

THE SHOCKING TRUTH ABOUT **MODERN** **MEDICINE**

6 Alternative Therapies That Can
Cure Illness and Relieve Pain



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Introduction

Are you looking for an alternative therapy that can cure illness and relieve pain? Do you feel like modern medicine has let you down? If you feel like there must be a better way, then you have come to the right place.

The truth of the matter is that there are alternative therapies out there that can help you relieve pain and overcome illness, and many of them have been around for hundreds, if not thousands of years.

The shocking truth is that modern medicine is very slow to recognize the simple fact that complementary and alternative medicines may actually be just as effective, **if not more**, than typical healing modalities.

I would like to shed some light on this very important subject so you are better informed as a consumer.

Before we get started on the specific therapies, let's talk a little first about the shocking truths you may not necessarily be aware of.

Chapter 1: The Shocking Truth About Modern Medicine

Pharmaceutical Companies Spend More Money on Marketing Than Research!

This fact alone may not be that shocking to you, but I'm sure it is unsettling. One cannot turn on the television without seeing a pharmaceutical advertisement, and it is big business to say the least.

According to CBC News, a study done by researchers at the University of Quebec and York University found that U.S. drug companies spend twice as much on marketing and promoting medications than they do on research and development.

This is really a sad fact because research and development is suffering because of it. It also makes you wonder what you are paying for when you buy drugs. The pharmaceutical companies claim that high prices are necessary to fund research and development, but that isn't really the case.

The industry spent approximately \$57.5 billion dollars on promotional costs alone in 2004, which is a lot of money. Conversely, \$31.5 billion was spent on R&D.

The study also supports that the industry is marketing-driven, so advertising is big business.

Let's look at another shocking fact now.

Americans Pay More for Prescription Drugs Than Anyone Else in the World

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Yes, it is true! Americans spend more on prescription drugs than anyone else in the world according to RxRights.org. The reasons given are that there is a steep price associated with research and development, but in light of our last fact, it is hard to believe that.

People in New Zealand pay only 34 percent of what Americans pay for common drugs. The average price for prescription drugs went from \$485 in 1999 to an average of \$956 in 2009, which is a 97 percent increase!

New Drugs Aren't Really New at All

You may be wondering what constitutes a new drug. The sad fact of the matter is that new drugs may not always be brand-new. Many times a new drug is simply a modified version of an old one. Newer drugs may cost more because of the fact that drug companies have to extend their patents.

When drug companies extend their patents, it delays generic drugs from coming into the market, which obviously affects the consumer. A study done by Euractiv.com states that two-thirds of drugs approved by the FDA between 1989 and 2000 were almost identical to existing drugs and many were merely modified versions.

The System Is Broken

The system is clearly broken and the consumer is paying a high price. The sad fact of the matter is that there is no financial incentive for doctors to make patients well, but there is a huge incentive to offer high-priced drugs and other types of expensive treatments.

We Are a Nation of Addicts

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We have a pill for everything, but the fact of the matter is that pills are not a cure at all. They merely mask the problem. Pain relievers don't really do anything to eliminate pain; they merely cover up the pain. The more pills you take, the more you need!

Pills have side effects, and sometimes the side effects can be worse than the ailment you are trying to control. If you don't believe me, just turn on the television and wait a few moments, and you will see a pharmaceutical advertisement with the warnings clearly stated.

Many of us are hooked on things like high-fructose corn syrup, sugar and even caffeine to the point that we don't even realize the dangers. The fact is that caffeine is a drug; a very powerful one and you could even say the same thing about the damaging effects of sugar and other processed foods.

90 Percent of All Diseases Are Easily Preventable

The cold, hard fact is that most diseases are easily preventable through lifestyle changes, such as better diet and nutrition, more exercise and even something as simple as getting a little more sunlight.

Things like diabetes, heart disease and even depression can be easily prevented or reversed with relatively simple lifestyle changes, but these types of solutions are not promoted as much because they don't have nearly the profit.

Pharmaceuticals Do Not Cure; They Only Manage Symptoms

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Pharmaceuticals do not actually cure anything, and they don't resolve the underlying cause of disease. Drugs only manage symptoms and sometimes at a very high cost to the individual causing physiological problems down the road.

Because there is no such thing as drugs without side effects, you end up masking symptoms often replacing them with another.

No One Cares More About Your Health Than You

You are ultimately in control of your lifestyle and your habits, and you can make a decision to change your habits. No one cares more about your personal health than YOU, so you should feel comfortable discussing any alternative solution with your health care provider.

Knowledge is power, and you should always research any alternative or complementary solution. If your health care provider does not wish to chat about alternative solutions, then you should seek a second opinion.

The best way to utilize alternative and complementary solutions is to use them in conjunction with your current regime, working closely with your health care provider in whatever you do. There are plenty of physicians that are open to alternative solutions and if yours is not, you may want to find one that is more open-minded.

Chapter 2: The Steps to Self-Healing

Clearing Negative Emotions and Limiting Beliefs

We are ruled by our emotions, and our emotions can influence our state of health positively or negatively. When you have trapped emotions in your body, it can hold you back and keep you from achieving good things.

Limiting beliefs works quite the same way because your subconscious thoughts and limiting beliefs hold you back. Your thoughts are a self-fulfilling prophecy because you are whatever you think you are.

If you believe that you are not worthy of love, success or good health, then you may continue to struggle trying to achieve those things.

Our emotions color everything we do; some emotions are good and some are bad and the world would certainly be a bleak place without them. Emotions give us perspective because without happiness, we wouldn't appreciate sadness as much.

Like the yin and the yang we need both positive and negative emotions to some extent, but in order to move forward in life, one must strive to focus more on the positive emotions rather than the negative.

Many alternative therapies begin with the clearing of negative emotions or negative energy because it is difficult to manifest good health without first clearing the emotional body.

Becoming Conscious of the Deeper Emotions That Hold You Back

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Many times our emotions are held deep within our body, and they can even stem from events that happened in our childhood. Emotions can actually block your ability to self-heal by getting trapped in the energetic pathways in your body.

Old injuries, whether they are physical or emotional, can be very traumatic on the body causing your energy to become imbalanced. If you think of your body like an electrical generator, everything you come in contact with affects your emotional body.

When you have negative emotions from traumatic experiences, this powerful energy can get trapped in your body causing illness and disease. Releasing this pent-up energy may sometimes be all you need to turn your health around.

Many alternative therapies work by releasing negative energy and negative emotions.

Learning How to Let Go of Fear and Release Resistance

The first and probably the most important step one must undertake is learning to let go of fear. We fear those things we are not familiar with, but it is important to really believe that you have the ability and the natural capacity to heal your body.

Releasing resistance is an important part of the process because resistance and fear hold you back. Fear and other negative emotions, such as anxiety and stress, feed the emotional body and build up over time creating a powerful layer of resistance that can be challenging to get through.

Breathing Techniques

Many alternative therapies begin with breathing techniques because the breath is a very powerful elixir and cleanser. You can use the breath to clear negative emotions and to energetically scrub your body.

When you practice deep breathing, you in essence raise the vibrational frequency in your body. The breath is your life force in so many ways, and it can also serve as a powerful healing mechanism. Let's look at a simple breathing technique now.

Breathe in deeply to begin. As thoughts come to you, acknowledge them, and let them float away.

Continue to relax and slowly breathe in... and slowly exhale... In this state, you are connecting to life's energy. Feel yourself sinking deeper and deeper where you are sitting, letting go of all distractions and thoughts.

As you take another deep breath and slowly exhale, feel yourself growing very peaceful and centered. Now feel your breath as it moves through your body. Begin to breathe a little deeper as you breathe out any strain or tension.

Breathing deeply like this helps cleanse the nervous system. Now gently close your mouth and inhale through your nose very slowly, and count to four. Hold your breath for a count of seven, and feel your breath as it moves in and around your body. Now release your breath and try and make a whoosh sound as you exhale for the count of eight.

Now repeat two or three more times. This exercise is like nature's tranquilizer for your nervous system, and it can be done as often as you like. Begin with just three or four breaths, no more until your body gets used to the feeling. You may be slightly light-headed at first, but it should pass.

This type of very simple breathing technique can work miracles in the body because it helps you release negative thoughts and emotions.

Energetic Cleansing

Most alternative therapies work on the concept of energetic cleansing in one way, shape or form. Therapies such as acupuncture and acupressure work with the body's energy meridians, helping to clear energy by tapping into various pressure points.

Therapies such as chakra mediation, hypnosis, reflexology and reiki work similarly. Chakra can help you release negative energy that is trapped in your body's chakras, or energetic centers, while mediation and hypnosis work more with imagery and relaxation.

Reflexology and reiki work with the body's energy as well. Reflexology works by applying pressure to the feet, hands, ears or other energetic points along the body to clear energy and elicit healing. Reiki works by sensing energy imbalances and having a practitioner attune the body with powerful healing energy.

Visualization Techniques

There are many ways to use visualization as part of the healing process. Therapies, such as meditation and hypnosis, use guided imagery as the mainstay of their practice because the mind is a very powerful tool.

When you are in a light state of trance or relaxation, your subconscious mind comes to the forefront. It does not differentiate between reality and imagination, so essentially whatever you envision will come to pass.

Fortunately, or unfortunately, there is a time delay, so your visions do not come about immediately.

With persistence and faith, what you visualize will come to fruition because your life is simply a reflection of whatever you program into it, good or bad. Let's look at a very simple healing visualization now.

Begin by taking a deep breath in. Imagine your breath as it moves through your body. Hold your breath in for a count of five, and allow the breath to start healing and collecting damaged tissue and cells.

The breath is your life force, and it can heal you and even cleanse your body. The breath is healing and restorative. Take another long, slow deep breath in and feel your breath.

Now take yourself to a lovely healing spot, somewhere deep inside your mind. The mind has the ability to heal the body in this deep state of relaxation. You might imagine you are sitting at a lovely beach, watching the waves go back and forth.

See yourself sitting by the water and feel how warm the sand feels under your feet. Imagine how warm the sun is as it shines down into your body, healing and transforming you. Watch the water as it dances around. Water is very healing and very soothing.

Now take another deep breath in, and imagine that your breath is cleaning the inside of your body. Imagine a lovely white light is entering in through your breath and moving around your body collecting stress and tension that have built up over time. As this beautiful white color moves through your body, see it collecting damaged tissues and scrubbing cells.

Now gently exhale and notice what color the breath is as it leaves your body. You may imagine the breath is gray or dirty as it leaves your body, traveling out into the air where the plants and the atmosphere will clean it once again.

The breath is healing your body and taking with it whatever does not serve your highest good. Continue breathing in the pure white color of healing and exhaling out negative energy and debris until you notice the energy around you clearing.

Just enjoy some quiet time at this lovely place, relaxing and drifting and dreaming enjoying this lovely relaxing feeling. As you return to conscious awareness, know that the breath has the ability to heal the body.

Keeping Your Energy Clean

The best therapy in the world will not work if you do not do something to keep your energy "clean." Whether you choose meditation, deep breathing techniques or visualizations does not really matter, as long as you continue to do something to cleanse and heal the body.

Just like cleaning your house once does not keep it clean forever, the human body works in much the same way. Your energy gets disturbed every time you deal with a traumatic event or come across negative people, so you must continually work to clear your energy and keep it clean and fresh.

A great technique to use to clear your energy is a simple chakra meditation. We will discuss a more thorough chakra cleansing technique a little later on, but this simple technique works well.

Chakra meditation works with the energy in your body, working specifically with the body's seven major energetic centers called chakras.

Balancing your energy through chakra mediation or visualization is a great way to clean your energy. Let's look at a very simple technique now.

Take a deep breath in, and begin to clear your stress and tension. Gently close your eyes, and let go of any pain or tension. Imagine now that all of your stress is fading away. Take another deep breath in and imagine every fiber, every cell and every muscle simply melting away.

Now in this beautiful state of peace, imagine or visualize a beautiful white light streaming down from above. Feel this light wash over you, cleansing your aura of impurities.

Begin at the root chakra, which sits at the base of the spine. See your root chakra as a beautiful red flower, and imagine it spinning and turning and opening. The chakras are like spinning balls of energy, and you can imagine them spinning clockwise and clearing your energy.

See this beautiful red flower opening and spinning clockwise, as it spins out negative energy and emotions. Continue this process until you feel your energy

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clearing or until you can imagine the flower as a beautiful deep clear vibrant shade of red.

Continue moving up the body, working on each chakra with the various chakra colors as you visualize.

Once this process is complete, gently close your chakras one at a time by imagining the flowers gently closing.

This type of visualization works very well to clear the energy, and it can be done in as little as 10-15 minutes. Do it anytime you feel your body becoming imbalanced or your energy stressed.

Chapter 3: Acupuncture and Acupressure

Acupuncture Versus Acupressure

Both acupuncture and acupressure are based on an ancient healing art that has been around for centuries. Both methods are based on the theory of correcting imbalances in the life force energy or *chi*.

Based off of traditional Chinese medicine, both methods use special points along the body that correspond to different energy meridians, which are targeted and used to help the body heal.

Acupuncture and acupressure help the body correct and balance itself by channeling a continuous flow throughout the body into a network of various energy meridians.

Acupuncture is said to work by the insertion of very thin disposable needles that are inserted into specific points along these energy meridians.

Acupressure, on the other hand, differs in the sense that practitioners use their fingers, palms, elbows or other such device to stimulate and apply pressure to the body's pressure points.

Both methodologies stimulate or disperse the flow of energy to correct and rebalance the body. Acupuncture and acupressure are based on the theory that illness and pain are caused by blockages along the energetic pathways in one's body. Both methods help to unblock stagnate energy helping the body to restore balance.

Brief History

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Acupuncture and acupressure are based on a Taoist healing tradition going back nearly 8,000 years. The first book of acupuncture was the Nei Ching Su Wen, which was a work that was created around 200 B.C.

Acupuncture was not only widely used in China, but also in ancient Egyptian and South African cultures as well. Even the Eskimos used a form of this ancient healing art by using sharp stones to elicit healing.

Energy Meridians

There are 12 main energy meridians in the human body and eight secondary. These energy meridians are basically energy conductors because they conduct or transmit energy between the surface of the body and the internal organs.

The body is extraordinary in the fact that it uses energy meridians to overcome imbalances and heal disease.

Energy meridians connect the dots within your body and stimulating these spots, either by needles or pressure, can help elicit healing. The theory behind energy meridians is that disturbances in the meridians are said to correspond with illness and disease.

The 12 major meridians each correspond to a specific organ in the human body:

1. Kidneys
2. Liver
3. Spleen
4. Heart
5. Lungs
6. Pericardium

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7. Bladder
8. Gall Bladder
9. Stomach
10. Small Intestines
11. Large Intestines
12. Triple Burner (body temperature regulator)

It is thought that Yin meridians flow upwards, while Yang meridians flow downwards. Just as blood vessels carry and circulate blood throughout the body, the energy meridians circulate electrical energy in and around the body.

Acupuncture and Acupressure Points

There are 359 standard acupuncture points along the body with additional points on the ear and the scalp. There are as many as 2,000 acupuncture points according to traditional Chinese medicine, and each of these points is connected to the various energy meridians.

Acupuncture can be used for many ailments to relieve pain and to correct certain illnesses. It can even relieve nausea related to chemotherapy or pregnancy or post-surgery pain. It can also be used for headaches, fibromyalgia, cramps and stroke rehabilitation, among many other things. There really is no limit to what acupuncture can do.

Using Acupuncture and Acupressure to Self-Heal

There are hundreds of pressure points within the body, some of which you can stimulate or massage on your own to self-heal.

To heal something such as carpal tunnel syndrome, you can use what is called the inner gate and outer pass, which are points on the front and back of the wrist.

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These points are located approximately one and a half inches above the wrist between the two major bones of the forearm. Holding these points firm for at least two minutes or more can provide relief if done enough times.

Acupressure can also be used for migraines by stimulating the acu-point number one, which is located between the forefinger and the thumb or acu-point number seven, which is an indented point in the wrist in line with the thumb.

There are an unlimited number of ailments that can be treated using acupuncture and/or acupressure and these types of treatments can be used along with any traditional form of medicine.

Chapter 4: Chakra Healing

What Are Chakras and How Do They Work?

The chakras are the body's energetic system. Many belief systems equate the chakras to centers of Prana, or life force energy or *chi*. The Chakra system consists of seven levels that correspond to various systems of the body.

The word “chakra” comes from the ancient Sanskrit word, which means wheel. The chakras are located in your ethereal body as opposed to your physical body. The chakras are shaped like a flower or a wheel, with petals or spokes that detail their composition.

The chakras contain and process energy in your body, and just as energy can propel you, it can also block you.

The easiest way to think of chakras is to think of them like a series of cogs and wheels running up and down your spine, continuously renewing your energy.

In a well-balanced person and healthy person, the chakras are spinning rapidly and smoothly, and their colors are clear and bright.

When you are stressed or ill or mentally impaired, your chakras get clogged and they begin to slow down or even spin too quickly. Chakras can get discolored or fragmented if you are mentally, emotionally or physically impaired.

We typically experience some kind of chakra imbalance at one time or another because our energy is always changing. The aim of chakra healing is to get all of the chakras working and spinning smoothly and evenly, helping you to rebalance your energy.

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The Seven Main Energetic Centers of the Body

There are seven major chakras in the ethereal body:

1. The root or base chakra
2. The sacral chakra
3. The solar plexus chakra
4. The heart chakra
5. The throat chakra
6. The brow or third eye chakra
7. The crown chakra

Each Chakra is associated with a color, a symbol and a musical note. A few of the ways you can balance the chakras are with music, by toning certain frequencies and by visualization or meditation.

The first chakra, the root chakra, is associated with the color red. The root chakra is situated at the base of the spine. The root chakra connects you to the earth and to your survival instinct, and it is associated with the musical note of C.

This chakra forms your foundation and your physical orientation and self-preservation bringing you health, prosperity, security and a dynamic presence.

The second chakra, the sacral chakra, is located in the abdomen, lower back and sexual organs, and it connects you to others through feeling, desires and sensations.

The second chakra is usually represented by the color orange and associated with the musical note of D.

The solar plexus chakra is located in the stomach region and is associated with the color yellow.

Emotionally, the solar plexus chakra affects your self-worth, confidence, personal power and your freedom of choice. The third chakra is your power chakra.

When healthy, this chakra brings you energy, effectiveness, spontaneity and non-dominating power and is related to the element fire and associated with the musical note of E.

The fourth chakra is the heart chakra. The physical location of the heart chakra is in front of the heart in the middle of the chest, and it is associated with the color emerald green.

Emotionally, the heart chakra affects your experience of love. This chakra allows you to feel joy, compassion and peace enriching your relationships, and it is associated with the musical note of F.

The fifth chakra is the throat chakra, and the physical location of the throat chakra is of course, the throat.

The fifth chakra is associated with the color blue or turquoise, and it is associated with the element ether, in which all things are contained. This chakra is associated with the musical note of G.

The sixth chakra is the brow or third eye chakra, and it represents light, your higher mind, your intuition and your imagination. The physical location of the brow chakra is between the eyebrows, and it is related to your intuition and your

act of seeing, both physically and intuitively. This chakra is represented by the color indigo, and it is associated with the musical note of A.

The seventh chakra is the crown chakra, the thousand-petal lotus, and it acts as the operating system of the chakras. The physical location of the crown chakra is the top of the head.

The seventh chakra is associated with the color violet or white, and it is associated with the musical note of B.

Signs and Symptoms of Blocked Chakras

Many symptoms can be related to chakra blockages. Root chakra blockages can cause a lack of vitality and cause you to feel lacking in safety or security, bringing you financial problems. Grounding yourself through the root chakra can help you feel more secure.

Blockages in the sacral chakra can cause lower back pain, blocks in creativity or even sexual-related issues because this chakra is related to passion and relational issues.

Blockages in the solar plexus chakra can manifest as stomach issues, anxiety, imbalances and even stomach ulcers.

Heart chakra blockages can cause a lack of self-love, cardiac issues, lung problems and even depression or loneliness.

Throat chakra blockages can cause sore throats, colds and issues with communication.

Third-eye blockages can manifest as headaches, insomnia, vision problems and even dizziness or nervous breakdowns.

Crown chakra blockages can cause confusion, depression, irritability and even Alzheimer's or epilepsy.

Using Chakras to Self-Heal

You may use the chakras to self-heal by doing the simple visualization in chapter two, or you can try this one, which may take a little longer.

Begin by imagining yourself in a beautiful sacred temple with seven levels. Each level corresponds to a different chakra. You may do this entire mediation or focus in on one particular level.

Begin at level one by imagining yourself in a beautiful healing temple. You may hear water trickling off in the distance. Take a moment to envision this healing place by closing your eyes and noticing your surroundings.

This chamber is typically a beautiful deep shade of red, but it can be any color you like, so visualize this color and let it wash over you. If your color is not bright and clear, ask your mind now to help you cleanse this chakra of any toxic energy that may be present.

Ground yourself into the earth and visualize this beautiful color penetrating every cell in your body, connecting you to Mother Earth.

Level two is the Sacral chakra represented by the color orange.

Now take a moment to light a beautiful candle, letting it illuminate this chamber and move this color up into your body, letting it penetrate each cell, connecting you to your emotions and to anything that may be holding you back.

Level three contains the solar plexus chakra associated with the color yellow.

Light a beautiful candle now in this sacred chamber and envision your color. If your color is muddy or dirty, make it clear and fresh and bright. Let this color wash over you, like a powerful fire, burning away any imbalances or fears or doubts that may exist.

The fourth level contains the heart chakra. Take a moment now to light a beautiful green candle, illuminating this chakra letting the color wash over your entire body, cleansing you.

Breathe in this color, and send out love to your entire body.

The fifth level contains the throat chakra, and it is associated with the color blue or turquoise. Here you experience the world symbolically through vibration, such as the vibration of sound, representing language.

Light a beautiful candle to illuminate this chakra and notice what you see. If the colors are not bright, change them, cleanse them and release anything that does not support you.

This sixth level contains the brow chakra represented by the color indigo.

Now light a beautiful candle and move the color all around your body, helping you move your desires out into the physical realm.

The last chakra is the crown chakra, and it connects you to the universal energy of all existence.

Take a moment to envision this chakra like a beautiful white or violet light streaming in from above, and move the color all through your body. Light a beautiful candle now and see if there is anything that needs to be cleansed and do so now.

Just enjoy the beauty and the peace and the calm that you now feel, now that your energy has been realigned and cleansed. Sit for a moment, let your consciousness drift and ask your mind if it has any final messages for you.

Chapter 5: Meditation

Meditation Versus Hypnosis

While meditation and hypnosis are similar in the fact that they both use relaxation and/or trance to make changes, they are actually dissimilar in terms of the therapeutic outcome.

Meditation is used to quiet the mind, while hypnosis, on the other hand, is used to program the mind.

Both meditation and hypnosis use similar relaxation techniques to achieve relaxation, but after that, their similarity begins to stray.

Meditation seeks to quiet the mind, helping you create a blank slate where you can release all of your cares and concerns. Meditation helps you recharge and rejuvenate, helping you ease stress and anxiety.

While hypnosis can certainly do all of those things, it has a greater purpose, to reprogram the subconscious mind through commands or other types of creative story.

The Power of Positive Thought

The mind is an incredible tool, and you can use it to make changes in your life. Your thoughts really do become things; there is just a time delay when it comes to manifestation.

When you spend your time focusing on your problems, you only end up attracting more problems into your life.

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Your mind manifests whatever you continually focus on, whether those thoughts are positive or negative, so if you want to manifest change in your life, the easiest thing to do is change your thoughts.

When you take steps to think more positively, you can completely transform your life, and meditation is a great tool to help you get there.

Guided Imagery

Guided imagery is simply using the power of your imagination within a meditative session. You can envision yourself anywhere at anytime, and it is easy to do. If you feel stressed, you can close your eyes, breathe deeply and take yourself to the beach.

Guided imagery is simple to use and easy to do. You can purchase guided imagery meditations or simply create your own within your mind.

Visualization Techniques

There are many different types of techniques you can use to visualize. The best way to visualize is to close your eyes, and take yourself on a mini-vacation. Start with 10-15 minutes at first until you begin to perfect your visualization techniques.

You can also try the pink bubble technique. Simply visualize your thoughts and then place them inside a pink bubble and watch them float away.

Guided Meditation

Guided meditations can be written on any subject, but you can also make them up as you go along.

A candle meditation is easy to do, and it is a great way to begin if you have never meditated before. Let's look at a candle meditation now.

Simply light a candle, and position it at your eye level or slightly below.

Begin by sitting quietly staring at the flame.

A flower could also be used because the point of this type of guided meditation is to focus your attention on an object to help increase your awareness and to help you appreciate being present in the moment.

Now take a deep and cleansing breath, and feel your breath as it moves through your body. Begin staring at the candle and focusing in on the beautiful flame. You may find your eyes begin to water slightly, but that is normal. Just continue staring at the flame noticing all of the details.

Now imagine you are breathing in the light of the candle. Breathe in and out, and image the beautiful bright color of the flame entering your body.

Continue breathing in and out very slowly, feeling and sensing the warm color of the flame entering your body.

Using Meditation to Self-Heal

Meditations are a wonderful way to calm the mind and heal the body. They are easy to do, and they can be very effective. Meditation can help melt away the layers of stress and anxiety that build up over time.

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Those that engage in a regular meditation program can better manage stress and tension, ward off depression and even overcome addictions.

Stress is counterproductive, and we all have a maximum level in which we can endure. Meditation can help you cope better with life, and it can help you get rid of the tensions of the day. It does a much better job than drugs or alcohol could ever do.

In terms of stress management alone, nothing beats the simplicity of meditation.

Chapter 6: Hypnotherapy

Hypnosis and How It Works

Hypnosis is merely a state of focused concentration. It is a state of mind of inner absorption. Hypnosis is actually a misleading term to some extent because all it really means is a state of trance.

All of us go in and out of trance throughout the day, whether we realize it or not, every time we turn on the television or get lost in thought. Hypnosis helps you supercharge your capacity and ability to make changes, nothing more and nothing less.

Your subconscious mind acts like a sponge, absorbing everything around it. Hypnosis helps you access your subconscious mind, helping you make changes much more quickly.

Hypnosis works by combining relaxation and motivation and because the subconscious mind does not differentiate between reality and imagination, it is an easy way to make changes that last.

Hypnosis for Pain Management

Hypnosis is a great way to help manage pain because it helps you tackle it at the very heart of the problem, the subconscious mind and the brain. The body and the brain work in tandem, and hypnosis can help patients both manage and overcome pain.

Hypnosis can alter the pain sensors in the brain, and research has shown that hypnosis used in a clinical setting can be helpful for acute and chronic pain.

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A study done by researchers at Mount Sinai School of Medicine in New York found that an analysis of 18 studies showed that hypnosis offered moderate to large pain-relieving effects, which supports the hypothesis that hypnosis helps manage pain.

Hypnosis for Self-Healing

The primary goal of hypnosis as a complementary therapy is to help patients get back a feeling of control by helping them better understand the mind-body connection.

In reality, the mind is a very powerful tool, and there is no limit to what can be overcome using the subconscious mind. There are many ways to use hypnosis for self-healing from offering yourself suggestions to using guided imagery to taking yourself somewhere pleasant.

Let's look at a simple technique now called the red ball technique.

Begin by straining your eyes and focusing on a spot on the wall or the ceiling. This type of eyestrain, once you close your eyes, brings you into a nice form of trance rather quickly.

Continue staring and focusing at the spot, and count backwards from 20 to one. Your eyes may begin to water or blur. When you reach the point where you cannot hold your eyes open any longer, simply close them.

Now imagine yourself walking along a beautiful beach. Imagine your pain has a color — the color red. Imagine as you walk along the beach that you are actually walking inside of your pain, literally.

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Imagine your pain is all around you, and envision yourself inside of a very large red ball. As you slowly move along the beach, begin to dial down your pain by first popping your arms out of the beach ball, then your legs. Keep moving and popping out various body parts, such as your head, your neck and your shoulders.

After a bit, begin to imagine the ball getting smaller and smaller until finally, you are holding your “pain” in the palm of your hands. Take your “pain,” toss it up into the air, envision it turning into a lovely red balloon and watch it slowly float away.

This is a very simple technique that is easy to do, and you do not have to be in a deep state of trance to make changes because even light states work well.

You may feel like you are simply imagining the process, but don't let that stop you because the truth of the matter is that hypnosis works, whether you believe in it or not!

Using Self-Hypnosis

There is a theory that all hypnosis is self-hypnosis because you cannot force anyone to be hypnotized against his or her will. In essence, people allow themselves to be hypnotized or put into trance; the hypnotist is merely the guide who assists the process.

Chapter 7: Reflexology

What Is Reflexology?

Reflexology is an alternative medicine also known as zone therapy. It works by having a practitioner apply pressure to the hands, feet or ears with very specific finger, thumb and hand techniques, sometimes using oil or lotions.

Reflexology is based on the theory that a system of zones and reflex areas reflect a part in the body with the idea that such work can affect a physical change or improvement.

It is a natural healing art that works through the application of pressure on certain reflex points, which correspond to various organs, glands and parts of the body.

Reflexology uses the idea of an invisible life force or *chi* as well, as many alternative therapies do. It is said to be an effective technique for relieving pain, stress and balancing the nervous system by relieving various energetic blockages.

Reflexology may work by helping to release powerful endorphins, which are the body's feel-good chemicals.

Pressure Points in Reflexology

Pressure points in reflexology are aligned with both sides of the body. For example, reflex areas in your right foot represent your body's right half, while points in the left foot represent the body's left half.

When doing reflexology, one must use both sides to align the entire body. The most widely used reflexology pressure points are on the feet, the hands and the ears.

Certain healing zones or pressure areas reside on the soles of the feet and can be used to alleviate discomfort.

How to Use Reflexology to Self-Heal

Reflexology is a wonderful way to aid circulation and help with things like lymphatic drainage, and it also helps relax the muscles and stimulate nerves.

One of the best ways to use reflexology to self-heal is to work the soles of your feet by going barefoot on a natural surface or even something like river stones. Rolling your feet over golf balls or a tennis balls may be effective as well.

Begin by loosening your ankles by rotating each foot clockwise then counter-clockwise 10 times. You can also pinch the ends of your toes, which helps increase circulation and drain your sinuses.

Next, try massaging the balls of your feet, then the arch and the heel. Explore any area further that seems tender or sensitive.

Chapter 8: Reiki

What Is Reiki?

Reiki is a natural and non-invasive healing technique that helps to activate flow, or cure imbalances in what is called one's life force energy or *chi*. This system of energetic healing is channeled through the practitioner's hands to positively align the chakras, the organs and the glands.

It is believed that Reiki can help rid your body of stress, pain, emotional imbalances, addiction or even disease and sickness.

How Does It Work?

Reiki originated in the 19th century by a Japanese doctor, Mikao Usui. It is claimed that while participating in an ancient Buddhist ritual that Mikao received a mystical revelation that he could utilize spiritual energy to heal people's mental and physical ailments.

Reiki is believed to work by tapping into a higher energy force to be utilized by the practitioner to "attune" or heal the patient through one's hands.

The Reiki practitioner senses energetic imbalances in the body by guiding this energy through his or her hands to the client. Reiki practitioners typically use 12 positions when laying hands: four on the head, four on the back and four on the front.

The practitioner can also focus on a specific area of the body after sensing energetic imbalances. A combination of gentle touch, blowing and light tapping

may be used to release energetic blockages or to infuse positive energy into the body.

Reiki energy is believed to flow to wherever it is needed to help restore balance.

Using Reiki as Part of Your Self-Healing Program

Following a typical Reiki treatment, you may feel a general sense of well-being and relaxation or, in some cases, an emotional release.

Reiki can be used to treat a variety of conditions because it is believed to simulate the immune system and balance energy levels to promote natural healing.

In order to use Reiki, one would need to visit an accredited Reiki healer or practitioner.

Chapter 9: Conclusion

Putting It All Together

The most important thing to remember when it comes to self-care is that self-care is best designed for minor health problems. It is always wise to visit a professional if you need or desire an in-depth session.

Any ethical practitioner, no matter what method of healing they promote, should tell you that alternative methodologies are not meant to *replace* standard care; they are meant to *complement* it.

Alternative therapies are based off of the idea that many medical problems stem from tension and stress held in the body. They can and should be used in conjunction with your regular health care regime.

Share these ideas with your health care provider, and don't be afraid to tell them you are using an alternative therapy in conjunction with your normal standard of care.

Choosing the Method That Is Right for You

In the end, no one cares more about your health than you, so you are the best judge when selecting an alternative method.

Do your research and ask a lot of questions. Don't be afraid to mention an alternative treatment to your doctor or health care provider.

If your physician is not open to you exploring alternative theories, take heart; many standard medical training programs do not include alternative therapies. If they do, most physicians probably have not studied alternative treatments to the extent that they have studied standard treatment.

Only you can decide what is best for you. Good luck in your journey. I hope this guide has been helpful and has helped to open up your horizons as to the myriad of benefits offered through alternative therapies and treatments.

Recommended Video:

Numerologist.com: Dramatically increase your health and well-being with numerology

<http://www.yoursite.com/go/numerology>

Just in case you haven't used numerology before, it is the ancient art of using numbers to provide us with tremendous insights into your inner-self and your inner-nature. It's also used by millions of people around the world to improve health and wellness.

Numerology is the world's oldest science, and it's a practical tool that you can use to achieve success in every area of your life.

Would you like to improve your relationships, your finances, your career and/or your health?

Numerology provides you with a simple and insightful way to do all this and discover your hidden potential that you were given at birth. If you lack clear

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direction, purpose, good health, focus and passion in life, numerology can help you!

Right now, you can get a free birthdate analysis and instantly discover what your birthdate means to you and what your future holds. There's no psychics or gimmicks involved, just science!

Get your free birthdate analysis now and find out what your birthdate says about you:

<http://www.yoursite.com/go/numerology>

Recommended Reading:

The Detox Diet: Reclaim your health in just 30 days

<http://www.yoursite.com/go/thedetoxdiet>

With all the information about detoxification that is available today, it is hard to know what the best method is. Detoxifying your body eliminates toxins, chemicals and fats that are stored in your tissue. This waste slows down the overall function of your body.

It can make you feel fatigued, bloated and irritable. Sugars that build up inside our bodies slowly corrode our arteries and tissues. The end result of this is diabetes, obesity and heart failure. The best detox diet comes from the Total Wellness Cleanse Program. This is a two-part system designed by a team of holistic nutritionists to help you detox your body and keep it clean and healthy.

The two phases of this system make up a 30-day program. The first phase of the Total Wellness Cleanse Detox Diet is the Cleanse Phase. During this first 14 days, you will wean your body off of the alcohol, fats, carbohydrates and sugars

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that it is used to. With any diet plan, it is important that you wean your body off of the old and onto the new. People who abruptly change their diet are more likely to fall back into old habits quickly. The idea behind the Total Wellness Cleanse Detox Diet is to make permanent dietary, lifestyle and exercise changes to produce a healthier you.

The program promises that in the first week, you will notice more energy and a flatter stomach. The program is a series of recipes and meal plans that are designed to help your body crave non-sweet fruits, veggies and non-glutenous grains, instead of heavy carbohydrates, fats and sugars.

One of the reasons this is the best detox diet is because the meals are easy to prepare with easy-to-find ingredients. The meals are designed to help your body release waste that is held up inside its tissue.

The second phase of the Total Wellness Cleanse Detox Diet is geared to help you integrate your new dietary and lifestyle changes into your everyday life. There is an eight-week post-cleanse meal plan included with the system to make this maintenance phase easy.

Once your body is detoxified, feeling great and losing weight will be easier than ever. Some of the key benefits of body cleansing are smoother hair, increased mental clarity and an increase in energy. With so many great benefits, it is easy to see why the Total Wellness Cleanse Detox is the best detox diet.

If you are looking for an all-natural way to detoxify your body without pills or supplements that make empty promises, then try this holistic cleansing program.

The program will help you re-establish the proper acid-alkaline balance in your body and diminish cravings for sweets, alcohol and fats in a few short weeks. Over time you will continue to feel revitalized, notice clearer skin and know which bodies work best for your body.

The team of holistic nutritionists that designed the Total Wellness Cleanse Program believes that this is the best detox diet available. They promise this system will help your body cleanse and repair itself.

Check it out now and reclaim your health in just 30 days:

<http://www.yoursite.com/go/thedetoxdiet>