degrees Fahrenheit) in the presence of a metal catalyst (usually nickel, but sometimes platinum or even copper) for six to eight hours.

A 'nickel' catalyst is often used in hydrogenation, called Raney's Nickel, is actually 50% nickel and 50% aluminum. Remnants of both metals remain in the products containing hydrogenated or partially hydrogenated oils, and are eaten by people. The presence of aluminum is especially worrisome, because its presence in the human body is associated with Alzheimer's disease (mental senility), and osteoporosis, and may even facilitate the development of cancer.

Margarines, Shortenings, & Trans-Fatty Acids

Although trans-fatty acids have been known for some time, only recently has public attention been focused on the negative effects of the trans-fatty acids that are present in margarines, shortenings, convenience foods, and even some oils.

Trans-fatty acids are produced by high temperatures and hydrogenation that turns refined oils into margarines, shortenings, shortening oils, and partially hydrogenated oils (stiffened) vegetable oils. A very slight change the rotation of the molecule around a double bond twists a fatty acid from its natural cis- configuration into an unnatural trans- configuration, creating a trans- fatty acid. However, this slight change drastically changes its properties, its performance in our body, and its effects on our health. None of the atoms in the molecule have been changed; it still has the same number of carbon atoms and the same number of hydrogen atoms, and the bonds are still in the same place, but the molecule has been changed: it still has the same number of carbon atoms and the same number of hydrogen atoms, and the bonds are still in the same place, but the molecule no has its "head on backwards."

The results of this miniscule change are drastic. In a cis-double bond, hydrogens on the same side of the molecule repel each other in seeking space for themselves. Since the space on the other side of the molecule is unoccupied, the molecule bends to give each hydrogen more room. A trans-molecule remains almost straight because the hydrogen atoms are on opposite sides of the molecule. The difference in the shape of the cis- and trans-molecules gives them different melting points, chemical activities, and enzyme fit.

Just as a bricklayer can deal with defective bricks when building, our body has ways of dealing with trans-fatty acids in our diet. Some enzymes, luckily for us, will recognize the difference in shape of trans-fatty acids from natural cis-fatty acids, and refuse to use trans- fatty acids in

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functions for which these changed molecules are not suited. Some tissues in our body also recognize and reject trans-fatty acids. Our brain is partially protected from them and the placenta does not let them pass through into the fetus completely.

A bricklayer may destroy defective bricks to prevent them from being used. Our body deals with trans- fatty acids in a similar way. It breaks them down as quickly as it can, metabolizing twisted trans- EFA molecules for energy, whereas it conserves natural cis-EFAs for more important functions. In this way, interfering trans- fatty acids are selectively removed, and their interference with EFA functions is kept to a minimum.

If too many bricks are defective, a bricklayer may have to use some of them in the structure. Our body's capacity to break down altered fatty acids is limited, although that limit has not yet been clearly determined by measurements. When our intake exceeds our maximum, disease begins to manifest, because our body attempts to use altered molecules for vital structures and functions.

Tropical Fats

Tropical 'oils' which include coconut, palm palm kernal, cocoa, and shea nut, have traditionally been used by he people living in the regions where they grow for a very long time. They are used as fresh dietary staples. The tropics are not known for high incidence of heart attacks and strokes. If anything, tropical regions show a lower incidence of degenerative diseases than the temperate climates in which Western civilizations developed these same diseases.

In these tropical areas, the fats contained in the nuts and kernals that are their source were used in their natural state. Oil and protein were present, along with minerals, vitamins, and fiber. The oils were high in vitamin E, tocotrienols (vitamin E-like substances), carotene, and nut-specific unique ingredients.

To make tropical 'oils,' nuts and kernals are crushed, and the fat (oil) is separated from the protein, minerals, and fiber. The 'oil' still contains some minerals and most of the oil-soluble vitamins (E, carotene, tocotrienols). Tropical 'oils' have been a part of a healthy tropical diet for thousands of years.

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"Safe" Frying

Although frying cannot be recommended for health, some oils and some frying methods are safer than others. Knowing them can be helpful to those who will not give up this destructive practice.

The least damaging frying fats include: coconut, palm, palm kernel, cocoa butter, and butter in small quantities. But high heat turns SaFAs, too, into smoke, which is made of fatty acids.

Oils least damaged by high temperatures and oxygen (in order of preference)

- medium chain triglycerides (MCTs)
- butter
- tropical fats
- high oleic sunflower (not regular sunflower oil)
- high oleic safflower (not regular safflower oil)
- peanut oil
- sesame oil
- olive oil

Oils that should never be used for frying

- Flax oil
- Hemp seed oil
- Sunflower oil
- Sesame seed oil
- Unrefined EFA-rich oils
- Refined oils

Boiling

Safest option for heating because the temperature only gets up to 100 degrees Celsius (212 degrees Fahrenheit).

Baking

The temperature of the baking pan and crusts gets very high, damaging (browning) molecules of oils, starches, and proteins. Butter or tropical fat should be used to line baking pans and to brush the top of what you are baking. The temperature inside the bread being baked goes up to only just above boiling and is protected from light and air. Thus, only the oils on the crust or outside are ruined.

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Packaging & Storing Oils

If oils are not packaged and stored properly, they spoil, and when they do, they spoil our health. Here is some insight into what must be done to keep oils safe for human health.

- (1) **Exclusion of Light and Air**
Light catalyzes oxidative destruction on oil, speeding it up 1000 times over destruction of oxygen in the absence of light. Refrigeration slows down this deterioration to about half the rate at room temperature.
- (2) **Refrigeration and Rapid Use After Opening**
Opened bottles of oils should be kept in the fridge and used up rapidly (3 to 6 weeks for flax, 6 to 12 weeks for hemp, longer for less sensitive oils) because they start to go rancid (oxidate) on contact with the air. Keeping the lid on tightly between uses does not prevent damage because air enters the bottle as soon as we open it (gas molecules move extremely fast, only a little bit slower than the speed of light). Each oxygen molecule inside the container can induce many cycles of free radical chain reactions without being used up.
- (3) **Healers versus Manufacturers**
Healers and manufacturers head in opposite directions regarding oils. Manufacturers want oils that won't spoil, which are low in essential nutrients. Healers want oils that are good for us because they are EFA-rich, but these oils spoil easily.

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Quality of Oils

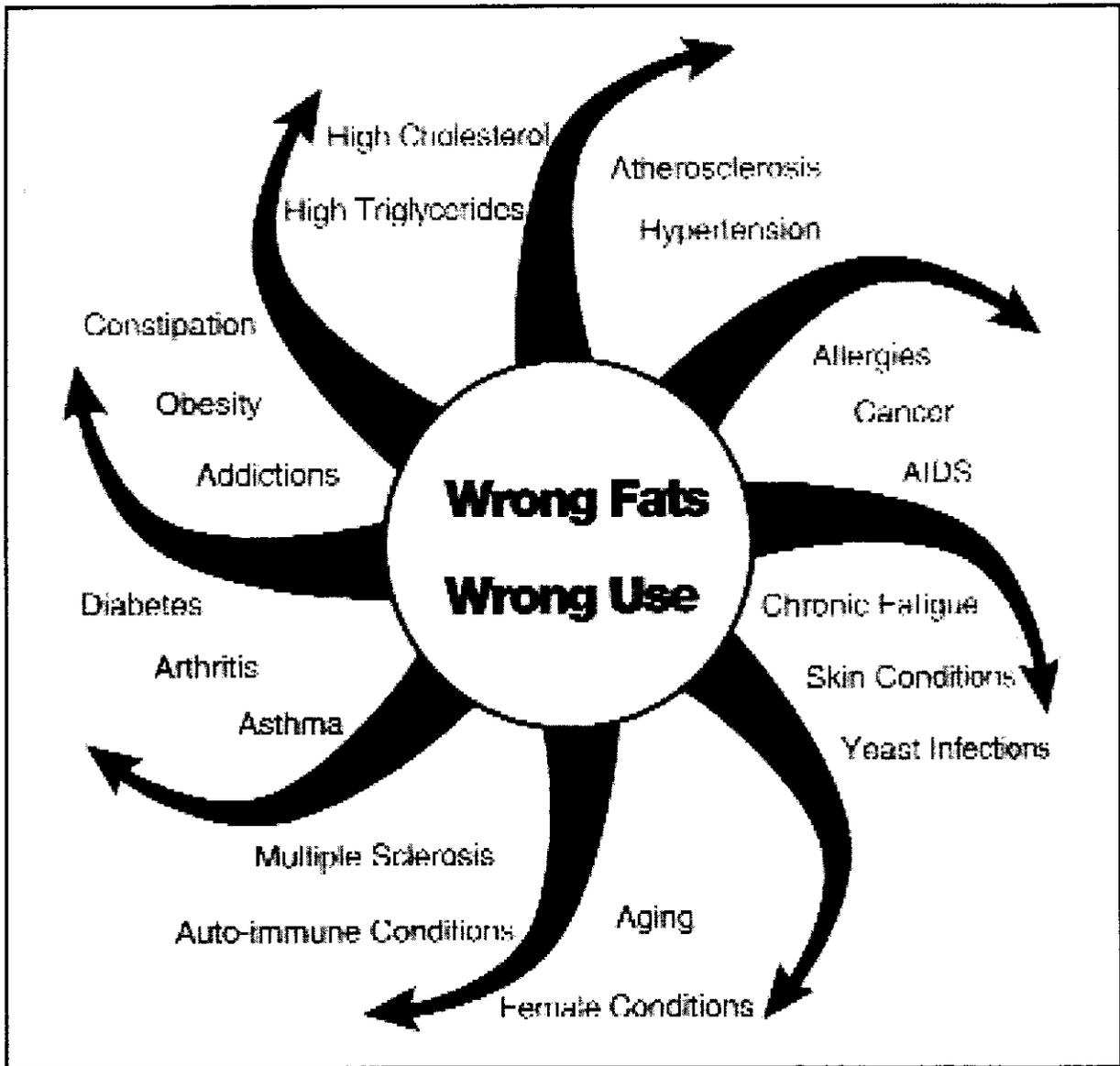
HEAL



- UDO'S CHOICE OIL BLEND
- HEMP (BUY MAY FAIL DRUG SCREENS)
- FLAX
- SOYBEANS
- FISH
- WALNUTS
- SEAWEED
- SUNFLOWER SEEDS
- SESAME SEEDS
- ALMONDS
- WILD BIRDS
- FILBERTS
- VENISON
- CHICKEN
- FRESH, MECHANICALLY PRESSED OILS IN AMBER GLASS
- EVENING PRIMROSE OIL
- EGGS
- BUTTER
- LAMB
- BEEF
- ROASTED NUTS AND SEEDS
- DAIRY PRODUCTS
- PORK
- REFINED OILS
- REFINED SUGAR
- SUGAR
- FRIED OILS
- MARGARINES, SHORTENINGS
- ALCOHOL

KILL

Udo Erasmus, Ph.D.



ANTHONY ROBBINS LIFE MASTERY

Udo Erasmus, Ph.D.

How to Order Udo's Oil Internationally

To contact an international distributor for information about ordering Udo's Choice formulas, books (Fats That Heal Fats That Kill or Choosing the Right Fats), or audiotapes (Udo's Choice Perfected Health Plan or Fats That Heal Fats That Kill), please review the information listed below:

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Flora Incorporated
Web site: www.florahealth.com
E-mail: florainc@worldnet.att.net
Mail address: Box 73, 805 Badger Rd, Lynden, WA 98264
Telephone: (360) 354-2110
Fax: (360) 354-5355
Mail-order line: (800) 446-2110 USA ONLY

CANADA:

Flora Manufacturing & Distributing Head Office
Web site: www.florahealth.com
Mail address: 7400 Fraser Park Dr, Burnaby, BC V5J 5B9
Telephone: (604) 436-6000
Fax: (604) 436-6060
Product information line: (888) 436-6697 CANADA ONLY

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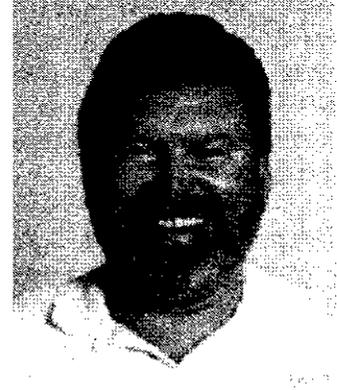
ANTHONY ROBBINS LIFE MASTERY

(notes)

Pete Egoscue

Renowned Functional Anatomist

Most of us, whether we are young or old, athletes, or couch potatoes, suffer from some form of anatomical dysfunction. The bottom line is that we have created lifestyles in which we do not move enough or keep our overall health and body from deteriorating. As a functional anatomist for over twenty years, Pete understands with amazing clarity and common sense how the body works, and what causes us to walk around with stiff shoulders and necks, bad backs, sore feet, and many, more serious injuries. It is through his observations and experience that he has developed a solution that works: The Egoscue Method of Health Through Motion.



The Egoscue Method is a system of diagnosis and treatment for functional anatomy. Through his program, Pete will cut to the chase and identify the true cause of your anatomical disfunction. Once a diagnosis is made, Pete will prescribe a series of exercises that will help you return your body to its proper alignment. The exercises will stretch, strengthen, and relax your body—without resorting to drugs, special equipment, or surgery. If you use this method diligently and consistently, it will provide you with sufficient motion to support your body's design requirements. Thus, you will lead a pain-free, active life.

Pete's program has helped thousands of people restore their bodies to proper function through his revolutionary techniques. Currently, he runs The Egoscue Method in San Diego, California, and serves as a consultant to many professional athletes.

"In today's world, physical pain has become the focus of our attention. Not only does pain debilitate us, but it also robs us of our hopes, dreams, energy, confidence, and motivation. The good news is that physical pain, be it chronic or episodic, can be eradicated permanently. All a person needs is the knowledge of the true cause of pain and a personally directed plan to treat the cause."

— Pete Egoscue

Author: *Pain Free for Women, 2002*
Pain Free, 1998
The Egoscue Method of Health Through Motion, 1992

For more information, please refer to www.egoscue.com.

Pete Egoscue
The Egoscue Model

When most people think of a healthy lifestyle, they think about eating right, exercising, taking supplements, and drinking plenty of water, but what most people often overlook is the importance of structural support to their overall health. Think about it, as children we are all able to run, jump, leap, and bend in a million different ways. As we age, however, we lose that flexibility, and the blur of activity that was our childhood transforms into the back pain, achy joints, and headaches that define most of our adult lives.

The power that we are built with is lost to years of inactivity and mistreatment so much so that the majority of us can't even remember how that power felt in our bodies. We live in a world where we don't ever use our whole body, and we get injured typing on a computer, or bending down to pick something up. Creating and maintaining healthy structure and alignment is a key factor in living a truly vital and energetic life. Remember, everything in your life, from how your organs function to how you are able to enjoy and experience all that life has to offer is greatly affected by the alignment of your structure.

Below are some principles for reclaiming structural power, from Pete Egoscue, renowned functional anatomist:

1. The human body is designed to develop and maintain itself through *motion*.
2. Human bodies *compensate* for a lack of motion—often to the detriment of design/function integrity. When certain muscles are dysfunctional, other muscles compensate by doing their work—work they were not intended to perform—and sooner or later, they show wear and tear.
3. The human body is intended to stand upright, bear the load of its own weight, and rely on joints that function at right angles.
4. When the body is properly aligned, the *head* is positioned over the shoulders, the shoulders sit directly over the hips, the hips are firmly planted over the knees, and the knees and ankles are aligned, with the *feet* pointed straight forward.
5. Physical function can be improved and/or reestablished in a relatively short period of time with a regimen of appropriate exercise.
6. Muscle fibers have memory. Appropriate exercise of dysfunctional muscles retrains and restores them to proper function.
7. An effective exercise regimen is balanced, both through bilateral symmetry (working both sides of the body equally) and working opposing cups such as **adductors** (inside thigh muscles) and **abductors** (outside thigh muscles).

Source: *The Egoscue Method* by Pete Egoscue, 1992

—(EXERCISE)—

1. Seek out a professional (e.g., a chiropractor) or purchase Pete Egoscue's books, *The Egoscue Method* or *Pain Free* to determine where your body may be out of alignment.
2. Commit for ten days to do stretches or exercises daily (and seek care where necessary) to keep your body aligned. Seek a professional or read one of Pete Egoscue's books for specific exercises, depending on your condition.

Alex Guerrero, O.M.D., C.M.T.

Alkalize & Energize

r. Alex Guerrero's interest and background are in Traditional Chinese Medicine, Homeopathy and Applied Kinesiology. He received his Masters in Traditional Chinese Medicine from SAMRA University in Los Angeles, California and interned in Beijing, China thereafter. He has learned and melded the best of eastern/western medical techniques in treating a variety of chronic and degenerative diseases. In addition to his Los Angeles practice in internal medicine, he has a large practice working with professional and Olympic athletes in performance enhancement and injury rehabilitation. His knowledge of the bioenergetics of the body, mind and soul, are refreshing and enlightening.



"If you're sick or want to stay healthy, change the environment. The disease or pathogen is nothing. The environment is everything."

— Alex Guerrero

"Ideas are like stars. You will not succeed in touching them with your hands. But, like the seafaring man on the desert of waters, you choose them as your guides, and following them you will reach your destiny."

— Carl Schurz

Alex Guerrero, O.M.D., C.M.T.

Overview

- In the United States alone, we spend a trillion dollars on doctoring per year.
- 30% of cancer patients are under the age of 30.
- Need to find inner balance, by decreasing intake of acid-forming foods, and increasing intake of foods that promote alkalinity (4 parts alkaline to 1 part acid).
- Our body can only absorb nutrients in colloid form. A colloid is a very small particle that's been broken down multiple times.
- Cells regenerate every 90-120 days, but acid-forming foods cause cells to degenerate and clump together in an effort to find oxygen and nutrients. Degeneration is what causes aging.
- Skin cells recycle every 30 days, bone cells recycle every 120 days, organs recycle every six weeks. We have the same genetic make-up as that of a salamander. Our bodies are genetically predisposed to be 120 years old.

Bio-Energetics

- Bio means life. Energy means movement or force and that there is a living force in all things. Everything has a bio-energetic resonating frequency to it.
- We need to eat foods that are resonating with a frequency that matches our cellular vibration.
- Kirlean photography measures the electrical impulse around any living object.
- Some people who have lost a limb feel a twitch where their limb used to be. With kirlean photography, you can see the outline of where the limb once was. The energy is still attached even though the limb is not.
- The capacity to keep your energy at the highest possible level is the capacity to regenerate your body.

Triangles of Wellness

- (1) **Triangle of Necessity.** Three things that are absolutely crucial for us to live on day-to-day basis.
 1. **Oxygen and air.** Vital for the electrical and chemical relationship between cells.
 2. **Water.** Makes up 70% of the body, 80% of the blood. Flushes out toxins, eliminates poisons, oxygenates, and regulates.
 3. **Food and supplements.** We're not getting the nutrients we need from the way our food is grown today. That's why we've been forced to supplement.
- (2) **Triangle of Balance.** Being physically balanced leads us to emotional stability, which leads us to spiritual fulfillment.
 1. **Physical**
 2. **Emotional**
 3. **Spiritual**
- (3) **Triangle of Strength.**
 1. **Rest and relaxation.** Deep REM sleep is when your body regenerates.
 2. **Exercise.** Improves blood lymphatic circulation, maintains muscular and respiratory strength, helps to lower heart and obesity problems.
 3. **Education.** Teaches awareness and prevention.

Alex Guerrero, O.M.D., C.M.T.

Inner Balance Formulas

These formulas were based on treatments principles and patterns that Dr. Guerrero used in our patients that had degenerative diseases.

Inner Balance Life Balance Pack has 7 different formulas that do three things.

(1)

Eradicate

- *Candida Clear.* Eradicates yeast, fungus, bacteria, mold, and all the poisons that we accumulate through food, air, and water.
- *BioDefender Plus.* Colloid form that helps release excess yeast and detoxify.

(2)

Extract

- *Inner Clear.* Upper and lower bowel cleanser.
- *Lymph Support.* Cleans the lymphatic system.

(3)

Energize

- *Process Ultra Greens with MSM (Methyl Sulfanil Methane).* A total concentration of organic greens, herbs, and MSM which provides nutrients. A quarter of your body is composed of MSM and as it ages, it becomes depleted.
- *MSM with Vitamin C.*
- *MegaGreens.* The more acidic you are, the worse it initially tastes. People who eat acids, crave acids. People who eat alkaline foods, crave alkalinity.

Women's Daily Pack: Performance One

- Designed to regulate the female endocrine, nourish sexual reproductive organs, and it aids in helping both pre- and post- menopausal women.

Men's Daily: Pack Performance One

- Helps to regulate male endocrine, increase libido, and sustain a healthy prostate.

To order Anthony Robbins Inner Balance:

Call (877) GO-4-GREEN

The Anthony Robbins Companies
9888 Carroll Centre Road, Suite 100
San Diego, CA 92126

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(notes)

"There has never been another you. With no effort on your part you were born to be something very special and set apart. What you are going to do in appreciation of that gift is a decision only you can make."

— Dan Zadra

John Maguire

World's Leading Expert—Touch for Health

John Maguire is one of the most highly regarded instructors of Touch For Health (TFH) and Kinesiology throughout the world. These systems incorporate principles and techniques from vibrational medicine to provide immediate relief from physical pain and emotional distress, along with increased health and vitality and enhanced performance.

As the founder and director of the Kinesiology Institute, based in San Diego, California, John has taught over twenty-thousand students from seventy different countries. He has studied extensively with Dr. George Goodheart, the originator of Applied Kinesiology and he works closely with Dr. John Thie, the founder of TFH. John has benefited a wide variety of people ranging from health professionals, executives and athletes, to nonprofessionals committed to attaining optimum health and performance. He has played a significant role in helping TFH to become one of the world's most widely used systems of performance enhancement and natural health care. He trained some of Russia's top physicians in the advanced skills of TFH. Because of the impressive results they experienced, TFH has been incorporated into the programs at several hospitals and medical schools throughout Russia.

John's most recent book, *Become Pain-Free with Touch For Health*, is a practical guide to self-help techniques you can use at home or in the office. He has also developed professional training manuals and videos on TFH and Kinesiology.

John's current focus is on developing programs that deal with the emotional and transformational aspects of Kinesiology. His course, Instant Emotional Clearing, utilizes the acupuncture meridian system to quickly break deep seated emotional patterns and reprogram positive healthy responses. In his *Transforming the Heart, Mind and Spirit* seminar, John teaches how to access the innate wisdom of the body to assess the vibrational frequency of ones beliefs, language, relationships and state of consciousness. It includes strategies to transform every aspect of ones life.

In addition to his consulting services and seminars, John is available for professional speaking engagements. He can be contacted at 1-800-501-4878 (outside the USA 1-858-755-8407), fax 1-858-755-8457, Kinesiology Institute, 4067 Carmel Springs Way, San Diego, CA 92130 USA.

Visit John's website: www.kinesiologyinstitute.com where you can subscribe to his FREE newsletter Hot Tips for Healthy Living. Here you can also receive information on Touch For Health and other Kinesiology Institute programs, products and speaking engagements.

Author: *Become Pain-Free with Touch For Health and Sports Kinesiology Basics*

"Pain and other symptoms result from blocked energy. Once you remove the blockage and energy balance is restored, the symptoms go away naturally."

— John Maguire

Touch for Health Pain Relief & Energy Enhancement Techniques

by John Maguire

Touch for Health (TFH) is a system of natural health care which utilizes a variety of principles and techniques from Traditional Chinese Medicine to modern discoveries in Applied Kinesiology and Holistic Health. The primary skills we will be using here incorporate acupressure and massage reflexes. These procedures assist the body in removing toxins and restores our body's natural energies to an unobstructed flow, resulting in relief from pain and improved health and performance.

We have an energy body which surrounds and pervades our physical body. This energy body runs the physical body and when the energies flow unrestricted and in balance, we have optimum health.

The Chinese call this life energy chi. It runs along pathways known as acupuncture meridians. Each meridian governs a particular function in the body, as well as an organ or group of organs. Acupuncture points along the meridians act like transmitters to send the energy to particular places.

All aspects of our being, the physical, chemical, mental and emotional, are interrelated. When any of these systems are under stress, all other systems are affected. The flow of energy along the meridians, which interface these systems, becomes blocked or inhibited producing imbalances. These can result in pain, tension or other symptoms including emotional instability.

When one activates the acupuncture points or other energy switches on the body through touch or other stimulation, blockage and imbalances can be corrected. When balance is restored symptoms such as pain and tension are alleviated naturally and the body's homeostasis is maintained.

Thus Touch For Health is another way of managing your physiology to put yourself in the state you want to be!

RELEASING MUSCLE CRAMPS AND SPASMS

There are a couple simple techniques that you can use to quickly and gently relax over-contracted and painful muscles.

Feathering Procedure: Rub the fingers quickly and lightly over the cramping muscle with a feathery touch as you stretch the muscle. Moving your fingers rapidly over the muscle will often release the spasm. If this is not effective, increase the pressure while you continue to rub briskly over the muscle as you stretch it. This quick, easy technique is usually very effective in relieving cramps and avoiding further pain. You can think of it as a pattern interrupt to a muscle, breaking the pattern of contractile signals from the brain.

Spindle Cell Release Procedure: Another way to relax a tight or cramping muscle is to **push your fingers and thumb, or two thumbs, together in the belly of the muscle with medium pressure.** Push in the direction that the fibers run in order to be effective. This activates the spindle cell mechanism, a nerve cell which monitors the length of the muscle. By manually shortening the muscle, the nervous system is alerted that the muscle is too short and needs to relax. The nervous system response is to let go and relax the area that is too tight. Thus you establish a new pattern.



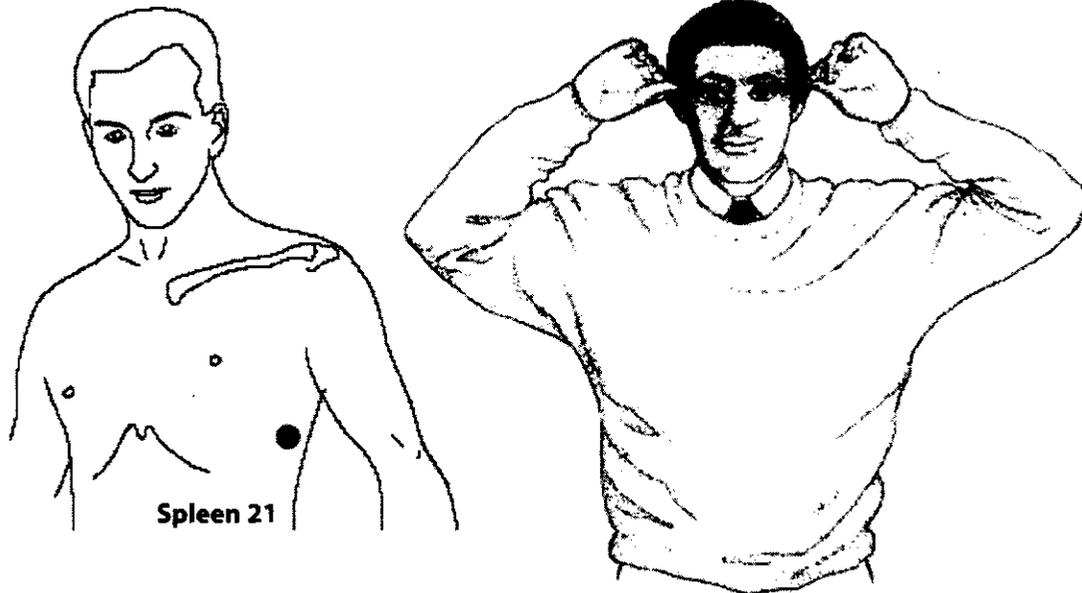
Muscle Spindle Cell Release

Using the spindle cell release technique and/or feathering the muscle are both gentle and effective methods of releasing muscle cramps and tightness. Drinking more water and adding calcium rich foods to the diet may also prove helpful.

Eliminate Jet-lag, Relieve Stress & Improve Energy

In jet lag the body's internal clock gets thrown off. An easy way to reset the body clock is to do the following procedure.

1. Once you land, or anytime you are feeling fatigued, **rub the Spleen 21 acupressure point on your left side for 20 seconds**. It is on your rib cage under your arm pit, at the level of the tip of your breast bone. It is a master point that helps to reset the overall energy flow in the body.



2. Take hold of and unfold the turned over part of the ear. Pull firmly away from the opening of the ear, stretching it with your fingers and thumbs. Continue around and down to the ear lobe and repeat two more times.

The ears act as antennae for the acupuncture meridian system. Doing this procedure has several benefits:

- A. It increases energy flow in the body. The higher our flow of energy, the quicker we get back in balance to overcome jet lag. This can energize you even when you are not flying.
- B. It relaxes tense muscles around the neck and jaw. This effect may be due in part to the nerve endings that innervate the ear from the head and neck region. Turn the head from side to side and if you notice any tension, unroll the ear facing your back on the tense side. You will often notice the tension diminish dramatically.
- C. The ears contain an acupuncture microsystem reflecting the entire body (just as the feet contain reflexes of the entire body in foot reflexology). You can relieve stress anywhere in the body by stimulating the ear.
- D. Unrolling the ears enhances auditory learning and retention. This is a good thing to do before a seminar or if you notice you are losing focus when listening to someone.

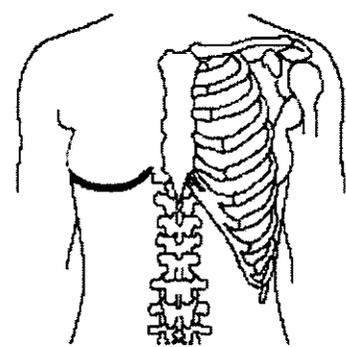
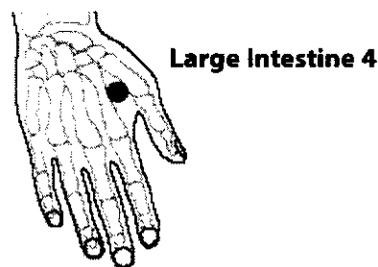
To further reset your body clock, drink plenty of water (especially in flight, avoiding alcohol and coffee). Do some light aerobic exercise such as brisk walking or swimming, particularly in the ocean if possible.

Strategies to Relieve Headaches & Enhance Cleansing

Often headaches arise from toxic conditions. Notice if any patterns proceed your headaches.

1. When your body is cleansing itself of toxins, sometimes headaches or other body discomfort can occur. The below acupuncture points and other reflexes can enhance the function of your eliminatory organs to speed up your cleansing of toxins and eliminate unwanted symptoms.
2. Even when you are not doing a cleansing program, if certain organs are somewhat toxic, headaches can result from consuming foods or beverages, or breathing polluted air, which stresses those organs. Fatty foods and alcohol often trigger headaches related to liver and gall bladder toxicity. Stimulating these body reflexes can help balance energy and enhance the elimination of toxins to relieve these symptoms.

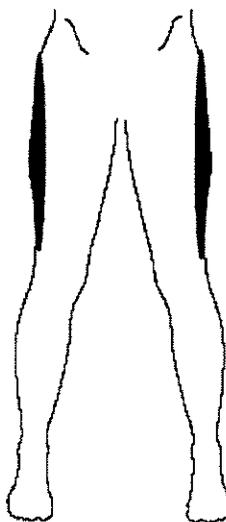
For toxic headaches first drink a glass of water. Take slow deep abdominal breaths to increase oxygen and energy flow as you firmly rub each of the following areas with the thumbs or finger tips for 15 - 20 seconds. Rub any that are particularly tender up to 60 seconds. Notice if the headache diminishes as you stimulate the points. This means that energy blockage contributing to the headache is being dissolved.



These two sets can be done simultaneously or one then the other.

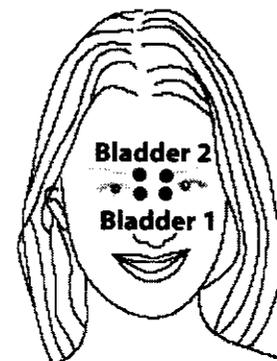
Large Intestine Reflexes:

Rub on the sides of the thigh starting just above the knee. Press firmly with the finger tips rubbing in a circular motion five times on each spot. Then move up an inch and rub the next spot. If an area is tender, rub there until the tenderness diminishes or up to sixty seconds.



Liver and Gall Bladder Reflexes:

Rub on the right side between the ribs where the breast meets the chest wall from the breast bone to the side. Look for tender spots and rub there.

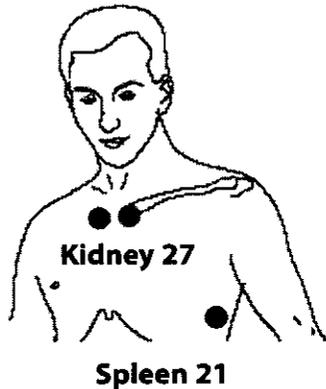


These reflexes, as are the reflexes listed for the Gall Bladder and Liver on this page and the Adrenals and Kidneys on the next page, affect the lymphatic system, which is the body's sewer system. By stimulating these points you are helping the colon to eliminate toxins through the lymphatic system so that it can function better.

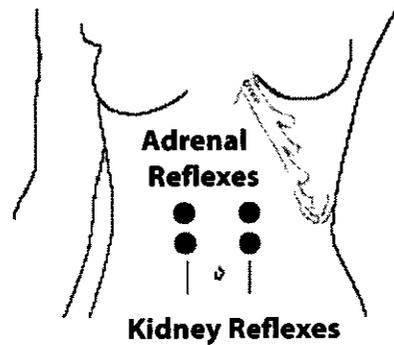
For migraines pinch or rub Bladder 1 just inside the eyes for 15 seconds, then rub Bladder 2 on the inside of the eyebrows.

Strategies to Relieve Headaches & Enhance Cleansing

3. When you go a long time without eating or you wake up with a headache, you could be experiencing fasting low blood sugar. The blood chemistry can also become imbalanced when doing a cleansing program. The below procedures can help balance the body energetically and biochemically to eliminate these headaches and other low blood sugar symptoms, such as fatigue, irritability and anxiety. If possible first drink a glass of water. Take slow, deep abdominal breaths as you do these procedures, letting the stomach expand as you inhale and come back in as you exhale.



Tap with the finger tips of one hand on Spleen 21 on the left, while the thumb and finger tips of the other hand tap on both Kidney 27 points. These are located where the collar bones meet the breast bone. Tap 20 - 50 times, noticing if your pain or tension diminishes.



Kidney and Adrenal Reflexes:

With the finger tips, firmly rub the spots one inch up and out from the navel for the kidneys, then rub two inches up and out for the adrenals. Rub each set for 20 to 30 seconds. The adrenal reflexes can also be helpful for fatigue, allergies and asthma.

4. Mental and emotional stress can trigger tension headaches. There are light touch reflexes on the head which enhance blood flow and oxygen to the brain and stimulates the relaxation response in our nervous system to relieve stress related headaches. If possible first drink a big glass of water.

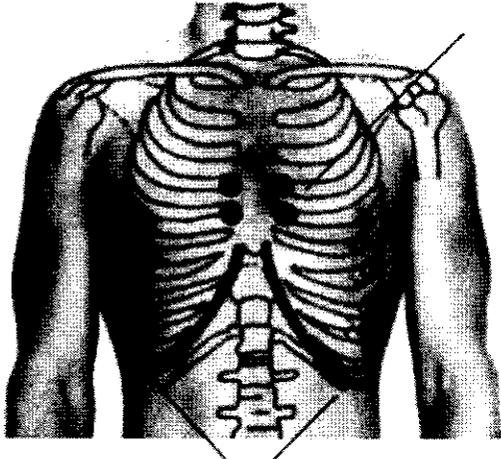


Stress Release Holding Points:

To alleviate stress related headaches and emotional stress or pain, lightly touch these points on the forehead with the pads of the fingers and slightly tug up on the skin. Don't rub, merely touch lightly. You can touch these points yourself or have a partner hold them. Take several slow, deep abdominal breaths, letting go of the stress or pain with each exhalation.

Simply notice your sensations and thoughts without reacting to them. Being a detached observer further breaks the stress cycle. It is not our experience that stresses us, it is our reaction to and resistance of our experience which causes energy blockage and creates the stress cycle. Next breathe in the sensations you want to experience, such as peace and relaxation, and feel them spread through your head and body.

Strategies to Relieve Nausea & Assist the Lungs & Intestines to Work at Optimum Functioning



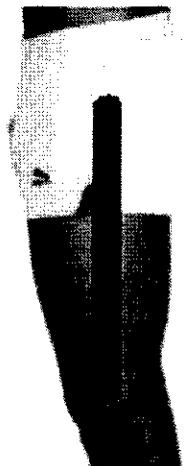
Lung Reflexes

Rub firmly back and forth with the finger tips in the 3rd and 4th rib space below the collar bone for 20 - 30 seconds.

This can be helpful for shortness of breath, chronic coughs and other lung conditions. This procedure aids in the cleansing of the lungs to help absorption of oxygen and the elimination of toxins from our breath.

Small Intestine Reflexes

Rub firmly on the underneath side of the bone at the bottom of the ribs. Start just off the breast bone and make little movements back and forth, working your way down and out. Look for tender areas, where you can rub up to 60 seconds or until the tenderness decreases. This can be helpful for nausea, as well as sleepiness after eating. This procedure aids in the cleansing of the small intestines to help absorption of nutrients from our food.



Large Intestine Reflexes

Rub on the sides of both thighs starting just above the knee. Press firmly with the finger tips rubbing in a circular motion five times on each spot. Then move up an inch and rub the next spot. If an area is tender, rub there until the tenderness diminishes or up to 60 seconds.

The above reflexes affect the lymphatic system. This system acts as the body's sewer system to help eliminate excess water and toxins. By stimulating these reflexes you assist the organ to eliminate toxins through the lymphatic system, so that it can function better. The entire health of the body will be enhanced.

Foot Reflexes to Energize the Entire Body:

To release stress in the feet and enhance energy flow throughout the entire body, firmly rub each acupressure point shown on the top and bottom of the foot for ten to fifteen seconds. The points are in the spaces between the metatarsal bones. This is especially helpful before and after running or walking. If you are feeling fatigued after being on your feet all day, stimulating these points will be very energizing and often leave you feeling fully refreshed.

You can also grip the foot with both hands and pull as if to widen the foot to allow more energy to flow. Avoid wearing shoes which fit too tightly and constrict the energy flow through these points.



David Wolfe

Author, Lecturer, and CEO of Nature's First Law Inc.

David Wolfe, author of the best-selling book, *The Sunfood Diet Success System*, is considered by peers to be the world's leading authority on raw-food nutrition. As the middle son of two medical doctors, David has an extensive educational background that gives him a unique perspective in the health field.

David holds degrees in Mechanical and Environmental Engineering and Political Science, has studied at many institutions including Oxford University, and concluded his formal education by receiving a Juris Doctor in Law from the University of San Diego.

He is CEO of Nature's First Law Inc., the world's largest distributor of books, juicers, audio-/videotapes, organic beauty products, bulk organic foods, and exotic raw foods to assist people in adopting, maintaining, and enjoying raw-plant-food-based lifestyles. He conducts nearly 100 health lectures and seminars each year in the United States, Canada, Europe, and the South Pacific, and is the director of the Eden Hot Springs Retreat Center in Arizona where he hosts several health, healing, and beauty retreats each year.

David is currently completing several new books, his latest being *Eating For Beauty*. In addition to his action-packed lecture schedule, David plays the drums in his all-raw rock and roll group—The Healing Waters Band.

*"When our health improves, every other aspect
of our life improves simultaneously."*

— David Wolfe

Author: *Eating for Beauty*, 2002
The Sunfood Diet Success System, 2000

For more information, please refer to www.DavidWolfe.com.

David Wolfe
The Post-Cleanse Diet

DAY 1
*(spent at
 spa)*

Post-Cleanse—All Raw Food

The first day is critical. Keep your disciplines strong and ease off the cleanse by chewing all solid food very slowly! Drink water upon rising in the morning. First thing in the morning is the best time to drink water. You should experience a bowel movement after drinking water in the morning.

- Breakfast: Green drink
 Lunch: Blended Energy Soup (containing: an avocado, an apple, a sprig of parsley, a ripe bell pepper, 3-4 leaves of lettuce, 2 tablespoons of flax or Udo's or hempseed oil, enough to blend thick).
 OR
 A High-Water-Content Salad (containing: one cucumber, 2-3 tomatoes, 5-6 leaves of lettuce, 1/2 sprig of parsley, one avocado, chives, pine nuts, and a squeeze of lemon or lime).
 Evening: Herbal tea with Monuka honey (Again, honey is sweet, so keep the sugar intake low!).

DAYS 2 & 3

Post-Cleanse—All Vegetarian

Slowly introduce cooked foods on the third day. (Any foods eaten should be 70% water.) Be sure to drink water upon rising in the morning. First thing in the morning is the best time to drink water. You should experience a bowel movement after drinking water in the morning.

- Breakfast: Green drink
 Lunch: Blended Energy Soup (containing: an avocado, an apple, a sprig of parsley, a ripe bell pepper, 3-4 leaves of lettuce, 2 tablespoons of flax or Udo's or hempseed oil, enough to blend thick).
 PLUS
 A High-Water-Content Salad (containing: one cucumber, 2-3 tomatoes, 5-6 leaves of lettuce, 1/2 sprig of parsley, one avocado, chives, pine nuts, and a squeeze of lemon or lime).
 PLUS
 Protein shake: 1 scoop say protein powder, 1 cup plain soy milk, 1 banana (optional) - can be frozen, 1/2 cup of water, 2-3 tablespoons Udo's oil.
 P.M. Snacks: Snack on almond butter and celery OR fruit (papaya, grapefruit, watermelon).
 Dinner: Another High-Water-Content Salad (containing: one cucumber, 2-3 tomatoes, 5-6 leaves of lettuce, 1/2 sprig of parsley, one avocado, chives, pine nuts, and a squeeze of lemon or lime). Add pumpkin seeds to the salad (great source of zinc).
 PLUS
 Steamed vegetables and yams (may substitute very small portion of brown rice instead of yam on day 3).
 Evening: Herbal tea with Monuka honey (Again, honey is sweet, so keep the sugar intake low!).

David Wolfe
The Post-Cleanse Diet

DAY 4

Post-Cleanse—You Made It!

Consider the following suggestions for your diet and lifestyle. Be sure to eat 70-80% water-content, live foods.

Foods To Enjoy When Completing Your Cleanse

Eat foods that are high in minerals, low in sugar. This list includes ALL green leafy vegetables, all heirloom fruits and vegetables, some seeds, sprouts, green superfoods, grass juices, and their powders.

- Green vegetable juice every day: celery, cucumber, burdock root, apple or lemon, kale
- Every kind of organic dark-green leafy vegetable
- All cruciferous vegetables: arugula, broccoli, kale, cauliflower, mustard leaves (either raw or steamed)
- Avocado (If this food agrees with you, this can sustain you.)
- Cucumber
- Non-sweet fruits that agree with you: red (*not green*) bell peppers, tomatoes, zucchini, squash, etc.
- Almond butter
- Sunflower seeds
- Pumpkin seeds
- Pine nuts
- Flaxseed oil
- Udo's oil
- Stone-crushed organic olive oil
- Green superfood powders to add to smoothies
- Green sprouts of all types (not so many sprouted seeds, but green-leafy sprouts: clover, radish, onion, etc.)
- Garlic or onions or ginger
- Watermelon seeds (a tremendous source of nutrition)
- Burdock root
- Hemp seeds
- Heed seed oil (high in Omega 3 and Omega 9 fatty acids)

Foods to Eat Moderately when Completing Cleanse

- All nuts and most seeds. Ideally, soak all nuts and seeds before eating them.
- Sea vegetables (dulse, nori). Very rich in minerals and salt.
- Sweet fruit—melon, oranges, grapefruit, berries (2 to 3 pieces a day maximum)
- Steamed vegetables (not carrot, beet, or potato) —If one is going to eat anything cooked, non-starchy vegetables are the most assimilable.
- Organic animal products that agree with you (i.e., fish, goat's milk, etc.)

Foods to Avoid when Completing Cleanse:

- All NON-ORGANIC animal flesh products including: beef, chicken, seafood, fish.
- All raw and cooked NON-ORGANIC (pasteurized) dairy products.
- Cooked starchy foods: white bread, pasta, white rice, baked potato (choose baked yams or sweet potatoes instead of white potatoes).
- Avoid cooked carrots or too many juiced carrots, beets, and potatoes. They are all too sweet.
- Anything containing high fructose corn syrup or refined sugar.
- Any soda
- Seedless fruit
- Cooked (roasted) nuts

David Wolfe
Additional Diet Suggestions

Clean and Simple

- Keeps meals simple.
- Replace all salts with celtic grey minerals sea salt and use intelligently.
- Engage in a series of colon hydrotherapy sessions (3-12 sessions).
- Throw away all non-organic body-care and house-care products. They are loaded with dangerous chemical solvents.

Herbs

Try all of these oils: oil of oregano, oil of cumin, oil of rosemary. They are wonderful healers and rejuvenators. Just add a little to one of your recipes.

Supplements

- Radiant C (Best Vitamin on the planet ... excellent cleanser.)
- MSM—Add MSM to your water (1/2 teaspoon per 1.5 liters at first, increasing over time). MSM is the greatest nutrition breakthrough in 25 years.
- Life Crystal—The absolute leading edge in nutrition technology—there is nothing like it on the planet.
- Probiotics (Kyo-dophilus). Try other brands, too!
- Enzymes with any cooked food.
- Nature's First Law Coconut Butter (3-4 tablespoons daily)—The best erotic oil in the world!
- Green Superfoods—Take 3 tablespoons daily.
- Supplemental Antioxidants—Take these if you are going to fly or be exposed to the sun.

Exercise/Structural Support

- Daily exercise outdoors.
- Yoga of all types is excellent.

Deep Breathing

Take 30 deep breaths each and every day.

For more information, contact David Wolfe at nature@rawfood.com.

Chris Charmichael

Former Olympian, Top Cycling Coach

Former Olympian Chris Carmichael is the founder and chairman of Carmichael Training Systems, Inc. (CTS). Carmichael formed CTS in 1999 after spending more than two decades in the sport of cycling. CTS provides clients the finest personal coaching available by creating and managing training programs, camps and certifying performance related training products. Carmichael's unique "Train Right™" methods have been featured on NBC "Nightly News," the Discovery Channel, CBS's "60 Minutes" and ABC's "World News Tonight."

Carmichael is coach of cancer survivor and five-time Tour de France Champion Lance Armstrong, whom he has coached since 1990. He is widely regarded as the person most responsible for making Armstrong the cyclist he is today by implementing an innovative training program designed to work with Armstrong's body post-cancer. He is also the coach of three-time Olympian George Hincapie, former World Champion Dede Demet-Barry, 2000 Olympian Dylan Casey and 2000 ParaOlympian Ron Williams. Carmichael's reputation as more than a top cycling coach is becoming evident as he being sought after to work with and coach many world class athletes outside of cycling. In January 2001, Carmichael agreed to serve as fitness coach of Indy Car Racing's Eliseo Salazar, who finished third in the 2000 Indianapolis 500. In March 2002, Carmichael began working with Montreal Canadiens team captain, Saku Koivu, following his treatments for non-Hodgkin's lymphoma and being declared cancer free.

In 2001, Carmichael was named Ultimate Coach by *Outside* magazine. Published in 1999, Carmichael co-authored *The Lance Armstrong Training Plan*, with Lance Armstrong, for Rodale Press. He also is co-author of *Fitness Cycling*, written with Dr. Edmund Burke. His columns and articles have appeared in *VeloNews*, *Bicycling* magazine, and numerous newspapers throughout the world. Chris is also a highly sought after corporate motivational speaker. He has been a keynote speaker for such companies and organizations as NIKE, The American College of Sport Medicine, and the Global Coaching Conference for the USOC.

"The Tour de France is a contest won with the whole body. The mind, the spirit, and the muscles must all work in perfect synchronicity for 3 weeks. Men who possess the talent and desire to become champions often fall short because they fail to tie everything together."

— Chris Carmichael

Author: *Fitness Cycling* (Fitness Spectrum), 1994

For more information, please refer to www.ridefast.com.

Chris Carmichael

Chris Carmichael believes he has the greatest job in the world and who would blame him! He works with amazing athletes, including:

- A race car driver
- An Ironman triathlete champion
- 5-time champion of the Tour de France, Lance Armstrong
- A Para Olympic cyclist
- A hockey player
- A 320-pound man who lost weight and then competed in a bike race

But Chris believes we are all athletes who need training for life. The most difficult thing for most people in training is finding a place to start because we are overloaded with information from all forms of media. It all comes down to oxygen. There are three types of energy.

1. ATP

2. Aerobic

- Done when your body is in the presence of oxygen.
- There is no negative bi-product.
- The body burns fat, which is the most efficient fuel in our body to burn.

3. Anaerobic

- Done without the presence of oxygen.
- Produces a negative bi-product — lactic acid.
- The body can only burn carbohydrates, which burn quickly and are limited in supply.

After Lance Armstrong was diagnosed with cancer, he could no longer train in an anaerobic zone, so Chris created workouts in the aerobic zone. All other cyclists trained anaerobically and other coaches told Chris Lance could perform at this best with mostly aerobic training. He found that Lance Armstrong actually performed better when his lactate threshold (the point where the body crosses from using its aerobic system to using its anaerobic system) was at its highest. Thus, he had better results training in an aerobic zone.

Two important things you need when working out:

1. Sustained Body Movement

- Longer than 10 minutes
- Above 55% of your maximum heart rate (Roughly 220-your age. It varies depending on the fitness level of each individual. You should be able to speak comfortably)
- Divide your workouts into intervals (train at above 55% of your max heart rate for 10 minutes, then drop to 40% of your max heart rate for 10 minutes, then go back up to 55%, etc.)

2. Consistency

- 5 days/week
- Aerobic development takes a long time
- Resistance training is needed at least 3 days a week. This helps to preserve bone density as we age.

EMOTIONAL MASTERY

The Thoughts Behind the Actions

Emotional Mastery

An Overview

Emotional Mastery is the ultimate opportunity to take our lives to the next level by mastering the skills necessary to create an empowering meaning in any situation and to manage our states consistently across contexts. It requires an unwillingness to settle for anything less than what we can do, be, have, create, and give by not only understanding, but utilizing the fundamental strategies and skills necessary to create an extraordinary quality of life not only for ourselves, but also for all those we have the privilege to touch. Emotional masters are those people who are devoted to lead by example, character, commitment, and contribution. These leaders continually put themselves on the line and always give 100%. Inspirational leaders maximize their capacity to connect, care, maintain a vision, and help themselves and others discover their true identity. They tell the truth to themselves and others in way that compels them to follow through on doing the right thing!

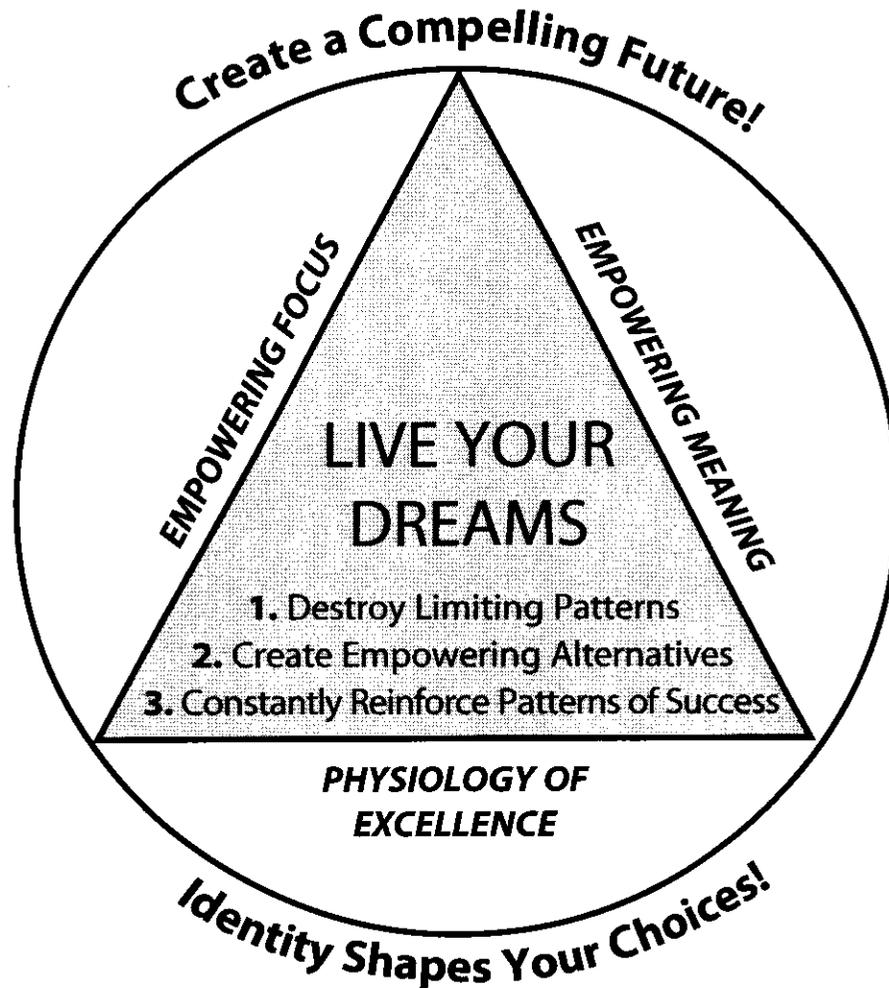
Emotional Mastery is about taking off our masks, breaking through our fears, and reminding ourselves of the truth: that our limitations and fears are entirely self-inflicted, that we already possess all that we need to create an extraordinary quality of life, that the source of power lives within each of us, and that we already have the ability to alter the course of our lives right now. This level of mastery is an invitation for each of us to recognize and put to use the powerful resources we already possess: the courage, faith, determination, hunger, and drive to grow and contribute at the deepest most powerful level. At times we will be met with tremendous resistance in the process; however, as we all know, the only way we will develop our emotional muscles is to meet this resistance with the commitment, intensity, and repetition required to train and condition ourselves to be who we really are.

At Life Mastery, **you will be trained to use the skills, distinctions, and experiences you have learned to close the gap** between where you are now and where you want to be in this area of your life.

- **Identity Transformation**—the ability to create global change
- **3 Levels of Mastery**—Intellectual, Emotional, Physical
- **The Mood Meter**—the opportunity to measure where you are and to change any emotion from disempowering to empowering instantly
- **Menu of Ways to Feel Good**—the capacity to expand the palate of emotions you experience on a consistent basis
- **Anchoring**—the skill to change your state immediately through incantations, rebounding, etc.
- **Belief Systems**—the power to create beliefs that empower you and change your life
- **Vision Creation**—the ability to create a vision that compels you
- **Goal Setting**—the opportunity to create specific outcomes with timelines for completion to help turn your dreams into reality
- **Magic Moments**—the skill to find and appreciate the magic in any situation
- **Powerful Experiences**—the capacity to learn from and utilize Life Mastery experiences such as The Poles, Rebounding, Daily Incantations, Breathwalking, the Gong Meditation, Kathy Buckley, and Art Berg

Emotional Mastery

Decisions Shape Your Destiny—New Decisions Create a New Life!



ANTHONY ROBBINS LIFE MASTERY

~~(notes)~~

The Power of Emotions

The Ultimate Power in Life Is Emotion—It Drives Everything Else

Emotions are the driving force behind all human action. They start wars, begin and end relationships, cause people to commit murder, and enable people to create. There is little in life that does not stem from emotion. They are our reward and our punishment. Emotions drive, excite, torment, immobilize, entice, challenge, or inspire us. Their impact is boundless. The history of the world, as well as your personal life story, has been shaped by *emotion*.

What is the source of this powerful force in human destiny? Who is the creator of these experiences we call feelings? How can we not only shape, but direct the quality of our emotional lives once and for all?

We often hear that people have major challenges because they came from “dysfunctional” families. Yet we also hear about *and know* individuals with grim backgrounds who have gone on to create lives that demonstrate the indomitable power of the human spirit.

Human beings are not fragile! We are more resilient, powerful, and flexible than most “experts” ever give us credit for being.

Emotional mastery requires that we stop justifying our present difficulties in terms of our past. Our past does not equal our future—*unless we live there!*

“We must cultivate our garden.”
— Voltaire

Emotional Mastery is the Ultimate Power

When you master your emotions, you can shift the quality of your life in a moment.

Emotional mastery is the ability to consistently change from any undesired state to a desired state instantaneously.

3 LEVELS OF EMOTIONAL MASTERY

- 1** The knowledge and experience of ***being able to change your state instantaneously*** from undesired to desired (or needed).
- 2** The ability to ***consistently*** change your state from undesired to desired (or needed), even in a particularly challenging context/situation.
- 3** The ability to create a desired state and live in it consistently ***across contexts/situations***, whether they are challenging or not.

Why Many People Experience Pain Consistently

Q: Why in the world, when we have unlimited choices, would a person experience pain on a consistent basis?

A: **Most people are unconscious of the way they receive and evaluate information.**

What are the three decisions that your brain is constantly making?

1. What to focus on.
2. What things mean.
3. What to do.

Whatever people do, they do it for a reason!

Human Needs Psychology

Have you ever wondered what makes people do the things they do? In order to understand the nature of humans, and to predict how and why we do what we do, Tony has developed a few simple ways of explaining what drives human behavior-The Three Elements of Practical Psychology. The more you understand what's naturally going on with yourself and others, the more control you have over the quality of your life, and the more positive influence you can have as a friend, loved one, or community member.

The Three Elements of Practical Psychology are Fear, the Triad, and the Six Human Needs. These three elements will give us a crash course in human psychology by answering the following important questions:

1. What stops us from moving forward? _____
2. What controls and determines the quality of our lives? _____
3. Why do we do what we do? _____

1. What Stops Us from Moving Forward?

Why didn't you start your own business, or make a commitment to the person you love? The answer is fear. Everyone experiences fear in some way: fear of not being liked, fear of failing, fear of being alone, or fear of just not knowing how it will turn out. Even the bravest lion tamer, astronaut, or fighter pilot gets afraid, and that's okay - it's important to know that fear is just a part of being human.

While everyone experiences fear at different times and in different ways, there are two main fears that all human beings share:

Fear that we're not enough

(Like starting your own business, you may be afraid you won't succeed or be good enough)

Fear that we won't be loved

(Like making a commitment to someone, you may be afraid you won't be liked or loved)

Everyone, absolutely everyone, is afraid of these two things and realizing and accepting this is important. But fear can keep us from taking action, so the secret is learning how to take control of fear instead of letting fear control you!

Answers: 1. Fear, 2. The Triad and 3. The Six Human Needs.

Human Needs Psychology

2. What Controls and Determines the Quality of Our lives?

So how do we start to take control of our lives? Since we are controlled by the meanings we give the things in our lives, we must become aware of and control those meanings. For example, your boss may make a comment like "we're really impressed with how much you have improved." One person may take that remark as a huge compliment, where another person may be hard on himself/herself that they needed improvement in the first place.

We all have patterns of feeling. In other words, your patterns are the way you typically feel and how you experience your life. You may have heard of this example: If someone were to place a glass of milk in front of you, and the milk were filled to the middle of the glass- would you say it was half empty? Or half full? A person who says it is half full would probably be very happy, where a person who says it is half empty would probably be disappointed. The way we look at the glass is driven by three forces that decide the meanings we take from things.

These three forces make up The Triad: Physiology, Language/Meaning, and Focus.

—(FORCE #1: A PATTERN OF PHYSIOLOGY)

How you use your physical body, such as breath, posture, and movement affects how you feel. Have you ever noticed when people are sad, they use their body in a certain way? They may hang their head, drag their feet slightly, and have a frown on their face. Or when people are happy they may stand straight up, head held high, walking confidently with a huge smile. If we approach the glass of milk with a smile on our face, most likely we will look at it in a more positive way. Basically, the way we use our body on a regular basis shapes our focus, language, and emotions.

—(FORCE #2: A PATTERN OF LANGUAGE/MEANING)

Words not only create emotions, they create actions. If a friend tells you the movie he just saw was "pretty good" versus "outstanding," would it affect how you felt about wanting to see that movie? Or if we looked at the glass of milk and used the words, "half empty" rather than "half full," wouldn't that change the way we feel? We all use certain words each day, and it affects the way we feel about things. Certain words can make us feel more upbeat, where other words can bring us down. If we change the way we language things, we can change their meaning.

—(FORCE #3: A PATTERN OF FOCUS)

Whatever you focus on, you will feel. When the two people focused their attention differently on the glass of milk, as either being half empty or half full, it caused them to feel either happy or sad, even when they experienced the same thing. If right now, in this very moment, you only think about the things in your life that are great, all the people that you love, all the things you are thankful for - don't you feel great? Simply by shifting your focus you can change the way you feel in a second.

Human Needs Psychology

3. Why Do We Do What We Do?

Although each of us is a unique and special soul, we're all wired in very much the same way. No matter who you are in the world, or what you do, there is a common reason WHY we do what we do. That reason is human need. Without even realizing it, each one of us is attempting to meet certain needs we all have inside, and that's what drives us to do the things we do.

The following are the Six Human Needs within each of us.

- (1) Certainty**
As mentioned before, fear is something that can limit us, and fear just doesn't feel good. It's scary! So human beings do everything they can to avoid fear, and we call that feeling of being unafraid, the feeling of certainty. Certainty is feeling like you are in control, comfortable, safe, and where you know what's coming next. Feeling certain feels good. We seek comfort or certainty by spending time with family and friends, being spiritual, or even something simple like eating our favorite food. Regardless of how we find it, we all need to feel certain.
- (2) Variety**
Now of course, if you were always comfortable, always in control, you would get bored. As good as it feels to eat dinner with your family every Sunday night, sometimes it's great to go out for a romantic dinner with your lover! Or that rush of excitement when you jump off the high dive. People have a need to change their state, to exercise their body and emotions. We seek variety in many ways, for example, changing the way we drive to work, participating in new hobbies or sports, meeting new people, or eating something different for lunch.
- (3) Significance**
Everybody needs to feel special and important in some way, and this is the feeling of significance. People will seek significance by getting recognition from others or from themselves. When people feel insignificant, they may make themselves feel important by getting angry. (Think of a school bully!) Some people will even complain about how insignificant they are, or how many problems they have, just to get you to pay attention to them so they can feel important.
- (4) Love/Connection**
Humans need to feel connected with someone or something—a person, a pet, a habit, or even themselves. It feels good to hang out with your lover or best friend, to play fetch with your dog, or to take time out to be alone to connect with yourself. Connection may take the form of love, friendship, or any kind of interaction. However, people can feel connected even if the interaction is negative. For example, even when people fight, it feels good in some way because they are connecting with one another.

Human Needs Psychology

5 Growth

Everything in the world, from the bushes in your backyard, to your children, are either growing or dying-there is no other option. People are the happiest when they are growing, learning, or expanding in some way. We seek out this growth by spending time with people, participating in activities, going to work - anything that causes us to grow in some way.

6 Contribution

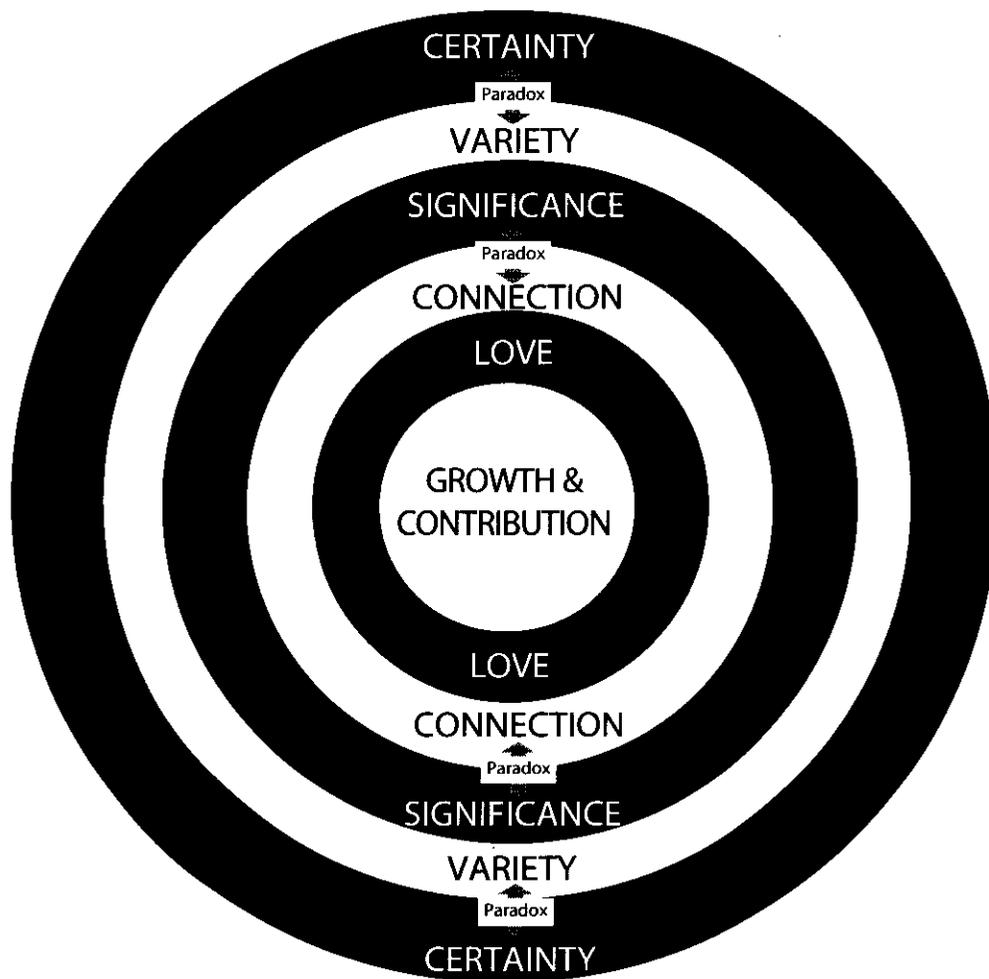
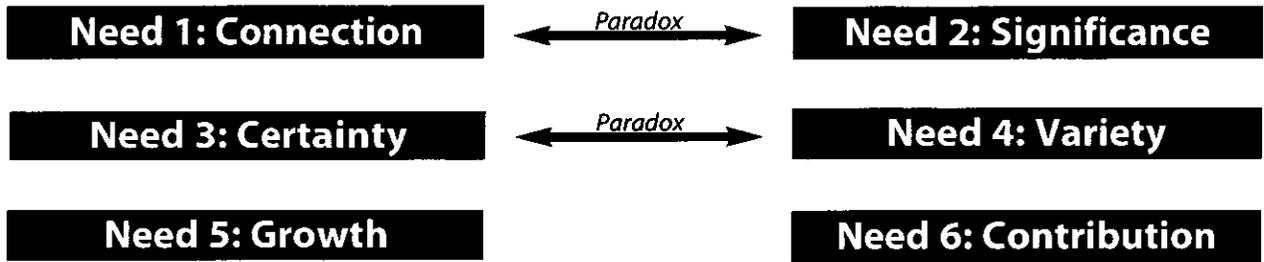
Doing things for others, like helping your son with his homework, or volunteering at the homeless shelter just feels good. This is because contribution is the sixth human need. People cannot be happy unless they are contributing to others in some way.

Each of us, no matter who you are, will go through life trying to meet these six needs in any way possible, whether in a positive or negative way. Meeting the need of Variety by picking-up a new hobby would be a positive way to meet that need. Recklessly speeding down the highway for the "thrill of it" would be a negative way of meeting the need for variety. It is important to recognize these needs and acknowledge the ways that you are trying to meet them, because ultimately it determines the quality of our lives.

So there you have it - you are now a practical psychologist! Knowing what really goes on inside yourself and others will have an enormous impact on the quality of your life and your interaction with others. Now you know the two main fears that may limit you-fear we're not enough and fear that we won't be loved. But you can accept and control those fears through your Triad, which focuses on your physiology, your language, and your focus. And finally you understand the Six Human Needs and how those needs motivate people, and drives you and others to do every single thing that they do (or don't do!).

Understanding this "crash course" in psychology helps us figure out why people do what they do, and it also helps us increase the quality of our lives. It begins to answer the question "What is the secret that creates passionate, happy, and grateful lives in many, while for others the refrain might be, "Is that all there is?" It brings insight into what makes people's lives an example and others a warning. And most importantly, it helps us know that we can control our lives, and our destiny through our actions, language, emotions, and focus.

6 Human Needs



*You can meet any or all of these Six Human Needs by changing either your **perception** (belief or appreciation of) or **procedure** (vehicles or approach to).*

Human Needs Psychology

THE FOUR CLASSES OF HUMAN EXPERIENCE

Class I	Class II	Class III	Class IV
<p>It feels good.</p> <p>It is good for you.</p> <p>It is good for others.</p> <p>It serves the greater good.</p>	<p>It does not feel good.</p> <p>It is good for you.</p> <p>It is good for others.</p> <p>It serves the greater good.</p>	<p>It feels good.</p> <p>It is not good for you.</p> <p>It is not good for others.</p> <p>It does not serve the greater good.</p>	<p>It does not feel good.</p> <p>It is not good for you.</p> <p>It is not good for others.</p> <p>It does not serve the greater good.</p>
<p><i>What are the Class I ways you meet your needs?</i></p>	<p><i>What are the Class II ways you meet your needs?</i></p>	<p><i>What are the Class III ways you meet your needs?</i></p>	<p><i>What are the Class IV ways you meet your needs?</i></p>

The Mood Meter

Measuring the Quality of Your Emotions

Frustration, anger, resentment, depression—compare these emotions to joy, passion, contentment, excitement, and ecstasy! The emotions of our lives are our lives. What we do is not based on our abilities, our talents, or our skill, but rather it is based on how we feel. Most of us live our lives in reaction to our environment. Thus, our emotions are like the ocean—a brewing storm one day, as calm as the doldrums the next. **The Mood Meter is a powerful tool designed to help you take complete and immediate control of the most important and powerful part of your life: the emotions you feel consistently.** After all, can you think of anything more important than the way you feel?

For many years in his business seminars, Tony Robbins asked his audience to tell him something they truly wanted in their world. People responded with myriad answers: more money, better relationships, a powerful legacy. Invariably, when people stated the “what” that they wanted, it was attached to a feeling that would accompany it: “If I made more money, I would feel like I had more power, freedom, and security”; “If I were in a better relationship, I would feel more loved.” In reality, these people were not as interested in having the money or the relationship as they were in having the feelings of power, freedom, security, and love that accompanied them. Those feelings, in turn, made the people feel better about themselves—they were looking for a change in the way they felt, the emotional content of their lives.

If you are looking for an emotional change in your life, it’s important to take a look at the emotions you are currently feeling on a consistent basis. Remember, emotions are not “done to us.” We control the emotions we feel; we do emotions! We create a triad of physiology, language patterns, and focus and beliefs that form the makeup of the emotion we feel. In order to change how we feel in any given moment, we must break the triad of the old emotion by creating or doing a new emotion or emotional triad.

The first and most important step in taking charge of your emotions is to measure them often. Most people fall into the New Year’s resolution trap. They set annual goals for themselves once each New Year’s Eve. Then, when the next New Year’s Eve rolls around, they give themselves a little check-up to see how well they did. This plan guarantees one thing...failure! The more you measure your progress, the more accountable you are for your actions. By consistently measuring what you are feeling, you will set new standards for yourself on a regular basis. You will also tap into the power of choice: Consistent measurement will raise your awareness of the emotions you are indulging in and allow you to find new and better emotional choices for your future.

“A life without cause is a life without effect.”

— Barbarella

Instructions for the Mood Meter

- 1 Commit to measuring your moods several times throughout the day (e.g., morning, afternoon, and evening).
- 2 Looking at the descriptions of the different emotional states on the left side of the mood meter (see next page), choose the word that best describes your current state—how you are feeling at this very moment. Ask yourself, “Where is my center of gravity *right now*?”
- 3 Record the date and time at the top of the page and make a mark in that box which corresponds to how you’re feeling. If you want, you may also write a brief description or a couple of key words that describe how you’re feeling at the bottom of the column.

“Sow a thought, and you reap an act; Sow an act, and you reap a habit; Sow a habit, and you reap a character; Sow a character, and you reap a destiny.”

— Samuel Smiles

Emotions & Your Health: The Placebo Response

How important are our emotions to our overall health? Let's take a look at the placebo effect. Following are two studies (also reported in *The New York Times*, January 9, 2000—"The Placebo Prescription") that talk about the power of our mental state to heal ourselves and restore our bodies to health and vitality.

THE POWER OF PLACEBO: TWO INFLUENTIAL STUDIES

Study 1: 1960 by Leonard Cobb, M.D. (cardiologist, Seattle, WA)

Angina Procedure (Internal Mammary Ligation): Doctors make small incisions in the chest and tie knots in two arteries to try to increase blood flow to the heart.

Procedure Results: Of all of the patients, 90% report that the angina procedure helped.

Placebo Procedure: Doctors make small incisions in the chest, as in the angina procedure, but do nothing else (i.e., they do not tie knots in the two arteries).

Placebo Results: Results show the same improvement—90% of the patients reported that the procedure helped. Because the placebo proved to be just as powerful as the Internal Mammary Ligation, the actual process was soon abandoned.

Study 2: 1994 by J. Bruce Moseley, M.D. (surgeon, Houston, TX)

Placebo Study: Dr. Moseley had 10 patients scheduled for an operation to relieve arthritis in their knees. The patients were all approximately middle-aged, former military men. All 10 men were scheduled to be wheeled into the operating room, draped, examined, anesthetized, and sent to the recovery room. The next day, they would all be sent home from the hospital equipped with crutches and painkillers. In this double-blind study, the following situations occurred:

- Two men underwent standard arthroscopic surgery (scraping and rinsing of the knee joint);
- Three men underwent surgery with the rinsing alone (no scraping);
- Five men received incisions but no surgical procedure at all (i.e., placebo surgery).

Study Results: Six months after surgery, the patients still did not know which procedure they had undergone (i.e., a placebo or the actual surgery); however, **100% of them reported marked improvement in their levels of pain.**

The bigger the intervention, the more expectation the patients had that the procedures would work, and thus, the more effective were the placebos.

Menu of Ways to Feel Good

Once you have measured what you are feeling on a consistent basis, you need to think about how to change it those feelings for the better. But remember, you can't stop one action or feeling without replacing it with another. If you tell yourself that you are going to give up pizza completely, you will have little chance of succeeding unless you create and condition an empowering alternative to your pizza craving! For example, instead of ordering Pizza Hut's deep-dish pepperoni with extra cheese pizza, your empowering alternative could be vegetarian pizza with soy cheese. You still get to eat your pizza, it's just a healthier version of the food you crave. Plus, as your taste buds begin to change through the conditioning of this new alternative, you will begin to crave your healthy alternative more and more.

Your menu of ways to feel good is designed to offer you a plethora of options for feeling great. Usually, when people don't feel well—physically or emotionally—they don't have a laundry list of "feel good" items from which to choose. So, once they've exhausted the few options they do have, they become consistently glum. None of us desire this kind of life! We all deserve to have a magnitude of options that we can choose from on a daily basis that make us feel good, love ourselves more, and allow us to meet all of our needs. So how do you create this amazing menu? Read on.

—(INSTRUCTIONS)—

- 1 Brainstorm a list of activities that make you feel good—activities that when you engage in them will change your state and cause you to feel positive emotions. Also, create a menu of ways to love yourself more.
- 2 Be certain to consider the following criteria when creating your list:
 - Is it convenient for you?
 - Is it easily accessible?
 - Does it cost money?
 - Do I need to do it with other people?
- 3 Make sure that you create a variety of options that fit these different categories so that you are able to follow through on whatever option you choose no matter where you are, what time it is, or what else is going on in your life!

Try combing your Menu with your Mood Meter! After you complete your Mood Meter, ask yourself, "How do I want to feel right now?" Then, pull out your "Feel Good" Menu, pick an activity, engage in it wholeheartedly, and then complete your Mood Meter again. Were you effective at changing your state?

(Follow the same instructions to create your "Love Myself" Menu.)

Sample Menus

"Feel Good" Menu

- Volunteer
- Think of tropical islands
- Think of friends
- Take 10 deep breaths
- Smile
- Go through old photo albums
- Listen to music
- Call friends or family
- Light candles
- Go to a museum
- Walk on the beach or in the park
- Look at the stars
- Sing
- Dance
- Watch a favorite movie
- Play tennis or golf
- Pray
- Go to the gym
- Read
- Buy flowers for myself
- Travel
- Go to a nice restaurant
- Drink herbal tea
- Eat healthfully
- Rebound
- Read a new or favorite book
- Write in journal
- Go for a hike
- Spin in a field
- Take a bubble bath
- Go to a park and feed the ducks
- Paint on a canvas

"Love Myself" Menu

- Hug myself
- Smile at myself in the mirror
- Tell myself all of the reasons I love myself (while in the shower or getting dressed)
- Blow myself a kiss
- Write a love letter to myself
- Write my accomplishments at the end of the day and review what I'm grateful for
- Call a friend and ask them to tell me five great things about myself
- Do an emotional flood of all the great emotions and/or memories of my life
- Listen to music
- Do a goal-setting workshop and create a compelling future
- Listen to empowering audiotapes
- Get a massage
- Take a hot bath
- Get my hair and/or nails done or get a facial
- Say "I love you" to myself
- Create a treasure map
- Rub lotion on your body
- Read your journal
- Cuddle with yourself

(R E M E M B E R)

These are sample lists that contain items that are interchangeable for either list. Your list may contain items that are completely different.

ANTHONY ROBBINS LIFE MASTERY

—————(*n o t e s*)—————

Menu of Ways to Feel Good & Love Yourself

**Make a list of all the activities
that make you feel good.**

	Participating in this activity costs money	I can participate in this activity alone	I need others to participate in this activity	I can participate in this activity while I'm doing something else	I can participate in this activity any place	I can participate in this activity only once-in-a-while	I participate in this activity frequently	NOTES
Remember something that makes me laugh	X		X	X		X	X	
Water-Ski	X		X		X			

*Make a List of All the Ways
to Love Yourself.*

Participating in this activity costs money
 I can participate in this activity alone
 I need others to participate in this activity
 I can participate in this activity while I'm doing something else
 I can participate in this activity any place
 I can participate in this activity only once-in-a-while
 I participate in this activity frequently

		X		X	X		X	X	NOTES
Look in a mirror & smile at myself		X		X	X		X	X	
Call a close friend	X		X			X			

Mood Meter

NAME: _____

What would I have to do now within myself or my environment to move up now?

ENTRY #	1	2	3	4	5	6	7	8	9	10
HOUR										
DATE										
15. Ecstatic										
14. Triumphant										
13. Jubilant										
12. Vivacious										
11. Elated										
10. Delighted										
9. Joyful										
8. Lighthearted										
7. Happy										
6. Pleased										
5. Satisfied										
4. Encouraged										
3. Cheerful										
2. Purposeful										
1. Determined										
-1. Anxious										
-2. Worried										
-3. Lonely										
-4. Frustrated										
-5. Upset										
-6. Disillusioned										
-7. Downcast										
-8. Gloomy										
-9. Downhearted										
-10. Discouraged										
-11. Disgusted										
-12. Depressed										
-13. Desperate										
-14. Despairing										
-15. Miserable										

Mood Meter Description

ENTRY #

1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
21
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24
25
26

Goal Setting

Making the Invisible Visible—Your Treasure Map for Fulfillment

For centuries, people have pursued the belief that whatever it is we think about with positive intent, we can create. In the 19th century, James Allen wrote *As a Man Thinketh* based on the premise that what we think about we become, in every context of our lives. In 1966, Napoleon Hill wrote the groundbreaking book *Think and Grow Rich* about the power of defining precisely what it is you want, determining what you will give back in return, establishing a specific timeline by which you will achieve your goal, creating a plan for achieving it, and continually reinforcing in your conscious and subconscious mind the idea that you will achieve it.

There is no question that when you resolve to attain something (whether it is something you want to do, have, be, create, or give), there is incredible momentum and power created that moves you toward manifesting whatever it is you want in your life. In fact, there are thousands of documented cases of people achieving their exact goals in the exact timeline to which they commit.

THE POWER OF A CLEAR OUTCOME

Yale University took a poll of each student graduating from the Class of 1953 and asked them who had done full goal setting (what they were going to do) and had written it down by graduation. Only 3% of the class answered that they had done goal setting. Twenty years later, the 3% that had written down their goals before graduating from Yale had earned 50% of the entire income of all of the rest of the class combined.

There are no guarantees in life, yet, when the power of this process is so clearly understood, pursued, and documented, why wouldn't you utilize it to maximize your power? The process on the following pages is designed to help you establish what it is you want in each main area of your life.

Once you have identified what you want, remember that one of the most powerful ways to ensure that you achieve those goals is to keep them in front of you: Whatever you think about continuously tends to become real. Your Reticular Activating System or RAS has four sections, two of which mediate sensations that give pleasure and enable learning and memory. Simply put, your RAS is part of your unconscious mind that is constantly working to pick up signals from you—what you see or focus on—in order to keep track of your likes and dislikes. If you can incorporate your goals into your RAS through consistent focus, then your unconscious mind will take over finding items that relate to or will help you accomplish your goals.

How can you incorporate your goals into your unconscious mind? Make them more exciting—something you want to see in front of you every day! Once you complete the exercises on the following pages, bring your goals to life by creating your own personal treasure map. Cut out pictures, words, and phrases that relate to or reflect your goals and glue them on a sheet of paper. You can create a treasure map for your entire life or a separate one for each main area of your life. Then, when you are done, you may want to laminate your treasure map(s) so that they will be durable and able to travel with you wherever you go.

The Power of Certainty

(1)

Take a few moments and write down some items that were once merely desires, dreams, or goals that you have already attained. Be sure to include big and little items—ones that you may now take for granted—your job, your relationship, your home, an instrument, a computer, etc. Asterisk 2-3 items that at one time truly seemed impossible to achieve.

(2)

Now, take 2 of your asterisked items and write down the steps you took to turn them from a dream into reality. You may not have achieved them consciously—your RAS may have taken over—but something stimulated enough of a desire for you to reach that goal. Was there a condition in your life—poor health, job loss, etc.—that forced you to create an outcome you had to meet? Was there a purpose or a reason that made you focus on that goal continuously? After writing as much as you can remember, review what you've written to see if you can identify a similar pattern between the achievements of the two goals.

The Power of Goals

1

Write down anything you want to do, be, have fun with, create, own, or experience—your goals—in the following areas:

- financial, career, or business (in 5, 10, 15, 20 years)
- personal development or skill sets
- physical
- emotional
- spiritual
- contribution

2

Now, go back through your list and write 1, 3, 5, 10, or 20 years next to each goal to indicate how long it will take you to achieve each one.

ANTHONY ROBBINS LIFE MASTERY

~~..... (notes)~~

Categories of Improvement
Closing the gap from where you are to where you want to be.

<p style="text-align: center;">BODY/HEALTH/FITNESS On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Reduce my body fat from 25% to 15%. 2. Run 5 miles three times per week.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	<p style="text-align: center;">RELATIONSHIPS On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Eliminate my pattern of 'getting hooked' & arguing. 2. Become the person I need to be to attract my ideal mate.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>
<p style="text-align: center;">EMOTIONS On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Create new incantations and do them 10 min each day. 2. Attend Date with Destiny to master my emotions.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>	<p style="text-align: center;">FINANCES On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px; border: 1px solid black;" type="text"/></p> <p style="text-align: center;">What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Eliminate all my debt within 1 year. 2. Create a plan to consistently save 10% of what I earn.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p> <p>10. _____</p>

Categories of Improvement

Closing the gap from where you are to where you want to be.

<p style="text-align: center;">CAREER / BUSINESS On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Add more value to increase my income by 15%. 2. Secure 5 new clients that bring in \$50,000 each.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>	<p style="text-align: center;">SPIRITUALITY On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Explore my beliefs by attending different service each month. 2. Do a 5 minute gratitude meditation every morning.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>
<p style="text-align: center;">TIME/LIFE MANAGEMENT On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Complete The Time of Your Life to learn the RPM system. 2. Schedule 30-45 min every Sunday to plan my week.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>	<p style="text-align: center;">CONTRIBUTION On a scale from 1-10</p> <p>Where are you now? <input style="width: 40px; height: 25px;" type="text"/> Where are you committed to be in one year? <input style="width: 40px; height: 25px;" type="text"/></p> <p>What outcomes <u>must</u> you achieve to go from where you are to where you want to be? Example: 1. Volunteer 30 min each week for mentoring. 2. Give away 10% of what I earn to charity.</p> <p>1. _____</p> <p>2. _____</p> <p>3. _____</p> <p>4. _____</p> <p>5. _____</p> <p>6. _____</p> <p>7. _____</p> <p>8. _____</p> <p>9. _____</p>

Categories of Improvement
Closing the gap from where you are to where you want to be.

BODY/HEALTH/FITNESS

Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?
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Choose your top 3-4 Categories of Improvement that you want to work on and utilize these circles to complete your plan for closing the gap in these areas.

RELATIONSHIPS

Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?
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Categories of Improvement
Closing the gap from where you are to where you want to be.

EMOTIONS	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

FINANCES	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

Categories of Improvement
Closing the gap from where you are to where you want to be.

CAREER / BUSINESS	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

SPIRITUALITY	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

Categories of Improvement
Closing the gap from where you are to where you want to be.

TIME/LIFE MANAGEMENT	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

CONTRIBUTION	
Why is this a 'must' for me? What's my purpose?	How will I get there? What's my Massive Action Plan?

Kathy Buckley

Deaf Comedienne, Actress, Speaker

Role Model of the Year: Province Hearing and Speech Center

Billed as the first hearing-impaired comedienne, Kathy has transcended insurmountable odds to make her mark as a respected comic: as a child, doctors placed her in a school for retarded children; she successfully battled cervical cancer; she suffered temporary paralysis in her legs from a freak jeep accident that occurred when she was sunbathing. None of that has stopped her career as a respected comic which began when a friend "dared" her to enter the 1988 comedy contest "Stand-up Comics Take a Stand." She finished fourth in a field of experienced comics, and began her tour of the country's major comedy venues from coast-to-coast. Her efforts and talent were rewarded with her selection to showcase the 1992 National Association for Campus Activities Convention.



She has several television credits, including "Stand-up Spotlight," "Evening at the Improv," "Entertainment Tonight," "Live with Regis and Kathy Lee," and Dr. Ruth's "Never Too Late." Her greatest coup was appearing on "The Tonight Show with Jay Leno" and she has been invited back for a second appearance. She is also the focus of the documentary, "I Can Hear the Laughter," which won an Emmy in 1991.

Though she loves to entertain and educate people, her heart really belongs to children. She has served for over three years on the Board of Directors of The Harmony Project, a nonprofit organization dedicated to providing child care for families transitioning out of homelessness. She works regularly with school officials to develop educational programming aimed at mainstreaming disabled children into regular classrooms, as well as coordinating parent support groups for families with disabled children.

"My comedy disarms people, making them much more receptive to the message that the only disabilities are attitudes. I love to make people laugh, but I love it even more if I can teach them something at the same time."

— Kathy Buckley

Author: If You Could Hear What I See, 2001

For more information, please refer to www.kathybuckley.com.

Art Berg

Speaker, Best-Selling Author, Inspiration

On December 26, 1983, at the age of 21, Art Berg broke his neck in a serious automobile accident, leaving him a quadriplegic. Since that time...

Art was recognized by three national sales awards as a computer salesman for a national firm. He resided in Highland, Utah, where he was President of Invictus Communications, Inc., and eSpeakers.com, Inc. Art was named the 1992 Young Entrepreneur of the Year by the Small Business Administration. In 1994, Art was featured in *Success* magazine as one of the Great Comeback's of the Year. As a member of the National Speakers Association, Art achieved the highest earned designation of Certified Speaking Professional and was inducted into its Speaker Hall of Fame—a status achieved by fewer than 1% of professional speakers. Speaking as many as 200 times a year, Keynote Speaker's Bureau in San Francisco, California, named Art as Consummate Professional Speaker of the Year.

In 1985, Art married Utah's 1981 Junior Miss and 1992 Mrs. Utah USA, Dallas Howard, and they have two children. He was a world-class wheelchair athlete enjoying a variety of sports, including full-contact wheelchair rugby. On July 10, 1993, he set a world-record by becoming the first quadriplegic, at his level of ability, to race an ultra marathon of 325 miles between Salt Lake City, Utah, and St. George, Utah.

Art authored two regionally best-selling books entitled *Some Miracles Take Time* and *Finding Peace in Troubled Waters*. Art traveled more than 200,000 miles a year speaking to hundreds of professional and civic organizations such as IBM, 3M, Sun Microsystems, American Express, AT&T, Young Presidents Organization, Coca-Cola, GTE, Sony, KeyCorp, NFL's Baltimore Ravens, and Prudential Healthcare on the topic "The Impossible Just Takes a Little Longer." For more information, please refer to www.art-berg.com.

It is with deep sadness that we inform you that Art Berg, CSP, CPAE Speaker Hall of Fame, unexpectedly passed away on February 19, 2002. His passing leaves a void that will not be easily filled. His unconquerable spirit and his love for life will be with us and inspire us forever. INVICTUS!

*"Be an individual of principle. Identify your values.
Consider the timeless principles that govern your life.
Hold to the faith of your childhood."*

—Art Berg

RELATIONSHIP MASTERY

Creating Passion, Love, & Connection

Relationship Mastery

An Overview

Relationships are our connection to the world. A relationship can begin with a simple, "hello," and last a lifetime or they can end as quickly as they begin. Though traditionally we think of relationships in terms of intimate, monogamous associations, the word *relationships* is really an all-encompassing term for describing the simplest of associations to our most beloved familial ties. Relationships between friends, lovers, teachers and students, parents and children, bosses and employees, cab drivers and their fares, people and their pets, artists and their inspirations, grocers and their distributors, are the connections that not only make the world go 'round, but also make it a lot more exciting. Without relationships, the world would be a dull, lonely, non-functioning place. And even though relationships can be downright impossible at times, it seems we are always looking for some kind of connection to keep our finger on the pulse of the world outside our own minds. But how do you know what a good relationship truly is? How can you make current and new relationships better than you could ever have imagined they could be?

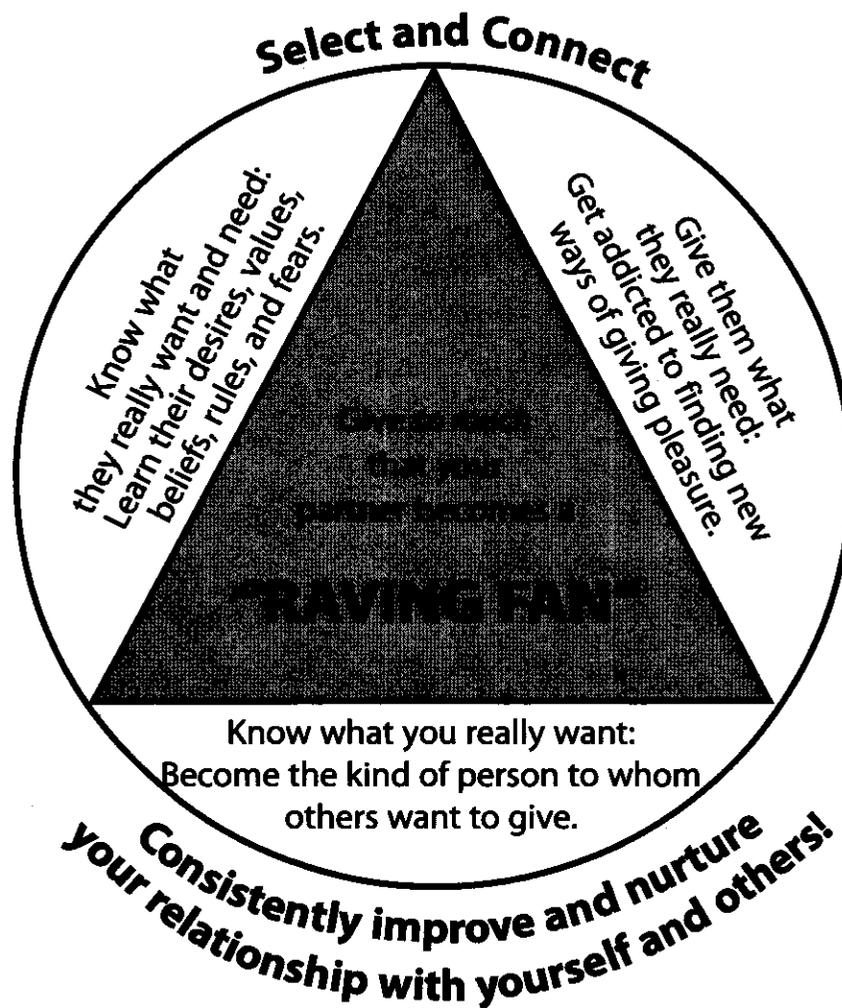
Welcome to Relationship Mastery. This section of Life Mastery will allow you the time you would rarely take in your everyday life to honestly and thoroughly review not only your most intimate relationships, but also your business associations, friendship, and family ties. You will learn to make "raving fans" of your current relationships as well as acquaintances you make throughout your life.

In Relationship Mastery, you will be taught through fun, hands-on exercises the following tools and skills you need to help you close the gap between where you are now and where you want to be in the Relationship area of your life.

- ❑ **Closing the Gap**—how to define where you are today and where you want to be and then establish what you are committed to doing in order to "Close the Gap" to achieve it!
- ❑ **7 Keys to Outstanding Relationships**—seven points that identify and explain the basic tenets of relationship dynamics
 - 1) The purpose of relationships
 - 2) What makes a relationship work
 - 3) What weakens or destroys relationships
 - 4) Strategies for resolving conflicts
 - 5) The power of pattern interrupts
 - 6) How to create totally fulfilling relationships
 - 7) Dealing with the transition of a relationship
- ❑ **Design Your Ultimate Mate**—a fun exercise with serious undertones that will help you determine what your priorities truly are whether or not you're in a relationship right now
- ❑ **Powerful Experiences**—the capacity to learn from and utilize Life Mastery experiences such as The Relationship Bridge, Closing the Gap, and John Gray, Ph.D.

Relationship Mastery

The Relationships You Select Will Shape Your Destiny



ANTHONY ROBBINS LIFE MASTERY

(notes)

"Nothing great was ever achieved without enthusiasm."
— Ralph Waldo Emerson

STEP 6: COMPLETE, MEASURE, & CELEBRATE

COMPLETE: Once your plan is in place, you are absolutely clear about the result you are committed to achieving (your outcome), and the reasons why you *must* achieve it, you must take immediate action. Did you schedule to complete the most important items in your Action Plan?

MEASURE: The more often you measure your progress, the more likely it is you'll produce your desired result. This process is the only way you'll know how much headway you're making. You may even want to utilize an outside source to measure for you.

CELEBRATE: Celebrate even the smallest progress. Nurture yourself at key moments of fulfillment. Don't wait until you've lost ten pounds to reward yourself; rather, celebrate the first time you pass up a chocolate chip cookie. When you've achieved your dream, you can create the ultimate celebration for yourself.

EXAMPLE: CLOSING THE GAP — RELATIONSHIP

STEP 1: CLARITY

DECIDE *WHERE* YOU WANT TO BE

Identify your ultimate outcome with passion.
What do you really want? What is your target?

RESULTS: (Be specific!)

To have a joyful and fulfilling relationship with my husband—one in which we are in constant and complete awareness of how much we truly love one another; to make our love the first priority in both of our lives

EMOTION:

Joy, ecstasy, connection, warmth, playfulness, security, fulfillment, gratitude

IDENTITY:

Partner, lover, wife, soulmate, best friend, co-conspirator, playmate

TRIAD: (Physiology, Beliefs, Language)

Physiology: Open stance; gentle and warm gaze; deep breathing; sincere smile; practice hands-on affection.

Beliefs: Love is a place to give, not get; I am completely loved and I love completely.

Language: I am deeply, passionately in love; my relationship is the most important thing in my life.

STEP 2: CAPTURE

CAPTURE YOUR IDEAS, WANTS, AND NEEDS

- Have a completely fulfilling and joyful relationship
- Make my relationship with my husband the most important thing in my life; give Ted certainty
- Make time in my schedule on a regular basis for private time with Ted
- Make Ted feel special and completely nurtured by me and our relationship
- Spice up our love life; create passion; plan surprises; try new things
- Set a loving example for our children
- Strengthen our intimacy; make it “the two of us against the world”
- Renew the excitement we had when we first fell in love
- Create “magic moments” every day, in some small way, for the rest of our lives
- Solicit Ted’s input on how to improve our relationship; make him feel comfortable with sharing his wants, desires, and needs
- Become the super-sexy, outrageous lover of Ted’s dreams

—(REMEMBER)—

80% is Psychology;

20% is Mechanics

STEP 1: CLARITY

DETERMINE WHERE YOU ARE NOW

Identify **honestly** where you really are today.

RESULTS: (Be specific!)

My relationship is okay but not great, certainly not outstanding; we are in a rut; we don’t have a lot of excitement; we lack honest and compelling communication.

EMOTION:

Boredom, disappointment, apathy

IDENTITY:

Wife, mother

TRIAD: (Physiology, Beliefs, Language)

Physiology: Eyes averted; slouched posture; fixed and bored gaze.

Beliefs: Marriage isn’t always a walk in the park.

Language: My relationship is fine.

STEP 3: CREATE YOUR RPM PLAN

Why do you want to do this? What will it give you?
How will it make you feel?

A Results-Focused, Purpose-Driven, Massive Action Plan

ULTIMATE RESULT

What is the ultimate result you want to produce?

Create an extraordinary relationship with my husband at an ultimate level of passion, commitment, trust, excitement, and fulfillment—one in which we are consciously and joyfully meeting each other's Six Human Needs.

ULTIMATE PURPOSE

DECIDE *WHERE* YOU WANT TO BE

To have the most insanely fabulous marriage in the universe; to be an extraordinary example for our children; to maintain (and expand!) our support, love, and absolute wonder for one another.

KEY RESULTS

1. Determine certain dates when we will commit to spending quality time together.
2. Find specific ways to make Ted feel special and nurtured and be his "ultimate mate."
3. Create excitement in our relationship by committing to trying "all things new!"
4. Create an empowering TRIAD for our relationship.

— (**REMEMBER**)

Rarely does your dream interrupt you; rarely does casual effort provide extraordinary results.

MASSIVE ACTION PLAN (MAP)	RESULT/OUTCOME	PURPOSE
<ul style="list-style-type: none"> • Make "appointment" with Ted to review our calendars for the next 6 months. • Choose <i>at least</i> 2 romantic weekends to go away together alone. • Choose dates for a 2-week tropical vacation. • Schedule one "date night" per week. • Purchase <i>large</i> wall calendar, outline dates, and hang in kitchen. 	<p>To determine certain dates when we will commit to spending quality time together</p> <p>By: 12/3</p>	<p>To strengthen our intimacy and increase our quality of time together; to make our relationship our priority; to live in a constant state of appreciation of the gifts we have found in one another</p>
<ul style="list-style-type: none"> • Pay close attention to the Life Mastery session on relationships. • Purchase John Gray's book and read with Ted. • Brainstorm ideas for small daily "gifts" (e.g., love notes, etc.). • Commit to <i>cooking a special gourmet dinner once a week</i> for Ted. • Share results of exercises from the Relationship Mastery section of the Life Mastery manual; <i>solicit Ted's input</i>. 	<p>To find specific ways to make Ted feel special and nurtured and be his "ultimate mate"</p> <p>By: 12/17</p>	<p>To make Ted my "raving fan" and be the woman of his dreams; to constantly remind him of how cherished he is; to create certainty in his life about our relationship and my commitment to him</p>
<ul style="list-style-type: none"> • Brainstorm ways to "spice up" our love life. • Try out John Gray's "banana technique." • Purchase Laura Kom's book, <i>101 Ways to Surprise Your Lover</i>. 	<p>To create excitement in our relationship by committing to trying "all things new!"</p> <p>By: 12/10</p>	<p>To meet the need for variety in our relationship; to maintain our incredible passion; to surprise, delight, and enlighten one another on a consistent basis</p>
<ul style="list-style-type: none"> • Determine and write down my roles in our relationship (partner, soulmate, lover, best friend, etc.). • Create outrageous pattern interrupt for stressful situations. • Sign up for the "How to Strip for Your Lover" class to expand my physiology. • Complete the triad example for my relationship. 	<p>To create an empowering Triad for our relationship</p> <p>By: 12/7</p>	<p>To create an outstanding life together; to maintain my own identity and empower myself so that I can share myself more completely with Ted</p>

ANTHONY ROBBINS LIFE MASTERY

(notes)

"It's not a successful climb unless you enjoy the journey."

— Dan Benson

Closing the Gap

Turn Dreams into Reality Through Clarity, Drive, and Action

In order to achieve what you desire most in life, you must define it in a way that makes it so compelling it literally becomes a **magnificent obsession**. This obsession provides the magnetic pull that will guide you to its ultimate attainment. Then, you must create the drive necessary to break through any obstacle (the desire for immediate comfort, temporary certainty, momentary significance, or low levels of connection such as sympathy, acceptance, etc.) that could prevent you from fully embodying your vision.

In order to create this drive, you must be willing to be totally honest with yourself. Where are you really? What results are you producing that are unacceptable? Even if your results are better than those of others, you cannot compare yourself with other people. Compare yourself to what you consider to be your ultimate capabilities and vision. Your dissatisfaction with not yet being at that level will provide the genesis—the initial spark—toward your achievement. Don't allow the fear of potential pain, rejection, or the unknown, trick you into finding ways—TV, food, dredging the Internet—of sedating your call to action! **Make dissatisfaction your ally**, your partner in the process of becoming more. Give up your excuses—**INDULGE IN YOUR VIRTUES, STARVE YOUR VICIES**—and you will achieve your dreams and live a life of total fulfillment.

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STEP 1: CLARITY

DECIDE WHERE YOU WANT TO BE
Identify your ultimate outcome with passion.
What do you really want? What is your target?

RESULTS: (Be specific!)

EMOTION:

IDENTITY:

TRIAD: (Physiology, Beliefs, Language)

STEP 2: CAPTURE

CAPTURE YOUR IDEAS, WANTS, AND NEEDS

THE GAP

—(**REMEMBER**)—
80% is Psychology;
20% is Mechanics

STEP 1: CLARITY

DETERMINE WHERE YOU ARE NOW
Identify **honestly** where you really are today.

RESULTS: (Be specific!)

EMOTION:

IDENTITY:

TRIAD: (Physiology, Beliefs, Language)

STEP 3: CREATE YOUR RPM PLAN

Why do you want to do this? What will it give you?
How will it make you feel?

A Results-Focused, Purpose-Driven, Massive Action Plan

ULTIMATE RESULT What is the ultimate result you want to produce?	ULTIMATE PURPOSE DECIDE <i>WHERE</i> YOU WANT TO BE
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KEY RESULTS

MASSIVE ACTION PLAN (MAP)	RESULT/OUTCOME	PURPOSE
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THE GAP

STEP 4: COMMIT

Commit to block time and resolve your "musts."

STEP 5: SCHEDULE

Create specific time in your daily schedule now.

When are you going to take the necessary action? For how long?

RULES:

- 1) Never leave the site of a goal without taking some kind of action toward its attainment.
- 2) Don't let a day go by without taking action toward your goal. Even the most minute action can move you toward where you want to be. Every skill you apply, every thought you focus on, every in-CAN-tation you do will allow you to make progress every single day.
- 3) Create an environment of immersion: This action is a must if you truly want to master anything.

7 Keys to Outstanding Relationships

During your free time this week, write down your answers to the questions in this section to explore what you believe, and what you want to have, be, do, and give in your relationships.

- (1) **The Purpose of Relationships**
What are relationships and why have them?
- (2) **What Makes Relationships Work?**
- (3) **What Weakens or Destroys Relationships?**
- (4) **Resolving Conflicts**
What is the diagnosis of your current relationship?
- (5) **The Power of Pattern Interrupts**
Break the patterns that destroy intimacy.
- (6) **Creating Totally Fulfilling Relationships**
Learn to meet your and your partner's Six Human Needs.
- (7) **Dealing with the Transition of a Relationship**

1. *The Purpose of Relationships*

What are relationships and why have them?

(1) Why do I have relationships?

(2) Why are relationships important to me?

"Friendship is a single soul dwelling in two bodies."
— Aristotle

1. The Purpose of Relationships

What are relationships and why have them?

(3) If I'm not in a loving relationship, why not?

In order to have someone be my "raving fan," I must be his or her "raving fan."

***A relationship is a place to share and care.
It's not a place to get something, but a place I go to give.***

Ultimately, the purpose of a relationship is to magnify the human experience.

2. *What Makes a Relationship Work?*

(1) What key elements make a relationship work?

—(**REMEMBER**)—

*Relationships are a powerful vehicle for meeting your **Six Human Needs**.*

(3) What are some ways *you* can make yourself feel more loved?

In order to have something, you must first give it to yourself (e.g., give yourself a sincere compliment each morning; write a love letter to yourself; hug yourself; put on your favorite music and dance, etc.).

3. What Weakens or Destroys a Relationship?

(1) What weakens or destroys a relationship?
What do we do that destroys it?

(2) What turns off intimacy?

A Love Relationship

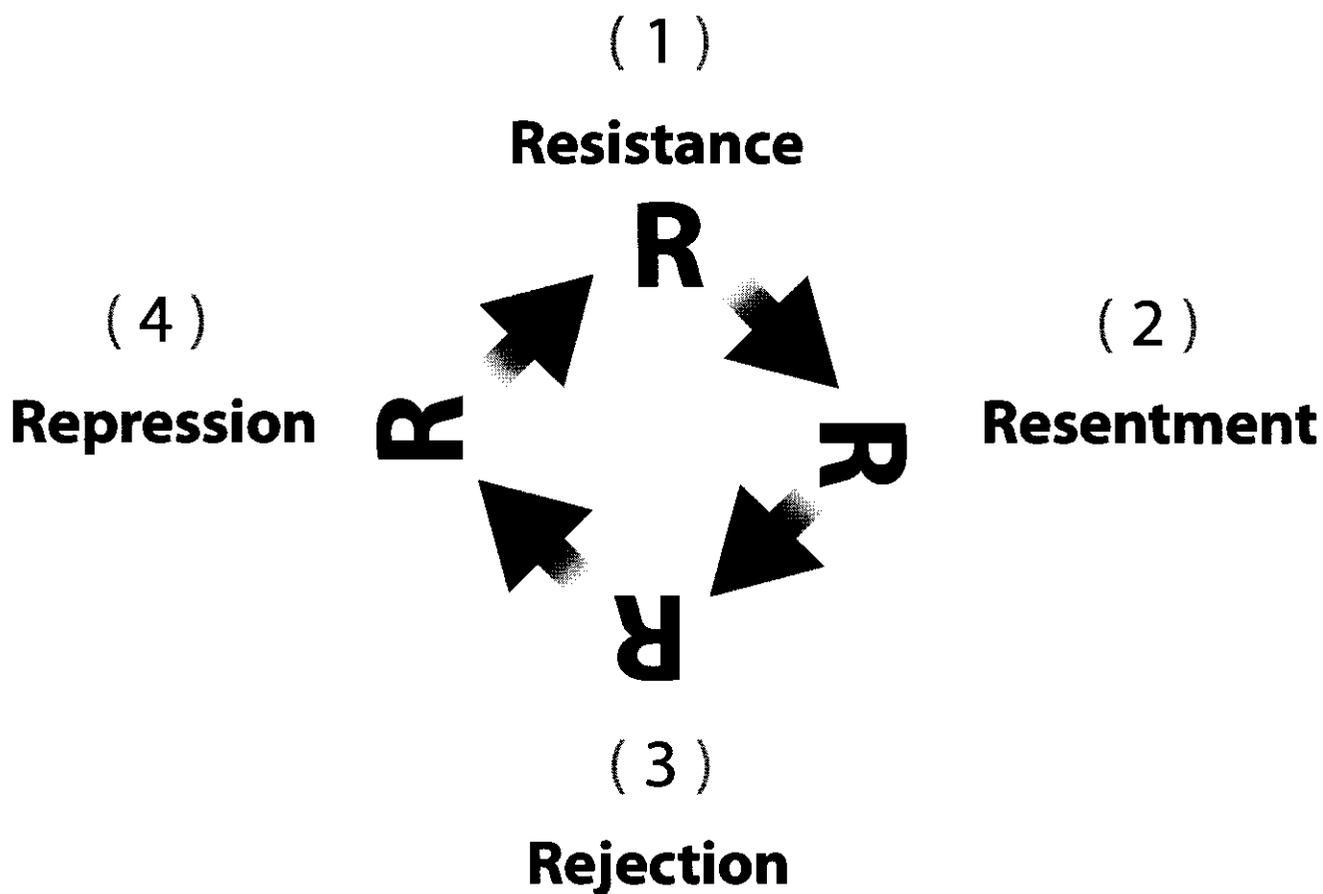
What to Avoid

- (1) **Negative anchors.**
- (2) **Making rules more important than the relationship.**
- (3) **Continuously questioning the relationship and creating uncertainty.**
- (4) **Threatening the relationship and creating fear.**
- (5) **The law of familiarity (a pattern of focusing on things other than the relationship) vs. the need for surprise and jackpots.**
- (6) **The failure to make my partner or relationship the most important priority in my life.**

A Slow Killer

The Intimacy Destruction Pattern

The following emotions can become a vicious circle if you don't put a stop to the cycle. Don't allow yourself to fall into the trap of these four experiences.



Source: John Gray, Ph.D., *Men are from Mars, Women are from Venus*, 1992.

4. Resolving Conflicts

What is the diagnosis of your current relationship?

In any relationship between two people, there will inevitably be conflicts. Conflict can be used to enhance the relationship if you understand what causes it and how you can, when necessary, utilize it to enrich or deepen the relationship.

—(WHAT IS CONFLICT?)

- 1. Mutual interference of opposing or incompatible forces or qualities.*
- 2. An emotional state characterized by indecision, restlessness, uncertainty, and tension, resulting from incompatible inner needs or drives of comparable intensity.*

All conflicts are rules conflicts; that is, one person holds a different belief about how another person "should" or "must" be, behave, interact, or communicate with others, etc.

—(WHAT CREATES CONFLICT?)

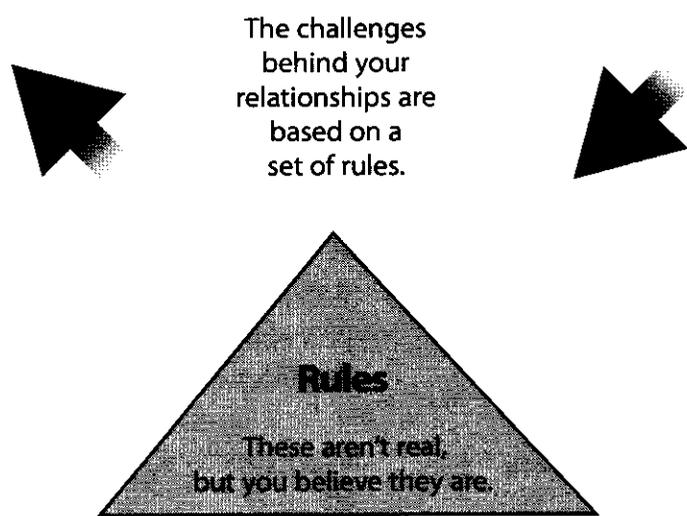
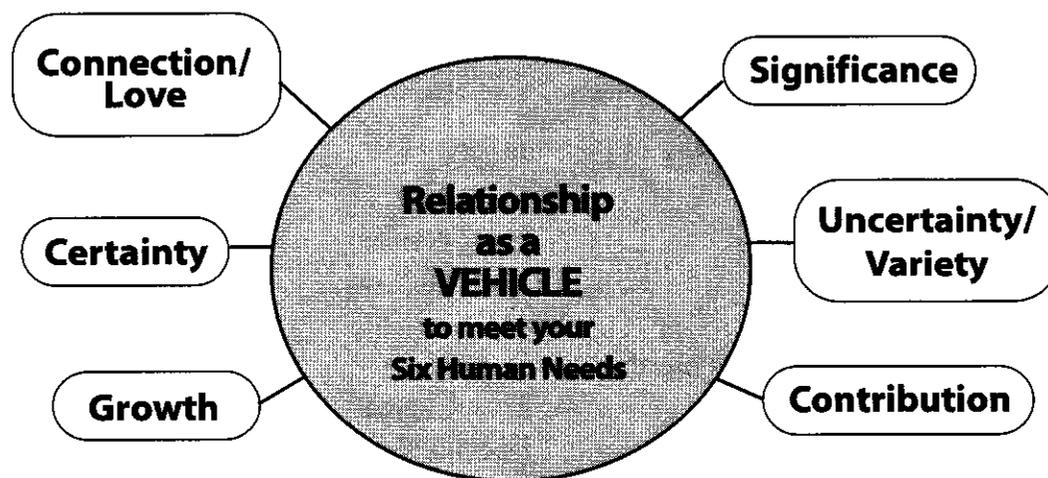
Two things that tend to create conflict in a relationship:

- 1) Differences of interest;*
- 2) Differences of style.*

What tends to create conflict in your relationships?

*Relationships are a Vehicle
for Meeting Your Six Human Needs*

Whether or not you believe your current relationship meets your needs is controlled by the rules you have modeled, assembled, or created along the way.



Desires are driven by your rules about what has to happen in your relationships before your needs are met. But remember, your rules are illusions. Too many rules equals a relationship of conflicts.

Rules Hierarchies in Relationships

We all have rules for conducting business (*ethics*), for behavior in society (*laws*), for ourselves (*morals*). We also have rules for relationships.

RULES OF THE GAME

Threshold Rules	Must Must Not Must Never Must Always
Personal Standards	Should Should Not Should Never Should Always
Rules of Possibility & Impossibility	Cannot Can Never Can Always
Rules of Reality	Will Will Not Will Never Will Always
Rules of Desire	Wants to Would Would Never Would Always
Global Beliefs	Is Is Not

Love, American Style

Here is an example of a set of conflicting relationship rules that were causing difficulty in a marriage. Do you recognize any of these patterns in your own intimate relationship?

HIS RULES

Kinesthetic love strategy

- She "must" love me unconditionally.
- She "must" tolerate my moods.
- She "must" be friendly and flexible, even when I'm not.
- I "must" always be able to predict her behavior.
- I "must" have consistency, predictability, and control (otherwise I feel helpless).
- She "must" behave responsibly (e.g., on time at least 90% of the time).
- She "must" behave responsibly consistently, over a long period of time in order to prove that she's trying to meet *my* needs.

HER RULES

Auditory love strategy

- He "must never" be abusive, either physically or verbally: "If he loved me, he wouldn't yell, curse, etc."
- We "must" have adventure.
- We "should" have spontaneity and freedom.
- A husband is not a brother, father, dictator, or cop. He "should not" have "lots of inflexible rules."

Summary

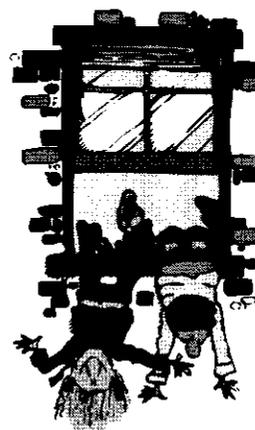
The crux of the problem in this relationship was that the husband had such a long list of “must” rules that he never felt they were all being met, and his wife felt inadequate. At the same time, many of their rules were in conflict: He needed to feel loved unconditionally and she felt that he violated her rules every time he yelled or cursed. She needed adventure and he needed a sense of predictability and control. (Keep in mind that these needs are not “shoulds” for them; they are absolute “musts” for their relationship.)

Both parties were dissatisfied with the level of intimacy in their relationship, but their constant clashes prevented them from experiencing it. When he reached out, he was frequently rejected; when she tried to please him by being prompt, she was not acknowledged because she hadn’t been doing it consistently. He also expected her to be friendly and flexible, even when *he* was not—a pretty tough requirement for anybody!

An underlying theme of the entire rules conversation was the “husband as cop.” He had brought the rules and regulations from his line of work into his relationship, and she constantly felt that she couldn’t measure up. She was also confused: While her husband was warm, friendly, and protective, he also continually “busted” her for, what she perceived as, minor infractions. She was getting mixed messages: Was this man her husband or a cop?

The resolution in this “rules conflict” was that they both decided to reinforce the behavior they were seeking from one another: If he reached out to her, she would immediately reward him for it; and, if she was on time even once, he would acknowledge her efforts right away. He also decided to soften many of his “must” rules to “shoulds,” and she chose to make a commitment to be loving and caring toward her husband, to be sensitive to when or how he needs to unwind when he gets home, and even to be open to how he would prefer to have expressions of affection made.

We all expect the people who care about us to know our rules. But as much as they love us, they can’t possibly know all of our rules and subsets of rules. What’s more, in the process of day-to-day living, these rules are constantly changing and we can’t always expect our partners to inform us—just as we don’t always inform them!



Rules to Know

(1) What are my needs? What "must" my partner do for/with me? What "must" he or she *never* do?

—(**EXAMPLE**)

How much time do you need to spend together? What "must" your partner say—or never say—to you? What are your sexual needs? In what ways should resources be shared? For each question, describe your ideal scenario and your minimum requirements.

Rules to Know

(2) What do I believe are my partner's needs? What "must" I do for/with him or her? What "must" I *never* do?

— (KEY) —

Relationship upsets should always result in enhancing the relationship. Use upsets as an opportunity to learn more about your lover's rules and to grow in your understanding of yourself and each other.

Ask yourself: What's more important to me—my Rules or my Relationship?

Ten Cardinal Rules

Of a Love Relationship

- (1) **Never question the intent or the identity** of the person with whom you're in a relationship or the nature of the relationship itself. Just because you've experienced a problem today doesn't mean the relationship itself is a problem.
- (2) **Don't correct your spouse.** Instead, interrupt the pattern in a fun and effective way.
- (3) **Don't get stuck in a repetitious pattern,** if things aren't working. Change your approach—your perception, actions, responsibility frame, etc.
- (4) **Never threaten the relationship.**
- (5) **Commit to CANI** (Constant And Never-ending Improvement) in your relationship, the key to fulfillment.
- (6) Each day, take pride in your consistent ability to **notice, appreciate, and compliment** all the great, wonderful, fantastic, awesome, exciting, and unique aspects of your partner.
- (7) **Never compare** your relationship to that of others—a sure formula for disaster.
- (8) **Remember that all upsets with another person are *rules* upsets.** Decide to value your relationships over your rules. Create a fun pattern interrupt that you and your partner can use in order to change states quickly, easily, and enjoyably.
- (9) **Reinforce your sense of connection** through positive anchors such as family rituals or annual traditions.
- (10) **Decide that it's more important to be in love than to be right.**

- (2) Brainstorm three pattern interrupts that could immediately change your partner's state.

- (3) Brainstorm three pattern interrupts that your partner could use to break your state.

—(**EXERCISE**)

Make sure you agree to respond to these pattern interrupts even if they don't work initially.

Intimate Questions

To Break Day-to-Day Patterns and Increase Intimacy

- (1) In a committed relationship, how much independence do you need?
- (2) When you look deep within your lover's eyes, what do you hope you'll see?
- (3) If you could watch your lover do something without that person being aware of it, what would it be?
- (4) What's your favorite type of kiss?
- (5) If you were to pick the one alluring quality that draws you to a woman/man and keeps you there, what would it be?
- (6) What makes a lady, a lady, or a gentleman, a gentleman?
- (7) What do you want in a woman/man?
- (8) Using five adjectives, how would you describe yourself? How would others describe you?
- (9) When someone you care about hurts you, how do you forgive and forget?
- (10) What is the best way to end an argument?
- (11) What do you consider to be the seven greatest things in life?
- (12) What golden rule do you try to live by?

6. *Creating Totally Fulfilling Relationships*

Learn to meet your and your partner's Six Human Needs

A relationship is a VEHICLE FOR FULFILLMENT. It is a way for all of us to meet our Six Human Needs. The ultimate relationship is one in which both parties are powerfully meeting each other's needs **simultaneously**.

If you are not currently satisfied, it does not necessarily mean your present partner is the wrong partner for you. It may mean simply that external distractions, frustrations, demands, responsibilities, and/or negative anchors have prevented the two of you from meeting each other's needs. This continual interruption may have been occurring for such a long time that you have generalized that your partner no longer loves or cares about you, or that you or your relationship is neither a top priority to him/her, nor meets your or their needs.

It *is* possible that, because of conflicting values and/or rules or changes in life goals or direction, the two of you will never meet each other's needs. But to establish a realistic perspective from which to begin your investigation, you should start with the idea that the person *can* meet your needs *if* you were to appreciate new things about him or her. By refocusing on the relationship and meeting the needs of your partner, your partner will have the opportunity to reciprocate.

However, please be aware that this process can *only* happen if you **TRULY UNDERSTAND YOUR NEEDS AND THE NEEDS OF YOUR PARTNER.**

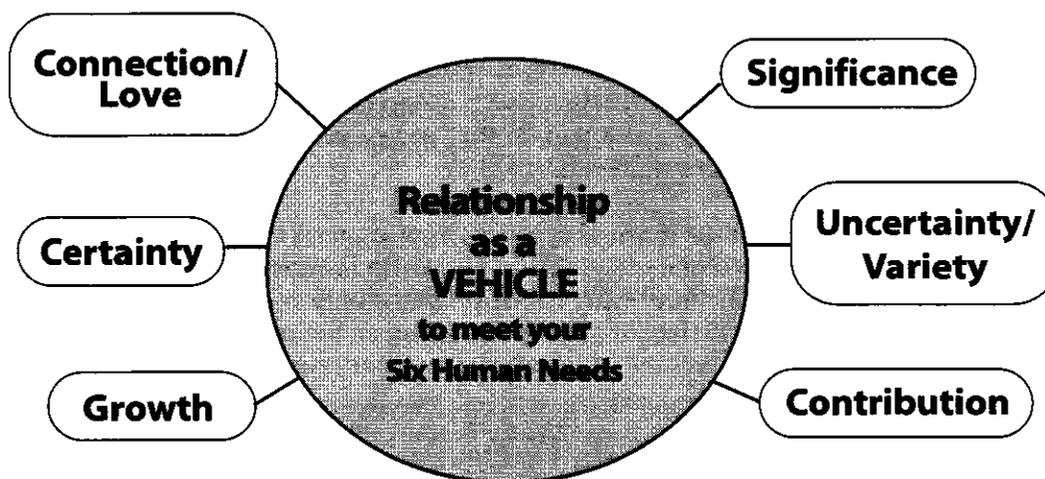
The great news is that all human beings on the face of the earth have the same six needs, they just have different "approaches" for meeting them. For example, in order to meet a need for significance, some people have children, garner a partnership in a law firm, volunteer their time, or join a branch of the military.

"All persons are puzzles until at last we find in some word or act the key to the man, to the woman; straightaway, all their past words and actions lie in light before us."

— Ralph Waldo Emerson

6. Creating Totally Fulfilling Relationships (Cont.)

When you feel you have little in common with your partner, it's important to remember that you ultimately have the same needs, you've just merely been conditioned to meet them through different vehicles. And in order to create a greater connection, you can consciously decide to find joint vehicles to meet each other's needs or to appreciate what your partner is trying to do.



Of the Six Human Needs, the basis of all relationships is CONNECTION and SIGNIFICANCE. For a relationship to remain healthy, without sabotage, there must *not* be an excessive fear of loss; that is, there must be certainty. And for a relationship to last, it must grow and each partner must contribute to the other. To remain exciting and ultimately to stimulate growth, there must be variety.

Exploring your current beliefs, rules, and vehicles for meeting your and your partner's Six Human Needs in a relationship can be a powerfully enriching experience that not only clarifies your true feelings for one another, but also provides you both with a greater understanding of the reasons you do what you do.

"We are all born for love. It is the principle of existence, and its only end."

— Benjamin Disraeli

7. *Dealing With the Transition of a Relationship*

Step 1: Evaluate Your Position

If you are unhappy in your current relationship, you must first evaluate why you feel this way, before you make a decision about what to do.

(1) Look at yourself first.

- 1) Ask yourself, "**Which of my needs are really missing?**"
- 2) Then, determine how you could meet those needs within yourself.

(2) Ask yourself, "Do I feel important?"

In any relationship where an individual feels that his/her partner gives more importance to anyone or anything else (e.g., another person, a job, children, etc.), there is a significant loss of connection. This loss can create a serious break in love, trust, and respect between partners. **Very often, feeling that you're not important to your partner is only an illusion.** The thought is driven by the demands of the moment, not actual fact. In other words, there will be times where work or children will require more attention, thus taking attention away from you or your partner (depending on who is tending to the work or the child). Review the situation: Is it temporary? Could you be over-reacting due to stress in your own life?

To help restore this feeling of loss—real or otherwise—you can either work to make your partner feel more important, thereby inducing reciprocal attention from him/her, or you can communicate directly with your partner about your feelings. **If, over time, you realize your partner has made a long-term shift in how he/she values you personally—not based on the demands of the moment, or extra sensitivity on your own part—then it's probably time for you to evaluate the relationship as a whole.**

7. Dealing With the Transition of a Relationship (Cont.)

Step Two: Evaluate Whether or Not You Are the Right Match

Once you have evaluated your position (Step 1), it's time either to take dramatic action to improve the relationship or to make a change and find someone who is more clearly aligned with your values, beliefs, and life goals.

(1) You must know what you're really after, before you can determine whether or not this relationship can fulfill your goal(s). If you are considering ending the relationship, you must take this step first before you discuss the possibility with your partner.

A. Determine what you really want in a relationship.

1. Ask yourself, "What things *must* I have in order to be happy in my intimate relationship?"
2. Make a list of the "must nevers" in your relationship. Determining your "must nevers" is as important as knowing what you must have.

B. Evaluate what you think your partner really wants in a relationship.

1. What do you believe your partner *must* have in order to be happy in his/her intimate relationship?
2. Make a list of what you believe are the "must nevers" of your partner's relationship. Don't make your "shoulds," your "musts." What is most important to you—things you can't live without to be truly happy in a coupled relationship?

(2) A. **Describe who you have to be** in order to not only attract (or keep) your ideal mate, but to have the kind of relationship you desire and deserve. It's easy to make a list of what everyone else should be, but are *you* the kind of person that your partner would want to be with long term? You should always work on yourself first to make sure you're doing your part.

B. **Are you that person today?** Are you fulfilling the needs you perceive of your current partner?

(3) A. **Evaluate the person you are in your relationship by using the following three criteria:**

1. **Can the person become the kind of person who will create your ideal relationship with you?**
2. **Will the person do what's necessary?** Are your ultimate goals in life aligned? Remember, this evaluation is based on the person's nature.
3. **Evaluate the Team Fit.** Are your values and needs aligned?

B. **Evaluate yourself using the three criteria above to see whether or not you are the right fit for your partner in your partner's eyes.**

(4) **Communicate your concerns and desires.** Explain to your partner what you think their needs are and how you are trying to meet their needs first. Then, communicate your "must" needs and ways you think your partner could meet them. Your partner will likely have one of the following responses:

- A. **A fear response:** They lash out and do nothing to work toward meeting your needs or helping you meet theirs.
- B. **A "desire to make things better" response:** In this case, you work together to decide on a time frame—90 days is usually sufficient—to test whether the relationship can meet both your needs.
- C. **An agreement response:** Your partner agrees that the two of you are not a team fit. The two of you decide upon a strategy to transform your relationship into a something that completely supports both parties. **Accomplishing this feat with elegance and love can be an enormous process of spiritual and emotional growth.**

7. Dealing With the Transition of a Relationship (Cont.)

Step Three: Dealing with the End of a Relationship

7 Supportive Strategies

IF YOU ARE ENDING THE RELATIONSHIP:

1. **Decide when to end the relationship and create a firm timeline.** Vacillating will create pain for both of you. The timeline should bear in mind the length of the relationship and give both parties an opportunity to adjust, but not so much time that hurt and anger grow and begin to affect the core of the relationship.
2. **Remember, you initially selected this person for a reason.** Even if there have been upsets, there are elements of this person you've loved. **Return to that time and think of all the things you love about them.** Embrace the fear you feel during this transformation so that you can overcome and move past it.



3. **Discover the higher meaning for the partnership you've shared.** In every relationship, there are lessons to be learned that can transform you today and make every future relationship better. Answer these questions: **What caused the relationship to change? What took it from the initial connection of love to a place where you were apart?** (NOTE: Be sure to not only make a list of what your partner did, but to make a list of what you did.)
4. **Associate to what your partner has given you and what you have given your partner.** This process is something you and your partner can do. Both of you can keep the results forever. Answer these questions: **What did they give you? What did you give them?**
5. **Focus on what you really want in your future relationships as well as the type of relationship you'd like to have with your partner in the future.** (NOTE: You cannot control the outcome of this step. Some people will need time apart, others may leave your life altogether.)
6. **Love and appreciate yourself** for the courage to acknowledge what was really going on and to be honest with yourself and your partner, the faith to step into the unknown—to make the decision to leave the relationship and possibly deal with someone else's unhappiness. (NOTE: Faith is your most valuable asset. If you love yourself, faith will follow suit.)
7. **Test your decision.** Even if your decision doesn't feel good now, think long-term and reflect on this situation from another perspective.
 - **Is it good for me in terms of growth?**
 - **Is it good for others?**
 - **Does it serve the greater good?**

IF SOMEONE IS ENDING A RELATIONSHIP WITH YOU:

1. **Find a way to let go.** Do you believe that this person will be happier with someone else? Do you truly love him/her? Then you must let him/her go. Truly loving someone means taking delight in anything that makes his/her life better. Finding joy in his/her joy is a giant step in your personal, emotional, and spiritual growth, and will free you to create a greater relationships in the future.
2. **Decide to love the person you've been in the relationship with unconditionally.** If you're not sure whether you want the relationship to end, if you love the person unconditionally, and if the relationship is really meant to be, the person will come back to you because he/she will know they are truly, unconditionally loved.



7. *Dealing With the Transition of a Relationship (Cont.)*

Step Four: Write Down Your Thoughts & Experiences

Be sure to write down your thoughts and feelings about your relationship as well as what you have learned from the process. Doing this exercise in your head causes a "looping" process that makes people crazy and effective evaluation practically impossible!

- (1) Write down **everything you did** that either led to the end of the relationship or prevented it from being the best it could be.

- (2) Write down **what the person** with whom you were in the relationship **did** that either led to the end of the relationship or prevented it from being the best it could be.

- (3) Write down **everything that the person** with whom you were in a relationship **gave** you in this relationship.

7. Dealing With the Transition of a Relationship (Cont.)

Step Four: Write Down Your Thoughts & Experiences

- (4) Write down **everything you gave** the person with whom you were in a relationship.

- (5) What are **the most important lessons** you received from this relationship? How will you be certain to **use these lessons in your next relationship** in order to make it the greatest relationship of your life?

A relationship is always a two-way street. Take responsibility for the part you play in the ending of any relationship. And, remember, if either person is not 100% thrilled and committed, you don't have a relationship that is at the level either of you ultimately deserves.

Building a New Relationship

- 1. Selection is the key.** Decide what it is you really want and who you need to become in order to attract your ideal mate into your life. Then, spend significant, quality, compressed time with the person to see if the relationship develops.
- 2. Three elements important to building a new, long-lasting relationship:**
 - (1) Proximity is Power;**
 - (2) Alignment of top two needs;**
 - (3) Alignment of "must" and "must never" rules.**



ANTHONY ROBBINS LIFE MASTERY

(notes)

"There is no remedy for love but to love more."

—Henry David

The Power of Archetypes

Utilizing your inner resources to answer unsolved questions.

The Four Archetypes

- (1) **Warrior:**
 - About action and strength

- (2) **Magician:**
 - Can detach to observe
 - Understands the absurdity of it all
 - Intuition / invisible
 - Knows that it's easy and instant

- (3) **Lover:**
 - Deepest emotions of connection / love
 - Vibrate with life

- (4) **Sovereign:**
 - What you are here to do
 - Knows your vision and purpose
 - Makes the rules/laws and governs our lives

Access each of the four archetypes (one at a time) in your body. Identify where they reside physically in your body, what they say, how they sound, etc.

Warrior:

Lover:

Magician:

Sovereign:

Archetypes Exercise

- (1) Ask yourself the following question: **"What do I need to do, believe, or know now in order to make my relationships better?"**

- (2) **Embody each of these archetypes one at a time and ask them what they believe you need to do.**

Warrior:

Magician:

Lover:

Sovereign:

—(H I N T)—

1. Stay with one archetype at a time.
2. Get 10-12 answers from each archetype before moving on.
3. Be sure to bounce on a rebounder for 1-2 minutes after each archetype is completed.

Archetypes Exercise

(3) Now that you have discovered the answer from each of the four archetypes, **what have you learned from this?** How will you use this in the future?

(4) What are you grateful for? What is special about your life right now?

ANTHONY ROBBINS LIFE MASTERY

(notes)

“What lies before us, what lies behind us, is nothing compared to what lies within us.”

—Ralph Waldo Emerson

Design Your Ultimate Mate

Creating Relationships that Last

Long walks hand-in-hand on the beach at sunset; a comforter for two in front of a fireplace on a cold winter day; gazing into each other's eyes underneath a star-filled sky; the warmth, excitement, and joy that comes from truly sharing an intimate connection. Is there anyone who doesn't want all of these things? **Imagine what your life could be like if you had that perfect person with which to share it**—the man or woman of your dreams with whom you could build a loving, lasting relationship.

Most people consider the finding and attracting of an *ideal* mate a fairy tale—something that just doesn't happen outside of the movies! But finding the ideal mate is not an impractical dream. **If you follow the steps in this section you will find and attract your ultimate mate.** The majority of the people that Tony has coached privately and at his seminars who have found their ideal mate thought they too would never find that special someone. They had a myriad of excuses—maybe some are similar to your own—I'm too old, too fat, too shy, or I have kids or too many other failed relationships. Whatever reason is keeping you from finding the right match for you, this section will help flush it out...and hopefully wipe it out!

This section will get you to stop waiting for a relationship and show you how to start making it happen. There's just one thing you have to understand before you begin: People who are successful at anything in life, be it business, relationships, finances, education, etc., have one common thread—**they know exactly what they want.** As simplistic as this key point may sound, it is the first step in creating anything of true value in your life. **If you don't know what you want, you may never find it.** Or, sadder yet, you may already have it and not even realize it.

So, the process on the following pages will begin with that crucial first step—finding out what you *do* want! The results of this process will transform the way you think about being in a relationship and guide you to consciously create a union that will expand your horizons, enrich your being, and inspire you to soar to heights you never thought possible.

If you are already in a relationship that you want to make better, this process will help you discover ways to make that happen. You and your partner will have the opportunity to rediscover each other, renew the reverence in your relationship, and meet one another's needs at a much deeper level.

If you are not in a relationship, complete pages 330-338
If you are in a relationship, complete pages 339-346

If You are Not in a Relationship

Step One: Describe Your Mate From Hell

The first step in finding and attracting your ultimate mate is defining what you want in that person. If you don't know what you're looking for, your ideal mate could walk right by you and you might not even notice him/her! By clarifying precisely what you want and reviewing your list each day, you will literally program your unconscious to help you find your ideal person.

The following exercise takes a "back door" approach to helping you determine exactly what you're looking for. Tony uses a similar approach when talking to people who want to change careers but have a hard time coming up with what specific career. He asks them to describe their job from hell—the type of work they'd hate to do, people they'd hate working with, environment they'd loathe being in every day. Then, they simply look at the opposite of what they've said, and—voilà!—the perfect job appears.

—(EXERCISE)—

It's time for you to get really passionate about what you *hate*. Describe your mate from hell. What traits will you absolutely not tolerate under any circumstances?

—(EXAMPLE)—

I would not want my ultimate mate to have these qualities:

- sloppy
- violent
- smoker/drinker
- demonstrative
- boring
- rigid
- insensitive
- overweight
- couch potato
- abrasive
- controlling
- humorless

If You are Not in a Relationship

Step One: Describe Your Mate From Hell (Cont.)

Now that you have written down the "qualities" of your mate from hell, rate each one on a scale of 0-10 in order of importance. (You may want to rewrite your list in that order.)

When you are done, take one final look at the list of your mate from hell's qualities and asterisk your *absolute* "must nots" or "must nevers." Remember, no one is perfect, so don't circle everything on your list. Just mark the top three or four items that are *completely* intolerable.

—(EXERCISE)—

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be kind! You are dealing with imperfect human beings. Think about how others might score you.)

	<u>Score</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____

—(EXAMPLE)—

- | | |
|---|-------|
| 1. His only shoes are Birkenstocks. | _____ |
| 2. His favorite band is Air Supply. | _____ |
| 3. His favorite television show is Beavis and Butthead. | _____ |
| 4. He's an actor/waiter. | _____ |
| 5. His idea of cuddling is me giving him a foot massage | _____ |

If You are Not in a Relationship

Step Two: Describe Your Ideal Mate

Now it's time to refine what you have just brainstormed. Remember, you are likely to move toward achieving or acquiring whatever you focus on with emotion. So, take a look at what you just wrote and really make an effort to focus now.

—(EXERCISE)

Describe your Ultimate Mate. What do you really want from a loving partner? List your desires and/or your future partner's assets.

—(EXAMPLE)

I want my ultimate mate to have these qualities:

- Honesty
- Integrity
- Physical fitness
- Innocence
- Independence
- Humor
- Intelligence
- Spontaneity
- Generosity
- Flexibility
- Financial savvy
- Affinity for children
- Curiosity
- Spirituality

If You are Not in a Relationship

Step Two: Describe Your Ideal Mate (Cont.)

Do you have a better idea of the kind of person you are looking for now? **The next step is to rewrite your list of qualities in order of importance. Then score each quality on a scale of 0-10.**

—(**EXERCISE**)—

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be realistic! You are dealing with imperfect human beings. Think about what others might expect from you.)

	<u>Score</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

When you are finished, take one final look at your list and really assess what you've created. Can you find any problems? Let's get back to reality for just a second. You're not going to find one person who encompasses every single element you desire. So, the next step is to decide what on your list is a "should" and what is a "must." Go back through your list and circle your absolute "musts" for your ideal mate.

If You are Not in a Relationship

Step Three: Who Must You Become (Cont.)

Now that you brainstormed the qualities of the type of person you need to become, **the next step is to rewrite that list of qualities in order of importance. Then score each quality on a scale of 0-10.**

(EXERCISE)

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be honest and objective! This exercise is an opportunity for you to truly examine your life and discover how you can dramatically improve the quality of your relationships.)

	Score
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

(HINT)

Once you have defined who you need to become, write this list (and your ultimate mate list) in your Life Plan book. Keep both lists in a place you see daily. Then, be sure to review your lists every morning. And in the evening, before you go to bed, ask yourself, "How have I moved closer to finding or attracting my ideal mate today? Who am I becoming to attract this person?"

If You are Not in a Relationship

Step Four: Marketing Strategies

Now that you have defined your ideal mate and who you need to become in order to attract him/her, **you must have a strategy for actually finding this person!**

SIX TIPS FOR FINDING YOUR IDEAL MATE

- (1) Be Accessible!**
With the help of friends, brainstorm at least 10 potential places where you could meet your new mate (e.g., church, book or grocery stores, ski resorts, nature hikes, business meetings or conferences, etc.).
- (2) Take a Friend!**
Commit to going out at least once per week with a single friend (ideally the same sex as you) for dinner, dancing, a concert or show, etc.
- (3) Network!**
Tell your friends and associates what you're looking for in an ideal mate and ask them to keep their eyes open. Have them set up a meeting with someone they know.
- (4) Don't Turn Down Dates!**
Remember, first impressions can be wrong. Even if your current date isn't Mr. or Mrs. Right, he/she may be friends with someone who is!
- (5) Advertise!**
More people than you can imagine have met their ideal mate through personal ads. Check or run an ad in your local newspaper or on the Internet.
- (6) Learn to Flirt!**
Ask friends who seem to be talented in this "fine art" to help you. Or, look for a local or on-line course on the subject (e.g., the Learning Annex, a community college, a local university, etc.) or a book!

If You are Not in a Relationship

Step Four: Marketing Strategies (Cont.)

Now that you've learned the "6 Tips for Finding Your Ideal Mate," let's take a closer look at Tip #1: **Be Accessible!** Put your mind to use by brainstorming some ideal locations to meet that special someone.

—(EXERCISE)—

Places To Go, Things To Do, and People To Meet...

Here are some fun, creative ways to initiate a new relationship (or friendship!) either in your business or in your personal life. What are some *other* ways can you think of to meet someone new?

1. Go to church
2. Enroll in a course at your local university or community college
3. Attend a sporting event
4. Take your dog for a walk
5. Attend a seminar
6. Join a mentoring program
7. Volunteer at a soup kitchen
8. Log on to an on-line chat session
9. Go hiking in your favorite location
10. Join a club that interests you (e.g., the Sierra Club)
11. Go golfing (Ask someone to round out your fourth!)
12. Attend friends' and associates' weddings (when invited, of course!)
13. Peruse the grocery store
14. Go to the movies or the theater
15. Check out an opera or the symphony
16. Keep your eyes open in those elevators
17. Volunteer at local sporting events (e.g., marathons, regattas, etc.)
18. Join a gym or athletic club
19. Invite friends out to a dance club
20. Attend your high school and/or college class reunions
21. Head to the beach for some sun and fun
22. Browse the bookstores or join a book club
23. Network at business parties and get-togethers
24. Vacation at one of your favorite resorts
25. Go to museums or art galleries and exhibits
26. Attend professional conferences in your field of work
27. Do some "window shopping" at your local mall
28. Allow yourself to be set up by friends, family, and business buddies
29. Volunteer to work at a charitable event
30. Spend an afternoon in the park

We've come up with 30 different ways to meet new people. Now it's *your* turn! Brainstorm some ideas for ways to meet a new friend and/or your ultimate mate!

If You are Not in a Relationship

Step Four: Marketing Strategies (Cont.)

So what is the real secret to finding your ideal mate? Well, no matter where you go or what you do, keep your energy focused on meeting someone. Then, your chances of creating that meeting will be much greater!

—(EXERCISE)—

Now that you have brainstormed how and where to meet your ideal mate, compare your list of the qualities you're looking for in your ideal mate with your list of places to meet people in general, and create a third list of the top 3-5 environments where you and your ideal mate would be most likely to meet!

(1) _____

(2) _____

(3) _____

(4) _____

(5) _____

Your next step is to ensure that you follow through. Immediately schedule on your calendar at least two of these top five activities! Make following through on these activities a fun, life-improving thing, not a chore. For example, make every Friday night, "find my mate" night. Or, sign up for that photography class you've been dreaming about for years; maybe there's a reason you've been wanting to do it for so long!

Pull out that calendar, right now, and commit to at least two of your top five activities in writing. You're not merely committing to active fun, you're making a commitment to yourself and the life you desire and deserve!

"What may be done at any time will be done at no time."
— Thomas Fuller

If You are in a Relationship

Step One: Describe the Qualities You Desire (Cont.)

Now that you have written down the qualities you desire and appreciate most in your mate, rate each one on a scale of 0-10 in order of importance. (You may want to rewrite your list in that order.)

When you are done, take one final look at your list of qualities and asterisk your "shoulds" as well as your *absolute* "musts." Remember, no one is perfect, so don't circle everything on your list. Just mark the top three or four most important qualities.

—(EXERCISE)—

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be realistic! You are dealing with imperfect human beings. Think about what others might expect from you.)

	<u>Score</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
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18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

Review the lists you've created. What have you learned from these exercises? Are there great qualities your partner possesses that you have not been focusing on or appreciating at the highest level?

If You are in a Relationship

Step Two: Describe the Qualities You Do Not Want (Cont.)

Do you have a better idea of the kind of person or qualities you're *not* looking for now? The next step is to rewrite your list of qualities in order of importance. Then score each quality on a scale of 0-10.

—(EXERCISE)—

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be kind! You are dealing with imperfect human beings. Think about how others might score you.)

	<u>Score</u>
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
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18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

When you are finished, take one final look at your list and really assess what you've created. Remember, no one is perfect! Go back through your list with an open mind and circle the absolute "musts" and "must nevers" for your current partner.

If You are in a Relationship

Step Three: Who Must You Become

Now that you've defined what you want in your partner, in order to keep him/her attracted and to create the space for your relationship to flourish, **you must be the kind of person your ideal mate would desire.**

—(DEFINITION)—

Attract (ə-trakt'), vb: to pull to or draw toward oneself...to draw by appeal to natural or excited interest, emotion, or aesthetic sense.

Merriam-Webster's Collegiate Dictionary, 10th Ed.

—(EXERCISE)—

Describe who you must become to attract or fulfill the needs of your ultimate mate. What must you be willing to do, be, and give for and to your partner?

If You are in a Relationship

Step Three: Who Must You Become (cont.)

Now that you brainstormed the qualities of the type of person you need to become, **the next step is to rewrite that list of qualities in order of importance. Then score each quality on a scale of 0-10.**

(EXERCISE)

Rewrite your list of qualities in order of importance and score them on a scale of 0-10. (Remember: Be honest and objective! This exercise is an opportunity for you to truly examine your life and discover how you can dramatically improve the quality of your relationships.)

	Score
1. _____	_____
2. _____	_____
3. _____	_____
4. _____	_____
5. _____	_____
6. _____	_____
7. _____	_____
8. _____	_____
9. _____	_____
10. _____	_____
11. _____	_____
12. _____	_____
13. _____	_____
14. _____	_____
15. _____	_____
16. _____	_____
17. _____	_____
18. _____	_____
19. _____	_____
20. _____	_____
21. _____	_____
22. _____	_____
23. _____	_____
24. _____	_____
25. _____	_____

(HINT)

Once you have defined who you need to become, write this list (and your ultimate mate list) in your Life Plan book. Keep both lists in a place you see daily. Then, be sure to review your lists every morning. And in the evening, before you go to bed, ask yourself, "How have I moved closer to finding, attracting, or keeping my ideal mate today? Who am I becoming to attract and keep this person?"

If You are in a Relationship

Step Four: Enhancement Strategies

Now that you have defined your ideal mate and who you need to become in order to attract him/her, **you must have a strategy for creating more passion, intimacy, love, etc.—the qualities you want in your ideal relationship. Begin developing your strategy by brainstorming answers to the following questions.**

(1) What can I do to begin meeting the needs of my partner better and immediately?

(2) What are some simple ways to enrich and expand my relationship?

(3) What are things my partner and I can do, create, or explore together?

(4) What are some things I do that annoy, stress, or outrage my partner?

(5) What can I do to eliminate these behaviors today and why would I want to?

If You are in a Relationship

Four Fundamentals for Increasing the Quality of Your Relationship

- (1) **Manage Your Perception.**
Ask yourself, "What meaning are you linking to this situation?
What's really going on here?"

- (2) **Commit to Making Your Partner Feel Good!**
Commit to doing the most important things you can for your partner.
Remember the 80/20 rule!

- (3) **Don't Violate Your Partner's "Must Never" Rules!**

- (4) **Constantly Reinforce Your Partner's Level of Importance to You.**

Ideal Mate Integration

There is one more step you need to take to make sure you find and attract your ultimate mate! Specifically, you must consistently check in and monitor your progress. Take the following steps to ensure you follow through.

Every morning, review your lists: Your ideal mate, your ideal you, and all of the places you can go to meet this person and/or enrich your current relationship.

—(H I N T)—

Once you have defined who you need to become, write this list (and your ultimate mate list) in your Life Plan book. Keep both lists in a place you see daily. Then, be sure to review your lists every morning. And in the evening, before you go to bed, ask yourself, "How have I moved closer to finding, attracting, or keeping my ideal mate today? Who am I becoming to attract or keep this person?"

Every week, perhaps when you are doing your planning, **resolve to schedule at least one activity that will put you in the right environment** to meet this person or spice up your current relationship.

Right now, before you leave this course, **commit to one action you can take immediately to create momentum toward your goal** (e.g., call a friend to schedule a fun activity, write an ad for the personals, call a friend or an associate and ask them who they know, order a book on-line to help you better understand the opposite sex, etc.).

Congratulations! You've done the work and now you're ready for a rewarding, fun, exciting, committed relationship that supports your growth. Think of the time you have taken completing these exercises as an invitation that you are sending out to the universe *and* to the one you are destined to love. It has been said that to love is to receive a glimpse of heaven. Keep this in mind in all of your relationships. Approach them as your *best* self. **Embody the qualities that will attract and keep your ideal mate and you will, without a doubt, do just that!**

"The best way of seeing divine light is to put out your own little candle."

— English Proverb

ANTHONY ROBBINS LIFE MASTERY

(notes)

"We have an opportunity to live in joy. Do not postpone happiness until the debts are settled and relationships rearranged. Joy doesn't exist out in the world somewhere; we find it inside."

— Rev. Mary Manin Morrissey

John Gray, Ph.D.

Relationships Expert

Through over 30 years of counseling experience, Dr. Gray has learned a lot about why men and women behave the way they do. He has come to the conclusion that men mistakenly expect women to think, communicate, and react the way men do, and that women mistakenly expect men to feel, communicate, and respond the way women do.

His best-selling book, *Men Are From Mars, Women Are From Venus*, has sold more than 15 million copies in the United States and millions more in 40 different languages around the world. This book gave us a fun, understandable, and practical antidote for dealing with different emotional needs and communication styles. As the book explains, there are unique characteristics that are predominately shared by a particular gender. Understanding the intent and the needs behind these traits, enables us to reach deeper levels of intimacy and love in all of our relationships.



In addition to writing 12 best-selling books and conducting private therapy, Dr. Gray conducts seminars throughout the United States teaching couples how to better understand each other, thereby helping them to develop deeper, more satisfying relationships. He has also appeared on numerous radio and television programs throughout the country and is a nationally syndicated columnist with the L.A. Times.

"We mistakenly assume that if our partners love us they will react and behave in certain ways—the ways we react and behave when we love someone."

— John Gray, Ph.d.

Author: *Truly Mars and Venus*, 2003
The Mars and Venus Diet and Exercise Solution, 2003
Mars and Venus in the Workplace, 2002
Practical Miracles for Mars and Venus, 2000
How To Get What You Want and Want What You Have, 1999
Mars and Venus in the Bedroom, 1995
What Your Mother Couldn't Tell You & Your Father Didn't Know, 1994
Men Are From Mars, Women Are From Venus, 1992

For more information, please refer to www.marsvenus.com.

ANTHONY ROBBINS LIFE MASTERY

————— (*n o t e s*) —————

*"A pessimist sees the difficulty in every opportunity; an
optimist sees the opportunity in every difficulty."*

—Winston Churchill

SPIRITUAL MASTERY

Integrating the Mind, Body, & Spirit

Spiritual Mastery: An Overview

Spiritual Mastery is the integration of the mind, body, and spirit. As unique as our physical, emotional, and spiritual strengths are, so too is the way we each connect to our spirituality and to each other. No matter what our spiritual or religious beliefs are, we are all connected as beings that are sharing life together on earth.

Spiritual Mastery is about being physically, emotionally, and spiritually balanced. It is about getting to know the essence of who you are, and connecting with your heart and spirit. It is a journey that helps us achieve harmony with ourselves and our environment, and helps guide us along life's paths.

Vibrant health is attainable when we nurture both our body and soul. Increasing medical research has shown how stress, unhappiness, and general discontent can threaten our health. When we learn to access our own inner wisdom, we can achieve greater health and healing.

At Life Mastery, you will learn tools to discover your true passion and purpose and you will experience opportunities to re-connect with yourself.

- Breathwalking & Meditations: Gurucharan Khalsa
- Trance Dancing: Jonathan Horan
- Speakers such as Edwin Coppard and Deepak Chopra

Gurucharan S. Khalsa, Ph.D.

Breathwalking & Meditation

Gurucharan S. Khalsa, Ph.D., is a psychotherapist, teacher, and writer, and is a world recognized expert in Kundalini Yoga as taught by Yogi Bhajan. He heads up a business consulting firm, has a broad-based therapy practice, instructs at MIT and directs a large community of yoga practitioners. Dr. Khalsa is an expert in the mind and in the applied psychology of meditation and peak performance. He has consulted to top companies such as Arthur Andersen and Mercer. His focus has been on executive coaching, conflict resolution, stress management, creativity and the interface of high information technology with optimal human performance.



He bridges two perspectives: the hard sciences, which he learned in mathematics and chemistry at Harvey Mudd College and graduate mathematic studies at Claremont Graduate School; and the human sciences, which he studied at Boston University for a Masters in Counseling. He later completed a Doctorate in Psychology.

He has done original research on the cognitive and physiological impact of meditation, authored many texts on yoga, designed social programs, and trained counselors. He is the director of training for the Kundalini Research Institute.

"BreathWalk™ technology gives you new ways to tap your Motivation for Life. My ideal for BreathWalk is that it becomes so familiar to you, it fades into the background as your real purpose and goals in life come to the foreground. BreathWalk is a loyal aid to living well."

—Gurucharan Khalsa, Ph.D.

Author: *Breathwalk, Breathing Your Way to a Revitalized Body, Mind and Spirit, 2000*
Breath Walk, 1995

For more information, please refer to www.breathwalk.com.

Breath Walk™

Name:

Describe the state you are presently in and how you are feeling in that state.

BEFORE EXERCISE

	I feel not at all...	0		10	I feel completely...
Anxious, worried	←		→		
Depressed	←		→		
Sad, hopeless	←		→		
Irritated, angry	←		→		
Afraid	←		→		
Ashamed	←		→		
Lethargic, heavy	←		→		
Compulsive, obsessive	←		→		
Scattered	←		→		
Pessimistic	←		→		
Relaxed	←		→		
Energized	←		→		
Alert	←		→		
Ready to act	←		→		
Able to focus	←		→		
Senses are acute/clear (effective, in control)	←		→		
Confident	←		→		
Peaceful	←		→		
Surprised	←		→		
Delighted, happy	←		→		
Receptive, open	←		→		
Centered	←		→		
Connected	←		→		
Committed	←		→		
Whole/complete	←		→		
Optimistic	←		→		
Loving	←		→		
Spirited, ready for challenges	←		→		
Giving, able to contribute	←		→		

BreathWalk™

Now that you have completed your BreathWalk, describe how you feel.

AFTER EXERCISE

	I feel not at all...	0		10	I feel completely...
Anxious, worried	←		→		
Depressed	←		→		
Sad, hopeless	←		→		
Irritated, angry	←		→		
Afraid	←		→		
Ashamed	←		→		
Lethargic, heavy	←		→		
Compulsive, obsessive	←		→		
Scattered	←		→		
Pessimistic	←		→		
Relaxed	←		→		
Energized	←		→		
Alert	←		→		
Ready to act	←		→		
Able to focus	←		→		
Senses are acute/clear (effective, in control)	←		→		
Confident	←		→		
Peaceful	←		→		
Surprised	←		→		
Delighted, happy	←		→		
Receptive, open	←		→		
Centered	←		→		
Connected	←		→		
Committed	←		→		
Whole/complete	←		→		
Optimistic	←		→		
Loving	←		→		
Spirited, ready for challenges	←		→		
Giving, able to contribute	←		→		

Are there any emotions you are feeling now that you were not experiencing prior to the BreathWalk?

Describe any differences in your experience or your emotions between the 4/4, 8/4, or other interval combinations you tried.

BreathWalk™

Guidelines for a Perfect BreathWalk Experience

Four steps to master the BreathWalk and receive immediate, powerful results

- (1) **AWAKENER AND WARM-UP**—Opens the lungs; strengthens the heart; triggers cleansing; aligns movement, breathing, and the mind; triggers energy gateways; boosts impact of walking **3-9 min.**
- Stand straight, interlace your fingers, and lock your palms together. Keep your arms straight and pump them up to a 60-degree angle, then down. Do deep, steady nostril breaths for 1-3 minutes. End with an inhale and hold your arms up for 10 seconds.
 - Put your hands on your shoulders, thumbs in back, fingers in front. Lift elbows to the height of your shoulders. Twist left with inhale, right with exhale for 1-3 minutes. End with inhale in center position, hold for 10 seconds, focus is at brow point.
 - Inhale as you lift both shoulders up in a relaxed shrug. Exhale as they drop down. Keep a steady pace, 1 per second, for 1-3 minutes. End with inhale up and hold for 10 seconds.

- (2) **BODYSKAN AND PACE-UP**—As you walk, begin to do a gradual systematic scan of your body. Appreciate each muscle and organ and cause it to feel strong, flexible, and alive. Connect with your environment. **3 min.**
(Do with normal walking while scanning the body to synchronize attention, movements, form, and flow. This exercise prepares for changes in energetic patterns.)

- (3) **BREATHWALK INTERVAL TRAINING**—Use one of the following four inhale/exhale combinations. **20-45 min.**

INHALE	EXHALE
4	4
8	8
8	4
4	8

- Do with a 3-minute BreathWalk pattern then a 3-minute regular walking. Repeat 3 to 6 times. Ideally walk at least 6 minutes with 2-3 minute pattern interrupts of regular walking and breathing. Do this exercise for 20-45 minutes.
- Include tapping fingers with rhythm and internally saying, "SA TA NA MA" to enhance the BreathWalk experience.

- (4) **PACE-DOWN AND APPRECIATE YOUR INNERWALK**—Slow down and guide your attention noticing sounds, sights, smells, and feelings. Train yourself to extend the impact of the BreathWalk beyond your practice time; thereby increasing and deepening your vitality, strength, healing, and sense of peace. **3-15 min.**

**Total:
29-72 min.**

BreathWalk™

Each of these BreathWalks, using breathing through the nose, are segmented into equal stroke ratios—in and out—one stroke of the breath for one step.

Beginning slowly, follow the **Awakener** set—get the motion, then the breath, the the sound, and then the attention. You will quickly establish how much effort is needed for each ratio of inhale and exhale. Each breath has different effects and requires different efforts to master.

BREATHWALK #1: EAGLE

Inhale: 4 equal strokes
Exhale: 4 equal strokes
Sound: Breath or internally say, "Sa Ta Na Ma" on inhale and exhale
For: Alertness, balance, clear senses, sense of control, energy
Rid: Irritation, anger, scatteredness, pessimism

BREATHWALK #2: HAWK

Inhale: 8 equal strokes
Exhale: 4 equal strokes
Sound: Breath or internally say, "Sa Ta Na Ma" twice on inhale, "Wha Hay Goo Roo" on exhale
For: Confidence, focus, ready to act, energy, optimism, hope
Rid: Depression, lethargy, hesitation, heaviness

BREATHWALK #3: DOVE

Inhale: 8 equal strokes
Exhale: 8 equal strokes
Sound: Breath or internally say, "Sa Ta Na Ma" on inhale and exhale
For: Relaxation, healing, centeredness, receptivity
Rid: Anxiety, worry, fears, impatience

BREATHWALK #4: OWL

Inhale: 4 equal strokes
Exhale: 8 equal strokes
Sound: Breath or internally say, "Sa Ta Na Ma" twice on inhale, "Wha Hay Goo Roo" on exhale
For: Clarity, trust, connectedness, effective focus
Rid: Blocks, past, isolation, compulsiveness, toxicity

InnerWalk #1—(Do this walk for 3 minutes.)

Stand or sit with a straight and balanced spine. Imagine sights, sounds, smells, and feelings from the beginning of the walk to the end. Finish, inside your body, in the present. Note all the changes in energy, mood, flow of thoughts, and feelings. Then, imagine walking through the rest of the day with these changes continuing to serve you and support you automatically.

*Sa Ta Na Ma: Truth manifested.

**Wha Hay Goo Roo: All the ecstasy of the universe is mine right now.

ANTHONY ROBBINS LIFE MASTERY

.....~~—————(notes)—————~~.....

Edwin Coppard

Singer, Recording Artist

Imagine a group of one thousand people with their mouths wide open, singing, "Nya, Nya, Nya," shaking their feet.

No, this is not an unusual, obscure, ritual; rather it is the incredible work of singer and coach Edwin Coppard.

Edwin began his career as a traditionally-trained, professional singer. As he progressed in his career, he began to explore other avenues of singing.

One of the most profound influences on his career, however, was his singing teacher, Trudy Buckler-Blake. After a tragic accident that forced her to abandon her successful opera career, Trudy began to specialize in the physiology of singing. Thus, this became a strong focus in Edwin's work, as well. Since then, Edwin has done extensive research in kinesiology, whole brain integration, Touch for Health, Ayurveda, and consciousness and its connection to physiology.

By integrating his knowledge of human physiology with his musical background, Edwin has developed a remarkable talent for teaching people to sing. He helps people to discover the beauty and power of their natural voice and to rekindle the joy of expressing themselves through song.

In addition to a continuing career as a Canadian recording artist, Edwin is founder of Crystal Voice Programs and is the director of the Victoria World Singers. He conducts seminars and coaches professional and amateur singers alike.



"Singing is natural to everyone. The body is a perfect musical instrument. Each person has a unique and beautiful voice that needs to be heard."

—Edwin Coppard

Author: *Your Voice is the Messenger of Your Soul*, 2001

For more information, please refer to www.realpeoplemusic.com.

ANTHONY ROBBINS LIFE MASTERY

.....(*notes*).....

Deepak Chopra, M.D.

CEO, Founder of Chopra, M.D. Center for Well-Being

Deepak Chopra, M.D., acknowledged as one of the world's greatest leaders in the field of mind body medicine, is the author of more than 27 books which have been translated into 35 languages. He has also written more than 100 audio, video and CD-ROM titles, including five critically acclaimed programs on public television. In 1999, Time magazine selected Dr. Chopra as one of the Top 100 Icons and Heroes of the Century, describing him as "the poet-prophet of alternative medicine." Formerly the Chief of Staff at Boston Regional Medical Center, his teaching affiliations include Tufts University and Boston University's School of Medicine.

As a popular international presenter and keynote speaker, Dr. Chopra. has appeared at an impressive list of honorariums including the Peace and Human Progress Foundation and the inauguration of the State of the World Forum hosted by Mikhail Gorbachev. One of Toastmasters International's Top Five Outstanding Speakers, he participates annually as a lecturer at the Update in Internal Medicine event sponsored by Harvard Medical School. Dr. Chopra. is a fellow of the American College of Physicians and a member of the American Association of Clinical Endocrinologists. He currently serves as CEO, founder and Director of Education at the Chopra, M.D. Center for Well Being, a formal vehicle for expansion of his healing approach using the integration of the best of western medicine with natural healing traditions.

"The cosmos will always mirror back to us whatever your inner state is. The greater the love we discover in ourselves, the greater the love will reflect back to us from the environment through others."

—Deepak Chopra, M.D.

Author: *The Daughters of Joy*, 2002
Perfect Health: The Complete Mind Body Guide, 2001
How to know God: The Soul's Journey into the Mystery of Mysteries, 2001
Grow Younger, Live Longer: 10 Steps to Reverse Aging, 2001
The Seven Spiritual Law of Success: A Practical Guide to the Fulfillment of Your Dreams, 1995

For more information, please refer to www.chopra.com.

Deepak Chopra, M.D.

All healing is a spiritual experience, and spirituality is domain of awareness. Ultimately, healing and love are the total conquests of all fear, including fear of mortality and death. As we go deeper into our spiritual experience, death is the most creative thing a human can experience.

In medical school, health is the absence of disease. Later, health is state of well-being. Now, we look at it as a higher state of consciousness where we experience the extraordinary, understand the supernatural, and find answers to deep questions.

3 WAYS WE CAN UNDERSTAND/EXAMINE ANYTHING

- (1) **The eye of the flesh** (the sensory experience). Physical senses give one only a partial view of reality.
- (2) **The eye of the mind.** Takes one deeper because thinking and new theories have created a different world.
- (3) **The eye of the soul.** Takes one even deeper into the heart of creation.

We are all ultimately sharing organs with each other all the time. In less than two years, you replace almost your entire body down to the last atom. Your body is recycled dust. We are made up of subatomic articles.

5 CODES OF INTELLIGENCE

There are five ways to think thoughts and five ways to express them.

1. Sound.
2. Touch.
3. Sight.
4. Taste.
5. Smell.

Deepak Chopra, M.D.

Your mind is not in the brain, it's in all of your cells, and it projects information and energy that travels at the speed of light. There's no logical argument that memory is located solely in the brain. So, if you really want to change your programming, you have to go to a deeper place. Memories are qualities of one's soul. The soul is non-local. It cannot be localized to either time or space. Everything is a projection of the soul. If you get in touch with the soul, you get in touch with your mind/body connection. It's your ticket to creativity, the conquest of death, and the experience yourself as the essence of health. Meditation, yoga, breathing techniques, and memory of love all allow us to *get in touch* with that connection.

***The source of the physical and quantum domains.
This is where your soul lives.***

CHARACTERISTICS OF THE VIRTUAL DOMAIN

1. **Immortal.** It has no beginning and no end.
2. **Infinitely correlated.**
3. **Silent.**
4. **Eternal.**
5. **No energy.**
6. **No time.**

3 COMPONENTS OF THE VIRTUAL DOMAIN

1. **Personal.** Your soul. Your personal intent.
2. **Archetypal.** Contains mythological themes. Symbols of the collective intent.
3. **Universal.** What is known here as the mind of God.

3 KINDS OF AGING

1. **Chronological.**
2. **Psychological.** How you feel inside.
3. **Biological.** Biomarkers such as blood pressure, body temperature regulation, bone density, basal metabolic rate, aerobic capacity, cholesterol/HDL ratio, muscle mass and strength, sugar-tolerance, sex hormone levels, hearing, vision, immune function, and skin pigments and wrinkles. All of these are reversible.

Deepak Chopra, M.D.

12 WAYS TO REVERSE AGING

- (1) Learn how to shift your perception.**
- (2) Deep rest.**
- (3) Nurture body through healthy food.**
- (4) Wisely use nutritional supplements.**
- (5) Mind-body integration.**
- (6) Regular exercise.**
- (7) Eliminating toxins from life.**
- (8) Learn to handle emotional turbulence.**
- (9) Water.**
- (10) Cultivate flexibility and creativity in consciousness.**
- (11) Have a youthful mind.**
- (12) Experience love.**

Jonathan Horan

Trance Dancer

Jonathan Horan is currently on the teaching faculty for Gabrielle Roth's International Institute, The Moving Center. He has worked extensively with the "5 Rhythm" for over a decade and leads weekly classes in Manhattan and workshops throughout the world. He also teaches at Omega Institute, Esalen, and Vassar College and is a professional actor and D.J.

"Trance Dancing is about the journey, experience, and breaking through"

—Jonathan Horan

By Gabrielle Roth:

Book: *Sweat Your Prayers: Movement As Spiritual Practice*

Music: *Trance*

Endless Wave

Jonathan Horan

What is Trance Dancing?

Trance Dance is a unique blend of healing sounds, dynamic percussive rhythms, transformational breathing techniques, and the innovative use of a blindfold or bandanna, together stimulating a “trance” state that promotes spiritual awakenings, mental clarity, physical stamina and emotional well-being. Driven by unique musical soundtracks recorded specifically for this method of healing, Trance Dance takes participants on an “inner journey” not limited to our normal perceptions of space/time. Ritual trance journeys have been a vital part of shamanic and eastern dance cultures for thousands of years. Our contemporary approach to Trance Dance brings together the richness of these ancient rituals with some startlingly effective modern techniques. One of these is the use of a blindfold or bandanna which covers the eyes, thereby shutting down the major source of distractions to the brain and stimulating an “inner vision” that reveals hidden meanings and answers to many of life’s most compelling questions.

Trance Dance employs these traditional approaches to healing along with some unique contemporary techniques. One of the most powerful of these contemporary tools is the use of a blindfold or bandanna. In more ancient times trance dance rituals were done primarily at night because darkness was a necessary context for participants to focus on their inner experience or visions. Darkness creates a state of suspension or stopping time, an altered state or trance state where there is no one but one’s self. It is within this inner journey that we connect with spirit and the truths it reveals. The bandanna therefore becomes a spiritual tool allowing each participant to block out all distractions and to become a witness to the richness of his or her own experience.

Trance Dance’s primary focus is on healing and our relationship with spirit. By dancing within the seclusion of darkness we discover parallel realities where solutions to seemingly unsolvable problems are possible. Through Trance Dance we disappear, become more like our spirit, and simultaneously less attached to our difficulties, making it possible at these moments to let our problems go.

What feelings did you have before this experience?

What feelings did you feel after this experience?

Caroline Myss, Ph.D.

Field Leader in Energy Medicine and Human Consciousness

Caroline Myss has gained the reputation as a leader in the fields of energy medicine and human consciousness. She has defined the science of energy anatomy and the human energy system, as well as developed academic programs for this field and introduced it to the field of allopathic medicine. For nearly two decades, she has taught seminars all over the world and has lectured at universities from Russia, through Australia, Indonesia, South America, Europe and across the U.S. She holds degrees in Journalism, Theology, and Intuition & Energy Medicine.

Her work with Norman Shealy, M.D., Ph.D., a Harvard trained neurosurgeon, has helped define how stress and emotion contribute to the formation of disease. More recently, Myss and Shealy founded The Institute for the Science of Medical Intuition. The program at her Institute focuses on giving extensive training to medical intuitives and their teachers. She has authored the best-sellers, *Anatomy of the Spirit*, *Why People Don't Heal and How They Can*, *The Creation of Health and Sacred Contracts*.

"Energy medicine is a practice of healing that is dependent upon the energy of time."

—Caroline Myss, Ph.D

Author: *Sacred Contracts*, 2001
Why People Don't Heal and How they Can, 1997
Anatomy of the Spirit, 1996
The Creation of Health, 1988
Aids: Passageway to Transformation, 1987

For more information, please refer to www.myss.com.

Carolyn Myss, Ph.D.

Spiritual Alchemy as a Way to Regain Your Life Force

You can connect cleansing to your spiritual identity and enhance the level of your physical and spiritual power. Cleansing allows you to purge beliefs that are carried in your physiology that have held you back from your own spiritual evolution's and have weighed you down by depleting the energy or life force that is available to you.

Now is the time for you to create something in the world that never existed before. Cleanse old beliefs that confine your body and weigh down your spirit and rejuvenate at a higher level.

PRESENT TIME CONNECTED WITH CLEANSING INCREASES YOUR LIFE FORCE AND HEALTH

- **Cleansing is a perfect time to revive.** Cleanse removes your history from your cell tissue and moves your biology and psyche into present time.
- **The choices you make determine your life force or energy.** You gain power when you sever your investments into illusion and conversely you lose power when your actions conflict with the natural laws of human behavior.
- **The power of the group and how we pass along group thought to each other and our children so that we stay on the same speed also holds all of us back.** We grow and move away from the group to awaken our spirituality and regain more of our energy in the process.
- **Chakras and archetypes are symbols to describe our journey and inner relationship with God.**
- **Understand your archetypes by self-examination to develop strength and become empowered.** Reach empowerment without fear of it by removing focus from power over others or things and focus upon yourself.
- **The ancient mystery schools, wizards, monks were all spiritual alchemists.** The holistic health movement needs the spiritual practices to achieve an awareness of present time for optimal health. You have a role in the healing process by connecting spiritually to present time.

For more information about charkas, or archetypes we suggest that you read "Sacred Contracts" by Caroline Myss and visit her website at www.myss.com

FINANCIAL MASTERY

Creating & Maintaining Wealth

Financial Mastery: An Overview

Creating wealth is simple, yet most people fail to build it because they have holes in their financial foundations. These can be found in the form of internal value and belief conflicts, as well as poor plans that virtually guarantee financial failure. The most common reason people do not become financially independent is their *psychology*—they have mixed associations to what it would take to have more money, as well as what it would mean to have excess money.

Your brain knows what to do only when it has a clear association about what it needs to avoid and what it needs to move toward. **For money, we often send mixed signals—and so we get mixed results.** We tell ourselves that money will provide us freedom, a chance to give to those we love, a chance to contribute beyond ourselves, a chance to do all those things we have always dreamed about, a chance to free up our time. Yet simultaneously we may believe that in order to accumulate an abundance of money, we'd have to work so much harder, and spend so much more time that we would probably be too old and too tired to enjoy it. Or we may believe that if we have excess money, we won't be spiritual, or we'll be judged, or we'll invest it improperly and lose it, or someone will swindle us out of it anyway, so why even try?

These negative associations are not limited to ourselves. Some people resent anyone who is doing well financially, and often they assume that if someone has made a lot of money, he or she must have done something to take advantage of others. If you find yourself resenting someone who is wealthy, what message does that send your brain? It's probably something like having excess money is bad. If you harbor these feelings for others, you are subconsciously teaching your mind that for you to do well and be wealthy would make you a bad person. By resenting others' success, you condition yourself to avoid the very financial abundance that you need and desire.

One thing you can count on, is that life is measured by two things: To live you must grow and you must contribute. That is the law of nature. If you don't grow you begin to die, and even then you contribute. Your life story may not be an example, maybe it will contribute as a warning. And your body will eventually contribute to the soil so that something else that adds more value can grow. Is it time for you to be proactive with the direction of your life, how you will grow and contribute, and where you are headed?

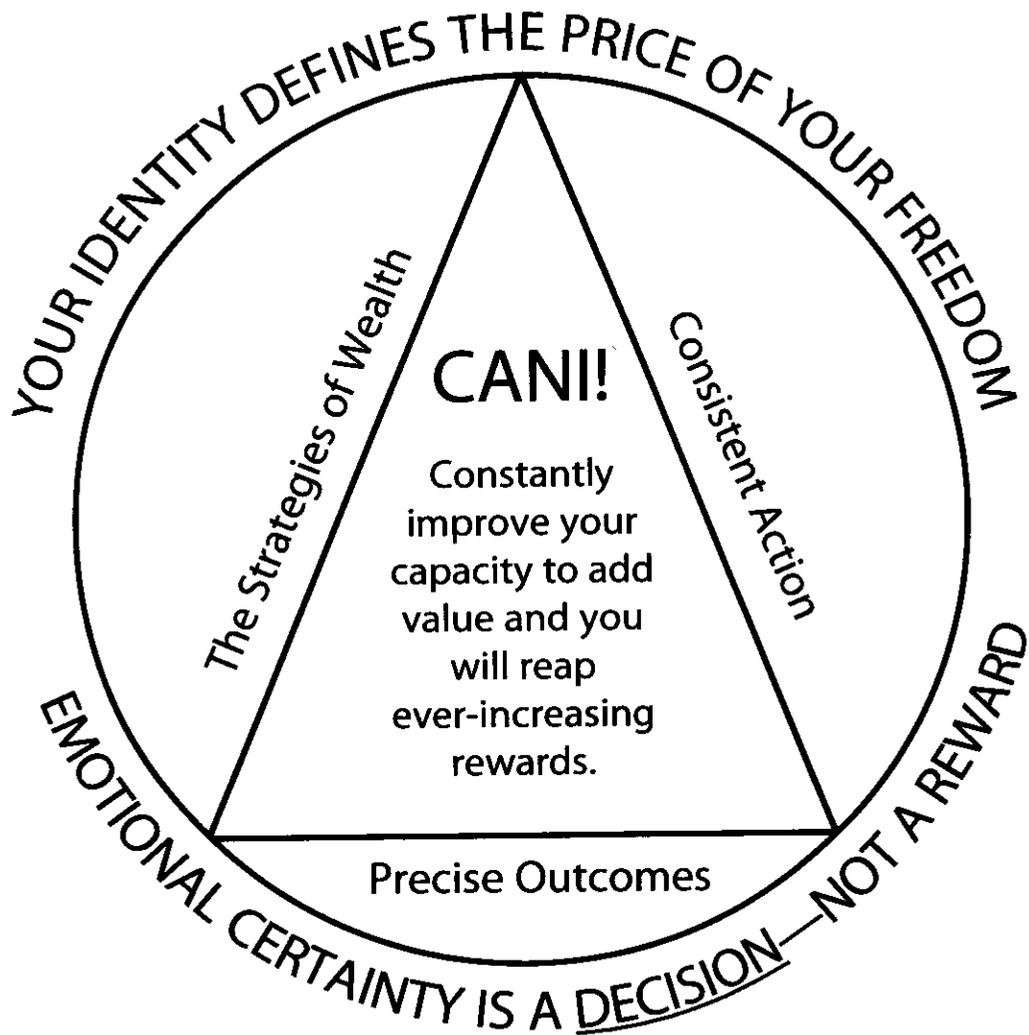
What most strongly influences your state of wealth is your psychology—the emotions and meaning you attach to things. It doesn't matter how much money you have, when you have gratitude, you feel rich. You can have tons of money and still be very poor.

Or you could *choose* to be rich right now. After all, what is richness, but a feeling? A feeling of abundance, a feeling of joy, a feeling of freedom, a feeling of richness. What you really want is a feeling. **What has to change to achieve that are three things:**

1. **You must raise the standards for yourself.** Change your "shoulds" to "musts."
2. **Change your beliefs.**
3. **Change some of your strategies.**

Financial Mastery begins when you exchange your old, limiting beliefs about finite resources with new beliefs of economic abundance. And Mastery is an active thing, an ongoing process of growth and expansion, which will lead you to personal fulfillment. Let the journey begin!

All Wealth Begins and Ends in the Mind



ANTHONY ROBBINS LIFE MASTERY

(notes)

"The more we give of anything, the more we shall get back."

—Grace Speare

Mental Focus: The Real Source of Wealth

In today's society, probably no area of a person's life carries as much stress or potential for stress as finances. Money is an emotionally charged issue; it's rare to find anyone lukewarm on the subject. People are often willing to give up things much more valuable than money in order to get more of it. They push themselves, they give up spending time with their family and friends, and they even destroy their health.

But what is money, really? It's simply a medium of exchange that allows us to simplify the process of creating, transferring, and sharing value within a society. Many people convince themselves that all their challenges would dissolve if only they had enough money. Equally ridiculous, however, is telling yourself that greater financial freedom and mastery of your finances would not offer you greater opportunities to expand, share, and create value for yourself and others.

—(DEFINITION)—

Money, noun: *Something generally accepted as a medium of exchange, a measure of value, or a means of payment.*

Merriam-Webster's Collegiate Dictionary, 10th Ed.

"Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness, that most frightens us. We ask ourselves, Who am I to be brilliant, gorgeous, talented, and fabulous? Actually, who are you not to be? You are a child of God. Your playing small doesn't serve the world. There's nothing enlightened about shrinking so that other people won't feel insecure around you. We were born to manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we're liberated from our own fear, our presence automatically liberates others."

—Marianne Williamson
A Return to Love (1992)

Discover & Transform: The Meaning of Money

Anytime you want to change your association or the way you feel about something and annihilate a limiting belief that you hold, all that is needed is ASAC. What is meant by this is the following:

- A = Awareness:** Awareness and association to the consequences, provide enough leverage to make the change and become focused on what you can get as a result of change
- S = Scramble:** Interrupt the pattern
- A = Alternative:** An empowering alternative that meet your needs better than the old pattern
- C = Condition:** Condition in the new pattern, use your entire body to intensify the feeling.

WHAT IS MONEY EXERCISE

- 1) Ask your partner the following questions (don't let your partner pause, keep pushing them to give the first answer that comes to mind. Stay in state.):
 1. What is money?
 2. What is not having money? What is having money?
 3. What is money, really? Who are you financially?
- 2) Keep asking each question until your partner completely exhausts his/her answers in each area.
- 3) Push beyond the automatic answers (how do you *really* feel about it at your core?) so that you discover the deeper associations and emotional impacts of money in his/her life. (see examples on the following pages).

"Beliefs have the power to create and the power to destroy."
—Anthony Robbins

Discover & Transform: The Meaning of Money

WHAT IS MONEY?

Additional Questions

In Tony's demonstration, you will see where he asks more probing questions to illicit a response. You may need to utilize these questions while you are going through the exercise with your buddy. Here are examples of some of the questions:

- What is money? Money is...
What is money, *really*? Money is really...
Ultimately, what is money?
- What is not having money?
How does it feel to not have money?
How does it really feel to not have money?
- What is having money?
What is having lots of money?
What is having more money than you can spend?
- So what is money, really?
What else is money? What is it really for you?
So what is money?
Ultimately, what is money?
- Who are you financially?
Who will you be shortly?
How will that feel?

Discover & Transform: The Meaning of Money
Exercise

1) What is money?

Discover & Transform: The Meaning of Money
Exercise

(2) a. What is not having money?

b. What is having money?

Discover & Transform: The Meaning of Money
Exercise

3 a. What is money, really?

b. Who are you financially?

What is Money To ...

An Abundant Contributor

item 1 Example:

WHAT IS MONEY?

Reflection of value added
Reflection of intelligence
Reflection of intensity of focus
Commitment
Another area of Mastery
Ability to give
Ability to give to others who don't even know who you are or that you've given
Ability to give opportunities to others
Access to resources (people, information, computers, etc.)
Ability to leverage time
Impact
Scope
Environment to bring out the best in you/others
Entertainment
Freedom from drudgery
Ability to get multiple results simultaneously
Change a person's life (education, learning, knowledge, tools, etc.)
Change people's perspective
Gift from God for being a giver
Produces productivity

Opportunity to give in multiple ways
Quality
Choice and quality of choice
Magnifier
Chance to learn about aspect of own and others' character
"Tee-Hee" of life
Gratitude
Nothing but pieces of paper
A gift I love to intelligently give to people
A joke
Wonderful
Aspen
Lifestyle
Elegance
Style
Choice
Opportunity
Privilege
Fun when used properly

item 2 Example:

WHAT IS NOT HAVING MONEY?

Stupid

Not making a difference

Wanting to give and being unable

Frustration

Not possible as long as you're productive

Not possible as long as you give more than you expect to receive

Not possible if you focus on contribution with intelligence

Pain

Separation

Loneliness

Anger between people

People trying to hurt other people

Feelings of scarcity

People focusing on less important things

Forgetting importance of relationships

Brings out the worst in people

Children without opportunities they should have

Playing a smaller game

Less impact

Being controlled by other people's rules

Loss of leverage

Slowing the game down

Lowering impact

Less choice

Less quality

Temporary

A challenge to use more resources

A call to action

Tears

Pain

Hurt

Sadness

Opportunity

God demanding the most from me to grow

Extend

Master another portion of life

Opportunity to conquer and share

The first step

A laser: "This will not be!"

Ultimate challenge: Turn something invisible visible; take "nothing" and make it something magnificent

Won't last

Lowered impact

Less ability to give

Reduced access

Arguments

Fights

Anger

Can result in loss of relationship

Can result in divorce

Loss of leisure

A state that I will not allow

Keeps me from impact—my destiny

Inability to give

Something I will not settle for, ever!

Learning lessons

item 3 Example:

WHAT IS MONEY, REALLY?

Powerful tool for magnifying impact

Access to tools, impact, growth

A tool that can open doors

Leverage

**Opportunity for people, communities,
world**

Magnifies skills

Choice

**A measure of a portion of life's mastery,
focus, discipline**

Reflection on quality of your evaluations

Choice to live life at highest level

Magnifier

Amplifier

Energy

Turbo-charge

Nothing, only what we have decided



Begin to Define What You Want Financially...

Before you learn strategies, it is important to know exactly what it is that you really want.

GOALS	SHORT-TERM 6-36 MONTHS	INTERMEDIATE 3-10 YEARS	LONG-TERM 10+ YEARS
<p>TOYS & REWARDS: Things you want (to own or buy)</p> <ul style="list-style-type: none"> • House • Car • Art • Yacht • Jewels 			
<p>GIVING & FEELING: Things you want to give or experience (to or for yourself, your family, or others)</p> <ul style="list-style-type: none"> • Travel • Philanthropy • House for parents or children 			
<p>ECONOMIC GOALS:</p> <ul style="list-style-type: none"> • Reduction of debt • Cash in hand • Net worth • Annual income from investments • New business profitability 			

ANTHONY ROBBINS LIFE MASTERY

(notes)

"The future depends on what we do in the present."
—Mahatma Gandhi

Strategies for Building Wealth

This is just the beginning. If you desire to continue the momentum and build on what you have learned at Life Mastery regarding your financial future, then Wealth Mastery is for you.

You'll be introduced to the four simple requirements of wealth, learn the basic principles of earning more income, followed by an exercise in which you brainstorm all the ways you can create wealth by adding more value.

To help you create a game plan for attaining various levels of financial well-being, you will learn which criteria are necessary to reach financial security, and precisely what income you would need. A key component of this process is determining how much "critical mass" you would have to invest regularly. You will develop a computerized financial plan that is very specific and individual to you — a personal plan that will help you to achieve your ultimate goals. Then, to prepare you for financial abundance, you will learn a simple formula and be offered a series of tools that reinforce the importance of compounded growth.

Finally, you will delve into some simple investment strategies that have yielded 15% annual returns.

WE WILL SHOW YOU HOW TO MASTER 5 KEY FINANCIAL LESSONS:

- 1) HOW TO EARN MORE.**
By creatively adding measurable value in ways that bring you a multiplied return.
- 2) HOW TO MAINTAIN WHAT YOU HAVE.**
Earning more will not make you wealthy unless you learn how to maintain what you have. Too many people have earned millions of dollars a year in income and yet, today, cannot support their overhead.
- 3) HOW TO GROW YOUR CAPITAL.**
The secrets to profitable investing that are simple and applicable. You'll even have the opportunity to experience making investments firsthand!
- 4) HOW TO KEEP WHAT YOU'VE EARNED.**
In today's litigious environment where 95% of all lawsuits are filed in the United States, and, for example, a person living in the state of California earning over \$50,000 per year has a 25% chance of being sued this year, requires that you must be prepared in advance for unscrupulous financial attack.
- 5) HOW TO ENJOY IT!**
It's not enough to have money. Many people have money but still don't have deep, fulfilling joy in their lives. How to really create a lifestyle that enriches not only your life but all the people you care about is a major part of what you'll learn.

The Psychology of Wealth

Specific Strategies You Will Learn at Wealth Mastery

***Financial Mastery, as in any area of your life, is 80% psychology and 20% mechanics.
At Wealth Mastery you'll learn both.***

Asset Allocation:

Security, Growth, and Dream Capital—determine what you want and how to allocate your money so that it will grow and support the ultimate lifestyle you desire.

Your Financial Plan:

You will have an opportunity to establish your six financial dreams so you know precisely what it will take to achieve your financial destiny at each level. Also receive a customized financial plan indicating exactly when you will achieve financial freedom.

Buy & Hold vs. Momentum Investing:

Both short and longer term investment strategies.

Channeling:

Some companies develop a predictable pattern of a price they rise to until they hit resistance and a specific price they fall to and then they get support. That pattern gets predictable in time and you are able to make money by riding it back and forth

Options:

Learn how to secure the right to buy or sell a specific security at a specified price for a certain period of time.

Debt Elimination:

Discover specifically how to eliminate ALL of your debt in just a few short years in order to have financial independence for the rest of your life.

Real Estate:

In inflationary times, it's very useful not to have most of your money super-liquid, simply from the standpoint that the value of your money is eroding whereas if you own real estate, its value is going up without you spending any more money. This is an important distinction to make. Liquid assets are worth less during inflationary times. During recessionary or depressionary times, cash is king. If you're buying, selling, or investing in real estate and you're serious about alternative ways and innovative ideas for making a profit in real estate, then this could be exactly what you have been waiting to discover.

Plus, you'll learn the best investment and protection strategies to use no matter what the market is doing. And much more...

If you commit to show up with an outstanding level of emotional intensity, you'll leave the seminar knowing how to get from where you are to where you want to be financially in terms of the plan, the psychology, and the tools. You'll graduate Wealth Mastery with absolute certainty of what it is that you want and how you are going to get it.

Call now to enroll:

800-898-8669 or 858-535-9900

www.anthonyrobbins.com

Sir John Templeton
Financial Pioneer

Sir John Templeton graduated from Yale University and was a Rhodes Scholar at Balliol College, Oxford university. He is universally regarded as a pioneer in the development of high-yield globally diversified mutual funds, founding the highly successful Templeton Growth Fund and Templeton World Fund.

Born in rural Winchester, Tennessee, John Templeton once dreamed of a career in full time religious service. His first major philanthropic endeavor was in 1972 through the establishment of the Templeton Prize for Progress in Religion. Today the Templeton Prize is the world's largest monetary award at roughly \$1 million. The first Prize was given to the late Mother Teresa of Calcutta. Since then, the Templeton Prize has been awarded each year recognizing a living individual who has shown extraordinary originality in advancing humanity's understanding of God or spirituality. Other past recipients include the Reverend Billy Graham, author Aleksandr Solzhenitsyn, and theoretical physicist, author Paul Davies.

In 1987, John Templeton was knighted by Queen Elizabeth II for his philanthropic efforts, including his endowment of Templeton College, Oxford. After selling the Templeton Group of mutual funds in 1992, Sir John focused his talents on pioneering new ways to create value and stimulate progress through philanthropy. Since then, he has authored and edited over a dozen books. One of his most recent, *World Wide Laws of Life*, is a collection of 200 eternal spiritual principles drawn from the works of essayists and philosophers ranging from Socrates to Benjamin Franklin.

In his late eighties, Sir John continues vigorously as a full-time philanthropist. Through the establishment of the John Templeton Foundation in 1987, Sir John utilizes his personal wealth to support over a hundred programs worldwide, which serve three chief purposes. The first is to stimulate serious, rigorous, progress-generating links between the sciences and all religions. Especially, the Foundation encourages development and scientific discovery in the spirit of a "humble approach," which recognizes the wisdom of the maxim, "How little we know, how eager to learn." The second purpose is to promote appreciation for character-building as integral to a free democratic society. The third purpose is to encourage appreciation for the benefits of freedom, and free, fair and open competition as a basic principle of prudence and success in culture, religion, politics and economic life.

"An attitude of gratitude creates blessings, Help yourself by helping others; You have the most powerful weapons on earth—love and prayer."

—Sir John Templeton

ANTHONY ROBBINS LIFE MASTERY

.....(notes).....

"If we become increasingly humble about how little we know, we may be more eager to search."

—Sir John Templeton

RESOURCES

The Seventh Power

Anthony Robbins Inner Balance

Anthony Robbins has spent the past quarter century seeking out the principles of vibrant health, vital life and physical mastery—and applying them to his own life with outstanding results. Now you have access to the same nutritional system Anthony Robbins utilizes every day, so you can create extraordinary energy and vitality in your life.

To order Anthony Robbins Inner Balance:

Call (877) GO-4-GREEN

The Anthony Robbins Companies
9888 Carroll Centre Road, Suite 100
San Diego, CA 92126

LIVING LIGHT: THE ALKALINE WEIGHT LOSS PROGRAM™

A FAST, SIMPLE, AND NATURAL WAY TO ACHIEVE AND MAINTAIN YOUR IDEAL WEIGHT

Excess fat is your body's way of defending against an overly acidic system. Living Light neutralizes the excess acids in your blood, helping your body return naturally to its genetically predisposed weight through a synergistic blend of bioenergetic colloidal and micronutrient elements. Use this complete program for a quick start to the permanent weight loss you desire and deserve.

The Living Light Pack contains: Pure Energy: Ultra Greens with MSM, Inner Clear, Trace Minerals, and Chromium & Vanadium.

WOMEN'S DAILY PACK: PERFORMANCE ONE

ESSENTIAL SUPPORT FOR WOMEN'S UNIQUE HEALTH NEEDS AND ENHANCED EMOTIONAL BALANCE

A unique combination of bioenergetic and colloidal technology ensures enhanced system absorption of the essential compounds women need. Designed to aid in the formation of strong bones, as well as to support and strengthen women during difficult physical times, such as pregnancy, the birthing process, menstruation, and menopause, by helping to relieve mood swings, irritability, cravings, increased appetite, hot flashes, cramps, bloating, and water retention. Woman's Daily Pack: Balance One is also a complete and natural source for "female stress relief."

The Women's Daily Pack: Balance One contains five exclusive formulas: Women's Formula, Mega Multi Vitamins, Calcium & Boron, MSM & Vitamin C, and Trace Minerals.

MEN'S DAILY PACK: PERFORMANCE ONE

ESSENTIAL SUPPORT FOR MEN'S UNIQUE HEALTH NEEDS AND ENHANCED MALE PERFORMANCE

Anthony Robbins Inner Balance Men's Daily Pack: Performance One provides men with essential amino acids, vitamins, herbs, cell salts and minerals—all of which nutritionally promote the more vital functions of the male reproductive system.

The Men's Daily Pack: Performance One contains five exclusive formulas: Men's Formula, Mega Multi Vitamins, Zinc & B-6, MSM & Vitamin C and Trace Minerals.

PURE ENERGY PACK™

ALKALIZE & ENERGIZE FOR VIBRANT HEALTH & ENERGY

Anthony Robbins Inner Balance Pure Energy Pack is a synergistic combination of energetic compounds designed to alkalize your blood and tissues, activate and nourish your cells and provide your body with the high-potency essential vitamins and minerals you need on a daily basis.

The Pure Energy Pack contains: Pure Energy: Ultra Greens with MSM, MSM & Vitamin C and Trace Minerals.

LIFE BALANCE PACK™

CLEANSE & REVITALIZE YOUR SYSTEM FOR VIBRANT HEALTH

For a clean start, the Life Balance Pack provides a complete program of essential bioenergetic colloids and micronutrients designed to detoxify your cells while providing nutritional support for all of your body's functions. Use 2–3 times annually to cleanse and revitalize your system.

The Life Balance Pack contains: Pure Energy: Ultra Greens with MSM, Inner Clear, Lymph Support, Candida Clear, Detox Plus, MSM & Vitamin C and BioDefender Plus.

Cosmetics & Cleansers

One of the most common, but least thought about sources of toxicity in our bodies comes from the many toiletries, cosmetics, and cleansers we use on a daily basis. Without realizing it, many people are either ingesting or absorbing through their skin many toxic chemicals. The good news is that there are many clean sources for these types of every day products—sources that ensure that you are exposing yourself to “friendly” ingredients and that allow you to do your part in taking care of our external environment (i.e., the planet) as well. Below is a list of several companies who make all natural, environmental-friendly products for our use. You can find these at most health food stores or you may contact them using the information provided.

COSMETICS

BRAND NAME	TYPES OF PRODUCTS	CONTACT INFORMATION
Aubrey Organics®	All natural deodorants, lotions, sunblock, etc.	aubrey-organics.com (800) 282-7394 4419 N. Manhattan Ave. Tampa, FL 33614
Tom's of Maine®	Toothpaste, mouthwash, soap, lotions, etc.	tomsofmaine.com (207) 985-2944 302 Lafayette Center Kennebunk, ME 04043
Kiss My Face®	Moisturizers, soaps, shampoo, etc.	kissmyface.com (845) 255-0884 P.O. Box 224 Gardiner, NY 12525-0224
Nature's Gate®	Shampoo, conditioner, toothpaste, lotion, etc.	(818) 882-2951 9200 Mason Ave. Chatsworth, CA 91311
Ricola®	Natural Herb Cough Drops	ricolausa.com Morris Plains, NJ 07950
EnviroMan, Inc.®	Bug Repellant	(561) 742-0080 Boynton Beach, FL 33437
Burt's Bees™	Bug Repellant: Lemongrass Insect Lotion	burtsbees.com Beeswax Lip Balm (800) 849-7112 Raleigh, NC 27675

ANTHONY ROBBINS LIFE MASTERY

Desert Essence®	Oils such as: 100% Pure Australian Tea Tree Oil	desertessence.com (recommended to heal insect bites) (818) 734-1735 9700 Topanga Canyon Blvd. Chatsworth, CA 91311
River Soap Company	All vegetable soaps with essential oils	riversoap.com P.O. Box 456 Monte Rio, CA 95462
PetGuard®	All natural or vegetarian pet food (cats & dogs)	petguard.com (800) 874-3221 P.O. Box 728 Orange Park, FL 32067

CLEANSERS

BRAND NAME	TYPES OF PRODUCTS	CONTACT INFORMATION
Planet®	Dishwashing liquids & detergents, cleaners, laundry detergents, etc.	planetinc.com (800) 858-8449 Victoria, British Columbia Canada V9B 5Z3
Seventh Generation®	Dishwashing liquids & detergents, cleaners, laundry detergents, bathroom tissues, paper towels, garbage bags, etc.	seventhgen.com (802) 658-3773 One Mill St., Box A26 Burlington, VT 05401-1530
Earth Rite®	Dishwashing liquids & detergents, cleaners, laundry detergents, etc.	P.O. Box 3496 Laguna Hills, CA 92654
Earth Friendly Products®	Dishwashing liquids & detergents, cleaners, laundry detergents, etc.	ecos.com (630) 595-1933 P.O. Box 607 Wood Dale, IL 60191-2688
Whole Foods Market	Cleaning products, pet foods, cosmetics, etc.	wholefoodsmarket.com (800) 633-8284 601 N. Lamar, Suite 300 Austin, TX 78703

Resources For Colon Therapy

Below are some resources for colon therapy. We are presenting a variety of options due to personal preference as well as availability in your area.

Libbe Bed Colon Hydrotherapy

Mind Body Naturopathic Institute
10911 West Avenue, San Antonio, TX 78213
Phone: (210) 308-8888 o (800) 939-1110
Website: www.colonic.net
Email: mindbody@colonic.net
Visit the website for an online directory of colon therapists who utilize the libbe bed.

Colon Therapists (Traditional Colon Hydrotherapy)

The International Association of Colon Hydrotherapy
PO Box 461285
San Antonio, TX 78246-1285
Phone: (210) 366-2888
Fax: (210) 366-2999
Website: i-act.org
Email: IACT@healthy.net

Colema Board

Colema Boards
PO Box 34710
North Kansas, MO 64

A colema board is a home colonic unit that can be set up and utilized in privacy of your own home. And you do not have to rely on anyone to give you a treatment. This is a great option if you live in an area with limited access to a colon therapist. You can view different examples and pricing of colema boards on the website: www.detoxforlife.net/colema.htm

Additional Resources

Below are some resources for products that will help Revitalize and Regenerate your body. Again, Robbins Research International, Inc. does not assume any responsibility for your personal health choices.

Penta-Hydrate™ Water

Penta-Hydrate™ Bio-Hydration Research Lab, Inc.
6370 Nancy Ridge Drive, #104
San Diego, CA 92121
(858) 452-8868 or (800) 531-5088
www.hydrateforlife.com

**Be sure to mention that you are a client of the Anthony Robbins Companies for an additional discount.*

Wheatgrass

Fresh Wheatgrass can be obtained at most local health food stores (Usually, you can go to the juice bar or store and have it prepared for you. Or, you can often purchase unjuiced wheatgrass and a Wheatgrass juicer to make your own).

Rebounder

New Health Concepts
122 Rosedale Road
Centuck Station, NY 10710
914.771.6700 fax 914.771.6701
www.pump-n-jump.com
email at DCHDirector@yahoo.com

Swopper Chairs

Swopper—'Sitting in Motion'
Contact Info: Nora Fenlon
Marketing Director
Aeris USA - Home of Swopper
PO Box 19068
Reno, NV, 89511
Call Toll Free: 1-866-796-7737
Fax: 775-851-7969
Email: nfenlon@aerisusa.com
www.aerisusa.com

Digestive Enzymes

In order to revitalize and regenerate our bodies, one of the elements we need is proper nutrition. In other words, we must get all the vitamins, minerals, and nutrients we need from the food we need or in the form of effective supplementation. Two things cause challenges getting all of the nutrients we need from our foods: (1) the condition of the soil which has been depleted of many of the nutrients we need and (2) the typical diet which has too many cooked and processed foods (i.e., foods that have no live enzymes or life within it to help digest or break down the food). Thus, our bodies have to work harder and harder to try to compensate.

One solution is potentially the use of a great digestive enzyme formulation, such as The Health Nuts Ultimate Enzymes. The most important ingredients in these enzymes are: protease (to digest protein), amylase (to digest carbohydrates), and lipase (to digest fats). The Health Nuts enzymes also contain five other plant enzymes as well as ionic minerals. What makes this product unique is the proportions of these enzymes. Most formulations are low on all three of these enzymes, thus decreasing their effectiveness. Health Nuts enzymes have 20, 250, 000 activity units of protease, 4,500,000 units of amylase and 1,350,000 units of lipase.

Contact information

The Health Nuts Ultimate Enzymes

The Health Nuts

Web site: www.thehealthnuts.net

Mail address: 1501 E. Centre St. #209, Rapid City, SD 57703-3004

Telephone: (888) 383-4056 or (605) 341-4056

Fax: (605) 341-4192

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Glossary

- Acid:** A substance that has a pH of less than 7.
- Acupressure:** A technique that uses pressure to relieve pain.
- Acupuncture:** A therapeutic technique to treat pain or other malady by inserting special needles into particular parts of the body.
- Acute:** A short and sharp course of diseases; not chronic.
- Alkaline:** A substance with a pH greater than 7; non acidic.
- Amino Acids:** Organic compounds (protein "building blocks") vitally essential to the body. They assist in body growth, maintenance and repair.
- Antibody:** A special protein produced by the body's immune system that recognizes and helps fight infectious agents and other foreign substances that invade the body.
- Antigen:** A protein "recognized" by the body as being foreign; it results in the production of specific antibodies directed against it.
- Antioxidants:** A vitamin or substance that impedes oxidation or spoilage promoted by oxygen or peroxide. It helps protect the bodies cells from environmental damage caused by free radicals.
- Aromatherapy:** A treatment that uses the scents and aromas of floral and herbal extracts and essential oils to affect how we feel and act. Properties associated with aromatherapy ingredients include calming, soothing, invigorating, and stimulating effects.
- Bacteria:** A group of single cell microorganisms that can cause disease by producing poisons that are harmful to human cells.
- Candida Albicans:** Yeast like fungus responsible for the infection candidiasis (a yeast infection).
- Chakras:** Kundalini yoga practitioners believe, Chakras, seven major centers of psychic energy located along the spinal column are responsible for the condition of your mind, body, and spirit.
- Chemical:** A substance formed by altering the molecular structure of an element or by combining two or more elements to form a new substance.
- Chlorophyll:** Known for its natural cleansing and moisturizing properties, it is the green coloring substance in plants.
- Cholesterol:** A waxy, fat-like substance present in every cell in the body and in many foods. Some cholesterol in the blood is necessary - but a high level can lead to heart disease.

- Chronic:** A disease or condition that persists for a long period of time or reoccurs frequently.
- DNA:** The principle carrier or genetic information in all organisms.
- Enzyme:** A class of protein (catalyst) produced by a living organism that is capable of accelerating or producing biochemical changes.
- Epsom Salts:** Salts that are often added to water that can soothe tired muscles and soften the skin.
- Folic Acid:** (Vitamin B9) Necessary for DNA & RNA synthesis. It is essential for the growth and reproduction of all body cells.
- Free Radicals:** Highly reactive or unstable molecules and atoms that cause aging and degenerative diseases. These free radicals often result from ozone, cigarette smoke, herbicides and pesticides, solvents, petrochemicals, drugs, sunshine, X-rays, and other foreign body substances.
- Fungus:** A general term used to denote a class of microbes. A fungus is a type of organism responsible for many infections. They can cause infections of the skin, mouth and other body areas as well as some rare but serious infections throughout the body.
- Holistic:** A discipline or approach that treats the whole of something (body) rather than an individual part of or parts of something.
- Homeopathy:** A method of treating disease with naturally occurring substances. The art of curing through the use of minute doses of a curative which is likely to be the same curative which, when taken in greater quantities, causes the disease or similar symptoms.
- Inorganic:** Being composed of matter other than plant or animal, such as minerals.
- Insoluble:** Unable to dissolve in another substance.
- Iron:** Iron is a mineral that occurs in both plant and animal tissue. Iron builds up the quality of the blood and increases resistance to stress and disease.
- Lymph:** A transparent, slightly yellow liquid of alkaline reaction, found in the lymphatic vessels and derived from the tissue fluids. Lymph is collected from all parts of the body and returned to the blood via the lymphatic system.
- Metabolism:** The body transformation of food into energy.
- Minerals:** Minerals serve as building blocks for cells and enzymes, and are the main components in your teeth and bones.
- Natural:** Ingredients from natural sources not synthetics, extracts from plants, earth minerals, or animal products.
- Naturopathy:** A drugless system of therapy, making use of physical forces such as air, light, water, heat, massage, etc. rather than surgery or medicine to treat disease.

- Nutrient:** A substance, such as a vitamin, which provides elements for the ongoing functioning of the body's metabolic processes.
- Omega-3:** Essential fatty acids (polyunsaturated fatty acids).
- Omega-6:** Omega-6 fatty acids (polyunsaturated fatty acids).
- Omega-9:** Omega-9 is a mono-unsaturated fat.
- Organic:** Pertaining to carbon-based compounds produced by living plants, animals or by synthetic processes. Referring to substances that are or have been alive, and therefore contain carbon molecules in their chemical structure.
- Parasites:** An organism living on or in another organism called host. The parasite obtains its food from the host resulting in damage to the host.
- Pathogen:** A microbe, such as virus or bacteria, which may cause disease.
- Pathology:** The discipline of medicine; the study of disease, particularly one with clear and obvious changes in structure or function where the body is concerned.
- PH:** Percentage of hydrogen.
- pH scale:** System for measuring alkalinity or acidity.
- Protein:** A large biomolecule composed of one or more chains of amino acids in a specific order. Proteins are required for the structure, function, and regulation of cells, tissues, and organs.
- Toxins:** Any of a number of substances dangerous to life and overall health. The long-term effect of toxins puts us at risk.
- Trace Minerals:** They are essential in the assimilation and utilization of vitamins and other nutrients. They aid in digestion and provide the catalyst for many hormones, enzymes and essential body functions and reactions.
- Uric Acid:** The final end product of certain native or dietary proteins, especially the nucleoproteins found in the nucleus of cells.
- Vitamins:** Foods containing vitamins A, D, E, F, H, K, P, and the B complex group are necessary in diets to maintain good health.
- Wheatgrass:** (Barley grass) Barley grass acts as an anti-inflammatory and has also exhibited antioxidant effects. It is a rich source of calcium, iron, Vitamin C, Vitamin B-12, flavonoids, and other nutrients.

ANTHONY ROBBINS LIFE MASTERY

(*notes*)

Vitamin Guide

Vitamins are needed for growth, digestion, mental alertness, and resistance to infection, among many other biologic processes. They also enable your body to use carbohydrates, fats, and proteins. They act as catalysts - initiating or speeding up chemical reactions. Vitamins are involved in converting food into energy, although there are no calories in vitamins.

Vitamins can be either water-soluble or fat-soluble.

Water-soluble vitamins:

Vitamin C, biotin, and the seven B vitamins - thiamin (B-1), riboflavin (B-2), niacin (B-3), pantothenic acid (B-5), pyridoxine (B-6), folic acid (B-9), and cobalamin (B-12) - dissolve in water (water-soluble) and aren't stored in your body in any significant amounts. Surplus water-soluble vitamins are simply excreted in your urine.

Fat-soluble vitamins:

Any extra vitamin A, D, E or K not used by your body right after ingestion is stored in your body fat and liver. Excess fat-soluble vitamins can accumulate in your body and become toxic. You're especially sensitive to excess amounts of vitamins A and D. Because vitamins E and K affect blood clotting, talk with your doctor before taking a supplement that contains either of these vitamins if you're taking a blood thinner, such as warfarin (Coumadin).

Vitamin A:

(Beta Carotene) Helps maintain smooth, soft disease-free skin; helps protect the mucous membranes of the mouth, nose, throat lungs, which helps reduce our susceptibility to infections; protects against air pollutants and contaminants; helps improve eye sight and counteracts night-blindness; aids in bone and teeth formation; improves skin elasticity, moisture content and suppleness; and helps reverse the signs of photo-aging. A lack of vitamin A can cause skin to become dry and hardened.

Vitamin A derivatives:

(Retinoids: retinol, retinyl palmitate, retinyl linoleate, retinyl acetate) Vitamin A derivatives such as Retin-A can help prevent and reverse sun damage. They have exfoliating and skin strengthening properties and are used clinically in the treatment of severe cystic acne, psoriasis, and other disorders of keratinization.

Vitamin B:

Eleven different vitamins known as B complex: thiamin (B1), riboflavin (B2), niacin (B3), folic acid, biotin, pantothenic acid or panthenol (B5), pyridoxine (B6), choline, inositol, PABA, and cyanocobalamin (B12).

Vitamin B1:

(Thiamine) Plays a key role in helping the body generate energy; aids in the digestion of carbohydrates; is essential for the normal functioning of the nervous system, muscles, heart; stabilizes the appetite; and promotes growth and good muscle tone.

Vitamin B2:

(Riboflavin) Works with soluble tyrosine in suntan-enhancing products. Believed to accelerate tyrosine in tanning products. Produces a characteristic yellow color in lotions. Necessary for the maintenance of good vision, skin, nails, and hair; alleviates eye fatigue; promotes general health.

Vitamin B3:

(Niacin) Niacin improves circulation and reduces the cholesterol level in the blood; maintains the nervous system; helps metabolize protein, sugar, and fat; reduces high blood pressure; increases energy through proper utilization of food; prevents pellagra; and helps maintain a healthy skin, tongue, and digestive system.

Vitamin B5:

(Pantothenic Acid) Participates in the release of energy from carbohydrates, fats, and protein, aids in the utilization of vitamins; improves the body's resistance to stress; helps in cell building, and the development of the central nervous system; helps the adrenal glands; fights infections by building antibodies.

Vitamin B6:

(Pyridoxine) Necessary for the synthesis, and breakdown of amino acids, the building blocks of protein; aids in fat and carbohydrate metabolism; aids in the formation of antibodies; maintains the central nervous system; aids in the removal of excess fluid of premenstrual women; promotes healthy skin; reduces muscle spasms, leg cramps, hand numbness, nausea, and stiffness of hands; helps maintain a proper balance of sodium, and phosphorous in the body.

Vitamin B9:

(Folic Acid) Necessary for DNA and RNA synthesis. It is essential for the growth and reproduction of all body cells.

Vitamin B12:

(Cobalamin) Vitamin B12 helps in the formation regeneration of red blood cells, thus helping prevent anemia; necessary for carbohydrate, and fat protein metabolism; maintains a healthy nervous system; promotes growth in children; increases energy; needed for Calcium absorption.

Vitamin C:

(Ascorbic Acid) Vitamin C is essential for healthy teeth, gums, and bones; helps heal wounds, scar tissue, fractures; prevents scurvy; builds resistance to infection; aids in the prevention treatment of the common cold; gives strength to blood vessels; aids in the absorption of iron. It is required for the synthesis of collagen, the intercellular cement which holds tissues together. It is also one of the major antioxidant nutrients. It prevents the conversion of nitrates (from tobacco smoke, smog, bacon, lunchmeats, some vegetables) into cancer-causing substances. Moreover, Vitamin C has been shown to help slow the production of hyperpigmentation (age spots) while providing some UV protection.

Vitamin D:

Vitamin D is necessary for healthy bones and teeth, for proper assimilation and body balances of calcium and phosphorus, and for preventing rickets. It is fat-soluble and is not sensitive to heat, light, or oxygen.

Vitamin E:

Vitamin E is a major antioxidant nutrient; retards cellular aging due to oxidation; supplies oxygen to the blood which is then carried to the heart and other organs: thus alleviating fatigue; aids in bringing nourishment to cells; strengthens the capillary walls; prevents the red blood cells from destructive poisons; dissolves blood clots; used by doctors in helping prevent sterility, muscular dystrophy, calcium deposits in blood walls, and heart conditions.

Vitamin F:

An essential fatty acid, this vitamin helps form the membranes that protect the skin cells, preventing the formation of dry, scaly skin.

Vitamin H:

(Biotin) This part of the vitamin B complex aids in body growth.

Vitamin K:

Needed for normal blood clotting. It may help protect against osteoporosis, may inhibit some cancer tumors, and also aids in reducing excessive menstrual flow. Vitamin K occurs primarily in plants and is also synthesized by intestinal bacteria in the small intestine. It is fat-soluble and is sensitive to light, oxygen, strong acids, and alcoholic alkalis.

Vitamin P:

(Bioflavonoids) Bioflavonoids such as Quercetin, Rutin, and Hesperidin are vital in their ability to increase the strength of the capillaries (blood vessels) and to regulate their permeability. They assist Vitamin C in keeping collagen, the intercellular "cement" in healthy condition; are essential for the proper absorption and use of vitamin C; prevents Vitamin C from being destroyed in the body by oxidation; beneficial in hypertension; helps hemorrhages and ruptures in the capillaries and connective tissues and builds a protective barrier against infections. Quercetin is a very highly concentrated form of Bioflavonoids derived from citrus fruit. A deficiency in these nutrients may result in varicose veins, a tendency to bruise and bleed easily, and/or the appearance of purplish spots on the skin.

ANTHONY ROBBINS LIFE MASTERY

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Supplement Guide

MSM

What is it?

MSM or Methyl-Sulfonyl-Methane is a white, odorless, crystalline non-metallic sulfur compound that occurs widely in nature in a form resembling sugar. It has a slightly bitter taste and mixes easily into liquid. Belonging to the same chemical family as oxygen, MSM is made up of 34% sulfur, making it nature's richest source of organic sulfur. It is rated as one of the least toxic substances in biology, even less than table salt!

Why is it important?

Sulfur is a naturally occurring element within the human body and is stored in every cell. Joints, hair skin and nails contain the highest concentrations of the compound, while excess sulfur (about 4-11 mg a day) is excreted in urine and feces.

Within the human body, sulfur has three major responsibilities: Dehydration and Detoxification, Energy, and Structure and Function.

1. Dehydration and Detoxification: sulfur maintains cell permeability to ensure the delivery of nutrients to and waste products from cells.
2. Energy: A component of insulin, sulfur regulates the uptake of substances such as glucose, thiamine and biotin, all substances necessary for normal carbohydrate metabolism.
3. Structure and Function: sulfur is an element found in the proteins of most body tissues including skin, blood vessels, organs, hair, and nails, and is the main component in bonds within proteins that provided elasticity and flexibility.

Where can you get it?

Sulfur deficiencies have been associated with numerous problems, including slow healing, gastrointestinal problems, immune disfunctions, and depression to name a few. As a natural component of many foods, MSM can be found in:

- Fresh fruits and vegetables
- Dried beans
- Fish, seafood, meat, and eggs
- Milk, tea, coffee, and chocolate

Available as capsules or power, daily doses range anywhere from 2 to 20 grams depending on a variety of factors such as age, weight, state of health, diet, etc..

What will it do for me?

Sulfur has been used for to treat a variety of health problems over the years. MSM can benefit all types of arthritis, allergies, asthma, cancer, diabetes, digestive disorders, gum disease, hair problems, nasal congestion, pain and inflammation, skin problems, burns, and snoring.

NOTE: The Supplement Guide on the following pages is provided only as a basis for you to do your own research. Robbins Research International, Inc. does not assume any responsibility whatsoever for any health choices you make.

WHAT IS A TRACE MINERAL?

An element is considered a "trace mineral" when only a relatively small quantity of that mineral is essential in a healthy diet. In very small, balanced trace amounts many minerals are critical to your health. Although trace minerals are no longer as common in the foods you eat, supplementation has allowed the health-conscious consumer to maintain balances within his or her diet.

Trace minerals play a major role in health because even the smallest portions of them can have a powerful affect on your health. They are necessary in the assimilation and utilization of vitamins and other nutrients, they aid in digestion and provide the catalyst for many hormones, enzymes and essential body functions and reactions, and they aid in replacing electrolytes lost through heavy perspiration or extended diarrhea. Trace minerals also protect against toxic reaction and heavy metal poisoning.

WHAT ARE COLLOIDS?

Colloids are substances that consist of particles suspended in a matter of a different substance. Commonly, colloids are made up of super-fine minerals suspended in liquids, forming a heterogeneous substance. According to the Russian Scientist Voyutsky, colloids have three distinguishing characteristics:

1. They are heterogeneous (consisting of dissimilar ingredients),
2. They must be multi-phasic (have more than one phase, i.e.: solid/liquid) and
3. The particles must be insoluble.

The small size of the particles make them easily absorbed into the body and allows for them to also be used topically.

COLLOIDAL SILVER

What is it?

Colloidal silver is a substance, usually liquid, in which silver particles are suspended for faster, more efficient absorption.

What will it do for me?

It has been argued that colloidal silver helps in treating 650 illnesses and everyday health problems including; cuts, scrapes and abrasions, bronchitis, sinus infection, ear infections, sore throat, yeast infection, eye infection, upper respiratory infection, athlete's foot, ringworm, jock itch, and toenail/fingernail fungus.

Where can I get it?

Colloidal silver comes as a supplemental mixture of suspended silver particles (the smaller the better) in water. The larger the particles are, the more they tend to collect at the bottom. Such mixtures are normally darker in color and are inferior products. The ideal color of colloidal silver is a golden yellow and should not contain a stabilizer, list trace elements or need to be refrigerated. The container and dropper should be glass as plastic cannot preserve the silver in liquid suspension.

What are the side effects?

The FDA requires that colloidal silver be sold only as a "dietary supplement" and that any claims to be effective in preventing or treating any disease made by non-prescription colloidal silver or silver salt product require previous FDA drug approval. It has not been demonstrated, however, that colloidal silver interacts or interferes with any other medications. Overdose can occur with the ingestion of high doses.

CALCIUM

What is it ?

As the most common mineral in the human body, calcium levels in blood and fluid surrounding the cells must be maintained within a very narrow concentration range in order to maintain normal physiological functions. When you have a calcium deficiency, the body will demineralize bone in order to maintain the necessary levels of blood calcium.

Why is it important?

Calcium mediates the constriction and relaxation of blood vessels, nerve impulse transmission, muscle contraction and the secretion of hormones and is a large component of bone (40%). It is also necessary to stabilize or allow for optimal activity as a cofactor for enzymes and proteins.

Where can you get it?

While Calcium can be found in a variety of food sources such as dairy, vegetables and grains, its bioavailability must be considered because some food components have been found to inhibit the absorption of calcium. High levels of absorbable calcium can be found in milk, yogurt, cheddar cheese, pinto beans, red beans, white beans, certain types of tofu, bok choy, kale, chinese cabbage, broccoli, spinach, rhubarb, and fruit punch as well as many others.

What will it do for me?

Calcium has been shown to play a role in both the prevention and treatment of a variety of health problems including Osteoporosis, kidney stones, high blood pressure (hypertension) and lead toxicity.

Are there any side effects?

Abnormally high levels of calcium in your blood (hypercalcemia) can result in a variety of symptoms including loss of appetite, nausea, vomiting, constipation, abdominal pain, dry mouth, thirst and frequent urination on the mild side, and confusion, delirium, coma and possible death in the case of a severe occurrence. Hypercalcemia has only been reported with the consumption of large quantities of calcium supplements and usually in combination with antacids, and has never been documented as occurring from foods.

It is also important to remember that calcium supplements taken in combination with other drugs can have interactions. Interactions have been documented between people who take high doses of supplemental calcium and the following; thiazide diuretics, digitalis, cardiovascular and blood pressure medications such as verapamil and atenolol and the antibiotics Norfloxacin and tetracycline class.

BORON

What is it and why is it important?

Boron is a trace mineral that is a major player in calcium and magnesium metabolism and subsequently bone and joint function. Research has shown that boron is an important nutrient that may be helpful in maintaining healthy bones and joint functions. It has also been shown to be a necessary component of the conversion of Vitamin D to its active form and appears to reduce calcium loss.

Where can I get it?

The main dietary sources for boron include fruits and vegetables, however the amounts available depend on the levels of boron within the soils. Supplementation of boron is available in several different forms, including sodium borate or boron chelates for general health and osteoporosis, and sodium tetraborate decahydrate for the treatment of arthritis.

Are there any side effects?

There are no known interactions with boron and any nutrient or drug, and orally administered, boron is extremely safe at recommended levels. Nausea, vomiting, and diarrhea occur at extremely high doses (greater than 500 mg/day).

CHROMIUM

What is it?

Chromium is recognized as a nutritionally essential mineral. Its two most common forms are chromium III and hexavalent chromium IV. Chromium II is commonly found in foods while Chromium IV is used for industrial purposes (and anybody who has seen Erin Brokovich would know that high levels of hexavalent chromium are harmful to your health). Certain forms of chromium participate in glucose metabolism by enhancing the effects of insulin.

Why is it important?

Chromium works closely with insulin in facilitating the uptake of glucose into cells, helping to regulate blood sugar levels.

What will it do for me?

Chromium supplementation is used principally to treat hypoglycemia and diabetes, elevated blood cholesterol and triglycerides, acne and the promotion of weight loss.

Where can I get it?

The best sources of chromium are in meats and whole grain products while fruits, vegetables and dairy products contain very low levels of chromium concentrations. There is no RDA for chromium supplementation however, the amounts that are safe and adequate are dependent on age:

Under 6 months	10-40 micrograms
6-12 months	20-60 micrograms
1-3 years	20-80 micrograms
4-6 years	30-120 micrograms
7 + years	50-200 micrograms

Supplementation of chromium are available in a variety of forms including chromium picolinate, polynicotinate, chloride and chromium-enriched yeast.

What are the side effects?

There have been no reports of significant side effects or toxicity reactions with chromium supplementation. Interactions include refined sugars, white flour products, and lack of exercise as depleting chromium levels while antacids and calcium carbonate may reduce absorption.

PROTEASE/LIPASE/AMYLASE/CELLULASE

What are they?

Protease, Lipase, Amylase, and Cellulase are enzymes, or substances that act on other substances and changes them without being changed themselves. Specifically, food enzymes that are normally found within the foods we eat aid us in the digestion of our food and in detoxifying our blood. However, our typical diet of processed or uncooked foods contain little to none of these important active enzymes and therefore our organs are placed under extra stress to replace our body with the enzymes that are missing from our diet. The four types of food enzymes are protease (for the break down of protein), lipase (for the breakdown of fat molecules), amylase (for the breakdown of starch molecules), and cellulase (for the breakdown of cellulose).

Why are they important?

Lack of any of these enzymes in our body can lead to a variety of health related problems. For example, a lack of lipase can lead to compromised circulation, erythrocyte aggregation in the blood, and contributes to high blood pressure and cholesterol problems. This can also lead to a degradation of immune system functioning because it inhibits the circulation of white blood cells.

Amylase shortages result in sugar level problems that can cause emotional swings, protease is effective in the prevention and treatment of allergies and cellulase supplementation can help ease gas build-up that occurs when we ingest some herbs vegetables and fruits.

What will they do for me?

Supplementing your diet with these enzymes help to maintain health and to detoxify the blood. Supplemental food enzymes serve two functions:

- When eaten with food they aid digestion by ensuring the complete metabolism of fats, proteins, and carbs.
- When ingested on an empty stomach, supplemental food enzymes help to detoxify the blood by their absorption into the blood stream.

Where can I get them?

While raw foods contain many of these active enzymes that are lacking in the modern diet, such foods would not offer enough of these enzymes to overcome the amount that are currently lacking for most of us. Supplements containing these enzymes can be helpful in rebuilding the necessary levels.

CRANESBILL ROOT

What is it?

Used traditionally by Native Americans for many disorders including internal bleeding, diarrhea, dysentery and problems affecting the mucus membranes of the mouth and throat, the root and leaves of the cranesbill plant are used to help a variety of health conditions.

What will it do for me?

Cranesbill is an astringent, it decreases nosebleeds, and treats bleeding from the stomach, mouth and intestines, used for piles, leucorrhoea, children's cholera and chronic dysentery. It also helps in treating diarrhea and is used as a poultice and occasionally as a means of applying medications.

Where can I get it?

Cranesbill root is available as an infusion, a fluid extract and a mouth rinse. Typical dosages vary.

What are the side effects?

Cranesbill should not be taken if pregnant or nursing, and should not be given to infants or children under two years of age. Possible side effects include diarrhea, kidney damage characterized by blood in urine, decreased urine flow, swelling of hands and feet, nausea and vomiting. If any of these side effects should occur, discontinue use immediately and consult a physician.

SLIPPERY ELM BARK

What is it?

The slippery elm grows throughout North America and is also known as Red Elm, Moose Elm and Indian Elm. It contains mucilage (a long chain of sugars) that make a slippery substance when mixed in water. It is rich in nutrients, easy to digest and was used by early Americans as a survival food.

What will it do for me?

Slippery Elm bark is known to soothe the digestive tract by helping to relieve discomfort of inflamed mucous membranes of the bowels, stomach and urinary tract. It also helps with skin disorders, nausea, diarrhea, ulcers, colitis, coughs colds, flu and sore throat and is recommended as a digestive food.

Where can I get it?

It is available in capsules and can be made into a gruel. Recommended dosage has not been established, however, if taken as directed by the manufacturer and for only short periods of time, slippery elm bark has been rated as relatively safe.

What are the side effects?

Slippery elm bark should not be used if pregnant or nursing and should not be used to treat infants and children under the age of two unless otherwise directed by a doctor. Skin rashes are a possible side effect and use should be discontinued in its presences. Consult a doctor immediately.

EYEBRIGHT HERB

What is it?

Best known for its uses in eye conditions, Eyebright is an herb that is often used to cleanse and nutritionally strengthen the eyes due to its volatile oil and tannin content. A fluid extract prepared from the plant gathered while in the flower is the used part of the plant.

What will it do for me?

A common remedy for problems of the mucous membranes, Eyebright's anti-inflammatory and astringent properties also make it useful in treating nasal catarrh, sinusitis and other congestive problems as well as in conditions of the eye. Other uses include hay fever, irritable sneezing, cough, hoarseness, conjunctivitis and influenza.

Where can I get it?

Eyebright can be used in a variety of ways. For internal use, boiling one teaspoon of the dried herb in water and then drinking three times a day is sufficient. For use as a compress, one teaspoon of the herb should be boiled in water, let to cool and used to moisten a compress to be placed over the eyes for 15 minutes.

What are the side effects?

Eyebright herb should not be taken if pregnant or nursing and should not be used to treat infants or children under the age of two. Determined to be relatively safe when taken in appropriate dosages and for short periods of time, eyebright herb has to adverse reactions or possible side effects.

CASCARA SAGRADA BARK

What is it?

Cascara sagrada, also known as Sacred Bark, is one of the strongest herbs known to man and is derived from the year old bark of Rhamnus Purshiana. Commonly used by Native Americans to treat constipation and upset stomachs, it is regarded to be a safe and mild laxative.

What will it do for me?

Cascara Sagrada can be used as a safe laxative as well as in small does as a liver tonic and a chelating agent to prevent calcium-based urine stones. It is also recommended to stimulate the liver, pancreas, gallbladder, and stomach and can be used the the treatment of jaundice, hemorrhoids, and colic. Taking cascara sagrada at the early onset of a cold can greatly reduce the duration by helping to rid the virus from the colon – where many diseases begin.

Where can I get it?

Over-the-counter and prescription supplemental pills and remedies are available from a variety of companies. Cascara operates within 7-12 hours after ingestion and it is suggested that it be taken before meals or upon retiring.

What are the side effects?

Stimulating laxatives should not be used for more than 10-14 days and should be used only when no effects can be obtained through change of diet or use of bulk-forming products. Use of the fresh bark has been shown to cause gripping and nausea and is therefore required to be aged at least one year before use. Large doses my cause inflammation, chronic diarrhea, weakness, and discolored urine if used over a long period of time.

CELL SALTS

What are they?

Cell salts are ionic mineral compounds that are necessary for optimum health and are present in human cells. There are 12 different tissue salts that are present in all healthy human cells.

Each of the twelve salts has a certain duty in the body, a deficiency in any of them would cause an imbalance and produce symptoms.

What will they do for me?

Calcium Flouride: Necessary for elasticity of tissues and proper vascular health, this cell salt may help treat varicose veins, hemorrhoids, cracked skin, muscle strain, backache, torn ligaments, and hardening of the arteries.

Calcium Phosphate: Beneficial in blood cell and bone formation, this cell salt is found throughout the body and may also help in the treatment of osteoporosis, osteomalacia, bone disease, menstrual cramps, digestive problems and general anemia.

Calcium Sulphate: As a powerful blood purifier, this salt – found in bile—may help in cleansing the body of unwanted accumulations and is helpful in treating respiratory and skin disorders and helps with general healing.

Iron Phosphate: This cell salt, found in the hemoglobin of red blood cells, has the ability to carry oxygen to all cells of the body and helps in the proper absorption of iron. It also helps in the treatment of colds, flu and inflammatory conditions.

Potassium Chloride: May help in the treatment of sore throat, tonsillitis, thrush, swollen glands, and in relieving congestion during colds and sinusitis, this cell salt is found throughout the body.

Potassium Phosphate: Beneficial in helping nerve-related illnesses, insomnia and body odor, this cell salt is found in virtually all the tissues.

Potassium Sulphate: Helpful with respiratory and circulatory functions, this cell salt acts as an oxygen carrier. It is also used to treat eye, ear, nose and throat discharge.

Magnesium Phosphate: This cell salt, found in muscles and nerves, may help with muscle cramping due to menstruation, and sports including chest, leg and feet cramps.

Sodium Chloride: Found throughout the body, this cell salt is often referred to as the water salt, because it regulates the osmotic balance in cells and can be used to bloating, chills, and skin and eye secretions.

Sodium Phosphate: Helps in the maintenance of blood alkalinity and is important for balancing pH. This cell salt can be used to help with bowel disorders.

Sodium Sulfate: This cell salt helps in balancing the body's overall water content and may be of help in cases of mild fluid retention as well as in the treatment of pancreatic problems, dry skin and gout.

Silic Oxide: Found in bones and connective tissue, this cell salt is used in blood cleansing and general body healing.

THYME

What is it?

A popular spice used for cooking, Thyme also holds a long herbal history as an external antiseptic and as an internal respiratory and digestive aid.

What will it do for me?

The flowering tops of the Thyme plant are useful as a carminative and an antiseptic and has been used in the treatment of hookworm. Thyme has also been suggested as having a markedly tonic effect that supports the body's normal function and counters the effects of aging. Thyme may be helpful in relieving laryngitis, tonsillitis, sore throats and relieve muscle spasms.

Where can I get it?

Most commonly available commercially as infusions, tinctures and lotions, typical dosages of thyme products vary. As an infusion, 1-2 grams of herb per cup, 1-3 cups per day; as a tincture, 2-6 mL of extract up to three times per day; as a lotion it should be applied locally to disinfect minor cuts and scrapes as needed.

What are the side effects?

Thyme is generally very safe when used as recommended however, a spasmodic cough – especially in young chilfre – maybe dangerous, a healthcare professional should be consulted. Thyme oil should be used topically only as internal use may cause vomiting, dizziness and breathing difficulties. Sensitivities may be present in some to thyme oil on the skin or as a rinse in the mouth.

CULVER'S ROOT

What is it?

Culver's root, commonly known as black root or Bowman's root is an herb that was first used to induce vomiting.

What will it do for me?

Culver's root is used as a remedy for bloating, constipation, dyspepsia, liver congestion by helping make bile flow, and is an emetic and a laxative.

What are the side effects?

Use should be avoided by pregnant or lactating women and those with gallstones, and should be confined to roots that are aged one year to avoid intestinal gripping. Large doses of Culver's root may cause dizziness and blood in stools and is only recommended in small amounts.

SORBIC ACID

What is it?

Sorbic acid is a naturally occurring part of Rowanberries and was discovered in 1895. It is known as an effective preservative for the protection of food products because of it's outstanding physiological properties. Sorbic acid is a white crystalline powder with a slightly acidic taste and odor, and potassium sorbate is a white powder that is practically odorless. Both forms are available in a dust-free form.

What will it do for me?

Sorbic acid and Potassium Sorbate attack certain types of bacteria, molds and yeast. When they are used in the correct amounts, they do not affect the taste or smell of the food that they are preserving, and while they cannot kill already infected or partially perished food products, they are able to inhibit mold growth.

The amount necessary to preserve is dependent upon the pH and the water content of the product. The more acidic the food is the lower the amount of sorbic acid or potassium sorbate necessary to preserve it.

What are the side effects?

As preservatives Sorbic acid, along with Potassium Sorbate, are metabolized by the body and there for are harmless to humans. The only limitations on their use are that the quantity used need not exceed the amount required to accomplish the preservation of the product, and their use must be stated on product labels.

ALFALFA

What is it?

In use since ancient times, Alfalfa is a perennial herb that grows throughout the world in a variety of climates and is rich in minerals and nutrients including calcium, magnesium, potassium, carotene (helpful in treating heart disease and cancer), niacin, biotin, folic acid, phosphorus, sodium, chlorine, sulfur, copper, manganese, iron, boron, trace elements such as nickel, lead, strontium and palladium and contains vitamins A, D, E, K, U, C, B1, B2, B6 and B12.

What will it do for me?

Alfalfa has been used in the treatment of kidney stones, fluid retention and swelling, as well as a folk remedy for arthritis, diabetes, asthma, and hay fever. Alfalfa is also known as an appetite stimulant and a laxative, and is useful in treating urinary tract infections, bladder and prostate disorders and promotes pituitary gland function.

Where can I get it?

The whole herb and the leaves of the plant are used and commonly found in tablet and extract form.

What are the side effects?

While treatment using alfalfa preparations, the seeds contain a slightly toxic amino acid L-canavanine.

RED ROOT

What is it?

Red root is a deciduous shrub that has astringent, antispasmodic, expectorant and purifying qualities. Not found in Chinese or Ayurvedic medicine, Red root is an American herb used historically by Native Americans for diarrhea and bowel problems.

What will it do for me?

Considered a remedy for constipation, hypertrophy of liver and spleen, lymphatic disorders, puffy faces and sallow skin.

What are the side effects?

There are no listed side effects for red root. You shouldn't take it if you are pregnant or are planning an pregnancy in the near future. Do not take this herb for any medical problem that doesn't improve in 2 weeks. Treating infants and children under two years old with any herbal preparation is hazardous. Take it for only a short time and it is important to not exceed manufacturer's recommended dosage. If prolonged minor bleeding occurs, discontinue use and consult a doctor.

PARSLEY

What is it?

Parsely is a popular cooking herb that has a long history of medicinal uses. Rarely found in the wild, Parsely is cultivated throughout the world as a nutritional salad herb.

What will it do for me?

Believed to be invigorating to the blood, parsley was historically used to regulate menstrual flow as well as used to treat a variety of abdominal problems including liver and spleen ailments such as jaundice and gastritis. Parsley has also been used as a digestive aid that helps in expelling gallstones, promoting urination and is a natural diuretic. The highly nutritious fresh leaves are considered to be a mineral and vitamin supplement in themselves and helps to flush out waste products from inflamed joints.

Where can I find it?

Parsley can be supplemented into your diet as a tea or in tablet form.

What are the side effects?

If taken in inappropriate amounts, parsley, especially the oil, may be dangerous. Dizziness, nausea, vomiting, urticaria, swollen liver, and mild icterus were reported in such cases. Parsley seeds should not be taken by pregnant women or by those suffering from kidney disease.

SAW PALMETTO BERRY

What is it?

Also known as sabal plant, Saw Palmetto is known to have a variety of uses in treating virtually all diseases of the reproductive system and is an important homeopathic herbal medicine.

What will it do for me?

Saw Palmetto berry functions as a nutritive tonic that increases the size and secreting ability of the mammary glands as well as decreases irritability of the ovaries and uterus. It also helps to build new tissue and to restore function. It is also thought to treat chronic cystitis, urethritis, and other inflammations of the male genitourinary tracts and reduces the amount of accumulated fluids in the body because of heart, kidney, or liver disease.

Where can I get it?

In order for Saw Palmetto to have any effect, preparations must contain the fat soluble components. Internally, it should be taken at dosages not to exceed 1 to 2 grams of Saw Palmetto Berry.

What are the side effects?

Saw Palmetto should not be taken if pregnant or nursing, and should not be given to infants or children under two years of age. Taken in a consistent manner with manufacturer's recommendations Saw Palmetto is relatively safe. Possible side effects include Diarrhea, nausea and vomiting.

BEE POLLEN

What is it?

Bee pollen is a food that was made by bees long before human were on the earth. This food, in the form of pollen as well as honey, can provide the complete nourishment that is required to sustain life.

What will it do for me?

Considered a potent healer, Bee pollen is a source of regenerative power that contains a variety of vitamins including Pro-vitamin A, B-1, Thiamin, Riboflavin, B-3 Niaci, B-6 Pyridoxine, Panthothenic acid, Biotin, B-12, Folic acid, Vitamin C, Vitamin D, Vitamin E, Vitamin K and Rutin and minerals including Calcium, Phosphorus, Sulfur, Sodium, Chlorine, Magnesium, Iron, Manganese, Copper, Iodine, Zinc, Silicon, Molybdenum, Boron, and Titanium.

Where can I get it?

Bee pollen is available as an injection as well as in capsules and no "safe" dosage has been determined.

What are the side effects?

Do not take bee pollen if you are pregnant or nursing. Infants and children under two years of age should not be treated with any supplements. Bee pollen may cause allergic reactions in those sensitive to pollens or to bee stings. Mild allergic reactions include itching, pain at injection site and swelling within 24-48 hours. Severe anaphylaxis shock may follow injections with symptoms that include severe and immediate itching, paleness, low blood pressure, loss of consciousness, coma and death.

CITRUS BIOFLAVONOIDS

What are they?

Flavonoids are plant pigments, responsible for the colors of many fruits and flowers, that have come to be considered helpful in the treatment and prevention of many health conditions. Much of the medicinal actions of foods, juices, herbs and bee pollen are directly related to their flavonoid content. There are over 4,000 flavonoid compounds, one of which are citrus bioflavonoids.

What will they do for me?

Clinical research has shown citrus bioflavonoids to be helpful in treating capillary permeability, easy bruising, hemorrhoids and varicose veins.

In general, flavonoids have been called "nature's biological response modifiers" because they can modify bodily reactions to allergens, viruses, carcinogens and other compounds, and they hold strong anti-inflammatory, anti-allergic, antiviral and anticarcinogenic properties.

Where can I get them?

Citrus Bioflavonoids are available most widely as mixed preparations that tend to be the least expensive and least active source of flavonoids. Preparations include rutin, hesperidin, quercitrin and naringin, but those containing pure rutin and hesperidin are most effective.

Daily dosage levels should range from 2,000-6,000 milligrams.

What are the side effects?

Citrus Bioflavonoids seem to be extremely safe and without side effects, even during pregnancy. However, if citrus bioflavonoids contain naringin, the flavonoid in grapefruit juice, they may interact with drugs such as nifedipine, felodipine, verapamil, and terfenadine, and may inhibit the breakdown of various drugs including caffeine, coumarin and estrogens.

VANADIUM

What is it?

Vanadium is an essential nutrient in human nutrition that exists in five different forms. Vanadyl sulfate is the most commonly used form of vanadium in nutritional supplementation. While its role in human nutrition has yet to be determined, research has shown that it may function in hormone, cholesterol and blood sugar metabolism.

What will it do for me?

Most research has shown that vanadium has a role in improving or mimicking insulin action and leads to improved glucose tolerance, inhibition of cholesterol synthesis and improves mineralization of bones and teeth. Vanadyl sulfate is popular with diabetics and bodybuilders because of its possible effects on insulin action. Animal studies have shown that vanadyl can improve oral glucose tolerance as well as playing roles in glucose metabolism.

Where can I get it?

Food sources of vanadium include black pepper, dill, parsley, mushrooms and shellfish, however, most vanadium that is ingested does not get absorbed. And while the total human body content of Vanadium is about 100 micrograms, it is not concentrated in any extent in a particular organ or tissue. Other food sources include buckwheat, soybeans, sunflower seeds and oil, oats, corn, apples, green beans, tomatoes, whole wheat and onions.

A safe and sufficient dosage of vanadium would be 50-100 micrograms per day but may prove to be toxic at levels promoted by manufactures of vanadyl sulfate used for body building.

What are the side effects?

In animal studies, vanadium has been shown to elevate blood pressure, reduce coenzyme A and Q10, stimulate monoamine oxidase inhibitors and interfere with cellular energy production. Excessive amounts of vanadium have also been linked to manic depression. Vanadium will interact with Lithium and reduce the inhibition of the sodium-potassium pump.

CANDIDA

What is it?

Candida albicans and other candida are a certain strain of yeast that are present within the human body soon after birth and that live in our digestive system including mouth, throat, intestines and genitourinary tract.

Why is it important?

Without candida albicans in our system, we would be defenseless against many pathogenic bacteria since one of its main functions is to recognize and destroy harmful bacteria. A healthy person can have millions of candida albicans in their system, a functioning immune system is an active player in maintaining and controlling the numbers of candida albicans as well as other "friendly" bacteria. If, however, the number of "friendly" bacteria in our system is low and outnumbered by the candida bacteria, the immune system weakens or environments are created in which the candida can proliferate. When this happens, the Candida can change from its yeast form to its fungal form which is when many of the side effects of chronic Candida infection can occur.

This transformation can be caused by a variety of things such as overprescription or misuse of antibiotics and steroids and high levels of dietary sugar and other simple carbohydrates and low fibre consumption creates an ideal setting for candida proliferation.

What will it do for me?

Antifungal drugs and anti-Candida dietary supplements such as Caprylic Acid, garlic are commonly used to treat flare ups. Also, since the conversion to the fungal form of Candida is partially dependent on a biotin deficiency, adding biotin to the body can prevent this transformation. Use of candida extract dilutions in homeopathic therapy have been shown to assist in treatment against candida albicans.

SPLEEN EXTRACTS

What is it?

The largest mass of lymphatic tissue in the body, the spleen functions to produce white blood cells, engulf and destroy bacteria and cellular debris, destroy worn-out blood cells and platelets and acts as a blood reservoir, releasing its stored blood in times of need to prevent shock. It is vital in the functioning of the reticuloendothelial system (RES), the portion of the immune system that filters blood and sends signals to other components of the system.

What will it do for me?

Extracts of bovine spleen have shown to increase white blood cell counts in conditions of extreme deficiency as well as help in the treatment of infectious conditions such as cancer and promote immune system responses. It also is helpful in treating bacterial infections as well as helping people who have had their spleen removed to maintain healthy levels of tuftsin and RES activity.

What are the side effects?

There are no side effects or adverse reactions that have been reported with the use of oral spleen supplements. Daily doses should equal roughly 1.5 grams of total spleen peptides.

CAPRIC ACID

What is it?

Caprylic acid is an antifungal medication that was approved by the FDA as a non-prescription, food substance, over the counter drug. It has, however been listed by the FDA as an unsafe food additive and is disallowed in any form other than in the over the counter drugs or by prescription.

What will it do for me?

Caprylic acid has shown to completely clear candida from stool during treatment as well as to cause a remission of symptoms of candida-related health problems.

What are the side effects?

Taken as recommended, caprylic acid appears to be safe with no serious side effects. However, some patients have experienced digestive problems such as heartburn, bloating and a soapy aftertaste all of which are usually avoidable by taking it after meals. High doses taken over long periods have time have been shown to cause liver problems.

UNDECYLYNIC ACID

What is it?

Undecylenic acid is an organic fatty acid with anti-fungal property, usually produced commercially by the distillation of castor bean oil.

What will it do for me?

Undecylenic acid is commonly used as a topical antifungal and has been used orally to help treat psoriasis, neurodermatitis and intestinal candidiasis and has been shown to be six times more effective than caprylic acid.

What are the side effects?

Possible side effects include infrequent itching, redness, swelling of treated area, however there are no listed interactions or warnings. Use should be discontinued in the case of rash. Affected area should be cleaned before applying and contact with eyes should be avoided.

BLACK COHOSH

What is it and what will it do for me?

Black Cohosh soothes irritation and congestion of the uterus, cervix and vagina, raises blood pressure, helps in the treatment of uterine disorders and promotes healthy menstrual activity. It also relieves pain and distress during pregnancy and stimulates uterine contractions during labor. It is also known to treat diarrhea, arthritis and coughs, and is thought to be an antidote to rattlesnake poison.

What are the side effects?

Women who are pregnant or nursing should not take Black Cohosh. Infants and children under the age of two should not use supplements. If symptoms persist for more than two weeks discontinue use and see a doctor. Rated as slightly dangerous, particularly in children, persons over 55 and those who take larger than appropriate quantities for extended periods of time. Possible side effects include gastroenteritis (stomach pain, nausea, diarrhea) and vomiting.

ANTHONY ROBBINS LIFE MASTERY

(notes)

"When we try to pick out anything by itself, we find it hitched to everything else in the universe."

—John Muir

ANTHONY ROBBINS LIFE MASTERY

(notes)

"No person was ever honored for what he received. Honor has been the reward for what he gave."

—Calvin Coolidge

ANTHONY ROBBINS LIFE MASTERY

D.A.W.W.

Decisions/Actions	By When	Leverage/ Why	Resources

ANTHONY ROBBINS LIFE MASTERY

D.A.W.W.

Decisions/Actions

By When

**Leverage/
Why**

Resources

*Who Do You Know in
This Life That You Want to Save?*

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Phone Number: _____
Address: _____

Email: _____

Name: _____
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