

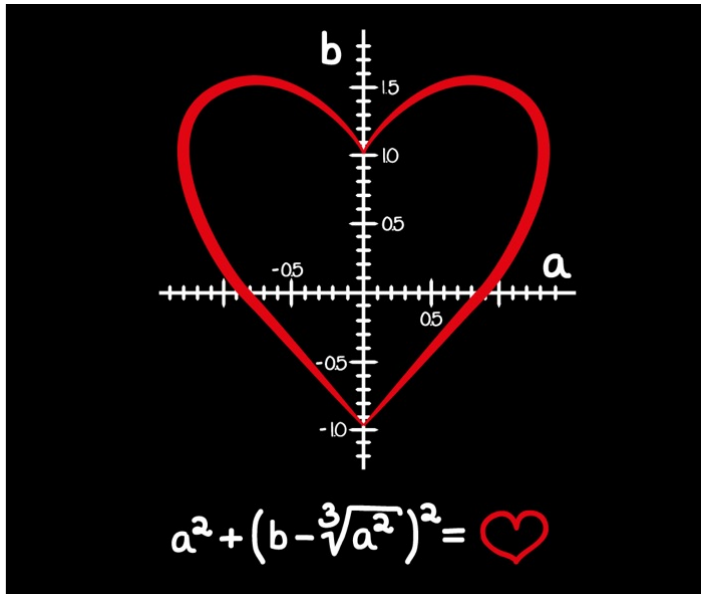
# A Holistic Approach to Disease

## Part One: We are Not Machines



1

## Postulates and Reason



- All reasoning, logic and argument is based on agreed-upon ideas that are assumed to be true
- These ideas have been called
  - Postulates
  - Paradigms
  - Assumptions
  - Theorems
- These are always taken on faith and are so strongly assumed to be true that people seldom question them

2

## Two Paradigms

### Random Chance

- Everything formed itself from nothing (the big bang)
- Life is the result of random chemical processes (life from non-life) and gradual random mutation (evolution)
- Consciousness is a computer-like function of a mechanical brain
- The universe is random and flawed; disease and suffering are a natural part of it and it's up to us to try to fix it

### Intelligent Design

- Everything was formed from nothing by a Creative Intelligence (God)
- Life was created with perfect initial design but has degenerated since its creation
- Consciousness arises from a non-material source (spirit or soul)
- The universe is completely orderly and functions with intelligent purpose; we run into trouble when we oppose

3

## My Personal Postulates

- There is an ultimate Creative Intelligence (God) that designed and created everything
- We have a soul, spirit or consciousness that exists apart from the physical world and survives death
- Life has ultimate meaning and purpose



4

## Your Body as a Vehicle



- Think of the body as a biological machine operated through a computer (the physical brain)
- Your mind (consciousness or soul) is the programmer and operator
- What sort of vehicle were you given?
  - Van or SUV
  - Compact or mid-sized car
  - Sport's car or pickup truck
  - Modern luxury car or an old model T Ford

5

- A vehicle needs to be maintained as per the designer's instructions
- Physical disease is like mechanical trouble in your car, except it isn't coming from design flaws
- It's coming from a lack of proper maintenance by you and/or your ancestors

- You have a responsibility to properly maintain your body, but where's the operating manual?

Maintenance

6

## The Body Instructs You in Its Correct Operation

- The physical body has instincts, built in operational instructions, which you are prompted to follow, but have the power to override these instincts and control them
- When you operate a machine, it has gauges, warning lights and other indicators to provide you operational feedback
- Feelings or bodily sensations, emotions, pain, pleasure and even diseases are feedback about how well the machine is operating and how well you are maintaining the body
- Most of us chose to ignore, suppress or misinterpret this feedback through the process of denial



7

## Consciousness

- Researchers have not found any part of the brain that does these two things
  1. Integrates perception
  2. Makes choices
- Therefore, it is your consciousness (mind, soul, spirit) that
  1. Observes
  2. Chooses
- Your consciousness does this through the brain and body

8



## You as the Observer

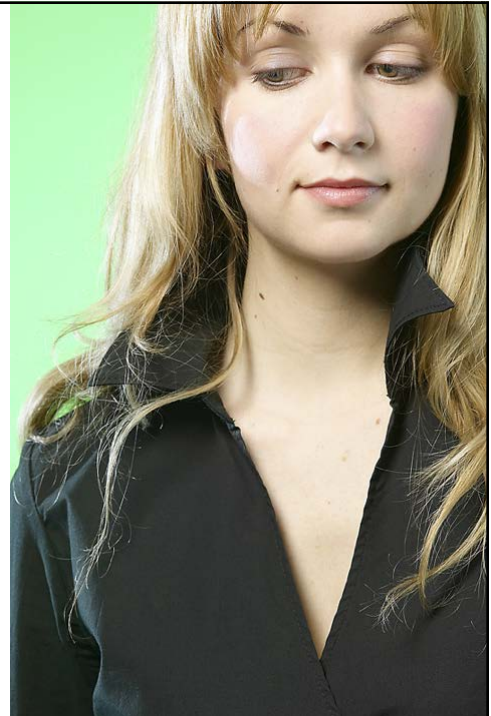
- Everyone has a flow of thoughts running through their brain—a continuous “mental chatter”
- You are not those thoughts, they are activities going on in the brain
- You are the one listening to those thoughts
- Thinking is the process of the consciousness directing the brain through inner dialog



9

## Intent

- You have the power of intent, which is the power to focus the brain on the subject you desire
- When you focus, you select certain data coming through the body and senses and tune out other data
- Thus, whatever you focus on, you create a filter on reality based on your focus
- Thus, you tend not to observe data that isn't in harmony with your intentions
- This is what the phrase, “you create your own reality,” means



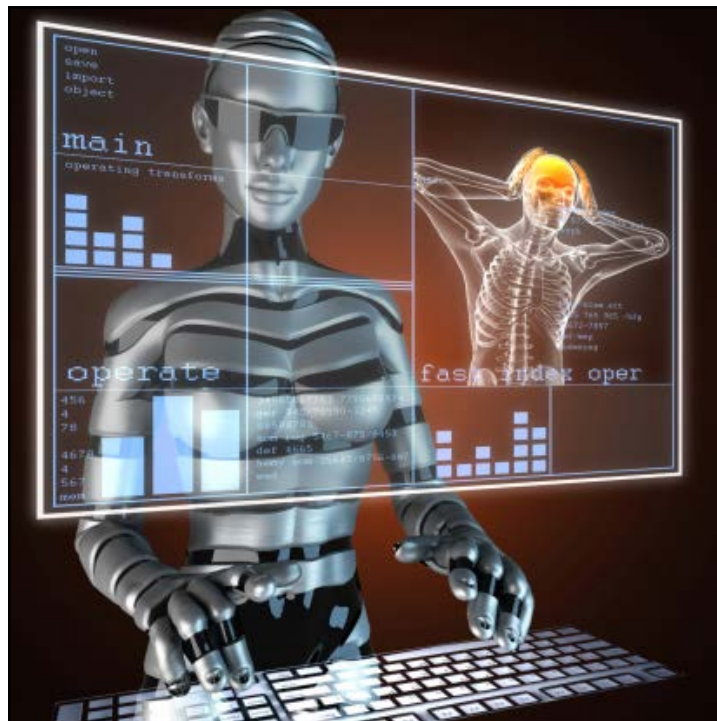
10

## Programming the Brain

- When you focus on a task, learning something or developing a new skill, the brain and body respond by adjusting their structure and function to meet your intent
- Over time, hard-wired programs allow what was learned to be put on autopilot
- You no longer have to exercise conscious effort in that area
- This is what Napoleon Hill called habit force and what scientists are calling neuroplasticity
- Think of learning to walk, talk or drive a car



11



## Beliefs as Programs

- Your beliefs are internalized ways of being and living that have been programmed into your brain (subconscious mind) so that they are operating on autopilot
- Some of these beliefs work and some of them are dysfunctional
- The problem is that they have become part of our inner paradigm so we just assume they are true and don't question them

12

## Feedback and Learning



- Life is designed to give us feedback about our choices
- An orderly universe is built on consistent cause-effect, action-reaction
- If it wasn't learning would be impossible because the same choice/action would yield a different effect/reaction every time we did it
- Western science was actually built on the idea of a Divine Creator and an orderly (rather than random) universe

13

## Our Thoughts Can Make Us Sick: A Pizza Story



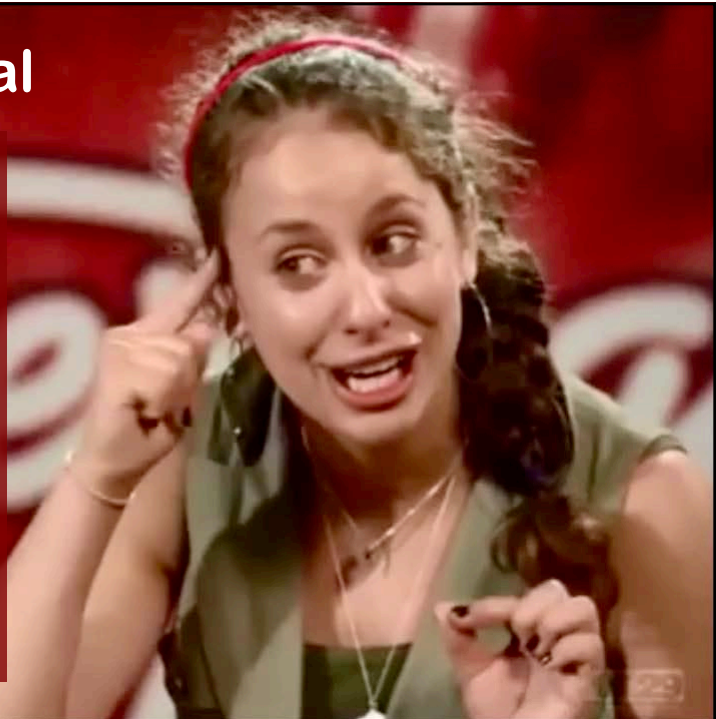
- Nausea: "This person has done something they wish they hadn't done, they wish they could go back and undo what they have done"
- Diarrhea: "This person sees themselves faced with a meaningful task and wishes it was done and over with"

14



## Delusion and Denial

- The inability to perceive negative feedback (showing our current beliefs and habits aren't working) and adjust our thoughts and behavior accordingly is called denial
- Denial leads to delusion
- People sometimes mistake delusional thinking for positive thinking
- When we don't accept the feedback our body is giving us, we become delusional about our health



15

## Your Body Doesn't Lie (But Your Brain Does)

- Your body does not lie to you
- It does not give you bad feelings (pain, aches, discomfort, excessive discharge, fatigue, thirst, hunger, etc.) because it's dysfunctional
- As we're trained to ignore the body's feedback and accept delusions about health we get sicker
- The disease is a communication process (feedback) that our choices, habits and underlying beliefs aren't working and change is needed

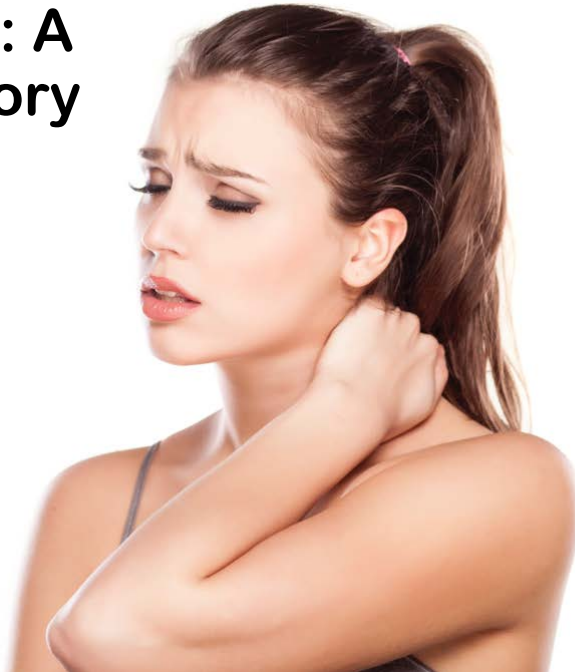


16



## Reality vs. Delusion: A Pain in the Neck Story

- First, I sought to ignore the pain, consider it an illusion and will it away
- That didn't work
- Next, I tried to tune into the pain, breathe with it and try to understand what the pain was trying to tell me
- When I figured out what the pain was telling me it stopped



17

## Resistance is Futile

- Resisting the body by assuming that what is happening is wrong is futile
- The pain, discomfort, discharges and imbalances of the body are not the disease, they are the results (symptoms) of the problem
- Resisting them generally results in:
  - The symptoms getting worse and requiring stronger measures to suppress them
  - Shifting to new symptoms to create new coping mechanisms
  - The underlying problem never getting acknowledged or fixed



18

## Reality TV and Life



- Lessons from Hotel Impossible with Anthony Melchiorri
- Owners are typically clueless about what is wrong with their business
- They are often blaming outside forces (customers, the economy, employees, etc.) for their failure
- When confronted with the actual problems they are often initially defensive and resist his expert advice

19



## The Diagnosis

- In order to fix the business, Anthony has to first identify (diagnose) the problems
- His assessment is based on understanding how a successful hotel operates and determining how this hotel fails to meet the requirements for success
- Owners typically see the problem as a lack of money or customers, failing to see how the problems they aren't fixing are preventing them from getting both customers and revenue

20

## Health Diagnosis vs. Disease Diagnosis

- In typical medical diagnosis we are trying to name the disease and correct symptoms
- What we need to start doing is look at what health looks like and evaluate how the person's self-care deviates from a healthy standard
- People are typically in denial about their self-care and blame their lack of self-care on outside factors



21



## The Big Picture

- Operating a successful hotel requires many different activities and skills
  - Building Maintenance
  - Housekeeping
  - Revenue Management (Pricing and Budgeting)
  - Personnel Management
  - Marketing and Branding
  - Amenities (Spas, Restaurants, etc.)
  - Business Operating Systems
- All these aspects of the business have to be monitored and managed
- An owner might be doing well in some areas, but their lack of success is in their failure to deal with all of them

22



## Wholistic Health



• Management of the physical body requires that we monitor and manage the many facets of health

- Diet (Nutrition)
- Activity (Exercise)
- Rest (Sleep and Recreation)
- Body Mechanics (Posture and Structure)
- Stress management
- Attitude and beliefs
- Relationships
- Finding purpose or meaning in life

23

Your Body is Talking to You

Are you listening?



24



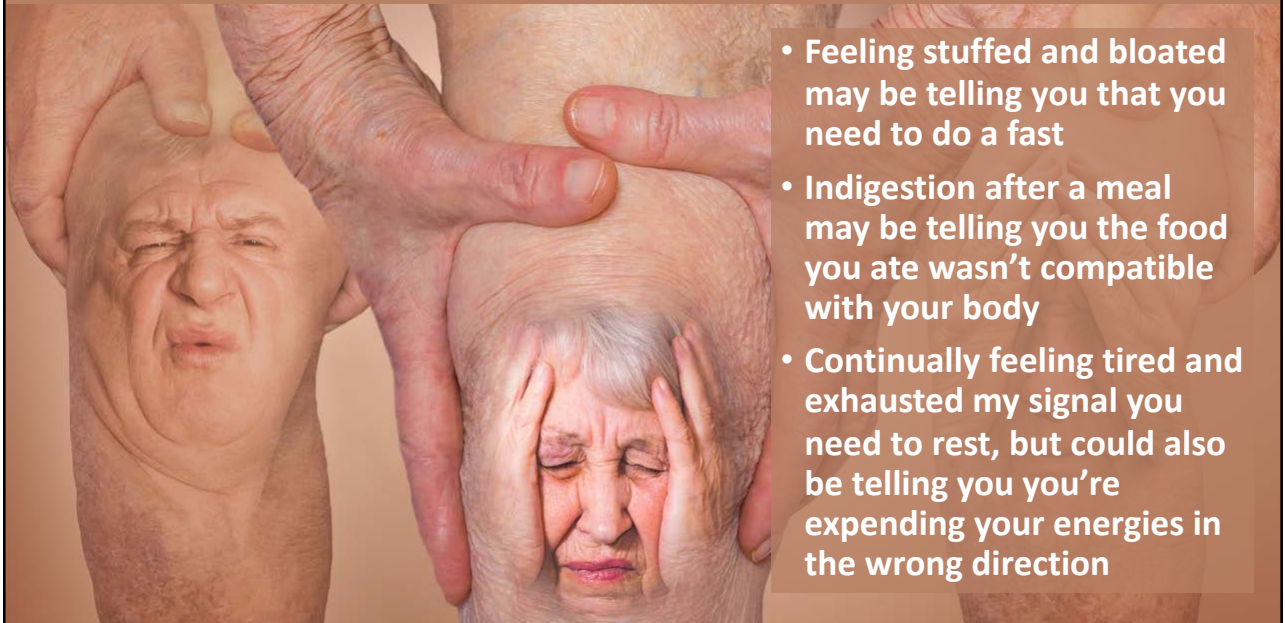
## Listening to the Body

- **Body communication is non-verbal, so it must be observed, not mentally analyzed, to be understood**
- **This requires quieting the mental chatter in your brain and turning on your inner observer**
- **Learning to observe the sensations of your own body is important to your health**
- **Learning to decipher what other people's bodies are saying is valuable as a clinician**




25

## Examples of Body Messages



- **Feeling stuffed and bloated may be telling you that you need to do a fast**
- **Indigestion after a meal may be telling you the food you ate wasn't compatible with your body**
- **Continually feeling tired and exhausted may signal you need to rest, but could also be telling you you're expending your energies in the wrong direction**

26



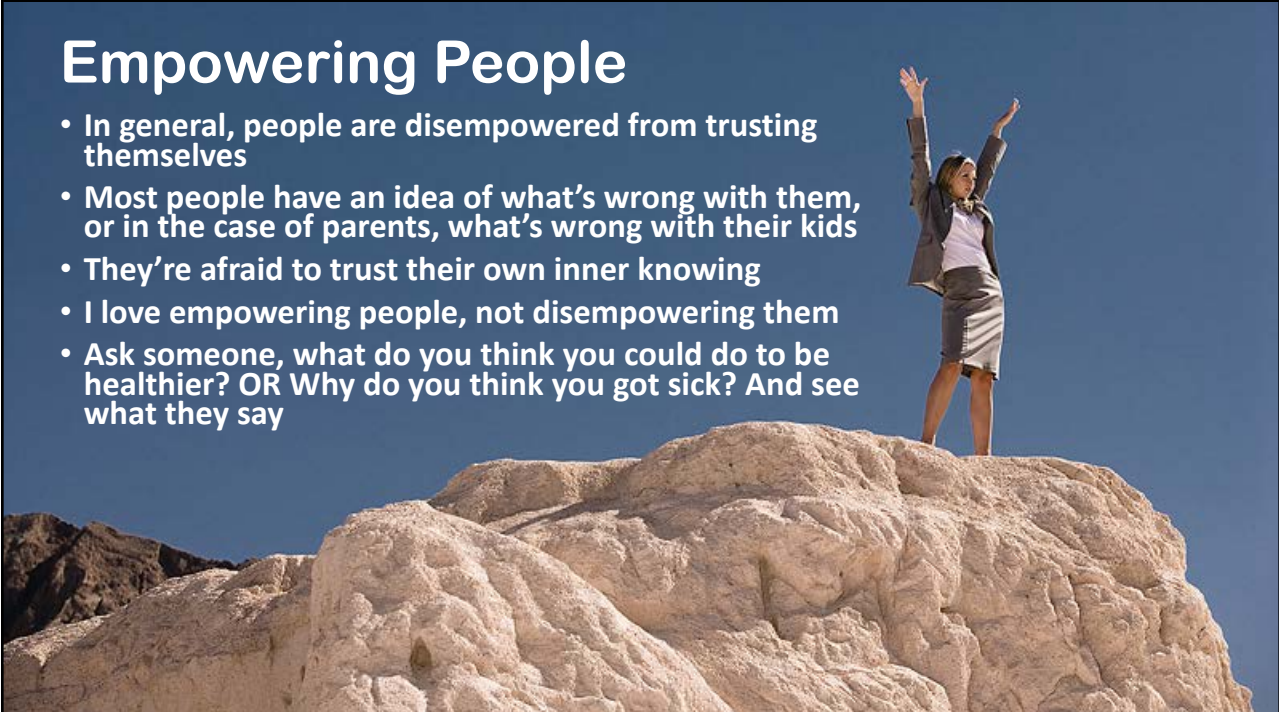
## Pain is Inevitable, Suffering is Optional

- All of experience pain (both physical and emotional) throughout our lives
- We turn pain into suffering by resisting it, by refusing to acknowledge and accept it
- The way out of the pain is through:
  1. Acknowledging and accepting the pain or problem is there
  2. Identifying the cause (what are we doing that's out of harmony with the principles of health and happiness)
  3. Expending effort to fix the problem and form new beliefs and habits

27

## Empowering People

- In general, people are disempowered from trusting themselves
- Most people have an idea of what's wrong with them, or in the case of parents, what's wrong with their kids
- They're afraid to trust their own inner knowing
- I love empowering people, not disempowering them
- Ask someone, what do you think you could do to be healthier? OR Why do you think you got sick? And see what they say



28

## Deciphering the Body's Language



**We express thoughts and feelings through the body, so habitual patterns of thought and feeling alter the body structure**

29

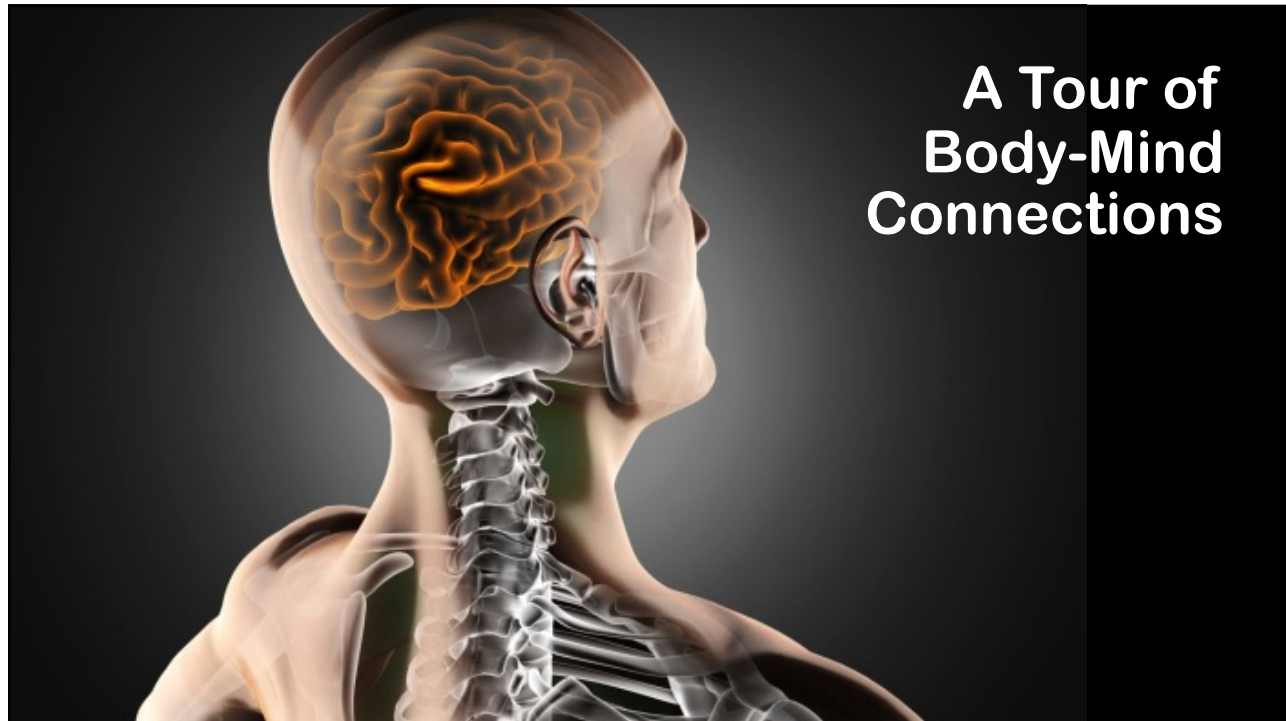
## Seeing the Connection

- Look at the physical function of the affected part of the body
- Then consider how this is an extension of consciousness (the expression of mind and emotion)
- Then, ask questions (either of yourself or others) which explore the inner consciousness and how it might relate to the affected body part



30





31

## Legs and Feet Function

- Connect the body to the earth
- Support us and allow us to occupy a “place” on earth
- Allow us to stand erect or upright
- Give us the ability to move where we want to go



32



## Legs and Feet Mental/Emotional

### Flowing Energy

- Feeling grounded (securely connected to the physical world)
  - Having a leg to stand on
- Feeling physically safe
- Being able to defend your position and move in the direction you want to go in life
  - “Taking a stand”
  - “Wherever his feet took him”

### Inhibited Energy

- Being disconnected from the physical world (reality)
  - “He hasn’t got a leg to stand on.”
- Feeling unsafe and insecure
  - “Trembling knees”
  - “His legs would not support him”
- Being too easily influenced or intimidated by others
  - “He’s a push-over.”
  - “He won’t stand his ground.”

33



## Sample Questions

- Do you feel supported in life?
- Do you feel stable (or secure)?
- Do you feel safe in your current life situation?
- Do you feel grounded?
- Are you moving in the direction you want to go in life?

34

## Pelvis and Behind

- Transfers the support from the legs into the trunk of the body
- Allows free movement (grace) of the lower part of the body
- Strong sexual connections
  - I should slap your butt for that
  - Shake your behind
  - Being “hip”



35

## Pelvis and Behind Mental/Emotional

### Flowing Energy

- Ability to move freely and gracefully
  - “Shake your bootie”
- Feeling free and uninhibited
  - Strutting your “stuff”
- Ability to maneuver and change direction
  - You pivot using your pelvis
- Ability to feel and express sexual energy
  - “Rock and roll”

### Inhibited Energy

- Becoming “locked up” and inhibited through shame and guilt, especially about sex or eliminative functions
  - “He left with his tail between his legs.”
  - “I’m going to spank your butt.”
  - “That person’s really f\*\*\*ed up!”
- Sexual abuse or shame will often make the pelvis stiff and/or cause weight gain around the hips and upper thighs
  - Frigid suggests “frozen and rigid” as in unable to move

36

## Example: Sexual Shame

- Many of us experience feelings of shame about sexual urges
- This can arise from sexual abuse or absorbed cultural attitudes
- Sexual shame can result in:
  - Tension in the pelvis, which inhibits movement (particularly forward and back rocking movements) and can result in pelvic misalignment which can create lower back pain, spinal misalignment or sciatica
  - Weight gain around the pelvic girdle and lower abdomen
  - Women: Menstrual cramps, painful menstruation and pelvic pain
  - Men: Prostate problems, erectile dysfunction and premature ejaculation



37

## Sample Questions

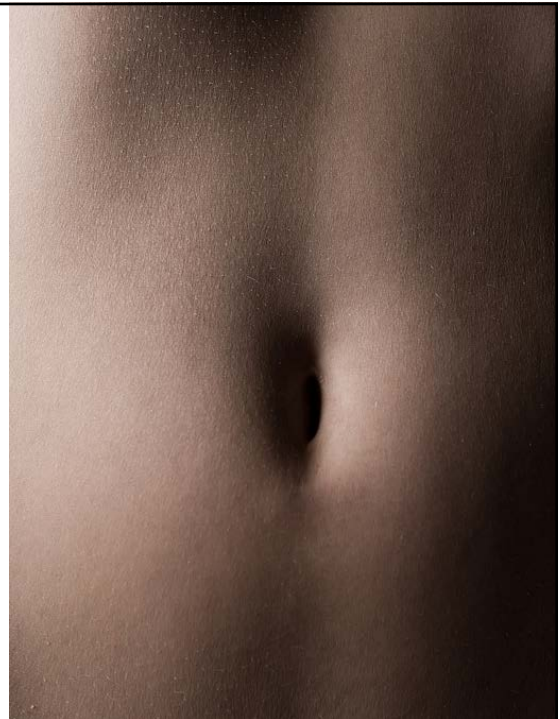


- Are you comfortable with your sexuality?
- Are you able to adjust to live changes (change direction in life) easily?
- Do you feel free and uninhibited?
- Do you experience a lot of shame and guilt?
- Do you feel graceful (or awkward)?

38

## Abdomen or Belly

- Houses our digestive organs and our ability to digest and process nutrients
- Home of physical appetites and drives, i.e., physical needs for nourishment, love and security
- Tied into the reptilian or instinctual brain that deals with survival
- Connection to mother and being mothered
- Can be thought of as the “inner child” aspect of our nature



39

## Abdomen Mental/Emotional

### Flowing Energy

- Being able to process what is happening in our lives
  - “I can stomach it.”
- Being able to take an idea and make it useful to us
  - “Let me digest that”
  - “I need time to digest that.”
- Feeling secure in being able to meet my physical needs (money, love, food, etc.)
  - “I’m hungry for love.”
  - “I love you so much I could just eat you.”

### Inhibited Energy

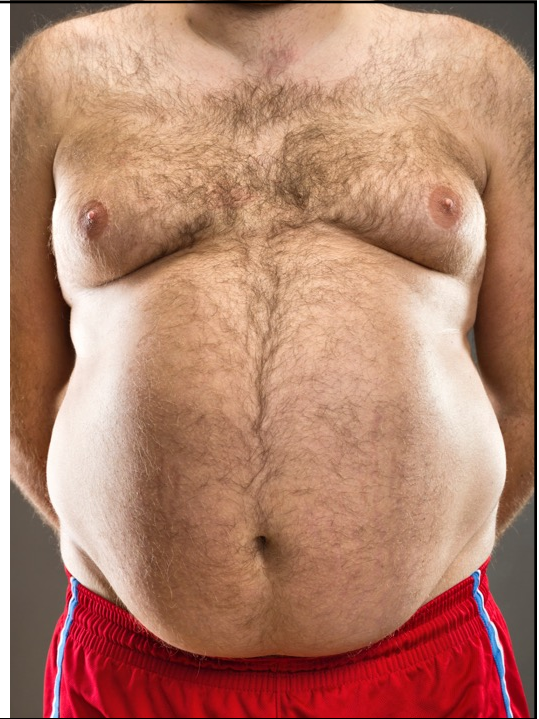
- Being unable to process what is happening in our lives
  - “He couldn’t stomach it”
- Sense of inner emptiness (lack of needs being met) leading to:
  - Self-denial (denying physical needs due to feeling unable to or unworthy of meeting those needs)
  - Gluttony (excessive indulgence in physical appetites)
  - Greed (excessive desires for money and material things)
  - Possessive (being over clinging or possessive of people)

40



## Sample Questions

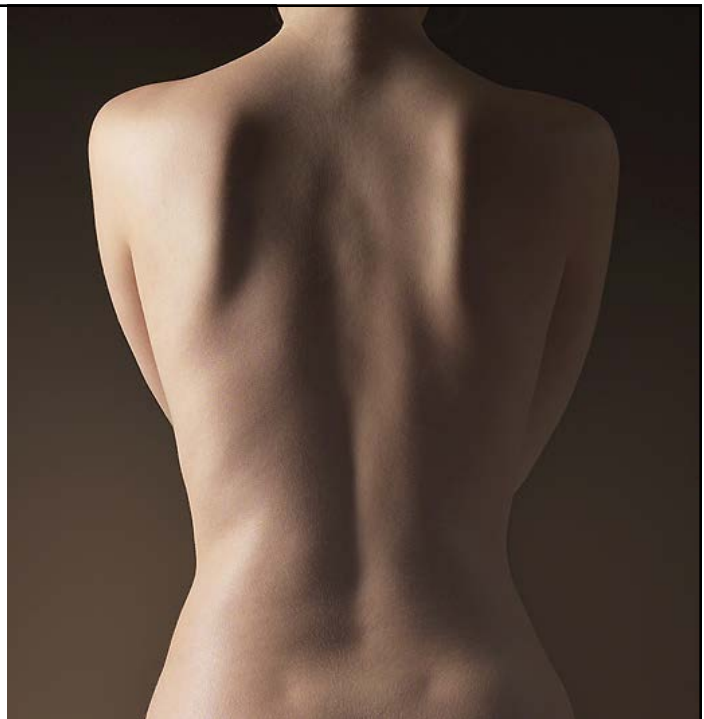
- Do you feel worthy of love and support in life?
- Are you satisfied with your life?
- Do you have all the food, love and money you need to be happy?
- Are you comfortable with your own emotional needs and physical desires?
- Did you receive the love you wanted when you were a child?
- Did you feel wanted as a child?



41

## Back

- Our back supports the trunk of our body and connects the energy of the pelvis to the head (via the neck)
- It links the body to the brain
- Our back is behind us and the most difficult part of our body to access with our own hands



42

## Back Mental/Emotional

### Flowing Energy

- **Having integrity**
  - “He’s an upright person”
  - “He’s a straight guy”
- **Courage**
  - “Having a backbone”
- **Feeling supported by others**
  - “He’s got my back.”
  - “He’s behind me.”
- **Making peace with the past**
  - “It’s behind me.”

### Inhibited Energy

- **Lack of integrity with self and others**
  - “He’s crooked”
- **Afraid of life**
  - “Being spineless”
  - “Having a yellow streak down one’s spine.”
- **Feeling betrayed**
  - “He stabbed me in the back”
- **Holding onto the past**
  - “It weighs on me.”

43

## Sample Questions

- Are you being honest with yourself?
- Do you value your integrity?
- Do you feel betrayed?
- Can you stand up to the difficulties of life?
- Are you holding onto things from the past that you can’t put behind you?



44

## Shoulders

- Our shoulders are the top of our trunk and the anchor for our arms
- Our shoulders allow us to push things and carry things
- Like the pelvis links the trunk of the body to the legs, the shoulders link the trunk the body to the arms and support the neck and head



45

## Shoulders Mental/Emotional


### Flowing Energy

- Being able to handle the burdens of life
  - “Shouldering one’s burdens”
  - “Carrying something on my shoulders”
- Having courage and strength
  - “Shoulder’s back”
  - “Put your shoulder to the wheel”
- Being strong enough to give support to others
  - “Having a shoulder to cry on”
  - “Rest on my shoulder”

### Inhibited Energy

- Feeling weighed down by responsibilities and obligations
  - “I can’t shoulder this”
- Suppression of anger, depression, discouragement, defeat
  - Shoulders slumping forward
  - Having one’s back up (lifting the shoulders)
- Unable to deal with other people’s problems
  - “Don’t cry on my shoulder”
  - “I don’t want this on my shoulders”

46




## Example: Frozen Shoulder

- Frozen shoulder can signify:
  - Carrying too many burdens
  - Feeling unable to shoulder one's responsibilities
  - Feeling overwhelmed with too many stressful responsibilities
  - Can be associated with a mild depression
  - Feeling unable to act in a given situation

47

## Arms, Hands & Fingers

- Our arms represent our strength and ability to take action
- Our hands also represent acting, including working and helping
- Together they represent personal power
- Our fingers are the primary sight of our sense of touch, they allow us to touch (and hold) things
- Our arms allow us to embrace someone (or something) and hold it close



48



## Arms and Hands Mental/Emotional

### Flowing Energy

- **Being able to take action and work**
  - “He did it by the strength of his arm”
  - Weapons as “arms”
- **Being able to offer help and assistance to others**
  - “Come into my arms”
  - “Give someone a hand”
- **Getting involved**
  - “Getting your fingers in it”
  - “Getting your hands dirty”

### Inhibited Energy

- **Feeling unable to act or defend oneself**
  - “He was totally disarmed”
- **Withholding help, support and affection**
  - Pushing someone away
  - Folding one’s arms
  - “I won’t lend a hand”
- **Being detached or restrained**
  - “Hands off”

49



## Neck and Throat

- **The neck supports the head and allows it to move, which enhances our ability to perceive the world by turning our head**
- **Our voice box sits in the throat and facilitates communication**
- **The neck links the body to the head, connecting mind and body**

50

## Neck and Throat Mental/Emotional

### Flowing Energy

- **Giving Attention**
  - “It turned his head” (using the neck)
- **Having self-esteem**
  - “Hold your head up high”
- **Being able to communicate our thoughts and feelings**
  - “She found her voice”

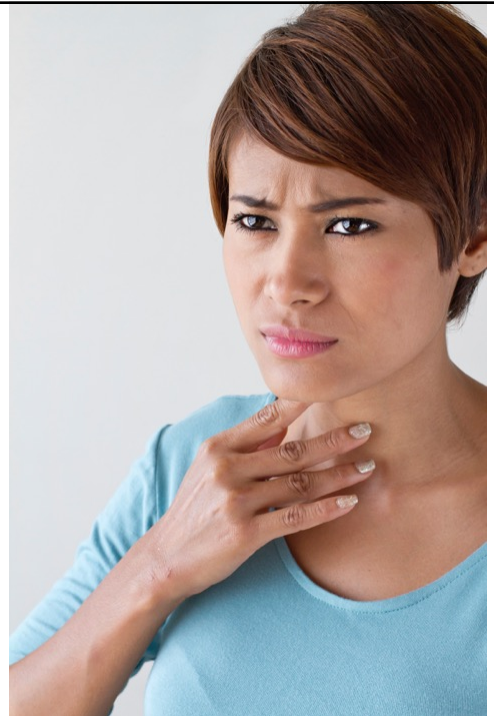
### Inhibited Energy

- **Being excessively proud or stubborn**
  - “Stiff-necked”
- **Being humiliated or defeated**
  - “He hung his head in shame”
  - “He’s a pain in the neck”
- **Being unable to communicate our thoughts and feelings**
  - “She lost her voice”
  - “The words got stuck in her throat”


51

## Example: Laryngitis

- **Can result from problems finding one’s “voice,” such as:**
  - Fearing to express one’s opinion
  - Repressing thoughts and emotions, not wanting to say what one is feeling and thinking
  - Holding back expressions of anger, feeling resentful towards authority
  - Feeling stifled in self expression
  - Being silenced by someone else



52



**The Ultimate Healer**

- Don't look outside of yourself for health or happiness
- You are a child of God
- You have access to what Napoleon Hill called "infinite intelligence"
- Pray and meditate to seek spiritual guidance
- Trust yourself and your body

53

**ONCE  
UPON A  
TIME...**



**Time for a  
Few Stories**

54



55