

*E-Book*

# How Do I Heal?

In our Western Medicine Society treatment primarily consists of harmful prescription drugs and surgical procedures. This is an inverse practice. Primarily, medicine in fact, actually consists of what I refer to as the **Four Prolific Pillars: Restorative foods, Mindfulness, Movement, and Balance**. Anything else, including prescribed drugs and surgery is secondary.

I used these Four Prolific Pillars to heal from my own autoimmune condition. They are ageless because they have been emphasized in every ancient culture. These Four Pillars that are behind healing have always been the same.

I made a decision not to take the offering from my Western Medicine Practitioner, which was to utilize harmful prescription drugs to treat symptoms with no hope for healing. After many years spent in my nursing practice, I witnessed the harmful side effects of these drugs but never witnessed true healing. I was blessed to find the Medical Medium Information and so grateful to be a part of this growing medical community of 10's of 1000's of people healing from autoimmune symptoms and conditions using MM information.

## AUTOIMMUNE CONFUSION:

The cause of autoimmune disorder and disease is not the body's immune system attacking its own organs and glands. This is a theory that gained popularity in the 1950's and unfortunately still persists today. The body does not attack itself, the body's immune system attacks pathogens. (The scientific tests to fully detect these pathogens that are causing inflammation simply haven't been invented yet.)

A more fitting term for symptoms and conditions that are labeled "autoimmune" would be viral-immune, because the immune system is going after pathogen invaders. Any autoantibody activity detected in tests is because those antibodies are going after a virus (or other pathogen), not your own body.

## CAUSE OF AUTOIMMUNE DISORDER AND DISEASE:

Medical research and science aren't aware that health problems that are labeled "autoimmune" are, in truth, viral infections. Viruses that cause autoimmune conditions can be one or more of the over 60 varieties of Epstein-Bar virus, over 30 varieties of shingles virus,

many varieties of HHV-6, and HHV-7, varieties of the undiscovered HHV-10 through, HHV-16, multiple varieties of herpes simplex 1 and herpes simplex 2, and many more.

Oftentimes, these illnesses are due to viral activity in combination with toxic heavy metals such as mercury, aluminum, and copper and chemical toxins such as air fresheners, scented candles, colognes, perfumes, fabric softeners, and laundry detergents. These viruses also feed on foods such as eggs, dairy products, and gluten, which can worsen a person's condition.

“ If you are struggling with your health in any way, the game has to change. Eating restorative foods—and eliminating foods that feed problems—is the most critical aspect of healing any illness or health condition” –Anthony William, Medical Medium

### **Prolific Pilliar (1.) Restorative foods**

Many books and experts on nutrition offer conflicting advice. Science and research is constantly changing their dietary recommendations. Medical Medium information has remained consistent from the beginning, spanning over 35 years in existence. Viruses need food to survive while living inside our bodies; all microorganisms need to eat in order to live. There are certain foods that viruses love to eat which allow them to proliferate and strengthen and consequently weaken your health. This is a truth not yet known to medical research and science.

So the first step to protect yourself is to stop eating the foods that viruses love to eat. The sooner you stop eating these foods, the sooner viruses already inside your body will weaken—and almost all of us have viruses living inside our bodies. Removing the critical “**foods to avoid**” listed below from your diet will allow your immune system to strengthen so that if you are exposed to a “new virus” in the flu family or another virus, you will be in a better situation to fight it off preemptively.

If the trouble maker foods are in your diet, it becomes very difficult to combat viruses. If you don't want to remove all these foods at once you can still start protecting yourself more by removing one or two at a time and continuing to remove the rest as you're able or if you become sick.

It is important to lower the fat consumption in your diet. By removing the trouble maker foods eggs, and dairy from your diet, you will have already begun lowering your fats. Now you can take a step further by reducing other sources of fat such as peanut butter and other nut butters, oils of any kind, soy, chicken, pork, and other foods that are either naturally high in fat or that have fat added to them.

When your blood is constantly filling up with fat from the foods you eat, it lowers oxygen levels in your bloodstream. Oxygen is needed in the blood to help reduce viral proliferation. Oxygen is antiviral in nature. This does not mean you have to eliminate all fats from your diet, but it is best to minimize them, if possible.

It is important to choose the healthiest fats you can, which are avocado, coconut, nuts and seeds, and to reduce the amount of them you eat so you protect your health.

### **The basic restorative foods:**

These are some of the most critical foods for healing Autoimmune Disorder and Disease; Heavy Metal Detox Smoothie, Spinach Soup, Potatoes, Celery Juice, Bananas, Asparagus, Leafy Greens Such as spinach, kale, romaine, green leaf lettuce, mache, butter lettuce, arugula.

### **Foods to Avoid:**

-Eggs, Dairy, Corn, Soy, Pork, Canola Oil

*To read in-depth explanations on exactly why each of these foods are problematic and why it's important to avoid them not only for virus protection and immune system strengthening, but also to help you heal from any chronic health condition or symptom, I recommend you read Medical Medium's "**Cleanse to Heal**" by Anthony William.*

### **Prolific Pillar (2.) Mindfulness**

What does it mean to connect to yourself?

Mindfulness is about bringing your full attention to the moment. Furthermore it means that you don't judge the moment, In contrast you simply observe things exactly as they are.

Mindfulness is a means of connecting to yourself.

Being mindful means focusing on the present and cultivating curiosity towards your thoughts, emotions, and physical sensations.

The 3 A's of mindfulness are **Awareness, Acceptance, and Attunement.**

Mindfulness is a type of meditation that involves being aware of and accepting your current thoughts, feelings, and bodily sensations without judgement.

### **Mindfulness Practices**

1. Walking meditation - combines physical activity with mindfulness to help relax your mind and stretch your body.
2. Mindful Breathing - Simple breathing exercises can help you focus on your breath and reduce stress.
3. Body Scan - A meditation practice that involves scanning your body for pain, tension, or anything out of the ordinary.
4. Mindful Eating - Eating mindfully involves eating and being aware of what you are eating

and not being distracted by other things.

5. Feeling Gratitude - Being aware of things that have gone well can help you avoid adopting overly negative ways of thinking.
6. Mindfulness Meditation - Involves breathing methods, guided imagery, and other practices to relax your body and mind.

### **Prolific Pillar #3 - Movement**

All movement counts. Your mind and body are intimately connected. And while your brain is the master control system for your body's movement, the way you move can also affect the way you think and feel. A good rule of thumb is to stay as active as you can within the limitations of your condition. If you can exercise several times a week, great. If not, simply move the body and its joints through their range of motion. Regular exercise such as cycling or gym-based aerobics, resistance, flexibility, and balance exercises can help with chronic pain as well as reduce depressive symptoms.

Meditative movement has been shown to alleviate depressive symptoms, as well. This is a type of movement in which you pay close attention to your bodily sensations, position in space, and gut feelings (such as subtle changes in heart rate or breathing) as you move. Tai-chi and some forms of Yoga are helpful for this. Changing your posture, breathing, and rhythm can all change your brain, therefore reducing stress, depression, and anxiety, leading to a feeling of well-being.

Both physical exercise and meditative movement are activities that you can do by yourself. On their own, they can improve the way you feel.

When you are too exhausted to use thought control strategies such as focusing on the positive, or looking at the situation from another angle, movement can come to the rescue. By working out, going on a meditative walk by yourself, or going for a synchronized walk with someone, (including your pet) you may gain access to a "back door" to mental changes without having to "psych yourself" into feeling better.

*"Yoga takes you into the present moment, the only place where life exists. –Patanjali*

### **Prolific Pillar #4 - Balance**

When the body is imbalanced, it won't be able to heal itself as it should. The human body has a truly incredible innate ability to bounce back and heal itself from all kinds of stress, trauma, sickness, and disease. When we give our bodies the environment it needs, we can begin to heal.

Balancing energetic imbalances, allows the body to heal faster and more efficiently.

When the autonomic nervous system is out of balance, it can lead to a variety of negative health outcomes. It is necessary to maintain a balance between the sympathetic and the parasympathetic nervous systems in order to achieve and maintain optimal health.

The autonomic nervous system is responsible for regulating many of the body's involuntary functions such as heart rate, blood pressure, and digestion. It also plays a role in emotional self-control and is responsible for the "fight-or-flight" response that is triggered in times of stress. Because of this, the autonomic nervous system can become easily overloaded, resulting in a variety of symptoms.

The basic first step to improve the function of the autonomic nervous system is to manage the body through getting adequate sleep. Other major factors include intentional nutrition, adequate physical activity, developing and maintaining satisfying social connections, and of course managing stress. Creating a balanced nervous system requires learning to relax your body and develop a sensitive awareness of tension as the body is experiencing it. Then developing skills to relax the body in situations where there is increased muscle tension.

*"Make it simple for yourself by calming your mind from anger, understanding what makes you sad, and replicating the experiences that make you happy".--Wim Hof.*

*"Healing is one of the greatest freedoms God offers us. Healing is the law of the universe, the light, or whatever you choose to call the higher source—not the law of humans—and so it grants true justice. Untethered by statute, healing from mystery illness can exceed imagination."*  
—Anthony William, Medical Medium