

The Power of Thoughts

By Regan Golob

I believe that there are three main factors that affect health. I call them the three “T’s.” They are trauma, toxicity and thoughts (beliefs). In this issue we will discuss the effect of thoughts on health.

My first premise is that without our conscious effort, our body knows exactly how to maintain health. It has an innate intelligence that can create a baby from a single cell, mend a broken bone and keep innumerable biological processes going all the time. To do this, our bodies do need appropriate nourishment; and as we are beginning to learn, that does not come from food alone. Babies who are given an adequate diet, but who are not touched and held, can suffer what is called “*failure to thrive*” and die.



How, then, do our thoughts play a role in our health? Because our thoughts can nourish or harm us. What we think or believe can actually affect the biochemical makeup of our bodies and affect our immune systems. Negative thoughts and fears can change a healthy alkaline blood system into an acid one. Negative thoughts stem from our beliefs about ourselves.

Underneath these thoughts lie fears, repressed feelings, and issues we haven’t dealt with. These take a constant toll on our health. The roots of our fears and beliefs about ourselves are buried in our subconscious minds. They were responses we made, as children, to situations we did not understand. At the time, these responses helped us survive. If we did not have the help or skill to deal with those issues, they became lodged in our subconscious. Our self-talk (the things we say to ourselves) can be a clue to surfacing hidden beliefs about ourselves.

Becoming aware of self-talk, or negative effects of our behavior, is the first step to changing our beliefs about ourselves. Many of us have internalized the voice of a critical parent, and we use it to judge ourselves. We may also suffer so much from fear that we are afraid to risk the very things that might free us from our fear. Many people work in jobs they hate or live with unsuitable partners because they are afraid to leave — because change, too, is scary.

We are luckier than many of our parents because support for risking, dealing with our fears and changing is much more available than in their day; and there is more focus in our society today on the importance of growth and positive change.

Awareness is our first step on the path of change. Forgiveness is the next. By forgiveness, I mean, letting go. What we are learning about forgiveness is that when we hold on to a wrong we are tied to it. To be released, we must forgive our self (let go) for any harm we may have caused our self; forgive all others for any harm

they may have caused us; and allow others to forgive us for any harm we may have caused them.

Learning to change unhelpful patterns is tough work. It is important to seek the support of friends, family, a therapist or other community resources. Most of all, we need to be gentle with ourselves and know we're doing our best.

An alkaline diet consisting of 75% fruits and vegetables helps maintain positive thought processes.

People who are acid and who eat a lot of meat are usually more angry and aggressive.

Lots of bread and sugars can contribute to candidiasis, which is characterized by depression and lethargy.

Taking chelated minerals found in good quality nutritional products can insure that our bodies and brains are functioning at their full electromagnetic potential. When we are healthy, we can choose our responses and our perspectives in any situation. There are no victims, only volunteers!

“Thoughts are things, use them wisely.”

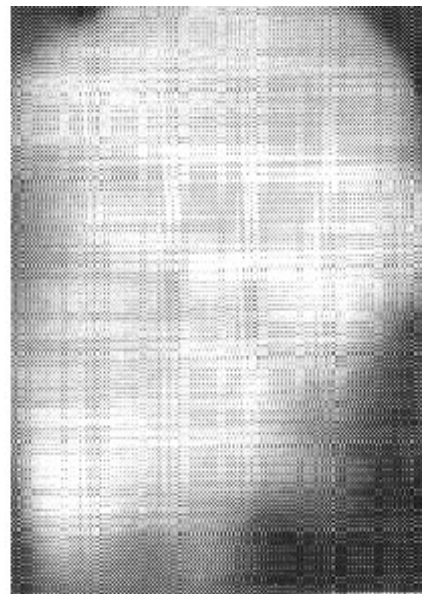
The Body's Energy Field

By Dr. Regan Golob DC

Disease care for humans and animals in the Western World has excelled in biochemical and surgical approaches for acute care and treatment of chronic illness. The leading edge of modern health care is now channeling attention to biophysics, which recognizes that a body's energetic or bio-electrical system governs all body processes.



It is a well established fact that electrical signals regulate heart rhythms, and that brain waves are electrical impulses that travel throughout the nervous system, controlling everything in the body directly or indirectly. Electrocardiograms and electroencephalograms graphically record some of these electrical impulses, millions of which flow ceaselessly throughout the body along electrical circuits, on energy meridians, to transmit important data between the brain and all body parts. Sensitive electronic equipment in medical and chiropractic research, as well as Kirlian Photography, have further proven that the energy field within and around the body is not just speculation but truly exists.¹



1

BEFORE ← ----- ⇒ AFTER

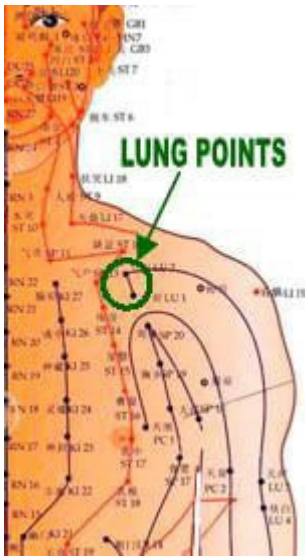
Footnote: Jim Zamzow (President-Zamzows) and I were able to experience the truth of this statement recently at Equitana. A woman there was doing Kirlian photography, so we each had a "before and after" photo taken (left). The first photo was the baseline, the second was taken after putting a little of a trace mineral supplement on my finger and licking it off. The second photo is proof to me that the trace mineral supplement is truly a "semiconductor"!

For more than 4,000 years, Chinese medicine has utilized herbs and acupuncture to adjust the strength and quality of this energy flow, which affects both the structure and function of the body. The Western World is now realizing the benefits of this tradition of working with the biophysics of the body.

Good nutrition plays a big part in both sustaining and directing life energy.

How Is Your Breathing?

Oxygen is the most important substance of all required for life. We can go for days without water or weeks without food, but only for a few minutes without oxygen. Yet most of us take very shallow breaths, just enough to survive, not enough to experience optimum health. Proper breathing increases the oxygen level in the blood and tissues. We need about 90 pounds of oxygen daily to recharge the hemoglobin, enhance brain function, combat bacteria and virus, and to purify our system.

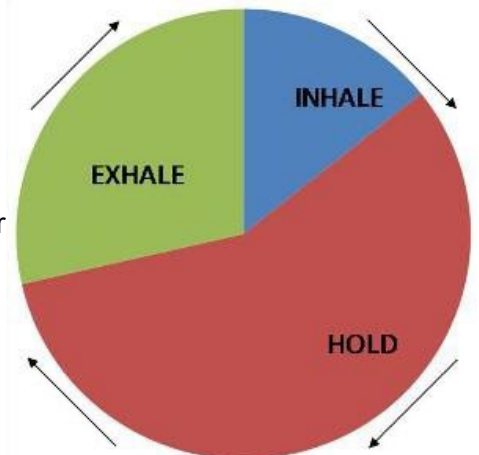


Our lungs are one of the major organs of elimination. We breathe out carbonic acid, as well as carbon dioxide. In my practice, I notice that people who are very acidic are unable to hold their breath for more than a few seconds, because of the body's need to release the acid. Lungs work with kidneys as sister organs to cleanse the body. So if there is reduced kidney function, the person will often have increased mucus in the lungs, or a chronic cough. To stimulate the lung/kidney connection, make fists and gently thump your left lung point (just under and to the outside of your left collarbone point) with your right fist while you reach around behind with your left fist and gently thump over your right kidney. Then reverse the process, striking your right lung point with your left fist and your left kidney area with your right fist. As you do this, twist at the waist and work for a rhythmic pattern for several minutes. This stimulates the energy to both sets of organs.

Another way to take the strain off the kidneys and lungs is to increase the alkaline reserve in the body, so the body will not have to retain water to dilute the acid. Eat 80 percent fruits and vegetables, and only 20 percent acid ash food such as meat, dairy, grains, coffee, etc. Do green drinks such as carrot juice with parsley, cucumber or other green vegetables. The optimum pH level of the blood which allows it to carry the maximum level of oxygen is 7.4. The more oxygen in the bloodstream, the better resistance you have to diseases, bacteria and viruses and infections.

A great breathing exercise is my 2 – 8 – 4 Breathing routine. At first, breathe in deeply for a count of 2, hold the breath for a count of 8, and breath out for a count of 4. So the ratio is holding for 4 times as long as you breathe in, and breathing out for twice as long as you breathe in. Do a series of 10 of these several times a day, gradually increasing the time while keeping the ratio the same. You should soon be able to breathe in for 10 seconds, hold for 40 seconds, and breathe out for 20 seconds. A great time to start is while you are still in bed in the morning. It is a great way to wake up and get your body and brain going.

Any time during the day that you feel stressed or sleepy, or if you have a headache, is a good time to do a series of 10. Deep, rhythmic breathing is a natural tranquilizer and regulates the heartbeat.



Conscious connected breathing is a source of deep peace, and keeps you in present time. If you ride or deal with animals, you will find that they will synchronize their breathing with you. An upset animal can often be calmed by taking deep, slow breaths, and you will find the animal breathes too. Deep breathing also aids digestion by massaging the internal organs. It helps the return of blood to the heart by creating negative pressure in the chest. We de-congest the head and pull blood up from the legs decreasing pooling there, and encourage the flow of blood to the liver for processing of nutrients.

So, practice 2 – 8 – 4 Breathing, alkalize your body with minerals and healthy foods, stimulate your lung and kidney points daily, and remember to give thanks with each breath for your perfect body.

“Air is the free blessing of heaven, calculated to electrify the whole system.”

anonymous

Yours in Health,

Regan

An Ounce of Prevention

by Dr. Regan Golob

Doctors who perform autopsies to determine the cause of death frequently remark that they wonder not what caused the death, but what kept the person alive so long! An article by Royal Lee, president of the Lee Foundation for Nutritional Research, quotes Prof. Ray Slocum of Dodge Chemical Company, who has some interesting comments about common drugs and their side effects on the body.

According to Prof. Slocum, the steroid drugs like cortisone used for arthritis, skin conditions, asthma and allergies may produce ulcers of the digestive tract, resulting in bleeding and ulcerative colitis. They can also make the cells more resistant to the passage of fluids into the tissues. Estrogen and progesterone can upset the salt balance in the body, causing fluid retention. Oral diabetes drugs can cause enlargement and cirrhosis of the liver. Tranquilizers cause disorganization and destruction of red blood cells and enlargement of the spleen and liver. They can result in kidney failure. Thyroid medication causes hardening of the arteries. We all need to remember that waiting until our bodies are in trouble, and then relying on drugs and medications to address the situation is like trying to restore a flower to its original beauty after the petals have fallen off.

Our bodies are miraculous creations and very adaptable to the abuse we heap on them in our modern civilization, but eventually they crack under the strain. "We never miss our health until the reserves have run dry". The best insurance is to practice preventive structural, functional, systemic support.

- Eat a predominantly alkaline diet – 75% fruits and veggies, preferably raw.
- Take your (*natural, colloidal, needed*) supplements!
- Think positive, uplifting thoughts.
- Practice forgiveness;
Steven Levine says, "Forgive to yourself. Forgive not the unkind act, but the unknowing person who committed it." Anger and fear are acid-producing, health-destroying emotions.
- Surround yourself with positive people, uplifting colors, alkaline music. Yes, music is acid or alkaline — you know which is which.
- Read the books:

And remember to give thanks daily for your perfect body, a true miracle of creation!

Chemical Overload

A Little Bit Won't Hurt You – (or, *WILL IT?*)

By [Regan Golob](#)

We are frequently told “*A little bit won't hurt you*” when it comes to chemicals in our food and environment. That *may* be true, however a little bit here and there eventually adds up to a lot.

Consider all the potential sources of chemical contamination that we are bombarded with on a daily basis.

- There is chlorine in most water supplies, and often fluoride as well.
- Fluoride is added to tooth pastes and mouthwashes.
- Many imported fruits and vegetables have been sprayed with pesticides and herbicides that are illegal in the US. We send these toxins to other countries, and then bring it back in the produce.
- Imported produce is also subjected to fumigation with toxic gasses in the shipping containers. (Bananas have become one of the worst foods you can eat, as they absorb this toxin through the skins right into the fruit.)
- Meat and dairy products are loaded with residues of antibiotics and hormones from factory farming operations.
- Look at the ingredients on the label of nearly any prepared food in the grocery store, and you will see a list of chemicals as long as your arm. (Hint: if you can't pronounce the word, you shouldn't put the product in your mouth!)
- MSG (monosodium glutamate) is an allergen for most people, and is in many foods where it is merely listed as “flavoring”.
- Add to this list the chemicals in topical preparations such as body lotions and shampoos. Did you know that your skin will absorb up to 60% of anything you put on it?
- And then there are environmental toxins such as lawn chemicals and pesticides and household insecticides.
- The American journal of Public Health has reported a link between bug killers and childhood cancer.
- In a study of children in Colorado, those who lived in homes where the lawns had been treated with herbicides had a four-fold increase in the risk of developing a tumor.
- Children in houses using pest strips had three times the normal risk of developing leukemia.

Our immune system, the body's defense system, has to deal with these substances and is in danger of becoming overloaded. The liver is the filter for the whole body, and when it must handle too much residue it becomes less efficient.

The liver sends the excess to the lymphatic system, which is part of our immune system. The result is often overproduction of histamine, a substance which helps control and destroy what the body identifies to be a

“foreign invader”.

This histamine response causes sinus drainage, watery eyes, asthma attacks, skin eruptions and rashes, etc. Proper immune function can only happen when your liver and lymphatic system are cleaned and detoxified.

Your liver is like the oil filter in you car. If it is clogged and dirty, the car won't keep running for long without major problems.

The solution is to limit your exposure to chemical toxins and continuously detoxify your body.

Limit toxic intake:

- Grow or buy organic foods
- Stay away from prepared foods (remember, you can't improve on Mother Nature!)
- Clean fruits and vegetables thoroughly with a solution of food- grade hydrogen peroxide
- Limit use of chemicals in your home and garden

Detoxify:

Given that the level of environmental toxins increased by over 200% between 2001 and 2006, and continues to rise, detoxification is essential for restoration and maintenance of good health.

- Use zeolite solutions such as “Total Zeolite” or “ACZ Nano” each day in accordance with label instructions.
- Eat the **“7-Day Carrot Salad”** for a full seven days out of each month.
- The book *“Prescription For Nutritional Healing”* by Dr. Balch has an excellent section on cleansing fasts that can be used periodically for detoxifying your body.

Keep your body clean, and improved health will be your reward.

Secrets of Success

by Regan Golob

Many people have talked about money.

- Stuart Wilde says, “The trick to money, is having some.”
- George Burns adds, “I’ve been rich. I’ve been poor. Rich is better.”

The following principles apply to health, wealth and success:

1. The source of prosperity is within you. It doesn’t come from your work, or even money in general, prosperity comes from the energy that drives our abundant universe. That abundance is showered down to us from the billions of stars in the sky. Focus on that image and you can attract everything you need. Whatever you focus on expands. So, use this positively. Don’t direct your energy on what you don’t have, but what you need. It requires faith and discipline to realize the source is within you ... the more faith and belief, the more prosperous you will become. The test of your faith is when you can accept the negative in your life as a “teacher.”

2. Creative power is infinite. Be very clear on the mental plane and decide what you want to create and it will evolve into the physical plane.

3. Be thankful as if you have already received what you want. Gratitude fills your heart with energy and love. Like attracts like – if you are full of and share good, you will attract it twofold.

4. Clear out anything you haven’t used in 6 – 12 months. Sell it, or even better, give it away. This opens up space in your life to receive things that may better serve you at this time in your life. Either unused physical or mental clutter can be eliminated this way.

5. Be positive. You can have everything you want. If you find yourself saying, “I can’t.” or “I hate,” change your thought and language patterns to reflect your positive attitude. Learn to say, “I can,” or “I appreciate.” Build your positive through thoughts, words and actions.

6. When you talk to, or even think about other people, imagine them as healthy, wealthy and successful. Putting out positive thoughts draws the same to you. Remember, envy restricts your heart and you want your heart to be filled with love.

7. Discover your purpose on earth. When you are doing the work that fills you with joy and passion, you are in harmony with your soul, and abundance is merely a natural by-product. If you are not doing your “purpose,” you will find yourself working constantly on health, wealth and success.

8. Examine your attitude toward money. Do you have any of these beliefs?

- “Money is the root of all evil.”

- “Rich people are greedy.”
- “People with money have no true friends.”

If you believe any of the above statements, or similar ones, You will not be able to prosper. “It’s too dangerous.” Examine your judgments, change the word money to energy.

9. Clear up any conflicts, negative feelings or lack of integrity. These include all old debts, activities which are not performed in the highest good for all, or confrontations you are avoiding. When starting to clear these go through a 3-part process:

1. Forgive the other person involved.
2. Give them permission to forgive you for any wrong you may have done.
3. Forgive yourself for any harm you may have done.

10. Share your wealth. The ancient practice of tithing 10% to the feeder of your soul, is considered by many to be the most important prosperity secret. It sends out an energy that says, “I have plenty, enough to share.”

These secrets require hope, faith and belief. It’s easy to say, “I told you so,” by being negative and right. It, however, is a challenge to sincerely ask yourself:

- “Do I want to be right or do I want to be healthy?”
- “Do I want to be right or do I want to be wealthy?”
- “Do I want to be right or do I want to be successful?”