

7 Ways to Reclaim your Energy and Vitality and Stop Feeling Tired and Lousy

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Introduction

For those of you who have read our book, *Choose to Live!*, you'll see some of what we had woven into our story explained here. For those of you who haven't, we thought we should at least give you a little background to see why what we are sharing here is so powerful for dramatically shifting your health, happiness and overall quality of life. No one wants to feel lousy, right? So why allow it? I want to share with you just how much of how you feel is in your control and has been for most of your life. Possibly much like me, you just didn't know it.

So where do we begin? What did we do? First and foremost, I told myself I was going to live and I would not accept what the doctors told me. I had to live. My husband had a very aggressive cancer, stage 3B, with only a 20-30% chance of survival. We had a beautiful 3-year-old little girl with a gorgeous spirit. I was only 35 and I had stage 4 cancer and was told nothing could be done to save me. I desperately wanted to live. I couldn't bear the thought of leaving our little girl an orphan.

So we began on a quest to find the causes of cancer and how to heal from it. We did just that, and Kevin and I have been cancer free for 10 years. In the process, within 30 days of beginning on our healing journey we also healed ourselves of chronic fatigue, chronic sinus issues, daily headaches, migraines, allergies, stomach issues, IBS and more, and for our daughter. We also reversed our daughter's attention deficit disorder. She's now a high honors student and reads a book a day. No doctors had been able to tell me why I felt lousy most of my life and within 30 days, we felt better than we had ever felt in our entire lives. We discovered that what we did to reverse cancer worked for many other health issues such as acid reflux, sinus problems, allergies, congestion, aches and pains, underactive and overactive thyroid, arthritis, depression and anxiety, just to name some of them. Can you relate to any of these?

Do you hear it? The symptoms are our 'whispers'. Our bodies are saying please pay attention to me. I'm not supposed to feel this way. Most of us have become so used to feeling "off" that we think we are supposed to feel that way. When we don't pay attention to our whispers, we start to experience illnesses and disorders -- cancer, heart disease, diabetes, severe asthma, autoimmune disorders and any other chronic and degenerative conditions.

What Did We Do?



I was incredibly skeptical but I began on a path that included a new diet, supplements, cleansing, lifestyle changes and holistic medicine. I didn't know if it would work, but I was pretty much out of options. I had never even been in a health food store before being diagnosed. But I was relentless in my quest for knowledge and survival and I listened to the inner voice that was guiding me.

We began by strengthening our immune system. The purpose of the immune system is to keep us healthy. A healthy immune system can kill cancer cells before they have a chance to take hold in the body. It takes continuous stressors including those going all the way back to childhood to affect the immune system to the point where it won't do its job.

Since the immune system is our first line of defense against illness, when we deplete it we open ourselves up to becoming ill. Some of the stressors that suppress our immune system are sugar, food intolerances, heavy metals, stress, toxins, a poor diet low in nutrients, microwaved and fast foods. They also deplete our bodies' ability to detoxify. We have shared below just some of the stressors and the ways you can strengthen your immune system and begin the healing process.

1) Sugar

I would have to say that one of the most damaging things we put into our body is sugar. One teaspoon of sugar depletes the immune system for up to 6 hours. An 8 oz cup of fruit yogurt has 7 teaspoons of sugar. By eating just one yogurt, something that we think is healthy, the immune system can be impacted for many hours.



The second damaging effect is that sugar directly feeds cancer. Cancer has a ferocious insatiable appetite for sugar. So when we put sugar into our bodies, we are helping any cancer cells in our body to grow. Now realize that cancer doesn't differentiate between types of sugar, whether it's from a chocolate bar or from a piece of fruit. Either way it feeds on it. Is one better nutritionally than the other? Yes fruit is better nutritionally but we are talking about the damaging effects of the sugar in fruit, so it should be kept at a minimum especially avoiding the high sugar fruits. So it is essential for strong health that we avoid sugar as much as possible.

2) Food Intolerances

So why is it so bad if we eat food to which we have an intolerance? The worst part is not that we feel lousy. What's worse is that when we eat it, the immune system sees it as a foreign invader and attacks it. When it is spending all its time attacking the foods we eat the most, it's not able to do its job of keeping the rest of the body healthy. Unfortunately very often it's our favorite foods that we have an intolerance to and we may not even realize it. We also often crave them most. A food intolerance is different from an allergy in that you will typically see an immediate reaction when you eat something you are allergic to, like peanuts or shell fish. With an intolerance, symptoms may appear quickly but also possibly not for several days and it is very hard to connect them to the specific food. It's estimated that 50-70% of the population is allergic to dairy, wheat (or gluten) or eggs. Sadly most of us are not even aware of it. I was allergic to them - in fact highly allergic to them - and I had no idea.

Milk is the number one food allergy in the US. It can cause diarrhea, bloating, gas, cancer, skin eruptions, headaches, congestion, sinus issues, tooth decay, ear infections, colic, infertility and osteoporosis, to name a few. When food allergies are left undetected they can lead to much more serious issues such as autoimmune diseases like rheumatoid arthritis and lupus. As is the case with so many other people, the food allergy test that puts the pin pricks on our backs or arms didn't work for me. It missed all of my allergies. I found the most accurate to be the type where blood is drawn by a holistic doctor and sent to a lab. Because of today's mass processing of milk from many farms, a single half-gallon of milk will have the hormones and immune factors of over 30,000 cows. It makes logical sense to me that this is hard for one body to process. Once I cut out dairy, I started to see an immediate improvement in how I felt.

Wheat and gluten is another high allergen. It has become so hybridized over the years that our bodies can't process it. Grains are also meant to be a much smaller portion of our diet than they are shown on the 'food pyramid'. Gluten Free grains can be much easier on the body. What grains contain gluten? Wheat, kamut, spelt, rye, barley, and oats. Kamut and spelt are good transition grains though because they are ancient grains, but if you are allergic to gluten they must be avoided too. Better grains to choose would be: Sprouted grains, quinoa, millet, brown rice, wild rice, buckwheat, & amaranth. There are many gluten free products on the market now making it much easier to transition to gluten free.

3) Stress

Another known immune suppressor, on the steps to the top of our barrel, is stress. Chronic, long-term stress suppresses the immune system. The longer the stress, the more the immune system shifts from **"fight or flight"** response to more negative changes, first at the cellular level and later in broader immune function. The most chronic stressors – stress that seems beyond a person's control or seems endless – results in the most general suppression of immunity. Almost all measures of immune system function drop across the board with these long term stressors such as the prolonged illness of a loved one.

A healthy diet can help tremendously in reducing stress. Also, I know it's easier said than done, but it is actually our attitude towards stress that can make it so challenging as well as. Just slowing down and breathing and looking at a situation based on its true overall importance in the scheme of things helps. For example, anytime you are in a stressful situation. Honestly ask, "What is the worst thing that could happen?" Then ask, "is it really that bad?" Next we might even have to take responsibility for being in that situation to begin with. Sometimes that takes a lot of the pressure off.



What are some of the other things? LAUGH, LAUGH, LAUGH. Watch funny movies, take time to relax & enjoy each day. Listen to beautiful music, do deep breathing, connect with nature, watch kids play, or just play with them and spend time with people you like. I like to call those people "the swirl". The people who you love to be with, who inspire you and make you want to swirl around and dance inside and out. They surround you and engulf you with a swirl of their good energy and feelings. We all need to be surrounded by that positive energy. Don't you feel better when you are around people who are uplifting? I know that I do.

4) Toxins

Mercury

This is one of the areas that had the biggest impact on me. I was shocked by it -- Mercury and other heavy metals and the damaging effects that they have on our bodies. How does mercury get absorbed into our bodies? Mercury typically comes from metal amalgam fillings in our mouth. It also comes from fish, seafood, other foods, vaccines, air, water and prescription medications.

The mercury vapor from the amalgams passes readily through cell membranes and across the blood brain barrier. Vapor escapes from mercury and enters the body through chewing, brushing our teeth, the intake of hot fluids, and having fillings drilled out. Once in the body, it embeds itself in tissue and is very difficult to get out without conscious effort.

What are some of the damaging effects of Mercury once in the body? According to research, mercury in the central nervous system (CNS) causes psychological, neurological, and immunological problems. The scientific literature shows that amalgam fillings have been associated with a variety of problems such as Alzheimer's, autoimmune disorders, kidney dysfunction, infertility, neurotransmitter imbalances, food allergies, multiple sclerosis, thyroid problems, an impaired immune system, an increase in antibiotic resistant bacteria, cardiac abnormalities, neuropsychological and motor control effects, fatigue, poor memory and certain psychological disorders.

Since the nervous system is more sensitive to mercury toxicity than any other organ in the body, mercury has recently been documented to be associated with tremors, insomnia, irritability, personality changes, headaches, weakness, blurred vision and slowed mental response. The fact that mercury amalgam fillings are banned in some European countries is strong evidence of how toxic this material is.



There is no known safe level of mercury in our bodies. So it is important that we have our mercury levels tested. Additionally removal of even one mercury filling can be dangerous if not done safely. It is critical that mercury removal is done safely by a qualified biological dentist with a very strong reputation. They need to take into consideration the safety of removing even one amalgam filling and how the body can be supported and detoxified properly while that is done. Additionally, if heavy metals are high, it is important to do chelation before removing additional amalgams since this can overload your system.

Household Toxins

We've all heard about going green and eliminating the toxins in our household products for the environment, which we are huge supporters of. We also need to eliminate them from our own physical environment. For example: aluminum in underarm deodorant, sodium lauryl and laureth sulfates (also used to take tar off garage floors) and parabens in shampoos and personal care products, as well as fluoride in toothpaste. Most people are shocked when they hear



about water. Unfiltered water is another means of taking toxins into our body, toxins that suppress our immune system. Most of us drink bottled water knowing that it should be better for us than unfiltered tap water. However, in a 10 minute shower, we can absorb toxins at a rate of up to 80 times more than if we were just drinking the water. The reason for this is that when we are in a hot shower, our pores are opened and toxins can be absorbed much more readily. Another big concern is the plastics that are found in water bottles. Studies are finding these toxins in breast tumors.

Some additional ways to eliminate toxins in your system are cleanses (guided by a qualified practitioner since this can cause more harm than good if your body does not detox well), green juicing, colonics, dietary changes and chelation for heavy metal removal.

5) Greens and Nutrients

Eating as many raw green vegetables rich in antioxidants, nutrients and enzymes as possible naturally allows the immune system to do what it is meant to do—keep us healthy. Cooked foods make the immune system sluggish. Getting as many raw greens into our body as possible is naturally healing. Raw foods include organic vegetables, fruits, nuts and seeds prepared in such a way that they retain and even enhance their natural enzymes and nutrition. The enzymes naturally existing in raw foods help us break down foods and digest them. When we cook foods we destroy many of their beneficial nutrients and life force, the “life healing” aspects of the food. Raw foods help provide oxygen to our cells, organs and tissue and those rich in chlorophyll help detoxify our blood. In addition, raw foods are high in protein and amino acids. Some of the most powerful ways to do this is with wheatgrass, fresh green juicing, powdered greens, shakes and smoothies. Wheat Grass is one of the easiest and most beneficial complete foods there is. It is very high in chlorophyll, provides natural detoxification and has over 40 known benefits.



Another important thing to do is to have your blood levels checked, especially your vitamin D and thyroid levels.

6) Energize and Oxygenate

Not only do we energize and oxygenate through diet but also through physical activity and something as simple as breathing. How many of you realize that you may be barely breathing? Most of us are shallow breathers and don't even realize that we very often hold our breath. Deep breathing can relax the body, reduce anxiety and depression and enhance the lymphatic and

cardiovascular systems making it easier for oxygen to get to the cells in our body. Our cells need oxygen as energy to perform everyday functions. It's like gasoline for your car. Oxygen brought to the lymphatic system helps the body eliminate toxins. The lymphatic system literally pumps toxins out of your body (more below). Breathing deeply increases the flow of blood in the cardiovascular system, increasing lung capacity and promoting fat-burning even while doing low impact activities. The correct way of deep breathing is to ensure your lower abdomen expands, not your upper body. Your lungs are protected by your ribcage. The only place for them to fully expand is downward towards your abdomen.

Aside from aerobic activity, a very easy way to get this is through deep breathing and rebounding. Rebounding is bouncing, at first lightly and then more actively, on a mini trampoline. You get a tremendous benefit by doing this for just a few minutes several times a day. Simply put, when our bodies are highly oxygenated we just feel better.

7) Eliminate and detoxify

Colon health is also so important for our overall health. We can do all the detoxing we want but if we are not eliminating the toxins from our bodies, it will just make us sicker. So keeping our colon clean naturally often makes us feel better. We are meant to eliminate three times a day to keep us at optimal health. When we are constipated, we feel lousy and it makes sense. We are loaded up. If you ever have a headache, enemas of pure water are great to try before you take an over the counter medicine. I would say that 8 times out of 10, the headache is gone a short while after an enema.

A short term solution to constipation is though mild herbal supplements. These should only be used short term as they can make us become dependent and that will make the situation worse. I have found that colonics performed by a well trained professional are very helpful as are doing enemas of pure water, but only in cases where it is clear that there are no colon issues that would indicate that it is not safe to do so. All of these should be guided by a professional.

Lymphatic System

We also needed to place a tremendous amount of importance on the lymphatic system? The lymphatic system is the garbage disposal of our body. If it functions properly, we are eliminating the garbage or toxins through our pores through perspiration and urination. If it is blocked, we are keeping the garbage and toxins inside. That's why it is so important to drink lots of fluids and to sweat. We need to keep it flowing through exercise, like rebounding or aerobic exercise, drinking lots of healthy liquids and avoiding dairy.