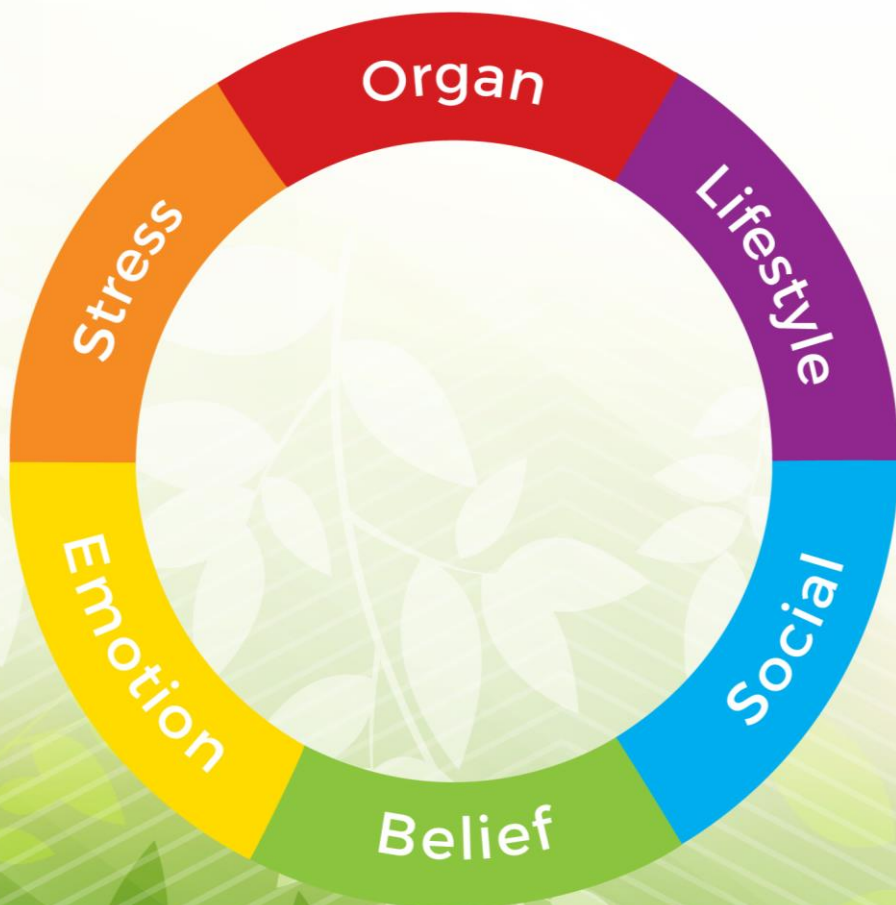


Lifestyle Prescriptions | Self-Healing Made Easy

THE 6 ROOT-CAUSE(S) OF ALL SYMPTOMS

Fear No More. Know WHY You Have Symptoms.



Johannes R. Fisslinger

Founder Lifestyle Prescriptions University

Fear No More. Know WHY you have symptoms and unlock your body's natural healing intelligence using the precision of Lifestyle Prescriptions® and the Art and Science of Self Healing.

We've all been fearful or confused about what's really causing our symptoms. We worry and want to know WHY we have chronic illnesses, such as back pain, eczema, acne, diabetes, asthma, high blood pressure or cancer.

Is it the food we eat, lack of exercise, viruses or bacteria? Is it our genes? Or could our unresolved emotional hurts, limiting beliefs or stressful life situations be at fault?

Johannes R. Fisslinger, Founder of the Lifestyle Prescriptions University, will introduce you to a revolutionary new health paradigm based on the Art and Science of Self-Healing.

He'll help you unlock your body's natural healing intelligence by becoming aware of your 6 root-cause(s) and how specific stressors, emotions, beliefs and lifestyle habits trigger your symptoms.



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Lifestyle Prescriptions® | Self-Healing Made Easy

The 6 Root-Cause(s) Of All Symptoms

Fear no more. Know WHY you have symptoms.

Written by Johannes R. Fisslinger
Founder Lifestyle Prescriptions University

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For Self-Healing

Use Lifestyle Prescriptions® and the Art and Science of Self-Healing to discover which specific root-cause(s) are affecting your symptom and let our certified Lifestyle Prescriptions® Health Coaches help you heal and thrive. Watch a FREE webinar and get a Complimentary Lifestyle Prescriptions® Consultation at LifestylePrescriptions.TV/heal.

For Health Professionals

Join our network of health professionals using Lifestyle Prescriptions® Root-Cause Analysis and Self-Healing Protocols with your clients.

Watch FREE WEBINARS and download your FREE STARTER KIT at LifestylePrescriptions.TV.

I dedicate this book to my wonderful wife Yuan, my beautiful children Victoria and Alessandro and our amazing Lifestyle Prescriptions® Health Coaches and Specialists helping their clients heal and thrive.

A Special Thank You to Emma, Avnita, Cindy, Jo, Denver, Gita, Yasmine, Dr. Awesome, Dr. Hanan, Annie, Dr. Anton, Christa, Cody, Mhelizza, Kelly and our Lifestyle Prescriptions University team.

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Disclaimer

This book does not diagnose or suggest any specific type of treatment; it does not even prefer a specific modality or methods because the reality is that every person and situation is different. Therefore, always consult your doctor or licensed health professional for any diagnosis or treatment.

Lifestyle Prescriptions® Providers, Health Coaches or Specialists will NOT diagnose, cure, treat or provide unsubstantiated claims.

The concept of Self-Healing assumes that we take responsibility for the process of auto-regulation and health professionals assist, coach and guide us.

Lifestyle Prescriptions® certified doctors, naturopaths, psychologists, nurses, physical therapists or health coaches focus on educating and empowering you to make conscious decisions and take specific actions towards the path of health, vitality, awareness, and longevity.

Introduction

Over the last 30 years I've seen miracles of self-healing happen again and again.

In my early 20's I had chronic conjunctivitis. The symptoms fluctuated from pale, dry skin around the eyes to highly painful, inflamed, red and itchy conjunctiva skin. These symptoms did not disappear even after trying every traditional and complementary treatment under the sun. But suddenly I noticed my conjunctiva were normal and the inflammation had gone.

A girlfriend of mine many years ago had cysts in her right breast. She told me that it's really strange that every time she starts a new relationship these cysts seem to appear and after 4-6 months they become smaller and then are not noticeable anymore. I wondered why? What do growing cysts in her breast have to do with relationships?

Years later I had severe back pain – reappearing with force every few weeks or months. It was so bad that I felt I might end up in a wheelchair. I was afraid that I would not be able to play tennis anymore, or kite surf or enjoy time with my children.

And then, after five years of agony, the pain was suddenly gone. I knew something was different but

could not pinpoint the exact reason why my body had healed itself.

A few years ago I felt fatigued, had low energy and felt a pressure around the heart area. My doctor told me that it might be my heart muscle (myocardium). During that time I was extremely stressed and felt tremendous financial and business pressure but did not understand the exact connection to my heart muscle.

Again to my surprise a few months later I felt better and the chest and heart symptoms totally disappeared.

My mom was due to get an urgent hysterectomy operation of the uterus and surrounding organs because of excessive and heavy menstrual bleeding as suggested by the hospital. We decided to wait for a few weeks and try less invasive modalities first and within four weeks the bleeding stopped and she no longer had symptoms.

I've seen hundreds of family members, friends and clients heal pain, indigestion, asthma, arthritis, depression, migraine, heart disease, diabetes and cancer in a way that made me wonder:

- How does this really work?
- Why do some people heal while others don't?

I used to have mixed feelings when someone talked about our body's ability to heal itself.

I used to believe these self-healing stories were random.

I used to believe that there's no real science or art to the process of self-healing.

How wrong I was ...

That's why my life's passion is to study and teach Lifestyle Prescriptions® and the Art and Science of Self-Healing.

Be Well.

Johannes

The Evolution of Health Care

Welcome to a revolutionary new healing paradigm.

The last century was all about disease management. The understanding was that the body was mechanical and the role of the doctor was to fix whatever seemed to be broken.

We developed amazing technologies, diagnostic methods and procedures and made huge strides in managing symptoms and helping with emergencies.

The 21st century will be about self-healing and the process of auto-regulation as we move from the mechanical viewpoint to the quantum-energetic perspective.

In this new healthcare paradigm, we'll perceive ourselves as complex yet highly intelligent beings living in a physical body, feeling emotions and thinking conscious and unconscious thoughts.

We will develop certain lifestyle habits that become embedded in a complex network of relationships, social interactions and an environment we often take for granted.

At some point, we will become aware that we are Body-Mind-Social beings and that our body has an

astounding ability to regulate its functions and adjust to stressful life situations.

The moment we understand that we can be the masters of our destiny is when we will begin to heal ourselves. The purpose of this book is to provide a roadmap for you to help realize this goal.

Self-Healing is one of the primary forces of nature

The Art and Science of Self-Healing is the foundation for a revolutionary new health paradigm that involves early detection, prevention, lifestyle and habit adjustments and of course also understands the importance of symptom treatments and emergency medicine.

Health professionals are starting to realize that our body is reacting to internal and external stimuli and the symptoms we experience are a result.

We're also starting to realize that every organ tissue in our body seems to be associated with specific stress triggers, emotions, beliefs and lifestyle habits and that every organ tissue progresses through very specific points and phases of self-healing.

Becoming aware of our body's self-healing intelligence based on the Body-Mind-Social Connection is leading to revolutionary discoveries and the development of tools that show us

- WHY? – Why do I have these symptoms?

- WHAT? – What's the biological function and process?
- HOW? – How do organ tissues heal? What's the timeline?

Lifestyle Prescriptions® are based on this Art and Science of Self-Healing and will allow you to find the 6 Root-Cause(s) affecting your symptoms and how to use proven Lifestyle Prescriptions® Self-Healing Protocols to help yourself and your clients heal and thrive.

A New Health Paradigm

There are two fundamentally different ways of looking at disease and health.

Over the last few decades, health professionals have been focused almost exclusively on symptom removal. We've managed diseases and treated symptoms as best as we could.

Even though we will usher in new innovative technological advances in symptom treatments, medications and modalities in the next few decades, there is a consensus that disease management will not solve our current chronic health epidemic.

Prevention and living a healthy lifestyle will.

Even more important is the need to develop an Art and Science of Self-Healing that incorporates our full being including emotions, thoughts, desires, perceptions and our connection to our surroundings.

That is where focusing on the root cause(s) and improving our lifestyle habits plays a major role.

Our hope is that health professionals will begin to integrate root-cause based and self-healing focused modalities such as Lifestyle Prescriptions® into their practices. This will provide them with valuable tools to help their patients heal and a sense of great personal satisfaction as they watch their clients thrive.

There is a huge difference in terms of professional satisfaction between merely helping patients survive with fewer symptoms and empowering and inspiring them to live happier, healthier and longer lives.

This would require insurance and reimbursement policies to change, allowing GPs to spend more than three to five minutes per client and changing the focus from mostly writing Rx prescriptions and referring clients to a specialist for diagnostics, to focusing on preventive and root-cause based interventions.

Our chronic health epidemic will only be solved with this new integrative approach.

Unless health care and current reimbursement practices change drastically, the only other solution is to integrate highly qualified health coaches into every practice, clinic or health center. They will guide patients on their journey to resolve chronic health issues by making targeted and comprehensive lifestyle modifications. This personalized health care approach is vital, as the one size fits all approach of the present system is failing patients.

The solutions seem clear.

It's up to every one of us to demand that change.


Therefore ask your health care provider about Lifestyle Medicine and Lifestyle Prescriptions®.

Ask for the guidance and support of a health coach.

What are Lifestyle Prescriptions®?

Doctors, naturopaths and licensed health professionals can now offer Lifestyle Prescriptions® to help you identify specific unhealthy lifestyle choices and provide step-by-step and targeted guidance for optimal organ, emotional, mental and spiritual well-being.

If this sounds too technical here is the easy explanation.



Your Personal
Lifestyle Prescription®

Client's Name: _____ Date: _____

Provided by: _____

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Instead of writing only medical Rx prescriptions, many health professionals are now providing options for their clients that include lifestyle prescriptions based on behavior, lifestyle and habit improvements.

Lifestyle Prescriptions® take advantage of the latest research in Lifestyle Medicine which shows that heart disease, diabetes, obesity, cancer and many other chronic health issues can be prevented, stopped and reversed by comprehensive lifestyle modifications that include:

- Improving our diet
- Healthy exercise
- Stress management
- Social support

A big challenge in our current health care system is that the majority of healthcare professionals have minimal training in lifestyle medicine and self-healing mechanisms. At the same time, patients have a hard time knowing what to do and how to establish these new healthy lifestyle habits.

As you might know, creating lifestyle changes and establishing new habits can be very difficult even though we know they are needed.

Unless we have access to a well-trained health professional guiding us, this process can be confusing and frustrating.

- Too many options?
- Which diet to follow?
- Too many contradicting facts (or false information)
- And everyone seems to be trying to sell us something!

This is why having a guide and a specific personal plan are essential.

One of the main benefits of the Lifestyle Prescriptions® approach is that it uses the body's innate healing intelligence and the universal Art and Science of Self-Healing.

This feature allows health professionals and patients to speak the same language, take responsibility and follow a specific plan of action.

The overall benefit is that this approach increases compliance and encourages the use of the Lifestyle Prescriptions® Protocols.

However there's more.

Lifestyle Prescriptions® Root-Causes

The biggest problem professionals and clients face is that knowing the specific cause of a symptom can be difficult especially from a holistic mind-body perspective.

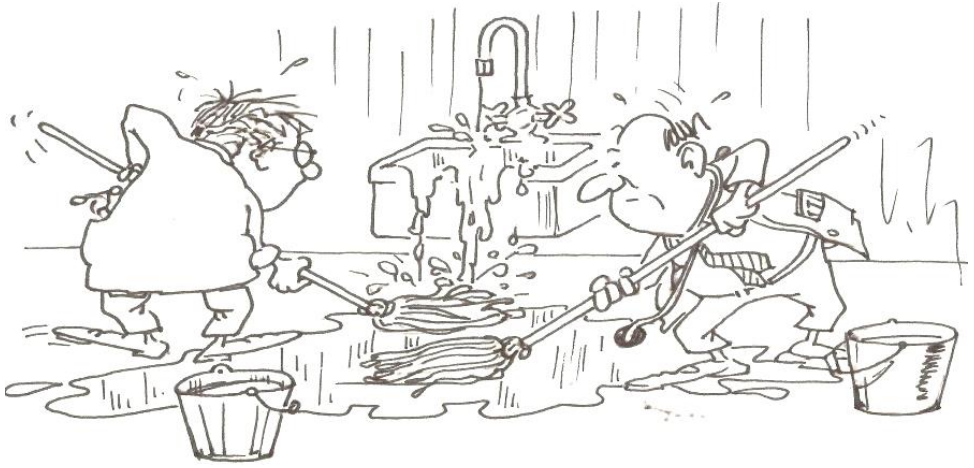
If we don't know what is triggering and re-triggering a chronic disease, then we're in trouble, and our only solution is to treat the symptoms as we currently do using traditional, complementary or alternative modalities.

A beautiful metaphor (introduced to me by Dr. Dean Ornish) can highlight the basic principles of the 6 Root-Cause(s).



What we're currently doing is mopping up the floor again and again because that is what we've done for a long time. Then we wonder why there is excessive water on the floor (symptoms).

The symptoms seem to come back again and again, and we can't figure out what's causing the overflow and the chronic symptoms. We never seem to look for what is causing this mess.



Once we look beyond the symptom, we realize all we need to do is...

Turn OFF the faucet.

This is the difference between just managing symptoms and actually finding the root cause.

When we find the root-cause of the problem, we learn what's causing or triggering the overflow and, once turned off, the symptoms disappear and the system auto-regulates.

Naturally, our bodies and the self-healing mechanisms are extremely complex, and that is why we need to understand the Art and Science of Self-Healing and how all 6 Root-Cause(s) affect our body and mind.

WHY?

Symptoms can be frustrating, fearful and confusing.

What is causing that shoulder pain, eczema, inflammation, digestion problems, high blood pressure, cyst or tumor?

It is the not knowing WHY that upsets us.

When I had major back pain and conjunctivitis many years ago, I tortured my mind trying to figure out why this was happening.

- What caused me to feel sick?
- Why is this happening to me?
- Is something broken inside of me?
- Am I getting old? (I was 20 when I had severe conjunctivitis and only 42 when I had such horrible back issues that I began thinking about how life in a wheelchair would be.)

We know a great deal about biochemistry and the mechanical processes of our organs and cells. While medical science has mastered the art of diagnosing health problems, it has largely failed in learning WHY.

Knowing the WHY and the root-causes is best understood if we go beyond biochemistry and our physical body and look at the Body-Mind-Social Connection.

Evolving our Health Beliefs

We do need a sense of openness and willingness to look beyond our current perspective because how we interpret our symptoms and which actions we take depends largely on our beliefs about health and disease.

Some examples of beliefs we might have:

- Cancer or any other major disease is a punishment from God.
- Our body is similar to a car that needs repairs or new parts.
- Our genes determine our destiny and the diseases we get.

Our beliefs will certainly dictate how we react. We'll choose a path and medical or therapeutic interventions and treatments that are in line with our beliefs.

- If we believe the flu virus is causing the flu symptoms, then it makes sense to kill the virus.
- Yet if we consider viruses to be part of a complex process of self-healing that is essential for healing to happen, then we might take a completely different approach and focus on building a strong and vital immune system.

The WHY and our health beliefs matter.

Knowing the Art and Science of Self-Healing and our root-causes matters because this will help to update our health beliefs and create empowering new beliefs that will allow us to take conscious actions and focus on health and life enhancing, self-healing strategies.

The Art and Science of Self-Healing

Lifestyle Medicine Research

Dean Ornish MD, Mimi Guarneri MD, Elizabeth Blackburn MD and many others have shown that comprehensive lifestyle modifications can stop and reverse up to 80% of chronic symptoms. Research has focused on:

- Weight Loss/Obesity
- Gene Expression
- Cholesterol
- Prostate Cancer
- Blood Pressure
- Heart Disease
- Depression
- Diabetes and Pre-Diabetes
- Telomerase and Telomeres
- Outcomes, Cost-Saving

In his ground-breaking research, Dr. Dean Ornish proved that stress management, nutrition, fitness, love and social support can “undo” (reverse) heart disease by dealing with the root causes and not just its effects. The combined effect of all four lifestyle elements makes the transformative difference.ⁱ

Dr. David Katz, founding director of Yale University's Yale-Griffin Prevention Research Center, is famous for his powerful assessment:

"Lifestyle as medicine has the potential to prevent up to 80% of chronic disease; no other medicine can match that. In addition, it is potentially inexpensive and even cost-saving; free of all but good side effects; safe and appropriate for children and octogenarians alike. It is, quite simply, the best medicine we've got."ⁱⁱ

Dawson Church PhD, one of the leading researchers in the new field of Energy Psychology, says: "We could demonstrate in our studies that unresolved emotions and traumatic life events have a powerful effect on our physical health and by releasing them the body is able to re-balance."

According to Dr. Bruce Lipton's research, gene activity can change on a daily basis. He has found that the perception in your mind is reflected in the chemistry of your body. Your nervous system reads and interprets the environment and then controls the blood's chemistry. You can literally change the fate of your cells by altering your thoughts.

Dr. Lipton showed that our beliefs control our bodies, our minds, and thus our lives. At the same time human beings are not meant to live alone. *"There is a fundamental biological imperative that propels you*

and every organism on this planet to be in a community, to be in relationship with other organisms.”ⁱⁱⁱ

Matthew Lieberman Ph.D. at the UCAL Department of Psychology could demonstrate using Neuroimaging (fMRI) that our brains are wired to connect socially similar to our lifelong needs like food and warmth."

The science is there.

Lifestyle Medicine is going to play a major role in the future of health care.

But is there a more specific connection between our perceived stress, unresolved emotions, limiting beliefs, our relationships and social connections and the love we experience in our life?

Is there an Art and Science to the natural self-healing and auto-regulation process?

Yes, there is.

We used to study biology, anatomy and disease management. Now, we'll be deepening our research to study and apply this new emerging science of self-healing.

It just doesn't make sense to work against our body's natural auto-regulation.

Instead we need to find powerful new ways to remove blockages, increase vitality, help clients improve their lifestyle habits and consequently improve body-mind health.

Debunking Self-Healing Myths

Let me also address several common myths or beliefs about self-healing that we need to completely reframe.

I've heard many times that self-healing means doing nothing. We just let nature take its course.

That belief is totally wrong.

It's actually the opposite.

Self-Healing means that there's a natural tendency of our organism to auto-regulate and move towards balance. Our job is to take conscious actions, to take the necessary steps to:

- Remove whatever is blocking the self-healing process
- Strengthen our body's vitality, health and well-being

I'll explain more once we talk about the 6-root-cause(s) but the reality is that if doing nothing would allow us to be well then we all would be in perfect health, right?

Our biggest obstacles are usually procrastination.

We hope things get better. We wait for a better time or a miracle to happen. We experiment and try this and that without being fully aware of what's really causing our symptoms or what's blocking the auto-regulation process.

Another major myth is the belief that Self-Healing is automatically against specific forms of treatment like traditional medicine and that self-healing is only for alternative modalities.

Absolutely wrong!

The Art and Science of Self-Healing is about biology, physiology, the Body-Mind-Social Connection. It's about how 6 specific root-causes influence or trigger specific symptoms and that the organ tissues naturally go through specific points and phases of self-healing.

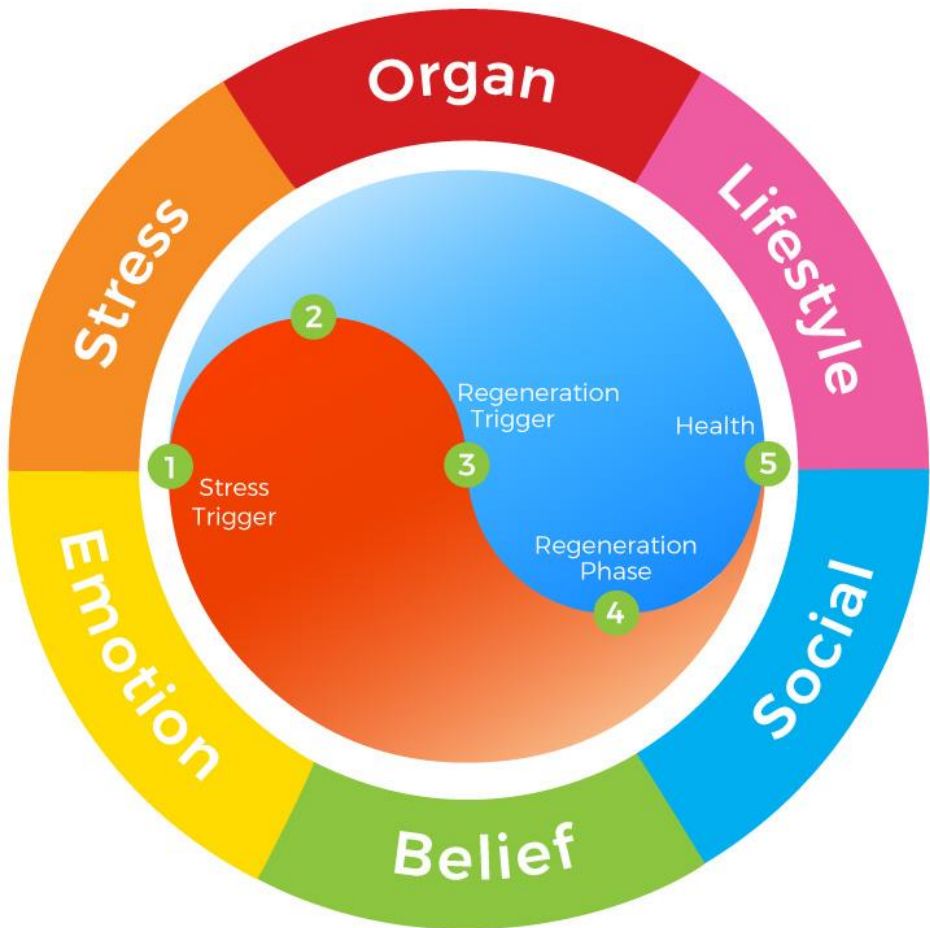
The Art and Science of Self-Healing is relevant no matter what our field of practice or what methods and modalities we use.

It's 100% medicine or therapy independent.

It's the foundation for a new health care paradigm.

The Lifestyle Prescriptions[®] Wheel

Our Lifestyle Prescription[®] Health Coaches and Specialist use the “root-cause(s) wheel” as an anchor and a way to make it very clear that there are 6 Root-Cause(s) and 5 Major Points and Phases of Self-Healing.

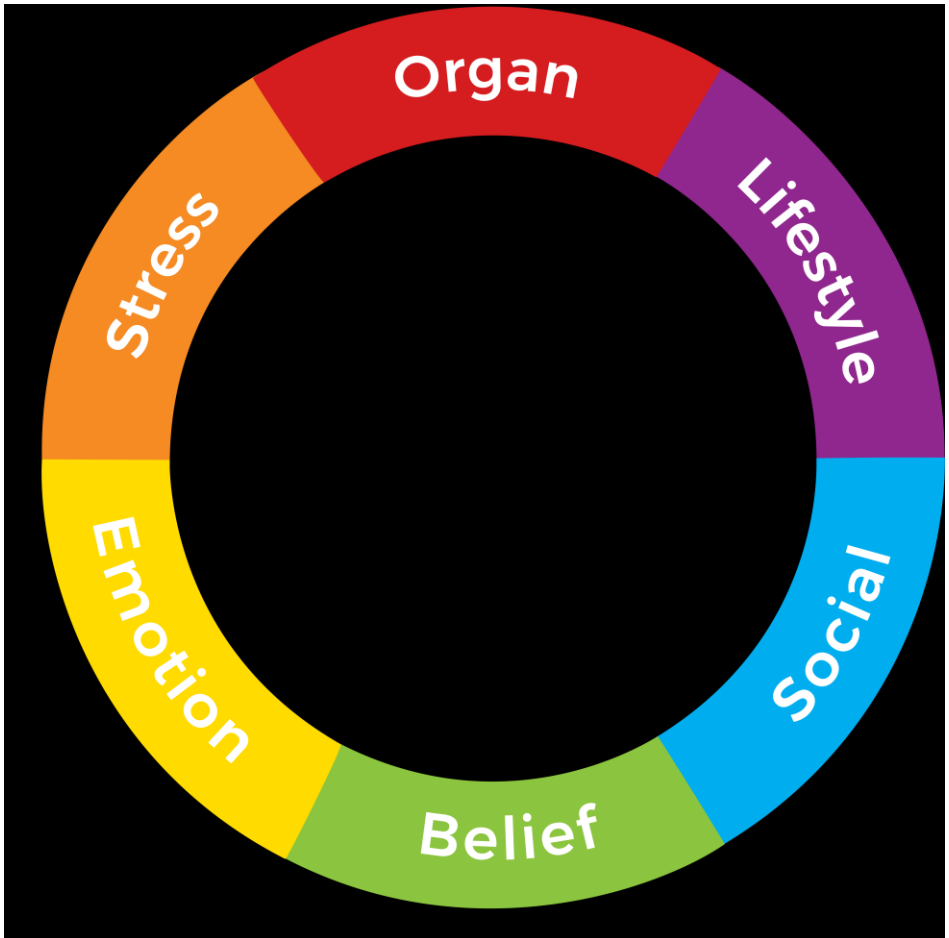


In this book we focus exclusively on the 6-Root-Cause(s) and will cover and explain the five major points and phases and how every organ (tissue) follows a specific timeline with unique symptoms during the stress and regeneration phase.

Make sure to watch out for the launch of our second book in the Lifestyle Prescription® | Self-Healing Made Easy book series titled “The 5 Major Points and Phases of Self-Healing”.

The 6 Root-Cause(s)

Once we look at ourselves as a complex organism that constantly reacts, interacts and responds to internal and external stimuli and information then we'll start seeing a variety of root-cause(s).



All of us tend to look for “the one root-cause” or reason that is triggering symptoms. But the reality is

there are six possible root-causes that we need to address.

The 6 Root-Cause(s) are:

1. Organ
2. Stress
3. Emotion
4. Belief
5. Social
6. Lifestyle

Let us explore each of these root-cause(s) with a familiar metaphor:

Our smartphone!

Imagine our smartphone turns on and off by itself all the time, and we just don't know why. Something is broken, but what? Where should we start with the analysis process?

Is it a wire or chip?

Charger not working?

Something wrong with the operating system?

A problem with one of the hundreds of apps installed?

Or a loose wire?



Here's how you can think about the 6 Root-Cause(s):

1. **ORGAN:** Physical smartphone with all its components, parts, subparts and wiring.
2. **STRESS:** What or who is causing the malfunction? What puts stress on the specific phone components? What is the trigger?
3. **EMOTION:** It's the intensity and repetition of the electricity or energy that is running through the device. The more repetition and the higher the charge, the bigger the symptoms will show up.
4. **BELIEF:** The operating system that works behind the scene and regulates 90% of the phone's processes.
5. **SOCIAL:** People that use, interact and are influenced by the smartphone.
6. **LIFESTYLE:** How well do we take care of the device? Do we maintain the hardware and

upgrade the software regularly? Do we protect it from damage?

And another vital part is missing.

You. The smartphone user, the operator that uses the smartphone through conscious input: Consciousness.

More on that in another book.

Now, let's see how all of this translates to us human beings.

Organs

It should be pretty obvious to anyone that if you have any symptoms that requires medical attention to visit your doctor and get a proper diagnosis.

Emergency medicine and treating symptoms are extremely important and even prevention has to start with early detection and diagnosis.

The majority of health issues can be easily treated and resolved if we don't procrastinate; if we take actions early. This is true for disease management and the self-healing and prevention models of medicine.

But this book is not about treating or managing symptoms. It's about the Art and Science of Self-Healing and, especially, about the possible root-causes triggering our symptoms based on the Body-Mind-Social Connection.

Beyond Risk Factors, Accidents and Toxins

When we talk about what is causing or triggering organ reactions, for example symptoms or diseases, then we usually look first to see if there are physical stressors or strains that could have caused the symptoms such as:

- Accidents (crashing our bike or car, etc.)
- Injuries (like cutting ourselves, a physical trauma, etc.)
- Toxins (toxic foods, substances, drug side effects, etc.)
- Risk factors (age, physically inactive, overweight, etc.)
- Nutritional deficiencies

These root-causes are real, and in today's health care system we have plenty of experience dealing with these emergency types of symptoms.

But it's clear that most symptoms we experience are NOT caused by accidents, injuries or toxins.

Beyond risk factors and obvious physical trauma, we know too little about the causes of most illnesses. Read Wikipedia or medical websites and you'll be surprised how often you'll read: "*Cause not known*".

It is about time we started our exploration into possible root-cause(s).

Organ Tissues

First, we need to connect our symptom to the affected organ tissue. Why?

Humans have systems that work together, carrying out processes that keep us alive. Cells make up

tissues, tissues make up organs, and organs make up organ systems.

From an evolutionary and embryological perspective, we know that during organogenesis (the development of our organs), every organ tissue develops out of three unique germ layers.^{iv}

This can be extremely valuable information because every one of these organ tissues shows different symptoms during the stress and regeneration phase according to which germ layer it originated from. The stress triggers, conflicts, emotions and beliefs that affect each of these organ tissues are also uniquely different.

Being clear about which organ tissue is reacting and showing symptoms is important because it tells us about the biological function of that organ tissue. It also shows us what we're feeling and thinking and which type of biological conflict we have experienced.

We could just look at the organ (skin, liver, lungs or eyes), but being more specific and defining which organ tissue is affected is going to take us a huge step further.

- SKIN: Is it the epidermis, dermis or subcutaneous tissue?
- LIVER: Parenchyma, or gall bladder gland or ducts?

- LUNGS: Bronchial mucosa, goblet cells or alveoli?
- EYES: Retina, vitreous body, cornea or crystalline lens?

The Biology of Organ Tissues

One of the reasons we aim to find the affected organ tissue first is evidence-based, from our Lifestyle Prescriptions® health care providers noticing that stress and emotions are actually organ tissue dependent.

What does this mean?

It seems that every organ tissue is affected by very specific types of stress (conflicts and emotions) and this depends on the organ tissue's biology and physiology.

Think for a moment about the biological reason why we have all these wonderful organs and organ tissues.

- WHY do we have a skin epidermis?
- WHY do we have a skin dermis?
- Why do we have bones?

Every organ tissue has a specific reason to exist.

Most of us probably would say that the skin is about protection from outside toxins, substances, attack, etc. That is true but only for the dermis skin which

provides strength and elasticity due to the presence of collagen and elastin fibers.

From a biological and evolutionary perspective the dermis protects us from physical, verbal, emotional attacks (whatever we associate with an attack on our integrity).

The epidermis part of the skin, on the other hand, is the thin and highly sensitive outer skin layer that could not protect us from anything.

The epidermis is about touch, and it's perfectly evolved for feeling, connecting and touching. That's why it is the outer layer, directly interfacing and interacting with the environment.

The skin-epidermis allows us to feel loved ones, sense kinesthetically and determine if this touch is something we want or not.

What about our bones?

Bone is hard and many of its functions depend on that characteristic hardness. However, bone is also dynamic in that its shape adjusts to accommodate stresses.^v

Therefore it makes sense that our skeletal system and especially our bones are needed for us to stand up straight, give us structure, walk and move forward.

Strong bones mean we feel strong and we walk tall with confidence.

This process of biological strength is dynamic and how we feel and think does influence our physiology and our organs like the skeletal system.

Anthony Robbins, world-renowned motivational speaker and author, says that our physiology reflects our internal and external state and vice versa. If our head and shoulders are hanging down, we very likely feel depressed. If we stand tall and straight, chest out, head up and breathe deeply then we will automatically think clearly and feel empowered.

The Biological Function of Organ Tissues

Understanding the biology and physiology of organ tissues is a profound way to discover the specific stressor and conflict affecting that organ tissue.

Typical organ tissues with related conflictive stressors are:

- Skin-Epidermis: Loss of touch, separation
- Skin-Dermis: Inability to protect ourselves
- Bones: Not feeling strong or good enough
- Stomach Mucosa: Being sensitive to angry fight situations
- Small Intestine: Cannot digest a chunk/situation.

- Retina: Fear of a threat (visual)
- Breast Ducts: Missing the ability to nurture a loved one

In the following chapters you'll see how specific stressors and conflicts, with their corresponding emotions, affect specific organ tissues. By addressing these root-causes, you'll help your body go through its natural self-healing and auto-regulation process.

Lifestyle Prescriptions® | Self-Healing Made Easy - Organs

Support the natural self-healing process by using all available modalities and methods to manage symptoms.

- Get a proper medical diagnosis and discuss with your doctor or health care provider how you can manage your symptoms – ideally with as little side effects as possible.
- Ask your doctor about Lifestyle Medicine and Lifestyle Prescriptions® based treatment options.
- Focus on strengthening your immune system and support the function of the affected organ.

Stress Triggers

What is Stress?

Physiological or biological stress is an organism's response to a stressor such as an environmental condition. Stress is the body's method of reacting to a condition like a threat, challenge or physical and psychological barrier. The autonomic nervous system and hypothalamic-pituitary-adrenal (HPA) axis are two major systems that respond to stress by activating the fight-or-flight response through the sympathetic nervous system, which dedicates energy to more relevant bodily systems to acute adaptation to stress, while the parasympathetic nervous system returns the body to homeostasis.”^{vi}

That’s the traditional explanation of stress.

But we’re trying to dig deeper and be more specific about how stress affects our body and organ tissues.

Organs in Chinese Medicine

Chinese Medicine, which has been practiced for over 2,500 years, can help us understand the connection between specific emotional stressors and organs.

The fundamental idea in Chinese Medicine is that every organ corresponds to the energy of a certain

emotion, and every disease stems from an imbalance (stress) in an organ or its meridians (energy channels).

A physical disorder can be linked to a certain organ and an imbalance in the emotion associated with that organ. The reverse can also be true.

An imbalanced organ can heighten the specific emotion experienced and most important this can become a vicious and chronic cycle.

Traditional medicine and psychology has extensively researched the impact of stress on our physical body and health.

Stressors have a major influence upon mood, our sense of well-being, behavior and health. Acute and chronic long-term stress can damage health. The relationship between psychosocial stressors and disease is affected by the nature, number, and persistence of the stressors as well as by the individual's biological vulnerability (i.e., genetics and constitutional factors), psychosocial resources, and learned patterns of coping. ^{vii}

Major acute stress, whether caused by a fight with your spouse or an event, like an earthquake or terrorist attack, can have a big impact.

Multiple studies have shown that these sudden emotional stresses — especially anger — can trigger heart attacks, arrhythmias and even sudden death. ^{viii}

The longer the stress lasts, the worse it is for both your mind and body. You might feel fatigued, unable to concentrate or irritable for no good reason. Chronic stress causes wear and tear on your body and can make existing problems worse. ^{ix}

What triggers Stress?

Let us agree first that there must be a starting point for a stress reaction. Something must be there that kicks off or triggers stress symptoms, right?



After we've excluded accidents, injuries, toxins or other obvious root-causes we know of, there are two specific types of stress triggers known to start an organ-mind-brain reaction or self-healing process.

We've all experienced these stress triggers in our own lives many times but might not have connected them with specific body symptoms.

Known and well researched stress triggers are:

- Traumatic, significant emotional life experiences and
- Conditioned reflexes and stimulus responses.

Think about them as a large amount of water (a highly emotional and traumatic experience) filling up a glass in one go, or many individual drops (conditioned reflexes and behaviors) slowly but steadily filling up the glass over time.

Traumas

Something unexpected happens which changes our natural equilibrium. Something inside or outside ourselves triggers us and suddenly we feel, think and behave differently.

We've all experienced or know of these typical traumatic, highly emotional and conflictive life experiences:

- Loss of a loved one
- Loss of a job or item
- Husband or wife caught cheating
- Divorce or other separations
- Shock of an accident or terminal disease
- Survival experience (nothing to eat or no money)
- Being physically or emotionally abused

- Feeling unworthy or useless

You might ask if every traumatic or emotional situation affects our body and causes symptoms.

Yes they do to a certain degree. However, it depends on the intensity of the experience and how we perceive it. Most of these organ-mind-brain reactions are not felt especially if the intensity is low.

But problems can arise when we experience a life situation as a UPE moment:

- **Unexpected** (We did not see it coming and could not prepare for it consciously)
- **Powerless** (We have no strategy and don't know how to handle the situation)
- **Emotional** (A highly emotional, intensive experience, it's important to us; danger of survival)

When we experience an UPE moment, then we'll usually notice body-mind reactions rather quickly.

Depending on our personality, genetics and epigenetic conditioning and our internal filters, we unconsciously link and associate this traumatic UPE moment with a specific biological conflict theme (for example: loss, self-devaluation or death-fright) and, therefore, a specific organ tissue (bypassing our conscious or analytical mind).

This explains why one person while fighting with his/her boss, is angry and reacts with gallbladder symptoms while another person feels overwhelmed (reacting with the heart muscle) and a third person reacts with retina symptoms (because of a fear of being fired).

Conditioned Reflexes and Behaviors

But not every organ reaction is triggered by a trauma.

With chronic health issues especially, we notice small stress triggers that keep a stress and regeneration cycle going and going.

We seem to react with a flight-flight-freeze response when being triggered through seemingly mundane life situations:

- Hearing a voice similar to our abusive father
- Ex-husband calling and yelling at us like years ago
- Nightmare about the rape we experienced years ago
- Just seeing our boss triggers anger
- Our repetitive thoughts and self-talk causes anxiety

This is typical Pavlovian conditioning that occurs because of our instinctive responses.

In his famous experiment, Pavlov used a bell as his neutral stimulus. Whenever he gave food to his dogs, he also rang the bell. After repeating this procedure several times, he tried the bell on its own. As you might expect, the bell on its own now caused an increase in salivation.

The dog had learned an association between the bell and the food and a new behavior was created. Because this response was learned (or conditioned), it is called a conditioned response. The neutral stimulus has become a conditioned stimulus. ^x

When we are triggered by our own conditioned reflexes (stimuli) we react with specific organ tissue symptoms, emotions, thought processes (beliefs) and brain relay changes.

Knowing which specific stress trigger (or stimulus) affects a specific organ tissue with corresponding symptoms is powerful. It allows us to be precise in our analysis and find the root-cause stressor quickly.

Finding our conditioned responses allows for the changing of that behavior and therefore frees the body to self-heal.

Lifestyle Prescriptions® | Self-Healing Made Easy - Stress

De-stressing your life is possible. Here are a few simple steps that will make a huge difference in your life.

- Be mindful.
- Practice relaxed deep breathing 3x per day
- Eliminate stressors in your life by becoming aware of the following habits:
 - What specifically is triggering you into stress?
 - Which external or internal stimulus is activating strong emotion reactions?
 - Which conflictive thoughts run through your mind again and again?
- Focus on becoming aware of the specific stress triggers in your life and commit to either reacting differently or changing them.

Emotions

There have been extensive discussions and research going on for decades about the nature of emotions and their effect on the human body.

Research on emotions has increased significantly over the last few decades with many fields contributing including psychology, neuroscience, endocrinology, medicine, sociology, energy psychology and computer science.

Two significant findings of this research are:

- Emotions are responses to significant internal and external events.
- The original role of emotions was to motivate adaptive behaviors contributing to the survival of humans.

An emotion can be defined as “a positive or negative experience that is often associated with a particular pattern of physiological activity producing different physiological, behavioral and cognitive changes.”

A study published in Psychosomatic Medicine reported that HIV patients who wrote about their worries for 30 minutes a day four days in a row experienced a drop in their viral load and a rise in infection-fighting T cells.

Another study, in the Journal of Consulting and Clinical Psychology, found that breast cancer patients who talked about their feelings regarding cancer had to schedule fewer doctors' visits for cancer-related problems.^{xi}

Research in the field of Energy Psychology has proven that there is a direct, causal link between unresolved emotional hurts and the onset of symptoms.^{xii}

Scientists at the University of Pittsburgh have found that how well someone responds to negative emotions is linked to his or her risk of having a heart attack or stroke. This study offers new clues for psychological interventions that could reduce the risk of cardiovascular disease.^{xiii}

Fortunately, there's no question anymore that emotions do affect our well-being and health.

Positive and Negative Emotions

Robert Plutchik's theory says that the eight basic emotions are:

- Fear: The feeling of being afraid.
- Anger: Feeling angry. A stronger word for anger is rage.
- Sadness: Feeling sad. Other words are sorrow and grief.

- Joy: Feeling happy. Another word is gladness.
- Disgust: Feeling something is wrong or nasty.
- Surprise: Being unprepared for something.
- Trust: A positive emotion; admiration is stronger; acceptance is weaker.
- Anticipation: In the sense of looking forward positively to something which is going to happen. Expectation is more neutral.

But naturally there are many forms of emotions we can experience.

Surprisingly, it seems we feel emotions all the time even though we are not fully aware of them.

People's everyday lives seem profoundly emotional.

Participants in a large scale research project experienced at least one emotion 90% of the time. The most frequent emotion was joy, followed by love and anxiety. People experienced positive emotions 2.5 times more often than negative emotions, but also experienced positive and negative emotions simultaneously relatively frequently.^{xiv}

Negative emotions also most likely aid in our survival.

Bad feelings can be vital clues that a health issue, relationship or other important matters need attention. The survival value of negative thoughts

and emotions may help explain why suppressing them is so fruitless.

A 2010 Australian study suggested that pushing back negative emotions could spawn more emotional overeating than simply recognizing that you were, say, upset, agitated or blue.

In fact, anger and sadness are an important part of life, and new research shows that experiencing and accepting such emotions are vital to our mental health. Attempting to suppress thoughts can backfire and even diminish our sense of contentment. *“Acknowledging the complexity of life may be an especially fruitful path to psychological well-being,”* says psychologist Jonathan M. Adler of the Franklin W. Olin College of Engineering.

Emotions are part of our life.

Emotions are Energies-in-Motion.

Unresolved Emotional Hurts

Dr. Stephane Provencher, Chiropractic Doctor and Lifestyle Prescriptions® Specialist has observed that up to 80% of his patient's health issues are caused or influenced by unresolved emotional hurts.

The big question is what are unresolved emotional hurts and why do they have a physical impact and affects our health and well-being?

Research seems to indicate that whenever we cannot or will not feel or accept a negative emotion it will have an increased effect on our well-being.

This is especially true when we experience traumatic life experiences triggered by specific stress triggers like:

- the loss of a loved one,
- losing our job and financial security,
- a fight with a boss or partner, etc.

There is always an emotion (or several emotions) associated with that experience.

If we feel this emotion fully and let it go as we should, then there won't be an energetic charge or unresolved emotional hurt present in our body.

But many times we repress, hold back or don't allow emotions to be felt and experienced.

Let me tell you a beautiful story from Huna Hawaiian Medicine:

If we are not able to fully experience and resolve an emotion in the present moment, then our unconscious mind and higher intelligence will place this unresolved emotion into a small bag and store it in our body (organ tissue).

Over time this unresolved energy will surface and be presented for resolution again and again. Often we are surprised, shocked and wonder why this emotion pops up again and decide to push it back down. As you can imagine, it takes a lot of energy to hold the unresolved emotions down.

The miracle of self-healing happens naturally when we experience the unresolved emotion and at the same time stay conscious in the present moment. The emotion flows through our body, is finally released and no longer causes us problems.

Remember, the process of repressing emotions can be deeply unconscious, bypassing our conscious mind.

The stronger and more intense we feel this unresolved emotional hurt the stronger the organ-mind-brain symptoms will be.

The same is true if we are re-triggered into that emotion (like seeing a friend's baby and being triggered into sadness and internal conflict of not having a child ourselves) that will start a chronic process with symptoms increasing over time.

We all have unresolved emotions stored in our bodies.

One easy test is to go back to a previous experience in the past. If we still feel the anger, upset, sadness or fear, then we haven't resolved the energy yet.

Once we've let go of the unresolved emotion, we're still able to access the memory of that traumatic event, but the energetic charge that puts stress on our body has disappeared. We feel free and light without an unconscious need to feel the unresolved emotional hurt again and again.

Conflict-Emotion–Organ Tissue Connection

Through empirical experience with thousands of clients we've started to notice a direct link between a specific stress trigger, conflict theme, emotion, and the corresponding organ tissue.

For example:

- Loss-of-Touch – Sadness - Skin-Epidermis
- Protection – Frustration - Skin-Dermis
- Territorial Fight - Anger - Stomach Mucosa
- Indigestible Junk – Anger - Small Intestine
- Visual Separation – Fear – Conjunctiva
- Self-Devaluation – Scared/unworthy - Bones

It seems that unresolved emotions are not randomly affecting our whole body; rather are focused and stored in their corresponding organ tissue.

This makes sense if we consider emotions as a primal, biological part of survival and evolution.

Our unresolved emotional hurts are one of the six main root-cause(s) and are extremely important to focus on.

Let go. Forgive. Move on.

Why would we hold onto the emotional hurt of a memory we experienced years or decades ago?

Isn't it time to let go of old emotions and use the energy that's being freed up for something more productive?

It's absolutely astounding to see organ tissue symptoms disappear a few minutes or hours after emotions are released.

Lifestyle Prescriptions® | Self-Healing Made Easy - Emotions

Here's what you can do right now to improve your emotional well-being.

- Stay present.
- Practice forgiveness.
- Get the learning from your past emotional experiences.
- Let go of old unresolved emotions and move on.
- Experience emotions consciously as they arise.

- Focus especially on lowering the intensity of your unresolved emotional hurts or eliminating them completely.

Beliefs

A belief is the state of mind in which a person thinks something to be the case with or without there being empirical evidence. Or to simplify: A belief is something we believe to be true.^{xv} It's a thought we keep thinking.

In terms of health, there's growing evidence that, what we believe to be true is essential for how we deal with a symptom. This also affects the onset of a disease.

Beliefs held by patients about their health and illnesses are central to the way they present, respond to treatment and evaluate their capacity for work. However, the beliefs of relevant healthcare professionals, academics and those in wider society are clearly also important when understanding the causes of illness, the extent of disability and the potential for treatment.^{xvi}

Most of our beliefs are formed over many years and in our early childhood. The stages of belief and value development include:

- Imprinting/sponge-like stage (age 0-6. For example when a parent tells us “Trust your heart.”, “You’ll never succeed in life.”, “Money is evil”.)

- Modeling stage (age 7-12 when we model and imitate parents, friends and role models)
- Socialization period (age 13-21 when our friends, tribe or peers become the main influence)

It is also known that our beliefs can change after we have experienced highly emotional and traumatic events. For example, if we lose our high-paying job unexpectedly and we start to develop low self-confidence and beliefs like “I’m a loser.”

Most of our repetitive thoughts (beliefs) are unconscious which means we don’t think about them all the time. It’s like they’re running in the background similar to our smartphone’s operating system.

Conscious and Unconscious Beliefs

First, we need to distinguish between our conscious and our unconscious mind and their related thought patterns.

- **Conscious Mind / Conscious Thoughts**
These are run by the “Here and Now” frontal cortex part of the brain that involves conscious decisions, planning, creativity and higher mental functioning. In theory, the conscious mind provides direction to the unconscious

mind. I am saying “in theory” because rarely do we use the power of mindfulness and conscious, focused thinking to improve the quality of our body, mind and life.

Typical conscious thoughts are:

- Being present and directing thoughts
- Changing a negative thought into a positive one
- Using mindfulness to increase presence
- Slowing our breathing through conscious attention
- Increased love, happiness and creativity
- Tapping into our higher brain functions

On the other hand, approximately 85% of our bodily functions and thoughts are habitual, automated and tape-player type of repetitive processes and thoughts.

Shocking isn't it?

- **Unconscious Mind / Automated Thought Patterns**

This is the part of us that controls the majority of body-mind functions. It operates and regulates body (hardware) via the Autonomous Nervous System including breathing, heart rate, digestion, respiratory rate, pupillary response, urination, and sexual arousal. This primary mechanism is in control of the fight-or-flight response. It manages the mind (software)

including perceptions, filters, experiences, memories, and insights gained over the years including epigenetic or inherited conditioning.

While the unconscious runs the show, it will take orders from the conscious mind, if that's what we decide to do.

It's your choice.

Either (1) allow your automated unconscious programming to run your body-mind and your life, or (2) let your conscious mind take charge and establish healthy and empowering habits by reprogramming your unconscious mind, including your beliefs.

Limiting Beliefs

Beliefs are thoughts we think to be true.

A limiting belief is something we believe to be true about ourselves, others, or about the world that limits us in some way.

Bruce Lipton, author of *The Biology of Belief* makes the case that beliefs determine our reality.

“Each of our cells is a living entity, and the main thing that influences them is our blood. If I open my eyes in the morning and my beautiful partner is in front of me, my perception causes a release of

oxytocin, dopamine, growth hormones - all of which encourage the growth and health of my cells. But if I see a saber tooth tiger, I'm going to release stress hormones which change the cells to a protection mode. People need to realize that their thoughts are more primary than their genes, because the environment, which is influenced by our thoughts, controls the genes.”

Beliefs determine our behavior and actions.

Imagine if you have the belief “The air I breathe is toxic and will make me sick.” Even if we live in a polluted city or highly toxic air environment, this limiting belief might be more harmful than the actual air we breathe. Very likely this belief will block us from seeing possibilities and adjusting our life accordingly.

We all have these limiting beliefs, and they can hold us back, and block us from seeing possibilities and from taking chances.

The challenge with limiting beliefs is that most of us don't think we have them and, therefore, they can be hard to spot because they are the thoughts we think unconsciously, running in the background constantly. We believe that ‘this is just who and how I am’.

Typical limiting beliefs are:

- I am not good enough.

- I am afraid of cats.
- Men cannot be trusted.
- Life is hard.
- God punished me with cancer.
- My partner does not understand me.

The Belief–Organ Tissue Connection

What we have noticed is that there isn't only a connection between stress triggers and emotions with specific organ tissues. We are starting to realize that there's also a specific biological, deeply-rooted belief connected to that specific organ tissue.

Think for a second:

If I feel emotionally or intellectually not strong enough to handle my job or life, then this may translate into my muscular-skeletal system being affected and also becoming weak.

Even though there isn't much research available, yet, it seems that our body is a direct reflection of consciousness and every organ tissue is affected by very specific stressors, emotions and beliefs – which, in turn, are based on the biological function and purpose of that organ tissue.

Here is a list of limiting beliefs we have often seen with clients and their corresponding organ tissue:

- Skin-Epidermis: I am not lovable (afraid of a loss).
- Skin-Dermis: I cannot show emotions, or I will be hurt.
- Stomach Mucosa: I am right. He is wrong.
- Small Intestine: I cannot digest this.
- Pancreas Alpha/Beta Cells: Men are disgusting.
- Bones: I am a bad mother/father (shoulders).

It's absolutely astonishing when we realize which thoughts and beliefs affect the specific organ symptoms.

Knowing that our repetitive thoughts affect our health is powerful.

For example:

We start to become aware that after an intensive "I am a bad mother" thought, our shoulder pain starts.

While we're having the conflictive and obsessive thoughts "I'll fight my boss as long as I need to" our stomach ulcer pain increases tremendously.

Our on-going unconscious "I'm lonely, there's nobody to help or love me" thoughts have something to do with my weight gain and increased edema in our body.

Our separation anxiety thoughts and belief patterns affect our skin-epidermis symptoms, including pale,

numb skin which changes to red, inflamed and hot skin.

Once we know how to decode the Body-Mind-Social Connection and our body's healing intelligence, it's actually pretty easy to make the connection.

The precision of Lifestyle Prescriptions® allows us to become aware of which specific thoughts and beliefs affect specific organ tissues.

It's like finding the needle in the haystack and by taking that needle out (or adjusting it) the body-mind symptoms disappear.

Beliefs form our reality.

Beliefs can trigger symptoms.

If we don't like our reality, we can change our beliefs.

Lifestyle Prescriptions® | Self-Healing Made Easy – Beliefs

Stop. Stop whenever you notice an unconscious thought pattern or limiting belief.

- Write that belief down.
- Ask yourself if this belief is really true for you.
- Consciously choose a new empowering belief.
- Become very clear about your values and life goals.

- Focus especially on creating more distance between you (the observer or watcher) and your automated thoughts which in turn will allow you to change them.

Social

For some time now, we have known about the impact of:

- Toxic air and water
- Unhealthy personal relationships or friends
- Socioeconomic and social status

on the development of disease and our ability to heal.

For example, social factors such as socioeconomic status and social support are likely to be fundamental causes of disease that, because they embody access to important resources, affect multiple disease outcomes through multiple mechanisms, and consequently maintain an association with disease even when intervening mechanisms change.

Low income, education or a toxic environment have been shown to be strong predictors of a range of physical and mental health problems, including respiratory viruses, arthritis, coronary disease, and schizophrenia. ^{xvii}

Dean Ornish MD was one of the first to research the power of love and intimacy (our ability to connect with ourselves and others) as the root of what makes us sick and what makes us well, what causes sadness

and what brings happiness, what makes us suffer and what leads to healing.

The breakdown of the social structures that used to provide us with a sense of connection and community contribute to the profound sense of loneliness, isolation, alienation, and depression that are so prevalent in today's culture. These experiences are considered to be the root of illness, cynicism, and violence in our society. ^{xviii}

Our Quantum-Energy Body

The Lifestyle Prescriptions® approach to the social impact and the causation of symptoms expands on the current social-somatic research.

To explain the relationship between our body and our social environment I'd like to use the quantum-energy approach.

Niels Bohr, one of the key scientists researching quantum physics, says: "If quantum mechanics hasn't profoundly shocked you, you haven't understood it. Everything we call real are things that cannot be regarded as real. At its core, our physical body and its atoms are made up of vortices of energy that are constantly spinning and vibrating, each one radiating its unique energy signature. Depending on the observer our body can appear physical-real or as a constant flux of energy."

I personally remind myself constantly that I am energy living in an energetic environment. I cannot distinguish myself from the reality I experience. It is like my energy (body-mind) is constantly interacting and responding to the energy (social, environment, relationships, etc.) around me.

There is no separation – we are directly linked and synchronously connected.

Call it the dance of life.

Whereas the mechanical worldview often makes us seem like mechanical beings with a unique, individual body (the “me”) - the quantum-energy perspective allows us to become more aware of the importance of our social environment and that we are not separate from everything that we perceive as “outside of us.”

What makes this even more powerful is the realization that our perception of that energetic reality and universe creates our reality.

Dr. Wayne Dyer said it beautifully “If you change the way you look at things, the things you look at change”.

The Body-Mind-Social Connection

Similar to the interconnectedness of emotions and beliefs with specific organ tissues we repeatedly find specific social behaviors or situations that link

directly to special organ tissue symptoms and our ability to heal and auto-regulate.

- Skin-Epidermis: Children clinging to their mother and throwing tantrums because of their loss-of-touch and separation anxiety. It feels like mother and child are attached by an invisible force.
- Stomach Mucosa: A man seems to attract people who want to take something away from him. His “I need to fight to win” combined with anger seems to reflect his reality.
- Small Intestine: Because I barely survive and barely can pay for my food, the liver parenchyma and possibly my intestinal tract is under stress.
- Cervix: My partner cheated on me, which totally changed my thinking and trust in my partner and my cervix reacted with symptoms.

The impact of our environment and our social interactions are powerful.

Just imagine you live in an abusive relationship. Should you continue to think positively and deal with it as best as possible or should you leave that abusive relationship?

What if you work in a toxic business environment where your boss puts you down on a daily basis? Will positive thinking or changing your job work best?

If you see angry people trying to invade your 'territory' or 'space' all the time, then should you only change your internal beliefs and your perceptions? Or could you find real-life solutions that eliminate these stressful social triggers and allow you to establish new healthy habits?

Removing real-life stressors and finding real solutions is powerful.

And the reality is that many of our conflictive life situations resolve automatically by changed circumstances including a new relationship, a new job environment or moving to another city.

Real-Life Solutions

Procrastination, the avoidance of doing a task that needs to be accomplished, seems to be an epidemic. We hope things get better, but don't have enough motivation and energy to resolve the issues that we know need to be resolved.

We might be afraid to step outside of our comfort zone (as bad as our situation might be), or we don't know how to change or which direction to go in.

The key to making targeted real-life improvements is to know which specific social situation is affecting our symptoms.

Which social-environmental stressful situation is triggering my lower back pain?

- Is it the fights I have in my work?
- Is it the pressure and not feeling strong enough to deal with an emotionally abusive relationship?
- Or, is it my fear of not knowing the future?

One of the biggest aha! moments we notice in our clients is when they connect what's happening in their life directly with their symptoms.

When we are aware of our body's healing intelligence and the connection between our reality and our symptoms then life adjustments can be laser-sharp, targeted and root-cause specific.

That is actually the basic premise of Lifestyle Prescriptions®: Knowing our root-cause(s) and creating targeted lifestyle modifications.

Awareness is the first step in healing, both individually and socially. When we understand how important these issues are, then we can do something about it.

Lifestyle Prescriptions® | Self-Healing Made Easy - Social

Increasing love and support in your life is one of the most powerful ways to heal and thrive.

- Become aware of how your close relationships, your friends, your tribe and your environment affect you.
- Consciously choose to live in a supportive and loving field of energy.
- Pay attention to your environment. Start to remove toxic relationships and environmental influences.
- Create a plan for how you can adjust and improve your social environment and the reality you've created and then take conscious actions to improve it.

Lifestyle

Even though we address the importance of a healthy lifestyle at the end of this book it does not mean it's less important than the other root-causes.

To the contrary!

It is a subject which has been extensively researched over many decades.

A series of research studies showed that changes in diet and nutrition, exercise and lifestyle choices can make a powerful difference in our health and well-being, how quickly these changes may occur, and how dynamic these mechanisms can be.

Dean Ornish M.D., considered to be the grandfather of Lifestyle Medicine, has conducted a series of research studies showing that changes in diet and lifestyle can make a powerful difference in our health and well-being,

“When you make comprehensive lifestyle choices, most people find that they feel so much better, so quickly, it re-frames the reason for changing from fear of dying to joy of living.”

Knowing why you want to make lifestyle changes is a powerful driver for helping you make and stick to changes. Ask yourself what you want to accomplish

and what impact having good health will make. For instance, do you want to see your grandchildren get married, do you want to retire somewhere beautiful, do you want to contribute to your family or community for many more years?

Every time you have a choice between a good or bad health habit, ask yourself “Will this help or hinder me achieving my personal goal?”

"One of the most important fields of medical science over the past 50 years is the research that shows just how powerfully our health is affected by what we eat. Knowing what foods to eat and in what proportions is crucial for health," said Anthony Komaroff, Professor of Medicine at Harvard Medical School and editor in chief of Harvard Health Publishing.

“The latest and best scientific evidence shows that a plant-based diet rich in vegetables, whole grains, healthy fats, and healthy proteins lowers the risk of weight gain and chronic disease”, said Eric Rimm, Associate Professor of Epidemiology and Nutrition at HSPH and a member of the 2010 U.S. Dietary Guidelines Advisory Committee.

Survival Versus Longevity

Let’s be honest: The food you eat right now is much better than no food at all.

There are millions of people on this planet fighting starvation and malnutrition.

Most of the citizens of this planet do have enough food for survival. However, deep down in our unconscious we still seem to hold a limiting belief: “Eating is all about survival”.

Therefore we eat to survive.

Pretty much anything will do.

But what if that’s only one part of eating?

We can use food also as a sedative coping mechanism, to numb us in the face of emotional challenges or other painful experiences.

What if there’s another aspect to eating beyond survival and numbing us from pain?

We can use food as medicine.

We can use food as a tool to achieve better health, vitality and longevity.

You’re going to be amazed how good this feels. Because eating for vitality and longevity inspires and motivates us to establish new habits focused around high quality foods full of vibrant life force.

We will feel better in our body, our mind is sharp and clear, we express emotions consciously, our

relationships improve and automatically we will connect to our mission and passions in life.

A friend said many years ago: “I have invested a lot already into my body; therefore, I intend to live in it for a very long time.”

Using food for medicine and longevity is one way to do just that.

Mitochondria and Cell Food

Once we start to eat for vitality and longevity we actually start to look at food as a source of energy that charges each and every single cell in our body.

The mitochondria inside the cells are considered to be the power generators in our body, and cellular respiration is the process by which the chemical energy of food molecules is released and partially captured in the form of ATP.

ATP (adenosine triphosphate) is the molecule used by the body to transport chemical energy within cells for metabolism - it is the energy source that powers our body.

Carbohydrates, fats, and proteins can all be used as fuels in cellular respiration, but glucose is the most commonly used source.

The more mitochondria in a cell, the more energy it uses.

For example, the heart and other muscles have more mitochondria per cell, and therefore use more energy, than a skin or hair cell.

- Stage 1 happens in the enzymatic breakdown of food molecules through digestion in our intestine.
- Stage 2 is a chain of reactions where each molecule of glucose (or other sources) is converted into two smaller molecules (pyruvate).
- Stage 3 of the oxidative breakdown of food molecules takes place entirely in mitochondria (it's complicated ...) but basically that's where the real magic happens and where the energy that powers our cells and therefore our body is generated.^{xix}

You might ask yourself why this is important.

Well, understanding where we get our energy from or how it's generated in our cells allows us to go way beyond survival.

We start thinking about how to detox our body and our cells.

We now focus on how to supply our body, specifically the mitochondria power generators in every one of our trillion cells, with the highest quality sources of energy possible.

A whole new world opens up.

Which nutrition plan is good for me?

First, relax.

Most important is to not stress and to not get caught up in the hysteria of fad diets, ever changing news about what is good for you and what's not.

Nutrition has become dogmatic and it's important to realize that you'll find research and experts arguing for pretty much any point of view.

With Lifestyle Prescriptions® we take a common sense approach to nutrition.

“We have data from randomized trials, showing again, and again, and again much the same thing. Across populations and places around the world, decades and generations and research methods; diets rich in vegetables, fruits, whole grains, beans, lentils, nuts, and seeds and plain water for thirst lower rates of chronic disease and premature death, and diets lower in these and higher in meat, soda, and processed foods do the opposite”, states Dr. David Katz.

Food is very important but as you've learned in this book it's not everything.

Equally important is how we deal with emotions and stress, our unconscious and conscious thoughts and beliefs and our social environment, relationships and how much love and support we feel.

Let go of any fears, confusions or frustrations you have about food. Be mindful.

Start with this simple strategy:

Improve the quality of your nutrition 1% every day.

That's very easy to do, right?

Here are a few specific steps you can take to remove unhealthy foods and increase healthy ones:

- Remove sodas, sugary drinks, alcohol from your diet
- Remove processed foods, chemical additives
- Switch to whole grains
- Increase vegetables and fruits
- Increase healthy fats and proteins
- Drink plain water

Take action. Learn. Become aware of what foods are good for you or not. If you eat certain foods and feel low in energy then remove that food type for a few days.

Experiment! Step outside your old food habits and add variety to your meals.

Learn how to prepare your own food, not buy fast food or packaged prepared food.

Break addictions to certain foods and drinks.

Start reading labels and ingredient lists so you actually know what you're eating.

And most importantly love the food you eat. Develop a positive and empowering relationship to what you eat.

Develop your own "ME NUTRITION PLAN".

Improve 1% every day.

Just imagine where you will be in 90 days!

Exercise and Fitness

We have all heard it many times before, regular exercise is good for you, and it can help you lose weight and feel healthier.

But if you are like many people, you are extremely busy, you have a sedentary job, and you haven't yet changed your exercise habits.

The good news is that it's never too late to start. You can start slowly, and find ways to fit more physical activity into your life.

The payoff is that you will feel better, help prevent or control many diseases, and even live longer.

What are the health benefits of exercise?

Along with diet, exercise plays an important role in controlling your weight and preventing obesity.

Here are just 13 of the many health benefits of regular exercise confirmed by modern science.

- 1) Exercise enhances heart and brain health
- 2) Exercise reduces stress
- 3) Exercise limits metabolic syndrome and diabetes
- 4) Exercise helps with anxiety, depression, fear
- 5) Exercise improves the quality of your sleep
- 6) Exercise boosts longevity

- 7) Exercise may prevent and improve cancer
- 8) Exercise increases bone strength and health
- 9) Exercise improves metabolism and fat loss
- 10) Exercise increases muscular strength
- 11) Exercise increases libido and sexual energy
- 12) Exercise increases growth hormone and testosterone
- 13) Exercise is vital to a healthy bowel

The research is absolutely conclusive.^{xx xxi}

How to exercise?

The challenge is not that we don't know about the research. Everyone knows how important it is but we struggle with finding the time and having the energy to follow through. We do not prioritize our health, and without it, we can enjoy nothing else in our life.

We've all procrastinated and watched TV instead of going to the gym.

That's where Lifestyle Prescriptions® come in.

Starting small and improving your exercise habits will do wonders and a trusted and competent Lifestyle Prescriptions® Health Coach will be able to help you on your path.

Similar to creating your personal diet or nutrition plan we also suggest doing the same with your

exercise regimen. Choose what makes you feel good and you know you'll follow through with.

The best exercise is the one you actually do regularly.

Here are a few suggestions:

- Daily walking
- Strength training
- High intensity weight training
- Yoga, Tai Chi, Pilates
- Swimming
- Dancing
- Pushups
- Plank
- Playing tennis, soccer and other sports regularly
- And many more.

The Lifestyle Prescriptions® approach to fitness and exercise is rather simple:

- Find one activity and follow it daily even if it's just one minute. Build up your exercise muscle over time.

Even small changes can help if done regularly, after all, simply by the thoughts we have, we have created our whole life, one thought at a time.

We can do the same with our fitness, but this time consciously making decisions on actions we take.

The results will be mind-blowing.

For example you can take the stairs instead of the elevator. Walk down the hall to a coworker's office instead of sending an email. Wash the car yourself. Join a tennis, yoga, hiking, dance or jogging club to increase social support and meet new friends at the same time.

Most important make exercise more fun.

Stress Management: Mindfulness

Mindfulness and awareness always come first. We need to be aware of a problem before we can change it.

If you want to just integrate one new habit into your life then mindfulness is it.

Mindfulness is the basic human ability to be fully present in this very moment, aware of where we are and what we're doing, and not overly reactive or overwhelmed by what's going on around us.

It seems a pretty straightforward state of mind where we are fully attending to what's happening now, to what we're doing, and to the space we're moving

through and being conscious about our constantly changing emotions and thoughts.

It seems rather easy but for most of us it's not.

Our mind takes flight, we lose touch with our body, and pretty soon we're unconsciously engulfed in our obsessive thoughts and stressful emotions. Our mind is drifting into the past or into the future making us anxious, worried and tense.

But ... mindfulness is something we can learn.

Several disciplines and practices can cultivate mindfulness, such as yoga, tai chi and qigong. However, most of the literature has focused on mindfulness that is developed through mindfulness meditation — those self-regulation practices that focus on training attention and awareness in order to bring mental processes under greater voluntary control and thereby foster general mental well-being and development and/or specific capacities such as calmness, clarity and concentration (Walsh & Shapiro, 2006).

Researchers theorize that mindfulness meditation promotes metacognitive awareness, decreases rumination via disengagement from persistent cognitive activities and enhances attentional capacities through gains in working memory. These

cognitive gains, in turn, contribute to effective emotion-regulation strategies.^{xxii}

Studies have shown the following benefits:

1. Reduces rumination (unhealthy re-living and re-thinking the past), worry and distress
2. Stress Reduction
3. Boost to working memory
4. Increased focus
5. Less emotional reactivity
6. More cognitive flexibility
7. Relationship satisfaction
8. Enhances insights and intuition

If you are curious about mindfulness or meditation, commit to a daily practice. This could be just two to five minutes in the morning, evening or during your lunch break.

If you want to save time then practice yoga, tai chi and qigong which combine the benefits of exercise and mindfulness.

After practicing for a week, reevaluate and see if you'd like to meditate longer. The most powerful proof will be how much better you'll feel.

So, give it a try and see for yourself.

Lifestyle Prescriptions® | Self-Healing Made Easy – Lifestyle

Ask yourself how you can increase the vitality and strength of your body/mind or specific organ tissues using nutrition, fitness, breathing, and mindfulness.

- Use food as positive medicine
- Improve the quality of your food 1% every day
- Become aware of the food or drinks that don't serve you and remove them slowly (or fast) from your diet.
- Improve the quality of your fats, carbs, and proteins.
- Find “your” nutrition plan and stick to it. Think long-term.
- Relax if you eat unhealthy foods once in a while. Just make sure you get back to your healthy nutrition again.
- Add regular exercise and mindfulness into your daily routine.

Summary

There are questions you can ask yourself whenever you experience a symptom. Remember every organ tissue is connected to a specific stress trigger, emotions, belief and lifestyle habits.

Start by using an intuitive approach. Be mindful and become aware of what you experienced just before the symptoms started.

If you need help book a complementary Lifestyle Prescriptions® Consultation with one of our certified practitioners and specialists.

These are the questions you may want to ask yourself:

- **ORGAN**
Which traditional or complementary treatments, medications and methods can help me deal with my current symptoms?
- **STRESS TRIGGER**
Which specific internal or external stimulus triggered me into an emotional, stressful behavior and organ-mind-brain reaction?
- **EMOTION**
What specific unresolved emotion do I need to let go and forgive?

- **BELIEF**
Which limiting thoughts do I need to become aware of and change to empowering thoughts?
- **SOCIAL**
How can I adjust my environment and social interactions to increase love and support?
- **LIFESTYLE**
What can I do to vitalize and strengthen my body or the affected organ tissue?

Take The Next Step!

For Self-Healing

Use Lifestyle Prescriptions® and the Art and Science of Self-Healing to discover which specific root-cause(s) are affecting your symptom and let our certified Lifestyle Prescriptions® Health Coaches help you to heal and thrive.

Watch a FREE webinar and get a Complimentary Lifestyle Prescriptions® Consultation. Search for a practitioner at LifestylePrescriptions.TV/heal.

For Health Professionals

Join our network of health professionals using Lifestyle Prescriptions® Root-Cause Analysis and Self-Healing Protocols with your clients.

Watch FREE WEBINARS and download your FREE STARTERKIT at LifestylePrescriptions.TV.

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