

# Seven Steps to Healing

## 1) Appropriate Lifestyle and Proper Diet

### *Lifestyle*

- Enhance your spiritual/religious life.
- Lower stress (increase fun and laughter).
- Increase movement (exercise).  
*(Movement/exercise is probably the best way to detoxify.)*
- Breathe deeply as often as you can throughout the day.  
*(Good air and water are the most effective detoxification medicines!)*
- Spend time outside daily (walk, jog, hike, etc).
- Stop smoking.

### *Diet*

- Eat your food slowly and consciously.
- Increase water intake to 6-8 glasses of water daily (drink filtered water only).  
*(Good water and air are the most effective detoxification medicines!)*
- Reduce or stop consuming sugar, alcohol, and coffee.
- Avoid your food allergies (Most common allergenic foods are gluten and dairy.)
- Increase vegetable consumption. Eat a wide variety with lunch AND dinner (raw and cooked).
- Eat healthy fats daily, and have protein with every meal.
- Eat whole grains (such as brown rice, quinoa, or amaranth) versus white rice/bread.
- Eat organic foods.

## 2) Optimizing the Health of Your Internal Organs (Liver, Kidneys and Intestines), or Detoxifying/Cleansing (Ideally “Draining”) them:

- Liver/kidney detoxification using UNDA numbered compounds, castor oil packs, etc.
- Intestinal cleansing (dysbiosis therapy) using herbs and probiotics
- Deep intracellular detoxification throughout the entire body

## 3) Optimizing/balancing your Chi/vitality/energy using homeopathy, acupuncture, etc.

The purpose of this step is to stimulate the patient’s own innate self-healing and auto-regulating abilities.

## 4) Restoration of various bodily tissues

There are times when you have to use specific natural medicines in order to restore the health of various organs/tissues in your body. For example; taking glucosamine sulfate can restore the health of the cartilage in the joints.

## 5) Proper Musculoskeletal Integrity

- Bony manipulation (chiropractic adjustments) and visceral manipulation
- Trigger point and neural therapy homeopathic injections for management of pain
- Craniosacral therapy
- Physical therapy and massage therapy

## 6) Nutritional Supplementation

- Multivitamins/minerals
- Omega 3 fatty acids (such as fish, flax, or various EFA formulations)
- Probiotics and Vitamin D
- Calcium/magnesium (especially important for postmenopausal women)

## 7) Palliation (Symptom Relief Without Addressing the Root Cause)

- Natural supplements (example: Saint John’s Wort for depression)
- Pharmaceutical drugs and surgery