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Spiritual Weight Loss

**How to Transform Your Body, Reverse Aging, and Achieve
Optimal Health**

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Chapter 1: Introduction

One of the great challenges of the modern world is achieving and maintaining a healthy body and weight in a toxic, stress-filled world. Too many of us today are overweight and/or unhealthy, and we are bombarded with a variety of largely ineffective “quick fix” programs and “magic pills” from unscrupulous marketers looking to make a profit from our pain and desperation. I understand what it’s like, because I was overweight for most of my life, despite trying numerous diets, exercise programs, and spending a small fortune on “magic pills” that promised to help me lose weight and get healthy.

In fact, I was still overweight – even borderline obese - for the first several years I was working as a full-time professional healer. Despite my extensive knowledge of diet, nutrition, exercise physiology, and experience with many different nutritional supplements and physical and emotional healing modalities, I still wasn’t able to lose weight and get myself into shape. Like many people, I tried different diets and nutrition programs, but nothing really worked for me, and I wasn’t able to stick with any of them over the long term.

Fortunately, in the last few years I have finally “cracked the code” on weight loss, reversal of aging, and achieving optimal health. And the secret isn’t just one thing, but is instead a synergistic combination of elements – emotional clearing, cleansing, strategic eating, and efficient exercise – which work together to deliver incredible results. This book is titled “**SPIRITUAL WEIGHT LOSS**” for short - because it is a balanced, holistic approach to health and body transformation designed for the spiritually minded person. It includes a complete inside-out emotional and physical body transformation program, featuring:

- ◆ The three most important reasons calorie counting alone doesn't work
- ◆ The sixteen most popular Myth-Conceptions about weight loss
- ◆ The seven biggest mistakes people make in weight loss programs

- ◆ The one simple thing you can do to get ten times the benefit out of your nutritional supplements
- ◆ The two little-known secrets that answer the question “How is it that I can eat well and exercise regularly and yet I still can't lose weight?”
- ◆ The one critically important thing you must do to lose weight, improve energy and mental clarity, resist illness, and reverse aging

This book presents the “best of the best” techniques developed and used by me (Brent Phillips) for myself as well for as my friends, my family, and my clients and students. It is the culmination of a lifetime of research and experimentation, trying all manner of different diets, exercise programs, supplements, etc. My goal is to provide you with simple concepts and techniques that most people are unaware, and how you can seamlessly integrate them into your life so that you can quickly and easily get into the best shape of your life, and maintain it indefinitely.

The guiding principle behind this program is simple:

In order to get the results you want, you need effective tools, and you need to actually apply those tools.

Most of this book is devoted to a detailed explanation of the state-of-the art tools to transform your mind and body and get you into the best shape of your life. But before we discuss why the tools presented here are so effective, let's take a minute to explore the reason why the vast majority of people who try weight loss programs don't get good permanent results.

The answer is simple - **it's because they don't actually use the tools given to them over the long term!**

While you will find that the information presented here is revolutionary in its power to transform your body and improve your health, the most important aspect of the Theta*Genix program is that it is carefully designed with a large amount of flexibility to best fit your lifestyle so that you will easily and effortlessly be able to maintain the results you get for the rest of your life.

Why You Will Actually Use the Tools in This Book

The “heart and soul” of the Theta*Genix approach can be summed up in the following four questions and answers:

Q

What is the best nutrition and eating program for you to use?

A

It's the one you actually use!

There are thousands of different diets, weight loss programs, and nutritional guidelines out there, and some of them are actually effective and will work for you. However, if your nutrition and eating program is not convenient, affordable, tasty, and simple, you won't stick with it. Similarly, if you feel hungry all the time, or are always craving the foods you don't get to eat, you won't stick with it. And even the best diet or nutritional program in the world will do nothing for you if it doesn't become part of your lifestyle!

The Theta*Genix program is designed from the ground up to be extremely flexible so that you can find a way to work it in a way that works for you. When applied properly, you will naturally and effortlessly choose to eat in a way that supports your health and weightloss goals, without hunger, cravings, or feeling deprived. And you will keep using it because you like it better than your old patterns of eating – which means that not only will you get great results, but you will maintain them forever!

Q

What is the best body cleansing system for you to use?

A

It's the one you actually use!

If you are health conscious or have been involved with alternative or holistic medicine, you know that cleansing the body of toxins and impurities is critical to healing injury and disease, reversing aging, and maintaining great health and energy levels.

However, if you are like me, you know that many of the cleansing programs and products on the market make you miserable when you use them, and are often expensive. I don't know how many different cleanses and fasts I've tried and either didn't finish, or never repeated because they made me so miserable.

As with the eating and nutrition, Theta*Genix suggests cleansing products and programs that are gentle and easy compared to what you may have experienced before. The goal is to find a cleansing regimen that becomes part of your lifestyle, and that you use regularly because it simple and pleasant and makes you look and feel better. After all, even the best cleanse in the world will do nothing for you if you don't actually use it!

Q

What is the best emotional clearing technique for you to use?

A

It's the one you actually use!

Emotional clearing is a vital component of any serious weight release or body transformation program, for reasons to be discussed in detail below. In short, in order to get great results from anything in life, you have to be clear of subconscious emotional blocks that will sabotage your progress.

However, if emotional clearing takes too long, or is too expensive, or too difficult, you won't do it. Theta*Genix solves this problem by offering simple, fast, and incredibly powerful emotional clearing that usually only takes a few hours to permanently eliminate subconscious emotional blocks to releasing weight and getting super healthy.

Q

What is the best form of exercise for you to do?

A

It's the one you actually do!

Of course there are a virtually endless number of different kinds of exercise, and many people are overwhelmed by everything they think they need to learn and do to start an effective exercise program. The real truth is that while there is always room for optimization, the most important thing is not what kind of exercise you do, or how long you do it, when you do it, or how often you do it...the most important thing is that you do it!

This program will suggest different kinds of exercise and provide state-of-the-art information on how and when you can exercise to get maximum results.

However, most of this information is just for optimization. The really important thing for you to do is to simply find some form of exercise you actually enjoy, to ensure you will make it part of your lifestyle and hence keep doing it – not just because you know it is good for you, but because you like it!

Lastly, Theta*Genix emphasizes a gradual, phased approach to lifestyle transformation. Perhaps the biggest and most common mistake people make when embarking on a weight loss or body transformation program is to try to do too much, too fast. If you try to do too much, too fast, it will shock your system and – about 90% of the time – causes you to quit after a few weeks or a few months. It's as if you never exercise and decide you want to run a marathon, so you immediately go out and try to run 5 miles per day...not only is this hard on your body, but you won't stick with it. You're much more likely to have long term success if you gradually phase in the components of the system.

The Components of the Theta*Genix Program

The program detailed in this e-book is called “Theta*Genix” because it includes the use of ThetaHealing and Isagenix Nutritional Cleansing. I have tried zillions of different diets, nutritional supplements, cleanses, and emotional clearing modalities, and these are the two things that provided me with profound, immediate, and permanent results.

However, the Theta*Genix program is far more than the sum of its parts, and also includes a great deal of vital information about biochemistry, food planning, meal preparation, metabolism optimization, acid-alkaline balance, and other topics to create an incredibly powerful synergistic system to burn fat, release toxicity, and improve health, appearance, energy, and vitality. Even if you have used ThetaHealing, and/or the Isagenix system, and/or other diet, nutrition, or exercise programs before without great results, don't despair! You can still expect to get amazing results out of this program because of the powerful synergies involved.

The Theta*Genix program consists of four components:

- ◆ Emotional Clearing
- ◆ Body Cleansing
- ◆ Nutrition and Eating Program
- ◆ Exercise

While you will obtain the quickest and best results by using all four components of the program in synergy, remember our guiding principle is to find a way to gradually and gently apply the program which fits best into your lifestyle. Hence, *all of the program components are optional.*

Yes, that's right...every component of this program is optional! So if you really dislike exercise, you don't have to, ever. Or, if you really dislike cleanses, you don't have to do cleanses, ever. I'm so serious about the flexibility of this program, and the need to make it fit your lifestyle on a permanent basis, that every part of the program is optional...because what is the weight loss and body transformation program for you? You got it - it's the one you actually use!

However, the more aspects of the program you are willing to engage, the faster you will get results. Similarly, the more aggressively you apply the program, the faster you will get the results you want. So if there are certain aspects of the program you don't want to do, it probably just means it will take you longer to get

the results you want. And that is perfectly fine! If you apply the Theta*Genix program in a way you enjoy and that fits your lifestyle, you will make consistent, effortless progress, and before you know it you'll have the body of your dreams!

As you apply this program and start getting results, don't be surprised if you experience a shift of attitude regarding the elements of the program you didn't like before. It's common for people who disliked exercising prior to starting the program to begin to enjoy exercise as they get into better shape, or that people who never wanted to do cleanses before are suddenly interested in improving their health by cleansing out toxicity. This is because as you start to get good results, your body chemistry will be changing. As a result, it's likely that you will naturally and effortlessly begin to crave healthier foods, enjoy exercise, and notice an increasing desire to cleanse your mind and body of toxins, poisons, and emotional garbage!

Brent's Story

Until I learned the secrets presented in this program, I struggled with my weight my entire life. In fact, I was put on my first diet by my doctor when I was four years old!

Even when I was young and extremely active, I always carried a lot of extra weight. When I was in college, I was regularly playing basketball, lifting weights, and practicing two different martial arts, which meant I spent an average of about two hours a day engaged in intense exercise. However, I still had a spare tire and was probably about 25 pounds overweight.

When I experienced a major health crisis in my 20s and was disabled for several years, I was no longer able to exercise like I did before, and I gained a lot of weight. (For the curious, the details of my story are available in my book Where



Science Meets Spirit: The Formula for Miracles, available at my Web site www.TheFormulaForMiracles.com. See Appendix A for more information and a sample chapter from this book.) At my heaviest I weighed close to 300 pounds, was technically obese, had all the symptoms of Type-2 diabetes, and was headed for cancer and a heart attack.

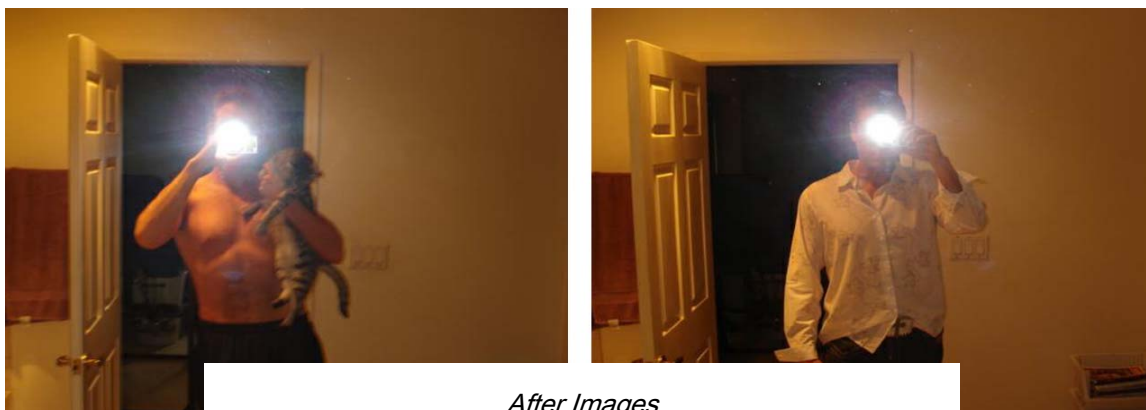
I then went through a major emotional meltdown in the spring of 2007 when I experienced several traumas all at once. First, a dishonest and vengeful neighbor set me up for a lawsuit which wiped out my savings and damaged my business. Then, my girlfriend (whom I was considering proposing to) dumped me and told me she had been in love with someone else the whole time we were dating, just ahead of a romantic two week vacation in Hawaii we had planned together. And three days after that, my father died. (And just to add insult to

Before Images

injury, my computer crashed and my car was vandalized!) As I was recovering from this ordeal, I realized that I had to make some changes in my life, and getting into shape was at the top of the list. So, I made a serious effort at dieting and exercise.

I gave up drinking soda, started eating a lot of salads, and began to work out like a demon, often doing 2-3 hour workouts, six days per week. I kept up this routine of intense dieting and exercise for about 4 months, and during this time I lost about 12 pounds. So, I got some results, but nothing like what I really needed.

It was then that one of my colleagues introduced me to a nutritional cleansing system that she said worked great for her and some of her clients. At first I was skeptical, but then some things happened in my life - yes, there was a woman involved! - that got me focused and motivated to get into shape. So I decided to give the nutritional cleansing system a try. And I got amazing results! I lost 11 pounds in the first week; 25 pounds in the first month; and 50 pounds after 3 months. The cleansing also yielded some serious health benefits for me – I had better energy, my mind was clearer, and I had a lot of minor health issues (including dandruff and some digestion and sleep problems) clear up completely.



However, after losing about 50 pounds on the cleansing program (and about 60 pounds total since I started my routine of diet and exercise), I hit a plateau, and it was clear that what I was doing wasn't going to take me any further. So I began to study a lot of material from the world of bodybuilding, because bodybuilders are experts on lowering body fat and increasing lean muscle mass.

Despite the fact that about half of the material I read contradicted the other half, I made some changes to how and when I ate, and I made some tweaks to my

workout program. And it worked – I started to make progress again!

Approximately four months later I had lost another 20 pounds, for a grand total of 90-something pounds. I will never forget the day that body fat dipped below 15%!

During this time I tried a lot of different supplements and approaches, and found some things worked really well and others didn't. This book contains the “best of the best” techniques, insights, and recommendations for products that have worked well for me and my clients.

There is particular emphasis on what I call lifestyle transformation, which is the key to long term weight loss and health. Many people have found diets, exercise programs, supplements or drugs which work to achieve temporary weight loss, but for a variety of reasons they don't stick, so they end up gaining the weight back. I have no interest in teaching you things that won't be part of your permanent lifestyle transformation! Instead, everything in this book is designed to work as an integrated whole so you continue using the Theta*Genix program day-to-day, not just because you know it is good for you or because you want to lose weight, but because it makes you feel better day to day, and you just like it!

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However, if you find the material valuable, you can be compensated for sharing this material with others through the affiliate marketing program on my Web site. (Basically, any time you refer somebody to purchase this book, you will get a commission!)

Overview

The following chapter explores important facts you need to know about how the body really works. It is not necessary for you to understand this to benefit from the Theta*Genix program, but most people find that they are more strongly motivated to follow the program when they understand the science behind it and learn exactly what is happening within the body when you eat different types and amounts of food.

The next four chapters provide a detailed exploration of the four components of the program: emotional clearing, cleansing, nutrition and eating, and exercise.

The last chapter of this e-book provides a step-by-step process for gently integrating the various aspects of Theta*Genix into your life.

The appendices provide more information on ThetaHealing, muscle testing, how you can use the Theta*Genix program to save money and even build a business, and a set of recommended recipes.

Theta*Genix is all about a permanent shift in your lifestyle. And the lifestyle shifts should be enjoyable and be things you do because you like them and you feel better day to day!

At the same time, there are several things Theta*Genix is not:

- ◆ It is not a quick fix
- ◆ It is not a deprivation diet
- ◆ It is not something you do for a while and then forget about
- ◆ It is not a colon cleanse
- ◆ It is not about some magical weight loss pill

Of course, when you get started with the program, you'll be doing things that might be a little different than you have done before, and those changes need to be fueled by your passion and desire to transform. But I know that if you didn't have a desire to transform, you wouldn't be reading this right now! However, after

using the program for a while and getting great results, it is natural to expect that this passionate desire to transform may fade. That's why this program is all about lifestyle transformation – by the time your burning desire fades, these new behaviors and ways of thinking will have become part of your lifestyle, and you won't need to exert any effort to maintain the results you've gotten. Better energy, better health, improved mental clarity, more enjoyment of life, no food cravings, no hunger, and improved quality of life will show up naturally and effortlessly – and you will look great too!

Myth-Conceptions and Optimizations

Throughout this book you will find tips and insights labeled as myth-conceptions and optimizations.

Myth-conceptions are just that – myths are perpetuated in our culture, telling us things that are actually misconceptions (in other words, not true!) Pay particular attention to these, because you need to be willing to give up some of what you think you know to be truth about dieting, exercise, and health in order to transform your lifestyle, health, and body.

Optimizations are included as ways you can extend and apply the Theta*Genix program to achieve optimal results. However, they are not recommended for those new to the program, because I don't want to make things too complicated or too difficult – remember, this is all about gradual, gentle, and permanent lifestyle transformation! But I think it is important to include the optimizations for those who have been using the program for a while and are really serious about achieving optimal results, or are looking for tips and insight to help them break through a plateau.

Chapter 2: Secrets of How the Body Really Works

The Theta*Genix program does not require you be an expert in biochemistry, or have advanced knowledge of nutrition or diet planning. If you have no interest in learning what is happening inside the body, you are welcome to skip this chapter and go directly to the next chapter which describes the practical application of the Theta*Genix program. I'm serious that every section of the program is optional, including reading this chapter's discussion of biochemistry!

However, in my experience, people tend to be much more serious about making changes to their diets and lifestyle when they understand exactly what is happening as a result of those changes. For example, I was a diet soda addict for over 15 years. I started drinking diet soda when I was 16, when I was working at a deli with a soda fountain where I could drink soda for free all day long. I knew that if I drank sugared soda all day long I would gain a lot of weight, so I forced myself to drink diet soda. I quickly became accustomed to it, and for a long time I had a diet soda with every meal, plus a few more between meals.

When I had my major health crisis and got into alternative medicine, I was told over and over that “diet soda is bad for you.” Just about every book I read and every doctor or practitioner I worked with told me I should quit drinking diet soda to improve my health. However, I didn't actually quit until I learned about the specific effects diet soda has on the body: namely, that aspartame (“aka Nutrasweet”) is an “excitotoxin” which causes neurons in the brain to swell up and explode. Did you know that drinking a single diet soda suppresses your immune system by over 50% for the next 8 hours? (Wow! You can imagine how it devastates the immune system to be continuously drinking diet sodas.) After learning these things, it was much easier for me to quit drinking diet soda, because knowing exactly what was going to be happening in my body after drinking a diet soda gave me the motivation to quit the habit forever.

The information presented in this section is designed to give you a better understanding of exactly what happens inside your body. It provides details of what happens in your body depending on what kinds of foods you eat, when and how much you eat, and the specific effects toxins and poisons have on your health and your weight. Of course, unless you've been living in a bubble your whole life, you probably already have an idea of what foods are "good for you" and what foods are "bad for you"...but if that knowledge alone was sufficient to transform your lifestyle and get you into amazing shape, you wouldn't be reading this book!

The Dangers of Our Modern Society

All of your life you have been confused by conflicting messages, many of which are not based on truth, from parties who have interests other than your health. In particular, food conglomerates have tremendous wealth and political power, and use this wealth and power to continue the "status quo" of feeding all of us food that is often unhealthy and toxic.

The simple truth is the food industry and medical establishment have created a nightmare scenario where they are getting rich off of you being overweight, sick, and prematurely aging.

Food companies essentially bribe politicians to pass laws that let them increase their profits by making the food we eat increasingly more dangerous and more toxic, at the same time that the nutritional content of our food is ever-diminishing.

I don't want to over-dramatize this fact, or turn this book into some long political discourse, so I will only present a few illuminating facts here that are merely the "tip of the iceberg" on the damage being done to your health by modern agribusiness and food processing companies.

- ◆ Did you know that a *serving of spinach in the 1950s had 50 times as many nutrients in it as a serving of spinach today?* That's right: you'd have to eat

50 servings of spinach today to get the same nutritional value as a single serving of spinach in the 1950s!

- ◆ Did you know that in the 1990s there was legislation passed that allows producers of beef to use *10 times more antibiotics* on their cows?
- ◆ Did you know over *50% of Americans are projected to get type 2 diabetes* at some point in their life, and this number is increasing every year?
- ◆ Did you know *a healthy diet should consist of approximately 80% alkaline and 20% acidic foods and drinks*, but the typical person living in the Western world eats a diet that's exactly the opposite - approximately 80% acidic and 20% alkaline - making our bodies dangerously acidic and toxic?
- ◆ Did you know that obesity and most parasites, bacterial infections, viral infections, and many serious diseases – including cancer and diabetes – *cannot exist in a body that has the proper acid-alkaline balance?*

The medical establishment and drug companies are partners in making you sick and unhealthy so they can sell you expensive drugs you will need to take for the rest of your life. Compounding this problem are the many “diet gurus” out to sell you the latest book, “magic fat burning pill”, or exercise contraption. And none of these people or companies – not the drug companies, not your doctors, not the diet gurus, not the makers of the latest home exercise machine – none of them wants you to be healthy and lean, because if you were, they'd stop making money from you!

Fortunately, there are simple things you can do to reverse the toxic effects of the modern Western diet, reverse the effects of aging, cleanse your body, release excess body fat, and get into the best shape of your life.

The foundation for the Theta*Genix program is a basic understanding of how the body really operates, what really happens inside your body when you eat

different kinds and amounts of foods, do exercise, and (usually unknowingly) ingest poisons, heavy metals and toxic chemicals.

Metabolism, Weight Loss, and Hunger

The first topic we will address is metabolism, hunger, and the truth about how and why the body adds fat and burns fat.

MYTH-CONCEPTION: You should be hungry all the time to lose weight

This is false – in fact, just the opposite is true!

I've emphasized that the Theta*Genix program is about lifestyle transformation, which means that the changes you make to your diet and exercise routine should be things you are comfortable with and desire to maintain for the rest of your life. And who wants to be hungry for the rest of their life? So for this reason alone, it's not a good idea to be hungry all the time in your quest to lose weight.

However, there is also a good deal of scientific evidence that being hungry is not a good way to lose weight! To understand exactly how and why being hungry actually works against your goal of weight loss, we need to explore metabolism and how the body takes in and uses energy.

This section provides an oversimplified model of how the body works in terms of calories, and how this results in weight gain or weight loss. But please be aware that this model is greatly oversimplified, and the truth of how your body works is more complicated than a simple matter of counting calories in and calories out!

However, we need to start somewhere, and this simple model will serve as the basis for everything discussed in more detail later in this chapter. We will borrow a term from physics and call the information in this section the “standard model of calorie counting” of calories, food, exercise, and weight management, aka the “standard model.”

The standard model has a basis in fact. Your body has a certain amount of energy it burns everyday to keep itself functioning. In order to provide the body with this energy, you need to eat food (or drink beverages) that provide this energy.

Have you ever wondered exactly what a 'calorie' is?

A calorie is a simply a unit of measurement of energy.

So, when you eat food, the amount of energy contained in that food is the number of calories in the food. (Technically, the calories contained in food are actually measurements of kilo-calories, where each kilo-calorie contains a thousand calories, but in this e-book we will stick to the common usage of the term calorie.)

Similarly, when you exercise, the amount of energy used during the exercise is also measured in calories.

Each day, your body burns a certain number of calories, which consist of the combination of your **basal metabolic rate** (or “BMR”) – that is, the number of calories your body will burn even if you do no activity – plus the amount of energy you burn doing exercise and other activities.

Similarly, each day your body takes in a certain number of calories from the foods you eat and the beverages you drink.

The standard model for determining whether you will gain weight or lose weight on any given day is given by the following formula:

Calories Out = Basal Metabolic Rate (BMR) + exercise

Calories In = Food + Drinks

Net Calories = (Calories In) – (Calories Out)

For example, if your BMR is 2000 calories/day and you do 200 calories worth of exercise, your Calories Out is 2200 for that day.

If you consume 2200 calories worth of food and drinks that day, you will have 0 net calories, meaning no weight gain or weight loss.

By contrast, if you consume 2500 calories worth of food and drinks that day, you have +300 net calories, which will be stored by your body for future use (probably as fat.)

Or, if you instead consume only 1700 calories worth of food and drinks that day, you will have -600 net calories, which means your body must burn 600 stored calories (probably as some combination of muscle and fat).

Each pound of fat in the body stores about 3500 calories worth of energy, and each pound of muscle in the body stores about 600 calories worth of energy. So if your body burns 2200 calories per day, and you only consume 1700, then over the course of a week you will run a calorie deficit of 4200 calories, which is approximately one pound worth of fat calories and one pound worth of muscle calories. Assuming for the moment that the body burns fat and muscle equally, you would lose two pounds during this week. (The exact way that the body balances how much fat and muscle it burns to make up a calorie deficit is critically important and will be explored below in more detail.)

Most diets and weight reduction programs apply this standard model and use calorie deprivation diets and increased exercise to increase the calorie debt you run each day, causing the body to burn up its stores of fat and muscle to lose weight.

Of course, it is true that you must be burning more energy than you are taking in through food and drinks in order to get the body to burn fat and lose weight. However, there are many factors described below that make real-life weight loss more complicated than the standard model presumes.

The Limits of the Standard Model of Calorie Counting

While there is truth underlying the standard model of counting calories, the details of how things actually work inside your body are a lot more complicated!

The following is a short list of ways in which the standard model of counting calories breaks down:

First and foremost, the amount of calories listed in a food's nutritional information is not always the same as the amount of energy it produces in your body.

Second, whether or not eating a certain food causes the body to store its energy as fat depends on many factors, including how much you are eating, what other foods you are eating at the same time, the level of glycogen stores in your body, your body's insulin response, the time of day, and proximity to exercise.

There is a feedback effect between your diet and your basal metabolic rate (in other words, your metabolism changes based on what, how much, and when you eat.)

Let's explore each of these points below, in more detail, which explain why traditional calorie deficit diets don't work.

Breakdown #1: The amount of calories listed in a food's nutritional information is not always the same as the amount of energy it produces in your body.

When you look at the nutritional label of a food product, you will see that every food has a certain number of calories. For example, you may look on the label on a loaf of bread and find that a piece of bread has 144 calories in it.

The number of calories is usually broken down among the 3 major types of macro-nutrients in our food: proteins, carbohydrates, and fats.

Proteins are the building blocks of the body, used to create new tissues, hormones and enzymes. The largest sources of protein are meats, though there are also proteins present in most dairy products, and in some other foods such as bread, beans, and brown rice.

Carbohydrates are the body's source of energy. Carbohydrates are broken down by the digestive system into glucose, which enters the blood stream and is stored in the muscles, the liver, or as fat to later supply energy to the body. (The term "carb loading" refers to eating foods dense in carbohydrates to fill the muscles with glycogen.)

Fats are the third type of macro-nutrient, and dietary fats are necessary to produce many hormones in the body, which are the "control signals" which control all the biochemical processes in your body. A body in proper hormonal balance will be healthy, so eating enough of the right dietary fats is critically important to health, reversal of aging, and weight loss. Fats also make you feel full and slow the release of glucose into your blood stream when you eat carbohydrates.

There is also fiber, which is the part of food that passes through the body largely undigested. Fiber has many important benefits to the body, including satisfying hunger. Eating fiber with carbohydrates lowers the amount of "active" carbohydrates because the fiber offsets the insulin response created in the body by the carbohydrates (more information on this is presented below.)

So, back to our hypothetical piece of bread, you might look at the nutritional information and see that it lists the following:

Total calories: 144

Protein: 5 grams (22.5 calories from protein)

Carbohydrates: 25 grams (112.5 calories from carbohydrates)

Fats: 2 grams (9 calories from fats)

But how exactly does the manufacturer of this piece of bread know that there are 144 calories in the bread? The way this is done has nothing to do with your digestive system. Instead, it is determined by how much heat the bread gives off when it is burned in a bomb calorimeter!

Because your body's digestive system is a lot different from a bomb calorimeter, the calories listed on nutritional labels are at best a rough estimate of how much energy a food will provide inside your body. So, the standard model of calorie counting starts to break down as soon as we start counting calories!

The bottom line is that while it is important to be aware of number of calories in the food you eat, know that this information is only a rough measure of how the food reacts in your body.

In general, if your goal is weight loss, optimal health, and/or reversal of aging, you will want to eat food that is as fresh and unrefined as possible. Food that is highly refined (like just about all packaged food bought at grocery stores, and some restaurant food) will pretty much always cause you to gain more weight than the same number of calories from food that is natural and unprocessed.

Beyond the fact that the amount of energy a food produces in your body is not

Breakdown #2: Whether or not eating a certain food causes the body to store its energy as fat depends on many factors

always the same as the nutritional label suggests, there are many factors beyond the number of calories that determine how eating a certain food will affect you.

These include, but are not limited to:

- ◆ How much food you are eating at that time
- ◆ What other foods you are eating at the same time
- ◆ The time of day
- ◆ The level of glycogen stores in the body
- ◆ Proximity to exercise

How much you eat, and when you eat it, has a powerful and obvious effect on how food affects your body chemistry and whether or not you gain or lose weight.

For example, if your BMR is 2500 calories/day, but you eat only once a day and consume all 2500 calories in one meal, you will probably gain weight, because by eating all at once you are encouraging your body to store these calories as fat. By contrast, if you eat the same amount (2500 calories), but divided into 5 meals per day at 500 calories per meal, you will probably lose weight (or at least gain less weight!), even though the amount of calories and the type of foods are the same.

Similarly, the other foods you eat at the same time have a big effect on how foods affect your body chemistry. For example, if you eat a sugary snack away from other foods, it will likely promote more weight gain than that same snack and same number of calories eaten in the presence of protein, fiber, and fat which blunt the insulin response created by the sugary snack. (More information is provided below in the section on the critical role of insulin in weight gain and weight loss.)

Time of day also has an impact on how food will affect your body chemistry. It's commonly known that bigger meals should be eaten earlier in the day, and that a 500 calorie meal eaten right before you go to sleep at night will promote more weight gain than that same 500 calorie meal eaten first thing in the morning. (In fact, eating as early as possible after waking up in the morning tends to speed up your metabolism.)

Other factors that determine how foods affect you (in particular for how eating carbohydrates affects you) include the level of glycogen stores in your body at the time you are eating, as well as whether or not you are eating before or after exercise. (The details of how all this fits together are presented later in this book.)

Breakdown #3: There is a feedback effect between what and how much you eat, and your basal metabolic rate

One reason that traditional diets do not work over the long term is that they ignore the feedback effect that lowering caloric intake has on the metabolism. What this means is that your body's BMR is affected by your daily calorie deficit or calorie surplus.

For example, let's say your daily metabolic requirement (BMR) is 2200 calories per day. And let's say that you want to lose 10 pounds of fat, which is the equivalent of 35,000 calories. If the standard model of metabolism and weight loss was accurate, you would simply need to lower your daily calorie intake to 1850 calories per day for 100 days, which would create a 350 calorie per day deficit for 100 days, or burn 35,000 calories total, which is the equivalent of 10 pounds of fat.

However, it doesn't work this way! What happens is that when you consistently eat fewer calories than your body is burning, your body will lower its metabolism and burn fewer calories in order to survive. Remember that your body is designed to survive periods of food deprivation and starvation, and so when you give it consistently fewer calories than you are burning, the body assumes it is starving, and knows that it must lower its metabolic requirement in order to survive. After all, if you consistently eat fewer calories than you are burning, then unless the body lowers its metabolic requirements, at some point you are going to die!

So, in order to survive, the body uses a combination of burning lean muscle mass and adjusting hormone levels (in particular leptin and thyroid hormone), and over time the body lowers its metabolism so that the number of calories it burns each day matches the number of calories you are eating. And because each pound of lean muscle mass in your body burns on average 25-50 calories

per day, it is a simple matter for the body to lower its metabolism by burning up lean muscle mass to make up a calorie deficit. In our example, when your body burns up 14 pounds of lean muscle mass, it will lower its daily metabolic requirement from 2200 down to 1850 calories per day to matches the amount you are eating. From your body's perspective, it has done its job perfectly, because your daily metabolic requirement has been lowered to match the amount you are eating, hence ensuring your survival! But if you are trying to lose weight, this is exactly what you don't want, because your diet has lowered your BMR and you won't be losing any fat. Even worse, if you go back to eating 2200 calories per day like you did, you will start gaining weight!

This is a critically important concept that bears repeating. Traditional diets restrict calories every day, creating a calorie deficit. The body responds to this calorie deficit by burning a combination of fat and muscle, so you will lose weight at first. However, over time the body will adjust its hormone levels and burn up its lean muscle mass to lower its metabolism to match the number of calories you are eating, which in turn will stop the weight loss. Thus, the more weight you lose on a calorie restriction diet, the larger the proportion of lean muscle mass you will be losing.

Making matters worse, after this happens your BMR has been lowered, so if you go back to eating normally again, you will end up gaining back more weight than you lost on the diet!

More specifically, when you are first on a calorie restriction diet, your body will temporarily burn sugar and fat in order to make up the calorie deficit. However, over time the mitochondria in the cells (the place where energy is actually burned) shut down, and your metabolism is reset to a lower level. At the same time, your production of cortisol (stress hormones) increases. When you begin eating more again, you quickly gain back the weight - and more! - because of your lowered metabolism and altered hormone levels.

In addition, low calorie diets often cause deficiencies in vitamins, minerals, fatty acids, and proteins, causing even more muscle loss, lower energy, and decreased immune system function.

Is it possible to eat in a way that burns body fat while minimizing the loss of lean muscle and without lowering the metabolism? Yes, it is! An easy way to do this is explained in a later chapter of this book on nutrition and meal planning.

The Critical Role of Insulin in Weight Loss and Weight Gain

The standard model of calorie counting tells you that you simply need to count calories, eat less, and exercise more in order to create a calorie deficit that will enable you to burn up unwanted excess body fat. However, we've now seen the many ways in which the standard model fails, including why traditional diets do not work long term in the long term and how these diets can actually cause weight gain and even serious damage to your health and well being.

So what is the secret to healthy, permanent weight loss? The most important factor is the hormone known as insulin.

MYTH-CONCEPTION: Eating too many calories causes weight gain and obesity

Biochemistry explains why traditional calorie restriction diets do not work – and there is plenty of supporting real-world evidence!

Did you know that, since 1960, the daily average caloric intake in Western countries has decreased by approximately 35%?

And did you know that during the same period obesity has jumped by 400%?

The solution to this paradox is found in the role of insulin in the body.

Insulin is a magical hormone that transports glycogen (a simple sugar) from the blood stream into cells, where it is used to produce energy.

To understand the critically important role insulin serves in the human body, let's explore the process by which foods we eat are converted into energy and used by the cells of the body.

When you eat carbohydrates, your digestive system uses special molecules known as enzymes that break down the carbohydrates into a form of sugar called glycogen. Glycogen is then absorbed from the intestines into the blood stream, where it is circulated to every cell in the body. Insulin is a hormone produced by the pancreas which transports glycogen from your blood stream into the cells of your body. Inside each cell, there is an organelle known as the mitochondria that combines oxygen and glycogen to produce ATP in a process known as aerobic respiration. ATP is the chemical form of energy used within the body to power its chemical reactions.

The disease known as diabetes occurs when there is a problem with the body's production and use of insulin. Type 1, also known as "insulin dependent" or "childhood" diabetes, is a genetic defect where the diabetic person lacks the capability to create insulin, and these people must regularly inject themselves with insulin in order to survive. Type 2, also known as "insulin resistant" or "adult onset" diabetes, is a chronic condition where insulin is produced but does not properly function in the body to transport glycogen into the cells.

Whether you gain weight or lose weight is primarily affected by how much insulin is in your bloodstream, and when.

Hyper-insulinism is the condition of having too much insulin secreted into the bloodstream, and it is directly linked to weight gain and obesity. Hyper-insulinism is typically triggered by eating too many of the wrong kinds of carbohydrates.

When insulin levels are high, the body tends to create new stores of body fat and gain weight. And when insulin levels are low, the body tends to burn body fat and lose weight. When there is more glycogen in the blood stream than the body can

use, insulin levels will be high, and the glycogen will either be stored in the muscles and/or the liver, or converted into fat stores.

The secret to permanent, healthy weight loss is to eat in a way that keeps insulin levels low most of the time, to encourage fat burning.

At the same time, the body must be supplied with sufficient minerals, enzymes, vitamins, amino acids, and essential fatty acids to ensure proper functioning and to keep it out of starvation mode. However, because insulin is also an important anabolic (or growth-enabling) hormone, it is not wise to try to keep insulin levels suppressed all the time. There are various factors that influence whether the glycogen is stored or converted into fat that are discussed in more detail in the later chapter on strategic eating.

An important concept which has a powerful impact on how the foods you eat cause either weight gain or weight loss is the **glycemic index**, or GI. All carbohydrates have a glycemic index, which is a measure of the strength of the insulin response on the body created by eating that food.

In general, foods with a high glycemic index are those that cause a larger insulin response, and low glycemic index foods are those that cause a lesser insulin response. By definition, table sugar has a GI of 100.

High glycemic index carbs cause a stronger insulin response; examples are table sugar and white rice.

Low glycemic index carbs cause a weaker insulin response; examples are brown rice and whole grain breads.

And be warned that the conventional wisdom about glycemic indexes of foods is wrong!

MYTH-CONCEPTION: High GI carbohydrates are absorbed quickly and cause a fast peak in insulin response, whereas low GI carbohydrates are absorbed more slowly and cause a slower, more gradual peak in insulin response.

Most nutritionists and books on dieting and nutrition spread the myth that GI is all about how quickly the insulin response occurs. The more precise truth is that the GI measures how much of an insulin response is created for a given number of calories. So, for the same number of calories, a high GI food will create a greater insulin response in the body than a low GI food.

Carbohydrates can also be grouped into simple carbohydrates, which are simple sugar molecules that are quickly digested and absorbed into the blood stream, and complex carbohydrates, which are more complicated molecules that take more time for the body to digest and absorb into the blood stream. There is probably a lot of misconception about carbohydrates and glycemic index because simple carbohydrates typically, but not always, have a high glycemic index, whereas complex carbohydrates typically, but not always, have a low glycemic index. A good example that defies conventional wisdom is white rice cakes, which are complex carbohydrates but have a glycemic index of around 120 – higher than table sugar!

How and Why the Body Burns Fat

In order to maximize fat loss and keep healthy and lean for life, it is important to understand the factors that influence how and when the body burns fat, versus when the body stores fat, or when it burns muscle.

The first factor which determines whether the body is storing energy or burning energy is whether or not the body is burning more energy than it is taking in. The standard model of calorie counting provides a simple (though not always

accurate) model for this. For purposes of this discussion, we will take the two different scenarios and analyze them separately:

- ◆ **Scenario #1:** The body is in an energy (or calorie) deficit, meaning it is taking in fewer calories than it is burning.
- ◆ **Scenario #2:** The body is in an energy (or calorie) surplus, meaning it is taking in more calories than it is burning.

Scenario #1: Energy Deficit

When the body is burning more energy than it is taking in, it must make up the deficit somehow. There are two different modes the body can be in, and which mode it is in determines how it makes up a calorie deficit:

- ◆ In sugar-burning mode, the body burns sugar (glycogen) and muscle (protein) for fuel
- ◆ In fat-burning mode, the body burns fat for fuel

There are a variety of complex biochemical factors which influence how much and what the body burns to meet an energy deficit. This book will focus on the most important factors that are under our control, and leave the sophisticated biochemistry to the textbooks!

The body's preferred energy source is glycogen, which is a form of sugar that is absorbed into the blood stream when the body digests carbohydrates. Besides the glycogen in the blood stream, the body can also store glycogen in the muscles and the liver.

When there is an energy deficit and glycogen is available, the body will burn it first, until its glycogen stores run out. When the body has run out of glycogen stores, it is said to be in a glycogen depleted state. Athletes who exhaust the body's store of glycogen during intense exercise call it "hitting the wall".

Typically the body will not burn significant amounts of muscle or fat until the glycogen stores are depleted. Once this occurs, the body begins to burn a

mixture of fat stores and lean muscle tissue to make up the energy deficit. It is effectively impossible for the body to be burning only muscle or only fat – it is always some mixture of muscle and fat. But there are several factors that determine how much muscle versus how much fat the body burns:

- ◆ **Minerals and Enzymes** – if the body does not have a sufficient supply of vital enzymes and minerals, the chemical reactions which burn fat and transport the stored toxins out of the body do not function.
- ◆ **Water** – the body requires water to burn fat and to flush toxins stored in fat out of the body. Dehydration increases muscle and sugar burning and decreases fat burning.
- ◆ **Starvation Mode** – if the body has been regularly deprived of calories, it will enter starvation mode in attempt to survive as long as possible, which locks down fat stores and causes more muscle to be burned.
- ◆ **Toxicity** – if the body requires fat to store excess toxicity, then it will not want to release dangerous amounts of toxins in the blood stream, causing it to burn less fat and more muscle.
- ◆ **Stress** – if the body is under great stress, and in particular if it is not getting enough sleep, levels of stress hormones (cortisols) increase, locking down fat stores and causing the body to burn less fat and more muscle.
- ◆ **BCAAs** – branched chain amino acids (BCAAs) are the molecules that muscles are made from. When the body burns muscle tissue, it releases BCAAs into the blood stream, which creates a feedback effect causing the body to recognize that it is already burning up muscle, and hence to burn more fat and less muscle. This effect can be leveraged in our favor to encourage fat burning by taking BCAAs during cleanses, fasts, and before exercising on an empty stomach to maximize fat loss and minimize muscle loss.

The Theta*Genix system aims to maximize fat burning and minimize loss of lean muscle tissue by addressing all of these factors as follows:

- ◆ **Minerals and Enzymes:** The recommended nutritional cleansing system provides high-quality, bio-available minerals and enzymes to keep the body healthy and in a fat-burning state. (Minerals are explored in more detail in Chapter 5.)
- ◆ **Water:** Make sure you drink enough water (duh!); even better, drink alkaline water! (The acid-alkaline balance is described in more detail in Chapter 4.) A good “common sense” guideline is to drink 1 oz of water per 2 pounds of bodyweight per day.
- ◆ **Starvation Mode:** Use calorie and carbohydrate cycling to keep the metabolism high and keep the body out of starvation mode (This is detailed in Chapter 5.)
- ◆ **Toxicity:** Use regular cleansing to clean out harmful toxins to keep the body healthy and lean (There is more information on cleansing in Chapter 4.)
- ◆ **Stress:** Use emotional clearing to reduce stress levels (Emotional clearing is discussed in Chapter 3.)
- ◆ **BCAAs:** Supplement with BCAAs to maximize the fat burning effects of cleanses and the calorie/carbohydrate cycling diet.

Scenario #2: Energy Surplus

When your body is taking in more energy than it is burning, it needs to do something with the extra energy. There are three primary ways that your body can store this energy:

- ◆ As protein (by adding extra lean muscle tissue)
- ◆ As fat (by increasing body fat stores)
- ◆ As sugar (as glycogen stores in the muscles and liver)

The Theta*Genix program is designed to maximize the storage of energy as muscle and as glycogen stores, and minimize the storage of energy as fat. This is done via calorie and carbohydrate cycling eating program, presented in Chapter 5. However, here we will explore the theory behind why this eating program works so well.

Your body will store fat most readily when its glycogen stores are full, and you eat large amounts of carbohydrates and fat. When this occurs the insulin response causes the extra energy to be stored as body fat, causing you to gain weight. Hence, the Theta*Genix strategic eating program minimizes the situations where you eat lots of carbohydrates and fat together, especially when your body is in a glycogen-filled state.

Similarly, when your body digests more protein than it can use at any given time (which for most people is somewhere between 20-45 grams of protein every three hours), the excess energy tends to be stored as fat. Hence, the Theta*Genix strategic eating program avoids taking in excessive amounts of protein at one time by eating smaller, more frequent meals.

It is also interesting to note that insulin transports glycogen from your bloodstream into the cells of your body most efficiently during and after periods of exercise. (This is why many people with type 2 diabetes are instructed to exercise.) So, in order to maximize the storage of excess carbohydrates as glycogen stores instead of fat, the Theta*Genix eating program times the eating of large amounts of carbohydrates to occur during periods when your body's glycogen stores have been depleted. This causes your body to release insulin which shuttles the excess glycogen straight into the muscles and the liver, filling your body with energy and keeping the metabolism high and out of “starvation mode”, without creating additional fat stores.

Chapter 3: Emotional Clearing

It's ironic that the most dangerous and most common mistake people make when embarking upon a health or weight-loss program has nothing to do with diet or exercise!

MYTH-CONCEPTION: **The most common mistake people make when trying to lose weight or get healthy is improper diet and exercise.**

Instead, the most dangerous and most common mistake people make when embarking upon a health or weight-loss program is a lack of proper emotional clearing!

For those who do not have a background in spirituality or alternative medicine, this may seem strange, or even nonsensical. However, there is a crushing weight of both scientific and anecdotal evidence that tells us **that the most important determining factor in your health and weight is not what you eat, or how much you exercise, or even your DNA...it is your subconscious belief systems!**

Have you ever wondered why every time you try to embark upon a new diet or exercise program, something comes up that sabotages your progress?

Have you ever wondered why some people can eat all the wrong things and stay healthy and thin, while others gain weight just by looking at the dessert tray?

The answer is the same: it's all about subconscious belief systems!

The reason that this chapter on emotional clearing comes before the chapters on the other three components of the Theta*Genix program (cleansing, diet, and exercise) is because without proper emotional clearing, the other components will not work very well! While emotional clearing alone doesn't always cause an immediate loss of body fat, it can greatly facilitate a permanent and enjoyable lifestyle transformation to weight release and improved health by:

- ◆ Healing destructive patterns of emotional eating
- ◆ Releasing subconscious blocks (such as fear of intimacy) to being healthy and in great shape
- ◆ Healing food allergies and sensitivities
- ◆ Preparing the body for gentle and effective cleansing
- ◆ Overcoming resistance to exercise
- ◆ Increasing your level of commitment to your program
- ◆ Healing any health problems that prevent you from taking full advantage of the cleansing, eating program, and exercise program described in this book.

The premise of emotional clearing is simple: you contain “subconscious software” inside you that works through the Law of Attraction to literally attract and create every experience in your life. This “subconscious software” consists of belief systems, or programs, you have picked up from many times and places, including but not limited to childhood experiences and DNA memories inherited from your ancestors.

The Law of Attraction works to bring us life experiences that fit our belief systems. For example, if you hold the subconscious program “rich people are greedy”, then you will tend to attract experiences with rich people where they act greedily. Similarly, if you hold the subconscious program “rich people are generous”, then you will tend to attract experiences with rich people where they act compassionately.

In terms of weight loss and health, if you hold the program “I deserve to be overweight”, then it will be difficult for you to get slim, because you are fighting your own subconscious belief systems that make it very difficult – perhaps impossible – to become something that you do not believe you deserve to be.

Similarly, if you are a woman and hold the program “If I am thin and beautiful I will get too much attention from men”, then your subconscious will sabotage your

progress at weight loss because it is trying to protect you from what it perceives to be a potentially dangerous situation.

Emotional clearing is the process of reprogramming these defective subconscious software codes with new codes that facilitate a life of health, wealth, and loving relationships. Because we all tend to attract and create our lives according to our subconsciously held belief systems, you'll want to clear out unwanted and counterproductive belief systems such as "I am afraid of being beautiful" or "it is dangerous for me to be thin", and replace them with belief systems that support your goals, such as "I deserve to be healthy and thin" and "It is safe for me to be beautiful."

Get the Law of Attraction working for you instead of against you by doing emotional clearing!

Because this book focuses on practical techniques for weight loss, health, cleansing, and reversal of aging, we will not engage in a lengthy discussion of spirituality and metaphysics here. For those interested in learning more, I recommend my book *Where Science Meets Spirit: The Formula for Miracles*, which goes into great detail to explain exactly how it is that miraculous instant healings are possible, and how our subconsciously held belief systems create and control our health, our wealth, and even our relationships.

The book also provides a detailed explanation of a quick and simple process for changing these belief systems called ThetaHealing. ThetaHealing is a technique developed by Vianna Stibal in 1994 to instantly heal a life-threatening cancer in her body. It works by using a conscious theta brainwave to work directly with the subconscious mind to "debug" the faulty "subconscious programs" that attract disease, injury, poverty, dysfunctional relationships, and other destructive experiences.

I was introduced to ThetaHealing after I was disabled for 7 years by a devastating health crisis. I had tried every conventional and alternative therapy

under the Sun, and then experienced a miraculous instant healing in my first session of ThetaHealing. I was transformed by this experience, and have been a full-time ThetaHealing practitioner, instructor, and author ever since. During my quest to heal myself I tried nearly all of the alternative and holistic healing modalities available, and in my experience, nothing is even close to the power and effectiveness of ThetaHealing. Hence, it is my preferred modality for doing emotional clearing.

In order for you to get the most out of this book, it is helpful (but not strictly necessary) to have a basic understanding of how emotional clearing works. To give you an immediate introduction to this material, Appendix A of this book includes the introduction and first two chapters of *Where Science Meets Spirit: The Formula for Miracles*.

In a nutshell, you have subconsciously held programs, or belief systems, that attract and create all of your life experiences, including your health and weight. It will be extremely difficult – maybe impossible - to make changes in your life if you have subconscious blocks to these changes, and so as part of an effective holistic weight loss and health program it is important to eliminate these blocks. (We will use the term subconscious “beliefs”, “programs”, “codes”, and “blocks” interchangeably.)

In order to clear your blocks to weight loss and improved health, the first thing you need is a way to identify the blocks you have. After all, if I want to know what you consciously believe about something, I can just ask you. But what can I do if I want to know what you subconsciously believe about something?

Fortunately, there is a simple and easy to learn technique to do exactly this, and it is called **muscle testing**.

You can use the technique of muscle testing to bypass your conscious mind and directly access the subconscious to determine what subconsciously held belief systems you are holding. Muscle testing is fast and easy to learn, and a great

way to learn it is from the DVD Secrets of Muscle Testing. This DVD provides an in-depth explanation of how muscle testing, in addition to tutorial demonstrations of four different methods of muscle testing works, and a ton of information of trouble shooting muscle testing so that you can get it to work for just about anyone. In addition, Appendix B of this book contains excerpts from the muscle testing chapter from Where Science Meets Spirit: The Formula for Miracles.

Of course, it is not necessary to use muscle testing and ThetaHealing to reprogram your subconscious mind to support your efforts at cleansing, health, and weight loss. Personally, I have found the power of ThetaHealing to be head-and-shoulders above everything else out there, but there are other modalities which can also be effective, and if you already know one of these, you may wish to start with it instead. However, for simplicity of language, this book will assume that you are working with muscle testing and ThetaHealing to do your emotional clearing.

Because muscle testing is so fast and easy to learn, it is expected that you will use the information in Appendix B and/or the Secrets of Muscle Testing DVD to learn to muscle test yourself and find out exactly what subconscious belief systems you are holding that are blocking your progress. Each of the sections below will contain a section called “Programs to Check” which lists common limiting belief systems that you can muscle test on yourself, and then you can work with a ThetaHealing practitioner (or another healing or emotional clearing modality) to clear them out of your subconscious mind.

A quick note on language: Weight Loss vs Releasing Excess Fat

Before delving into the details of how to best use emotional clearing, we need to change our language in how we talk about excess fat. Instead of talking about “weight loss”, we should talk about “releasing excess fat.” Why?

First, whenever we talk about “losing” something, we subconsciously will want to get back what we lost. Losing things is bad, and we'll tend to unknowingly seek

out what we've lost to get it back – and when you lose weight, you don't want your subconscious to be trying to get it back!

Second, what most of us are really after is not necessarily weighing less, but rather achieving an ideal body composition through releasing excess fat and/or adding lean muscle mass. In fact, lowering your weight by burning up lean muscle mass is not a good thing! Instead, what you really want is to achieve an ideal body composition, which most experts estimate to be approximately 15% body fat for males and 20% body fat for females.

Up to this point in this book, I've used the phrase “weight loss” because that is the term in common usage that people understand. However, from here forward we will substitute the preferred term “weight release” or (even better!) “excess body fat release”, so that we can begin to harness the power of your subconscious mind to facilitate achieving your health, weight, and body transformation goals!

The rest of this chapter contains several lists of common belief systems associated with blocks to weight release and optimal health. You should use muscle testing to check to ensure you do not have these blocks in your subconscious...and if you do, use emotional clearing to release them!

Following each program is the recommended answer your body should have when you muscle test it. For example, when you muscle test the statement “It is safe for my body to release excess fat”, you want your muscle test result to be TRUE (or strong.) By contrast, if you muscle test the program “It is dangerous for me to be my ideal weight”, you want your muscle test result to be FALSE (or weak.)

It is remarkable that your entire reality – including your health and body composition – is ruled by your subconscious belief systems. Your subconscious is always trying to keep you safe, based on your belief systems, so you will

subconsciously sabotage any changes you make in your life if you have subconscious beliefs that say those changes are not safe.

Second, your subconscious belief systems act like software codes that create your life, in the same way that the software on your computer creates the programs that run on it. If you don't have any software installed on your computer to play Solitaire, then you can't play Solitaire on your computer. If you wish to play Solitaire, you first need to install Solitaire software on your computer.

Similarly, your subconscious may be missing the proper subconscious software codes to attract and create certain life experiences. So if you muscle test for the program "I know how to maintain my ideal weight", and the answer is FALSE (or weak), you need to use an emotional clearing technique such as ThetaHealing to "download" these new codes into your subconscious. This allows you to create the experience of achieving your ideal weight, in much the same way that downloading Solitaire software onto your computer allows you to use it to play Solitaire.

To get started with using muscle testing to check your subconscious belief systems to identify blocks to weight release and optimal health, use muscle testing to check the following programs:

- ◆ I know the difference between weight loss and weight release (TRUE.)
- ◆ It is safe for my body to release excess fat (TRUE.)
- ◆ I know how to maintain my ideal weight (TRUE.)
- ◆ I know what it feels like to maintain my ideal weight (TRUE.)
- ◆ It is dangerous for me to be my ideal weight (FALSE.)

If you get the "wrong" answer, you'll want to use emotional clearing to reprogram your subconscious mind to eliminate these blocks!

Emotional Eating

In addition to the many physical reasons you may carry excess fat, there are also important emotional reasons. (In fact, those who have studied metaphysics or energy healing know that these emotional reasons are usually the underlying causes that manifest through the physical reasons like excess acidity, allergies, poor genetics, etc.)

Emotional eating is one of the most powerful and most important core reasons why so many people carry excess body fat. There are many different reasons why we eat emotionally, and they are often simply a way the body tries to medicate itself and balance its brain chemistry with food.

What exactly is emotional eating? In a nutshell, it's eating not because you are hungry, but because eating provides emotional and physical benefits beyond nutrition.

Some common programs you should check for emotional eating issues include:

- ◆ I am addicted to emotional eating (FALSE.)
- ◆ I know how to eat only when I'm hungry (TRUE.)
- ◆ I know what it feels like to eat only when I'm hungry (TRUE.)
- ◆ I know how to live without emotional eating (TRUE.)
- ◆ I know what it feels like to live without emotional eating (TRUE.)
- ◆ I know when my body is truly hungry (TRUE.)
- ◆ I know what it feels like when my body is truly hungry (TRUE.)
- ◆ I have to eat to escape reality (FALSE.)
- ◆ I have to eat to feel good (FALSE.)

The five most common reasons you may eat emotionally are:

- ◆ You are tired
- ◆ You are stressed or unable to process a strong emotion
- ◆ You are bored
- ◆ You are thirsty

- ◆ It is a habit

Tired: When you get tired, one of the mechanisms your body uses to keep you alert and awake is to become hungry. However, eating when you are tired is dangerous, because your body's mechanisms that signal when you are full and should stop eating are impaired when you are very tired. The solution is to take a cat nap or walk around the block...or, even better, do emotional clearing on the reasons that you are tired in the first place!

Programs to Check:

- ◆ I know the difference between being tired and being hungry (TRUE.)
- ◆ I know how to have energy without needing to eat sugar (TRUE.)
- ◆ I know how to have energy without needing to drink coffee (TRUE.)
- ◆ I know how to relax (TRUE.)
- ◆ I know what it feels like to relax (TRUE.)
- ◆ I know how to get restful sleep (TRUE.)
- ◆ I know what it feels like to get restful sleep (TRUE.)

Stressed: When you are stressed, your body craves carbohydrates – specifically, high glycemic index carbohydrates such as sugars and processed snacks – to make you feel temporarily calm. In addition, chronic levels of high stress increase the production of cortisol (stress hormones), which lock down your body's fat stores and make it more difficult for you to burn fat. It is also very common for us to use eating to process intense emotions, which may be either negative emotions (such as fear, anger, jealousy, etc.) or positive emotions (such as joy, gratitude, etc.)

Emotional clearing can eliminate the underlying reasons why you feel the need to turn to food when you are stressed or dealing with powerful emotions. In fact, high levels of stress, fear, anger, and other negative emotions are one of the primary reasons people turn to emotional clearing techniques such as ThetaHealing.

ThetaHealing truly can transform your experience of day to day life, allowing you to process stress, anger, fear, and life's difficulties (big and small) with grace and ease. I am confident that once you have experienced the amazing changes in your life from emotional clearing, you'll never want to go back to living without it again!

Programs to Check:

- ◆ I know how to live without constant stress (TRUE.)
- ◆ I know what it feels like to live without constant stress (TRUE.)
- ◆ I know how to process stress with grace and ease (TRUE.)
- ◆ I know what it feels like to process stress with grace and ease (TRUE.)
- ◆ I have to be stressed to be motivated (FALSE.)
- ◆ I have to have fear to be motivated (FALSE.)
- ◆ I have to be on my guard all the time (FALSE.)
- ◆ I have to be ready to fight all the time (FALSE.)
- ◆ I have to eat to process stress (FALSE.)
- ◆ I have to eat to process fear (FALSE.)
- ◆ I have to eat to process worry (FALSE.)
- ◆ I have to eat to process frustration (FALSE.)
- ◆ I have to eat to process conflict (FALSE.)

Bored: Eating is a pleasurable distraction. I know from personal experience that eating while bored is a particular problem for those who suffer from serious injuries or illnesses, because often times eating is the only pleasure available. Because boredom at its core is really an addiction to distraction, emotional clearing can be extremely effective at transforming the experience of boredom so that you don't need your mind to be constantly distracted and engaged. Once you've done proper emotional clearing to make silence and stillness okay, boredom won't be a problem, and it won't be necessary to eat to be using food to entertain yourself or give yourself something to do.

Programs to Check:

- ◆ I know how to live without the habit of eating when I'm bored (TRUE.)
- ◆ I know what it feels like to live without the habit of eating when I'm bored (TRUE.)
- ◆ I know how to process boredom with grace and ease (TRUE.)
- ◆ I know what it feels like to process boredom with grace and ease (TRUE.)
- ◆ It's safe for me to live in the present (TRUE.)
- ◆ I am addicted to distractions (FALSE.)
- ◆ I have to be thinking all the time (FALSE.)

Thirsty: Sometimes when you are hungry you are not actually hungry, but rather thirsty, as the body uses hunger when it is dehydrated to get you to consume water in the form of food. Staying well hydrated will not only keep you healthier but also reduce hunger.

It is truly amazing how easy it is to confuse thirst with hunger! If you feel hungry, think about how much you have eaten recently. If it doesn't make sense that you would be hungry already, then you are almost certainly not hungry but thirsty! So the next time you feel the urge to have a snack, drink some water instead, and in 5 or 10 minutes you may notice that the hungry feeling is gone entirely!

Programs to Check:

- ◆ I know the difference between hunger and thirst (TRUE.)
- ◆ I know how to live without being hungry (TRUE.)
- ◆ I know what it feels like to live without being hungry (TRUE.)
- ◆ I know how to tell when I am thirsty (TRUE.)
- ◆ I know what it feels like to tell when I am thirsty (TRUE.)

Habit: We all sometimes fall into patterns of eating certain things or at certain times not because we need to eat, but because it is a habit. Clear the belief systems underlying these habits with ThetaHealing (or a similar modality) and watch your life transform!

After doing your emotional clearing, replace your old eating habits with healthier habits like meditation, exercise, or reading a book. As with everything contained in this book, don't try to change your habits all at once; it will be much easier to do, and you will get much better long term results, if you only try to change your habits one at a time. Every two weeks you might pick an old habit to change; for example, you might start with your habit of snacking on popcorn while watching movies at home, and instead find something else tasty and easy to prepare that serves as a suitable replacement (personally, I like to nuke some broccoli and eat it with a lot of cayenne pepper sauce and a little bit of low fat ranch dressing – it's a great TV snack!)

Programs to Check:

- ◆ I have to eat when I watch TV (FALSE.)
- ◆ I have to eat when I watch movies (FALSE.)
- ◆ I have to eat to be social (FALSE.)
- ◆ I have to drink alcohol to be social (FALSE.)
- ◆ I know how to celebrate without eating (TRUE.)
- ◆ I know what it feels like to celebrate without eating (TRUE.)
- ◆ I have to eat to reward myself (FALSE.)

Fear of Intimacy

The single most common emotional reason that we carry excess fat is an underlying subconscious fear of intimacy. By adding excess fat, you can make yourself less attractive to potential romantic partners, eliminating the threat that you will be betrayed, abandoned, or otherwise hurt by letting someone get close to you. Victims of sexual abuse and sexual assault also commonly add a lot of excess fat for the same reason: fat serves to protect from the danger of being intimate (physically and/or emotionally) with other people.

As long as you have powerful belief systems that tell you that it is dangerous to be attractive, or thin, or healthy, you will sabotage your ability to do the things

you know you need to do to get healthy and in great shape. This sabotage may happen either knowingly or unknowingly. For example, you may knowingly sabotage your progress by choosing to eat donuts late at night, or by choosing to never exercise, or by ordering some new diet program or supplement and then never using it.

However, unconscious sabotage can be even more powerful and difficult to work with, as you can't overcome it with willpower alone. For example, you may commit yourself to a new exercise program, only to suffer an injury that prevents you from working out. Or you may invest in a personal trainer or a gym membership, and then suddenly lose your job or need to move out of town. And the only way to ensure that you don't keep sabotaging your progress is to clear the underlying subconscious belief systems that tell you it is dangerous or unsafe or uncomfortable to be healthy, lean, and attractive!

There is no cookie-cutter solution here; every person's experiences will be different. But we can all use emotional clearing to eliminate the underlying subconsciously held belief systems and traumas that make us afraid of intimacy.

Programs to Check:

- ◆ I am afraid of being intimate with a (man/woman) (FALSE.)
- ◆ It is too painful to be intimate (FALSE.)
- ◆ I know how to be intimate with a (man/woman) (TRUE.)
- ◆ I know what it feels like to be intimate with a (man/woman) (TRUE.)
- ◆ Love hurts too much (FALSE.)
- ◆ I can never recover from (abuse/divorce/breakup/other trauma) (FALSE.)
- ◆ I am holding trauma from (abuse/divorce/breakup/other experience) (FALSE.)
- ◆ I am holding shock from (abuse/divorce/breakup/other experience) (FALSE.)
- ◆ I have the discretion to know when it is safe to be intimate (TRUE.)
- ◆ I know how to be safe and intimate at the same time (TRUE.)

- ◆ I know what it feels like to be safe and intimate at the same time (TRUE.)
- ◆ It is safe for me to be beautiful/handsome (TRUE.)
- ◆ It is safe for me to be attractive (TRUE.)
- ◆ I know how to process sexual attention from (men/women) with grace and ease (TRUE.)
- ◆ I know what it feels like to process sexual attention from (men/women) with grace and ease (TRUE.)
- ◆ I know how to say no (TRUE.)
- ◆ I know what it feels like to say no (TRUE.)

Food Allergies and Sensitivities

You may be wondering why the section on food allergies and sensitivities is in the chapter on emotional clearing – and that is an excellent question! While it is true that food allergies and sensitivities are a physical phenomena, in my experience the fastest and easiest way to eliminate them is with a powerful emotional clearing technique like ThetaHealing.

Of course, you could also go and have medical tests and blood panels done to determine what foods you are allergic to, and then avoid eating them for the rest of your life...but wouldn't you rather just use ThetaHealing to heal the allergies and never have to worry about them again?

Food allergies and sensitivities are a powerful hidden enemy in your quest to release excess fat and achieve your ideal body composition. Mild food allergies are also known as food sensitivities. When you eat foods that you are allergic or sensitive to, your body's immune systems reacts to and fights the food you eat as if it were a dangerous pathogen (like a bacterial or viral infection), and this causes inflammation in the digestive system. This inflammation makes it more difficult to absorb nutrition from food, and contributes to weight gain.

It is important to distinguish between serious, acute food allergies – such as peanut allergies, which can be fatal – and mild food allergies, also known as food

sensitivities, which cause low levels of inflammation that many people are not even aware of. In fact, we are rarely aware that we are mildly allergic to the foods we eat, because the symptoms are much subtler than a serious food allergy. (For example, those who are allergic to peanuts can die from eating them.) Even worse, most of us have spent our entire lives eating foods we are allergic to, leaving our guts in a state of chronic inflammation and reaction that seems “normal” and healthy!

World class athletes have now caught on to the importance of avoiding foods that they are allergic to, and there are now simple blood tests available that will tell you what foods you are allergic to, and how allergic you are (mild, medium, or severely allergic.) Once elite athletes find out what foods they are allergic to, they avoid them, and find that their athletic performance increases!

I had one of these blood panels done a few years ago, called the ALCAT (<http://www.alcat.com/>), which measures your body's reaction to 100 different foods and food additives. Fortunately, because you have access to ThetaHealing and other emotional clearing techniques, you don't necessarily have to avoid the foods you are allergic to for the rest of your life...instead you can clear these allergies with ThetaHealing!

I know it can work, because before I had my ALCAT done, I had already cleared my food sensitivities to wheat, sugar, and dairy in a ThetaHealing session. And when I got my ALCAT results back, I had absolutely zero reaction to wheat, sugar and dairy! In fact, my doctor was so surprised that he told me that we must have had my blood type wrong, because he said there was no chance that an O+ blood type could have no allergy whatsoever to wheat, sugar or dairy! So he did another blood test and had my blood typed...and guess what the results were: my blood was in fact O+! ThetaHealing had completely eliminated my food allergies to wheat, sugar, and dairy, as proved by the ALCAT. (And after that, he booked a Theta Healing appointment for himself!)

The simplest way to muscle test if you are sensitive to a given food is to muscle test

“I am offended by or allergic to <food X>”

Note that we use the phrasing “offended by or allergic to”, because the body does not always understand what it is allergic to. (This is because if the body is allergic to something, it means that the body does not recognize what it is). However, the body does understand what it is offended by, and hence we use the muscle test phrasing “I am offended by or allergic to <food X.>”

When the muscle test result says TRUE that it is offended by or allergic to a certain food, I usually work with the following subconscious belief systems:

- ◆ I know how to process <food X> with grace and ease.
- ◆ I know what it feels like to process <food X> with grace and ease.

After that, usually all it takes is a simple belief change on the program *“I am offended by or allergic to <food X>”* followed by a physical healing, and it will usually be gone forever. (If you are confused by what this means, don’t worry, properly trained ThetaHealing practitioners know how to do all of these things.)

It is also interesting to note that there is sometimes an emotional component to allergies, so you may need to dig further into the subconscious to release the allergy or food sensitivity completely. For example, when I got my ALCAT results, it seemed bizarre that I was highly allergic to every food that started with the letter B – beef, broccoli, barley, you name it – including the foods that a blood type O+ shouldn’t be allergic to. At the time I was a ThetaHealing novice, and I couldn’t clear the “B” food allergies myself, so I scheduled a session with a professional. During the session she did a reading and asked me if I was allergic to bees. And I knew from a bad reaction I had as a child from a bee that I was in fact allergic to bees! After we used ThetaHealing to clear my allergy to bees, all of the allergies to foods starting with “B” also cleared automatically.

Somehow, wires got crossed in my subconscious that mixed up my allergy to bees with foods that started with the letter “B”. Strange but true!

A note on wheat and wheat gluten: just about everyone is allergic to wheat products, especially those with blood type O. However, to be thorough, when I work with my ThetaHealing clients on food allergies and sensitivities, I also like to clear allergies to wheat gluten, which is the part of the wheat that most of us are actually allergic to. (Wheat gluten acts like a glue, or gum, in the intestines, and is generally a bad food.)

Lastly, do not think that just because you are not allergic to something that it is good for you! There are reasons beyond food allergies that foods like wheat are bad for you, and should generally be avoided even if you are not allergic. For example, most people are not allergic to cyanide either, but it's not something you should ever eat!

Emotional Clearing to Support Cleansing, Nutrition, and Exercise

In addition to releasing the need to eat emotionally, clearing fears of intimacy, and releasing food allergies and sensitivities, emotional clearing and healing can be extremely effective in empowering and facilitating the other things you need to do to get healthy, release excess fat, and get into great shape.

Personally, I would recommend you do emotional clearing around all three of the other major components of the Theta*Genix program: cleansing, nutrition and eating, and exercise. For example, if you've had difficult or traumatic experiences with cleansing, you'll want clear your negative belief systems about cleansing before you do any cleanses. Or if you've had bad experiences with diets, you need to do some emotional clearing around diets. And the same goes for exercise.

Emotional clearing is best done one on one with a skilled practitioner who can zero in on exactly what your belief systems are to get maximum results.

However, the lists of beliefs presented in this chapter can serve as useful guidelines to help you get the most out of your Theta*Genix program:

Programs to check around cleansing, eating, diets, and exercise:

- ◆ I know how to live without excess fat (TRUE.)
- ◆ I know what it feels like to live without excess fat (TRUE.)
- ◆ It is safe for me to cleanse my body (TRUE.)
- ◆ If I do a cleanse I will die (FALSE.)
- ◆ I'm holding trauma from diets (FALSE.)
- ◆ I know how to build lean muscle mass (TRUE.)
- ◆ I know what it feels like to build lean muscle mass (TRUE.)
- ◆ I know how to burn fat in the safest and healthiest way (TRUE.)
- ◆ I know what it feels like to burn fat in the safest and healthiest way (TRUE.)
- ◆ I know what my ideal body composition is (TRUE.)
- ◆ I know what my ideal weight "set point" is (TRUE.)
- ◆ I know the truth about calories (TRUE.)
- ◆ I know how to exercise in the safest and healthiest way (TRUE.)
- ◆ I know how to eliminate toxins from my body in the safest and healthiest way (TRUE.)
- ◆ I know what it feels like to eliminate toxins from my body in the safest and healthiest way (TRUE.)
- ◆ I know how to stay slightly alkaline (TRUE.)
- ◆ I know what it feels like to stay slightly alkaline (TRUE.)
- ◆ I know how to process and draw nutrition from all foods (TRUE.)
- ◆ I know what it feels like to process and draw nutrition from all foods (TRUE.)
- ◆ I know how to process wheat with grace and ease (TRUE.)
- ◆ I know what it feels like to process wheat with grace and ease (TRUE.)
- ◆ I know how to process dairy with grace and ease (TRUE.)
- ◆ I know what it feels like to process dairy with grace and ease (TRUE.)

- ◆ I know how to process sugar with grace and ease (TRUE.)
- ◆ I know what it feels like to process sugar with grace and ease (TRUE.)
- ◆ I know how to process wheat gluten with grace and ease (TRUE.)
- ◆ I know what it feels like to process wheat gluten with grace and ease (TRUE.)
- ◆ I know how to process wheat gluten with grace and ease (TRUE.)
- ◆ I know what it feels like to process wheat gluten with grace and ease (TRUE.)

Genetic Programs for Aging and Dying

There are several factors that all contribute to what we call the aging process:

- ◆ Poor diet
- ◆ Stress
- ◆ Lack of exercise
- ◆ Toxicity
- ◆ Genetic Programs

Fortunately, the Theta*Genix program addresses all of these reasons, allowing you to slow down and even halt or reverse the aging process!

It may seem too incredible to be true, but you can actually use ThetaHealing to release some of the subconscious belief systems that cause you to grow older and weaker. In fact, this is one of the exercises done in the Basics of Theta Healing training class, which I teach regularly in the Los Angeles area. (I am also available to travel if you'd like to host a seminar in your area!)

Another amazing use of ThetaHealing is to activate the dormant “youth and vitality” chromosome that is present inside of all of us. For reasons that we won't get into here, this “youth and vitality” chromosome was deactivated a long time ago, causing us to grow weaker and sicker as we age. By using ThetaHealing to reactivate it, you can tap into your body's natural ability to rejuvenate itself and stay young, strong, and healthy even as your chronological age increases. In

fact, many people believe that the human body is designed to stay young and healthy for several hundred years! (If you read the story of Noah's Arc from the Bible, you will find that Noah built the Arc when he was in his 600s!) Be warned, though, that it is common for people to go into a “healing crisis” after the youth and vitality chromosome is reactivated, which causes the body to detoxify and is sometimes associated with a few days of fatigue, headaches, and mild nausea.

Program to check around aging and dying:

- ◆ I know how to grow older without growing weaker (TRUE.)
- ◆ I know what it feels like to grow older without growing weaker (TRUE.)
- ◆ I know the difference between chronological age and biological age (TRUE.)
- ◆ I have to age like my parents (FALSE).
- ◆ I know how to grow older and stronger at the same time (TRUE.)
- ◆ I know how to grow older and stronger at the same time (TRUE.)

Commitment

Last but not least, the one intangible component that can make or break a fitness or weight release program is commitment. No matter how much great information you have on nutritional and dieting, and no matter how great your cleansing products and nutritional supplements are, and no matter how great your personal trainer is, **there is no substitute for your commitment to achieving your goals.**

Most diet and exercise programs simply tell you “You need to be committed to this program or it won't work.” They are correct, but they are doing you a great disservice by not offering a way to increase your commitment.

When you have trouble committing to something, there are nearly always limiting subconscious belief systems that are creating your lack of commitment. By using powerful emotional clearing techniques such as ThetaHealing, you can eliminate the underlying belief systems sabotaging your commitment, and afterwards you

will get much better results from whatever products, programs, and methods you are using!

Chapter 4: The Miracle of Nutritional Cleansing

When most people think about releasing excess body fat and getting into shape, they usually consider only diet and exercise. The last chapter was concerned with emotional clearing, because without the proper subconscious programming in place, you will sabotage your efforts to improve your diet, your exercise program, and your body. This chapter focuses on the importance of cleansing, which is the other critical but often overlooked element to getting healthy and into great shape.

MYTH-CONCEPTION: Only overweight people need to do cleanses

Even without concern for weight reduction, there are many powerful and urgent reasons to cleanse your body of the harmful poisons and toxins in our food, water and air. And it's a sad fact that most of us take better care of our cars and our air conditioners than we do our own bodies!

The conveniences of our modern lifestyle – especially the lack of physical activity and the abundance of cheap, easily available, high calorie, low nutrition food – have exacted a heavy price on our health. Most of us work all day, then come home and are too tired to do anything. And we crave food and drinks full of sugar and rely on coffee to keep us going through the day.

The human body has a miraculous capacity for tolerating and cleansing out the many harmful chemicals in our environment. However, when we are exposed to too many toxins for too long without proper cleansing, the body is overwhelmed by toxicity and a number of dangerous symptoms results, including excess body fat, low energy, mental fatigue (“brain fog”), premature aging, disease, and even death.

Some of the most dangerous toxins are known as poly-aromatic hydrocarbons, or PAHs, which are produced by from cigarettes, factories, barbeques, and anything else that burns. We now understand that PAHs are linked to the breakdown in certain genes that protect against cancer. And because PAHs are in the air, you can't avoid getting poisoned even if you eat nothing but organic food and drink nothing but distilled water!

Here are some scary facts:

- ◆ According to the Center for Disease Control, in 2007 81% of Americans were overweight, and 30% of those were obese.
- ◆ Over 350,000 deaths per year are linked to obesity in America
- ◆ Over \$75,000,000,000 is spent in America alone on weight-related illnesses
- ◆ Our water is polluted by heavy metals, fluoride, and other non-soluble minerals
- ◆ There are 72 insecticides and herbicides commonly found on our fruits & vegetables
- ◆ A study done on newborn babies found mercury, PAHs, and insecticides in 100% of the babies' umbilical cords – we are literally being poisoned from birth.

And the numbers just keep getting worse!

All the while, most people – especially Americans - are getting fatter, sicker, and spending billions per year on "magic bullet" pills and diets that don't work. On top of all this, estrogen-like compounds in some foods (especially soy!) are causing sexual dysfunction, infertility, difficult periods, and many other problems in both men and women. And as we feel worse, we get cravings for "quick fixes" including sugary and starchy processed foods, coffee, alcohol and drugs (both recreational and pharmaceutical). These "quick fixes" may make us feel better for a few hours, but over the long term they compound and add to the damage.

On top of the obvious health risks, toxicity is a primary reason that many people carry excess body fat. Have you ever wondered exactly what a toxin is?

A toxin is any substance that the body does not know how to process.

And do you know what the body does when it is presented with a toxin? To a limited extent, the body is able flush out and eliminate toxins. But when the body takes in more toxins than it is able to flush out, it needs to store them, and the only way it knows how to store a toxin is to wrap it in a fat cell.

Imagine that you have a trash can in your home, and you can only empty this trash can once a day. As long as you don't generate more trash in one day than can fit in the trash can, you'll never have a problem with trash spilling out onto the floor. But if you consistently generate more trash than you can take out in the trashcan, the trash will spill out, and over time the trash will build up in your home and eventually overrun it.

This is exactly what happens in the body! When you regularly put more toxins into your body than it can eliminate, it must store all those excess toxins in fat cells, causing you to add excess body fat. And, because you would die if those toxins were released all at once into the blood stream, your body has to be extremely stingy about burning fat, because as long as it needs those fat cells to store excess toxicity, it cannot burn them for fuel, and will instead be forced to burn muscle.

Have you or someone you know ever gone on a diet, and exercised regularly, and not been able to release excess weight? This is an extremely common problem, and usually this happens due to a combination of toxicity and the need for emotional clearing. And even lean people need to cleanse, because lean people who do not carry excess body fat on the outside tend to accumulate pockets of toxic fat that line the internal organs – and this toxic sludge lining the internal organs is actually more dangerous than excess body fat carried in the belly, hips, and thighs!

This problem is exacerbated by nutritional deficiencies, especially mineral deficiencies, because without all the proper minerals and trace elements your body can not eliminate toxins. To burn fat, you need to first provide your body with the proper nutrition to get it into a “fat burning” mode, as described in Chapter 2. However, you must also provide your body with the right nutritional support to cleanse itself of harmful toxins, including acidic waste products, heavy metals, and chemical poisons, because as long as it needs fat cells to store toxins, it won't burn the fat!

When the body burns fat cells, impurities are released into the blood stream. Then, active enzymes and trace minerals are required to carry the toxins into the liver, and then into the colon to be eliminated from the body. But due to the devastation of our food supply, there are no minerals left in our food! And most of our foods are essentially dead and have no active enzymes in them, so if you cleanse without proper nutritional support the toxins are just re-circulated and stored again. Ouch! Hence, there is a need for a combination of proper nutrition and cleansing.

When you try to diet without proper cleansing, calorie deficits cause your body to burn lean muscle mass, creating an acidic environment (described below.) The acidic environment is a breeding ground for disease, and increases levels of the hormones cortisol and insulin, which further locks down your fat stores. It also leaches minerals from your bones, and interferes with your brain chemistry. The result: you are sick, tired, overweight, and feel terrible most of the time! (Does that sound familiar?)

Types of Toxicity

There are many kinds of toxins in our modern world. And because the Earth's ecosystem is so tightly linked together, it is simply not possible to avoid toxicity by moving to a rural area; at best you will simply change or (if you are lucky) reduce the amount and kinds of toxins you are taking in. In fact, oftentimes

toxicity is much worse in rural areas, due to the high concentrations of herbicides, pesticides, and chemicals used in modern agribusiness.

If you wish to stay healthy, lean, and reverse aging, there really is no way around the need for regular cleansing!

There are many kinds of toxins and many ways of categorizing them, but for our purposes here we will use three broad categories:

- ◆ Heavy metals
- ◆ Poisonous chemicals
- ◆ Acidic waste products

Heavy Metals

Many people are familiar with the dangers of heavy metal poisoning. High levels of elements such as mercury, lead, and aluminum have been proven to cause a variety of physical and mental illnesses. One of the most common ways that we are poisoned by heavy metals is via the amalgam fillings used by dentists (the metal fillings that look silver), since these amalgam fillings can contain up to 50% mercury! While in theory dental fillings are supposed to be sealed and safe, in practice most fillings will start to leak sooner or later, and the mercury will leach into the blood stream, causing heavy metal poisoning. (There are now holistic dentists who specialize in removing mercury amalgam fillings and replacing them with non-toxic fillings, and when I learned about this years ago I immediately had all of my amalgam fillings replaced. It is expensive, and you should check with your doctor and dentist before replacing your filling. In the mean time, you can start with the cleanses and dietary changes described here.)

There are many different protocols, cleanses, machines, and programs available to help clear heavy metals out of the body. I have tried many of them, and I will recommend a few of my favorites at the end of this chapter.

Poisonous Chemicals

Our environment is filled with dangerous and poisonous chemicals that have made modern life very convenient, but also created many health problems. The aforementioned PAHs are one class of especially dangerous chemical that we should all be aware of. Other common sources of poisonous chemicals include:

- ◆ Lead paint in old buildings
- ◆ Herbicides and pesticides used to treat fruits and vegetables
- ◆ Smog and other forms of air pollution
- ◆ Many different industrial chemicals used in all kinds of factories and manufacturing and processing plants
- ◆ Common household cleaners

In order to release excess body fat, reverse aging, and achieve a state of optimal health, it is mandatory to cleanse these harmful toxins out of the body.

Acidic Waste Products

The least known but perhaps most common and most dangerous toxins are the acidic waste products from food and drinks. When you eat a diet that is out of balance (which nearly all Westerners do), the body is overwhelmed by the acidic waste products created from digesting acidic foods and drinks, and to deal with these toxins it must wrap them in fat cells to safely store them.

This leads us to a critically important topic that powerfully impacts overall health, weight gain, weight release, energy, and resistance to disease: *the acid-alkaline balance*.

The Acid-Alkaline (pH) Balance

Did you know that the single most important thing you can do for your health and well-being is to keep your body slightly alkaline?

You may remember from high school chemistry class the concept of “acid-alkaline” balance, measure by pH. Any chemical compound with a pH of less

than 7 is considered acidic, and those with a pH of greater than 7 are considered alkaline. (Pure water has a pH of exactly 7.) It's not important to understand any of this chemistry to be healthy or release excess body fat, but for the curious, the Wikipedia defines pH as follows:

“pH is a measure of the acidity or alkalinity of a solution. Aqueous solutions at 25°C with a pH less than seven are considered acidic, while those with a pH greater than seven are considered basic (alkaline). When a pH level is 7.0, it is defined as 'neutral' at 25°C because at this pH the concentration of H_3O^+ equals the concentration of OH^- in pure water. pH is formally dependent upon the activity of hydronium ions (H_3O^+), but for very dilute solutions, the molarity of H_3O^+ may be used as a substitute with little loss of accuracy. (H^+ is often used as a synonym for H_3O^+ .)”

So why does this matter? The human body is in a state of optimal health when it is in a state of balance, known as homeostasis (which basically just means stable and balanced.)

Most people are healthiest when their pH is in the range of 7.2-7.4, which is slightly alkaline. There are a number of advantages to having a slightly alkaline body, which include but are not limited to:

- ◆ Maintaining optimal weight and body composition
- ◆ Higher energy levels
- ◆ Resistance to diseases often caused by over-acidity, including diabetes and cancer; in fact, Vianna Stibal and many other well-known health professionals (including many medical doctors) teach that cancer cannot exist in an alkaline body!
- ◆ Fewer parasites living in the body (most parasites thrive in an acidic environment)
- ◆ Fewer viral and bacterial infections (most viruses and bacteria thrive in an acidic environment)

- ◆ Fewer molds and fungi living in the body (most molds and fungi thrive in an acidic environment)
- ◆ Better brain function and clearer thinking
- ◆ Improved intuition

To achieve optimal pH balance in the body of 7.2-7.4, most experts suggest that you eat a diet consisting of approximately 80% alkaline foods and 20% acidic foods. Unfortunately, the modern Western diet tends to consist of way too many acidic foods, so most of us end up eating a diet that is exact the opposite! As a result, many Western people have a pH in the range of 5.5-6.5, which is highly acidic and unhealthy.

If you are curious to determine what your pH is, you can buy pH strips to test your own pH level at any health food or drug store. They can work with both saliva and urine, but testing urine is usually considered more accurate, because the pH of the saliva can be influenced by what you have eaten recently. The strips turn different colors depending on the pH, and pH strips usually come with a color chart so you can map the colors to different pH levels.

In addition to the diseases caused by over-acidity, one of the primary reasons that you may carry excess body fat is because your body requires fat cells to trap and store the excess acidic waste products in your diet. Your body must maintain the pH in its blood stream in a fairly narrow range to survive, and when you eat too many acidic foods, you overwhelm your body's natural mechanisms that flush out these acidic waste products. In order to keep the pH in the blood stream in the narrow range necessary for survival, your body wraps these acidic waste products in fat cells to store them safely. And as long as it needs those fat cells to store the excess acidic waste products from the foods you are eating, and as long as you continue to eat overly acidic foods, your body will resist burning those fat cells, even if you are on a calorie deprivation diet!

So, if you want to release excess fat and be healthier, it is important that you get your body's pH balanced, ideally in the optimal 7.2-7.4 range.

It is amazing to me that very few books and programs on diet, nutrition, and health ever make any mention of the importance of pH balancing.

If you wish to learn more about acid-alkaline balance and how it affects our health, a good book to read is **THE PH MIRACLE**, by Dr. Young.

So how do you get your body more alkaline? There are several ways:

- ◆ Use alkalizing water drops to alkalize your fluids
- ◆ Use a water ionizer to alkalize your fluids
- ◆ Use ThetaHealing to change your subconscious belief systems
- ◆ Eat more raw foods
- ◆ Eat more alkaline foods

Use alkalizing water drops to alkalize your water

One simple way to get more alkaline is to start drinking alkalized water, or water that has its pH raised above 7.

There are a variety of products available which are alkaline salt solutions you can add to water. They can be effective in alkalizing (raising the pH) of the water or other beverages you drink, but have two major drawbacks. First, it can be expensive to buy enough drops to alkalize all of your fluids, especially if you drink a lot of water (which you should if you want to release weight!) Second, I have found that adding a lot of these drops makes water taste a little bit salty, which I don't like.

Personally, I think the drops are great for traveling or other times when you don't have access to ionized water (described below), but day to day I prefer to use a water ionizing machine.

Use a water ionizer to alkalize your water

There are now several different machines on the market which connect to a kitchen faucet and alkalize the water coming out of it. These machines filter the water and then use a process called electrolysis to ionize the water, splitting the

water into alkaline water (great for drinking and cooking with) and acid water (great for cleaning and feeding to plants.) I use an ionizer myself and usually carry my water (ionized to pH 10) with me wherever I go. There are several different ionizing machines available, which run in price from about \$500 to up to \$8000. Personally, I wouldn't waste my money on one of the expensive machines – I own one of the \$500 machines and it works great!

Balancing pH by Using Theta Healing to Change your Subconscious Belief Systems

Some people are just naturally more alkaline than others. What's the difference? It's subconscious belief systems! (These often manifest through genetics, since many of our subconscious belief systems are encoded into our DNA and passed from generation to generation.)

By using ThetaHealing (or other healing/emotional clearing techniques) to release belief systems that tend to make you more acidic, you can actually shift your pH balance without changing your diet. Vianna Stibal discovered this a few years ago when she was teaching Intuitive Anatomy (an advanced ThetaHealing class) in Hawaii, and found that her students were a little bit more alkaline at the end of the class than they were at the beginning, despite eating the same foods. And she found that the cause was the emotional clearing work done during the class!

Getting More Alkaline Through Diet

Over the long term, the most effective way to get yourself more alkaline is to make shifts in your diet.

One simple way to do this is to start to eat more raw foods. The process of cooking food makes it more acidic, so the more raw foods you can eat, the better! In addition, there are many valuable enzymes and other nutrients in food that are destroyed when it is cooked, so there are many health benefits to eating raw food.

Be cautioned, though, that you should gradually introduce raw foods into your diet. If you switch all at once to a raw food diet, you will likely get ill and experience a severe healing crisis as your body attempts to detoxify too quickly and you get overwhelmed with toxicity being released from your system.

The next chapter of this book will address diet and nutrition in much greater detail, but here we'll provide an overview of the kinds of foods that tend to be acidic and alkaline.

In general, the only naturally alkaline foods are vegetables, as well as a few fruits like bananas. Most grains are acid-forming, except millet and buckwheat, which are considered to be alkaline. And sprouted seeds and grains become more alkaline in the process of sprouting.

Most vegetable and fruit juices are alkaline. The most alkali-forming juices are fig juice, green juices of all green vegetables and tops, carrots, beet, celery, pineapple and citrus juices. Vegetable broth is also a great alkalizing drink.

Most fruits and dairy products are mildly acidic. Most meats are mildly to heavily acidic; fish and chicken are the least acidic, and beef and pork are more acidic.

Lastly, the worst culprits for acidity are drinks! Coffee, soda, and alcoholic drinks are all extremely acidic. Teas are acidic too, with black tea being more acidic than green tea. If you want to make a shift in your lifestyle to get more alkaline without needing to change what you eat, a simple solution is to eliminate acidic drinks and replace them with water (or, even better, alkalized water!)

If this sounds like a lot to take in at once, be comforted to know that once your body gets cleaner it will naturally crave healthier foods and you won't even miss the acidic junk anymore. And, as always, it is not recommended that you make too many changes in your lifestyle all at once. Start with just a few changes, refer back to this book often, and add more every couple of weeks as you gradually transform your health, your body, and your lifestyle!

Warning: Don't get carried away with Alkalizing

It is possible to overdo alkalinity! Remember that health and optimal weight and body composition are achieved by pH balance in the body – it is certainly possible to make yourself sick by being too alkaline also! Test your pH, and remember that to shoot for a pH of 7.2-7.4, not the highest pH possible.

If your pH goes higher than the 7.2-7.4 range, you are getting out of balance again, and may experience a deterioration of your health as a result. Vianna Stibal likes to tell the story of a client who came to her for healing, and she found that he had been so strict about getting more alkaline that his pH was well about 8...so she gave him a cup of coffee and he immediately felt better!

Toxicity, Water, and Excess Fat

As mentioned above in the section on pH balance, one of the primary reasons the body carries excess fat is because this fat is necessary to encapsulate and store toxic waste products that the body can not immediately dispose of. Most commonly these toxins are acidic waste products from an overly acidic diet, but they might also be heavy metals, fungus, or other nasties. And if you try to detoxify your body too quickly you can actually die; the fat is a protection mechanism to keep your body alive. One person I know actually gained 100 pounds in a single month after being exposed to toxic mold, because her body had to add all the extra fat to encapsulate the toxins or she likely would have died.

Cleansing the body of acidic waste products, heavy metals, molds, parasites, and the like will help you to release excess body fat and achieve your ideal weight and body composition, because your body won't release fat it needs to store toxins. Getting more alkaline is a powerful and effective tool to detoxify, but you should also do cleanses (such as foot spas, liver cleanses, colon cleanses, colonics, and kidney cleanses) to clear out not only the acidic waste products but also heavy metals and poisonous chemicals.

You may have heard before that drinking enough water is important to release excess fat. This is true for two important reasons:

The chemical reaction that breaks down fat in the body requires water to occur, so if you don't drink enough water, your body won't be able to release fat

The body flushes toxins out of the body with water, so if you are detoxifying your body but not drinking enough water, the toxins will get stuck in your colon and reabsorbed into the blood stream

In fact, drinking enough water is so important that many people report significant release of excess fat simply by drinking more water - and if you can be drinking alkalized water, you get a double benefit!

Examples of Acidic and Alkaline Foods

To give you a general idea of the acid and alkaline property of various foods, the following chart is taken from

<http://www.liferesearchuniversal.com/acid.html>

Alkali-Forming Foods			
Figs	30.0	Potatoes	2.0
Soy Beans	12.0	Pineapple	2.0
Lima Beans	12.0	Cabbage	1.8
Apricots	9.5	Grapefruit	1.7
Spinach	8.0	Tomatoes	1.7
Turnip/Beettops	8.0	Peaches	1.5
Raisins	7.0	Apples	1.0
Almonds	3.6	Grapes	1.0
Carrots	3.5	Bananas	1.0
Dates	3.0	Watermelon	1.0
Celery	2.5	Millet	0.5
Cucumber	2.5	Brazil nuts	0.5
Cantaloupe	2.5	Coconuts	0.5
Lettuce	2.2	Buckwheat	0.5
Watercress	2.0		
Neutral (near/neutral) Ash Foods			
Milk		Vegetable oils	
Butter		White sugar	
Acid-Forming Foods			
Oysters	5.0	Rice	2.5
Veal	3.5	Whole Wheat/Rye bread	2.5
Most Fish	3.5	Most nuts (X-almond/brazil nut)	2.0
Organ meats	3.0	Natural Cheese	1.5
Liver	3.0	Lentils	1.5
Chicken	3.0	Peanuts	1.0
Fowl	3.0	Eggs	3.0
Most Grains	3.0		

Effective Cleansing

Now that we have addressed the most common and dangerous types of toxicity and learned about the importance of maintaining slightly alkaline body chemistry, we're ready to discuss the mechanics of effective cleansing.

Our goal is simple: to get the body to cleanse out the harmful heavy metals, toxic chemicals, acidic waste products, and burn up the fat cells storing them and do so in a gentle, comfortable manner that won't cost you a lot of money, take a lot of time, or make you sick. Remember, even lean people are affected by toxicity – the difference is that lean people tend to store their toxicity in layers of toxic fat surrounding the internal organs so it does not show as much on the outside.

When done properly, cleansing is much more than just a “quick fix” to lose a few pounds. Instead, it is a permanent body transformation on the cellular level that will pay dividends in health, energy, and youth every day for the rest of your life!

There are many different cleanses you can do, of varying degrees of effectiveness and appropriateness. There are liver cleanses, kidney cleanses, colon cleanses, parasite cleanses, fungus cleanses, heavy metal cleanses, and whole-body cellular cleanses.

Here I am going to focus what I have found to be the three most important cleanses for most people:

- ◆ The Liver-Gallbladder Cleanse
- ◆ The Detoxification Foot Spa
- ◆ The Whole-Body Cellular Cleanse

If you are serious about getting yourself healthy, lean, and young, you may wish to investigate these cleanses first, and then work with a naturopath, or other cleansing specialist to identify other cleanses that are most appropriate for you.

The Liver-Gallbladder Cleanse

I have included this cleanse here because liver and gallbladder congestion is such a common phenomena in the modern Western world that very few people actually have clean, healthy livers or gall bladders!

This cleanse is powerful, and should not be undertaken if you are sick or in a weakened state.

Important Disclaimer: Even if you are in a state of good health, a medical doctor is the only authority who can recommend or prescribe any medicines or changes to your diet or exercise routine. The content here is provided for information and entertainment purposes only, and is not intended to diagnose, treat, or cure any disease.

The goal of the liver-gallbladder cleanse is to clear out toxicity from the liver and squeeze gall stones out of the gallbladder. This can be done by clearing the digestive tract and then drink a large quantity of olive oil, causing the liver and gallbladder to spasm and contract, squeezing out the accumulated toxicity to be eliminated from the body. There are many different versions and variations of this cleanse; you can find other variations of this cleanse online, or from a holistic health practitioner such as a naturopath.

The Liver-Gallbladder Cleanse (aka “The Olive Oil Cleanse”)

Stage 1: On the first day of the cleanse, take an herbal laxative in the evening.

Stage 2: For the next three days, place 100 drops of Ortho-phos (you can get this at most health food stores, or order it online) into a quart of apple juice (preferably organic and as fresh as possible) each morning. (If you cannot have apple juice, put 135 drops into a quart of water.)

Stage 3: On the fourth day, eat your last meal in the afternoon, and do not eat for the next 6 hours. An hour before you go to sleep, mix a cup of olive oil, a cup of coke (yes, Coca Cola - that acidic, sugary, carbonated, high-fructose corn syrup filled stuff we normally avoid like the plague!), and 1 whole lemon squeezed into

it. Drink the mixture through a straw. Drinking it through a straw mixed with lemon and Coke allows it to go down MUCH more easily. (The first time I tried this cleanse I didn't know the coke, lemon, and a straw, and tried to just chug down the olive oil – and it gagged me!) Then, go to bed, and lay on your right side with your legs curled up towards your chest for the next 40 minutes. This will cleanse the liver and gallbladder, forcing out gall stones, toxins stored in the liver, and causing the body to create new, clean bile.

Stage 4: Many people like to follow up the liver-gallbladder cleanse with a colonic two days later.

Optional Step: Some people like to drink water mixed with epsom salts to get a deeper cleansing effect. If you wish to do this, mix two tablespoons of epsom salt with three ounces of water, two hours after lunch on the day you do your liver cleanse. Five hours after lunch, mix one tablespoon of epsom salt with three ounce of water. Then, the next morning, one more table spoon of epsom salt with water.

But be careful of over-cleansing the liver! You should probably not be doing this cleanse more than once a month at most; some people who get into holistic health do too many cleanses and never give their bodies the chance to rebuild and rejuvenate after the cleanses, which causes its own set of problems.

The Detoxification Foot Spa

A detoxification foot spa is a wonderful device that helps to detoxify the body by pulling out toxins through the bottom of the feet. These machines were originally developed to help agricultural and factory workers who were sick and dying from severe chemical poisoning. They work by using electricity to detoxify the body gently and slowly, which is especially important for people who are already sick or otherwise in a weakened condition.

The human body is designed to detoxify itself through three primary channels:

- ◆ Sweat

- ◆ Elimination
- ◆ Through the bottoms of the feet

Many people are already aware that sweat and elimination are ways that toxicity is cleansed out of the body, but the last channel – through the bottoms of the feet – is also important!

It is an interesting “coincidence” in nature that the toxicity in the body – the heavy metals, the poisonous chemicals, the acidic waste products, as well as viruses, parasites, funguses and bacteria – all have a positive electrical charge. By contrast, the Earth has a slightly negative electrical charge.

Further, the human body is designed such that there are a large number of blood vessels extremely close to the surface of the bottoms of the feet. Also, the pores in the skin on the bottoms of the feet are larger than usual to allow our bodies to exchange material with the environment through the bottoms of the feet. If you doubt this, you can experience this by cutting an onion in half, and then rubbing the two cut halves of the onion into the bottoms of your feet - and within 30 minutes you will actually taste the onion!

When you walk barefoot on the natural surface of the Earth, detoxification naturally occurs with each step you take, because the negative electrical charge of the Earth pulls and draws the positive charged toxins out of your blood stream and out of your body through the bottoms of your feet. Thus, each step you take barefoot on the Earth actually helps to detoxify your body a little bit! But, because in the modern world we spend nearly all of our time wearing shoes and socks and walking on man-made surfaces like carpet, we have shut off this natural detoxification channel, at the same time we have vastly increased the amount of toxicity in the environment.

The detoxification foot spa reintroduces this channel of detoxification by using a small machine that creates a negative electrical charge (to mimic the Earth's natural negative electrical charge) in a tub of water. You then put your feet into

the tub, and the electricity draws out toxicity from your body. You will find that the water in the tub becomes extremely dirty, usually turning into brown sludge after just 30-40 minutes. Simple yet amazing!

One thing to be aware about foot spas is that not all of the dirt and junk seen in the water is coming out of your body. In fact, most of the colors and dirt you see in the water are actually coming out of the water and the air – my best guess is that perhaps only 10-20% of what is in the water is actually coming out of your body. (You can prove this by running a foot spa machine without feet in the tub, and you will find that the water still changes color.) However, some of the dirt and gunk in the water really is coming out of your body, and each time you use a foot spa, you are detoxifying your body a little bit.

Personally, I think that a foot spa machine is a great investment, and I think everyone should have one. The advantages of the detox foot spa are that:

- ◆ It is gentle, and a great place to start with people who are too sick or too weak to do other cleanses
- ◆ It is extremely easy to use
- ◆ You can use it frequently (up to 3x/week over the long term)
- ◆ If you are a holistic health professional, it makes for a great additional source of income for your business, as you can offer foot spa sessions to your clients

However, be aware that the price and quality of foot spas varies dramatically across manufacturers. I have evaluated many different foot spas, and I have my own opinion on what the best machine is. For more information on how you can get a discounted price on a high quality foot spa, please visit my Web site at

http://www.ThetaHealingLA.com/foot_spa.html

If you wish to purchase a foot spa (which I highly recommend), please contact me and mention that you purchased this book, and I will not only give you back

the full price you paid for this e-book, but I will also give you a free \$100 credit towards any other ThetaHealing products or classes I offer.

The “King of Cleanses”: the Whole-Body Cellular Cleanse

While the above mentioned liver-gallbladder and foot spa cleanses are excellent resources, in my experience the whole-body cellular cleanse is the most powerful and has made the most dramatic changes in my health and the health of my clients and students. The cellular cleanse has not only helped me to release close to 100 pounds of excess body fat, but also dramatically improved my health, and literally saved my life! It has so profoundly affected my life and the lives of my students and clients that I would never want to have to live without it.

While other cleanses can make significant improvements in health by detoxifying certain parts of the body, the whole-body cellular cleanse detoxifies the entire body at a cellular level, benefiting all of the organ systems at once. In fact, it is so powerful that it has been years since I needed to do a liver-gallbladder cleanse.

To do a whole body cellular cleansing and get your body into fat burning mode, you need to give your body several foundational supports:

- ◆ **Proper enzymes:** these include protease, amylase, lipase, and cellulose. Without proper enzymes, the body cannot absorb nutrients from food, and cannot shuttle toxins out of the body.
- ◆ **Enough carbohydrates** for brain function and to prevent the body from burning muscle.
- ◆ **Vitamins and minerals** (over 70 minerals alone are required for optimal health!) Without sufficient vitamins and minerals, it is impossible for your body to transport and eliminate the toxins.
- ◆ **Suspend digestion** by minimizing solid food intake, without triggering your body into starvation mode (remember that in starvation mode, your body will resist burning up its fat stores and you can not eliminate toxicity from the body when it is not in fat burning mode.)

To get your body into proper balance and fat burning mode for cleansing can be tricky, but it is really easy when you know that you are doing and have the proper knowledge and products. However, if you are missing any one of these important foundations, your cleanse results won't be as good, and you may not get any results at all. It's like the links of a chain: a chain is only as strong as its weakest link! So whatever the limiting factor is for your body – it might be enzymes, it might be minerals, it might be failure to suspend digestion for long enough, etc. - you will only get the results from your cleanses that your limiting factor allows.

If you are a biochemist with access to a research laboratory, you can probably – with a lot of time and trial and error - “roll your own” cellular cleansing system that will be effective. However, I personally think it would be ridiculous to do so, because there is a company with a truly phenomenal cleansing product that I strongly recommend. The company is called Isagenix, and they are pioneers in the field of nutritional cleansing, which means providing the body simultaneously with proper nutrition and cleansing support.

As described in the introduction, when I tried a program of intense diet and exercise, I released about 12 pounds of weight over 4 months. But when I started using the Isagenix cleanses, I dropped 11 pounds in one week, 25 pounds in a month, and 50 pounds in 3 months. And the weight release was just one part of the benefit I got – in addition, I had much better energy, felt better all the time, had a lot of minor health problems clear up, eliminated all the symptoms of type 2 diabetes and saved myself from a bout with cancer.

Further, unlike many people who lose a lot of weight over a short period of time, I did not have a problem with excess skin. (Often people who lose weight that quickly end up looking like elephants and need to have plastic surgery to tighten up their skin.) Even better, I lost little or no lean muscle mass, since I was as strong at 185 pounds as I was at 275 pounds!

Using the nutritional cleansing system is really simple. First, you use one shake per day as a meal replacement, to ensure your body is getting a steady supply of

the proper enzymes and minerals. (Personally, I love to have a shake for breakfast every day, since it is so much easier, faster, cheaper, and more convenient than cooking breakfast...plus they taste great!)

Next, you do cleanse days as little or as often as you desire (up to a maximum of two cleanse days per week.) On cleanse days, you eat very little normal food (usually just some nuts) combined with snack wafers to stabilize blood sugar and avoid hunger pangs and a special aloe-vera based cleanse drink that gives your body optimal support for burning fat and cleansing toxicity.

I can't say that I understand exactly how the products work, but I know that they deliver truly magical results. And it is funny that these products were not developed for weight loss! Instead, they were developed when the founder of the Isagenix company (a retired biochemist who had spent his career developing nutritional supplements) was bitten by a spider. The doctors wanted to amputate his foot, but he refused, and instead he locked himself into his lab until he developed a cleansing formula that cleared the toxic spider poison out of his body. After that, he shared this formula with friends and family, and was astonished to find that everyone who was overweight that used the cleansing drink also began to lose weight quickly!

I have personally worked with many of my clients and students who previously never had any success with releasing excess body fat, and every single one of them that used the products and allowed me to coach them got phenomenal results.

Appendix D provides more information on how you can order these products to cleanse your body and provide it with proper nutritional support.

Of course, just as ThetaHealing is not the only healing/emotional clearing technique out there, Isagenix is not the only company that offers cleansing products. However, its products are of consistently high quality and yield amazing results.

OPTIMIZATION: Use branch-chain amino acids (BCAAs) on cleanse day to maximize fat burning and minimize the loss of lean muscle tissue.

In order to ensure that you are burning as much fat and as little muscle as possible, I like to take BCAAs on cleanse days to trick the body into thinking that has already started to burn up lean muscle tissue, thus causing it to dig deeper into the fat stores.

Chapter 5: Strategic Eating

Along with the horrific level of toxicity in the modern world, its companion is the frightening and wide-spread problem of the lack of proper nutritional support. And, like toxicity, nutritional deficiency is a problem that is only getting worse over time.

The formula is simple:

Nutritional Deficiency + Toxicity = Disease, Accelerated Aging, and Obesity

The last chapter focused on the importance of cleansing harmful heavy metals, poisonous chemicals, and acidic waste products out of the body in order to release excess body fat, reverse aging, and improve health and energy. This chapter will deal with the importance of proper nutrition, with a particular focus on patterns of eating that maximize release of excess body fat.

In order to get maximum benefit from the information in this chapter, I encourage you to do something that will be difficult but probably incredibly rewarding:

Forget everything you think you know about diet, nutrition and meal planning!

It's unfortunate that much of what we are taught as children and in various weight loss programs is downright wrong. Here are a few popular untruths masquerading as commonly accepted truths:

MYTH-CONCEPTION: You should eat 3 meals a day for optimal nutrition

This is not true! Below we will discuss the ideal timing, food combining, and portion sizing for weight reduction, reversal of aging, improving health, energy and mental focus.

MYTH-CONCEPTION: You should consistently restrict calories to release weight

We know from Chapter 2 that this is not true – when you consistently restrict caloric intake, the body goes into “starvation mode”, locks down fats stores, starts to preferentially burn lean muscle tissue, and lowers the metabolism.

MYTH-CONCEPTION: You should eat a low-fat diet in order to release weight

Again we know from the information presented in Chapter 2 that this is not true. While any diet that is out of balance will cause health problems and weight gain, it is primarily the insulin response to carbohydrates – not fat – that causes weight gain.

MYTH-CONCEPTION: The best diet follows the government's suggested “food pyramid”

The government recommends that we eat according to the “food pyramid”, where the bulk of our food is grains and fruits, with smaller amounts of protein and dairy. However, as we will see below, this type of diet is too carbohydrate-intensive for most people, and will not result in long term weight loss, even if calories are restricted.

I expect that most of you reading this e-book have read other books on diet and nutrition before, or tried other diets. And some of you may very well be experts in the field of nutrition and meal planning. But, if you are unhappy with your body, or having health problems, recognize that what you think you know about food and nutrition has led you to have exactly the body you do today...and if you want to

change your body, you may need to be willing to let go of some of the things you think you know!

The material in this chapter is the distillation of the best tips, tricks, techniques, and programs from all of the material I have reviewed and tried myself. I call this **strategic eating**, because you can still have a variety of foods, including the “bad” high carb foods! And you can eat enough volume of food that you are comfortable, full and not hungry all the time. Plus, you can enjoy meals that are both affordable and convenient. You really can do all these things, all at once...you just have to do it strategically. This chapter will show you how.

It is interesting to note that the two communities with the highest quality information on nutrition are the body building community and the diabetic community. I was fascinated to find that both the body building world and the diabetic world teach exactly the same things about food, diet and nutrition!

Our goals in designing an optimal nutrition and meal planning programs are:

- ◆ To maximize the release of excess body fat
- ◆ To maximize the addition of lean muscle tissue
- ◆ To minimize hunger and food cravings
- ◆ To maximize the taste, flavor and your enjoyment of your meals
- ◆ To maximize the convenience and ease of preparation of your meals
- ◆ To minimize the cost of preparing your meals

Because the goal of the Theta*Genix program is permanent lifestyle transformation, it is important to attain all of these goals simultaneously. And if there really is a way of eating such that you enjoy your food more, rarely or never feel hungry and spend less time and less money preparing meals, why wouldn't you do it?

The areas where we can optimize include:

- ◆ Nutritional support

- ◆ Calorie and macro-nutrient cycling
- ◆ Portion sizing and meal timing
- ◆ Choosing good and healthful foods

After presenting the theoretical framework, this chapter also provides specific recommendations for calorie targets to optimize for your gender, size, and level of activity. And the appendix presents a few of my favorite recipes that work beautifully as part of this program!

However, before delving into the details of optimizing what, how, and when you eat, I want to reemphasize that *you should phase in these changes gradually*. For most people, the best way to start the Theta*Genix program is with a combination of emotional clearing and cleansing. Once you have become accustomed to cleansing as a part of your lifestyle, cleansed out some of your accumulated toxicity, and enjoyed good results, you will be ready to take the next step and start changing how, what, and when you eat.

There are a lot of important nutritional guidelines presented in this chapter, and it would be overwhelming for most people to try to apply them all at one. For most people, a gradual phasing in of new eating habits will work best.

I encourage you to read all the material here once, and refer to it again and again over time as you slowly integrate the parts you like into your lifestyle. Of course, every component is optional, so some you may try and then later abandon because you just don't like them or they just do not fit your lifestyle for some reason – and that's fine!

Nutritional Support

As mentioned previously, modern agribusiness has annihilated the quality of our food supply. In particular, most modern Western diets are full of empty calories and lacking in essential vitamins, minerals, enzymes, and fats.

Even if you grow your own organic food, it is nearly impossible to get adequate nutrition just from eating normal food. As a result, it is unfortunately necessary for nearly everyone to take supplements in order to provide the body with optimal nutrition. However, it is not necessary to spend a lot of money on a lot of different supplements! Personally, I think most supplements are unnecessary and too expensive.

I have found that the most important factors missing from most people's diets are:

- ◆ **Vitamins**
- ◆ **Minerals**
- ◆ **Enzymes**
- ◆ **Essential fatty acids**
- ◆ **Antioxidants**

I certainly don't think most people need to run out and spend a ton of money on supplements. Instead, a few carefully selected items can be an economical way to ensure proper nutritional support.

Vitamins, essential fatty acids, and antioxidants are all relatively cheap and easy to supplement. Udo's Choice oil is a great choice to add to salads or shakes as a way to get the proper fatty acids, but just about any fish oil supplement will do. Just note that it is especially important to get extra omega 3's and omega 9's, as the standard Western diet is already heavy on omega 6's. Krill oil is a great choice, since it is rich in antioxidants.

MYTH-CONCEPTION: You always absorb the nutritional benefits of your food and supplements

It is truly tragic that many people do not get proper nutritional support despite taking supplements for a very simple reason: their bodies are not properly digesting and absorbing their supplements!

There is a really simple fix to this problem: just **grind up your supplements in a blender** mixed with some water or juice, or mixed into a meal-replacement shake like IsaLean. By blending your supplements, you make it much easier for your body to absorb them and benefit from them – and this one little change alone can have an enormous positive effect on your health!

Minerals and enzymes are necessary for proper metabolism and fat burning; in particular, research has linked calcium deficiency to increased fat storage, and has shown that higher levels of calcium promote a leaner body. Dairy is a great way to get calcium but try to get it organic; cottage cheese is especially good, since regular cottage cheese (not the low fat kind!) has CLA (conjugated linolenic acid) which is a super healthy fat. If you wish to avoid dairy, that's fine, just be careful to find a mineral supplement that is well absorbed and digested by your body.

The most difficult supplements to get right are minerals. In particular, if you take minerals in the wrong form, then they will not be properly absorbed into your body, and you are wasting your money! The most easily absorbed minerals are ionized minerals, which are the chemically smallest form of minerals. There is a product I really like called Ionix Supreme which contains vitamins and ionic minerals (I use this myself everyday.) And if you do take solid form mineral tablets, grind them up in the blender to maximize their absorption into your body.

The supplement that is most often missing from the Western diet – even for otherwise health conscious people – is enzymes. In a nutshell, enzymes are

chemicals that help us to digest and absorb nutrition from food. If you do not have enough enzymes in your diet, your body will not be able to properly absorb nutrition from food, and your body will go into “starvation mode” even though it is getting an abundance of empty calories and adding extra fat cells! Personally, I am a big fan of the Isagenix IsaLean shake, which is a meal-replacement shake full of essential enzymes. I have a shake each morning instead of eating breakfast (except for cleanse days, which I do regularly), and it not only saves me time and money, but it also ensures I get my daily dose of enzymes and some of the minerals my body needs to function at an optimal level.

At first I was skeptical about the importance of enzymes, since they don't get a lot of press in the diet and nutrition world, but I found something amazing about the effectiveness of the enzymes in the IsaLean shake. As part of my meal plan, I often mix protein powers with the IsaLean shake as a simple, quick, and cheap way of creating a healthy meal when I'm pressed for time. A few times when I've run out of IsaLean I instead just blended some protein powder with water without the IsaLean. And after I did this a few times, I realized that every time I had the protein powder without the IsaLean, it gave me a stomach ache! What was happening was that when the protein powders were mixed with the IsaLean, my body was getting the enzymes it needed to properly digest the protein...but without the IsaLean powder mixed in, the enzymes were missing and my body couldn't properly digest the protein powder, which in turn gave me a stomach ache.

Of course, you will always do better if you are able to eat fresh, organic food. If you have to choose between organic food and fresh inorganic food, I would generally tend to choose the fresh inorganic food.

Similarly, raw foods are nearly always better than cooked foods, and whole, unprocessed, natural foods are better than processed or refined foods.

Calorie Cycling and Macro-Nutrient Cycling

MYTH-CONCEPTION: You should try to eat about the same number of calories each day

Doing regular cleanses made a tremendous difference in my health, and helped me to release about 50 pounds of excess fat. However, I hit a plateau at that point. Learning and applying the information below is what helped me to break through the plateau.

As discussed in Chapter 2, in order to minimize the fat-storing effects of insulin, most meals should be low in carbohydrates, especially the high GI carbohydrates. However, we also want to keep the body out of starvation mode. So it is necessary to periodically eat high calories, high carbohydrate meals to keep the metabolism high, to replenish muscle glycogen stores and to provide the anabolic (muscle-building) boost provided by an insulin surge, without the fat-storing effects.

The solution is calorie cycling, sometimes called carb cycling. The principle is simple: most days, you eat high-protein, low-carb, medium-fat meals. But 1-2 days a week, you eat low-protein, high-carb, low-fat meals that are much higher in calories. This has the effect of suppressing insulin levels and keeping caloric intake low on most days, to encourage your body to burn fat for energy. However, by periodically having a high-carb, high-calorie day, your metabolism is kept high because the surge in calories shows your body that it is not starving, so it keeps its thyroid hormone levels high. And when done properly, you won't be adding any extra fat cells on your high-carb days, because the energy from the carbs will go directly into your muscles to replenish your muscle glycogen stores.

Assuming you are doing one cleanse day per week, a typical week might look like this:

Monday cleanse day

Tuesday	high carb, high calorie day
Wednesday	high protein, low carb, low calorie day
Thursday	high protein, low carb, low calorie day
Friday	high carb, high calorie day
Saturday	high protein, low carb, low calorie day
Sunday	high protein, low carb, low calorie day

If you are doing two cleanse days per week, a typical week might look like:

Monday	cleanse day
Tuesday	cleanse day
Wednesday	high carb, high calorie day
Thursday	high protein, low carb, low calorie day
Friday	high protein, low carb, low calorie day
Saturday	high carb, high calorie day
Sunday	high protein, low carb, low calorie day

If you are not doing any cleanses, a typical week might look like this:

Monday	high protein, low carb, low calorie day
Tuesday	high carb, high calorie day
Wednesday	high protein, low carb, low calorie day
Thursday	high protein, low carb, low calorie day
Friday	high carb, high calorie day
Saturday	high protein, low carb, low calorie day
Sunday	high protein, low carb, low calorie day

By cycling your calories and meal composition, you can get the best of both worlds: you can burn fat and build muscle at the same time!

You might see other simpler version of calorie cycling programs, where your week is divided into high-calorie, medium-calorie, and low-calorie days. Other

programs keep calories low for 6 days a week and add in one “overfeeding day” where you get to eat as much as you like of whatever foods you desire.

These methods will give you some of the benefits of the program described above, and will be easier, but if you just cycle your number of calories without regard to meal composition you'll miss out on some of the benefits.

Others will find that they like to use both the calorie cycling and meal composition plan presented here until they get to their ideal weight, and then use the simpler “one overfeeding day a week” program for maintenance.

Whatever it is, you need to find a way of calorie cycling that fits your lifestyle, because the best way to cycle calories is the way that you actually use!

Ideal Meal Macro-Nutrient Composition

This section describes ideal meal compositions for high-carb, high-calorie days and high-protein, low-calorie days. As described in detail in chapter 2, calories are not always an accurate reflection of the amount of energy in food. However, they are the best simple estimate we have, and it is impossible to quantify the exact amount of energy in every food you eat in every situation, so the information in the rest of this chapter refers to calories listed on nutritional labels in determining ideal meal composition.

On high protein, low carb, medium fat days, ideal meals should have approximately the following macro-nutrient composition:

- ◆ 50% protein
- ◆ 20% carbohydrate
- ◆ 30% fat

On low protein, high carb, low protein, low fat days, meals should have approximately the following macro-nutrient composition:

- ◆ 15% protein
- ◆ 70% carbohydrate

- ◆ 15% fat

You can easily determine the caloric composition of a meal by reading nutritional labels and using the following reference:

1g of protein = 4 calories

1g of carbohydrate = 4 calories

1g of fat = 9 calories

Eating this way has many benefits:

- ◆ By varying the number of calories you eat, the body is tricked into staying out of starvation mode, because it never goes more than 2-3 days without getting a high calorie day. High carb days replenish muscle glycogen stores, keep the metabolism high. The hormone leptin is tied to calories, and t3 hormone is produced by the thyroid and regulates the metabolism. With high calorie days, these levels stay high and keep the body out of starvation mode!
- ◆ By eating high protein, low carb meals most of the time, your body creates a calorie deficit that causes it to burn stored fat (assuming you have proper nutritional support.)
- ◆ Eating high protein meals increases the thermal effect of the foods you eat, which is the number of calories the body must burn to simply digest the food. (Thermal effects cancel out approximately 20% of the calories in protein, 5% in carbs, and 3% in fats – and it is the body's high efficiency in utilizing calories from fat that have given fat a bad name in the dieting community!)
- ◆ Eating low protein, high carb, low fat meals on your high calorie days optimizes the storage of glycogen in the muscle cells.
- ◆ Varying the kinds and amounts of food you eat is much easier psychologically than eating the same kinds of foods and same amounts of food every day.

Portion Sizing and Meal Timing

In addition to cycling the kinds of foods you eat and the amounts, it is also useful to pay some attention to portion sizing and meal timing.

Both bodybuilders and diabetics have learned that the body functions much better with more frequent, smaller meals. When you eat fewer, larger meals, the body is overwhelmed by processing all the calories in a large meal and will readily store the extra calories as fat. In addition, the typical person can only absorb 20-45 grams of protein every 3 hours, so any additional protein intake is converted to fat and not utilized to build additional lean muscle.

Our goal with the Theta*Genix program is simple:

- ◆ On high protein days, eat 5 meals per day, approximately 3 hours apart
- ◆ On high carb days, eat 6 meals per day, approximately 2.5 hours apart

Even if you don't want to start using the calorie cycling and macro-nutrient breakdowns right away in your life, you might try eating smaller, more frequent meals as a step towards a healthier lifestyle.

Optimization: Eat your first meal as soon as possible after getting up in the morning. (The exception to this is if you are exercising first thing in the morning.)

Calorie Guidelines

For those who are really serious about weight release and body transformation, calorie guidelines are provided below, but remember that the types of foods are just as important – if not more important – than the exact number of calories!

The numbers below assume you are at approximately 20% body fat for men, and 25% for women. Because fat is not metabolically active, those with higher levels of body fat will need fewer calories than a person of the same weight with less body fat and more lean muscle.

Note that the figures below are ideal, and it always more important to find portion sizes that you are comfortable with over the long term! For some people the

amount of food suggested below will not be sufficient, and you will be eating frequently. If this happens, it's fine to increase portion sizes so that you aren't hungry all the time! As you get leaner and your digestion improves, you may find that you just don't need to eat as much food.

You may also want to keep healthful snacks handy if you start to feel hungry between meals. Raw nuts and raw vegetables are great choices (just be careful with nuts – they contain dense calories so it's easy to eat too many of them!)

An alternate method to determine a target number of calories is to take your lean weight, and multiply it by 12x to 16x on low calorie days, and multiply it by 18x to 24x on high calorie days, depending on how aggressive you want to be with your program. For example, if you are a 200 pound man with 20% body fat, your lean weight is 160 lbs, so your target number of calories would be between 1920 (160x12) and 2560 (160x16) on low-calorie days, and between 2880 (160x18) and 3840 (160x24) on high-calorie days.

Examples

For a man of approximately 225 pounds who exercises: on low calorie days, he should eat 5 meals of approximately 400 calories each (50g protein, 20g carb, 13g fat); on high calorie days, he should eat 6 meals of approximately 600 calories each (22.5g protein, 105g carbs, 10g fat).

For a man of approximately 225 pounds who does not exercise: on low calorie days, he should eat 5 meals of approximately 320 calories each (40g protein, 16g carb, 10g fat); on high calorie days, he should eat 6 meals of approximately 500 calories each (18g protein, 84g carb, 8g fat)

For a man of approximately 170 pounds who exercises: on low calorie days, he should eat 5 meals of approximately 340 calories each (37.5g protein, 15g carb, 10g fat); on high calorie days, he should eat 6 meals of approximately 480 calories each (17g protein, 78g carb, 10g fat)

For a man of approximately 170 pounds who does not exercise: on low calorie days, he should eat 5 meals of approximately 275 calories each (30g protein, 12g carb, 8g fat); on high calorie days, he should eat 6 meals of approximately 400 calories each (13.5g protein, 63g carb, 6g fat)

For a woman of approximately 160 pounds who exercises: on low calorie days, she should eat 5 meals of approximately 280 calories each (35g protein, 14g carb, 9g fat); on high calorie days, she should eat 6 meals of approximately 360 calories each (16g protein, 74g carbs, 7g fat)

For a woman of approximately 160 pounds who does not exercise: on low calorie days, she should eat 5 meals of approximately 225 calories each (28g protein, 11g carb, 7g fat); on high calorie days, she should eat 6 meals of approximately 288 calories each (13g protein, 59g carbs, 5.5g fat)

For a woman of approximately 125 pounds who exercises: on low calorie days, she should eat 5 meals of approximately 230 calories each (29g protein, 11g carb, 7g fat); on high calorie days, she should eat 6 meals of approximately 320 calories each (13g protein, 60g carbs, 5.5g fat)

For a woman of approximately 125 pounds who does not exercise: on low calorie days, she should eat 5 meals of approximately 180 calories each (22.5g protein, 9g carb, 6g fat); on high calorie days, she should eat 6 meals of approximately 260 calories each (10g protein, 47g carbs, 4.5g fat)

Eating this way will ensure maximum absorption of the nutrition in the food you eat, minimize feelings of hunger, minimize the storage of excess calories as fat and maximize the thermal (fat burning) effects of the foods you eat.

OPTIMIZATION: If you are really serious about getting into shape, start weighing all your portions and plan your meals to be as close as possible to the guidelines given here.

Of course, these are just guidelines; many factors can affect the number of calories your body actually converts into energy from the food you eat, including the following:

- ◆ Fibers in food can reduce the effective calories consumed
- ◆ Saturated fats are easier to store as body fat than monounsaturated fats
- ◆ Multiple meals burn more calories in digestion, provide more even blood sugar effect, cause less fat storage, and provide more energy
- ◆ Don't skip breakfast – it will lower your metabolism and put you into a catabolic state (burning up muscle tissue); it's fine to work out on an empty stomach first thing in the morning, but be sure to eat afterwards!
- ◆ Avoid high fructose corn syrup (HFCS) – it is linked to diabetes and obesity! HFCS is cheap to produce and hence extremely overused in the food processing industry, and contributes a large number of high glycemic calories without satisfying appetite.
- ◆ Green teas and oolong teas contain caffeine, catechins and polyphenols, all of which promote fat burning. And it's not necessary to spend a lot of money to get the latest fad tea you saw on Oprah – any oolong tea should do fine.
- ◆ Our environment is being filled with estrogen like compounds; pesticides, hormones, soy, beer (hops), and pollution all contribute; to combat these estrogen like compounds you can eat more broccoli, cauliflower, and brussel sprouts, which are natural estrogen scavengers.

Generally “good” foods for high protein, low carb days include:

Any and all vegetables, including:

- ◆ asparagus
- ◆ broccoli
- ◆ brussel sprouts
- ◆ cabbage
- ◆ carrots

- ◆ cauliflower
- ◆ celery
- ◆ collard greens
- ◆ cucumber
- ◆ eggplant
- ◆ green beans
- ◆ kale
- ◆ mushrooms
- ◆ romaine
- ◆ wiss chard
- ◆ spinach
- ◆ peppers
- ◆ watercress
- ◆ zucchini

Fruits, including:

- ◆ apples
 - ◆ blueberries
 - ◆ grapefruit
 - ◆ kiwi
 - ◆ lemons/limes
 - ◆ pears
 - ◆ plums
 - ◆ bananas
 - ◆ strawberries
-
- ◆ lean meats (turkey, chicken, and lean cuts of beef - free range, grass-fed, and/or organic are best)
 - ◆ wild fish (better than farmed fish)
 - ◆ organic dairy (preferably raw and/or grass fed)

- ◆ whole eggs (all the protein is in the yolk!)
- ◆ nuts and seeds (raw nuts are even better!)
- ◆ nut butters
- ◆ oils with minimal processing (extra virgin olive oil, virgin coconut oil, flax oil, Udo's Choice oil)

Generally "good" foods for high carb, low-fat days:

- ◆ whole unrefined grains
- ◆ legumes (peas, beans, peanuts)
- ◆ whole grain or sprouted grain bread
- ◆ high fiber cereals
- ◆ sweet potatoes
- ◆ brown rice (you can get brown rice spaghetti and make great Italian dishes!)

Generally "bad" foods to be avoided most of the time:

- ◆ anything with high fructose corn syrup
- ◆ anything with a lot of refined sugar
- ◆ anything with trans fats

Note that, even for the worst foods – doughnuts, soda, fried chicken wings drenched in dressing, etc. – I wouldn't recommend avoiding them all the time if they are things you really enjoy, because continued deprivation can create cravings. Instead, save them for special occasions. And, know that once you get to your target weight, it is much easier to maintain it than it was to get there in the first place!

Of course, you need to find a way to integrate this program into your lifestyle that works for you. Do not stress too much about finding the “perfect” diet; the level of detail is presented here for those who wish to optimize their meals for maximum results.

General guidelines for choosing foods:

Fibrous vegetables are always great choices; fresh fruits, whole grains, and beans are also good choices, especially on high carb days; heavily processed starches and sugars are the worst choices.

If you are confused about which foods are best, just eat unprocessed, natural foods; focus on vegetables, fruits, lean meats, and natural fats and you'll probably be fine! The calorie guidelines are presented as an optimization, and you will do just fine without counting calories if you focus on whole, unrefined, natural foods.

The best time to avoid junk food is at the grocery store: if you don't have it around the house, you won't eat it! It's much harder psychologically to not eat it the bad stuff when it is sitting on the shelf...if you are living with others, and they are on board with your desire to get healthy, have them put the “bad” foods out of sight, perhaps in a cabinet that you can avoid.

Let's finish this chapter by busting a few more common myths about food and nutrition:

MYTH-CONCEPTION: There is a direct link between caloric intake and obesity

There are plenty of cultures where 50%, 70%, or even 90% of their calories come from fat, but they do not show signs of obesity degenerative diseases, because they eat their foods in natural forms from natural sources.

If you have to choose between strictly adhering to either a certain caloric goal or eating healthy, fresh, whole foods, you should pick the healthy, fresh, whole foods every time!

A common mistake people make – especially bodybuilders – is to rely too much on prepackaged food and nutritional supplements, because the nutritional information is printed right there on the packet, making it much easier to figure out how to integrate it into a “perfect” meal. By contrast, the exact calorie count and nutritional information for fresh, healthy whole foods – like fresh fruits and vegetables – is harder to figure out. Don't let this deter you – you're probably a lot better off eating a little bit too much of the fresh, healthy, whole foods than having a calorie-perfect meal of processed or synthetic food. (Of course, don't let this be an excuse to regularly overeat fresh foods!)

Not at all! Because of the high thermic effect of protein, and because protein

MYTH-CONCEPTION: High protein diets are only for body builders

(with the exception of fast-digested whey protein) does not trigger an insulin response, a high protein diet can be a great choice for anybody who is in a state of good health. Be aware that some people with kidney disorders should not eat a high protein diet – speak with your doctor before changing your diet if you have any medical condition or any concerns.

MYTH-CONCEPTION: Eating fat makes you fat

Low fat diets don't work because fat is required for many metabolic processes, and if you eat low fat it can disrupt hormone balance, interfere with weight loss, and possibly cause health problems. Usually people on low fat diets replace the

fat with more carbohydrates, which ends up making them even fatter than if they had eaten the fat.

Chapter 6: Getting the Most Out of Your Exercise

Exercise is the last building block of the Theta*Genix program. While it is not strictly necessary to exercise to benefit from this program – remember, every component of the program is optional! - there are many benefits to regular exercise, including:

- ◆ In the short run, exercise burns calories
- ◆ In the long run, the right kind of exercise builds additional lean muscle mass, which increases your BMR (basal metabolic rate)...and each pound of lean muscle burns an additional 25-50 calories every day for the rest of your life!
- ◆ Exercise balances hormone levels in the body
- ◆ Sweating during exercise detoxifies the body
- ◆ Exercise (especially intense exercise) releases endorphins which make you feel better
- ◆ Exercise relaxes the muscles and helps relieve stress
- ◆ Exercise helps to take you out of your head and get you back in your body
- ◆ Exercise helps to keep muscles, bones, and connective tissues strong, slowing and even reversing the aging process

However, this chapter is not going to contain a specific regiment of workouts. There are zillions of different kinds of exercises, and thousands of different weight lifting routines alone. To remain true to the spirit of the Theta*Genix program, let's not sweat the details, and emphasize that the best form of exercise for you to do is the one that you actually do!

This is such an important point that it bears expanding on this. You will get most of the benefits of regular exercise just by doing something a few times a week. What kind of exercise you do, how long you do it for, and how often you do it are actually less important than just doing it! So if you love to do yoga, do yoga. If you love karate, do karate. If you enjoy running, run. Find something that you like

to do, that is convenient and fits into your schedule and budget, and make it a part of your lifestyle...the rest is just details!

The rest of this chapter is for those who wish to learn a bit more about optimizing your exercise routine to get faster, more impressive results.

Exercise and the Basal Metabolic Rate

You already know that you need to cut your caloric consumption in order to release excess fat. While this is true, it is only half of the picture: equally important is the number of calories your body burns in a day. In fact, in the long run, your increasing the metabolism is probably more important for releasing excess fat and keeping it off than reducing calories. When you force your body to release fat by decreasing calories, it will respond by lowering the metabolism. We see this effect all the time in people on diets who hit a plateau when their metabolism slows down enough to balance their decreased caloric intake. Then when they go off the diet, they gain back all the weight and more, due to their lowered metabolism!

To refresh on the discussion of BMR from Chapter 2, BMR is the basal metabolic rate (also known as the RMR, or resting metabolic rate), defined as the number of calories the body at rest burns each day. When you “increase your metabolism”, what you are doing is raising your BMR. Hence, people who have a naturally fast metabolism have a naturally high BMR, and people who have a naturally slow metabolism (often the result of adrenal and/or thyroid dysfunctions) have a naturally low BMR.

Raising your BMR is critical to long-term release of fat, because if you can raise your BMR, your body will automatically burn extra fat. **Even if you only raise your BMR a little bit, it can make a huge difference over the long run!** For example, say you raise your BMR enough to burn up just one pound of fat over the course of a year (which is something like a 20 calorie a day increase), then 30 years

later you will have burned up 30 pounds of excess fat – an enormous difference in body composition and weight without changing your diet at all!

The primary contributor to BMR is the amount of lean muscle mass, so the best way over the long term to raise BMR is the increase lean muscle mass. And for most people the most effective way to do this is resistance training (aka weight lifting).

There are two basic types of exercise: aerobic exercise (like jogging), and anaerobic exercise (like weight training.) Aerobic exercise tends to burn up a lot of calories when you are doing it, and to elevate the metabolism for a few hours afterwards. And while anaerobic exercise may not burn up as many calories as aerobic exercise during the exercise, anaerobic exercise has three important effects:

- ◆ Anaerobic exercise done properly causes you to build up more lean muscle mass, and hence permanently increases your BMR, which over the long term is probably more important than the short-term effect of burning calories during exercise.
- ◆ Weight lifting and other anaerobic exercise cause a more powerful “after burn” effect where it raises your metabolism for up to 12 hours or more after exercise.
- ◆ It is possible to overdo cardio (aerobic exercise) and cause your body to start burning up lean muscle mass, which means you are winning the battle (burning up a lot of calories in the short term) but losing the war (lowering your metabolism and hence burning fewer calories in the long term.)

However, even if you dislike weight lifting, don't despair, because the most important exercise for you to do is the one that you actually do! At the end of the day, it really doesn't matter that much what you do for exercise... the important thing is that you do get regular exercise. So, find something you love to do – try yoga, boxing, running, swimming, martial arts, surfing, spinning, competitive

speed knitting, or whatever exercise YOU enjoy and that YOU will make time for on a regular basis...and it's a double bonus if the exercise you enjoy builds lean muscle mass and increases your BMR.

Resistance Training

A great form of exercise to release weight, stay young, and improve overall health is resistance training, also known as weight lifting. Why is weight lifting such a great exercise?

- ◆ Lifting heavy weights, or light weights aerobically with short rest intervals, burns a lot of calories both during exercise and increases metabolism for 12-24 hours afterwards (this is known as the “after burn”.)
- ◆ Lifting weights increases lean muscle mass, increasing your metabolism and burning more fat every day for the rest of your life.
- ◆ Lifting weights with proper range of motion and proper stretching afterwards stretches and strengthens not only muscles but also bones and connective tissues (ligaments and tendons.)
- ◆ Lifting weights balances hormone levels in the body.
- ◆ Gym memberships and home exercise equipment are relatively cheap, and can be flexibly scheduled to accommodate busy people.
- ◆ Personal trainers are plentiful and affordable.

So if you are really serious about transforming your body and releasing weight, you will probably want to incorporate some weight training into your exercise regimen. And, if you incorporate stretching in at the end of your workout, you can actually build muscle and increase flexibility at the same time!

If you do work out with weights, there are a plethora of different weight lifting routines available. Whichever routine you choose to follow, apply the following guidelines to get the most out of your weight lifting routine:

- ◆ Speak to your doctor before starting a weight lifting program to ensure it is safe for you.

- ◆ It is probably not necessary to be lifting weights for more than 30-40 minutes per session; unless you are highly conditioned and experienced athlete, longer sessions will lead quickly to over-training.
- ◆ Do not work the same body part more than 1-2 times per week to avoid over-training.
- ◆ If you are new to weight lifting, do not lift more than 3 days per week until your body becomes accustomed to it.
- ◆ Even if you are a weight lifting veteran, take at least two days off from weight lifting each week to avoid over-training.
- ◆ After every 4-6 weeks of weight training, take several days off to let your body recover and to avoid over-training.
- ◆ Change your workout routine on a regular basis; for best results, change your workout every month. Alternatively, only stick with a particular workout routine as long as you are getting results; once you plateau, take some days off and then switch it up!
- ◆ If it is safe for you to do so, be sure to include full-body, multi-joint exercises in your routine (for example, squats and dead lifts), as these burn the most calories and cause the greatest increase in muscle mass.
- ◆ If it is safe for you to do so, be sure to work both your upper body and your lower body.

If you are a weight lifting veteran, these guidelines are probably sufficient for you to create and vary your routine to get great results. But be careful about overtraining – one of the most important things I learned about weight lifting is the need to give my body at least two rest days every week, plus a week every month, to recover!

One workout which I like a lot is called the German Body Comp workout, which was developed by German scientists to maximize the production of growth hormone. It involves high intensity, low weight, high repetition sets with short rest intervals where you superset (alternate) upper body and lower body exercises. It

also doesn't take a lot of time – usually about 35 minutes of lifting, which works out to about an hour total when you include time for warm up, warm down, some interval cardio, and stretching.

If you are new to weight lifting, you should probably go find a local gym you like, and hire a personal trainer to work with you for a short time. Your trainer will help to customize a routine to your body and goals, and will ensure you are using proper weight lifting form so you do not get injured.

Optimization: To maximize the muscle-building effects of your workout, have a high-carbohydrate meal 30-40 minutes before your workout. However, if burning fat is more important than gaining muscle, only do this on your high carb days.

Conventional wisdom is that the best way to build muscle is to have a portion of protein right after a workout. While this is beneficial, *you will actually get a muscle building response that is about three times stronger by having a high carb meal before your workout!*

If your goal is to build muscle rather than fat loss, you can have a high-carb meal before every workout. Because you don't want to be working out on a heavy, hard to digest meal, shakes are a great choice for pre-workout meals. However, if your primary goal is fat loss, it is probably best to limit the high-carb meals to your high-carb days.

Optimization: To get the most out of your workouts, take a mixture of creatine and l-glutamine before your workout.

Creatine is one of the few strength and muscle building that actually works. Mix some creatine powder with some l-glutamine powder (I weigh about 200lbs and use about 20g of creatine and 10g of glutamine before my workouts) with water and drink it before you start lifting.

Optimization: To minimize loss of muscle loss during exercise, take your antioxidants before your workout.

One of the primary reasons why it is difficult to build up muscle mass is that every time we exercise, the free radicals created by the exercise damage and actually destroy a small amount of muscle tissue. This is known as exercise induced oxidosis.

When you work out, a small amount of muscle mass is destroyed by this effect. However, each time you work out there is also stimulus to create new muscle mass. Over the long term, whether or not you gain or lose muscle mass is largely determined by whether or not you are adding new muscle faster than your exercise is destroying your old muscle!

Taking antioxidants before your workout helps to minimize the muscle-destroying effect of the free radicals released during exercise.

MYTH-CONCEPTION: **You need to spend a ton of money on the latest, greatest, weight lifting supplements to build muscle, burn fat, and get into shape.**

Wrong! In fact, most workout and fat burning supplements are a waste of your money and may actually be dangerous to your health. Most of those “in the know” only use a handful of the essentials. Personally, the only workout supplements I use are creatine, antioxidants, amino acid supplements, and protein powders.

Be especially careful of supplements you see advertised in muscle magazines! Did you because all of the muscle building magazines are owned by supplement companies and the primary way they make money on the magazines is to hire writers and reviewers who give great reviews to their products? These magazines are intentionally filled with exercise advice and routines that they know won't work for most people, to get them to spend a lot of money on nutritional supplements (most of which don't work either.)

MYTH-CONCEPTION: If you lift weights – especially heavy weights – you will get “too big”

This myth-conception always makes me laugh - don't worry, it's not going to happen! Those “really big” guys (and sometimes girls) you see at the gym and on TV have dedicated years to building their bodies. Most of them have naturally gifted genetics. Many have also used dangerous and illegal steroids to “get huge”.

If you are working out intensely and eating really well, the most dry muscle mass that you can expect to gain is anywhere from .25-.50 pounds of dry muscle per week. Be aware that as you gain lean muscle mass, your weight on the scale can go up by more than the amount of lean muscle mass you are gaining, because each new pound of muscle can also hold within it another half pound of water and glycogen. Hence, if you gain 10 pounds of lean muscle mass, your weight on the scale might go up 15 pounds, due to the extra water and glycogen your new muscles are storing.

If you wish to get a rough idea of how much water and glycogen weight you are carrying, do a two-day Isagenix cleanse, and weight yourself the morning after the second cleanse day before you eat or drink anything. Then, do a high-carb day and drink plenty of water, and weight yourself at the end of the day...most of the difference in weight will be in the water and glycogen stored in your muscles and liver.

Also, recognize that that if it was that easy to get “too big”, there wouldn't be a multi-billion dollar market in weight lifting supplements!

A Little Known Secret to Effective Cardio

MYTH-CONCEPTION: You have to do low intensity cardio for a long period of time to burn fat

The “conventional wisdom” of doing cardio is that it is best to do really long, boring, low-intensity cardio sessions to burn fat. While this can work, it has the disadvantage of taking up a lot of time, putting a lot of strain on the joints and connective tissues, and being really boring.

Lately, there is a trend in the bodybuilding world to do “high intensity interval training”, or HIIT. The concept of HIIT is that by doing a much shorter cardio program which alternates between high-intensity and low-intensity cardio, you cause your body to burn more energy than it would during a longer low intensity program and cause a stronger “after burn” effect where your metabolism is elevated for several hours after you exercise. The details of the biochemistry are not important here, but the one sentence explanation is that by pushing the body into oxygen debt (which is what happens when you get “out of breath”) you spike your metabolism and increase energy burning.

Doing HIIT is really simple: you do a series of 1-minute intervals, where each interval consists of 30 seconds of high intensity exercise, followed by 30 seconds of low intensity exercise.

For example, if your cardio exercise is walking and running, one interval would consist of 30 seconds of sprinting, followed by 30 seconds of walking. You would then repeat this anywhere from 3 to 15 times for your cardio workout...and you'll get more benefit than if you spent 40 minutes doing low intensity cardio on an exercise bike!

If you want to take it “to the next level”, do 15 minutes of HIIT, and then do 10 minutes of a low-intensity cardio (like walking on a treadmill at 3 miles per hour), and then do another set of intervals. But, be careful about over-doing it with cardio; if you do too much cardio, you can cause your body to start burning

precious lean muscle. It's also easy to suffer repetitive stress injuries, which can be extremely difficult to heal and can put a halt to your training for a long time.

Optimization: To burn the maximum number of calories and take maximum advantage of the “after burn” effect, do your workouts in the morning, on an empty stomach.

Optimization: To minimize the muscle wasting effect of working out on an empty stomach, take BCAAs (branched chain amino acids) prior to exercise.

Similar to the way that BCAAs can be taken on cleanse day to minimize the muscle loss due to calorie deprivation on cleanse days, you can take BCAAs before exercising on an empty stomach to help preserve your lean muscle mass.

You can do HIIT with just about any type of cardio. If you like the elliptical machines at the gym, then go as fast as you can on the elliptical machine for 30 seconds, and then go slowly for 30 seconds. The most important thing is that you go hard – ideally, as hard as you can – during the 30 seconds of high intensity, and then go slow during the next 30 seconds. You can start with 3 intervals and build up. Personally, I do 6 intervals after my weight training sessions and 12-15 intervals on days that I don't lift weights.

If you get comfortable with doing 6 intervals (on days you lift weights) or 12 intervals (on days you aren't lifting weights), rather than doing more intervals, focus on going harder during the intervals! So instead of doing 20 intervals, do just 12 intervals, but be sure to go as hard as you can during the high intensity 30 seconds.

The ideal times to do cardio are either right after your weight lifting program, or first thing in the morning.

Of course, there is still a place for the long, low-intensity cardio. Sometimes you may have just finished a particularly intense workout, or you may be nursing an injury or recovering from an illness and not want to push yourself into oxygen

debt with your cardio. So don't feel bad about doing the traditional “long and slow” cardio – it will still burn fat and it is good for you. But just don't think that you need to spend long mind numbing sessions on the exercise bike to burn fat!

Chapter 7: Applying the Theta*Genix Program

Up to this point, we have explored the most important mechanics of the human body's biochemistry, and we have examined the four pillars of effective, healthy, and permanent fat release, detoxification and reversal of aging. This chapter pulls it all together by providing you with a road map for applying all of this knowledge so that you can start to see these changes in your own life!

The First Step: Find Out Where You Are Now!

Before you begin your Theta*Genix program, it will be extremely helpful to figure out exactly where you are now, and then decide what your goal is.

Start by weighing yourself, measuring yourself, and calculating your body composition (body fat percentage.) Many people don't want to be bothered doing this, but it really is important to track not only your weight but also your body fat, because you want to know that something is wrong if you're losing weight without losing body fat, since this means you're losing precious lean muscle mass. Conversely, you don't want to panic if you gain weight or stay the same weight while you are increasing your lean muscle mass.

There are a few different ways you can measure your body fat:

- ◆ Buy a scale that uses bioimpedance (via electricity) to measure your body fat (these scales are super easy to use and you can get them at most houseware stores)
- ◆ Buy a skin caliper that measures skin folds and cross-references against a chart to determine your body fat percentage
- ◆ Go to a trainer, physical therapist, or doctor and have them measure it for you

A scale is probably the easiest to learn and the easiest to use consistently. However, many people believe that learning to use a caliper is more accurate

than the bioimpedance scale, especially as you get leaner and your body fat drops below the 15-18% range.

Also get a floppy tape measure you can use to measure yourself. (If you use the Isagenix program, it comes with a tape measure.) If you want to be thorough, you can measure your arms, legs, waist, hips, chest, and neck. (Measuring all of these areas is particularly helpful if you are working out and looking to build muscle in addition to releasing fat.) If you are too busy or just don't feel like measuring yourself, you can just measure your waist instead.

Keep a journal, and write down your weight, measurements and body fat percentage – this allows you to track your progress so you can reward yourself when you do well, and change things up a bit if you lose ground or hit a plateau.

Also, be sure to take a “Before” photo! You don't ever have to show it to anybody, but take the photo! After you use this program and transform your body, you'll be glad you have it, since you won't ever again look that way! Don't be shy, and wear a swimsuit (or shorts without a shirt for men); if you want to take the photo yourself, you can take a picture of yourself standing by in front of a mirror. (This has the added advantage of the camera obscuring your face!)

The Second Step: Decide Where You Want To Be!

This is where you get to have some fun: choose your goal weight, body fat and measurements! Be sure to write them down and estimate the time frame you think it will take to reach your goals. Nobody is going to nag you or punish you if you don't achieve them, so don't sweat it if you aren't 100% sure if you can do it. The act of setting a goal and writing it down is an incredibly powerful manifesting technique, and it only takes a few minutes to do. And the only reason you wouldn't write down your goals is because you aren't serious about getting great results!

Additionally, I recommend that you look through some magazines and find a man or woman who has a physique you admire. Cut out their picture, and paste it onto

your vision board (or just tape or glue it on a piece of cardboard if you don't already have a vision board). Then, cut out a picture of your face sized in proportion to the photo, and paste your face over the body of your dreams. Put it somewhere you will see all the time – like on your bedroom dresser – as a great manifesting tool and a daily reminder of your goal!

The Third Step: Tracking Your Results

As you apply the Theta*Genix program, it is recommended that you get a journal and do the following things to keep yourself on task and track your results.

First, weigh yourself and determine your body fat percentage just once a week. Write down the results in your journal. You should do this at a consistent time – it's best to weigh yourself first thing in the morning after using the restroom because that is when your weight will be most consistent. And if you are doing Isagenix cleanses, it's even better if you weigh yourself the morning after you finish your cleanse.

I do not recommend weighing yourself every day, because the normal fluctuations in your weight may be distracting. (My weight fluctuates about 5 pounds during the day, depending on the time of day and how much I eat and drink.)

Next, measure yourself just once a month and write down the results in your journal.

If you are really serious about getting great results, I also recommend you keep a food journal, where you write down how much and what you eat and when you eat it.

If you are working with an accountability buddy (see below), you may want to keep this journal in electronic form so you can easily email your weight, body fat and food journal to your buddy each week.

Lastly, if you are working out with weights or doing some other form of exercise that can be measured quantitatively, be sure to write down exactly what you are doing in your workouts. For example, if you are lifting weights, write down how much weight you are lifting, how many repetitions and sets you are doing and your rest intervals. This will help you to track your progress in gaining muscle and strength.

These above steps are important no matter how you wish to implement your Theta*Genix program. The rest of this chapter will suggest ways you might integrate the various aspects of the program step by step, based on how I did it myself. However, feel free to change the order, and even to leave things out...this is your program, and you should use it in the way that best fits your lifestyle!

Step Four: Emotional Clearing

Before starting to cleanse, change your diet, or exercise, you may wish to start with some emotional clearing to eliminate subconscious blocks to your progress.

The topics presented in Chapter 3 are great starting points for emotional clearing. Additionally, do whatever coaching, emotional clearing, or motivation practices you need so that you get a positive attitude towards your Theta*Genix program. This is critically important, because without a positive attitude, you will probably fail...on the other hand, a positive attitude combined with the material in this book will deliver amazing results to you! You just have to decide what you want, write out your goals, commit to the program, and you will find that your burning desire to have those results will carry you through the hard times.

Step Five: Cleansing

Because using the Isagenix cleanses delivered such phenomenal results to me and my clients for both releasing excess body fat and improving health, you'll probably want to start with cleanses before you modify your diet or start exercising.

I have prepared a document for the optimal application of the Isagenix program called “Isagenix in a Nutshell”, which you will receive when you order the system through me. It provides detailed guidelines for customizing the program to best fit your lifestyle and goals, pulling together everything I've learned about using it. Remember our Theta*Genix guiding principle that “the best way to use the Isagenix program is the way you actually use it!”

In a controlled study, it was found that study participants released an average of about 7.5 pounds of weight during the first 9 days of using the Isagenix cleanses. It's normal to get a big drop in weight in the first week or two.

After that, the goal is to consistently release 1-2 pounds of excess body fat every week as long as we are cleansing regularly, even without any further changes to diet or exercise! (Most experts estimate that you can release at most about 1% of your body fat per week; if your weight is dropping by more than 1% per week, you are probably also losing a combination of muscle and water weight.) I and many others have found that regularly cleansing also causes us to feel great, have more energy, release a tremendous amount of dangerous toxicity, and have other health problems clear up.

Many of you probably will not want to wait until you finish all of your emotional clearing before you start to add Isagenix to your program and begin doing cleanses – and that's fine, since emotional clearing and cleansing work really well together. Of course, it's also perfectly fine to spend a few weeks or months doing emotional clearing before you start your cleanses – because whatever works for you is what works for you!

When you start cleansing is also the time to apply a secret that will make you over three times as likely to get good results.

What is this secret? It's simple: find an accountability buddy to start doing the program with you! In my experience, only about 30% of people who engage in any kind of lifestyle change (whether it be cleansing, or dieting, or exercising)

without a buddy or partner actually stick with it long enough to get meaningful results. By contrast, about 90% of people who work with an accountability buddy stick with their program and get permanent, meaningful results!

You are probably thinking to yourself, “I don’t need to get a buddy, I’ll do just fine without one.” You might, but the odds say you are probably wrong! If you don’t at least make a serious effort to find a buddy, you are cutting your chance of getting good results by a factor of 3. And if you aren’t willing to make a few phone calls to find an accountability buddy, then how serious are you really about releasing weight, reversing aging, and getting healthier, stronger, leaner, and better looking? Isn’t it worth a few minutes and a few phone calls to **triple your chances** of sticking with your program and getting great results?

After reading this e-book, getting an accountability buddy truly is the most important thing you can do to maximize the chance of getting great results from your cleansing, dietary shifts, and exercise. Ideally, you can find one buddy who wants to do it all with you – cleansing, dietary changes, and exercise – but it’s not necessary. It’s fine to have multiple accountability buddies. And don’t panic if you can’t find an accountability buddy for every aspect of the program. (For example, if you already work out regularly, you probably don’t need an accountability buddy for your workouts.) The most important part of the program to have an accountability buddy for is the cleansing...for some reason, it’s easier to get great results and be serious about sticking to your cleansing program with an accountability buddy!

It’s also a great idea – but certainly not mandatory – to have your accountability buddy be a professional such as a life coach, ThetaHealing practitioner, nutritionist, or personal trainer. If you can afford it, these kinds of people make great accountability buddies, because you are paying them for their honest feedback and their time, energy, and expertise at keeping you on track to achieve your goals.

If your accountability buddy is a friend, co-worker, relative, or neighbor, remember that you never need to give advice, and you don't ever need to nag each other. Instead, the best use of an accountability buddy is to call or email each other each week to report your progress on your weight and body composition, measurements and strength. If you are keeping a food journal, send your food journal weekly to your accountability buddy. There's something magical about having someone to report your results to...and as an added bonus you'll have someone to celebrate with when you achieve the body of your dreams!

Again, as you are reading this you probably think you don't need a buddy...but the odds say that you probably do! Besides, are you really so selfish that you don't want to share the magic of this program with other people? I can understand that many of you are thinking "I want try for a while before I tell anyone about what I'm doing"...but why would you want to make people you care about wait for months to get amazing changes to their health and body?

Step 6: Adding Exercise

Once you are accustomed to regular cleansing (which may take a few weeks or a few months), you will probably next want to start working exercise into your program.

The best form of exercise for you to do is the one you actually do, so there won't be much more detail presented in this section. Just be sure to start slow and gently, and check with your doctor if you have any questions or health concerns.

Step 7: Implementing Strategic Eating

As I was learning all of the techniques and principles in this book, the last piece I added was the strategic eating program. I had been cleansing, exercising and doing emotional clearing for about four or five months when I hit a plateau. And learning and applying the strategic eating material in Chapter 5 is what broke me through the plateau into a new level of health, energy and wellness.

I strongly recommend you do not try to do this all at once! Instead, phase in the strategic eating changes gradually.

- ◆ First, you may wish to start by just eating more, smaller meals, 5-6 times per day. You can eat all the same foods you like...just eat less of them, more often!
- ◆ Next, you can implement a simple form of calorie cycling, where you try to keep your calories relatively low to medium most days, and have one day of week that is your “overfeeding” day where you eat a lot.
- ◆ After that, you can add in the use of high protein/low carb and high carb/low fat days, according to the schedule in Chapter 5.
- ◆ Lastly, you can start figuring out different optimal meals for your different days, creating recipes and finding take out and restaurant meals that are as close as is reasonable to the optimal calorie content and macro-nutrient balance (proteins/fats/carbs) for your size, gender, and activity level.

It is not necessary to learn to cook, but most people find that it is much easier, cheaper, and more convenient to implement their strategic eating program by cooking most of their meals. I recommend that you pick one or two days per week to do most of your shopping and cooking, so you don't need to be spending time every day on food preparation. The recommended recipes presented in Appendix E all keep well in the refrigerator or freezer, and can be easily packed into containers for meals on the go.

You will probably also want to get a “Blender Bottle” to make it super easy and convenient to have a meal replacement shake when you are away from home. A Blender Bottle is a great invention consisting of a plastic bottle with a little spherical whisk inside. Before you go out, you can add enough IsaLean powder and/or protein powder for a single shake. When you are ready to drink it, just add water and shake it up – and the Blender Bottle mixes shakes surprisingly well! It's not as good as blender, but it's pretty close.

I also really like the Isagenix IsaLean bars for meals on the go; I keep one in my car and in my backpack so I always have a snack handy. Nuts are also a great portable, low-carb snack to take with you.

Of course, the important thing is to find recipes and meals that are tasty, affordable and convenient, so you will stick with your program not only because you get great results, but also because you simply like it more than your old way of eating!

Personally, I never thought I would do much cooking...but when I finally started cooking my meals I was hooked, because not only is it more nutritious, but it's also a lot cheaper and can actually be a lot more convenient than eating out. (The reason I find it more convenient is because I can choose when to do my shopping and cooking and then it's really easy to toss together my meals in a few minutes when I'm ready to eat. By contrast, I used to eat out all the time, which was a big time waster, since each time I wanted to eat I had to go out, place my order, wait for it, and then drive back to my home or office.)

Making Theta*Genix Affordable: Save Money and Even Profit!

Because “I can't afford it” is one of the primary excuses I hear for people not wanting to transform their health and lifestyle, I want to address this excuse head-on and show you how you can save money, and even make a profit, while you get yourself into the best shape of your life.

Of course, if you have plenty of money and aren't concerned about the cost of the program, you can skip this section!

If you are really serious about getting great results from your program, but are concerned about money, I'd strongly recommend you begin cooking most of your meals at home. Although I did not implement strategic eating until the last phase of my own program, if you are struggling with money, you may want to do this earlier. By switching from eating mostly restaurant food to cooking most of my food, I was able to save a few hundred dollars a month right away.

Also be aware that high-carb days generally will cost you less for food than high-protein days, even though you are eating a lot more calories on high-carb days. This is because carbs (grains and fruits and veggies) are usually less expensive than proteins (primarily meat and fish and dairy products.)

Next, nearly everyone finds that they actually save money when they start using the Isagenix program. I know I did! The Isagenix meal replacement shakes are really affordable. Depending on which program you are using and how much you buy at any give, the cost of each shake will be about \$3.50-\$4.00 per meal when you factor in taxes, shipping and handling charges.

Lastly, once you try this program and get amazing results, you will want to share this with your friends, families, and co-workers. Please see Appendix D if you are interested in being paid commissions to help other people get healthy, release excess body fat, and transform their bodies and lives.

Don't Keep Your Success to Yourself

When you use the Theta*Genix program and get great results, please don't keep them to yourself – I want to know about it! Email me and tell me your story, and if you don't mind sharing your before and after photos, I'd love to see them too. Even better, write me a testimonial so that others can know about the amazing results you got!

I would finish by saying “good luck”...but I know that with the power of the techniques and insights presented here, you won't need any luck to achieve your health and fitness goals.

Appendix A: Where Science Meets Spirit: The Formula for Miracles

Following is the Introduction and Chapter 1 from my book **WHERE SCIENCE MEETS SPIRIT: THE FORMULA FOR MIRACLES**.

Introduction: How an MIT-Trained Engineer Experienced a Miracle

As an engineer, scientist, skeptic, and generally practical person, I never expected to see even one miracle in my lifetime, let alone dozens or hundreds. Not only have I witnessed miracles myself, however, I even discovered how to make them! And now I teach a technique to show people a straight-forward, easy to learn process to create miracles in their own lives.

Of course, as a rational, discerning person I would encourage you to be highly skeptical of anyone who makes the claim that they have found a Formula for Miracles. But at the same time, is it reasonable to close your mind to the possibility without first seeing for yourself whether or not this claim can be backed up? The “Formula for Miracles” described in this book is so real and so reliable, I am confident that if you try it out for yourself, you will see amazing results in your life.

But since a message is only as reliable as its source, before we get into the details of the Formula for Miracles it is important to understand where I came from and why I believe what I do. Certainly, I never had any idea that I would end up focusing my life’s work on healing and mysticism! Like most people, I used to hold the notion that healing and miracles were not compatible with rigorous, practical, scientific thinking. Yet my journey has shown me that exactly the opposite is true: miracles are real and there is a practical, scientific way to draw them into your life!

I grew up as a fairly typical middle-class American kid and inherited the spiritual worldview dominant at the time: that we live in the cold, cruel world of insufficiency and competition, where we have to struggle and fight against forces out there in the world to ensure our survival and comfort. Like most of my peers, my future was planned out for me: grow up, go to college, get a job, and then spend the rest of my life devoting the vast majority of my time and energy to a career I did not really enjoy but that paid the bills. Magic and miracles were to be found only in books and movies, or thousands of years in the past. They certainly didn't seem to have any place in my 'normal' life. I couldn't have guessed that I would later find the link between computer software and miraculous instant healings.

Like many kids, I had a passion for computers and video games, and I can still remember the first time that I played a computer game. It was the late 1970s, and my friend's father was a professor at a local university, so he had a computer terminal at home that dialed into the mainframe on campus. Because the computer was a limited resource and games were given the lowest priority, we had to wait until the load on the system was low enough that we could log into the game. I remember eagerly rushing over to my friend's house in the afternoon after school, and waiting until enough computing resources were free so that we could play games on the mainframe. We played the classic game Adventure as often as we could, and I was hooked! Of course, at the time I had no idea how important my experience with computer games would be to later decoding the Formula for Miracles and instant healing.

Because programming computers seemed to be the one thing that I was genuinely interested in that I could also make a living at, it was an obvious focus for me. I taught myself how to program and spent a lot of time building and fixing computers and writing my own games. (I think I may be the only boy who ever asked for an assembly language reference book for his 13th birthday.) After high school I enrolled at MIT and majored in computer science, where I thrived in the intensely competitive environment.

Shortly after arriving at MIT in 1989 I discovered something truly incredible: the Internet! I had heard of the Internet only once before arriving at college, when the first major Internet worm made the news. As a forward-leaning research institution, MIT and sponsors from the computer industry had invested huge sums in what was called Project Athena, with the goal of making high-powered computer workstations with high-speed Internet connections available to all MIT students. Hence, the campus was dotted with clusters of Internet-enabled workstations that were free to use, though you sometimes had to wait a long time to get on a machine, especially the night before a major project was due.

When I was at MIT, I remember being afraid that after I left school I would lose access to the Internet. Widespread Internet access was still several years in the future; in fact, an MIT alum that I practiced martial arts with used to trade free software consulting to a local company in exchange for dial-up Internet access. Of course, in those days we had no idea what the future of the Internet would be, as at the time it was just an information sharing network for the government, universities, and companies doing advanced research.

Despite the primitive state of the Internet, I was absolutely fascinated by the online world, and I spent many late nights in chat rooms and on bulletin boards. At the time, I did not see the Internet as a serious commercial opportunity, and I expected that I would graduate from college and get a “normal” software job and that the Internet and online world would remain just a hobby.

After four grueling years as an engineering major, I graduated at the top of my class (Phi Beta Kappa) and received multiple letters of commendation for exceptional academic performance from my professors. I then continued on to graduate school where I joined the Telemedia, Networks, and Systems group at the MIT Laboratory for Computer Science. There I performed my graduate research on sending audio and video over the Internet. To the best of my knowledge, my research group was the first ever to send live audio and video over the World Wide Web in 1994.

My stay in graduate school was truncated by the commercialization and then sudden popularization of the Internet in the mid 1990s. I had received my master's degree from MIT and qualified for and begun the PhD program in 1995 when, like many of my lab mates, I dropped out of school to pursue my fortune by moving to California to form an Internet company. I had two partners, one of them my long-time best friend. At the time they were both doing local computer repairs – replacing hard drives, installing anti-virus software and that sort of thing – and after many excited conversations I convinced them to start an Internet company. The Internet boom was the gold rush of my generation, and I was not going to miss out on it!

We formed a Web site development company, and before long we had a staff of over a dozen people and were developing high-profile Web sites for a number of Fortune 500 companies. While making Web sites was a good business, all three of us really wanted to be video game developers, so we formed another company devoted to making video games.

Because I was such a workaholic and so intensely devoted to building these companies, I was working 100+ hours a week on a regular basis. When you factor in that I typed over 100 words a minute and worked intensely, rarely taking breaks, you can understand that a huge strain was being put on my body. In retrospect, it is no surprise that it only took about a year before I was afflicted with devastating repetitive stress injuries.

For those who may think that computer injuries and other forms of repetitive stress are a joke, let me tell you that anyone who has experienced serious repetitive stress injuries knows that they are about as funny as being hit by a Mack truck (that is, not funny at all.) I suffered from terrible pain and restricted movement in my back, neck, and right arm and shoulder, and I was left unable to work or do much of anything. It was painful to shave myself, and it was painful to drive. Sometimes I had to ask other people to cut my food for me because it was too painful to do it myself. I could not even read books because it was too much

strain on my arms and hands to hold a book open for more than a few minutes at a time. I was also losing sleep, because I would frequently wake up in the middle of the night in so much pain that I could not fall back asleep.

I was diagnosed with severe tendonitis across my entire upper body, along with several other diagnoses ending in “itis” (which is just a Latin term meaning something that is swollen or inflamed), as well as carpal tunnel syndrome and thoracic outlet syndrome. In fact, I had so many diagnoses of various versions of “itis” and “syndrome” that I used to joke that I had a severe case of “itis syndrome.”

At first, I pursued the usual conventional remedies. I spent a lot of time with doctors and physical therapists, going through all manner of physical and occupational therapy and taking a whole array of drugs to try to manage the pain and inflammation. I did my homework and researched the very best doctors and therapists who worked in the field. I believed that if I could find the most respected and well-trained doctors, then surely they would be able to fix my problems so I could return to my life and make my millions on the Internet boom.

The fact that you are reading this book indicates that it did not work out that way. After a few years of splitting my time between the office and physical therapy, my condition only continued to worsen. Because I was so devoted to the Web site and video game companies I had founded, I trained myself to type one-handed so I could continue working. At one point I could actually type at 30 words per minute using only my left hand! In retrospect, this was incredibly stupid, because in a short time I was just creating the same problems in my left arm.

Eventually my inability to work a full time schedule caught up with me. Soon I found myself unable to work and in a legal dispute with my partners over the companies I had crippled myself to build. I was in near-constant pain, and doctors told me that I would never again be able to work full time with computers. The doctors told me that my condition was hopeless; in their lingo, I was “permanent and stationary,” which meant that I was never going to get better.

At first I accepted this diagnosis and became extremely depressed. There was no way I could work at any sort of real job when a task as simple as dialing a phone caused me pain, so I ended up on disability. At the time I had no idea how I would be able to support myself for the rest of my life, let alone do something about the pain and physical limitations. If you think it might be fun to receive disability payments without needing to work, think again. It was an absolute nightmare for me, because not only could I not work, I also couldn't do anything else I enjoyed. I couldn't play computer games. I couldn't exercise. I couldn't Web surf, hold a phone, wash my car or clean my place. It is difficult to put into words the overwhelming frustration and despair I felt. And I was spending the equivalent of a full-time work week shuttling between various doctors and therapists, undergoing treatments that were sometimes terribly painful and always ineffective.

It was truly surreal how far I had fallen, and how fast. Just a few years before, I was one of the world's leading computer networking experts in the midst of the Internet boom, with the world at my feet and infinite possibilities. Somehow I had lost everything, was living in terrible pain and being told by doctors that I had no hope of recovering any semblance of a normal life.

Then, in 1999, I was introduced to the world of alternative medicine, and I hoped it would be my salvation. I got heavily involved with many forms of bodywork, homeopathy, osteopathy, chiropractors, Chinese doctors, energy healers, and all sorts of other stuff. I was spending all of my time and money experimenting with these treatments, still believing that it would be possible to fix my body and return to my previous life.

And this was not just a naïve hope; I had actually seen some amazing results from the practitioners I was working with, but not for my most serious problems. For example, when I first saw a homeopathic doctor, I had been having a problem with a persistent rash for a couple of years, and was spending a lot of

money on prescription rash cream. He gave me a homeopathic remedy, and in less than three weeks the rash was gone, never to return.

Another time, I sprained my ankle and it hurt to put even a little bit of weight on my foot. But, after a single adjustment from my osteopathic doctor, I woke up the next morning and found my ankle was completely fine. There was no pain or tightness at all! So, I knew the people I was seeing were good, and I got some pretty incredible results on peripheral health problems, but nothing worked on my most serious afflictions: pain and movement restrictions in my hands, arms, shoulder, neck, and back.

This motivated me to find a lawyer and get my worker's compensation case reopened so I could continue to seek treatment. For the next seven years I lived on a combination of my savings, debt, and disability payments, and spent all my time, money, and energy in alternative treatments of various sorts. I estimate that during my odyssey I spent over \$100,000 of my own money on various alternative health modalities, in addition to the conventional care I got through the state disability program. In addition to the orthopedic doctors, physical therapists, and occupational therapists, I went to numerous Chinese doctors, osteopaths, chiropractors, homeopaths, nutritional specialists, psychologists, psychiatrists, yoga classes, chi gong classes, pain specialists, naturopaths, energy healers (including Pranic healers and Reiki healers), Ayurvedic doctors, herbologists, movement re-trainers, and others. On top of this, I had something on the order of 1,000 hours of various kinds of deep tissue massage and bodywork done on me (that averages out to about 2 hours a week for 10 years.) At the same time, I took all sorts of supplements, suffered through many painful prolotherapy injections, did many kinds of body cleanses, and even tried different nutritional programs including a raw food diet.

Although a few of these treatments provided some marginal benefits for me, nothing was able to address or improve the core problems: tendinitis, bursitis, carpal tunnel syndrome, thoracic outlet syndrome, fibromyalgia, and a whole

bunch of other Latin words that meant only that I was in pain and could hardly move and nobody knew what was really wrong with me or what to do about it.

In 2002 I had been in various treatments for several years without showing any significant improvement. I was scared to death of ending up homeless if I lost my disability benefits and wasn't able to work, so I agreed to have surgery done on my elbow. I had an overwhelmingly negative feeling about the surgery, but I didn't pay much attention to it because at the time I was a hardcore rationalist who thought that intuition was only for new-age hippy types.

As you may have guessed, the surgery was a disaster and the beginning of the worst chapter in my life. After the operation, my right arm was completely frozen at the elbow; I couldn't use it at all. Not only did this prevent me from common daily activities (for example, I could not floss my teeth,) but the frozen elbow also caused a variety of cascading problems through my neck and back. I endured a variety of awful treatments over the next four months in an attempt to free up my arm, including wearing devices called DynaSplints that put pressure on a frozen joint while you sleep. I even had a physical manipulation done under local anesthetic, which my surgeon later told me was a bad idea because sometimes people will have a heart attack from the intense pain.

I then agreed to undergo a second operation. This time, it actually did make progress in freeing up my arm, and I could move my arm more easily, although it was still far from functional. It would frequently freeze whenever I tried to use it, and it lacked a significant range of motion. Worst of all, I was spending several hours every day in a modern-day torture device called a CPM machine, which is a hydraulic monster that forcefully extends and bends your arm for you.

It was at this stage that my Aunt Lauren told me about a something that changed the course of my life. Her friend Terry O'Connell had experienced her own health crisis and found an alternative healing technique called ThetaHealing. It not only significantly helped her, but she was so impressed by ThetaHealing that she

gave up her successful career in finance to pursue a new career as a full-time practitioner.

It seemed kind of crazy at first, but having tried everything else, I figured I had nothing to lose. So I made an appointment to try it out.

When I arrived for my session, Terry began telling me how ThetaHealing works by using muscle testing to determine what beliefs are in the subconscious mind, and then using focused prayer techniques from a theta brainwave to reprogram the subconscious mind. The theory is that because the subconscious mind creates all aspects of our reality – including our health – reprogramming the portions of the subconscious mind creating an illness or disease will allow instantaneous healing.

It was amazing how well the Universe had prepared me for this situation. The two books that I had read prior to doing ThetaHealing were *The New Revelations* by Neale Donald Walsh, which is about how our subconscious beliefs create and shape our reality, and *Power Versus Force* by David Hawkins, which is about how we can use muscle testing to query the subconscious mind. So I thought to myself, “Wow, this actually makes sense.” However, I still was not convinced that Theta could do anything for me. I had endured a long string of esteemed and successful practitioners of various techniques, who had told me something like “Our treatment helps 99% of our clients to recover within 8 sessions.” But guess who always fell into that 1% and who never saw any real improvement? (If you guessed me, you’re correct!)

Terry and I talked about all sorts of things that were interesting, but did not seem directly connected to my health, including my parents, my relationship with God, various childhood experiences, my depression, and my career. We did a lot of muscle testing, and she used the ThetaHealing technique to reprogram my subconscious belief systems. Then, after an hour or so of this, it was time for the physical healing. Terry mysteriously closed her eyes and went into some kind of trance. I closed my eyes and relaxed, and was surprised to feel a little popping or

snapping occur in my elbow. Terry then said “Try your arm.” Jaded and hardened by years of disappointment, I did not expect anything to happen, until I actually tried to use my arm.

It had worked – my arm had somehow been healed instantly!

I was able to bend and extend my arm smoothly without any pain or problems. My physical therapist and surgeon had told me that if I was lucky, getting to this point should have taken months of excruciatingly painful grinding and manipulations, if it could happen at all.

I was so relieved that I could use my arm again, all I could think was, “Oh my God, it’s a miracle!” I remember thinking to myself, “I’m not exactly sure what this ThetaHealing thing is, but I have got to learn it!”

Needless to say, this experience completely upended my understanding of reality and what is possible in life. Not only had I actually experienced an instant miracle healing, but I learned that this same ThetaHealing process could be used to work with all the aspects of my life that I wanted to improve – health, finances, career, relationships, spiritual evolution – anything!

Despite my overwhelming initial enthusiasm, it was still a long and difficult journey to fully recover my health and build a new life for myself. Although my frozen elbow was honestly and truly healed, I had many other physical, emotional, and spiritual challenges that did not heal so miraculously. I had a lot more work to do before I could recover from the rest of my physical and psychological problems.

My introduction to ThetaHealing was a profound turning point in my life. At the time I had been pursuing many different conventional and alternative therapies full-time for over seven years. Even though I knew I was seeing the best people and using the best techniques available, my health had continued to deteriorate even after the surgeries. But, with regular ThetaHealing sessions, I was able to slowly and surely recover my health.

In particular, the same physical therapy, acupuncture, supplements, and bodywork that had done nothing for me for so long actually started to work! Little by little, I could see slow, measurable, and permanent improvement in my health. Within a few months I was able to drive, shave, cut my own food, and do a lot of little “life things” without the chronic pain I had lived with for so many years.

I immediately began doing everything I could to learn the ThetaHealing technique myself. In addition to daily practice, I went to every ThetaHealing seminar, practice group, and private session I could beg, borrow, or steal the money to attend. A year later, I felt confident enough to start doing it professionally. In 2004 I founded ThetaHealing LA, with the purpose of sharing the incredible magic and power of ThetaHealing with the world.

Just a few years ago I was suffering from “incurable” health problems, lived in terrible pain, poverty and loneliness, and had no hope of recovering a normal life. Today, I feel profoundly grateful that I have been able to use the ThetaHealing technique to transform myself into a healthy, joyful, and prosperous person with amazing relationships and a phenomenal new career where I get to spend my days creating miracles in peoples’ lives.

Not only have I been able to use the ThetaHealing technique to change my own life, but it has also worked wonders for my clients and students. With my private session clients I have personally witnessed not just a handful, or even dozens, but literally hundreds of miracles. I’ve had clients who have reported instant miraculous healings from many different kinds of health problems, including such “difficult” or even “incurable” problems as cancer, asthma, allergies, broken bones, chronic lower back pain, and drug addiction. I’ve seen all manner of emotional traumas released and healed, allowing formerly angry, bitter, fearful, and traumatized people to truly live in joy and peace for the first time in their lives. I’ve seen relationships transformed, parents and children reconnecting, and marriages saved. And I’ve helped many people who lived lives of struggle, sacrifice, debt, and poverty to begin to make money and experience financial

abundance doing what they love. But don't take my word for it; experience it for yourself!

To emphasize that the miracles ThetaHealing has worked in my life are not an isolated fluke, each chapter of this book begins with a short excerpt of a testimonial from one of my real-life ThetaHealing clients, in their own words. The full text of each testimonial, as well as many other testimonials and free healing and spirituality resources, is available on my Web site at www.ThetaHealingLA.com.

At the time of the printing of this book in 2008, the site contains over 70 real-life testimonials from normal people just like you who have experienced their own miracles from ThetaHealing. In addition, there are hundreds of other people who got similar or better results but were not comfortable discussing the changes in their life with their full name and city disclosed in a public forum. I generally do not put up anonymous testimonials on the Web site, except in the case of socially stigmatized diseases such as HIV, because it's important to me that every testimonial is 100% genuine and can be easily verified. However, to protect my clients' privacy, in this book I have used only the initial of their last names, since unlike a Web site – which can be quickly edited at any time – after a book is printed it can't be changed or edited.

IMPORTANT DISCLAIMER: THIS IS NOT A MEDICAL TEXT

This book is intended for entertainment and informational purposes only. The author is not a licensed medical practitioner, and this book is neither intended to diagnose, treat, or cure any disease or condition, nor to be used as a medical reference, nor as a substitute for medical care from a licensed practitioner.

Chapter 1: Is There a Formula for Miracles?

"Within 5 min my Dad was walking. WALKING without any assistance, fully dressed by himself!"

Brent, I cannot express my gratitude and appreciation to you enough. My father had been extremely ill with emphysema, and has been bed-ridden and unable to walk. After your session with my Dad he "jumped" out of bed and expressed his desire to get out of the house for awhile. Well jumping out of bed is amazing in itself but he wanted to leave the house too! WOW! Today my Mom felt comfortable enough to go shopping with me and leave my Dad for a couple of hours. Poor Mom has not been out in weeks. She is too afraid of leaving my Dad. He needs her for everything. Well, when we got back he was laying in bed. When we asked how things were going he giggled. MY DAD GIGGLED. I cannot remember the last time the man laughed! He explained that he was just savoring each moment now that he has remembered how to breathe and was remembering how good it felt to feel good. He showed me how he is practicing his muscle testing and doing his homework. He is so happy. I do not remember the last time I saw my Dad happy.

He let us know that he was ready to get up which generally means 20 min of getting to the side of the bed going to the bathroom in a urinal than calling for Mom to dress him and wheel him to the sitting room. I was overwhelmed and moved to tears, within 5 min my Dad was walking...WALKING without any assistance, fully dressed by himself and announced he wanted to go Christmas shopping. He even got his own cup of coffee! My dad does not even like Christmas and has never, that I can remember gone Christmas shopping! Prior to the session with you he was on oxygen 24/7 and breathing treatments every 2 hours. Since the session he has not used his oxygen at all and has had 1/4 of a treatment yesterday with nothing today. Brent I am so grateful to you. All these things may sound silly to you to be so excited about but, to us it is a miracle. Thank you with all the love that I have.

SHERRI Y.

San Jose, California

Have we finally entered the era where science meets spirit? And is there really a Formula for Miracles? Fortunately, the answer is a resounding yes to both these questions. By bringing a rigorous and rational scientific analysis to the world of healing and spirituality, we can combine the best of both worlds to create “spiritual technologies” that facilitate healing and miracles in the same way that electronics technologies have facilitated computers and televisions.

As a scientist and engineer, it was at first extremely difficult for me to accept that an intuitive technique like ThetaHealing was real and valid. However, over time I found that much of my understanding of scientific and engineering principles could be applied to the ThetaHealing technique to explain how magic, miracles, and other mystical phenomena are not only possible, but easily accessible to everyone.

I found that ThetaHealing was essentially a new form of software engineering. Instead of working in a medium of binary codes on computer systems, however, I was working in the medium of the human subconscious mind. And I found that, just as we can use engineering techniques to develop and debug software to create powerful computer programs, we can use these same techniques to develop and debug software in our subconscious mind to create powerful changes in our lives. Quite simply, if you do not like the “program” of your life written into the codes of your “subconscious software”, you only need to change the software in your subconscious mind to see your life change. And the best part about it is that it does not require a person to be an engineer or even computer literate in order to make these changes!

By combining the worlds of science and spirit, it is possible to provide a clear, scientific explanation for phenomena such as instant healing, miracles, remote viewing, communication with the dead, and other ‘mysteries’. Normal people –

not just mystics and natural psychics – can learn how to do these things. Anyone can learn how to directly harness the full power of their subconscious mind to create miraculous instant healings, wealth, fulfilling relationships, and anything else they desire. This book aims to explain and demystify phenomena that have previously been seen as magical, mystical, or esoteric and show that indeed, there is a Formula for Miracles!

The Power of Human Consciousness

For a long time, people have wondered how consciousness arises out of the various physical structures in the body. It has been assumed more recently that human consciousness arises out of some proper combination of chemical and biological structures in the human brain, and many researchers have sought to isolate exactly where the physical seat of consciousness is. But nobody has ever been able to pin down exactly where or what this ‘consciousness’ really is.

Why? It turns out that there will never be an answer to these questions, because we have the whole process backwards. Instead of consciousness arising out of proper combinations of various types of matter, the truth is that matter arises from the proper combination of various types of consciousness! Physicists are now beginning to understand that matter and material reality are simply epiphenomena, or side effects, of our minds. In recent years, it has become clear to physicists working in cutting-edge research in cosmology and quantum physics that energy and consciousness are indeed the prime substrate of the Universe. That is, consciousness is the thing that makes up all physical matter. It is no coincidence, then, that many cutting-edge researchers in quantum physics (such as Michio Kaku and David Bohm) are becoming spiritualists!

This is such a powerful and important concept that it bears repeating. For the last few centuries we have believed that consciousness is created by combining the right sorts of chemical and biological structures, such as in the human brain. But it turns out that this understanding is incorrect. Instead, all matter – the entire physical world – is actually created from consciousness! While still not fully

embraced by the mainstream scientific community, this understanding may be the single most important advance in science in the last hundred years.

This idea that matter is created from consciousness, and not vice-versa, is not just some new age, woo-woo concept. Instead, it is hard science and mathematics arising out of the equations of quantum physics and proven by decades of scientific experiments. The book *The Self Aware Universe* by physicist Amit Goswami provides an in-depth discussion of this theory.

Why does this matter for those of us who are not physicists? Simply put, if consciousness creates matter, then changing consciousness will change matter. Because our bodies are made out of matter, we often think that changing something in the body – say, a tumor – requires manipulating it directly on the physical level, such as with surgery or drugs. While this can work, it is also possible to change matter by changing the underlying consciousness that creates the matter.

There have been many documented examples of instantaneous healings where cancerous tumors have miraculously disappeared from the body. One example is the case of Vianna Stibal, the founder of ThetaHealing, who in 1994 had a life-threatening cancer. Doctors had told her she had only a few months to live, and wanted to amputate her leg to buy her more time, when she experienced an instant healing. Despite the fact that she has the before and after MRI scans to provide it, many so-called rational people still dismiss her miraculous healing as a placebo effect.

How do these miraculous healings work? By changing the consciousness that creates the matter in the human body, it is possible to change the body, and instantaneous miracle healings are the result. This concept is as simple as it is profound: scientific theories conclude that consciousness and/or thought energy creates matter, so it makes sense that changing consciousness changes the matter it creates. So, yes, there truly is a rational scientific explanation for healings, miracles, and other seemingly inexplicable phenomena! Humans

recognized that electricity and magnetism existed and worked in measurable yet mysterious ways long before we had the mathematical theories to explain and describe them. Similarly, the fact that science has so far been unable to explain miraculous instant healing with a high degree of mathematical certainty does not mean that there is no such explanation. Instead, it just means that we have not found the explanation. That is...until now. *This book is an important step towards uniting science and spirit, and at the junction where science meets spirit we find the Formula for Miracles!*

The Computer Metaphor for Understanding Healing and Miracles

In order to understand new concepts, it is oftentimes useful to explain things we do not understand in terms of things we do understand. Fortunately, we have the perfect metaphor available to demystify healing and miracles: the personal computer. By using the metaphor of the personal computer, it is possible to understand how we can all harness the ability to manipulate our consciousness and change both our physical bodies and our life experiences.

In this metaphor, human consciousness is like the software on a personal computer. We all know that the programs you see on the computer screen are created by the software running in the background. Hence, if you do not like what the programs are doing, you have to go and reprogram the software, or install new software. The computer hardware (the monitor, the printer, etc.) simply run the programs that are installed on the computer. If you have great software installed on your computer, you will have great programs, and your computer will be useful and fun. However, if you have the wrong software or buggy software on your computer, using the computer will be difficult and painful, and you will not be able to do very much with it, no matter how great your computer's hardware.

In our metaphor, the computer hardware is the world around us, including our bodies, and the computer software is our human consciousness. In the same way that the software you have installed on your computer determines what you

can do with the computer, our consciousness – or “human software” – determines our life experiences. So, if you do not like your health or some other part of your life experiences, you can identify and fix the “bugs” in the software of your consciousness to change your life. It’s just that simple.

On a personal computer, reprogramming buggy software requires a programmer who has the proper training, experience, and tools to fix it. Similarly, to reprogram human consciousness, you need someone who has the proper training, experience, and tools to fix the software that is human consciousness. While it is not the only way to work with human consciousness, ThetaHealing is an incredibly powerful, flexible, simple, and easy to learn method of reprogramming the software of human consciousness to change lives.

It is not necessary to have any advanced knowledge or experience with computers or software engineering in order to understand this process. If you have used a personal computer, you already know everything you need to understand this book and start creating miracles in your own life.

Having spent much of my life programming computers, I can say with certainty that it is about a zillion times easier to work with human consciousness by means of ThetaHealing than it is to work with actual computer software. Writing computer software is generally difficult, time consuming, frustrating, and takes a high degree of training and experience to get it right. By contrast, working with human consciousness is something anyone can easily learn to do. If programming were like construction, then computer programming would be akin to building a skyscraper, which takes a great deal of time, money, planning, and expertise to get right. By contrast, changing human consciousness with ThetaHealing is like building a porch, which anybody can do in a weekend with a bit of training and the proper tools.

We Can Learn How to Harness the Full Power of Our Minds

Many of us today have been exposed to the concept that we all create our own reality. It is our own human consciousness that directs and creates every life experience we have, in the same way that the software on a personal computer directs and creates every program that we run on the computer. Our spiritual teachers (including Jesus Christ and Buddha) have been trying to tell us this throughout history, and there are many wonderful books and movies that emphasize and illuminate this truth.

Truly, everything in our lives – including our health, our relationships, and our financial situation – is created by us. Just as a computer's software controls what that computer's hardware does, our consciousness is arranging and creating every experience we have. We are all the captains of our own ship and the creators of our own destiny!

On the other hand, none of us consciously chose the various problems in our lives. We do not remember signing up for health crises, pain, divorce, abuse, emotional traumas, poverty, depression, violence, meaningless jobs, or any of the other difficulties we experience in our lives. So, how is it that – if we are really creating and in control of every aspect of our lives – we do not remember creating the problems and tragedies that so many of us experience?

The answer is that we do not create our lives with our conscious minds, but instead, we do it with our subconscious minds. Our consciousness includes both, but it is the subconscious mind that does most of the “heavy lifting” in shaping and creating all the experiences in our lives, both good and bad.

The subconscious mind can be understood as software that creates your life experiences, in the same way that software on a computer creates the programs that you run on it. Because most of us do not understand what is in our subconscious mind or how it works, it seems to us that we are helpless victims living in a cold, cruel world where external powers (other people, the weather, governments, big companies, etc.) control us. Hence, it seems that bad things –

illness, injury, tragedy, and so on – ‘just happen’, because we do not understand or remember how we created these experiences. So, we blame factors outside of ourselves for our life problems, and we think that changing these external factors (mostly other people!) is the only way that we can fix our problems and change our lives.

However, the real truth is that, no matter what happens in your life, it is all being created for you, by you, according to your own consciousness. And this consciousness can be understood as the software of your subconscious mind. This is a powerful concept. Because you are the creator and source of all the problems in your life, you hold within you all the power needed to solve these problems. However, it will not happen automatically; first you need to learn how to access and apply this power, which will be explained in this book. If you are using a computer program and it has a bug in it, then fixing the bug in the program’s software will cause the program to start functioning more to our liking. In a sense, fixing a computer bug is a form of instant healing. Similarly, if you can identify and change the consciousness inside yourself that is causing some problem in your life, the problem will disappear, sometimes instantly. It does not matter if it is a health problem, a financial challenge, or even a difficult relationship; all of these things are created out of our consciousness, and changing our consciousness will create different experiences. Illnesses heal, relationships become whole and fulfilling, and financial prosperity results – all from changing the underlying consciousness.

The best part is that anybody can learn to do this! I was never a natural psychic, and I had no interest in becoming an intuitive until I experienced the miracle that healed my arm. Despite the fact that I was a hard-core engineer, scientist, and agnostic, I was able to quickly and easily learn and use the ThetaHealing technique to “debug” human consciousness and change lives.

The Truth about the Law of Attraction

Since the Law of Attraction was featured on Oprah, it has received a lot of press, and spawned an entire industry of Law of Attraction coaches, seminars, books, videos, and other Law of Attraction tools. The Law of Attraction states that like attracts like. The theory is that if you shift your thinking and attitude to be more positive, then you will start attracting more positive things into your life.

If the hype around the Law of Attraction is to be believed, then by just shifting your thinking, you should be able to be completely healthy, make a million dollars, and find your soul-mate, all by the end of the month! And while a few people have watched a DVD or read a book or attended a positive thinking seminar and been able to heal from cancer, or make a ton of money, the vast majority of us see little or no major shift in our lives and just get frustrated. This is because 'shifting your thinking' only involves your conscious mind, which contains at most 10-20% of your manifesting power. The other 80-90% is held in the mysterious subconscious mind. And guess what happens if 10% of your mind wants one thing and 90% of your mind wants something else? You got it: the 90% will win every time! And that is why the Law of Attraction does not work for many people; they make their vision boards and say their affirmations, yet do not see their lives improve.

However, if you are able to fully involve 100% of your mind – conscious and subconscious – then the Law of Attraction really does work, and you really can heal instantly, make a million dollars, and live a life filled with loving, fulfilling relationships.

Practical Miracles for Everyday Use

I am a practical person, and there is only one reason why I have devoted myself to the study and practice of ThetaHealing and working with the subconscious mind: because it works. Of course, it does not always work in the way that we would like, or on the timetable we would like. If I find some other technique or way of understanding things that works better to change my life, I will happily

learn it as well. However, this has not happened yet, and in my opinion ThetaHealing is – by a considerable margin – the most powerful and effective technique for personal transformation available to us today. I continue to use ThetaHealing because it continues to deliver practical and consistent results!

I have used ThetaHealing in various experiments on my life and on a variety of issues – health, money, relationships, and others – and have consistently found that it makes a noticeable and measurable difference. And it doesn't just work... it works really, really well!

Unfortunately, too many of the great books and articles available on spirituality, healing, and metaphysics are full of wonderful high-minded ideals and concepts, but provide little or no practical tools to apply to our day-to-day lives. I know that I was introduced to some truly profound and life changing concepts and materials when I was in the middle of my years of pain and disability. However, these great concepts of “we are all one” and “love is all there is” and “we all have the power within us to heal instantly” were nice warm, fuzzy thoughts to have sitting at home on a Saturday evening, but did nothing on a practical level to help me cope with the problems in my regular daily life.

This book is just the opposite. It is intended to be primarily a source of practical information so that you may understand how to harness the power of your subconscious mind for healing, manifestation, and whatever other forms of miracles you wish to create. If there is something about your life that you would like to change, you can identify what is really happening – finding the “core” of the problem – and then take steps to effect a meaningful and permanent resolution to the situation by changing the underlying consciousness creating the problem.

No matter how difficult, terrible, painful or impossible our circumstances, we can take comfort in knowing that we have created every aspect of our reality subconsciously. And this understanding gives us the exact tools and power we need to change things. Why? Because if you created it, you can fix it!

Appendix B: Secrets of Muscle Testing

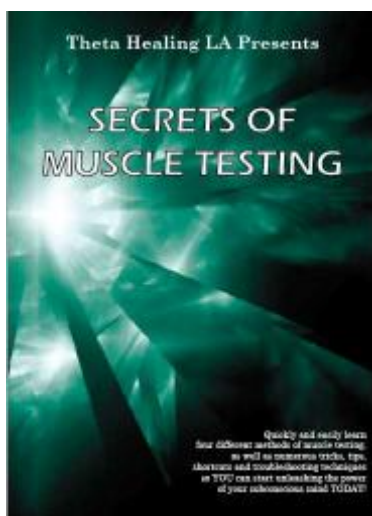
This appendix contains information about the Theta Healing LA Secrets of Muscle Testing DVD, as well as an excerpt from the muscle testing chapter of *Where Science Meets Spirit: The Formula for Miracles*.

"I just finished watching your Secrets of Muscle Testing DVD. It's just tremendous! I have already sent your website to several of my acquaintances who are in need of some real healing in their lives with the recommendation that they go to your site and order the DVD. Just amazing how clearly you explained it all--it's almost as good as having you in the room!"

DR. TED T

Palm Springs, California

Theta Healing LA has leveraged its years of experience with Theta Healing and muscle testing to produce a DVD video specifically designed to teach you a wide range of muscle testing secrets, so you can muscle test yourself and others, quickly and easily.



The Secrets of Muscle Testing DVD is the companion DVD to this book, and provides live, visual demonstrations of all the muscle testing processes and procedures described in this book, as well as additional muscle testing tricks and tips not presented here.

Whether you are brand new to muscle testing, or an experienced Theta Healing or other holistic therapy practitioner, this DVD is a treasure trove of tips, tricks, and troubleshooting techniques that will let you easily muscle test anyone.

What is on the DVD?

The DVD begins with an overview and explanation of muscle testing, explaining how we can use muscle testing to test the subtle electrical and magnetic field around our body and see what is in our own subconscious mind.

Next, the DVD presents detailed, visual explanations of performing four different types of muscle testing:

- ◆ The Standing Method
- ◆ The Finger Ring Method
- ◆ The Arm Lever Method
- ◆ The Pendulum Method

The DVD covers both self-testing (where you can muscle test yourself without needing a partner) and partner testing (where you work with another person to muscle test.)

The last section is devoted to troubleshooting, explaining many different tricks, tips, techniques, and processes that can be used to help everyone get clear muscle testing results.

Even if you already are familiar with these methods of muscle testing, the DVD will offer many refinements and subtle adjustments that you can make to provide clearer, more accurate, faster muscle testing, even with people who normally have a lot of trouble muscle testing.

Do I need to know how to do ThetaHealing to use this DVD?

No! The DVD is designed so that anyone can quickly learn how to do muscle testing!

Do I need this DVD if I have taken the Basics of Theta Healing seminar?

Yes! While muscle testing is covered in the Basics of Theta Healing seminar, this DVD goes into a level of detail with muscle testing that is beyond the knowledge and experience of most Theta Healing instructors. So even if you have been

doing Theta Healing for years, you'll still be able to pick up new tips and tricks about muscle testing from this DVD.

Many Theta Healing practitioners are uncomfortable with muscle testing simply because they have not been given the proper training to do it correctly, accurately, and easily. As a result, it is quite unfortunate that many practitioners either minimize or completely avoid using muscle testing, which is a great disservice to both themselves and their clients.

How do I get mine?

You can get the Secrets of Muscle Testing DVD at www.ThetaHealingLA.com.

Muscle Testing

Once it is recognized that the subconscious mind is the most important factor in manifesting our health and circumstances, it is natural to ask “How do we know what is in the subconscious?”

It is easy to find out what is in somebody's conscious mind: you just ask them, and they will tell you the answer. However, things are not so straightforward with the subconscious mind. Fortunately, there is a technique known as muscle testing that can be used to give us the answers we seek.

Remember that the subconscious mind is in the entire body. Hence, if we could somehow ask the body questions, we could determine what is in the subconscious. And fortunately, we can do this quickly and easily with the technique of muscle testing.

How does muscle testing work? In short, when you say or think something that resonates as true with the subconscious mind, the electrical and magnetic fields around the body actually become stronger. Similarly, when you say or think something that resonates as false with the subconscious mind, the electrical and magnetic fields around the body become weaker. These electrical and magnetic fields around the body are very real, and can be measured with highly sensitive electrical equipment.

Because the strength of a muscle is influenced by the strength of the electromagnetic field which surrounds that muscle, we can measure muscle strength to determine the strength of the electromagnetic field around a person. How does this work? Anybody who has ever gone through rehabilitation after surgery or otherwise been in a physical therapist's office knows that they are full of electrical equipment. Why? Because muscles are really just electro-magnetic machines. The strength of a muscle's contraction is proportional to the strength of the electromagnetic field which surrounds it. So, muscles actually become stronger when they are in stronger fields, and weaker when they are in weaker fields.

Consequently, if a man named John says "I am a man" or "My name is John", these statements resonate as true with his subconscious mind and his field, and as a result, his muscles become stronger. This is a very real, very physical effect that can be measured with sensitive electrical equipment! Conversely, if John states "I am a woman" or "My name is Joan", these statements will resonate as false with his subconscious and his field. As a result, his muscles will go weak.

Because the strength of a muscle is related to the strength of the electromagnetic field in which the muscle resides, it is possible to indirectly measure the strength of a field by measuring the strength of the muscle. Specifically, if you measure the strength of a muscle when you are saying or thinking something that resonates true with the subconscious, you will actually measure that your muscles are stronger than when you are thinking or saying something that resonates false with the subconscious mind!

Have you ever watched guys lifting heavy weights at the gym? They are usually telling each other things like "Yes!" and "Push it!" and "Work!" and "You can do it!" Why? Because they know intuitively that positive statements and thoughts actually make the muscles stronger! If you doubt this, go to the gym and do an experiment. First, load up a gym machine with a heavy weight, and say "Yes! Yes! Yes" as you lift the weights, and see how many repetitions you can do.

Then, rest for a few minutes, and repeat the process saying “No! No! No!” You will find that you can actually lift more weight making positive statements than negative statements.

Let us walk through this process step by step with an example. There are many methods of muscle testing, but the one that people are most familiar with is called the arm lever test. To do this test, the person being tested extends her arm out from her body at shoulder level and holds it strong so that it cannot be pushed down. If the person being tested has a strong field, the muscles will be strong, and the person doing the testing will not be able to push down the arm. However, if the person being tested has a weak field, the muscles will be weak and the person doing the testing will have an easier time pushing down her arm.

For example, let us start by muscle testing my friend Moira. When she says “I am a woman”, this causes her field to become strong, because her subconscious mind agrees with the statement that she is a woman. So, if she holds out her arm and says “*I am a woman*”, her field will go strong and make her muscles strong, and it will be more difficult for me to push her arm down.

But, when she says “*I am a man*”, this causes her field to become weak, because



Muscle testing, weak field

her subconscious mind knows that she is not a man. So, if she holds out her arm and says “I am a man”, her field will go weak and make her muscles weak, and I will have an easier time pushing down her arm. Thus, it is possible to use muscle testing to quickly and effectively determine exactly what programs are or are not held in our subconscious software.

Four Methods of Muscle Testing

There are many methods of muscle testing. It is possible to muscle test in ways which isolate the various organ systems and parts of the body, and thereby determine where there are weaknesses or problems to be addressed. In fact, there is an entire discipline known as applied kinesiology that uses the technique of muscle testing as a method of diagnosing problems in the body.

However, for our purposes we are only interested in testing the body as a whole. This is very simple and easy to do. Four different methods of muscle testing will be described below, and each has its advantages and disadvantages. Also, every person is different, and some people find that they test much better with one method rather than the others. Everyone is encouraged to explore all of these methods and any others that you come across. Not only is muscle testing extremely useful, it is also a lot of fun!

While the information presented below should be sufficient to allow most people to start muscle testing easily, anyone who desires to learn more is encouraged to check out the ThetaHealing LA Muscle Testing DVD, which provides live demonstrations of all of the four muscle testing methods described below. More information on the companion DVD and other healing resources can be found on the ThetaHealing LA Web site at www.ThetaHealingLA.com.

Muscle Testing Method #1: The Arm Lever

The arm lever test is extremely popular and has been adopted by many chiropractors and other alternative medicine practitioners. This test is performed by having the client hold out his arm to the side and resist as the practitioner

pushes down on his arm. If the arm stays strong, the test result is true; if the arm goes weak and drops, the test result is false.

The advantages of the arm lever test are as follows:

- ◆ It is extremely fast to learn.
- ◆ It generally provides clear results without requiring a lot of practice.
- ◆ People who insist on muscle testing with all their strength to be convinced that it is real tend to like the arm lever test.
- ◆ It makes a great demonstration for a group because it is obvious to everyone whether the arm is going down or staying strong.

The disadvantages to the arm lever test include:

- ◆ It requires two people and cannot be done on your own.
- ◆ It takes a lot of energy and puts a lot of strain on the shoulder. It can only be used a limited number of times before the shoulder tires.

Muscle Testing Method #2: The Standing Test

Another method of muscle testing is the standing test. This is a great test because nearly everybody can do the standing muscle test right away without any training or practice. When we do the standing test, we essentially turn our body into a pendulum lever. If we stand and muscle test and feel our body tilting or being pushed forward, it means the result is strong, or TRUE. If we stand and feel our body tilting or being pushed backward, it means the result is weak, or FALSE.

To perform the standing muscle test, stand with your feet a little bit narrower than shoulder width apart. Stand facing towards magnetic north in a balanced, neutral position. Make sure you are standing very tall, with no bend in your knees. Keep your head and shoulders held high while remaining comfortable and relaxed (no pulling or straining). The feeling you want is that your upper body and head are “floating” on top of your legs. Also, be sure that your toes are pointed straight

forward. If your toes are rotated outwards or inwards it will influence the test and it will be harder for you to get a consistent, accurate result.

While it is not strictly necessary to be facing magnetic north, it does help to get a clearer result. The standing test will give you an accurate result no matter which direction you are facing, but the result will be clearer if you can face to the north.

To test, stand tall, legs straight, shoulders and head held high, with your toes pointed straight forward, and say “YES” – you should feel yourself tilting forward.

Next, rebalance yourself, and say “NO” – you should feel yourself tilting



Standing muscle test, true result

backwards. Some people experience this as a tilt where they are falling forwards or backwards, while other people experience this as a feeling of a magnetic push or pull forwards or backwards.

The advantages to the standing test include:

- ◆ Nearly everyone can get accurate testing results right away without much practice.

- ◆ It does not require another person, so you can use it to test yourself anytime and anywhere.
- ◆ It makes a great demonstration and is useful for muscle testing groups of people all at once because it is easy to see whether someone is moving forwards or backwards.

The disadvantages of the standing test include:

- ◆ It cannot be used on people who cannot stand or who have difficulty standing.
- ◆ Very rarely, some people find it difficult to feel a clear result using this test.

Muscle Testing Method #3: The Finger Ring

The finger ring test is a popular form of muscle testing because it requires very little energy and puts little or no strain on the body. The ring test can also be done on yourself, or with a partner. The instructions below will describe how to use the finger ring test to test yourself; if you wish to use this test with a partner, the only difference is that your partner will pull apart your fingers instead of you doing it yourself with your other hand.



Finger ring test, true result

To do the finger ring muscle test, sit in a relaxed, comfortable position. Make a ring with your thumb and one of your fingers (different people like to use different fingers; generally the pinky finger/thumb ring is the weakest, and the index finger/thumb ring is the strongest.) Hold the ring tight, and say “YES” as you use the index finger on your other hand to pull through the ring – the ring should stay intact.

Hold the ring tight again, and this time say “NO” as you use the index finger on your other hand to pull through the ring – the ring should break and let your finger pull through.



Finger ring test, false result

Advantages of the finger ring test include:

- ◆ It can be done at nearly any time and place, including a car, an airplane, or standing in line at the grocery store.
- ◆ It can be done with people who are not able to stand.
- ◆ It requires very little energy and puts very little strain on the body, and so it is possible to do dozens or hundreds of finger ring tests in a session.
- ◆ It does not require a partner and can be used to muscle test yourself.
- ◆ When done with a partner, nearly everyone is able to get clear and accurate results immediately.

Disadvantages of the finger ring test include:

- ◆ Most people require some practice before they can accurately test themselves using this method.
- ◆ It does not make a good demonstration for a group because it can be difficult to see whether or not the fingers stay together or pull apart during the test.

Muscle Testing Method #4: Pendulums

Using a pendulum is another form of muscle testing. A pendulum is simply a weight suspended on some sort of string or rope. To use a pendulum, you hold it in your hand and then say or think whatever it is that you wish to muscle test. The pendulum will rotate or swing one way or the other, depending on whether or not your subconscious mind agrees or disagrees with your statement.

For many people, if you hold a pendulum and then say something that resonates true with the subconscious mind, the pendulum will rotate clockwise. For example, if I say “I am a man” while holding my pendulum, it will rotate in the clockwise direction.

Similarly, if you hold a pendulum and then say something that resonates false with the subconscious mind, the pendulum will rotate counterclockwise. For example, if I say “I am a woman” while holding my pendulum, it will rotate in the counterclockwise direction.

There are many kinds of pendulums available. Personally, I prefer to use a light weight wood pendulum on a string. You can also use pendulums made of metal or crystals or all sorts of other materials. In a pinch, your key ring can serve as an ad-hoc pendulum. There are many different opinions and schools of thought about pendulums, including both how to make them and how to use them.

It typically requires some amount of practice to become proficient at using a pendulum. Additionally, pendulums can be influenced by outside energies, so it is important to regularly clear the pendulum of any energy other than our own, and to synchronize it to your body so that it will test clearly for you. People who have used pendulums recognize that a pendulum “gets to know you”, and the more you practice with a particular pendulum, the easier and clearer the results will be.

Advantages of using the pendulum test include:

- ◆ It does not require a partner and can be used for muscle testing yourself.
- ◆ It usually provides a clear result.

- ◆ Pendulums are easy to make and cheap to buy.

Disadvantages of using the pendulum test include:

- ◆ Most people require practice and familiarity with a particular pendulum before they can get consistently clear results with it.
- ◆ It does not make a good demonstration because it can be difficult for a group to see the result of the pendulum test.
- ◆ Pendulums can be influenced by energy other than your own.

Troubleshooting Muscle Testing

While most people can muscle test clearly and easily without needing much practice, some people may have difficulty with it. Fortunately, there are several things you can do to help clear up the muscle test results.

The primary reason that most people do not test clearly is simple dehydration. Another common cause is demineralization (not enough minerals in the body). Why is this? Muscle testing is an electrical phenomenon, and electricity moves through the body via minerals suspended in water. So, if you do not have enough water or enough minerals in your body, it is more difficult for the electricity to flow, making muscle testing less reliable.

The first thing to do when you have trouble muscle testing is to drink plenty of water. Filtered and/or structured water works best, but just about any form of water will help to hydrate the body and improve the muscle test results. However, be careful when drinking distilled water, because distilled water can leach minerals out of the body and make it more difficult to muscle test clearly.

Getting enough water may seem like a really simple thing, but a good portion of our population (some will say as high as 70%) is dehydrated most of the time! It is certainly possible that you may need to drink several glasses of water to get hydrated well enough to muscle test. After drinking water, you can also hold your hands over your kidneys for 30 seconds or so to stimulate hydration through the

body. Vianna calls this the “pregnant woman pose”, since it is similar to how pregnant women will hold their hands on their back to provide support. Note, however, that the kidneys are up higher in the back than many people realize. In most people, the kidneys are up at about the level of the lowest (bottom) rib. Usually, drinking some water and holding the hands on the kidneys for 30 seconds helps most people to start muscle testing clearly.

Another technique to help get clearer muscle testing results is called “zipping the field.” Our energy fields are affected by many things, including power lines, radiation from electronics, and other people’s emotions. Sometimes our field can get little rips or distortions in it, which will make muscle testing more difficult. “Zipping the field” is a simple way to realign our energy field and fix these little tears and distortions. To zip, start with one hand directly in front of the center line of your body, down slightly beneath the root chakra (near the groin). Bring your hand up the center line of your body until it is over your head, and then bring your hand off to the side and let it relax. It is called “zipping the field” because the motion looks very much like zipping up a giant sleeping bag in which you are standing. (Be careful to bring your hand off to the side, and not back down the middle, after a zip, because if you bring your hand back down the middle of the body, you will unzip your field.)

Taking minerals can also help to clear up muscle tests. I personally prefer ionic minerals, which are in a chemical form that is easily absorbed and assimilated into the body. Taking the right form of minerals can help to provide clearer muscle tests.

There are several other things that can also help to clear up a stubborn muscle test. Sometimes it is helpful to apply 30 seconds of gentle pressure to the sub-occipital region of the head, which is near the bony bumps on the bottom of the back of the skull. It can also be helpful to take a pinch of salt, but I prefer to avoid suggesting this to clients, since not only is it unpleasant to eat salt directly, but also due to the interactions between dietary salt and blood pressure. Lastly, if

you are a practitioner of ThetaHealing, you can use the Theta technique itself to help to teach the body how to muscle test.

Appendix C: Learning to Create Miracles in Your Life

I have taken many classes with Brent, from the Basic Theta weekend to a Digging Class to several day long practice groups. Brent uses humor and stories to teach ThetaHealing in a way that is both informative and entertaining. He is exceptionally creative with his use of everyday metaphors to explain concepts. He is also a master at explaining the 21st century science behind how energy healing works with an ease and clarity that a layperson can grasp.

During class I always gain new insights and make significant changes in my life on many levels. I leave with information and handouts that assist me in my process of growth as an individual and as a ThetaHealing practitioner. I have sent many friends to Brent and they unanimously praise him both as a teacher and as a healer.

Kelila H.

Thousand Oaks, California

It is my purpose and mission to promote and teach the technique of ThetaHealing. It is a technique of creating ***practical, attainable miracles***; ThetaHealing provides ***instant healing with lasting results!***

From this site, you can contact Brent Phillips, view a list of upcoming ThetaHealing events, including group healing classes (such as The Wealth Club), as well as upcoming ThetaHealing training seminars.

Because ThetaHealing techniques and self help seminars are generally applicable to so many areas of life, people of all sorts are drawn to the ThetaHealing work.

- ◆ Some seek relief from chronic injury or illness.

- ◆ Some are natural intuitives who are seeking a refined technique to use their abilities more powerfully and more beneficially.
- ◆ Some seek to use Theta to build a business or manifest a compatible soul-mate.
- ◆ Some are spiritually focused and seek to connect more closely to the Creator of all that is.
- ◆ Some are fascinated with learning to do true magic in the real world.
- ◆ Others recognize that the world is going through some difficult, dark times and needs more light workers to help raise the vibration of the Earth and create a more enlightened civilization.

Whatever your interest, Brent and many others have found ThetaHealing techniques to be the most powerful and profound tool available to us to shift and heal ourselves and those around us.

"Brent Phillips' Theta Healing Workshop was one of the best gifts I've given myself along my spiritual journey. Learning this simple yet powerful technique to improve my life invoked a commitment to myself to incorporate Theta into every aspect of my life.

Brent's infectious enthusiasm along with his practical application of the Theta healing process made the workshop both fun and informative. I am grateful for his introduction to this amazing process that I fully endorse and now use daily in my personal and professional life."

Jeff B., Life Coach, "The Spiritual Dude"

Los Angeles, California

In the Basics of ThetaHealing seminar, you will learn the following:

- ◆ The story of how ThetaHealing began and how it has grown and evolved

- ◆ The brain waves and how they are important in the healing process
- ◆ About the 7 planes of existence
- ◆ How to cultivate a theta brainwave state and use it to connect directly to the creative Source
- ◆ How to muscle test yourself and other people to reveal subconscious beliefs
- ◆ How to draw on unlimited Source energy for readings and healings, instead of depleting your own energy
- ◆ How to do intuitive readings (looking inside the body)
- ◆ How to perform instant healings – locally and remotely, individually and in groups
- ◆ How to see and speak with guardian angels and guides
- ◆ How to do remote viewings and future readings
- ◆ How to change your DNA, including activating your youth and vitality DNA
- ◆ How to test and change subconscious beliefs on the 4 different levels (core, genetic, history, and soul)
- ◆ How to find the subconscious core beliefs underlying an illness, injury, or other challenge
- ◆ How to apply the Theta technique to improve your and others' physical health, mental attitude, and overall well-being
- ◆ How to work with the Universe to co-create your life exactly the way YOU want it to be

I am speechless. I am humbled. I am in awe. Thank you Brent. I love doing Theta. I use it every day in my practice. This was an extraordinary experience.

Jean A.

Beverly Hills, CA

After completing the Basics of ThetaHealing seminar, you will be registered with Nature's Path (Vianna Stibal's company) as a certified ThetaHealing practitioner. This qualifies you to take the Advanced ThetaHealing class from any certified instructor. The Advanced ThetaHealing class is amazing and a lot of fun, and includes the following topics and more:

- ◆ How to see and speak with your deceased ancestors
- ◆ How to change hundreds of thousands of subconscious belief systems all at once with downloads
- ◆ How to clear free floating memories (also known as Engram Banks) out of the subconscious from surgery, abuse, war, or other trauma
- ◆ How to use ThetaHealing on inanimate objects such as your home or car
- ◆ How to use ThetaHealing on plants
- ◆ How to heal broken hearts
- ◆ How to heal broken souls
- ◆ How to bend time (yes, really – you can use ThetaHealing to bend time and make it seem to go faster or slow – both awesomely cool and extremely useful!)

For more information, or to register for a private session or an upcoming seminar, please visit www.ThetaHealingLA.com

Appendix D: Saving and Making Money with Theta*Genix

Saving money with the Theta*Genix program is simple – because you will be eating out less and eating healthier foods, you'll save a lot of money. When I started using the Isagenix products, I saved myself over \$300 a month on food! How did I do this? The meal-replacement shakes and cleanse drink in a 30-day pack will replace 64 meals, and includes vitamin/mineral supplement. I was spending an average of about \$10 per meal eating out or getting take-out meals, so while I spent \$300 a month on Isagenix products, I was saving about \$650 a month on food. Then, when I started to implement the Theta*Genix strategic eating program using some of the recipes presented in Appendix E, I was able to save another \$100-\$200 per month by cooking many of my meals, even though I started eating 5 or 6 times a day!

On top of all this, I started to earn commissions on sales of Isagenix products. I originally had no intention of ever selling Isagenix, because I generally do not like to get involved with network marketing products, since too many times in the past some friend of mine has gotten me to spend a lot of money on the latest, greatest network marketing product, thinking that I would be able to make a lot of money from it. So, when I first tried Isagenix, I was totally opposed to ever sharing it or selling it, because I didn't want to be one of those annoying network marketing people myself! However, when I got amazing results from using it, people started asking me what I did, and without having to do any selling, I started to sign people up and make commissions.

The Isagenix products are sold through network marketing, which means that Isagenix does not spend money to directly market or advertise itself to consumers. Instead, it relies on people using their products to share about them with their friends and families, and you will get paid a commission when someone you refer to the program tries the products. Even better, if you can find two accountability buddies to do the program with you, you can start earning

commissions right away – and it doesn't take long to start earning enough commissions to pay for all of your products!

Of course, you never have to get involved with the network marketing if you don't want to. It's perfectly fine to just use them yourself to transform your body and your health...but don't be surprised if people start asking you what you did to get such great results and want to know how they can get some for themselves!

If you are interested in trying Isagenix, I recommend you do not just run to the Isagenix Web site and purchase a bunch of products. There are several reasons for this:

- ◆ You will probably pay more than you need to
- ◆ You will not get proper support or guidance in using the products in the best way for you to meet your goals and conform your lifestyle
- ◆ You will miss out on getting free gifts I've developed to help you to tailor the program to your lifestyle and get the most out of it
- ◆ The Isagenix products are sold through a network marketing program, and it is important to ensure that the person who led you to the system gets the commissions for the products you buy
- ◆ I've met too many people who tried the Isagenix products before without getting proper support and coaching, only to get disappointing results and not want to try it again

If you are interested, please use the order form below, and someone will get back to you right away to work with you on customizing program to meet your goals. We'll order your products for you, give you additional reference materials I have developed which make using the products and program much easier, cheaper, and more convenient for you.

In addition, for the first 50 people who order Isagenix through me after reading this book, I will give you a HALF PRICE 30 minute coaching/healing session with me.

I am extremely busy and am only doing this because I am committed to ensuring you get great results, so I will be strict about the 50 person limit.

I am an Isagenix distributor, and I do receive a small commission on all the products that you purchase through me. However, this is a very small piece of my business, which is focused on the practice of ThetaHealing.

I also understand that many of you reading this may have a lot of prejudice against network marketing products due to bad experiences you've had in the past. Trust me, I get it! I myself had tried a half dozen or more network marketing products, and each time I ended up being frustrated and disappointed. But the Isagenix products are truly remarkable, and I'd never want to be without them.

Of course, one of the hallmarks of the Theta*Genix program is that every component of this program is optional, so if you really don't want to do the full body cellular cleanse, you don't have to. However, this one piece of the program is what has created the most benefits and the most powerful results for both me and my clients and students, and I think it would be some combination of stupid and ridiculous to not at least give it a try.

You will be glad you did – it will transform your life! And if for whatever reason you do not like it, there is a 30 day money-back guarantee...so you've got nothing to lose but those extra pounds.

How to get your Isagenix Products

Fill out this form, and fax (424 832 3508) or email (brent@thetahealingla.com)

Name:

Address:

City:

State:

Zip:

(Note that this address must be the same as the billing address on your credit card.)

Credit Card Type:

Credit Card Number:

Exp Date: 3 Digit (Visa/MC) or 4 Digit (Amex) Code *(on the back of your card):*

Email:

Phone:

Preferred Username:

Preferred Password:

I prefer: ☐ Associate Account *(full back office suite of tools, plus you can earn money)*
 ☐ Preferred Customer *(buy wholesale, but no back office tools or commissions)*

If Associate: Social Security Number: _____ Birthday:

(Brent's recommendation: do the Associate, but if you don't, you can switch it later; both cost \$39 per year to purchase products at the wholesale price)

I prefer: ___ Chocolate Shakes ___ Vanilla Shakes ___ A Mix of Chocolate and Vanilla

(Brent's recommendation: I like both so I usually get the mix)

I prefer ☐ The 30 Day Program *(\$260 plus S&H; replaces 64 meals)*
 ☐ The President's Pack *(\$499 plus S&H; includes over \$800 worth of the most popular products, including the 30 Day Program, the Skin Care System, the IsaOmega fish oils, the SlimCakes cookies, IsaFruits, IsaLean bars, hand and body lotion, a free blender, PLUS other freebies and goodies; and includes free membership for a year)*

(Brent's recommendation: get the President's Pack if you can afford it, since it's the best value and is only available in your first 30 days, and you get the \$39 membership for free; otherwise get the 30-Day Program with the fruits & chocolates)

I would also like to add. ____ IsaFruits (\$32) ____ IsaDelight Chocolates (30 for \$40)

APPENDIX E: Recommended Recipes

Below are some of my favorite “core” recipes, meaning that they are things I regularly cook for myself and make up a good percentage of the meals I eat. I eat these meals all the time because all of these recipes are:

- ◆ **EASY** to prepare – usually they take 5 minutes or less preparation (plus cooking time)
- ◆ **CHEAP** to buy – even if you buy fresh, high quality ingredients, these recipes will cost you less than \$5 per meal (and about half that for the high carb meals!)
- ◆ **DELICIOUS** to eat
- ◆ **SUPER HEALTHY**

Before I started my own strategic eating program, I hardly ever cooked anything – I was the consummate bachelor and almost always ate out. But, since these recipes are SO easy, so cheap, so tasty, and so healthy, it’s a win-win-win-win for me to cook...they save me time, save me money, simplify my life, and are healthy and yummy!

IMPORTANT SAFETY NOTE: For efficiency, you will probably want to shop for and cook multiple meals at one time, and store the extras in the refrigerator to have later. This is fine, but be aware that if you heat up your meals in the microwave, DO NOT use a plastic container – the microwave can melt the plastic and it is extremely toxic. It is fine to store your food in plastic Tupperware containers in the refrigerator so your food will stay fresh, but always transfer it to a glass container before putting it in the microwave.

The first two recipes are for how I make my meal replacement shakes – one for “high protein” days and one for “high carb” days. On a typical day, I will have one or two shakes, plus three to five meals.

Note that the portion sizes below are for a 200lb man who exercises; you may wish to modify the portion sizes to better fit your size, gender, and activity level.

High Protein Shake

- ◆ 2 scoops Beverly International Vanilla Ultra Size powder
- ◆ 1/2 scoop Chocolate Isalean
- ◆ Sprinkle of Isacrunch (hulled hempseed)
- ◆ Scoop of Isagenix greens

Totals to:

- ◆ 41g protein
- ◆ 17g car
- ◆ 12g fat

High Carb Shake

- ◆ 2 scoops Vanilla Isalean
- ◆ 1 scoop Isafruits
- ◆ 2 scoops Beverly International Creatine powder
- ◆ 1oz Ionix Supreme

Totals to:

- ◆ 20g protein
- ◆ 57g carb
- ◆ 5g fat

(I usually add a piece of bread or fruit to round out the carbs.)

High Protein Meal – Chicken with Broccoli

- ◆ Approx. 6 oz boneless, skinless chicken breast
- ◆ Approx. 1/3 of a cucumber, sliced
- ◆ 1 small bowl of broccoli, cooked (steam or microwave)
- ◆ Sprinkle of goat cheese
- ◆ Ranch dressing

- ◆ Cayenne Pepper sauce

Spread some low calorie Caesar salad dressing over the chicken breasts, then bake for approx. 40 minutes at 350 degrees in a preheated oven. Cut up the chicken breast, slice the cucumber, and cook the broccoli. Add ranch dressing and cayenne pepper sauce to taste, and mix it all together with a sprinkle of goat cheese – delicious and super healthy!

For convenience, I usually cook multiple chicken breasts at once (usually they come 3 or 4 to a package), and store the others in the refrigerator in a Tupperware container.

High Protein Meal – Chicken Collard Salad

- ◆ Approx. 6 oz boneless, skinless chicken breast
- ◆ Approx. 1/3 Bunch of Collard Greens and/or Swiss Chard
- ◆ 1 Bell Pepper (I like to mix red, yellow, and orange bell peppers)
- ◆ 1 Tomato
- ◆ Sprinkle of goat cheese
- ◆ Balsamic Vinegar or Balsamic Vinaigrette salad dressing
- ◆ Bragg's Amino Acids

Spread some low calorie Caesar salad dressing over the chicken breasts, then bake for approx. 40 minutes at 350 degrees in a preheated oven. Cut up the chicken breast, slice the bell peppers and tomato. Add vinegar or salad dressing and a splash of Bragg's Amino Acid, and mix it all together with a sprinkle of goat cheese – another delicious and super healthy meal!

For convenience, I usually cook multiple chicken breasts at once (usually they come 3 or 4 to a package), and store the others in the refrigerator in a Tupperware container.

High Protein Meal – Salmon and Green Beans

- ◆ Approx. 6 oz frozen salmon
- ◆ Approx. ½ pound of green beans
- ◆ 1/8 cup low sodium soy sauce
- ◆ 2 cloves of garlic, crushed
- ◆ 1 tablespoon of chopped fresh ginger

Crush the garlic and chop the ginger (I use my Cuisinart, and it takes just seconds to do.)

Marinate the salmon (in glass only – never marinate fish in plastic) with the soy sauce, garlic, and ginger in the refrigerator for 2 hours.

Mix w/ the green beans, and bake in a preheated oven at 400 degrees for 20 minutes.

I usually buy a package of two salmon steaks, and double the above ingredients to make two meals at a time. I like to go to Trader Joe's and get the frozen salmon with some spices already added in the package, but this is not necessary.

High Protein Meal – Ahi Tuna and Spinach Salad

- ◆ Approx. 6 oz frozen salmon
- ◆ Bowl of baby spinach
- ◆ 1 tablespoon low sodium soy sauce
- ◆ 1 teaspoon sesame oil
- ◆ Balsamic Vinaigrette salad dressing
- ◆ Handful of dried cranberries

Grill the tuna on a stovetop on medium heat for approx. 10 minutes. (You can check it by cutting into the tuna steak – I like to keep it on the grill until it is cooked all the way through, but others prefer it rarer in the middle.)

Mix w/ the spinach, and add balsamic vinegrette and dried cranberries to taste. Candied walnuts are another great addition to this salad, but it does add calories.

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I usually buy a package of two tuna steaks, and double the above ingredients to make two meals at a time. I like to go to Trader Joe's and get the frozen tuna steaks with some spices already added in the package, but this is not necessary.

High Carb Meal – Vanilla Rice with Cinnamon

- ◆ Approx. 2/3 cup of brown rice
- ◆ 1 scoop of vanilla protein powder (I like Beverly International UltraSize or Muscle Provider)
- ◆ Cinnamon to taste

Cook the brown rice (I usually cook it on the stove top for approx. 40 minutes.) Add the vanilla protein powder, cinnamon, and a little bit of water, and mix thoroughly. Delicious – it tastes like dessert!

I usually like to make two servings at once, and have the second serving later in the day.

This is an ideal meal to eat pre- and/or post- work out on your high carb days.

As an added benefit, the cinnamon helps to regular blood sugar levels.

High Carb Meal – Spaghetti with Meat Sauce

For this last meal, I'm going to give you three versions...the first two are faster and super easy to make, and use store-bought sauce. The last version is the secret family recipe for home made spaghetti sauce... and it is SO good and so easy to make that I almost never use eat store-bought spaghetti sauce anymore.

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Also, my Mom doesn't know I'm giving this recipe out to the world, so please don't tell her!

All three versions of this meal use your favorite pasta; I recommend using 4oz brown rice spaghetti. Regular spaghetti is fine too, but I just prefer to avoid wheat gluten where possible.

Version #1: Meat Sauce

- ◆ 1 cup spaghetti sauce, your choice (ideally a meat sauce with approx. 15g of protein per serving)

Version #2: Vegetarian Sauce

- ◆ 1 cup spaghetti or pesto sauce
- ◆ 2 oz boneless skinless chicken breast (usually for this I use leftover chicken breasts from my high protein chicken meals described above)

Version #3: Home Made Meat Sauce – THE BEST!!!

Saute gently in 4 Tablespoons olive oil:

- ◆ 1 onion, chopped
- ◆ 2 cloves garlic, crushed
- ◆ 4 Tablespoons dried parsley or ½ bunch fresh Italian parsley, chopped

Add and brown:

- ◆ ¼ pound ground sirloin

Add:

- ◆ 1 28-ounce can tomatoes, chopped
- ◆ 1 6-ounce can tomato paste
- ◆ salt to taste
- ◆ ½ teaspoon pepper
- ◆ dash oregano
- ◆ dash nutmeg
- ◆ dash thyme
- ◆ 1 ½ Cups water

- ◆ 1 beef bouillon cube (low sodium if possible)

Bring to a boil and simmer for 2 hours. Cook the pasta and enjoy!

This will make approximately 4 servings of sauce; you can store the extra in a Tupperware container in the refrigerator. Typically you need to buy the ground beef in packages of 1 pound at a time, so I will brown the whole pound all at once, and put the other $\frac{3}{4}$ pound of ground beef in small plastic containers in the freezer for use in future spaghetti sauce.