

# TOTAL WELLNESS



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Infrared Saunas and Wellness Solutions





# FOREWORD

We all want to be healthy and have active, abundant lives. Good health makes our days rewarding and life worth living. Experiencing well-being most of the time may be elusive, but I believe it's mainly a lack of understanding of a few basic principles that takes us off the path. The body is actually wired for health and is constantly working towards that goal.

The following pages offer a simple way to regain and maintain your health. We all have an undeniable right to live full and vital lives and to feel good about being alive on this earth.



# INTRODUCTION

When I was in chiropractic school, the president of our college, Dr. Gerry Clum, used to say: "There is no difference between the lakes, rivers, and streams of our earth and the lakes, rivers, and streams of our bodies." This simple acknowledgement instilled in me a deeper understanding of the relationship between our outer environment and our inner one.



Today we live in a world that is increasingly inhospitable. A growing portion of the population in the world is becoming unhealthy and obese. The Standard American Diet (the common diet of a majority of Americans, featuring large quantities of meat, dairy, fat, sugar, and processed foods and a low intake of nutrient-rich fruit and vegetables) is being exported around the globe, and whole countries are seeing increased suffering and mortality from chronic "rich people diseases" for the first time in their recorded history.

There are also more than 80,000 chemicals in the environment today that were not around when our great-grandparents were coming of age. Some of these chemicals include heavy metals linked to cancer and diabetes. These toxins are wreaking havoc on everyone, with no end in sight.

Many of these chemicals and toxins accumulate in the body and can remain for decades or longer, resulting in reduced energy, lowered immune function, autoimmune and neurological disorders, and allergies. Couple that with our fast-paced, overworked lives, and you have a good prescription for a burned out, unhealthy existence.

This all may seem a bit overwhelming and difficult to take in. The good news is that there are solutions. First, we need to find ways to shield ourselves from these outside toxic influences. Second, we need to detoxify, nourish our bodies and minds, and ultimately heal ourselves.

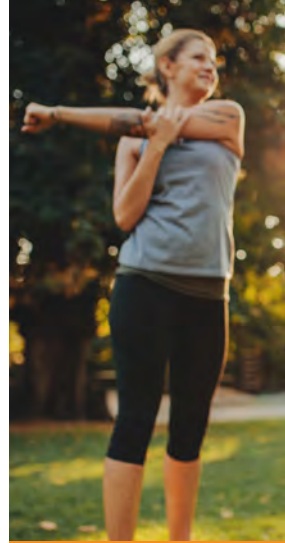
This guide will help you in this process. Let's begin...

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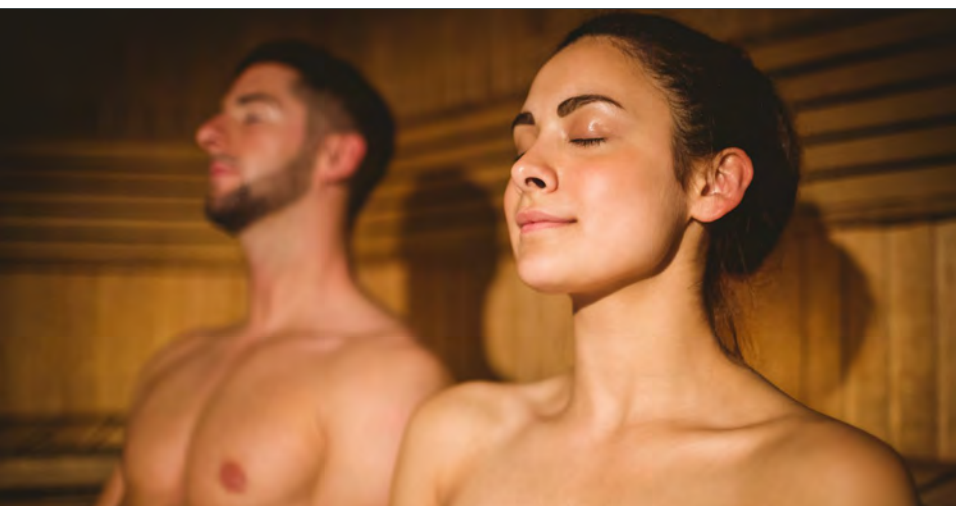


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First, a change of view...

## HEALING VS CURING

One of the underlying foundations to restoring health is found by understanding the difference between healing and curing. Western medicine is very good at relieving symptoms and saving lives in an emergency room setting, but it knows very little about creating and maintaining health.

Health is not just the absence of disease or symptoms. Good health is vibrant and starts from the inside out. We all know a healthy person when we meet them. They radiate an unspoken energy — physical, emotional, and mental — that draws us to them.

# HEALING VS CURING

## NATURAL HEALTH

Restores balance through lifestyle choices & natural means



### Natural Solutions

Healthy diet, acupuncture, chiropractic, herbs, massage, meditation



*Health is a balanced state*

## WESTERN MEDICINE

Treats symptoms & disease with drugs & surgery

### SYMPTOMS



### Reductionist Theory

Treats with pharmaceutical drugs & pills



*Health is the absence of symptoms*

**Our body is an amazing self-healing organism and the bulk of the magic happens while we're busy doing other things, or even during our sleep! Consider this:**

- The average adult's heart beats more than 100,000 times a day while pumping approximately 2,000 gallons of blood through miles of arteries, veins, and capillaries.
- Our senses are so powerful that our nose can remember more than 50,000 different scents, and our eyes can distinguish from over 10 million different colors.
- Our stomach lining is replaced every three or four days automatically, and we slough off about 600,000 particles of skin every hour.
- Our on-call immune system fights off pathogens and even cancer cells with an amazing trained army of Neutrophils, Leukocytes, Monocytes, Eosinophils and Basophils. Every one of them seeks out and destroys different attackers to keep us healthy 24/7.

Your body does so much for you and asks so little in return. It's only fair that we take the time to figure out what it really needs!

# BECOMING YOUR OWN DOCTOR

To find good health, we must throw out the concept that doctors know everything. Most doctors are great, and certainly have a tremendous amount of skill and experience, but that has little to do with finding health for yourself. If you're waiting around for your doctor to keep you healthy, you will be waiting for a long time.

This is an invitation to take back your own power and become an agent of your own healing. Read, experiment, and see how it feels in YOUR body. What does it feel like when you eat foods with Omega-3s? What does meditation do for the rest of your day? How does regular exercise affect your sleep patterns? Get to know how you feel inside. Become an expert on you!





# EIGHT PRINCIPLES OF HEALTH

*“Habit is habit and not to be flung out the window by any man, but coaxed downstairs a step at a time”*  
- Mark Twain

The following eight essential principles of health can bring us back into balance and start us on the road to wellness. This may be a longer journey than expected, but change can also happen quickly. Your body may even thank you within a few days with better sleep, clearer skin, and a calmer mind.

Remember that change usually occurs incrementally and often involves a few steps forward and a couple back. Be kind to yourself and take it easy as new healthy patterns develop.



- #1 Clean Food
- #2 Clean Environment
- #3 Detoxification
- #4 Stress Reduction
- #5 Exercise
- #6 Spiritual Health
- #7 Community
- #8 Passion

# CLEAN FOOD

We've all heard the saying "you are what you eat." It's true! Many of our foods contain harmful chemicals, so it's important to eat "clean" food whenever possible. Here are a few tips to keep in mind:

1. **Eat organic whenever you can.** It's much easier to avoid chemicals now than figuring out how to get rid of them later.
2. **Shop for food outside of the aisles in grocery stores.** Fresh foods are usually found in the open areas of stores, while processed foods are stocked in the aisles. Foods kept in their natural state have more vitamins, minerals, and fiber, and fewer additives and fillers.
3. **Eat more plant-based foods.** Create a daily meal plan that includes fresh fruits, vegetables, whole grains, nuts, and other non-processed foods. Fruits and vegetables are nutrient-dense, full of fiber, and contain fewer unhealthy fats than other foods. Eating ten servings per day of these foods can help prolong life and guard against disease. *(Bonus: One of the secrets to good health is we crave what we are accustomed to eating. If you train yourself to eat a big salad as a main meal once a day, you will be well on your way to reclaiming your health.)*
4. **Use healthy oils for cooking and eating.** All oils average 120 calories per tablespoon, but not all oils are created equal. The World Health Organization recommends using unsaturated fats over saturated fats wherever possible. Trans fats are another type of fat you should avoid in oils. These may be labeled as "hydrogenated" or "partially hydrogenated oils" in the ingredients. Trans fats are harmful to your health because they increase low-density lipoprotein cholesterol (LDL or "bad" cholesterol). Fortunately, the FDA is requiring that trans fats be removed from foods by 2018.
5. **How you cook with these oils can affect your health as well.** Make sure you don't let the oils "smoke" when cooking. When an oil starts to smoke, toxic fumes are released as the oils begin to deteriorate. This produces free radicals, which can cause cancer and are generally harmful to our health.





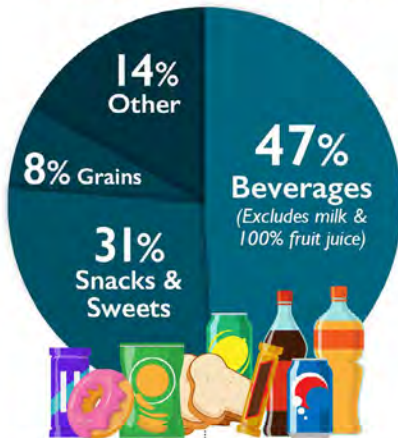
# STANDARD AMERICAN DIET (SAD)

THE SAD TRUTH BY THE NUMBERS  
A look at food consumption in the United States and its deadly consequences.

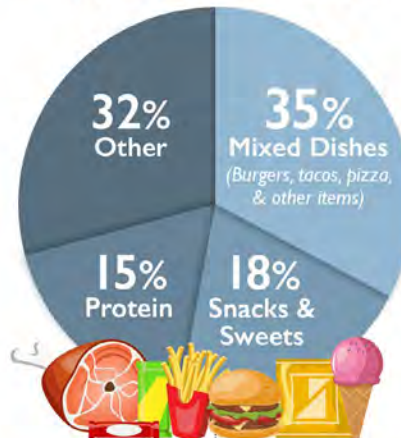


## THE BUILDING BLOCKS OF NUTRITION IN A TYPICAL U.S. DIET

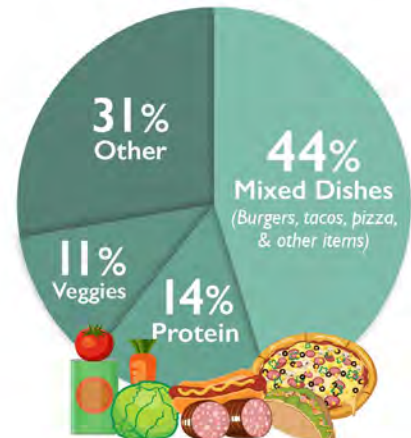
### ADDED SUGARS



### SATURATED FATS



### SODIUM



OVER CONSUMPTION MAY LEAD TO



Diabetes



Obesity



Cardiovascular disease



Heart disease



High blood cholesterol

# CLEAN ENVIRONMENT

We think of our home as a place of refuge. Spending time at home, however, could be poisoning you. Replacing toxic chemicals with alternatives is a logical step to achieve a healthier you.

Not sure where to start? The Centers for Disease Control (CDC) has an online “[Agency for Toxic Substances and Disease Registry](#)” where you can find out about individual toxic chemicals, which organs they affect and what diseases they cause.

The [National Institutes of Health](#) (NIH) also maintains a useful household products database.

Toxins in the home can be found in:

- 1 **Cleaning products**
- 2 **Personal care products**
- 3 **Packaging**
- 4 **Cooking utensils & cooking by-products**
- 5 **Clothing**
- 6 **Pesticides**
- 7 **Car products**
- 8 **Home repair/remodeling products & furnishings**
- 9 **Food**
- 10 **Water & air**

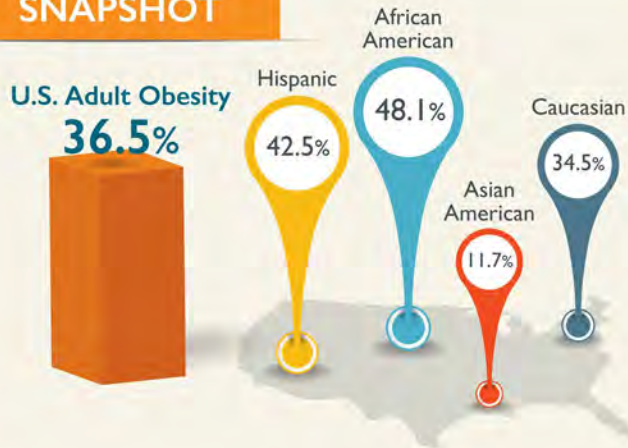




# OBESOGENS

CHEMICALS THAT MAY BE CONTRIBUTING TO OBESITY

## OBESITY SNAPSHOT



## HOW DO OBESOGENS IMPACT THE BODY?

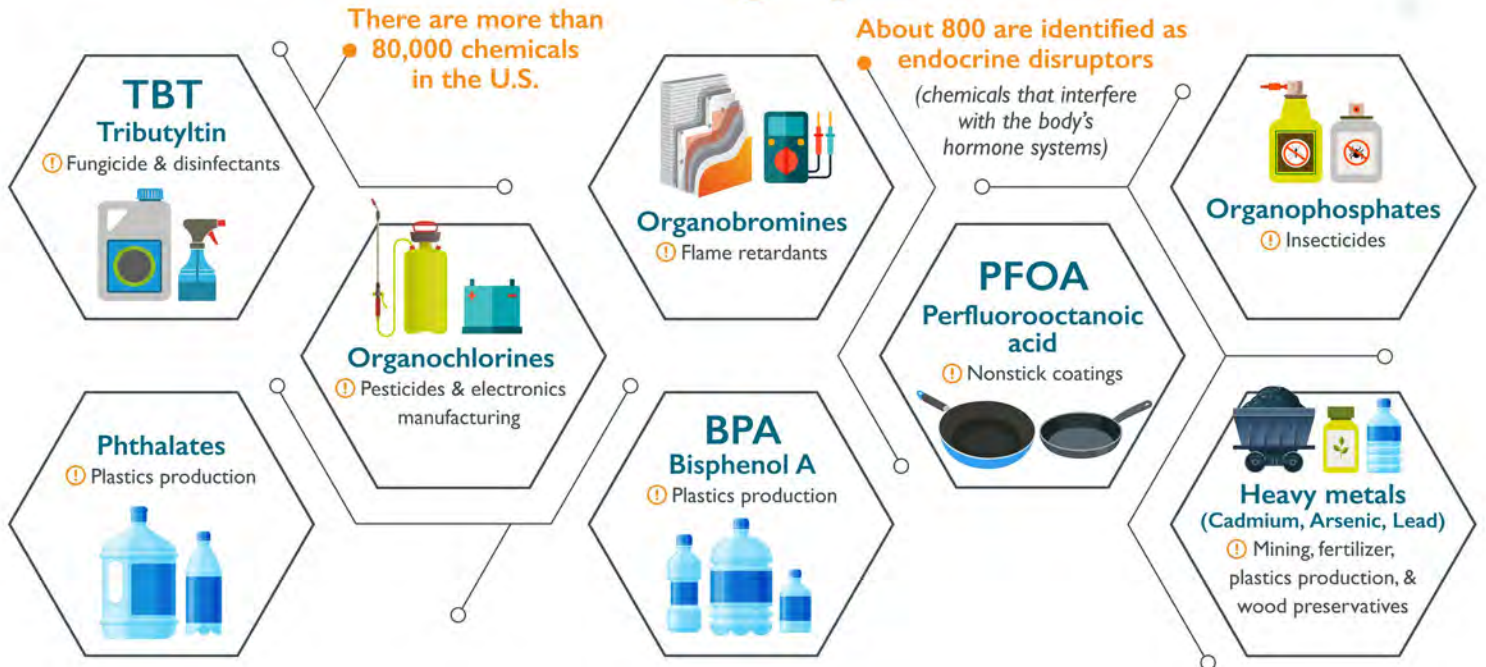


Increase number and/or size of fat cells

Affect body's regulation of hunger and fullness

Change metabolism by storing calories as fat

## BREAKING DOWN OBESOGENS



# Top Ten List of Major Toxic Chemicals

The following is a list of toxic chemicals we're exposed to in our homes, and what you can do to keep yourself safe:



**What it does:** Phthalates have been linked to birth defects, cancer, ADHD, thyroid dysfunction, insulin resistance, and endocrine disruption. Endocrine disruptors are chemicals capable of influencing the body's hormone systems and producing adverse developmental, reproductive, neurological, and immune effects in both humans and wildlife.

## 1 Phthalates

Most products with synthetic fragrance, such as air fresheners, dish soap, washing detergent, perfumes, and colognes, contain phthalates. Anything that has that "not of this earth" smell is suspect. Phthalates are also found in plastic bottles, vinyl flooring, shower curtains, cosmetics, pharmaceutical drugs, and some foods.

**What to do:** Read labels on your home care products, cosmetics, and perfumes. Choose ones that only use natural fragrances or are labeled as "no fragrance" or "fragrance-free." Develop the sense of smell to distinguish between fake scents and natural ones, and avoid products with "fake" smells.







## 2 Bisphenol-A

Bisphenol-A, or BPAs, are commonly found in polycarbonate plastic containers and epoxy resins, and also in food container linings, plastic bottles, packaging, and store receipt coating. Studies have shown that food containers with BPA and even some containers labeled “BPA-free” can degrade when microwaved and release BPA into the food that is then ingested.

**What it does:** BPA is synthetic estrogen, and is an endocrine (hormone) disruptor. BPA in the body has been linked to diabetes, heart disease, obesity and fertility problems.

**What to do:** Avoid plastic bottles and containers; switch to stainless steel and glass containers. Never heat plastic containers in the microwave, and look for “BPA-free” containers in particular. Avoid canned food, opting for fresh or frozen instead. Avoid taking unnecessary receipts.

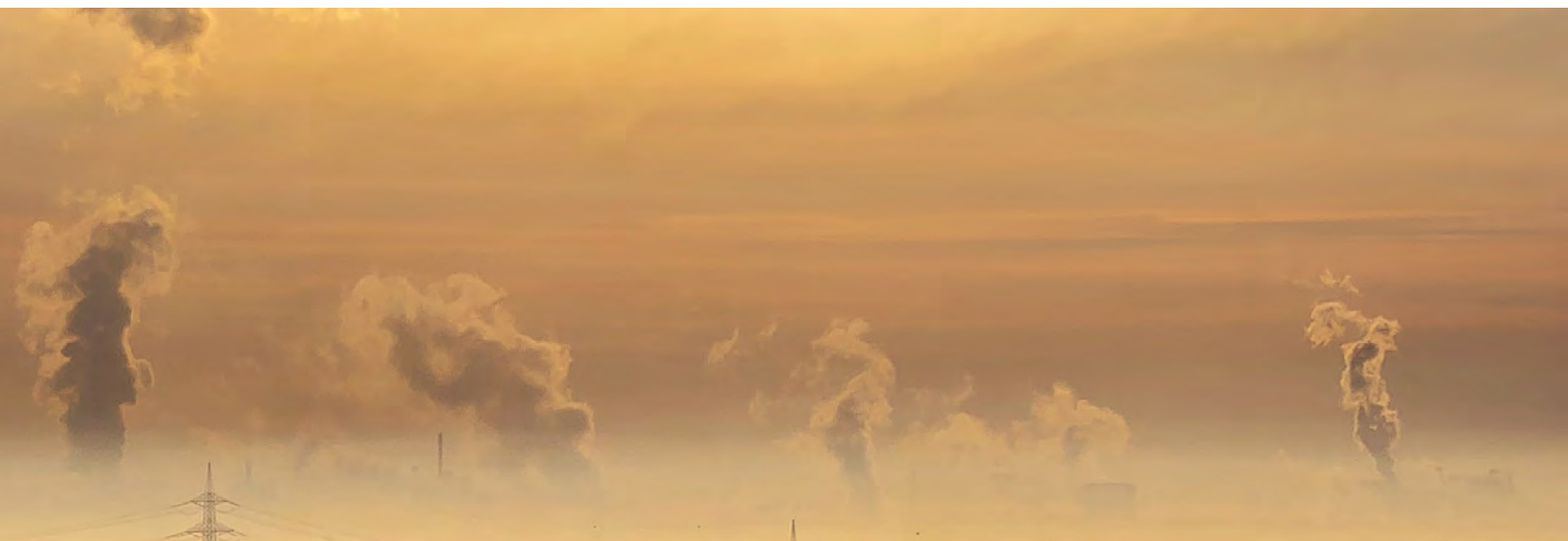


## 3 Oxybenzone

Oxybenzone (C<sub>14</sub>H<sub>12</sub>O<sub>3</sub>) is a chemical used in some sunscreen, lip balm, lipstick, moisturizers and nail polish.

**What it does:** Oxybenzone blocks harmful UV rays, but has been linked to endocrine disruption and cancer. It also has been known to cause coral reef die-off in some oceans.

**What to do:** Read labels and avoid this ingredient. Find sunscreen that uses zinc oxide, titanium dioxide, avobenzene, or other safe sun blockers. The Environmental Working Group has an excellent resource full of [safe sunscreen recommendations](#) and best practices for being in the sun.





## 4 Heavy Metals

Heavy metals like cadmium, chromium, mercury, lead, and arsenic are ubiquitous in our world. They can be found in the air; water; dust, foods, paint, dyes and many other sources.

**What they do:**

Element	Acute Exposure <i>(usually a day or less)</i>	Chronic Exposure <i>(often months or years)</i>
<b>Cadmium</b>	Pneumonitis (lung inflammation)	Lung cancer Osteomalacia (softening of bones) Proteinuria (excess protein in urine; possible kidney damage)
<b>Mercury</b>	Diarrhea Fever Vomiting	Stomatitis (inflammation of gums and mouth) Nausea Nephrotic syndrome (nonspecific kidney disorder) Neurasthenia (neurotic disorder) Parageusia (metallic taste) Pink Disease (pain and pink discoloration of hands and feet) Tremor
<b>Lead</b>	Encephalopathy (brain dysfunction) Nausea Vomiting	Anemia Encephalopathy Foot drop/wrist drop (palsy) Nephropathy (kidney disease)



**What they do (Continued):**

Element	Acute Exposure <i>(usually a day or less)</i>	Chronic Exposure <i>(often months or years)</i>
<b>Chromium</b>	Gastrointestinal hemorrhage (bleeding) Hemolysis (red blood cell destruction) Acute renal failure	Pulmonary fibrosis (lung scarring) Lung cancer
<b>Arsenic</b>	Nausea Vomiting Diarrhea Encephalopathy Multi-organ effects Arrhythmia Painful neuropathy	Diabetes Hypopigmentation/Hyperkeratosis Cancer

The [National Institute of Health](https://www.nih.gov) offers a good overview of toxic heavy metals, for additional reading.

**What to do:** Always eat organic food, filter or distill your drinking water, and install a good HEPA air cleaner in your home. Eat only approved fish ([www.seafoodwatch.org](http://www.seafoodwatch.org)) and others sparingly. Quit smoking. Use an [infrared sauna](#) at least three times a week to detox regularly. Be aware of arsenic in rice and consume [low-arsenic varieties](#).



## 5 Flame Retardants (DECA & PBDEs)



Flame retardants are routinely added to furniture, fabrics, plastics, insulation, and many other materials found in our homes. They are comprised of a collection of chemicals and PBDEs chemically similar to toxic chemicals that were banned under the Stockholm Convention.

**What it does:** Flame retardants have been linked to cancer, lower IQ, hormone disruption, learning disabilities and reduced fertility.

**What to do:** Flame retardants are especially harmful to young children, who may ingest flame retardant dust that has settled on carpets and other surfaces in the home. Toddlers have been found to have four to five times the level of these chemicals in their bodies compared to their mothers.

To avoid this, make sure children wash their hands regularly, and dust in the home should be cleaned by wet mopping and/or vacuumed by a vacuum cleaner equipped with a HEPA filter. If you're buying new home products, check with the manufacturer to make sure these chemicals have not been added to the product.

For additional information, I recommend watching the 2013 HBO documentary "Toxic Hot Seat". You can view the trailer [here](#).



## 6 VOCs

VOCs are organic compounds that turn into gases or vapors. These can be found in polluted air and also around the home. VOCs are released from cars, burning fireplaces, burning natural gas, dry cleaning and solvents from paints and glues.

**What it does:** The harm caused by VOCs can vary, depending on the chemicals involved. Benzene and formaldehyde, for example, are VOCs that are known cancer-causing chemicals. Repeated exposure to VOCs can also cause lung and kidney cancers, as well as neurological disorders.

**What to do:** Avoid anything with a sharp chemical smell. Also, half of all benzene exposure comes from cigarette smoke. Use low-VOC paints, and eco-friendly glues and furniture wax. Try to purchase and use only natural fiber carpets, clothing and furnishings. Use only "eco-safe" cleaning supplies.

### Additional Resources:

- [EPA Report](#): Volatile Organic Compounds' Impact on Indoor Air Quality
- [USGS Report](#): Volatile Organic Compounds in the Nation's Groundwater and Drinking-Water Supply Wells—A Summary





## 7 Dioxin

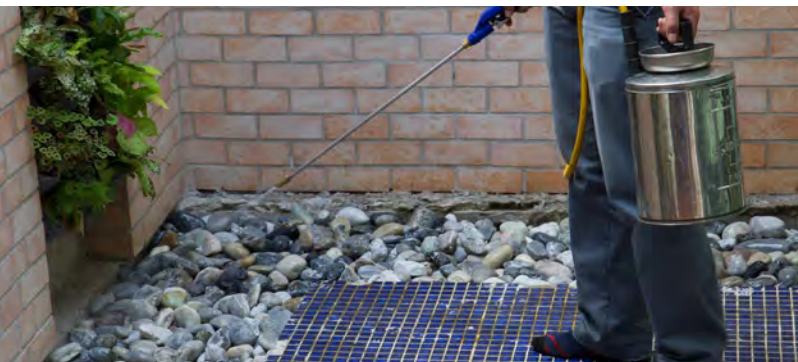
Dioxin is a highly-toxic carcinogen, made up of a group of chemicals that remain present while traveling up the food chain. Dioxins are associated with waste incineration, coal-fired power plants, pesticides, and cigarette smoking.

**What it does:** Dioxins have been linked to reproductive and developmental problems, lung cancer, increased risk of diabetes and heart disease, hormone disruption and liver damage.

**What to do:** Be aware of hazardous waste site incinerators in your area and stay away from them. Symptoms of dioxin contact can include burning of the eyes and throat, blurred vision, dizziness, muscle pain and vomiting. Consult with your doctor if you think you have come in contact with dioxins.

### Additional Resource:

- World Health Organization: [Dioxins and Their Effects on Human Health](#)



## 8 Pesticides

Pesticides are found in many products, and are designed to keep weeds, fungi, insects and rodents away.

**What it does:** These chemicals can be inhaled or absorbed through the skin, and prolonged, persistent exposure can cause cancer, birth defects and neurological disorders.

**What to do:** Research any and every bug, weed, or fungi treatment before bringing it into your home or garden. This includes bug repellent, flea and tick sprays and algicides for the swimming pool. Always buy organic food and filter your drinking water, to avoid ingesting pesticides that contaminate groundwater.

### Additional Resources:

- [USGS Report](#): Pesticides in the Nation's Streams and Ground Water, 1992-2001 - A Summary
- US Department of Health and Human Services: [Pesticide Overview](#)

## 9 Perfluorooctanoic Acid



Perfluorooctanoic acid, or PFOA, has been used in the US to manufacture stain-resistant carpets and fabrics, and non-stick pots and pans.

**What it does:** PFOA remains in the environment for quite some time, as it does not break down easily. It can be found in dust, air, and soil, and can also be ingested through food and water. PFOA has been linked to thyroid disease, testicular and kidney cancer, preeclampsia, and high cholesterol.

**What to do:** Avoid using coated pans, and switch to cast iron or other safer cooking vessels. If you believe your health has been comprised by PFOA, contact your doctor or call the Poison Control Center 1-800-222-1222. PFOA is found in low levels in the entire general US population.

### Additional Resource:

- [EPA Report](#): Drinking Water Health Advisory for PFOA



## 10 Radon

Radon is a radioactive, odorless, colorless gas that comes out of the ground in areas that have high levels of decaying uranium.

**What it does:** Radon causes 50% of all the lung cancer deaths in the U.S. Even minimal exposure carries the same risk as smoking a half a pack of cigarettes a day.

**What to do:** Radon detection kits can be purchased online or even at Target for under \$20. Radon detection meters are also available online and start at around \$200.

Please refer to the map below for relative risk per state.

### Additional Resource:

- [Interactive Map](#): Radon Levels by State and by County
- [Radon In Schools](#): Many Classrooms Threatened by Cancer-Causing Gas, Districts Don't Require Testing
- [EPA](#): Radon Overview



# Top Ten List for a Safe, Toxin-Free Home

- 1 Get a HEPA air cleaner and vacuum cleaner, and let in fresh air when you can.
- 2 Get water filters for drinking and showerhead filters that reduce chlorine.
- 3 Replace pesticides with natural pest and weed control methods.
- 4 Switch to eco-friendly soaps, shampoos, dishwashing liquids, laundry detergent, and cleaning supplies
- 5 Use only natural fragrances and cosmetics, or make your own. Use natural sunscreen that does not contain oxybenzone — look for products that use zinc oxide as the active ingredient.
- 6 Try to eat only organic. Read the labels of everything you bring into your home.
- 7 Stop buying and using bottled water and canned goods, and limit foods with plastic packaging. Use glass containers and never microwave anything plastic, even if it says “BPA-free”!
- 8 Limit use of non-stick pans and use stainless steel or cast iron cookware instead. Do not heat oils to smoking.
- 9 Purchase only eco-friendly, natural carpets, clothing, and furniture. Choose low-VOC paints and other eco-friendly home improvement materials in your home. Replace plastic shower curtains with fabric curtains.
- 10 Lessen or eliminate electromagnetic fields in home and work.

Only 300 chemicals have been tested by the EPA. Out of that number only nine have been restricted. Europe does much more thorough testing and it is thought that if we really tested these common chemicals used in our daily lives over ten to fifteen thousand would be restricted.

## Additional Links and Resources:

- [Make Your Own Safe Cosmetics](#)
- [Safe Household Cleaner Recipes](#)
- [Household Products Database](#)
- Toxin-Free Cosmetics: [www.juicebeauty.com](http://www.juicebeauty.com)
- Safe Cosmetics: <http://www.safecosmetics.org/>
- <http://www.womensvoices.org/>
- [10 Affordable Ways to Make Your Home Safer and Healthier](#)
- [Environmental Working Group](#): A database of safe cosmetics, cleaners, and more—complete with documented research on natural and artificial ingredients.

## More Information:

- [Organ Systems Affected by Toxins](#)
- [The 100 Most Dangerous Chemicals](#)
- [Sustainable Seafood Guide](#)
- [14 Foods to Always Buy Organic Download](#)

# EVOLUTION OF CHEMICAL PRODUCTION



**1976**

## The Toxic Substances Control Act is passed

The Environmental Protection Agency (EPA) regulates the introduction of chemical substances & mixtures



X

ONLY 9  
CHEMICALS  
BANNED  
SINCE 1976

- ⊖ Why it was banned
- ⚠ What it was found in

**1978**

## Polychlorinated Biphenyls (PCBs)

- ⊖ Toxic to humans, animals, & some plants
- ⚠ Electrical equipment, transformers, & hydraulics



**1978**

## Fully Halogenated Chlorofluoroalkanes

- ⊖ Depletes ozone layer
- ⚠ Aerosol sprays, AC units, refrigeration, & insulation



**1980**

## Dioxins

- ⊖ Causes cancer
- ⚠ Herbicide



**1984**

## Nitrates mixed with:

*Mixed mono & diamides of organic acid  
Triethanolamine salts of substituted organic acid  
Triethanolamine salt of tricarboxylic acid  
Tricarboxylic acid*

- ⊖ Causes cancer
- ⚠ Metalworking fluids



**1989**

## Asbestos

- ⊖ Risk factor for mesothelioma
- ⚠ Insulation, & in the construction of cars & ships



**1990**

## Hexavalent Chromium

- ⊖ Causes cancer
- ⚠ Paint for many cars, boats, & planes



GROWING DANGERS  
OF CHEMICALS

More than 80,000 chemicals in the U.S.

- Approximately 2,500 "high production volume" (HPV) chemicals
- Manufactured at a rate of more than 1 million lbs. annually
- About 2,000 new chemicals are introduced into commerce annually (7 new chemicals per day)

Only about 1% of these chemicals have been tested for safety





# The Need for Detoxification

## DETOXIFICATION

We live in a world filled with toxins. Some people reside in areas that are like a toxic soup. Here are the alarming facts.

There are over 80,000 chemicals present in the world that were not around when my grandparents were children. Out of those chemicals, less than 1% of them have been tested to determine any long-term detrimental effects on human life.

In 1997, the World Health Organization found that poor environmental quality is responsible for 25% of preventable disease in the world! Physicians for Social Responsibility, an Oregon-based group, states that environmental illness in children alone in the US costs 55 billion dollars a year. Every year we see deadly and debilitating diseases like cancer, diabetes, autoimmune disorders, autism, Parkinson's and Alzheimer's on the

rise. How are these noxious chemicals affecting our lives and what can we do about it?

Some harmful toxins, like Bisphenol A (BPA), are put in plastics that are made to hold food! This is scary. Even some of the so-called "non-BPA" plastics will emit harmful chemicals when microwaved. Polychlorinated biphenyl (PCB's) are still being manufactured and DDT and other horrendous pesticides are being spewed out in other countries that are emerging nations with less stringent environmental laws. These and other toxic chemicals have been shown to be endocrine disrupters. They can cause cancer and host of other ailments and diseases. This is an obvious major health concern.

A comprehensive [study](#) done by the UN in 2013 found that these endocrine disruptors have the potential to alter the function of our hormonal system, increasing the incidence of breast cancer, prostate cancer, thyroid cancer, neurological and developmental disorders, attention deficit disorder (ADD) and hyperactivity in children. The study went on to say that our present testing methods and understanding of the breadth and effects of these endocrine disrupter chemicals are only “the tip of the iceberg” and that much more work needs to be done to fully understand the sources of these chemicals and the myriad ways that people get exposed. WHO’s director for Public Health and Environment said, “We urgently need more research to obtain a fuller picture of the health and environment impacts of endocrine disrupters.”

Toxins have been directly linked to cancer, immune dysfunction, dysregulation of glucose, respiratory problems and cognitive problems (1). Today, 25 million people have diabetes, and cases of Alzheimer's disease has more than doubled since the 1980's. The prevalence of autoimmune diseases (2) over the last two decades has been astounding. Dr. Douglas Kerr, M.D., PhD. at Johns Hopkins School of Medicine makes it perfectly clear:

*“There is no doubt that autoimmune diseases are on the rise and our increasing environmental exposure to toxins and chemicals is fueling the risk. The research is sound. The conclusions unassailable.”*



The endocrine disruptors are bad enough, but it gets worse. Let’s explore how these chemicals enter into our ecology and become highly concentrated over time. Lead, mercury, PCB’s, dioxin and heavy metals wash into large bodies of water after being spewed into the sky from smokestacks and other points of entry. Toxins settle in the water to be taken in by smaller organisms, such as algae and plankton, which are eaten by small aquatic creatures, then small fish and even larger fish as the toxins move up the food chain. This concentrates the chemical

so when we eat the fish it may be 50,000 times greater than what the diluted concentrations of the toxins were when they originally entered the water. This compounds the problem greatly and these chemicals do not easily go away. Mercury used in the 1800’s to extract gold in the Sierras is showing up in fish caught in the San Francisco Bay over one hundred and fifty years later! The mercury in these fish are a big health hazard and specific fish should not be eaten. Many of these chemicals are here to stay for a long time. (3)

(1) <https://www.theatlantic.com/health/archive/2014/03/the-toxins-that-threaten-our-brains/284466/>

<http://www.cnn.com/2010/HEALTH/10/26/senate.toxic.america.hearing/>

(2) [www.ncbi.nlm.nih.gov/pmc/articles/PMC3114837/](http://www.ncbi.nlm.nih.gov/pmc/articles/PMC3114837/)

(3) <https://pubs.usgs.gov/fs/2000/fs06100/pdf/fs06100.pdf>





**Just as toxins bio-accumulate in fish and other wildlife, they do not all just harmlessly wash through our bodies.**

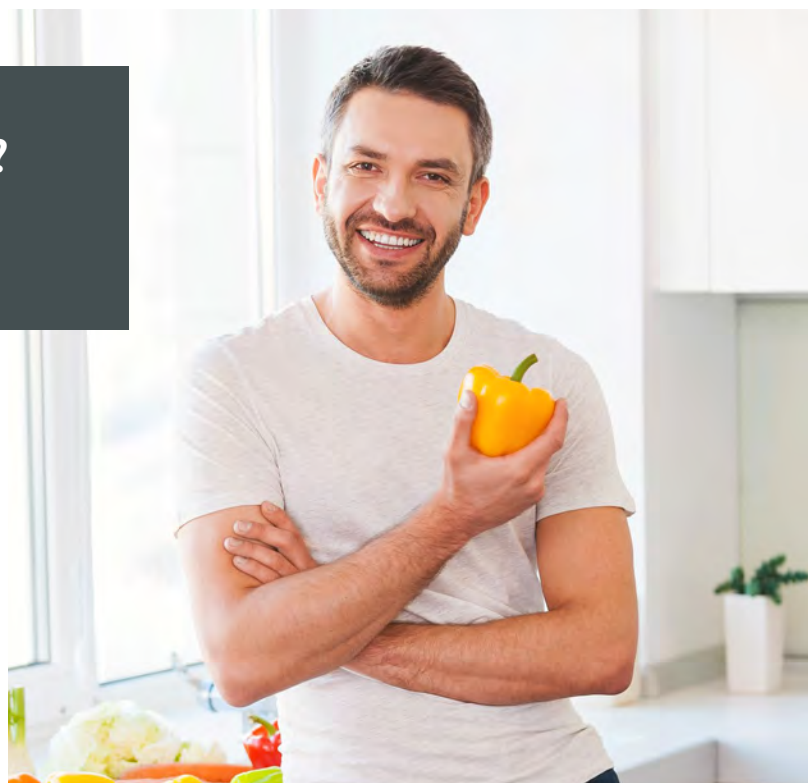
The body can detoxify itself but when more toxins come in than can be processed by normal methods these chemicals accumulate. This build-up of chemicals is called the “toxic burden.” This is not just restricted to adults.

- In [one study](#), over 200 chemicals were found in the umbilical cords of newborn babies. (1)
- [Studies](#) have shown that the higher the concentration of chemicals in the umbilical cord, the lower the IQ later in life. (2)

That’s a terrible way to start life. Our children deserve more.

The problem is so acute that the CDC now regularly tests large groups of people across the country for toxicity. Their Fourth National Report on Human Exposure to Environmental Chemicals showed that the average person in the US has at least 212 chemicals in their body. [Here](#) is the complete report.

## | What can we do to save ourselves? DETOXIFY!



Detoxification in the body normally happens through a complex system involving the stomach, colon, small and large intestine, lymph, gall bladder, kidneys and liver. The entire system depends heavily upon a well-functioning liver. The liver is the organ that turns fat soluble toxins like heavy metals, plastic derivatives, and other noxious chemicals into water soluble compounds that can be taken away through the organs of elimination. When more toxins are coming in than the liver and digestive system can handle, these toxins circulate in the blood, causing problems and disrupting normal metabolic function. If they are not eliminated because the liver cannot process them they will get stored in the fat, the brain, or other cells of the body. This is the start of toxic overload and it can cause alarming problems to our health.

Toxins can be eliminated through urine, feces, exhalation and of course, sweat. The skin is the largest organ of the body and works with the lymph system to detoxify directly through the pores. Sweating gets rid of toxins without needing to go through the liver. This is important because many of our systems become overloaded under the onslaught of these chemicals over time. Many of the

chemicals that are excreted by sweat come from close to the surface of the body. The lymph acts as the sewer system of the body and is constantly bringing more waste material to be excreted. The lymph takes the leftover liquid of the blood and cellular exudate and cleans and filters these fluids before returning the purified liquids to the circulatory system. The lymph is integrally tied to the digestive system and intestine (GALT, or gut associated lymphoid tissue), which contains 80% of our immune system. Detoxing gets right to the heart of a dysfunctional overloaded system to restore balance, functionality and vitality. For this reason, using a sauna has been shown to be an effective way to remove toxins.







# Four-Day Lymph Detoxification Cleanse

This cleanse will help to detoxify the lymph as well as the whole body. It cuts out processed foods and nuts and adds more fiber, fruit and leafy green vegetables, stimulating the lymph, colon and digestive system. It includes light exercise, herbal teas, massage, saunas and cleansing baths. You should feel more energized and refreshed after the four days.

## You will need:

- 1 A good detox tea, like “Yogi Tea Detox” with dandelion and burdock to support liver function and juniper berry to support the kidneys. You can add a little ginger to your tea for added support. Avoid sweeteners during the cleanse, but Stevia is ok.
- 2 Tongue scraper (or spoon) to help eliminate build-up.
- 3 Lymph brush to stimulate lymph flow.
- 4 Fiber! I use Metamucil daily because it is simple and easy to get. It is important to keep things moving!
- 5 Green juice: Make your own or Suja is a company that has great cold-pressed green juice packed under pressure. It keeps longer before opening without destroying the nutrients. Stay away from pure sugary fruit juices as they spike glycemic levels. More juicing instructions are included below.

## Every day

\*Start each morning with one half lemon squeezed into a cup of hot water

\*Scrape your tongue morning and night

\*Drink detox tea as much as you want during the day

\*Take a detox bath everyday: Before your bath do some dry brushing with a long-handled natural fiber brush available at your local pharmacy or online. Brush long strokes all over your body, always towards the heart.

Run a warm bath and add:

- ½ cup of Epsom salts
- ½ cup of baking soda
- Your favorite essential oils; 12 drops of lavender, rose, lemon – your choice

Soak, renew, detox, enjoy!



## Morning

Fresh fruit for breakfast or a green drink made from lettuce, cucumber, celery, apple and a little lemon juice. You can add other things like carrots, peppers or other fruits to change it up but always keep the base lettuce, cucumber and celery. If you don't have a juicer find a good juice bar or a Whole Foods or other health store to get your juice. Try to walk in the fresh air every day. See if you can slow down a little and try to notice more.



## Lunch

Green juice and a salad with light dressing or just fresh-squeezed lemon juice as a dressing.

## Dinner

Eat your normal dinner with salad as the main meal without desserts, breads, or fillers like rice or potatoes, and do not eat after eight at night. Snack on fresh fruit like an apple, pear, banana or orange. Celery or carrots are ok for a snack as well.

Take fiber at night and drink lots of water.





## Every day

Exercise or just walk for an hour around your work, neighborhood or at a nearby park.

**Day One:** Get a lymphatic massage to start things off

**Day Two:** Find a place with a good infrared sauna and enjoy

**Day Three:** Write how you are feeling differently in your body

**Day Four:** Get another massage

\*You can extend your detox for a longer period of time if you feel up to it.

### Things you can add that will help your detox or after to keep the detox going:

\*Deep breathing (For more info, see "Stress Reduction" section)

\*Drink plenty of water

\*Colonics

\*Salt scrubs with sea salt can be used before detox bath

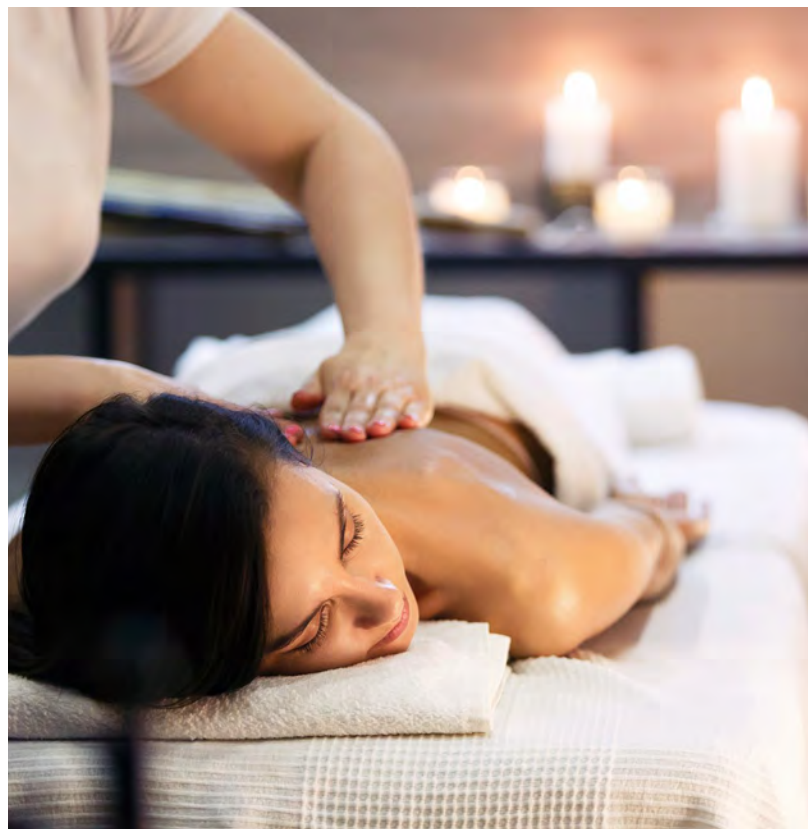
\*Other herbs such as dandelion, milk thistle, nettles, burdock root, goldenseal and parsley all taken in moderation

\*Add more fiber from chia seeds and flax seeds as well as more fruit and leafy green vegetables

\*Fast with green juice alone

\*Intermittent fasting (only eating between certain hours such as the 18/6 plan; no eating between 9:00p.m. and 3:00p.m.)

\*Enjoy foods such as green vegetables, wheatgrass juice, lemons and oranges, sea kelp, garlic, ginger





There are many “packaged fasts” on the market that will provide juices and liquid support for a period of days and there are bentonite cleanses as well. [Dr. Oz](#) has a three-day detox that I like using teas and fresh fruits and vegetables.

The main idea is to stop eating sugary, deep fried, processed, preservative-laden food and substitute healthy nutrient-rich foods that promote bowel movements and inner cleansing.

\*Always start slowly and consult your physician or natural healing practitioner, chiropractor, acupuncturist or naturopath.

#### **More Information:**

- Study showing [bio-accumulated phthalates coming out of sweat](#).
- Study showing [general toxic accumulation being released through sweating](#).

Consider getting an infrared sauna to support your long-term detox program. They are easy to set up, relatively inexpensive and do not use a lot of electricity to operate. Many one- and two-person units work on normal household electrical.

Sweating releases toxins from the body and using an infrared sauna regularly will help to eliminate these unwanted chemicals over time. Make certain that you get an infrared sauna with low EMF/ELF like our Clearlight Infrared Saunas.



# STRESS REDUCTION



## #1 Meditation

Studies have shown that meditation is an easy and effective method to reduce stress. You don't need complicated poses or equipment for meditation. It can be as simple as sitting quietly with your eyes closed and breathing through your nose for 15 minutes. Types of meditation include:

- Mantra meditation
- Transcendental meditation
- Mindfulness meditation
- Buddhist meditation
- Guided meditation

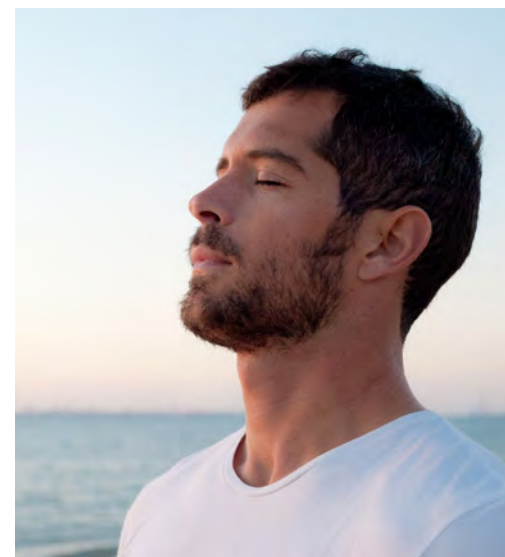


## #2 Breathing

This a powerful way to combat stress, anxiety, and tension. Deep breathing can bring you back to yourself and the present moment.

Dr. Andrew Weil, a practitioner and teacher of integrative medicine, teaches a great “4-7-8” breathing technique designed for stress reduction and relaxation:

- Breathe in through your nose for a count of four.
- Hold your breath for a count of seven.
- Blow air out of your mouth for a count of eight, making a “whoosh” sound.
- Repeat three times.



### #3 Relaxation Techniques

There are a variety of techniques designed for whole body relaxation. One is to start with your toes and feet. Flex your toes and tighten the muscles of your feet. Then, let go and relax that area. Next focus on your lower legs, and repeat the flexing and relaxing. Work your way up. When you reach the top of your head, you'll feel a calmness all over your body.



### #4 Sleep



Getting enough sleep is important for stress reduction and your health in general. Here are some tips for improving your sleep:

- Go to sleep and wake up at the same time every day.
- Stop using electronics 30 minutes before sleep. The light emitted from electronics inhibits melatonin production, which affects your sleep.
- Limit coffee and all other caffeine to earlier parts of the day.
- Refrain from all foods and liquids 30 minutes before bedtime.
- Do the 4-7-8 breathing technique before going to sleep.

### #5 Take a Hot Bath

A hot bath will relieve pain and naturally relax the body. If taken before sleep, the effect can last well into bedtime and help you get a deeper and more restful sleep. It's a big return for a simple and easy activity.





# STRESS REDUCTION & DETOX

## TOP CAUSES OF STRESS IN U.S.



**77%** of people regularly experience physical symptoms caused by stress

Headache • Chest pain • Muscle tension • Fatigue

## STRESS MANAGEMENT TECHNIQUES



## BENEFITS OF STRESS REDUCTION

- Reduced risk for major health issues
- Enhanced quality of sleep
- Improved mood
- Increased productivity & energy level

## DE-STRESS BY DETOXIFYING

### USE AN INFRARED SAUNA REGULARLY

**START OFF** with a 10-15 minute session & slowly build up to 25-30 minutes

**SCHEDULE** sessions for 2-3 times a week

**HYDRATE** before, during & after sauna session

### CREATE A DETOX DIET

**EAT MORE** fruits, vegetables, non-gluten grains, nuts & seeds

**EAT LESS** gluten, dairy, red meat protein, added sugars, & processed oils



## | EXERCISE

Staying active is important — those who are physically inactive can lose about 3 to 5% of muscle mass per decade after age 30! Moreover, maintaining muscle mass lowers blood glucose levels, boosts metabolism, and helps prevent type-2 diabetes. Moving your body is also a great way to reduce stress. It doesn't matter what kind of exercise you do as long as you do it regularly. Regular exercise releases endorphins that elevate our mood and alleviate anxiety. For many people, it only takes 10 minutes of exercise to start feeling the effects of endorphins.



# Exercise also:



## #1 Boosts Mood

Physical activity releases chemicals in the brain — dopamine, oxytocin, serotonin, and endorphins — that make us feel better. Losing weight and looking trimmer can also boost self-esteem.



## #2 Increases Energy

Increased blood flow brings more oxygen and nutrients to your tissues and cells, improving the overall effectiveness of your cardiovascular system. All this gives you more energy to go through your daily routine.



## #3 Keeps Disease Away

Regular workouts have been shown to reduce the risk of stroke and prevent cancer.



## #4 Enhances Rejuvenation

The Five Tibetan Rites of Rejuvenation are a series of low impact exercises that are known to increase energy, flexibility and strength. They can also bring a sense of peace and well-being over time. You start the Five Rites by spinning slowly clockwise and then proceeding to the second and subsequent rites that are done on the floor. Start with three to seven repetitions of each rite and then build up over a period of weeks at your own pace until you are doing twenty-one of each. You will feel your strength grow quite naturally over time.



**Rite Exercise #1:** Stand upright with your arms and shoulders held level and away from your body (make a t-shape). Proceed to spin clockwise at a speed that feels natural. Breathe in and out at a steady pace for the duration of the spinning. You may get a little dizzy but this will lessen in time. Cut down the number of repetitions if the dizziness is too severe. When finished put your hands on your hips while breathing deeply a few times.

**Rite Exercise #2:** Lay flat on your back and keep your arms to your sides with your fingers together and palms on the floor. Inhale and lift your legs straight up without bending your knees. Bring your head and shoulders up at the same time while tucking your chin and tightening your abdominal muscles. Hold for a few seconds then lower your legs and head slowly to the floor while exhaling. Rest and breathe for a few seconds, relaxing on the floor before repeating again. Repeat your current number of target reps while building to twenty-one over time.



**Rite Exercise #3:** Kneeling with your legs together, relax and rest your arms by your sides. Drop your chin to your chest, inhale while bringing your head and shoulders back and opening your chest. Move your hands from your sides to the back of your thighs to balance and support your spine. Relax and exhale as you move back into your starting position with your chin tucked to your chest. Repeat working up to twenty-one. With this and all of the rites try not to struggle or strain. Continue to breathe deeply and stay relaxed.

**Rite Exercise #4:** Sit on the floor with your legs shoulder-width apart, arms at your sides, palms flat on the floor. Push your pelvis forward and up. This will bend your knees as you move up into a table position. Try to lift your sternum/chest as high as you can and lift your torso to be as parallel to the ground as possible. Once you've succeeded in reaching this position, completely relax your neck, letting it fall backwards, then return to the sitting position. Repeat while breathing in as you lift off the ground and out as return to a seated position.



**Lauren Berlinger**  
*Co-founder, Higher Dose*





**Rite Exercise #5:** You may know this rite as the popular yoga postures “cobra” and “downward dog” that are also part of the “Sun Salutation.” Get into push-up position on the floor, with both your hands and knees shoulder-width apart and with only your palms and toes touching the ground. Inhale and shift your weight back onto your toes while bending at the waist. Push your buttocks into the air until you have created a V-shape with your body (downward dog). Now exhale while bringing your head forward, up, and then back and your pelvis down (cobra). Hold this position for a few seconds and then repeat as you work up to the twenty-one times. Breathe!

**Cool Down:** At the conclusion of all 5 exercises, lay down flat on your back with your eyes closed and breathe deeply. Starting with your toes move up your body tensing and then relaxing your muscles as you work up to the top of your head releasing any holding.



Higher Dose is doing a great job getting the word out about Clearlight and infrared, and has the edgiest sauna studios in New York using Clearlight saunas. Lauren is a sports model and creator of the video series “Woman vs. Workout.”



## #5 Reduces Stress & Enhances Sleep

Regular exercise helps improve and lengthen sleep patterns. Nominal increased activity can also reduce stress by resetting your autonomic nervous system, improving cardiac function and lowering blood pressure and breathing rate.

Regardless of what you do as exercise, you should do it consistently — at least three times every week for at least 30 minutes each session. Choose an exercise program that fits your interests and schedule so it’s easier to commit to it. It can be as simple as walking or exercising with a group to help you stay motivated and accountable.



# SPiritUAL HEALTH

We are all surely going to die but there is something within us that feels eternal.

Exploring the space between these two realities can reveal a deeper dimension of ourselves.

Who has not wondered during a beautiful sunset, how this all came to be? Marveling at the innocence of a child we feel connected to our own innocence as well. To roam in this “space in-between” can bring peace, joy, compassion and understanding.







*“If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you.”*  
- St. Thomas

Spirituality is not religion, per se, but many religious people resonate with “plumbing the depths” of the Self. This is a journey from the head to the heart. Take time to stop and literally smell the flowers along the way.

The World Health Organization passed a resolution in 1984 recommending that spiritual health be considered an important aspect of health and recognizing that: "the spiritual dimension plays a great role in motivating people's achievements in all aspects of life."

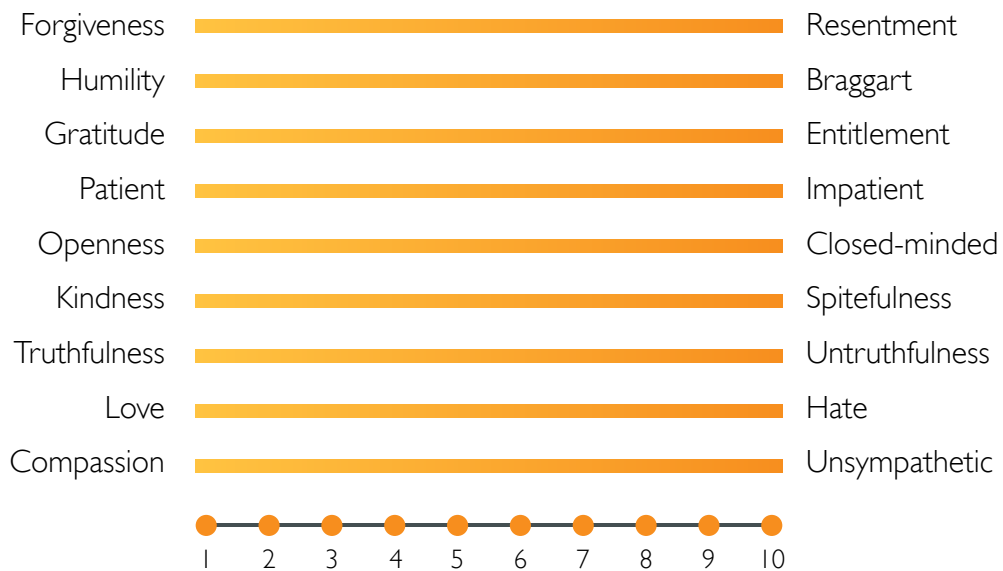
Here are some practical actions we can take every day to deepen our spiritual health:

## **Actions:**

1. Write a gratitude list and read it during the day. Add to it when a new grateful feeling arises.
2. Spend five minutes alone connecting with your deepest feelings. Place your hand on your heart or the area that is “active” and breathe into that area. Notice what changes.
3. Do an act of kindness for someone else and don't get found out.
4. Banish judgement, first for yourself then for the rest of the world.
5. Discuss with a close friend about who you need to forgive. We don't forgive others to heal them. We forgive others to heal ourselves.
6. Get a book of daily sayings, meditations, prayers or spiritual quotes, ones that resonate with you. Read every morning to start your day.
7. Have a journal close by and write daily about your inner life and what you are finding out about yourself.
8. Visit inspirational places where people gather to worship.
9. Spend time in nature. Returning to nature enlivens us and brings us back to ourselves.
10. Greet people with a smile and kindness. It is amazingly powerful what an open heart or kind word can do.
11. Have the courage to be vulnerable and honest with yourself and others.
12. Find the mystery of your daily life and watch for synchronicity to appear.



See where you are on the following scale. Print this chart and mark where you are in the range between the two opposites. Take stock and test again in three months after working on your spiritual self. You may be surprised.





# Meditation

Set aside a little time every day to meditate.

Find a comfortable quiet place either on a cushion or chair.

Set a timer for five, ten or twenty minutes.



## Simple Breath Meditation:

Close your eyes and notice your breath at the tip of your nose.

Quietly watch the breath at this point effortlessly coming in and out.

Relax deeper into the body.

If thoughts arise (they probably will), return to the breath.

Do not fight or resist thoughts.

Just let them pass through.

Learn in this process to be gentle with yourself.

Always return to the breath.



With practice, meditation will become more of your routine. You may even start to look forward to it. Write about what you find in your journal. Meditation is one of the pathways in. There are many types of meditation.

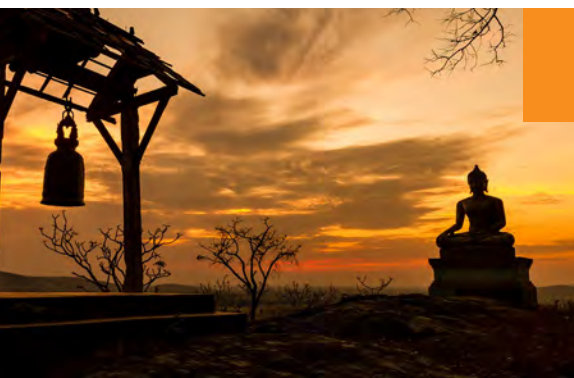
The purpose of meditation is not to become an accomplished meditator, but to bring the peace that is found in meditation into our daily lives. There are many websites with guided meditations and instructions. [Here is a great site](#) from Tara Brach.

# Prayer

Praying for things is really pretty futile...enough said. Better to pray for strength, courage, understanding and peace. Pray for other people, especially ones you find troubling or vexing.



*“We have what we seek, it is there all the time, and if we give it time, it will make itself known to us.”*  
- Thomas Merton



## Buddhist Prayer:

May all beings find peace.  
May all beings find joy.  
May all beings be free from suffering.



## Serenity Prayer:

God grant me the serenity to accept the things I cannot change,  
Courage to change the things I can,  
And the wisdom to know the difference.





*“Lord, make me a channel of thy peace,  
that where there is hatred, I may bring love;  
that where there is wrong,  
I may bring the spirit of forgiveness;  
that where there is discord, I may bring harmony;  
that where there is error, I may bring truth;  
that where there is doubt, I may bring faith;  
that where there is despair, I may bring hope;  
that where there are shadows, I may bring light;  
that where there is sadness, I may bring joy.  
Lord, grant that I may seek rather to  
comfort than to be comforted;  
to understand, than to be understood;  
to love, than to be loved.  
For it is by self-forgetting that one finds.  
It is by forgiving that one is forgiven.  
It is by dying that one awakens to Eternal Life.”*

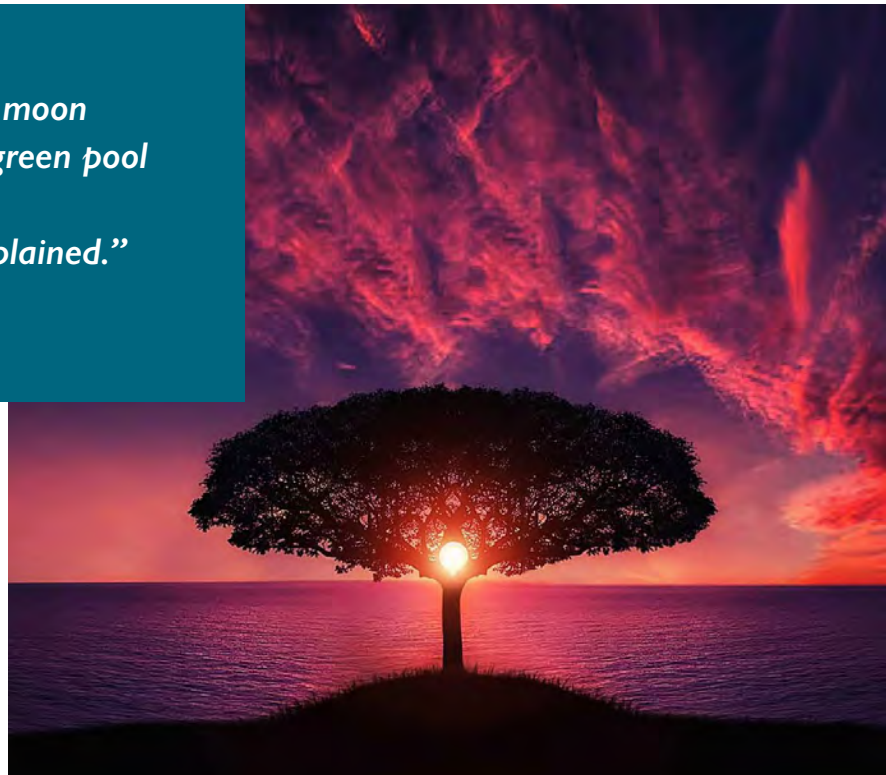
*- St. Francis of Assisi*

*“My heart is like the autumn moon  
perfectly bright in the deep green pool  
nothing can compare with it  
you tell me how it can be explained.”*

*- Hanshan*

*“My religion is kindness.”*

*- Dalai Lama*





*“Meet whatever arises with curiosity and don't make it such a big deal.”*  
- Pema Chodron

*“Breathing in, I calm my body and mind. Breathing out, I smile. Dwelling in the present moment I know this is the only moment.”*  
- Thich Nhat Hanh

*“Your task is not to seek for love, but merely to seek and find all the barriers within yourself that you have built against it.”*  
- Rumi



Living in the moment, the NOW. We really only have this moment. Even if we are thinking of the past we are doing it in this moment. If we are thinking about the future... you get it. We are always right here now but we always seem to be distracting ourselves to be somewhere else. It is the constant practice of bringing our attention back to right here and now and being curious of why we are always trying to escape it. The mystery, zest and depth of our being can only be experienced and found when we are present right here right now.

*“The one you are looking for is the one who is looking.”*  
- St. Francis of Assisi





We are more than the chattering of our minds. What would be present if we didn't believe our minds, for just one minute? Our basic essence of awareness is present and arises before the mind.

Here is the challenge: can we find the courage and wisdom to be vulnerable to ourselves and our family and friends?

Remember that we are the ones that give meaning to everything and everyone that is in our world.

***“May you find peace, happiness and the joy for no reason.”***  
***- Raleigh Duncan***

#### Resources:

- [http://www.huffingtonpost.com/steve-mcswain/spirituality-and-how-to-n\\_b\\_5269291.html](http://www.huffingtonpost.com/steve-mcswain/spirituality-and-how-to-n_b_5269291.html)
- <http://www.spiritualityandpractice.com/>
- <https://www.amazon.com/Spirituality-Dummies-Sharon-Janis/dp/0470191422>
- <https://www.eckharttolle.com/books/now/>

# COMMUNITY

*“As part of humanity, each of us is called to develop and share the unique gifts we are given.”*  
- Mollie Marti

An [80-year study](#) conducted by Harvard researchers, the longest study ever done that looked at adult life, concluded that happiness is largely dependent on the quality of the relationships that we maintain.

Also it has been shown that how we maintain and nurture our social network can have a profound effect on our overall happiness and health:

- [Social Ties & Health: The Benefits of Social Integration](#)
- [Health Promoting Effects of Friends & Family on Health Outcomes in Older Adults](#)
- [Social Interactions & Well-Being: The Surprising Power of Weak Ties](#)





Communities these days are not as close as they were a hundred years ago. I believe that community starts with us, a village of one. We will treat others with the same kindness, thoughtfulness and generosity that we are able to give ourselves. Do we have the capacity to be a good friend to ourselves first? Our community may revolve around just our cat and the people that

we meet at the grocery store, or our neighbors walking down our street, but ultimately in this world we must start by being comfortable alone. Befriending ourselves first is a logical prerequisite to being in a community. Are we comfortable being alone? If not, why not? This is not about having good answers necessarily but having good questions.

## Five Good Questions:

1. How do I avoid other people? Why do I do that?
2. Am I present and forgiving to myself? If not, why not?
3. What do I have/want to give to the world?
4. What interactions do I want to experience that I am not getting?
5. What type of community do I think I would enjoy being with and how can I find them?

Some reluctance to gather with others can be that awkwardness, that silence in the conversation. Here are two good articles that talk about how to be more socially proficient:

- [Effective Communication: Improving Your Social Skills](#)
- [3 Proven Conversation Tips to Improve Social Interactions](#)

The spirit of community is giving from abundance. Do we have anything to give? Have we found our own “Joy for no reason” that is central to our human experience, but may be partially hidden. How can we reclaim this joy inside? Here is where community can nurture and heal us. We see ourselves differently through just being with others regularly in our community. It doesn't really matter what form this takes but when we live like islands apart because of work and scheduling, we cut ourselves off from the richness, diversity and support that other people can bring into our lives and ours into theirs.



I have found that I must first have an intention to nurture and develop relationships. This does not come easily for me. I can be a loner sometimes. I find it difficult to ask for help; can you relate? I point this out not to audition for a reality TV show but to acknowledge that we are all somewhat different in our ability to be relational.

We must find the time to be with others of our species.



Here are some ideas:

1. Volunteer: Some of the most rewarding and community-building times I have ever experienced have been while volunteering.
2. Meetup Groups: There are literally thousands upon thousands of groups out there with just as many different interests.
3. Book clubs: Getting to know your friends old and new through a new book can be fun.
4. Get involved: Politics, hiking groups, green activism, skeet shooting. The world is your oyster, go for it.
5. Listen and accept: The power of acceptance is astonishing in the changes that can occur and relationships that can blossom.
6. Become the solution: If complaining comes easily, try turning that energy into a positive force. Just start with the things that aggravate you the most. You may be surprised by the changes happening in the process.
7. Hobby, crafts; again many groups available and a plethora of options.
8. Retreats: There are spiritual, Chi Gong (Qigong), educational, health-related, yoga, cooking... need I say more?
9. Sports: Just about anything you want or can imagine is available to you.
10. Become a mentor! Share your wisdom and experience. Find out what you really have to offer the world. Be part of the solution.





# Finding Our Passion

*“I don’t want to end up simply  
having visited this world.”*  
- Mary Oliver



What inspires you?

What would you rather be doing right now if you could?

What do you care about that you think needs to be done in the world?

*“Listen—are you  
breathing just a little  
and calling it life?”*  
- Mary Oliver

We have only two choices:

## Living with passion or just going through the motions.

Each one is a choice. Each way will have its own rewards and costs.

I say “Live with Passion” but what does that really mean?

Finding your passion is as much of an inward journey as an outward one. You can only bring into this world what you can conceive and allow to come out.

It means searching and failing, trying again, formulating a dream, and being challenged by your friends, family, and bosses. It means believing in yourself so that you can someday find what you were put on this earth for and to fulfill your destiny. It is to be able to breathe your last breath knowing that you gave it your all and did not shrink from the task.

*“Do not be upset with the results you didn't get with the work you didn't put in.”*  
- Zig Ziglar

## My Story:

Twenty years ago, I was working in an interesting and lucrative career, was at the top of my game and was blessed with a wonderful family. I was, however, unfulfilled. I wanted to do more with my life. I wanted to give back to the world and do some good before I died. I knew if I did not figure out how to do this, I would likely die with regrets. After much discussion and planning with my family including my two teenage daughters, we moved from Ohio to California and I enrolled in chiropractic school at age 42. This was going to be strenuous. This was going to be difficult. Chiropractic college requires the same coursework as medical school but without the pharmacology as we do not prescribe drugs. Instead we study how to adjust the body and then go through a prescribed number of clinic hours and have to pass various National and State boards for our Doctor of Chiropractic Diploma and License. Some friends were skeptical, and my boss thought I was crazy as I was a top producer and at the pinnacle of my career.

I knew that this was the biggest gamble of my life, but I was 100% in.

I did become a chiropractor and because I needed to make money while being in school I started what would become the most respected and successful infrared sauna business in the world. Along the way I learned how to live with passion, caring and respect for everyone I meet.



***“Tell me, what is it you plan to do with your one wild and precious life?”***

***- Mary Oliver***





But for now, it all starts with you. If you have that spark inside and have heard that call but just didn't know how to answer it, here is a start.

Write down and answer these questions:

1. What do you want from this life?
2. What are you here on this earth to do?
3. What excites you so much that you can't stop thinking about it?
4. What have you always dreamed of doing?
5. What is standing in your way?
6. Imagine and write down two end-of-life scenarios; one where you lived your passion and one where you did not. Which one do you like better?

Put these questions and answers in a notebook and carry it around with you for 30 days, writing in it as you think of something else. Put a title on the front like "The Way Out" or "The Great Escape" or "My Life, An Experiment."

After 30 days of reflection, writing and talking with others, researching and dreaming - you should have the start of a plan. If not go back to step one and repeat for another 30 days. Sometimes inspiration needs a little time. Don't worry, it will come.

Now it is time to put your dream into action. I have found that the body and mind will do only what it believes it can do, so we must condition it a little.

There is a little-known, powerful practice that has never failed me when put to its application.

***"Whatever the mind can conceive and believe, the mind can achieve."***  
**- Napoleon Hill**

First, come up with a short phrase or sentence(s) saying what you are going to do, and what you want to happen.

Mine was: ***“We are building a tremendously successful sauna sales and service business. We will sell \_\_\_ saunas a month. This business is helping people and healing the world while providing prosperity for all.”***

The first time I wrote it, the number of saunas to be sold was only three a month! That was 20 years ago.

After you have your phrase and you can believe it and see it happening you do the following:

1. Get a spiral-bound notebook and a pen.
2. Days 1 through 30 you will write the phrase thirty times by longhand and repeat thirty times at some point during the day.
3. After that for the next 20 days write the phrase twenty times and repeat it twenty times at some point during the day.
4. Next for the following 10 days write the phrase ten times and repeat ten times at some point during the day.

That is it. It can apply to anything but you must find a phrase that you can really believe happening or it will not work.

This simple system is very effective because the repetition carries the message deep into the subconscious. The subconscious has more to do with our actions than our conscious mind ever will. Once the subconscious believes the phrase it will make certain that you perform the actions required to bring the phrase into reality.

We have to date over 50,000 Clearlight Infrared Saunas working in the field all over the world now. This business is my practice and we help the world to heal one person at a time. You never know what you might start if you follow your passion.

Good luck on your journey! Please let me know what you find.

Dr. Raleigh Duncan  
Founder / Clearlight Infrared

***“I guess it comes down to a simple choice really, get busy living or get busy dying.”***  
**- Andy Dufresne: "The Shawshank Redemption"**





# CONCLUSION

I hope that you found something useful in this writing.

I have studied healing and the body/mind/spirit connection for the last 40 years. Everything in this book has been tested, vetted, and researched many times over. I invite you to see if these simple ideas might work for you as well. These principles have seen me through some challenging times over the years and always work to the degree that I let them. You may have a different opinion about health and that's great! I welcome you to take what resonates for you and leave the rest.

Here's to your good health!

Raleigh Duncan DC  
Founder Sauna Works Inc. / Clearlight Saunas

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