

The Ultimate Non-Diet

Secrets of Being Slim, Sexy, Slender and
Healthy for Life

Shattering the 12 biggest diet myths

by
Dr. Jamie Fetting

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Bazuji Publishing LLC.
Bazuji Inc.

Bazuji Publishing LLC.
3854 53rd Street. S.E.
Tappen ND 58487

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Introduction

The whole idea behind this book is really simple. There is no one diet for everyone, as we are all different. Follow your inner knowing and eat the foods that are right for you. This will leave you being toned, thin and trim, as well as healthy for life. The secret is being healthy, because then you will be all the others.

It is not about losing weight. It is about being slender through being healthy. True health produces slender and sexy from within, without even trying.

There are a couple catches to all of this. If you believe something is true that isn't, it can get you into trouble. A lot of what this book is doing is helping you realize the faulty belief systems you have happily accepted.

You also must upgrade the software in your brain. Literally re-hardware the nerves in your brain. You have internal mechanisms like a weight-thermostat that unless changed, will constantly bring you back to being overweight. This is often the reason why people lose weight, only to gain it back again. No one has ever focused on re-hardware the brain and shifting your thoughts to produce permanent results with ease.

Most people have also never taken into account that everyone is different. You know this along with everyone else, but yet everyone tries to give everyone the same advice.

Knowing what to "do" makes no difference. It is not in the doing were a difference gets made. It is your thoughts were everything begins. And as we all know, if you try and change your habits at the level of "doing" you almost always end up going back to your old ways.

Much of what this book will do is help you to learn to forget. All of the information in this book is not for you to remember or learn. It is actually designed to bring you to a place where you can forget it. Like when you were younger and in math class. They taught you to do your calculations on a scrap piece of paper, so that after you got the answer you could throw away the calculations. The calculations themselves had no value other than to get you to the answer. Much of what is in this book is like that. Something you read and understand, only so you can forget it because of where the information brought you.

I am going to help you understand reality from myth and show you the door to shift your thinking. So that when your follow your inner knowing you will be slim and healthy . . . for life.

The Keys to this book are:

- Getting your brain to work for you instead of against you
- Helping to create the motivation to follow through
- Understanding the power and influence of your beliefs
- Creating the Goals and achievement of them (understanding your purpose and fulfilling it)
- Having the Faith it will happen (creating this if need be)
- Creating empowering new beliefs
- Creating structures to help
- Adding to your health, as that is the key to permanent results
- Knowing what health truly is and means
- Lastly -- knowing what to do -- Your Inner Knowing what to do

Another issue with books is the way society has trained us to read. Unfortunately this is not effective. I am going to share with you about a couple simple easy tips that take almost no more time to dramatically improve your understanding of what you read and/or your reading speed. Because if you do not understand what is in this book or do not finish it because it takes too much time, let's face it, the book will make no difference for you.

The next couple steps and tips I give you will take about 10-15 minutes total and will dramatically help you get, apply and be everything this book has to give you. There will be many parts in this book where I ask you to "do something." DO THIS! Do not just read through the book and say, wasn't that nice. Part of the doing exercises are designed to help you be slim and healthy for life. They are in this book solely for the purpose of helping you get the exact results you want. So please do the short exercises. I even included space for you to do them right in this book.

We were all taught to read a book by starting with the first word and reading every word all the way to the end. This is one of the least effective ways to understand and apply anything you are reading.

The tips on "how to read this book" are exactly this, something to do. I will go into more detail with all of the tips and they are:

1. The book is more than the words
2. Tell your non-conscious mind what your intention is in reading this book
3. Be loving/accepting/relaxed as you read this book with "witness focus"
4. Skim the book, reading the summaries and opening paragraphs, words in bold, italics, titles, and anything that catches your eye.
5. Install the book by flipping through every page with a non-focused gaze
6. Then read the book.

Then come back to review and do these steps for a minute or two every once in a while. You can even use these steps with or other books as well.

The book is more than words

The point of this book is more than the words. Imagine I am there with you as you read this book. Speaking directly to you and it is not the words themselves that are important, but the message they convey. What I am sharing with you is more than words, it is what is behind the words, the value within the words that will have the biggest impact on your life. Focus on the value the book can give you.

Tell your non-conscious mind your intentions

You can think of your non-conscious mind like a little kid. They want to know why. And when you tell them why, it is much easier for them to learn everything else around that. Your non-conscious mind is responsible for more than 98% of everything you learn. So when you give it the why, or tell it your intention it will be much easier for your non-conscious mind to help give you exactly this. I go into more detail about how to get your mind and non-conscious mind to work for you instead of against you later in the book. The only thing you need to know now is telling it your intention (with anything in life) will dramatically improve your ability to have exactly that.

Be Loving

This is so important and I could literally go on for chapters about the scientific reasons why this is so important. The simple version is that when you are being loving, the fear centers of your brain, which inhibit learning, are shut down. The full function of your mind (both left and right, conscious and non-conscious, and the heart brain) is engaged and working which allows for the quickest and easiest learning. The simplest way to be loving is to remember and re-experience a time in your life when you were fully experiencing love. Common examples of this are the birth of your children, meeting your true love, being around children, etc. Just find a time for you, and experience this as you go through the book. (and life actually, but I am talking about reading the book)

The Witness Focus is bringing your attention or focus to just behind your head on the top. Just like if you were wearing a dunce cap that is only a hand with long, right at that point. Your focus being at this spot as if you are above and behind yourself looking down will help engage your entire brain and learn (w)holistically with your entire brain.

Skim the book

It is simply that, skim through the book reading consciously what ever pops out at you. This should take no more than a minute or two per chapter.

Install the book

De-focus your gaze while looking at the book about 1-2 feet in front of your face. You will see this "double Page" blip in the middle. Like if you hold your fingers in front of you and slowly bring them together as you look past your fingers, you will see this floating finger sausage appear between your fingers. You want to have that happen with the pages of the book. To form a floating page sausage. Then with this gaze flip through the pages of the book as quickly as you can. This will install all the information into the non-conscious mind and it will begin to organize it and make sense of it for you without having to go through the conscious mind and its distortions.

This is a similar gaze to the gaze you have when looking at the 3-D pictures. You know those ones that are just a bunch of lines until you look "through" the picture and the 3-D picture jumps out at you? This is the non-focus to have as you are flipping through the pages of the book.

Read the book

Even as you do the this last step you do not have to read every word--and you can. There are parts to this book that are nothing more than to get you to see and understand something different than what you have happily believed in the past. If you can do this without reading the "why" or "how to" then there is no real need for you to read those parts. Unless you want to better understand or be able to explain to others why.

Those are the steps to getting the most out of this book that will take you no longer than 15 minutes if you do it as described. And you don't have to believe me. Do it yourself and see if it works.

Chapter 1

Shifting Your Thinking

I think we can all agree, the biggest problem with any diet is sticking to it. Everyone thinks they know how to lose weight and it is just a matter of actually following through. Keeping up with the diets to actually see the results.

But first, if you didn't read the introduction please go back and do that now. It will dramatically help you be both slim and healthy and better understand everything you read in the future. So go do that now please.

You have a couple extra pounds you don't want. Everyone tells you that exercising more and eating less is all you have to do. But yet that produces no permanent results. The reason is because exercising more and eating less are NOT the secrets to weight loss that everyone thinks they are.

You have an internal weight "thermostat" or as I call it, a weight-o-stat. The job of this weight-o-stat is just like that of your thermostat. It makes sure your weight is always within the range it is set at. So if your weight-o-stat is set at 140 lbs, your weight will be plus or minus a couple pounds of 140. If you diet and/or exercise you may be successful temporarily, but given enough time your weight-o-stat will bring you right back to around 140.

Just to be sure you know what I mean this is different than your metabolism rate. It is the actually software "hardwired" into your brain about what your body weight is to be.

So no matter what you "do" losing weight will never happen until you change this internal weight-o-stat. In this book I will show you how to change your internal weight-o-stat. This can easily be done in as little as a few minutes a day for 30 days.

The second biggest problem with "losing weight" is that all the diet books are telling you what to do. Missing the fact that your "doing" comes from your thinking. Everyone and their grandma is telling you what to do. There is this book, and that book, and the second edition book telling you what to do. The biggest reason all these books and videos, and information are failing is that they are all focused on telling you what to do. They are not addressing the place to start, the place that will make the difference: your thoughts. Your thoughts filtered by your belief systems lead to your actions, which lead to your results. Most people are focused on the actions or the results, not understanding that when people are at the action or results stage, it is too late. Kind of like trying to instantly stop a train at a railroad crossing when it is already speeding along at full throttle. It is much easier if you go to where the train started or earlier in the course of the train so that by the time it gets to the crossing, the train will be able to stop.

Trying to change your actions is like trying to stop that speeding train in its tracks. Your thoughts are driving your actions and until you can shift your thoughts, trying to change your actions will come with little success.

You see, there is this phenomenon in life and here is how most of the people in the world think it operates.

They go out and do things to get things and have stuff. Then when they have enough stuff, they believe, that will make them be a certain way--happy, fulfilled, satisfied, etc. But when you do this, what happens? Many of you can directly relate to

this. You have done what you were supposed to do, you have the stuff you want, and it does not fulfill you, make you happy, or any of the other things it promised to do. For a little while, it might have been great. Then there was the same old lack again and you wanting more.

What you have does not make you fulfilled or happy. It may temporarily, but then you need something more, and more, and more and more. It is your thoughts where it all begins. If your thinking (which is influenced by your belief systems and perceptions) is not one of being fulfilled, happy, satisfied, or all of them, you will always have this void and need more.

Having health and being slim and toned seems easy. Anyone can do it. In fact, almost everyone knows what to “do”. But how many people actually do it? Not very many. Until you change your thinking, you will end up right back where you were.

Let me give you an example: Lottery winners. Many people have heard about lottery winners--big millions of dollars winners. Within a few years, they are broke. If they had millions of dollars, how did they go broke within years? They didn't change their thoughts and beliefs. They did not upgrade their programming so their brain and RAS automatically created the outside world to match up with what was programmed into the inside world. They were still thinking like a poor or middle-class person, and so they ended up doing what the poor and middle class do. What you think leads to who you be which leads to what you do which leads to your results and what you have.

One more example: Weight loss. You go out and do the things necessary to lose weight, and then you have weight loss. You now weigh less. Then, after a couple months, or a year or two, what happens? You are right back where you were. You focused on what to do, and you did it. You then had what you had, weight loss. But you never upgraded your thoughts and belief systems. You went back to your old way of being. And then who you were being dictated what you did and what you had. Your thoughts brought you back to doing certain things. Then, doing those things led to what you have--weight gain.

This pattern is all too common. All of us have either done this or know many people who have. It is because most people focus on the doing. What you do will not lead to permanent results.

Your thoughts, belief systems and perceptions lead to what you do, and to what you have. This is how the flow of life works. In fact, anywhere you are stuck in life, this little understanding can help to get you unstuck. Any area of your life you are stuck in or trying to change without success can often be helped with this. Most people focus on what to do: what do I do? They then do something for a bit and have some results. Their brain and thoughts were never changed so they then go back to the old way of being and end up with the same old results. You have to change your thoughts which will change your way of being in order to make permanent changes in any area of your life. And changing the way you think is the easiest way I know of to change who you are being.

The key is, who do your thoughts have to be? More importantly, how do you become that way? How do you change who you are being? That is exactly what you are doing with this book. It is helping to shape your thinking. You see, your thinking is one of the

big things that makes you who you are being. Your thinking is what leads you to make your choices. Your thinking is the major thing that gives you who you are being.

The first section of the book is showing you how to shift your thinking to empower you and produce lasting results. The Second section of this book is all about understanding reality, knowing what was made up, from what was real. In doing that, we created space to actually allow you to think differently.

Imagine you have a canvas that is full of paint and has a picture already on it. How hard is it to put something new on that canvas? If you started with a blank canvas, wouldn't it be easier to paint a picture? Absolutely. It would be so much easier to paint a picture on a blank canvas.

The same is true about how you think, and who you can be. You have lived a full life. You have filled up your "canvas of life" with many things. And if you want something different, it is easier to start with a blank canvas. That is what we are going to "do". In getting rid of all the misunderstandings in the way you think, you have a blank canvas.

The third section is about giving you new possible ways of thinking. With these new ways of thinking, who you are being will start to automatically change. And there are some catches I will help you get rid of and share with you later.

Summary: The Key to losing weight is not eating less and exercising more. The key to being slim and healthy is re-setting your weight-o-stat, upgrading the software in your brain and shifting your thinking to support the new you that you want to be.

Chapter 2 Know Why

There are 2 main reasons why you don't get something in life.

1. You don't know what you want.
2. You don't know why you want it.

Most people know what they want. They just don't have big enough reasons why they want it. Knowing why you want something, why you really want something is one of the biggest keys to your success in everything. The bigger the reasons why the easier the "how to" becomes.

You know what you want, you want to be slim, toned, healthy, and look great. So to help change your actions to support this we are going to go back to your thinking and help you find a big enough reason why you want this. Because when you really know why, when the full power of the real reason is brought into the light, the actions and the "how" of doing this will become easy.

When the "why" or reason you are doing something is stronger than the non-supportive beliefs, reasons, and excuses you have to not do something, your actions will automatically start to change. Creating reasons of why will help you to create a strong desire and motivation to follow through with what you want.

Many people focus on trying to get rid of what is getting in their way. And if you create big enough reasons why, that stuff doesn't get in your way anymore.

Most people who start to make a change or improvement in their life never follow through because they do not understand the power of "WHY."

So let us get those reasons why right now. When you get the reasons it will help be a huge inspiration to follow through with not only this book, but with being the person you want to be.

Why must you have something? Why is it absolutely imperative that you have it?

What is the reason that is going to have you leap out of bed in the morning, set your spirit ablaze, give you the inspiration to follow through and have what you want and make it impossible for you to lay around and do nothing.

The most incredible thing you can do for yourself is have a big enough reason why that totally lights up your life and remind yourself of that reason every single day.

A factor in why many people do not achieve their goals is because they do not focus on the real reason why they want something. Their goal is usually not what they really want but the means they think will get them what they want. An example: most people do not want to really lose weight, they want to look good, feel good and be healthy. And they think losing weight is the way to get their goal, so they make their goal the process they think will take them to their real goal, losing weight. Another example: people want to have things and be happy and they think money will help give them that. So they make their goal money even though that is the means to get them what they really want.

Figuring out why you want something usually is nothing more than bringing you back to what you really want. Before your goals became the process you thought would bring you to what you really wanted. So let's figure out your "why".

Action Step: Figure out what you want.

Since you are reading this book what you want is to be slim and healthy. Finding the why helps inspire you in other areas of your life as well. Remember, you can want more than one thing, and you can change what you want. Every one knows what they want, it is just some people are afraid. What if I don't really want that, what if I cannot get it, what if I want something else. Don't worry about all that. Go for what you REALLY want now, and if you want something else later, you can change your mind.

Fear of not achieving your goals is the biggest reason most people never even begin taking action to achieve their goals.

One thing to keep in mind since this is a book about being thin is that almost no one wants to "lose weight". What you really want is to be thin, look good or some version of this. My recommendation is to make what you want the actual goal or end product. Not the process that you think will bring you to that end goal.

Action Step: Get yourself BIG reasons.

You have to create reasons that are an 11 on a scale of 10. Like when you look at those reasons, they are an 11. They really turn your crank and light you up. The reasons are so inspiring they keep you inspired every day. So ask yourself why? Why do you want this? You will come up with a reason. Now, why do you want that? Why do you want that reason? Keep asking yourself this question. Why do you want this. Eventually you will come to a core value of your life. A reason that is an 11 on a scale of 10. a reason that gets you out of bed in the morning with out hitting the snooze bar 5 times.

An example: Why do you want to be slim? Because you will look better. Why do you want to look better? Because you will be more attractive to others. Why do you want to be more attractive to others? Because you will have more self confidence and feel better about yourself. Why do you want to feel better about yourself? Because you will be happier. Why do you want to be happier? Because you want to be happy. That is the core reason why. You want to be happier. Now what will your life look like when you are happier? What will your life smell like, taste like, feel like and sound like when you are happy? Do this to create a couple reasons why, list them here:

- 1.
- 2.
- 3.
- 4.
- 5.

- 6.
- 7.
- 8.
- 9.
- 10.

These are the "why" reasons you want to remind yourself of every day. Here are a couple suggestions of how you can do this. You can create little reminders around your house. Put post-its or 3x5 cards in places you don't necessarily go every day to remind yourself of your reasons. You can create a place where you put pictures representing what your reasons are that you see everyday. And then look at this everyday and focus on what you want. See the reasons, feel the reasons, see yourself having what you want now. Feel, smell, hear, see, and taste what it is like now as you have it.

Action Step: Focus on what you want.

I am going to talk about this in a lot more detail later. But the short version is this. Visualize this, pray for this, ask for this, meditate on this, or whatever it is you do. Get inspired by it. The key to getting what you want is focusing on what you want everyday. Focus on what you want.

One of the greatest things you can do is create these reasons for anything in life you want that you are not getting. If the reasons are big enough, they will be bigger than anything that might have stopped you in the past. A big enough reason makes the how to easy.

What is your "why"?

Summary: Get big enough reasons of why you want something and the how to usually becomes very easy. Remember what you truly want and make that your goal, not the process you think will give you the goal.

Chapter 3

Upgrading Your Brain

You have literally been programmed in life to be the weight you are. Your brain is literally hard wired for you to be the way you are. I am now going to show you how to upgrade the software of your brain. You weren't born the way you are, you developed into who you are by programming your brain the way it is now. For many people the programming was done by their parents, society and themselves and they didn't even know their brain was being programmed.

You see, your brain is a tool that was given to you to use. Unfortunately most people let their brain use them. They let their programming and beliefs make their choices for them. They are run by the past rather than choosing for themselves. You are now going to learn how to upgrade the software in your brain to have it work for you.

Your brain is literally like a muscle. The more you use it in a certain way, the more it becomes easier to use it that way. The more it becomes comfortable and familiar. So what you can do is actually upgrade the software of your brain to re-wire itself and have it be a tool working for you rather than against you.

We need to do this to reset your weight thermostat or weight-o-stat. No matter how much you exercise and diet if you don't reset your weight-o-stat, you will often go back to your original or pre-set weight. It is like your home. If the thermostat is set on 72 and you open a window, the temperature might change for a bit, but the thermostat will kick in and bring the temperature back to normal. Until you change the setting it will be 72 in the house. Until you change the setting of your weight thermostat, you will be that weight.

The idea behind resetting this thermostat is really simple. What you focus on you will get. So all you do is set up systems to reinforce your focus and the brain will automatically change its setting. Your conscious mind is only about 2% of your power. Your non-conscious mind (and I call it non-conscious vs. sub conscious) is the other 98% of your power. Your non-conscious mind only does what it is programmed to do. And it gets programmed by what you focus on.

Action Steps: Upgrading Your Brain. There are some proven ways to help insure a brain programmed the way you want instead of how it haphazardly turned out. You do not have to do all of them, but you must do some of them. And you can do all of them if you wish. It only speeds up the results.

This is the upgrading process:

1. Visualize what you want as if you have it now
2. Shifting want and desire to "now"
3. Declare or speak out loud statements of what you want
4. Create external upgrading cues of what you want

These three things you must do with whatever you choose to do from above.

- Put Energy into your upgrading processes
- Do the above daily for at least 30 days
- Have faith and be inline with fulfilling your purpose

I will talk about all of these in more detail and give examples in the following chapters. Pick what works for you. I do them all as I have always wanted the quickest way. Whether you do all or none you need to do them for 15 minutes a day for 30 days and you need to put energy into whatever you do. This is what is needed to physically re-hardware the brain and upgrade your brain software.

Summary: You must upgrade the software in your brain or your results will not be permanent. The previous steps are one way to upgrade the software of your brain.

Chapter 4

The Key to Visualizing

Visualize what you want as if it happening now. Your non-conscious mind does not know time. The past and future are not any different than now to your non-conscious mind. So when you create your pictures, goals or anything, you want to do it as if you have already accomplished it.

Your non-conscious brain has this system called the reticular activating system (RAS). Its job is to search and scan for whatever you program into it. It is kind of like Google. When you type something into Google to be searched for, Google goes out and finds anything that is like that. When you tell your RAS what to search for it automatically goes out and scans for it and leaves out everything that is not that.

Let me give you an example. Have you ever purchased a car and then as soon as you do, all you see everywhere is the same type of car you have? And before you purchased the car you never noticed them. This is an example of your RAS finding what it is you programmed into it. Often what you program into your RAS is done without you even knowing you did it.

This is why you told your non-conscious mind what the intention of reading this book was. When you tell your non-conscious mind what your intention is it is like typing what you want into Google. You put your intention into your RAS and then it goes and scans the outside world over 800,000 times faster than your conscious mind ever could. This helps you find everything that is going to help fulfill on that intention. If Google doesn't know what you are searching for because you didn't type anything in, you will not get any results back. This is a similar thing for your non-conscious mind and RAS. If you don't put anything into your RAS, you will get no results. Which pretty much sums up most of the "diet industry," producing no results.

Even worse though, if you type into Google something you don't want, it will bring back results you don't want. If you unconsciously or unknowing put something into your RAS that you don't want, you will have all the results you don't want. This is the remainder of the "diet industry," results that people don't want. That is why your program into your RAS your desired outcome. You upgrade the software in your brain by what you consciously focus on. And you do this through telling your non-conscious mind what your intention is in reading this book.

And unlike Google, if you don't put something into your RAS, Your RAS will automatically put something in for you. Often it will be something you don't want.

This is the scientific explanation behind what people call self fulfilling prophecies. The main job of the RAS is to match up the outside world with the beliefs programmed into the non-conscious mind. If you believe that all men are liars your RAS will "find the men" that cannot be trusted. And you will prove your belief system that men are liars to be true, over and over again. Until you change what has been programmed into your RAS. It is really as simple as typing something new into the Google search engine called your RAS. You type something new into your RAS by doing the upgrading process, by focusing on what you want.

Using Visualization techniques are upgrading the RAS and telling it to find you something new. The thing you are programming into your mind to find.

We have over 10 Million bits of information coming into our brain through our senses every given second. And our brain only makes us consciously aware of 5-40 bits of information any given second. What determines what information is made aware to our conscious mind? Mostly our RAS and what it is programmed with. Our beliefs also play a big part of this and I will go into that later. If you program your RAS with the girl doesn't like me, you will find all the reasons why she doesn't. If you program your RAS with I am fat, you will find and do all the things that support that. If you program your RAS with I am sick, you will have that as well. It is really quite simple in how it works.

We go through life and it happens. If you have ever taken the time to look back and reflect upon your choices and options available to you, you probably noticed something interesting. You noticed options and choices that you didn't see before. You noticed opportunities that were right there in your face you couldn't see. Some examples:

The most classic is when you are stuck trying to figure out some problem, and then someone else comes along and points out a "simple solution" that was right in front of you all along but you didn't see. You often even say to yourself, why didn't I see that. That answer is because your RAS was bringing you the matching information to what it was programmed with. Which was probably "problem" and not "solution."

Dating and relationships is another great example. You are out on a date with someone you are really interested in and all you can think of is that this person doesn't seem to be interested in you. So that is what is programmed into your RAS. Then after the date is over and you look back and see all these signs of her or him being interested in you, but you couldn't see them before because your RAS was only finding what it was programmed to see. Or your friends tell you later that your date told your friends they were really interested in you. And then you go back and notice all the signs she was interested in you that you didn't notice before.

Another example is business. You go through business making your choices based on the apparent options to you. If you have it that you are going to fail, your RAS will find all the things that match the failing, and make you aware of those 5-50 bits of information per second. What you don't see is all the reasons why you could succeed. Sometimes something happens where someone you trust points some things out. You then see all these things you never saw before. They were there all along, right in front of your nose, yet you didn't see them. Because your RAS was programmed for something else.

This is why you want to write out your goals, see the accomplishments as if they are happening now. Your RAS will find what matches exactly what it is programmed with, having that thing now. Because if you see the events in the future, the RAS will actually search to find the exact picture you are programming into it. You having it in the future, not now. As we all know the future never comes. So you will never have what you are looking for because the RAS will always keep it out in the future, not now. When you program into your brain as present time happening now your RAS will look for the outside world to match up with what is inside. The RAS will search to make it happen now, as it is in your brain already.

If you have had difficulty in the past visualizing my thoughts are this. Keep at it. Even if the first day is a big blob. Then with each new day visualizing the same picture you will add more detail. You will keep adding more and more detail to what you are visualizing. Visualization is like a muscle and the more you practice it the faster and easier it will be.

Summary: you must visualize what you want as if it is happening now. Present time visualizations will "force" your brain to find what you are visualizing NOW. Not just the visualization of it in the future. Visualize as if now.

Chapter 5 Want and Desire

Want and Desire

Understanding Want and Desire are keys to the upgrading process. I feel it is so important I made want and desire their own little chapter.

This is a very important topic that needs to be addressed. People always talk about wanting this or wanting that. In light of how you now know the RAS to now work, this will be very clear. Remember, the RAS's job is to find everything in the "outside world" that exactly matches what you have programmed into your "inside world". So if you want something, your RAS will find exactly that, the wanting. You will not actually have the thing you want, you will have the wanting of that thing. Let me say that again. If you want something, the RAS will never get you that thing because then you will not have the wanting anymore, which is programmed into the RAS. So to give you exactly what is on the inside, you will always be wanting it and not actually having it.

Whether or not you followed the logic here is what you need to know. If you want something you will never have that thing. You will only have the wanting. So instead of wanting something, you must change the want into a now statement like "I AM". . . followed by what you want. For example. Lets say you want to lose weight. You will never lose weight because then you would not have the want. So you would change the want to lose weight to something like . . . I AM slim and healthy now.

This is so important I am going to remind you again. If you want something you will only ever be left with exactly that, they wanting. You have to transform your wants into present time "reality" for the non-conscious mind to find and create now your ideal life. Create the world exactly as you want it now in your mind.

Action Step: Tell your non-conscious mind right now -- Every time I use the word "want" make me immediately aware of it and change the thought to present tense happening now."

The same thing goes for desire. Many people talk about desire being a key ingredient in success in any area of your life. I agree that desire is important, but desire itself will produce no results. Why desire is so effective is because people who have a burning desire usually also consciously put energy into manifesting that desire. People who have a burning desire usually see the fulfilled desire as if it is already happening now. That is key, consciously putting attention on manifesting the desire and seeing it now. The desire itself will produce only that – the desire.

Summary: Want and desire by themselves produce no results. You must create the want and desire into having the want or desire now, being that now.

Chapter 6

Speaking declarations out loud

More ways to help with upgrading the software of your brain and get it working for you.

There is power in speaking statements out loud. HUGE power. Especially when statements are preceded with the words "I AM". I think those two words are the most powerful words in the English language. Everything that is followed up after those words is a direct declaration to the non-conscious mind and what it is to do and find. When you say I am fat, you are telling your subconscious mind to find exactly that. You being fat.

The problem is that most people think they are describing the outside world with the words they use. When actually you are creating the world around you with the words you choose. This isn't exactly a true statement. You see it is your thoughts about the world that make it so. And the words you use to "create" the outside world are representations of your thoughts. And your thoughts really do create your world, not describe it. Let me give you an example.

There are 10 eye witnesses to an accident. How many different stories to you have about what happened? That is right, 10. They are not describing what happened, but creating what happened.

If two people are in a relationship and they break up, how many different stories are there about what happened? At least two and probably more. They are creating what happened, not describing it.

Your perceptions about what happened are only your perceptions.

So when you make statements out loud, or declarations, you are programming your non-conscious mind and creating the reality around you. If you say things like I am fat, I am overweight, I am ugly, I cannot lose weight and everything else negative people say, they are not describing but creating the world around them. Both in their perception of what happened being different than the actual event and in telling their non-conscious mind what they want to find in the future.

That is why it is so important to speak only exactly that you are attracting into your life now. Realizing it is not a description but a creation.

Create your declarations (and everything else) in the positive. You cannot lose weight. Because if you focus on losing weight, what do you have to focus on as a reference? Being overweight. You cannot not be fat, because then you have to focus on fat to not be it.

Which brings up one of the biggest problems with the whole weight loss and diet phenomenon. If you are losing weight, what does your subconscious mind have to focus on? It has to focus on, create, and find (with the RAS) being overweight. Because being overweight is the comparison and the focus.

As long as people are focusing on losing weight and dieting, it will produce the self-programming of the internal RAS and non-conscious mind to bring people right back to being overweight. Until you change this internal setting, you will never be able to

permanently be slim and healthy. And being aware of this internal setting that is literally hardwired into your brain is a huge step in changing it. Then as you do the upgrading process and reprogramming -- visualizations, declarations, external cues, putting in energy and repetition -- you are resetting the internal mechanisms to have you being slim and healthy.

Create your declarations in the positive. All stated and referenced to exactly what you are now. I AM healthy, I AM trim, I AM Slim, I AM toned, I AM . . . whatever you see yourself as now. Create your declarations based on what you need. What will make a difference for you. Do not have negatives in your declarations. If I say do not think of flying pigs, what do you have to think of to not think of it? flying pigs. If you have declarations like, I AM not fat. Guess what your non-conscious and RAS focus on with that statement? Fat. You must create your declarations in the positive.

If you want to really make these declarations have an impact in your life, sing them. Sing the declarations at full volume, even if you have the worst singing voice in the world. Singing puts an enormous amount of energy into the declarations. Sing it to any tune you know, make one up or just singing to no tune. I talk about the importance of putting energy into your focus a little later.

You might need declarations because you don't believe you deserve to be slim, or you are using weight as a protection and need declarations to be safe and secure and slim. Or your weight is giving you some other benefit that you need to create declarations for. Get the declarations you need and speak them. That is what makes them declarations.

Summary: Create declarations in the positive beginning with "I AM" and speak them out loud and even sing them for more power.

Chapter 7

External Cues for Upgrading

Create external upgrading cues with all 5 senses involved. More ways to upgrade the software in your brain.

Some types of external programming are:

Mental visualizations and movies.

Actual photos and movies.

Written out goal achieving scripts

Subliminal and auditory declarations

Subliminal visual and visual cues.

Kinesthetic Input

We are still on the process of upgrading your non-conscious mind and RAS. You can create some or all of the above external programming to help reset your non-conscious programming. You can actually use movies of when you were slim. You can view yourself being thin. You can generate computer images of you being thin. You can post photos of people's bodies with your face on them around your environment. You can write out your declarations and goals (written in the positive and now achieved state) and read and look at them every day. You can create subliminal programming, both of your own and others with auditory and visual means. You can create kinesthetic reinforcements to help reprogram the hardwiring of your brain. You do not need to do them all, but you need to do some of them if you want to make a permanent difference in being thin and healthy.

A note on mental pictures and movies: If you cannot see the picture or movie in clarity the first time, great. Every day when you imagine the same picture and same mental movies, the pictures and movies will become clearer and clearer. The more detail you will see and the more vivid they will become. When you first begin you are literally creating those details. So to come up with all of the details immediately is something your body and mind have not learned to do yet. You have never "exercised" that muscle to do so. So every day when you are seeing the same mental pictures and movies, you will add more and more detail onto what you had the day before. So even if you do not see defined pictures and movies when you first start, keep seeing the same picture and movie and adding a little more detail every day.

Ask yourself better questions

This short section is extremely important. My recommendation is to read it twice or 3 times and practice it so it becomes automatic before you continue reading.

Your mind is a tool designed to work for you. I already talked about the RAS and how it searches for what you put into it. There is another interesting thing your brain does. It answers all the questions you ask it. So make sure you ask good questions.

So if you say to your self something like: why can't I lose weight, why am I fat, why is it so hard to keep the weight off or things like this, your mind will find the answers. It will

go and look for all the reasons why to answer those questions. So what you are programming into your non-conscious mind are all the reasons why you cannot do it.

What you are going to do is train your brain to ask better questions. For example: instead of "why can't I", ask Why can I do this? Instead of "why is it hard to keep the weight off," ask "how can I easily keep the weight off?" You are going to upgrade your brain so it automatically starts asking these questions that serve you.

Action Step: Tell your non-conscious mind right now. "I AM immediately aware of all negative questions I ask and instantly change them to positive questions that reinforce my goals." What you will find is it will do exactly this. It will start making you aware of all those questions you ask that are counterproductive to what you are achieving.

The very similar thing happens with all our pre-programmed negative thoughts. Think like: I can't do this, I'm not good enough, I don't know how to do this, I can't figure it out, I am not good at it, etc. These are automatic reinforcement and programming of the non-conscious mind. You want to change all of them into positive thoughts. You do that similar as above. You tell your non-conscious mind to make you aware every time you have one of these thoughts and then automatically make it a positive thought

Action Step: Upgrade your non-conscious mind by saying to it "I AM immediately aware of all negative thoughts and I instantly change them to positive thoughts reinforcing my goals."

Both of these statements you may want to say a couple times and put energy into them as you say them. They are key in creating the new hardwiring of your brain to reinforce and reset your internal weight thermostat to your desired weight. So you easily melt off the fat and remain slim, toned and healthy for life.

Summary: Create external programming in the world around you to help you stay focused on what you want. Make sure you ask yourself questions you want the answers to. The questions you ask yourself are another way your RAS gets programmed with what to search for and find for you.

Chapter 8

Energy and Repetition

Putting Energy into your creation

One of the 3 essentials to upgrading the software in your brain.

This is one of the biggest secrets to having your goal be achieved and creating what you want. Putting energy into your thoughts, visualizations, pictures, and upgrading. One of the most common ways people have to harness and attach energy to your creation is feelings. Putting feeling into your thoughts and emotions is a huge factor in your success.

I want to make a distinction here between feeling and emotions. To me all emotions are feelings, but not all feelings are emotions. What takes a feeling and makes it an emotions is a story you make up. Lets say you are about to go on stage and speak in front of a large group. You have a feeling in your body. It is just that, a feeling. You make up a story about that feeling that you are nervous because you are about to speak in front of a lot of people. Nervous is the emotion you now experience instead of the feeling because of the story you made up about the feeling. Another example. You are about to jump out of an airplane with a parachute strapped to your back. You have this feeling in your body. And since you have wanted to do this for so long, you make up the story that the feeling is excitement. The feeling became an emotions because of the story you made up around the feeling you were having. Something interesting to note here: Science cannot tell a difference between the chemicals released in your body when you are fearful and when you are excited. The only real difference they can find is what the person makes up about the feelings from the chemicals that are released in the system.

So when I say put feeling into your creation, I mean that pure raw chemical energy. And an easy way to do this is by using emotions. Because within every emotion is a strong feeling. Here is how to do that. Think of some of the most memorable "positive" emotional experiences of your life. 3-5 is a perfect number. Some examples of this are often the birth of people's children and the first time they fell in love. And whatever it is for you will work. Now, bring yourself back into that emotional state. Feel what you were feeling, Hear what you where hearing. See what you saw, smell what you smelled, and taste what you tasted, if anything. Totally bring the emotional event back vivid and real now, totally being in the emotion again. Now from this state, visualize your images, see your mental movies, read your written out goals, purpose and vision, use any and all of the previous upgrading procedures from this emotional state.

The reason I explained the difference between emotions and feelings is because if you use feelings, the effects will be even more powerful. It is the same process as just before, except you are going to produce or reproduce a state of intense feeling with all the taste, touch, smell, sight and sounds to make it as vivid and real as possible. Then when you are in this state of heightened feeling, you will visualize your images, see your mental movies, read your written out goals, purpose and vision and use any and all of the previous upgrading procedures from this feeling state. If you do not have a intense feeling state that you remember, you can also create it now. Bring feeling, energy and power from within . . . out. You can visualize these feelings carrying your pictures,

movies, words and thoughts out into the universe to find the match and bring them back. Feelings are less clouded by human conditioning than emotions and therefore more powerful.

So put intense energy into the previous upgrading process(es) and it will be a launching pad to your success.

Repetition

This one is really simple. Do it again, and again, and again until it becomes habit. 15 minutes a day for 30 days will form that habit for almost everyone. 15 minutes a day for 30 days will re-wire your brain and install the upgraded software for you to be the results you visualize. Many people will actually form a habit and install their upgraded software before the 30 days of 15 minutes a day process.

Then do it for at least a minute or two a day for a year. This will help insure that your other efforts pay off and are lasting.

To keep it more fun and inspiring, you can do different upgrading processes on different days. So that you are not doing the same thing over and over again. Spice it up and put some life into it. There is enough here to keep doing something different every day for a week with out any imagination. With a little bit of creativity you can do things differently every day for a couple weeks if not a month.

Summary: Put Feeling into your upgrading process and do it again and again.

Chapter 9

Faith and Purpose

Faith and Purpose

Faith is one of the missing ingredients almost no one talks about as they construct their how to cook books of getting what you want out of life. Faith to me is one of the missing ingredients that is a huge key in whether the recipe you are creating for your life will work or not.

The other is your purpose. If your purpose in life is X, no matter how much visualizations, upgrading, desire, and everything else you can think of you do, It will be constant struggle unless it is moving you closer to your purpose of X.

Having faith and being in alignment with your purpose here on earth are the two essential ingredients that if missing, will mean dismal failure not matter how hard you try and how much you do.

There are other ingredients that are required for success, but most everyone else knows them, has talked about them, written books and e-books on them and produced enormous volumes on the subject. Some of the common ones are:

- Desire
- Persistence
- Creating Mastery of Your Thoughts
- Focus on what you want (visualize, pray, autosuggestion, ask for or whatever of the many ways to do this)
- Planning and taking action
- If you experience fear -- Mastering fear
- Some even get – Following your inner knowing

Faith and purpose are the two most common missed ingredients that are essential to your success. Some classics even get faith, but almost no one talks about your purpose. There are many people who talk about your purpose, but not when it comes to manifesting what you want. When purpose is talked about it is usually only around spirituality. They talk about finding your purpose and following it. But almost no one in the world outside of spirituality ever really talks about it.

I have a unique and overlapping view of what most people talk about when they talk about your purpose.

To me your purpose is simple. It is your passion. Your purpose is the thing that you enjoy doing the most and really lights you up and gets you out of bed in the morning. I am not talking about things that are merely just fun and you enjoy doing them. I am talking about the one thing that when you do it, there is nothing else that exists in the world. Your true passion.

If your purpose is not aligned with being thin, not matter what you do you will never remain thin and healthy.

And here is the real kicker, you can change your purpose. The statement is simple, but requires a little explaining. I believe your purpose in life is whatever you create it to be. I believe you can create it and re-create your purpose to whatever you want. The process of doing this is also quite simple. I do not believe you sign a contract before you are born, or someone or something "outside of you" gives you your purpose and you

have no say in it. I believe it is you who creates your destiny or purpose. And since you created it you can change it if you want to.

You can think of your purpose like the mission statement of a company. It is something that governs the entire actions of that company. If the board of that company wants to change the mission of the company they can. But until they decide to do this, it will continue to impact the choices and decisions of the people within the company as the mission currently is.

A Great example: Walt Disney's Mission for his company was "Family Entertainment". If what you were selling, your ideas or anything did not fit within that mission it was simply not done no matter how profitable. Walt Disney brought in some specialists to help him improve his profits and they found a way for him to add a huge increase in profits to his company with out spending a dime or doing any extra work. It was simple, the beer companies would come in and put free taps into all the concession stands and they could sell beer for double the price of soda. They already pay for people to work the concession stands. So more money. Walt Disney thought of his mission, family entertainment, and said no, what else you got. If Walt Disney wanted to, he could have changed his mission, but he didn't and that made the choices easy for him.

You have your purpose and whether or not you conscious or unconsciously created it you have one. The only way to see success in any area of life without lots of struggle is to make sure it is in alignment with your purpose.

Now here is the catch. Who are "you?" Because "you" can change your purpose. In my world your true Self is the God Essence within us all. "You" are more than your ego mind or the consciousness you think of as yourself. The thoughts of your mind that many people associate themselves as. So when I say "you" can change your purpose I am talking to the True You. If your ego mind wants to make a lot of money and be rich and famous that is great, but unless the directives come from your true Self, it isn't going to work so well to change your purpose. The change of the mission statement must come from the CEO and board members, the highest up. To change your purpose the directive must come from your higher self, the divine wisdom from within--which is who you are.

The only way I know of to change your purpose from your higher self is with specific declarations. "I AM" are the two most powerful words in the english language (I think). If you ponder and begin to comprehend who "you" really are, you will understand the power of these words. The saying, "I think therefore I am" is more accurately stated "I AM, therefore I think." Create declarations that begin with "I AM" and say them with energy and feeling. Say them from the perspective of your divine self as "the creator" of your world. The key to remember when creating a new purpose is it must be one inspired from within. The ego mind and all of its games will not be able to create a true purpose. Things like strictly making money, harming others, being famous are not purposes in and of themselves. If you want to make money simply do it in a way that is also helping fulfill your purpose. If you want to be famous, simply do it in a way that is also fulfilling your purpose.

Everyone's purpose is divinely inspired/given/created. An easy way to create a life that works and you love is to just find and follow the purpose you already have. It is a perfect one because it is created by your true Self, your divine Self or your higher Self.

All this purpose stuff has to do with your being slim and healthy for life because I believe it is everyone's purpose, even divine right to be beautiful, slim and healthy. I believe if you truly recognize the inner beauty and let it come out, you have taken one huge step in being toned and healthy.

If being thin and healthy is not inline with your purpose there is but one thing you need to do to have it be your purpose. Realize that you are the creator of your health. You are in charge of your weight. You are in charge of your experience in life. No one else will be there to pick up the pieces, give you a magic pill or be able to do much of anything if you do not choose to create a life of health and being slim and toned. It is you who gets to create the you that you want, so pick up the torch and begin creating.

You must also have faith that you are trim and healthy as I talked about earlier. To me faith is different than a belief. A belief is something you create, either consciously or unconsciously. Faith is something you have. All you have to do to have faith is choose it.

It is like this. Imagine someone standing right next to you with more faith than you could ever need in their hands. This person is always ready in an instant to give the faith to you if you would only ask or be open to having it. That is what Faith is like to me. You just know, you have faith that something is done. Not even will be done, or could be done, but is done already. And sometimes only the passage of time needs to happen to reveal it. This is what faith is to me. It is this knowing that must be put with anything you wish to create. Without faith it becomes more unlikely you will achieve your goals

Summary: As you are being slim and healthy, have faith in it being real and know it is part of your purpose in life to be so.

Section 2

Chapter 10 Beliefs Shape Your World

Now this brings us to one of my favorite things. Your existing beliefs and limiting habits, thoughts and perceptions. Your perceptions drive your actions and your results. Your perceptions are formed by your past programming, beliefs you happily accepted and beliefs you made up. Which really are all the same thing, your beliefs.

One of my favorite examples. Lets say you believe the world is flat. That will prevent you from sailing "around the world" to find a shorter trade route to the West Indies. That would prevent you from discovering America. The belief the world was flat dictated actions of entire nations.

More real to you. If you believe fat makes you fat, you will probably avoid eating fat as much as possible. If you then realize the truth about fat you would know the difference between good fat and bad fat and eat tons of good fat.

If you believed that all green vegetables were poisonous you would probably not eat any green vegetables. If you then realized the truth about green veggies and how great they were for your health and freedom, you would eat more of them.

Your beliefs shape your perception and directly influence your actions and results.

Not only does your perception drive your actions and results, but they also your thinking and how your body responds. A couple examples:

You are walking down the street, and you see a snake. What do you do? Your brain gives all sorts of feedback to your body on how to prepare for what you are about to do. Then, right before you do whatever it is you were going to do, you realize the snake is really only a piece of rope. Then what do you do? Your brain prepares and sends all new information to your cells about what they should now do.

When you thought the rope was a snake, your cells were responding to a false perception. They were acting according to that perception, and not the actual event that happened in reality, a rope. Your physical misperception affected how you, your cells, and your being responded.

Here is the interesting part. Your belief systems about snakes, which you never consciously thought of, are what determined the action you were about to take. Most little boys and the Crocodile Hunter would have run up to check out the snake. Their belief that snakes are interesting created their perception and dictated their actions. Many adults with the belief that snakes can be dangerous would just be careful, a little on the defensive and cautious side, and walk around the snake. And many other people who believe that snakes are deadly and poisonous would scream and run in panic. Your underlying belief about what snakes are determines your perception and actions without your even thinking about your beliefs. Your beliefs determine your perception and the response your cells have.

You have a belief: "Snakes are..." whatever. When you see a snake, your brain automatically accessed that belief system, and sends the not-so-appropriate information to the cells in your body to respond a certain way.

Your beliefs dictate your perception, actions and results in every area of your life. It is like a cute little story I heard about this girl who was riding in the car with her mom. She turned to her mom and said, mom, where are all the jerks? Her mom thought for a bit, smiled and said, the jerks only come out when your daddy drives. The beliefs and perceptions you have about other drivers affects your actions. Two different people right next to each other on the exact same highway can have two completely different experiences to the exact same situation. One is pissed because no one knows how to drive and they are all going to slow, and the other is happy and listening to their new Ultimate Non-Diet book on CD. Same exact situation, different reactions based on beliefs and perceptions.

As I talked about earlier, one of the reasons weight loss will never work, and if it does work why it will never be permanent is because of how 'weight loss' functions in the brain. In order to lose weight the brain has to focus on being overweight. Remember the RAS and the brain match up the inside world you program it with to the outside world. So when the non-conscious mind is focusing on being over weight that is what you are.

And if by some odd chance you are able to persist and lose the weight there is something else interesting that happens. The non-conscious mind is focusing on weight loss, so that is what it will find. You cannot lose weight for ever so your non-conscious mind has you gain the weight again so it can continue to lose it. Which is exactly what you have been programming it to do. When you focus on weight loss the non-conscious mind wants to continually give you that. And the only way for it to do this is to have you gain more weight so it can have you lose it.

And if by some chance you are not focused on losing weight and are able to be slim, unless you reset your weight-o-stat, you will gain it back again. The upgrading processes I went through earlier will help to ensure you reset the thermostat of your health and weight to be exactly what you want it to be.

That is important because your beliefs you have about yourself, diets, losing weight, being healthy, and everything related to you having results is going to play a huge part in the results you actually see.

Beliefs are like a table. The more legs you have, the sturdier the table is. The more reasons (real or made up) you have to support your belief, the stronger the belief and its impact on your life. What you are going to do now is create a belief that you deserve to be and are healthy and slim and every other belief you need or want to support this process. To do this all you have to do is create a list of reasons why you deserve this. Let me get you started with some possible reasons why: persistence, intelligence, desire to be slim and healthy, do physical activity, you feel better, you are happier, God wants it, etc. Go ahead now and create your own beliefs that support why you are now slim and healthy. This will form your belief to help make it so.

- 1.
- 2.

- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

You may want to do this to support all the new beliefs you create. Some of the reasons you come up with will probably be used to help support more than one belief. This is perfect. Create lists for each new belief you create.

An easy way to figure out what new beliefs will help you is to look at the beliefs you currently have that don't support you. Everything that you believe is getting in the way, that is just the way it is, or the way life seems to be, those are all limiting beliefs you happily accepted.

Let me say that again. Everything that just "seems" like the way it is, is nothing more than a belief system you happily accepted. Anything that you say is "just the way it is" is only a belief system. "That is just the way it is", "that is how I am" and most things you accept as truth are merely deeply entrenched belief systems.

There is nothing wrong with any belief system. The only question that really matters: does the belief system serve you? Does the belief empower you to achieve what you want. If not, get a new belief. Then create strong legs to support the belief with reasons why you deserve it.

Remember a couple things as you figure out which belief systems you want to install. You cannot have anything to do with "losing weight". You cannot have negatives in the belief. Your non-conscious mind does not process them. It is as if the negative is completely dropped. For example: 'I will not be fat' is registered by your non-conscious mind as 'I will be fat'. You must phrase your beliefs only in the positive like, I AM slim, slender, toned and healthy. And you want to state the beliefs in the present tense. If you program the non-conscious mind with "the future" you will have exactly that, success in the future and we all know the future never comes. Which means if the belief is not present tense the chances of achieving your goals is slim to none.

Some suggestions for beliefs you might want to install: and feel free to change and vary them to serve your needs.

- I deserve it
- I am achieving it
- I am healthy and slim

I can be healthy and slim
It is easy for me to be toned and slim
I know how to be healthy and slender
I am willing to do what it takes
Junk food is never as good as it feels to be healthy
I am saying no to what I need
I am saying yes to what serves me

Then you are going to find at least 4 reasons to support each of the beliefs you choose to create to help you achieve your goals. Write this on a piece of paper with the beliefs at the top. Look at this piece of paper with all the reasons and the beliefs you now own to support you on your process of being thin and healthy for life.

Some people need or want a little extra help. I have created a set of interactive CD's to help easily eliminate any limiting beliefs you want to get rid of. Then you can put in new beliefs with much greater ease. You can find out more information and purchase these CD's at my website www.bazuji.com/cds

Summary: Create new beliefs that empower you and create reasons why you deserve those beliefs and why they are true. Remind yourself of these new beliefs and reasons why these new beliefs are true.

The next part of this book is going to address all the beliefs you have around all this stuff that is limiting you from actualizing the results you want. Clearing your canvas.

Chapter 11

Everyone Is Different

Everyone knows that everyone is different. But no one actually applies it. Let me give you some examples.

Diets. Everyone has some different diet that they say everyone “should” be on. Not realizing that everyone is different. Maybe there are so many different diets out there because everyone is right. Because for the right people, their diet is exactly perfect. And this is usually the case for themselves. Most people when they give advice or recommendations they are telling other people to do what worked for them. Because they forget that everyone is different. Not everyone else is the same as them.

How to handle relationships. Everyone has “their way” of dealing with relationships. And everyone swears that their way is the “right way” and everyone has a different way. Again, everyone is right. Because we are all different and therefore the best way to handle relationships is going to be unique to every individual.

How to drive. We all have our idea of how everyone else should drive. And we are all right. Those who are careful drivers expect respect and courtesy from every other driver. And when someone “cuts them off” they often get upset. Drivers who are in a rush often expect everyone else to be in a rush or get out of their way.

Fashion and clothes. The people who dress up and always look nice often look down upon those people who go out in public with out dressing up. And those people who go out in their sweats, pajamas, and curlers in their hair often think, who cares what I look like. If I am not good enough for someone the way I am, too bad for them. And people expect other people to dress up or down like they do.

The list goes on and on. People “know” everyone is different, but yet when it comes to actually applying it in their day to day life, they want everyone to be and do things just like them. Some people do this more than others, but almost everyone does it in some areas of their life.

This is important because it directly applies to what you eat. You are different and what food is best for you is not the same food that is best for everyone else. Because there is no “one diet” that is best for everyone. There is no “one way” to eat what ever food you eat as well. How to eat, when to eat, where to eat, all that can be different for everyone.

Some people it is better to eat late at night before they go to bed. Some other people it is better to eat early, and then eat nothing for a few hours before they go to bed. Some people it is best to do both.

Some people it is best to eat small portions of food all day long. Others it is best to eat 3 large meals a day with out snacking. Others it is best to eat large meals and snack all day. Others it is best to eat only one large meal a day. Everyone is different.

Some people do well on vegan or vegetarian diets. (not eating meat or animal products) Other people do well only eating meat. Some people become really healthy eating low carb food, and others become healthy eating high carb food.

Some people are better off doing physical activity on an empty stomach. While others are better off eating before they go do physical activity.

This reminds me of one of my favorite quotes. You are a unique and special individual, just like everyone else. Which is so true. It is to be remembered here, just because we are all different, does not mean we have nothing in common. We are all human. There are similarities among us all. I am going to talk about the similarities that we as human being all have in common.

Now the kicker. What is best for you can and will often change through out time over the course of your life. What is best for you can even be different during different times of the month, or week, or even day. You might be thinking to yourself, this is going to be way to much work to figure out what is best for me. It is easy. I promise, it is really, really simple. We need to get rid of some more myths about dieting and losing weight that many people believe are true.

Summary: Every one is Different. Which means there is not one thing that will be right for everyone. Listen to your inner knowing to know what is right for you.

Chapter 12

The Real Truth

This chapter is all about the “truths” that so many people believe that are simply not true. You will see by the end of this chapter how much of what you thought was true isn’t. Here are the modified myths I am going to cover that are now true:

Eating Cholesterol does not increase your cholesterol levels

Salt does NOT cause High Blood Pressure

Eating Fat does NOT make you fat

All refined carbohydrates are hazardous to you

Artificial sweeteners of all kinds are not good for you

The Food Pyramid that most of us know is wrong

The Governments Height to Weight ratio guidelines are mostly wrong

All vitamins and supplements are NOT created equal

Eating Meat is Not bad for

Dairy Products are not a good source of calcium and can be bad for you.

If you are willing to accept these as not true, and the opposite being true, you can really just skim this chapter. If you want to understand why these statements are not true, or be able to explain why to someone else, you may want to read this chapter.

Eating Cholesterol does Not Increase Your Cholesterol Levels

Now you might be thinking. Wait a minute; this is exactly the opposite of what the medical doctors and medical profession say about what you need to do to lower your cholesterol. So let me explain their theory. Which if you have high cholesterol you probably know by experience has not lowered your cholesterol at all. If not, ask around. Ask people who have done what most medical doctors say, and see how it worked for them. You will be hard pressed to find one person who said it worked to significantly lower their cholesterol levels. Anyway, back to their theory.

They look and see lots of cholesterol in the blood. So they scratch their head and say, well, don’t eat so much cholesterol then. If you eat less cholesterol, you will not have as much in your blood. Now, on the surface, it sounds good. But there are two major flaws with their theory. The first one. It doesn’t work. Like I said above, I dare you to try and find someone whose cholesterol significantly went down by eating less cholesterol. You will be hard pressed to find someone. Even with medication.

That brings in my favorite definition of insanity. Doing the same thing over and over, and expecting a different result. This is what the medical profession has been doing for Years. Telling people to do the same thing, with out really getting results, expecting to get different results. It just doesn’t work that way.

The Second flaw in their theory is this. The cholesterol in your blood is not the same cholesterol in the food you eat. You do not directly absorb cholesterol into your blood stream from the food you eat. Your body actually has to break down the cholesterol in the food you eat, and then absorb the pieces of the cholesterol. Then your body, if it wants to, has to reassemble the pieces back into cholesterol you find in your blood.

And your body does not do this, unless it needs the cholesterol. Your body does not make cholesterol, unless you need it.

Let me give you an example. Eggs. Eggs contain a thing called Lecithin. It helps your body digest cholesterol and break it down. Yes, the egg has something in it that actually helps your body break down and recycle cholesterol, including the cholesterol in the egg itself. Just like I talked about earlier, if you eat something like it is found in nature, it comes with what it needs.

Just because you eat cholesterol, does not mean your cholesterol levels go up. It is like saying if you eat more fish, you will be more fish like. If you eat more pepperoni, you will be more pepperonish. It is silly. Our body digests the food we eat; it breaks it down to basic parts, and then absorbs the parts. The body then puts these basic building blocks together as human parts. Not fish, or egg, or cow parts, but human parts. Same goes for cholesterol. The body breaks down the animal and plant cholesterol into basic parts. And then, if the body wants, makes it into human cholesterol.

The question is then why would you need cholesterol in your blood?

Cholesterol's primary job is to carry glucose (sugar) around the blood stream. You need an equal number of cholesterol units as you have sugar molecules in your blood. So if you have 3000 sugar molecules in your blood, you need 3,000 cholesterol molecules to carry them. The actual numbers are much, much higher than this, but you get the point.

The more glucose or sugar molecules you have in your blood, the more cholesterol you need to carry them.

So what affects your blood sugar levels? Mostly what you eat. Refined Carbohydrates. When you eat refined carbohydrates, they get digested and absorbed into the blood stream very quickly. Your body then very quickly converts the refined carbohydrates into glucose. This causes a spike in your blood glucose levels.

Everyone has witnessed this. Ever see a kid after they eat a bunch of sugar? They are bouncing off the walls, because all of that sugar gets turned into glucose in the blood very quickly. So they have tons of energy, because glucose is one of the things your muscles use for energy.

The same thing happens to you when you eat sugar and other refined carbohydrates. Your body quickly converts them into glucose in the blood. And if you have a high amount of glucose in the blood, what do you need again? That is right; you need lots of cholesterol to carry those glucose guys around.

Your body is smart. It learns from the past. If you are constantly having high amounts of glucose because of the food you eat, your body prepares. Your body prepares for the next time that you eat refined carbohydrates. It prepares by having lots of cholesterol on reserves to deal with the certain increase in glucose levels that are inevitably going to happen.

Your blood sugar levels are constantly changing. Your body is always trying to keep your blood sugar levels within a normal range for you. But after years of abuse from you, your body does not always do such a good job.

So if you eat refined carbohydrates often (daily) your body prepares by keeping lots of cholesterol on reserve to deal with this. This is one of the biggest reasons why so

many people have high cholesterol levels. Your body is smart, and it is preparing for the inevitable of your blood glucose levels going way up from eating refined carbohydrates.

Like I said, your body is smart. It is a very quick learner. If you quit eating food that makes your blood sugar levels high, your body will get rid of the excess of cholesterol levels in your blood. That is why, often within weeks, your cholesterol levels drop significantly, often 50 or 100 or more points, when you quit eating refined carbohydrates.

Now, the trick comes with, what is “refined carbohydrates”. Refined carbohydrates are things that are mostly calories from carbohydrates that have been refined from how they are found in nature including most sugars. Great, what does that mean? Things like breads, crackers, pastas, sugar (in most forms), and grains are refined carbohydrates.

Why do refined carbohydrates raise my blood sugar levels so much? Good question. In the process of refining the carbohydrates, they are taking away part of the product. They are removing part of what comes with the grain or plant as it is found in nature. Now the funny part about the perfection of nature. We and the things in nature are perfectly designed for each other. When we eat food whole, as it is found in nature, it is almost never ever bad for us. When we eat grains and sugar cane, and sugar beets, as they are in nature, whole, there is no problem with how our body responds to them.

You see, all the nutrients that are needed to digest a piece of fruit, are found in the fruit. All the things needed to digest grains, are found in whole grains, like in nature. All the things needed to digest milk, are found in whole raw milk. It is just when we come along and change it by heating it, and putting chemicals in it, and making it “better” that problems occur.

See, fruit sugar is fine for the body. It does not really cause an increase in your blood sugar levels, as long as it is eaten with the fruit it comes in. They refine fruit sugar out of fruit, to use as sweeteners in some products, and this refined fruit sugar can cause problems as well. Because all the stuff that comes naturally with the sugar in the fruit, is now not there.

When they refine grains to make most breads, and pasta, and crackers and stuff, the part they take away is the part that keeps the grain from increasing our blood sugar levels. The part they remove to make white flour is the part that helps keep our blood sugar levels normal when eaten whole.

So when they take part of the food away, it leaves the food in a way that causes your blood sugar levels to increase. You quit eating those foods, and there is no need for lots of cholesterol in the body. So the body then lowers your cholesterol levels.

To safely, significantly lower your cholesterol level within weeks, quit eating refined carbohydrates. It is that simple. And again, don't take my word for it. Do it yourself, and measure your cholesterol levels before and after, and you will see for yourself. If you cut refined carbohydrates out completely, you will notice the 50-100 point drops within weeks. If you still eat refined carbohydrates, you will notice a decrease, but not as quickly. And the amount your cholesterol drops will be in direct proportion to how

much refined carbohydrates you quit eating. The less you eat, the more it will drop. It really is that simple.

Salt does Not Cause High Blood Pressure

Some things you need to know first to fully understand blood pressure. As well as helping you understand about many other things in your body. The difference between average and normal.

Average is a mathematical statistic. Don't let that big M word scare you. All average means is that you add up all the totals you have and divide by the number of totals you added. This gives you an average of the group of numbers.

Normal is what is right for an individual, or what is common or appropriate for a particular person.

What the medical profession does is make the average normal. They measure a bunch of people's blood pressure, divide the added totals by the number of people they measured, and come up with an average blood pressure. And then they say this is the normal blood pressure for everyone.

I will let you in on a little secret. If you had the blood pressure I have at this exact moment, you would probably pass out. If you had the same blood pressure standing as you did sitting, you would probably pass out. Your blood pressure changes all the time, all day long. Your normal blood pressure needs to be different than everyone else's. You need the right blood pressure for you at the right time. If you had the average blood pressure all the time, you probably would be dead by now.

Just because some numbers are the average does not mean they are normal. Everyone is different. Everyone knows this, it seems, except the medical symptom and disease care system. They seem to think we should all have the same numbers; otherwise there is something wrong with us.

And on top of that, the medical symptom and disease care system even changes what is supposedly normal with time. "Normal" depends on what year it is. Maybe this is because there is no normal for everyone. There is only a normal for you. What the medical profession says is normal is actually the average.

And you know, when dealing with averages, that not everyone is the average number. Just as in school, with the bell curve, the average might be a "C," but there are people who got "As" and those who got "Fs." Does that mean that just because the people who got "As" are not in the average, there is a problem with them, something is wrong? Of course not. And contrary to what many people will immediately think, someone who got an "F" does not automatically have a problem, either. Maybe they were absent, and that is their current grade. Maybe the grade is in gym, and they will be the next Bill Gates, so physical conditioning is not important to them. Maybe they forgot about the test and didn't study. The "F" might be a signal of something potentially wrong. It does not automatically signal a problem.

This is the same with the averages and normals the medical profession uses. The averages can serve as guideposts to maybe show a sign of some potential problem. The problem is that the medical symptom and disease care system uses the averages as normal, and if you are not normal, it *is* a problem, as they see it. They forget that the numbers are only averages, that everyone is different, and that your normal might be

completely different than the average. For you, that normal is perfectly healthy, even though it is not average.

So what do you do with this? Take all the numbers the doctors give you with a grain of salt. Just because their charts show that you “should be” in this range does not mean you actually should. You are different than everyone else. Your normal might be outside of the range of average they go by and still be perfectly healthy for you.

This brings up a show on the Discovery Channel about a culture and group of people in Italy. They had an average cholesterol level of well over 300. Yet, almost none of them had any heart problems or plaquing what-so-ever. The whole show was about trying to figure out why. Well, at the end of the show, they had no real answer. Only theories. Well, how about this one? How about their normal was perfectly healthy for them? That the average is just that, an average that not everyone will fit into.

So your “high blood pressure” might very well be normal for you. And if it is actually too high for your normal, salt really has nothing to do with it.

Again the medical profession came up with a theory and never really tested it before they released it as “truth” on the world. Someone said that salt attracts water, and blood has water in it. So if you get rid of some of the salt in the blood, then there will be less water in the blood as well. And if there is less volume of blood, the pressure will have to be less. That was their theory and they began telling people to eat less salt thinking it would lower people’s blood pressure. No real tests, no real studies, and yet believed to be true by many.

The theory sounds good on the surface, but again there are a couple flaws with it. The first one is the theory is loosely based on a scientific principle that if you decrease the amount of something in a container, and the container stays the same size, the pressure will decrease. So if the blood volume is less because there is less water, your pressure will go down. But this assumes the container; your blood vessels will stay the same size. They don’t. They are changing all the time.

Second, it doesn’t work like that. Try and find one person who’s blood pressure decreased because they quit eating salt. You will not be able to find one person. Because eating less salt does not lower your blood pressure. Just like Diuretic, medications that cause you to release more water than your body wants to from your blood through your kidneys, is often prescribed to attempt to help lower blood pressure. Yet, I dare you to try and find people who this has helped. You might find a couple, but most the diuretic does nothing beyond a couple days.

You see, the body is so much smarter than we are. And many more things go into where your blood pressure is at than how much water you have in your blood. Your Blood pressure is a function of your blood vessels, the stuff in your blood, the muscles in and around your blood vessels, your heart, and so much more. If you force water out of the body, your body will compensate in other ways to keep your pressure at your normal.

Since I am on the subject of Blood Pressure, what can you actually do to lower your blood pressure naturally? Drink Water. It often is as simple as that. And here is a perfect example of why. Imagine some really thick ketchup and trying to suck it through a straw. Versus if you put a bunch of water in the ketchup and mix it up and suck the ketchup through the straw. Does it take more or less pressure to suck the watered down ketchup

through a straw? It takes less pressure. Similar with your blood. If your blood is thick and sludgy because you are dehydrated, your body will increase your pressure to force the blood through the little itty-bitty vessels and capillaries.

Actually, your blood pressure is more than this. And drinking water does so much more than make your blood thinner so it flows through the vessels easier. Whatever the reason, drinking water often lowers people's blood pressure.

Fat does Not Make You Fat

One of the other huge myths is that fat makes you fat. It doesn't. Again, for similar reasons as the previous pages. When you eat fat, your body has to break it down into its little building blocks and then absorb the pieces. The fat you have in your body is not the same as the fat you eat. In fact, the fat naturally found in whole foods is fat you actually need for your body to function properly.

Essential Fatty Acids are the name given to the types of fat that you need to eat. This is why they are called essential. Your body cannot make them, you must eat them. And these essential fatty acids are only found with fat that naturally occurs in whole food. What are these essential fatty acids used for in your body? Well, literally everything. Every cell in your body is partly made up of these essential fatty acids. To breathe, to have your heart beat, to run, walk, think, to make hormones, to remember anything, you need essential fatty acids for all of these and basically, to live. And if you don't eat them in the food you eat, your body will not function properly. And the only place you can find essential fatty acids is in food that has naturally occurring fat in them. So if you try and cut fat out of your body, you will actually be causing harm and not really be doing anything to get rid of the fat already in your body.

So what is one of the main causes of being fat. Sugar. NO, not again with the sugar, you might be saying. Yes, Sugar and refined carbohydrates are really one of the main causes in many problems we as humans face today. You can pretend it is not true, you can believe it is not true, but no matter how you try and avoid it, sugar and refined carbohydrates will still negatively impact you whether you want them to or not. And whether or not you believe they will or not.

How does sugar and refined carbohydrates make you fat? It is really simple. You have a relatively set amount of fat cells in your body. It is just a matter of how big your fat cells are. So what affects the size of your fat cells? Sugar. Because glucose is what is stored in your fat cells. And there is a little "gate" that controls the movement of sugar in and out of your fat cells. And the key to this little gate is insulin. Insulin is the key that opens the gates to the fat cells and allows excess glucose in the blood to go into the fat cells. So if you never eat anything that raises your blood sugar levels beyond normal, your body will not release insulin, and you will not get bigger fat cells.

The body releases insulin to lower blood sugar levels that are too high. So Sugar and refined carbohydrates are actually what are one of the biggest contributing factors to why people are overweight.

The ironic part of all of this, is that when you get food that has "artificially" been made to be low fat, you know what they usually put in when they take out the fat? Sugar. They usually add the very thing that contributes to people being fat when they are trying to make something that many people think is helping them not be fat. Fat

does not make you fat. In fact, you need the essential fatty acids found in fat to live. Sugar is one of the biggest contributing factors to what makes you fat.

All Refined Carbohydrates are Hazardous to Your Health

The average American eats over 300 pounds of sugars each year. Most of this is because of all the sugar that is added to the everyday foods most people eat. Refined carbohydrates include anything that ends in “ose.” Sucrose, fructose, glucose, lactose, maltose, dextrose, corn syrup, high fructose corn syrup and sugar all count as sugar. An easy way to remember this is anything that rhymes with “gross.”

I am not talking about sugar naturally found in fruits and other such sources. If nature put it there, it is usually fine. And again, how it affects you will depend more on you individually than the type of fruit itself. Yes, sugar is natural, but it is not fresh. And when you add it to another food, the other food is not pure either.

Refined carbohydrates also come in the form of grains and flours. Most pasta, bread, flour, and other grain-based products are refined, almost to the point of sugar, and to the point where the refined carbohydrates respond in the body the same way sugar does.

There are two big reasons why refined carbs and sugar are so bad, as well as hundreds of smaller reasons. The two big reasons are these:

1. Refined carbs and sugar have no vitamins, minerals, or anything else that is needed to operate and run a healthy body
2. Refined carbs and sugar cause blood sugar levels to be artificially raised and lead to all the problems that come with high blood sugar levels.

First, the refining process takes away all the vitamins and minerals that are naturally found in whatever plant is being refined. There is nothing left but pure carbohydrates.

Why are vitamins and minerals so important for you anyway? Let me give you a little example of why vitamins and minerals are so important. If you want to build a brick house, what do you need? Well, you need bricks and mortar, and wood, and windows and doors. You need some basic stuff to build that house. What if you don't have bricks, or mortar or windows or doors? How well do you think the house will function after you are done “trying” to build it? Not very well.

Vitamins, minerals and nutrients are like the bricks, mortar, windows, doors, wood, etc. of the house. They are the parts that your body uses to build you. If you don't give your body those key building blocks, things in your body are not going to work very well.

If you try to substitute cheap, not so good imitations, if you tried to build a brick house with a bunch of rocks, the house would not be as good. If you tried to use old, warped windows, the house would not function very well. If you used wood that had holes in it and was not complete, your house would not be very functional. For your body to continue to function at its best and do everything it used to, your body needs to continually be replacing the broken down worn out parts with new parts. And if the new parts, if the vitamins and minerals you give it are not whole, or not enough, your body is going to break down. If you give your body less wood than it needs, so you cannot finish the roof, you might be able to keep the wind out, but when it rains, you get wet.

The second reason refined carbohydrates are not good for you is that refined carbs drastically alter your blood sugar levels. What is the big deal with this? The easiest to

show you is what happens to you after you eat. You get really tired and lethargic. You have trouble staying awake and you want to go to sleep. Guess what? The rest of your body is doing the same thing. Your cells are going into a “sugar coma.” Your mind, which controls everything, is also going to sleep on the job. Your brain is not doing everything it needs to do to keep you functioning properly. And if your brain is not doing its job properly, anything could be going wrong with your body, and often is.

Refined carbs/sugars are actually the biggest contributing factor to type 2 diabetes-- that is, the type of diabetes people develop later in life. The major contributing factor to type 2 diabetes is eating too many refined carbs. Type 2 diabetes is one of the easiest things for your body to heal. Are you ready? It is so simple. Quit eating carbs. It really is that simple. I have yet to meet anyone who was a type 2 diabetic who could not totally control their blood sugar levels without any insulin just by cutting carbs out of their diet.

Refined carbs/sugars also are one of the main contributing factors to heart disease and high cholesterol levels, as I showed you earlier.

All Artificial Sweeteners are Hazardous to Your Health

Like most things, everything starts out as a good idea. When NutraSweet was first invented it was actually made from grapefruit rinds. All the studies were done on this sweetener. It passed with flying colors. Then DuPont bought the rights, examined it under a microscope and chemically made it in a lab because it was cheaper. But there was one problem, this new artificial sweetener is essentially formaldehyde. And at temperatures above 95 degrees (the human body is 98 degrees) the artificial sweetener actually changes to formaldehyde in the body. Formaldehyde is the chemical they use to put into dead people to keep them from rotting before they bury them.

Some people want to argue that it takes large amounts of artificial sweeteners to induce cancer in rats. And in the small quantities the sweetener is found in food it is not harmful to humans. To that I have this to say: I don't know about you but I don't want to put anything in my body that causes cancer in any quantity, large or small. Living in the world we do today you are being exposed to toxins that cause cancer. So anywhere I can easily eliminate getting additional toxins, I will.

There are new artificial sweeteners created every day. To this I just have one question. Who can make sweeteners better -- Man or Mother Nature? I will always go with Mother Nature. Every time man invents something that is supposedly better than nature's counterpart, all you have to do is give it time and mother nature will prove herself superior, every time.

The Government Height to weight ratios are wrong

This one is really simple. Everyone is different. You can be very muscular with a low percentage of body fat, be completely healthy and still be considered overweight by our government. You can be your “ideal weight” for your height, have lots of body fat and just a little muscle and not be healthy. It is not about your weight or height or any ratio. It is about how healthy you are, how much muscle you have and how much fat you have. If you wanted to make a general rule you might be able to go by how you look. The more muscle, less fat and healthier you are, the better you will look.

How this applies to your life is it is not about "losing weight". For most losing weight is the process that brings them to what they actually want, looking good in some way shape or form. You want an end outcome and you think losing weight is the way to get there. You need to focus on your end outcome and being the way you want now. Don't get hung up on the numbers that represent your actual weight, but your end outcome? Stay focused on looking the way you want to look or your end goal.

Not all supplements are created equal

There are more supplements out there than I would care to count and keep track of. So what is the biggest difference between all the different supplements? In my world you can divide all supplements into two categories:

1. Whole Food Supplements
2. Chemically Manufactured Supplements

If you follow along with the supplement news you will know that they are always discovering a new vitamin, a new cofactor, a new mineral, a new this or that. Now let me ask you a question, is it really "new" or did man just discover it. Of course, man has just discovered the importance of it.

Nature is great. She provides everything we need in nature. Or said another way, these new vitamins, minerals, cofactors and other newly discovered essential minerals are already found in nature in whole foods. Even if we don't know about them yet nature has always had them in our food. So when whole food supplements are made they already have and have always had all these newly discovered ingredients. Now let me ask you a question. If we as humans just discovered something, do you think the chemically manufactured supplements have this newly discovered thing in it? NOPE! The only place to get all the cofactors, minerals and essential nutrients before we know about them is whole food supplements.

A perfect example is Vitamin C. Everyone says vitamin c is the same thing as ascorbic acid. That is like saying an egg shell is the same things as an entire egg. They are completely different. Ascorbic acid is only the "shell" around what is the rest of Vitamin C. But when most people manufacture Vitamin C, they just manufacture the shell or what is ascorbic acid. Whole foods have then entire "inside" of every nutrient the whole foods supplements are supplying.

You can get good vitamin and mineral sources, or you can get cheap, not so good, imitation vitamins with parts missing. Which one do you think will be better for you? Of course, the ones that are whole, complete, and have everything your body needs to build itself healthy and strong again.

This means if you are going to take supplements, make sure you get them from a good source. If the supplements are really cheap, well, you usually get what you pay for. One of the best sources I have ever found is a company called Standard Process. www.standardprocess.com The only problem with them is you cannot buy them yourself. You have to go through some doctor or other health care professional. I get nothing to recommend these supplements to you, that is how much I like them.

There are other good lines of supplements as well. LifePak™ by Pharmanex is also a great option. You can find out how to get these and other supplements at my website www.bazuji.com/products.

The food pyramid most of us know is wrong

The old food pyramid with the 6-11 servings of grains on the bottom, fruits and vegetables on top of that, meat and dairy on top of that and with sweets at the top is wrong. Just recently the FDA actually changed the food pyramid. They now have 9 categories of food with exercise and supplements “on the side.” Even though the new food pyramid is better than the old, it still is not accurate. Why? Everyone is different.

It is amazing, everyone knows that everyone is different, and yet most people still think we should give the same recommendations to everyone. Some people will do great with the new food pyramid guidelines, and it will not be good for many other people.

If I could get people to recognize one thing, it would be the full ramifications that we all are different and what is best or even works for one person is not going to fit and apply to everyone else.

There are other reasons why the new food pyramid is not accurate. They do not talk anything about food quality. Not all food is created equal. And man makes sure that if the food was equal, we usually added poisons or genetically modified it so it is no longer the same. Not all plant oils are good for you and often a good quality fish oil is even better. Nuts and legumes that are not organic are some of the most toxic foods found in our food supply today. Pasteurized non-organic dairy products are also not healthy for humans. Growth hormones, antibiotics, and other drugs are pumped into commercial cows to get them to produce more milk. The cows rarely have access to fresh air, sunshine or exercise. They finally made a difference between whole grains and refined carbohydrates, which is good. But then they tell you to have whole grains with most meals. This again is not going to work for most people.

I will get into food guidelines later, for now it is important to realize that even the new FDA food guidelines are not accurate. If for no other reason than this: if the “old food guidelines are no longer correct, how long before the “new” guidelines are no longer accurate. I promise you, it will only be a matter of time. There is really only one thing consistent with the medical symptoms and disease care system and the FDA, give them enough time and everything they once believed they will admit is now wrong. So what does that say about what they “believe” is true now? Anyway, the food pyramid guidelines are not right for most people.

Meat products are bad for you

Animal products and meat are another controversial topic. Are they good for you or not? My view on the subject is similar to my view on dairy. If the animal products are fresh and pure, they are not inherently bad in any way, shape or form. In fact, if meat and other animal products are healthily and humanely raised, they can be great.

Meat and animal products as they are today, however, are not fresh and pure. They are full of chemicals, growth hormones, toxins, fear, and God knows what else. These types of meat and animal products are not good for you. And these are most of the meat and animal products that are in your traditional supermarket today.

I will give you a small glimpse of what is common in the industry today. Over 90% of all the chickens raised in America today are raised like this: They have a cage big

enough to stand up and sit down in. They get no fresh air or sunlight their entire life. They are fed tons of hormones and antibiotics. The leftover chicken parts that cannot be used for anything else are ground up and fed them back to the other chickens. This just further concentrates the hormones and antibiotics in the chickens. They grow up in seven weeks instead of the 12-16 weeks that it would take them naturally.

Most cows are raised in a similar fashion, with hormones and chemicals, under unnatural conditions, and they are slaughtered even more inhumanely. Fear is a chemical reaction in the body, which is why dogs can smell it. The fear of death the cows experience right before they die is “locked” into the meat as they are killed, and then you eat it. Most cattle are starved and given nothing to drink or eat for days before they are slaughtered, so that it is easier to butcher them. This meat is not fresh or pure, either.

This is only a touch of what goes on. I have spared you many of the gory details about what happens with traditional meat before you eat it. There is good news. Animals can be healthily and humanely raised. They can get fresh air and sunlight. They can remain chemical free, and be treated with respect and killed without pain or fear. When this is done, the meat not only tastes better, but it is actually some of the healthiest meat available. In fact, free-range grass-fed organic beef, butchered humanly, is some of the healthiest food available, and is a great source of omega 3 essential fatty acids. Ingesting these essential fatty acids, along with eliminating sugar, is an almost guaranteed way to prevent heart disease. In fact, the ratio of omega 3 to omega 6 essential fatty acids is even better in this type of beef than in fish.

There is one group of people who insist that even this type of meat is not humane because it is still taking a life. To address this, I have a little story. It is about a hunting trip. This trip isn't about any ordinary hunter. It is about a hunter who actually has respect for the animal being killed, and it is amazing how easy it is to go hunting this way. It is as if the animal is “giving themselves to you.” They see you and yet they just stand there and offer themselves to you. It is as if they are honored to be able to serve you and be your feast. The aboriginal people in Australia, the Native Americans in America long ago, and many other cultures around the world all report the same thing. That it is a blessing for the animal to give themselves over to be eaten by you. All it requires is respect on the part of the person eating the meat.

If meat is healthily and humanely raised, it can be one of the greatest sources of nutrients. There is no one thing that is inherently bad, as long as it is fresh and pure. Those are words to live by.

Dairy is not a good source of calcium and can be bad for you.

Dairy has a pretty bad rap out there. Considering the way most dairy products show up on the shelf, I agree; the stuff is bad. But most dairy is not fresh or pure when it ends up on the shelves. First, most dairy cows are injected with growth hormones to get them to produce more milk, and this female growth hormone goes straight into the milk. If you want a boost of female growth hormones in your body, then hey, nothing wrong. But this artificial female growth hormone is not good for anyone. It messes up the whole endocrine balance in the body, which includes menstrual cycles, moods, emotions, acne, and many other things.

Then there is the pasteurization process. It kills much of the good bacteria that are found in milk. Pasteurization also destroys most of the nutrients and vitamins that are naturally found in milk. Yes, it gets rid of some of the bacteria that may cause sickness. But I refer you to the earlier chapter, where I stated that the key component in getting sick is not the bacteria. If dairy were found in its natural fresh and pure state, I would not see a problem with it. In fact, most people who cannot tolerate dairy products almost never have a problem with organic raw dairy products. Organic raw dairy is fresh and pure.

Your body needs an acidic environment before it can absorb calcium. When you eat food it actually has to go across your intestinal or stomach wall before it can be used. To move calcium across these walls requires an acidic environment. Milk and dairy products by nature are basic and thereby means you are not going to absorb the calcium that is actually in dairy products. You actually get more calcium from a ¼ cup of green vegetables than a full 8 ounce glass of milk. Because the calcium in the green vegetables actually gets absorbed.

Summary:

Eating Cholesterol does not increase your cholesterol levels

Salt does NOT cause High Blood Pressure

Eating Fat does NOT make you fat

All refined carbohydrates are hazardous to you

Artificial sweeteners of all kinds are not good for you

The Food Pyramid that most of us know is wrong

The Governments Height to Weight ratio guidelines are mostly wrong

All vitamins and supplements are NOT created equal

Eating Meat is Not bad for

Dairy Products are not a good source of calcium and can be bad for you

Chapter 13

Diet Food Really Does Stink

One big thing that can keep you from dieting is the food. It often sucks and doesn't taste good. That is the best thing of not dieting, the food tastes great. And since this is a "non-diet" the food also tastes great, often better than junk food. Have you ever had a strawberry that was so good it was almost orgasmic?

In this chapter I am going to break down some of the myths about good tasting food, making it easy, and why diet food really does suck.

People get caught up in comparing the old food they used to eat to the new food they are now eating. Don't do this. Do not get caught up in trying to find something that tastes like your old favorite thing. Here is a little secret, the natural healthy food will not taste the same. It will taste better, if you let it. Let me explain what I mean with a story.

My friend was eating an apple, and after a bite or two, she put the apple down and was going to throw it away. It was one of the worst apples she had ever eaten, she said. Don't ask me why, but I wanted to taste the worst apple ever. I took a bite, and it tasted pretty good to me. And then I had a thought. If I ate the apple expecting an apple taste, it was pretty bad. In fact, horrible. But when I tasted the apple for the taste it had, without comparing it to anything else, it was fine. In fact, the apple was pretty good. My friend, who just a moment ago was going to throw the apple out, tasted it again. When she didn't compare it to what she thought an apple should taste like, she thought it was pretty good as well.

If you try to compare the new food you are eating to things you've eaten in the past, it will not be the same. It is not the same. But if you actually taste the new food you are eating for the food it is, you will find it is just as good, if not better, than the food you used to eat. Fresh and pure food always tastes better than toxic food, if you taste the food for what it is without comparing it to what you used to eat. Find your new favorite foods from healthy selections.

Diet Food Stinks

When I say diet food I am talking about all the pre-packaged, not fresh, man adulterated attempts to "make" food that is healthy for you. There is only one little problem with that. Man has yet to "make" any food that is better for us than natural food. I don't know about you, but I noticed that everything man tries to make better than what nature originally created it, always ends up worse. Mother Nature has been at this for millions of years. Man has only been at this for a couple years. Who do you think can make better food? My vote is for mother nature.

A couple examples of what I mean. "fat free food" is one of the ideas I am talking about. Someone said "fat makes you fat" over and over again and everyone believed it. So rather than people eating food naturally low in fat, food companies jumped on the bandwagon and realized they could make some money making fat free food. The problem was when they took out the fat they added in sugar and other refined carbohydrates. And as you now know, sugar and refined carbohydrates are hazardous to your health. Refined carbohydrates are actually one of the leading factors that

contribute to being over weight. Naturally fat free foods actually have no refined carbohydrates, chemicals, preservatives or anything that makes you fat. Natural foods also have lots of other things that are actually healthy and good for you.

Or when someone said that butter was bad for you so man invented margarine. And then only to find out that margarine has chemicals in it that actually cause cancer.

Way back in the day calories had a bad rap. And sugar had calories so they invented artificial sweeteners because they had no calories. When they first invented artificial sweeteners they were made from grapefruit rinds. Very natural, healthy and good for you. Then the chemical compound of the sweeteners was looked at under microscope and artificially made in a lab. And wouldn't you know it, now most natural sweeteners are also known to cause cancer. OK, some people say that the quantity needed is so large it is "safe", but it just goes to show you that nature always makes a superior product.

When man tries to "make a diet product" all you have to do is give it enough time and it will prove itself harmful in some way.

Diet food is NOT more Convenient

There is something to be said about fast food being more convenient then healthy food that helps you be thin. I will give you that. But wait, how about this. Convenient when? It is definitely convenient now. How about later, when you don't have enough energy to do anything but go to sleep? Or when you cannot focus because all you feel like doing is taking a nap. Or is it more convenient when you have indigestion and heartburn and don't feel like doing anything?

We live in a world of now. A world of cause and effect. But the problem is that most people only look at immediate cause and immediate effect. Not fully realizing the body does not work on an instantaneous process. If you put something in your mouth, it can take hours to process the food, even days if your system is not working so good. So when people get heart burn, or are tired, or get headaches they often miss the fact that it may have been something other than what happened immediately before.

You cannot "save time". You can only spend it wisely. And no matter how convenient it may seem at the time, food that is "fast" never saves you time in the long run. This is also a little trick that is interesting and works everywhere in your life. The solution to why it seems like there is never "enough time." It is because we falsely believe we are doing things that save time. Almost everything you do to "save time" only ends up costing you more time. If you eat fast food because you are in a rush, you will lose at least double the time later you supposedly saved. How much time is wasted because you have no energy to do what you want at the end of the day? How much time is wasted because you don't feel like doing anything? How much time do you spend not feeling ready to go? How much time do you spend being unproductive because of brain fog? These are the type of things that your body does when you eat fast food to "save time". And these are only the semi-immediate effects. Later in life your body starts doing all kinds of things that slow you down and don't allow you to do everything you want. This is in a large part due to what you put into your body. Because as you remember, if you try and build a brick house with rocks and stones, sooner or later it will fall apart.

Junk Food is Horrible

Some people say to themselves, junk food is not that bad.

If you want to believe this than good luck. Remember how important your beliefs are and especially the ones that are faulty you still believe. It goes back to what I just said earlier. If you want to build a slim, toned and healthy body you need the right building blocks. Those building blocks are not found in junk food of any kind. I do not care how fat free or enriched it is, how many added vitamins and minerals there are, how low carb or "healthy" the manufactures try to make you believe it is. Junk food is junk.

The old expression you are what you eat is so true. If you believe the junk food is not that bad for you I really do take pity on you. Because no matter how much other stuff you do from this book, you will become less healthy, more overweight and have more and more aches, pains, symptoms and diseases. The bottom line is really that Junk food is Junk. All you have to do is look at the history of man. Everything man has ever made or tried to improve beyond how nature created it, always turns out to be worse for you than the original product nature created. And if there is something that has not been proven to be worse for you than the product in nature, give it time. If you do not learn from history you are doomed to repeat it.

It is nice, wanting to believe that some day we will be able to perfect a new biotech food that gives us everything we need, lasts forever, is convenient and comes in our favorite flavor will happen. That day has already come and it is called natural food.

Summary: The taste of packaged diet food stinks. The quality of packaged diet food stinks. Junk food is not more convenient as it will take a lot more time in the future. Junk food really is that bad for you.

Chapter 14

Your Genes Do Not Dictate Your Weight or Health

Contrary to popular opinion, your genes do not control your body. They do not dictate your health and well being, your personality, or anything. They are a contributing factor to your health and well being. They are a contributing factor to your personality and your life but do not control them in any way.

This goes back to the age-old psychological question. Is it our nature that dictates who we are or is it how we are nurtured? Said another way, is it our genes, or how we are raised, that dictates who we are? Well, I say it is both. Both are factors in determining what happens, not only with how one behaves, but with how our body responds to the environment, how healthy we are, how we think and how smart we are.

The good news with this is that nothing is set in stone. Your genes are not something that cannot be changed. Your genes are not the way it is, and there is nothing you can do about it. Your genes can be shaped and molded. In fact, your genes are shaped and molded throughout your lifetime. Your genes are constantly changing on a daily basis.

The best I have seen this put together in one place is in the work of a cellular biologist named Bruce H. Lipton www.brucelipton.com. Most of the facts and some of the ideas in the rest of this chapter are based on Lipton's work and the sources he sites.

In order for you to understand that your DNA is not the major contributing factor in determining anything in your life, I will explain a little about your cells and how they work. To understand how your body and cells actually work is really quite simple, especially if you know computers.

First, proteins are what make you and me able to walk, talk, think, and do everything we do. These are not to be confused with proteins in regards to diets and fats and things like that. They are much smaller, select chains of amino acids. The protein that most people talk about with diets is actually made up of the smaller proteins I am talking about here. These small proteins are what make animal behavior and physical expression possible.

The cells in your body contain the exact same systems as your entire body. Each cell in your body has a respiratory system, digestive system, skin system, nervous system, muscle and bone system, and immune system. They are different in the parts that make them up, but they do the same thing. And the proteins are what allow these systems to work at the cellular level.

Scientists have known about this for a while. Since they know the brain and nervous system are what control your body, they began looking for the brain of the cell. What controls the production and governs these proteins? What is the brain of the cell?

In 1956 the structure of DNA was discovered and found to be the blueprint for making these proteins. All the proteins in the body are made from the DNA of the cells in the body. It was then automatically assumed, without any studies, that the DNA is then the brain of the cell. For almost 50 years, this has been assumed to be true. There is nothing to prove this or back it up other than that DNA is where the proteins for life are made, so it must be the brain and controlling center of the cell.

OK, Darwin's theory of survival of the fittest had been in acceptance for almost 100 years to back up this train of thought, but that is it. The theory says cells have random genetic mutations, the mutations that are better for survival pass this trait along, and the fittest survive. But there was only one study to *try* and prove this theory. It was just generally accepted, and has been generally accepted as true by most people up until this point.

Then in the 1990s when studies were actually being done, everything seemed to point to DNA's not being the brain of the cell.

The first was when some guy said: Well, if the DNA is the brain of the cell, then if we take out the brain, the cell should die shortly thereafter. And when they removed the DNA from the cells, the cells lived. They did not die. In fact they went on living a normal life, doing everything they did up until the point where the cell would have normally died. Then the cell died. So it was shown, over and over again, that if the DNA is removed, the cell continues to function. This means that the DNA is not the brain of the cell.

So what is? This is the question that people began to ask. And what they found is the cell wall and the receptor/effector sites in the cell wall were actually the brains of the cell. The cell wall is what keeps the stuff on the outside of the cell out, and what keeps the stuff on the inside of the cell in, unless the cell wants to move something across that membrane.

The receptor/effector sites are actually how the cell communicates with the environment. The receptor/effector sites are how the cell is able to respond and take appropriate action based on the environment. The receptor/effector sites are how the cell grows and performs all the processes necessary for life. And, most importantly, the receptor/effector sites are how the cell actually activates the DNA to duplicate and do its job.

That last line is very important. The cell wall receptor and effectors are actually what turn on the DNA. So the fact that there is something that controls the DNA is actually then what controls the cell. The perceived environmental signals through the cell receptor/effector sites are actually what determine what the cell will do and not do, what controls and regulates the cells. The receptor/effector sites of the cell wall are actually the brains of the cell.

Again, if you take away the brains of the cell, the cell should stop functioning. People took away the cell receptor/effector sites, and that is exactly what happened. The cell died shortly thereafter.

The interesting part about all of this is that the environment is the main thing which actually stimulates the receptor/effector sites. The *perception* the cell has of the environment determines how the cell behaves. The key word in that sentence is "perception." It is how the cell perceives the environment, not how the environment actually is. The perception and actuality of the environment can be the same, but they are not automatically the same.

A biochemical definition of the cell membrane reads as follows: the membrane is a liquid crystal semiconductor with gates and channels. This definition is exactly the same as that used to define a computer chip. Recent studies have verified that the cell membrane is in fact an organic homologue of a silicon chip. There are analogies and homologues. An analogy is a similar comparison, such as comparing rats at the dump

to viruses and your health. They are similar. A homologue is the same thing. Not similar, but the same. The cell membrane is the same as a computer chip.

This is where knowing computers makes it a little easier to understand how the cells and your body actually work.

The cell walls are the brains or the processor of the computer. The DNA is like the hard drive. The DNA stores all the programs and information about how to make you and your life. Your hard drive does not control the computer, but is the storage area for information about everything your computer does. The same is true of the DNA of the cell.

Your keyboard and mouse are the inputs that actually make your computer do something. The keyboard and mouse access stored information on the hard drive, and that determines what the computer actually does. The receptor and effector sites in the cell wall are like the keyboard and mouse. The receptor and effector sites actually get input and stimuli from the environment. This input determines what the cell does.

The hard drive of your computer has different parts. One part of the hard drive is the information you do not want to change. This is the operating system, like Windows and other programs that you use. If you change this part, the whole computer gets messed up. There is another part of the hard drive that stores the information, or programs, on how to repair the hard drive if something happens to it. Then there is a part of the hard drive that stores information temporarily and is what the computer uses to do things short term. And the last part of the hard drive has information or programs that can actually change and install new programs.

Now, the DNA of your body is exactly the same. You have four parts to your DNA (that we know of so far):

1. The main part of your DNA contains all of your history and the evolution that led up to you. Everything that is needed to make an entire you is encoded onto the DNA of every single cell. Every cell has the complete DNA to make every other type of cell that makes up you. That is why scientists can clone animals from one cell. This DNA includes all the changes that have occurred in your DNA since you were conceived as well

2. Another part of your DNA is the proofreader. It makes sure that the DNA is correct, copied correctly, and everything is functioning fine

3. There is also a part of your DNA that is like a temporary storehouse of changed DNA and information. This part is what the cell uses to determine right now what other parts of your DNA will be copied and replicated

4. The last part is the most interesting part. It is the part of your DNA that actively and purposely alters your DNA to deal with perceived environmental circumstances. You actually have DNA to creatively and constructively create new, never-been-around-before DNA. This DNA is the cell adapting and changing with purpose and intent to better deal with the environment.

This was shown by a study where bacteria, which have a very similar cell structure to humans, actually specifically mutated with intent under conditions where random mutations could not have happened. The bacteria changed their DNA with purpose and intent, to help them better adapt to the new environment they were in. This means two HUGE things.

Even though you were born with a certain DNA, you can change it. In response to your perception of a different environment, you can change your DNA. Your body can with purpose and intent change your DNA to make you better able to adapt to the environment. That means your genes do not control your weight or your health. Your perception of the environment has a bigger impact on your weight and health than does your DNA.

Second, the Darwinian Theory is wrong. The universe did not come about by spontaneous random mutations and the survival of the fittest, but there is some intelligent force behind the specific evolution with intent and purpose. That evolution has been happening consciously.

I want to go back to the perception part for a bit. Because this is huge when it comes to your life, as well as your health and well being.

What the cell perceives from the environment is what it responds to. This may or may not be the same as the actual thing in the environment. Let me explain.

Most of your cells have you as their environment. Their outside environment is only more of you. Meaning that most of your cells only respond to signals from your brain or endocrine system, and the endocrine system is also controlled by your brain. So, directly or indirectly, all the cells on the inside of your body, which are most of the cells in your body, respond to signals from your brain.

Your thoughts and belief systems alter and change the signals your brain sends to your body. Let me give you an example. You are walking down the street, and you see a snake. What do you do? Your brain gives all sorts of feedback to your body on how to prepare for what you are about to do. Then, right before you do whatever it is you were going to do, you realize the snake is really only a piece of rope. Then what do you do? Your brain prepares and sends all new information to your cells about what they should now do.

When you thought the rope was a snake, your cells were responding to a false perception. They were acting according to that perception, and not the actual event that happened in reality, a rope. Your physical misperception affected how you, your cells, and your being responded.

Like I pointed out earlier, you have a belief: "Snakes are..." whatever. When you saw a snake, your brain automatically accessed that belief system, and sent the not-so-appropriate information to the cells in your body to respond a certain way.

Now, let's say you believe viruses make you sick. Then when someone sneezes on you, your brain accesses that belief system without your even knowing about it, and sends an inappropriate response to your cells about what to do, based on your belief system. If you believe that viruses make you sick, then when someone who is sick sneezes on you, you are much more likely to become sick.

If you believe that cancer is really hard to get rid of, and you are ever told you have cancer, your brain will access that belief system without your even being aware of it, and your cells will respond to the inappropriate message. You will have a hard time healing the cancer, because of your belief systems.

This really applies to everything in your life. If you believe life is hard, it will be. Because life happens, your brain will access that belief system, and will send the inappropriate signals to the body, making life hard.

I will be going into this more in my next book, *The Creator's Manual for Your Mind*, but I think you are beginning to see the far-reaching affects of this.

This is why so much of this book deals with your faulty belief systems. Even if my logic is flawed, even if my reasoning does not stand the test of time, having belief systems that empower you and make it easier to be healthy will help.

There is actually a physical measurement for how your belief systems change the cellular response in your body. You will develop more receptor/effector sites the more you use them, just as you would with your muscles. The more you work out and use your muscles, the more muscle you will develop. The more you use specific receptor/effector sites, the more of them you will develop. And the more of them you have, the easier it is to set them off.

Said another way, you can build up lots of "no matter what I do I get fat" receptor/effector sites. So much that any little thing will set them off, and it becomes easier and easier to find yourself being fat. If you believe that everything makes you fat, you will eventually end up proving it to yourself. Your misperceptions and experience will be that everything you do makes you fat, because you will have more of those type of receptor/effector sites.

The opposite is also true. You can build up "Everything I do I seem to lose weight" receptor/effector sites, and it becomes easier and easier to see yourself being thin, to see the good in people. Either way, there actually is a measurable difference in the number of receptor/effector sites the more they are used.

Something even more interesting is that a cell is binary, like a computer, either off or on. But in the case of the cell, the cell is either growing or protecting. The cell cannot do both. If the environment is perceived as hostile, the cell goes into defensive mode and is not growing or healing. If the environment is perceived as friendly, the cell is stimulated into the growth and healing cycle. It is either one or the other.

What this means is that if you are in constant fear, stress and worry, your cells can do nothing but stay in protection mode. Now every cell is designed to cope and deal with being in the protection mode. But when the cells of your body are mostly in the protection mode, they cannot heal, they cannot grow, and they cannot repair themselves from damage. Said another way, if you are fearful, perceiving a hostile or threatening environment, you cannot heal or grow.

If you are fearful of someone attacking you, taking your kids, of terrorists attacking, losing your job, not paying the bills, or anything, you are not healing and growing. If you are worried about the company you work for, or your family, or your children, or what you should do about the relationship you are in, you are not growing. You are in the protection mode. When you experience jealousy, hatred or anger, you are in the protection mode. You are not healing or growing. If you fear death, you are ironically bringing yourself closer to death.

Your perception and beliefs play a huge role in your health and well being. Your DNA does not control your weight, health or life. You do. Your DNA does not dictate who you are, the emotions you experience, or the world around you. You do. Your mind does. Your perception does. Your beliefs do. And this means: Change your mind, and change your world. This book will shift how you view the world of health and how you see things, and thereby shift your actual health.

That is partly what I mean by having health be a natural expression with very minimal extra effort. You change your belief systems, and it will automatically change your responses. Beautiful.

Chapter 15

Reasons Why You May Not Be Thin

No matter what you have done in the past you cannot lose weight even temporarily? This is your chapter.

This chapter covers some of the common problems that people are up against when no matter what they seem to do they cannot lose weight. They all stem from one common place, Not being healthy enough. That is what it always boils down to.

I am going to cover some more specific influences on what is contributing to you not being healthy enough. When you are healthy you will be your ideal weight.

There are many reasons why some people, no matter what they seem to do cannot lose weight. I already talked about some of them like:

- losing weight focuses on being overweight
- Your mis-beliefs influence your weight
- You have never reset your weight-o-stat

Now I am going to go into some other reasons why people may have been having difficulty being thin. Things like:

- Your Body is Toxic– HVS my favorite
- Holding onto Stored Emotional Baggage
- Other Faulty Beliefs,
- You do not really Value being Thin and healthy (you just want it)
- Not seeing the full benefits and focusing on them
- Self Protection Mechanisms
- Exercising to Hard – more is not always better

Toxins in your body

Your body stores any excessive toxins in your fat cells. Whether those are toxins from the environment or toxins from your own body. If you cannot get rid of toxins your body will store them in the fat cells.

Your body is insanely smart. If you are toxic it is because you were not healthy enough to get rid of the toxins, so your body stored them. And if you have not improved your health enough to get rid of the toxins, your body will not let them go.

You don't really get more or less fat cells once you are an adult. The fat cells you have just get bigger and smaller. So if you are going to be someone with less fat you have to shrink the size of those fat cells. If the size of the fat cells shrink and there are toxins in the fat cells, the toxins will be forced out of the cells. If you are not healthy enough to deal with the toxins they will cause damage to your body. That is why if you are toxic it will be difficult to lose weight. Your body is protecting itself and not letting the fat cells shrink because then the toxins stored in the fat cells will cause damage to the body.

There are a million and one detox diets, drinks, pills, potions and concoctions. The one I like the best is a natural homeoidic detox program from HVS Labs. They use

different "types" of homeopathic remedies to get the body to naturally and safely cleanse itself over an 8 week period. The first 2 weeks are used to help strengthen the body and prepare it for the upcoming detox. There are others and many of them work. If you are interested in the HVS detox kit you can get more details at my website www.bazuji.com/products. Or use your favorite detox program.

Stored emotional baggage

Holding on to Stored Emotional Baggage is one of the biggest reasons why people have difficulty being slim and slender. How do you tell if you have stored emotional baggage? It is relatively simple. You probably do. Unless you have done personal work or been to someone who specialized in releasing stored emotions. If there is anyone you don't talk to in your life because of that "thing" that happened, you have stored emotional baggage. If you are still angry or upset with someone for something that happened over a day ago, you have stored emotional baggage. If there is someone you have not forgiven, you have stored emotional baggage.

All stored emotional baggage is a result of the choices you make. Which means that you have a choice to easily let it go. To do this there is a distinction I need to make. Everyone has feelings. Feelings are a natural expression of being human. Emotions are what those feelings turn into when we make something up about them. If you have a "sad" feeling and someone recently died, you will make that feeling mean you are sad. The emotion of sad was not there until you made something up about the feeling you were having. All emotions are feelings that you made up a meaning to. Emotions are a feeling that you created a story around.

To release your stored emotional baggage all you have to do is realize the story you made up around the feeling. Simple and not always easy. Let me give you a couple examples.

Have you ever had a headache? This is just a feeling. An experience or sensation of the body. How about an upset stomach? Again, just a feeling of the body.

Now lets say you have this feeling around your heart. What is it? Indigestion? But you were just dumped by your girlfriend/boyfriend so it is not indigestion, it is heart broken. That right there is the meaning you made up about the feeling in your heart. And it is this meaning "you are heart broken" that causes our body to store the emotion. Feelings do not get stored, but memories of emotions do.

You have an ache in the pit of your stomach. That is a feeling. Is it upset stomach? But just a while ago you found out you were going to have to speak in front of a large group of people. So now that feeling becomes worry or nervousness. It is this emotion that is now going to be stored in the body.

Like physical toxins, stored emotional baggage can also cause your body to hold onto the weight. Until your body is able to deal with the stored emotions and release them, your body will hold onto the weight.

Faulty and Limiting Beliefs

I have covered beliefs a lot earlier. So I am not going to go into them in too much detail here. Be aware that faulty beliefs can be anywhere. Anything that you believe to be true around being thin possibly is false. When you are become aware of some belief

that is getting in your way, remove it through the process I described earlier. If that does not work for you I have created a set of interactive audio cd's to help guide you through a process to eliminate the faulty and limiting beliefs you have. As well as put new choices and ways of being in the place of the old beliefs. To help make the new way a natural expression. Rather than a lot of struggle and effort. Details about these cd's can also be found at my website. www.bazuji.com/cds

Value Being Thin and Healthy

I once heard a distinction between committed and interested. Most people are only interested in being thin -- which means doing what is convenient to be thin. Committed to being thin means you will do whatever it takes. Many people want to be healthy and thin but are only interested. That is why they want a pill or magic potion to make them thin and are not willing to do much more.

You can change your values by simply deciding something new. Making a decision, a commitment to a new life, a new choice. It is as simple as that. But sometimes not that easy. I have a set of interactive audio cd's to help you change your values. They can be found at my website www.bazuji.com/cds

Hidden Benefits

The whole next chapter is about all the hidden benefits of being thin and healthy. We all see the obvious one, looking good, but there is so much more. The biggest one is how you feel. When you are thin and healthy the way you feel is something you cannot really describe. After you become healthy and thin you look back and in comparison to how you are now you realize you felt like crap and didn't even know it. Your brain functioned completely inefficiently and you were not even aware. Your moods and emotions wildly swung all over the place, and you thought it was normal. It is almost like when you are dreaming and don't know it until you wake up.

When you wake up from being unhealthy and overweight, the feeling is indescribable and completely knowable to you. And when you are there you will know exactly what I mean.

Self protection

Sometimes there are experiences we have in life. As a protection mechanism we make some sort of decision that we cannot be thin. That we must not be attractive to protect ourselves. People who are abused, raped, constantly made fun of, or sometimes even just embarrassed once can form a false belief that if they were fat and overweight that it would protect them from these type of things. And often this choice is made at an unconscious level, but it is still made.

There is often an easy way around this. If you think you fall into this category simply ask yourself and answer these 5 questions:

What would I get if I let this go/did this?

What would I lose if I let this go/did this?

What would I get if I didn't let this go/didn't do this?

What would I lose if I didn't let this go/didn't do this?

What benefit do I get? After I don't do what I do, how many and what other ways can I still get this benefit?

If you don't get answers right away, just let them sit in your non-conscious for a while and let it answer them. Eventually your non-conscious will answer the question and find another way to have you be safe with out the extra weight.

Exercising to hard

This is probably the most common. As Americans we think if some is good more is better. And with physical activity, as I like to call it, this is completely not true. Couple things you need to know first.

Your Metabolism rate is the speed at which your body converts sugar and fat into energy for daily use. The higher your metabolism rate, the faster your body burns fat cells. One of the largest influencing factors on your metabolism rate is the amount of muscle you have. Generally speaking the more muscle you have the higher your metabolism rate. So you want to gain or at least keep muscle and loose the fat. That is the goal. The more muscle the more fat you will burn sitting around doing nothing.

When you do physical activity your body requires energy. The first place you body will get this energy is from the sugar reserves in your system. This usually only lasts a couple minutes. Then your body will convert or 'burn' fat for the energy. Converting fat to energy takes time. So as long as your body is not using energy faster than your body can convert fat to energy, you will continue to burn fat when you do physical activity. But as soon as you start using more energy faster than your body can convert the fat, your body will start to burn muscle.

Now remember earlier, the more muscle you have the more fat you burn while do nothing. So if you start exercising to hard you will burn muscle to keep up with the energy needs of your body. This will mean you will burn less fat when you are not exercising. That is why exercising harder is not better.

So how do you know where this point is for you? Listen to your inner knowing. This point may change from day-to-day depending on your life. I will talk about your inner knowing in more detail later. Essentially it is the intelligence that talks to you all the time, you just normally don't listen.

Summary: Possible reasons why you have not been able to lose weight in the past:

- Your Body is Toxic– HVS my favorite
- Holding onto Stored Emotional Baggage
- Other Faulty Beliefs,
- You do not really Values being Thin and healthy (you just want it)
- Not seeing the full benefits and focusing on them
- Self Protection Mechanisms
- Exercising to Hard – more is not always better

Chapter 16

Hidden Cost and Benefits of Eating Healthy

You probably are very familiar with the benefits you get from NOT eating healthy. You get to eat food that tastes good, you get to be lazy and sit on the couch and veg out and watch TV. You get to not do all the hard work of exercise. There are many other benefits that people get from not eating healthy, and many others that I probably did not list. I am not going to list them all, because you know most of them. I will list the benefits most people do not want to admit, often, even to themselves.

There are four main benefits that you probably get from not eating healthy, that you don't want to admit:

1. Avoiding being responsible
2. Getting to be right and making others wrong
3. Dominating others and avoiding domination
4. Justifying yourself and invalidating others.

These things are the hidden benefits. I will talk about each of them in more detail, and explain what I mean. You have to dig down and be honest, though. These four things are usually true for everyone, and the point of my sharing them is to make you aware of them, and for you to be honest with yourself about them. Most people do not think of these things as benefits. But if you look at them and are really honest with yourself, you will see the benefit people get from them.

People get to avoid being responsible by putting the responsibility on the medical symptoms and disease care system. You live under the illusion that they will create a magic pill or invent some technique or system to make you think and healthy without you having to do a thing. They are responsible for your health, not you. It is an illusion many of us believe. Because then we get to avoid being responsible for our own health and eat anything we want. We get to do what we want, and then blame all of our symptoms on someone else.

You get to be right and do exactly what you want. You don't have to listen to all those doctors, all those people, especially that annoying "health freak" in your family. Every family usually has one. You get to be right about being able to do what you want. You get to make them wrong. And don't we all enjoy making someone we don't like so very wrong? We all want to be right and I can prove it. Have you every seen someone try and prove themselves wrong? Argue that they are not right? People love to be right and that includes being right with being able to eat whatever they want for whatever reasons they want.

You get to dominate others, and avoid others' dominating you. You do not have to do what they say. You can do what you want. You can probably even control people and make them angry by doing things your way, by doing what you want.

You get to justify yourself and invalidate others. You get proof for yourself that what you are doing is right. You get evidence that the way you are doing it is right. You get to make sure that other people's way of thinking is wrong, and make sure they know you know they are wrong.

These are the hidden benefits that many people get for not eating healthy. Benefits that, if you are honest with yourself, you like getting as well.

What I am also going to point out is the not-so-obvious cost of not being healthy. There are benefits to being the way you are. But, as you know, nothing in life is free. If there is a benefit, there is a cost. What most people do not see is the cost, the price you have to pay for the benefits you are getting.

There are also tons and tons of hidden costs that most people never see. I will list some of the biggest ones. This is what it will cost you. This is what you will not have. You have to give all of this up to continue eating junk food. This is what it costs you to not eat healthy:

1. Vitality
2. An abundance of energy to do everything you want to do
3. Happiness
4. Love and closeness with others
5. Satisfaction and fulfillment in life
6. Healing symptoms and disease
7. Symptoms and disease going away,
8. Relief from the suffering that goes with the symptoms and disease
9. Inner peace and harmony
10. Being symptom- and disease-free
11. Mental focus, memory, and clarity (no brain fog)
12. Being awake and fully alive every day (not just dragging through stuff and surviving)
13. Being present and having the ability to be with people
14. No worry or fear
15. Being confident in yourself
16. Being complete and happy
17. The ability to deal with issues that arise simply and with ease
18. Having better health now, with security for yourself and your family later
19. More time to do what you want to do
20. Simpler choices
21. Looking great, feeling good, reducing fat, and having tons of energy
22. Being satisfied and Not being hungry all the time

The list goes on and on, but these are some of the big ones.

These are all things you do NOT get if you avoid eating healthy. It is the price you have to pay to not eat healthy. This is the cost you pay to eat the food you want that tastes good and is convenient.

If you are eating healthy, these same things are your rewards. These are the things you get when you are well. These things show up in your life as you are being healthy and well. So much so, that I want you to think of your own reasons why, things vital to your happiness, freedom and life that you know you would get you out of bed in the morning wanting to eat healthy.

I talked about this earlier when you first started off, but it is so important and with your new information you may want to revise your "why".

The most incredible thing you can do for yourself is have a big enough reason why that totally lights up your life and remind yourself of that reason every single day. We

are going to go through a process to help you create your reasons why to make it almost impossible not to eat healthy. If you did this earlier you can do it with another area of your life now. If not DO THIS NOW! PLEASE.

Action Step: #1: Figure out what you want.

Remember, you can want more than one thing, and you can change what you want. Every one knows what they want, it is just some people are afraid. What if I don't really want that, what if I cannot get it, what if I want something else. Don't worry about all that. Go for what you REALLY want now, and if you want something else later, you can change your mind. So what do you want? Write down 4 things that really inspire you and light you up below.

- 1.
- 2.
- 3.
- 4.

Action Step: #2: Get yourself BIG reasons.

You have to create reasons that are a 11 on a scale of 10. Like when you look at those reasons, they are an 11. They really turn your crank and light you up. The reasons are so inspiring they keep you inspired every day. So ask yourself why? Why do you want this? Write down 5-10 of the reasons why you want what you wrote above.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Now look at these reasons and rate them. On a scale of 1-10 with 10 being the most, how inspired and passionate are you about that reason why? You need to now go back and find reasons that are a 10. Otherwise the reasons why are not big enough.

Action Step: #3 – Focus on what you want

I talked about this earlier. It is the upgrading process and external cues that help you to stay focused on what you want.

Costs of Eating junk food and not being healthy

These lists could really go on and on. So now, I will share with you what these costs really mean to you.

I will share a story with you about Bob. Bob wakes up in the morning fully rested and without an alarm clock. Bob gets up when his internal alarm clock naturally wakes him up, peacefully. Bob springs out of bed, excited and happy with what the day has to offer him. He is not grumpy, or in need of his coffee or other drugs to start the day. Bob feels great inside and is ready to go. Bob is not just a morning person either; his whole day goes like this.

Bob feels inner peace and is serene in all situations. Bob is able to deal calmly with all situations. He makes choices and does not look back or worry about them. Bob has time during the day to do everything he wants. He never says to himself “I don’t have enough time.” There is plenty of time, despite Bob’s jam-packed full day.

Bob never gets even the slightest hint of headaches, back pain, neck pain, or any other kind of pain or allergies. Bob doesn’t get slowed down by colds or flu. Bob is able to go as fast or as slow as he wants, because Bob doesn’t experience symptoms.

Bob runs and plays for fun, like a kid. Because he can. Life is a game and a beautiful experience. Bob loves all people. No one crosses him or takes advantage of him. Bob demands respect and love from all people, and shows humility and respect for all people. Life flows gracefully for Bob.

Bob comes home at night with energy and zest for what the rest of the day has to hold, able to give everyone the love and attention they want. Bob goes to bed and falls asleep within minutes, sleeping soundly through the night until his internal alarm clock wakes him up.

This is what is possible. This is what it costs you to do things that don’t add to your health and eat junk food. This is what you are giving up. I word it like this on purpose. The price you have to pay for eating junk food and not being healthy is your happiness. Your satisfaction, fulfillment and all the other things listed and not listed above are what it costs you to eat junk food and not be healthy.

You have been choosing the benefits because the benefits are more immediate. Being right is a now phenomenon. Avoiding responsibility is now. Dominating others or avoiding being dominated is a now situation. Justifying yourself and invalidating others is a now benefit. These benefits are all NOW! We live in a society of now people. We want everything now. Low monthly payments! No money down! Get it now! You deserve it! So we focus on what we get now, instead of what we will get now and in the future.

Remembering the biggest reason of all why people eat junk food -- Immediate Gratification! Junk food tastes good. If it didn't people would not eat it like they do.

Almost everyone knows the benefits of not being healthy and eating crap food. What you now are seeing is the price you were paying, the hidden costs you didn't even know you were paying. In recognition of this, and if you remind yourself of this in the future, eating healthy and being healthy is a lot easier. The immediate benefits are not worth the price you have to pay to have them.

The Biggest Reasons Why

Feeling great all the time is one of the biggest reasons why to eat healthy food and be healthy. As the old saying goes – hind sight is 20/20. Only in retrospect will you truly appreciate how great it feels to be healthy. You may be able to begin imagining being pain free, not having headaches, being full of life and vitality, but until you experience it for yourself you will not fully know what I mean.

To get a glimpse of what I am talking about, think back to how it was like being a kid. Like the saying goes – feeling like a kid again. The experience and feeling you had when you were a kid was not because you didn't have a job, stress or responsibility. That experience was because this was when you were healthiest in your life. When you start eating healthy and become healthy it is literally feeling like a kid again, for the rest of your life.

A Great Place to Live

Of all the benefits of eating healthy and being well, here is my number one favorite...a great place to live. Everyone would love a beautiful home. Most people spend the majority of their income on the nicest home they can afford. Forgetting that there is somewhere else you are living in every second of every minute of every day of your life.

See, your body is where you really live. And if your body is not working, you will have no place to live. And I mean for real, not like being homeless on the street; without a healthy body, the place you are living will suck.

When you are healthy and well, the place where you live is extremely comfortable. You don't have to worry about aches or pains. You don't have to feel weird, or out of sorts. When you are well, your home is a place to relax, and feel at ease. When you are well, your body can remain a beautiful home for your entire life.

Unlike the house you live in, your physical body is constantly repairing itself. Your body has a full-time handyman who knows how to do it all. All you have to do is not ruin your body faster than the handyman can fix it. That is really easy to do. The home of your body is designed to be able to keep you active, independent, and happy for at least 120 years, your entire life. There is not a preset time when your body will break down. It is not that the years of 65-75 will be bad, no matter what you do. You can be the same as when you were 30, if you want.

Health is your Hidden #1 Priority

Eating healthy and well being are the number one priority for everyone. Including you. It might not seem like it, though. And I will show you what I mean.

Imagine you were diagnosed with this rare disease, and the only place there was a known cure was in Germany. Would you put your life on hold and go to Germany for the cure? Would you take time off from work, would you get the money, would you do what was necessary to go to Germany and get the treatment? Yes, of course; you would find the time and money. You would make everything work out.

Health and eating well is your number one priority. The circumstances just made you more aware of how health is the most important thing to you. When losing your health doesn't seem like an immediate threat, it is easy to put health and well being on the back burner. I wish doing things that added to your health always and every time had immediate gratification built in. I wish things that decreased your health had no benefits and your body immediately told you that what you just did was not good. Then it would be really easy to keep your health on the front burner.

Your health is the most important thing you have. We just kid ourselves that the things we do and don't do are not that big a deal, that they don't matter when, in fact, the choices you make every day are what determine how your life is going and where your life ends up.

If your health was forced in your face by some situation, you would be extremely determined to get better. Well, be that determined now. Be that committed now. What you will do by reading this book is bring yourself to a place where you want to do what it takes to be well now, where you are actually excited about being healthy.

But I don't have Enough Time

The biggest obstacle that comes up for people being healthy is time. "I don't have enough time." Let me show you how you don't NOT have enough time.

First, let's start off with the obvious. When you are sick and not feeling well, how productive are you? How much do you get done, compared to other days?

It takes time for you to be sick.

It wastes time when you are not as productive as you could be.

If you don't have any energy, do you think you will be productive, do you think you will get stuff done? Of course not. The energy you have is a product of how healthy you are.

Then there are days when you seem to get everything done. That has to do with your physical health, and how well your body operated.

These all add up to the reason why most people say they do not have enough time. They do not fully understand the full benefits of being healthy. Being healthy and well is more than just not having the cold or flu or how you feel. Being healthy and well is how everything in your body—and, as a result—everything in your life functions. If you get heartburn for two hours a day, that decreases your productivity. And heartburn is a function of health. If you get headaches, or any kind of pain, that is a function of you not being healthy. If you get allergies or have vision problems, that is because you are not healthy. Your health is directly related to what you eat.

You know that old expression you are what you eat? It is more true than we realize. Imagine you are going to build a brick house, you need bricks right. What if you used old rocks of all different sizes and shapes with broken windows and doors to build your house. How well would you be able to heat and cool it? How well would it keep out the

rain, weather and other people? Your house made of inferior products would not function very well. Your body is the same way. Your body makes itself new every 2 years from the food you eat. And if you do not give your body the best material to work with, you are eventually going to end up with a broken down old decrepit body that isn't able to do anything it used to. And not because you are getting "old" but because you are trying to build a body with broken down busted pieces.

Being healthy and well has so many more benefits than you probably realized. It is simply a matter of reminding yourself of all those additional benefits, and asking yourself if you are willing to give up the immediate benefits and quit paying the cost so you can have your happiness and vitality.

Summary: There is an obvious benefit to eating junk food. There are also hidden costs or hidden prices you have to pay to not be healthy. Your happiness and feeling great are two hidden costs you must pay. When you are healthy you have a great place to live while you are alive. Remember health is your #1 priority and you need to make time or you will be forced to take more time later.

Section 3

It is not about losing weight, it is about upgrading the software of the brain, RAS and weight-o-stat as I showed you how to do in the beginning. It is about understanding the reality of what is truth and what is fiction which we did in the second section. It is about following your inner knowing and being healthy because as you are more and more healthy, you will be more and more slim, sexy and slender. That is what we are going to do in this section.

Chapter 17 Follow Your Inner Knowing

This is the chapter that I consider to be the most important of all the chapters in this book. This is the chapter that I invite you to read more than once. Read this chapter again, and you will begin to understand where a lot of the information in this book came from. Everything else in this book is great at helping to shift your thinking, and get you to be the person you need to be to get what you want. This chapter, however, will far surpass the rest of the book added together, not in terms of intellectual understanding, but in an experiential, physical, real difference way, in a *your life* type of way.

You will not get some great understanding or profound wisdom from this chapter. What you will get, from applying what is in this chapter, is great understandings and profound wisdom over and over again. When you shift your thinking with this chapter, and express that new way of being, the world will come alive for you.

I want to share a small, but hugely profound insight. It is in the form of a question and an experience most of us can relate to. You are going through life, and you figure out what you need to do. You have weighed all the pros and cons, and you know what there is to do. You have done this with your mind and your thinking. Then you are about to do what you have decided to do, and you have this knowing or feeling to do something else. Some people call this their intuition, or a gut feeling, which is different than emotions. But you have this knowing that doesn't seem to make any sense based on the information that you had, so you decide to go with your original decision. Then you look back, and what do you do? You wish you had trusted your gut. You wish you had followed your intuition.

You followed what made logical sense in your mind, but you wish you had listened to that inner wisdom that told you otherwise. And, in looking back, you realize that that inner wisdom was right. It would have been better to do what your inner knowing said, even though, at the time, it didn't make any sense, even though, at the time, the inner knowing did not seem to be an appropriate choice.

How many times have you done this? How many times have you "hit yourself on your head" for not listening to this knowing? If you are like most people, too many times to count. Or at least, often. You had a knowing to do something different. You didn't listen, and did what made sense in your mind, and then you looked back and regretted it.

This is not new; most people know this. They say it to themselves every time they do it. *Why did I do that again? I knew better.* And then they do it again at some point in the future. Knowing this has not really made a difference in the past.

Have you ever done the following? It is the opposite of the scenario above. How many times have you weighed all the pros and cons, come up with a decision you thought was best, got a knowing, intuition, or gut feeling, and yet thought you should do something else. You then followed this inner knowing. And when you looked back, you were so glad you did. You didn't know why at the time, but ultimately things turned out so much better than if you had gone with your original choice. That "knowing" you had was right, a couple of times, multiple times, maybe lots of times, for some.

I have another question for you that most people never ask, or even consider. This question, when you remember the answer, will make a difference for you in who you are being. The answer will help you to actually listen to this inner knowing in situations you face in the future.

The real question uses the same scenario as above, with a different outcome. I bet you have NEVER done this. How many times have you weighed the pros and cons, come up with a decision about what you are going to do, then received a knowing about something different. You listened to that inner knowing and followed it. You did what the inner knowing guided you to do. But then you looked back and wished you had not. You wish you had listened to your mind, to your original thought process. Have you ever done this? Have you ever, even once in your life, listened to your inner knowing, your gut, over your mind, and regretted it? I bet you never have.

Now, this is really interesting. You have often listened to your mind over your inner knowing, and regretted it. You have listened to your inner knowing and were thankful that you did. And you have NEVER listened to your inner wisdom and regretted it. EVER. What do you want to do more of?

When I realized this, it became really easy for me to trust my inner knowing and do what it was telling me, even when it didn't make sense all the time. It also actually got me into the habit of asking my inner knowing what to do, and listening to it more than just when it spoke up really loud.

I want to point out a difference here. There is a difference between emotions and the inner knowing. Emotions are the things that you feel, like sadness, anger, joy, happiness, grief, etc. They are things you feel, pure feeling of an experience that can be described. These are emotions. Emotions happen as a response to our thoughts and experiences in life.

The inner knowing is different from emotions. You can access this inner knowing yourself. No one can take it away from you. It is always there when you want it. When you ask your inner knowing what to do, it makes life so incredibly easy. All those really tough decisions in life are gone. All the decisions you make are now simple.

Imagine for a moment going through life and you have to make a decision, a choice about what to do in a particular situation. In the past, this would have been a really difficult choice, and it would have taken you tons of mental energy to think about it. The decision would have taken up days of your life before you could decide what to do. But now, this time, you make the choice within hours, and you know it is the best choice.

You trust in the choice, and are at ease with making it, whereas in the past, you would have been concerned, and thinking about the choice, even after you made it.

Imagine all your choices in life being that easy. You would be calmer. You would have more time. You would be less stressed. Because all the tough decisions that need to be made would no longer be tough. That is a glimpse of what is available for you from this chapter.

In case you missed it, I call this your inner knowing, the knowing of what is best for you, based on everything in the universe, not just the limited intellect.

Of everything there is to know about everything that is happening, and will be happening, and could be happening on this planet, how much does any one individual know? Of everything there is to know, how much do you know? Less than 1%, I would say.

Now imagine you were going to have your taxes done. And the accountant told you he knew less than 1% about the tax law and your situation. What would you do? You would go somewhere else to get your taxes done. If you were going to go to someone for guidance in your life, and this person knew less than 1% about your situation, would you do what they told you to do?

Well, my friends, that person is you. You just admitted you know less than 1% of everything there is to know about what is going on in this world. Your conscious mind, that is, knows less than 1% of what there is to know. Yet you rely on that limited knowledge to make your choices about life. You are asking someone for recommendations who knows less than 1% about the situation, and you are listening to their recommendations. That is what you are doing.

Up until now, this was your best option. Up until now, following your mind and thoughts and the limited knowledge of what they knew, was the best option. It was the best you knew how to do.

I am now giving you another option, a choice that you may not have known even existed before. That is the choice of listening to your inner knowing. This inner knowing is the knowledge you get from inside yourself, that comes from something greater than you, That comes from something that knows much more than just 1% about what is happening. This inner knowing knows 100% about what is happening.

The psychologist Carl Jung called this the Collective Unconscious. He described this as a pool of thought and ideas. It is almost as if what one person knows is put into this "collective unconscious," and the non-conscious mind has access to this information. This collective unconscious is what the non-conscious mind actually uses to help run the body.

Your inner knowing is what comes through the heart brain. The inner wisdom is similar to the non-conscious mind, in that it knows everything there is to know about running the body and mind. It has access to the "perfect blueprint of health," if you will. This is the wisdom that created you from an egg and a sperm. This inner knowing is also a connection to your Creator. It is one of the ways in which the universe (God) can communicate with you.

Some of you might be saying to yourselves: *What is this inner knowing he is talking about? I have not ever gotten a gut feeling, or really had an intuition. How can I get this?*

How can I develop this inner knowing to be clear, reliable, and how can I trust it more? I am going to share with you a couple things to teach you how.

Two Way Street

Communication with your Inner knowing is a two way street. Your inner knowing is something to follow because it has an end goal in mind. This is your purpose. Your inner knowing is not set on how it brings you to the fulfillment of your purpose. Which means it is open to guidance from you on the paths it takes.

Your Non-Conscious Mind is 98% of your full power. Over the last couple lessons we taught you how to use your conscious mind to actively create the directions for your non-conscious mind to follow.

Your Inner Knowing is about 986,743 times more powerful than your non-conscious mind. The reason being is because this inner knowing has direct access to harness the infinite powers of the universe to produce results. Some people call this your higher self, your God presence within, your inner CEO, your innate wisdom and a host of other things. The main idea here is there is a power in the universe that created you and everything else. And when you get this power on your side in creating what you want, it becomes easy and almost effortless.

The inner knowing is your connection to this power and is like the non-conscious mind in how it just takes orders and does as it is told. Your inner knowing takes all your orders, just like the non-conscious mind, unless you tell it otherwise. What this means is every time you have a thought, see a picture, say something to yourself, etc, etc, your inner knowing is listening and following directions.

Now stop and think for a moment, how many times a day do you have a thought, say something to yourself or out loud or picture something you don't want? Your inner knowing is overwhelmed by all the contradicting messages it is getting. That is why it is so difficult for it to produce results for you. When you are only having thoughts for the same goal or purpose your inner knowing very clearly knows what to act on and in what direction.

This is why when you work at it, train your mind, focus and be conscious you start producing results. Your inner knowing after hours and days of getting told the same thing, with other stuff mixed in, finally gets it. Your inner knowing goes, oh, I guess this is what you really want. Then begins harnessing the powers of the universe to help you fulfill that request.

Now I am about to share with you an amazing tip that will exponentially speed up the results of everything I have shared with you in the previous lessons. You ready?

You can tell your inner knowing what to listen to and what not to listen to. For example: I told my inner knowing that when ever I pause and say "I AM" or "Inner Knowing" – whatever is immediately followed by those words are what I want you to pay attention to until I say "Thank You". All my other thoughts, ideas, pictures, words, etc you can ignore. In this way I do not have to spend months and years training my thoughts to only be solely focused on what I want before I start seeing results.

Action Step: Create your signal to Your Inner knowing (which can be the same as mine) and tell your inner knowing you only want that which immediately follows that

signal to be acted upon. Then use this signal to let your inner knowing know what you want help with.

When You do this, you will skyrocket your results in any area of your life you ask your inner knowing for help with.

There is one catch with all this.

You inner knowing processes your requests through the "filter" of your purpose. Whatever you and your inner knowing have created your life purpose to be (irregardless of whether you did it consciously or not). If your requests are inline with fulfilling your life purpose, you are golden and will achieve results with minimal effort. If your requests are not inline with your life purpose, all the struggle, effort and work you can imagine will not produce lasting results.

You and your inner knowing create your purpose. And for most people, they did it unconsciously. Which means that if you want something different, you can now create a new purpose consciously. Your inner knowing has absolute "Veto" power over your new purpose. Which means if you create a purpose your inner knowing doesn't like, it won't accept it.

Communication with your Inner knowing is a two way street. When you put in a request for a new purpose, if you pay attention you will get a signal, sign, awareness or some form of knowing if the new purpose was approved or not. You can even ask for a sign so big, you will know beyond any shadow of a doubt if the new purpose was granted approval. If not, you can ask if the idea needs to be changed, parts of it need to be changed, if there is something you need to learn or know for it to be accepted, if it is a conditional acceptance or if you have to scrap the purpose all together and go in a completely different direction.

You create your new purpose with the declarations beginning with "I AM". Once your approval has been granted get to work. Speaking the declarations out loud over and over again will help actually make the purpose change and the non-conscious accept the new purpose.

Little hint, making money will almost never be part of your purpose. But guess what, if you are making money in a way that is fulfilling on your purpose, you can make as much of it as you want.

Often when someone's purpose is getting in the way of being thin and healthy, it is only because there is something to learn or be aware of and your inner knowing is using your extra weight as a way to make sure you get what it is trying to tell you.

The signals I talked about with letting your inner knowing be aware of when you want it to listen can be seen in another light as well. For some this signal is the same thing as praying. If you do it in a 'structured way' it is creating a signal to your inner knowing (holy spirit) unleashing the unlimited powers of the universe (God) to help give you exactly that. When you start by saying "God" and end with "Amen" it is 'code' to your inner self of what to pay attention to. And when you are conscious of doing this and tell your inner self (God) this is your signal it will produce even greater results.

The inner knowing is not an experience in response to the environment or our thoughts. It is something that happens before our thoughts and experiences. The inner knowing can “speak” to people in different ways.

One of the ways this inner knowing can speak to you is like the knowing you get when you are full and know you should stop eating. Another way the inner knowing speaks to you is through symptoms, but you only get symptoms if you don’t listen to your inner knowing sooner.

For me, the inner knowing is just that, a knowing. And there is a sensation that happens around my heart. I would not call it a feeling. It almost feels as if someone is holding my heart with their hand and moves my heart in different ways. This different movement brings me my knowing of yes and no, and all the other shades of grey in between. For others, it is their gut feeling. They just know.

You can also ask your inner knowing to give you a sign. Like a blow-me-away-knock-me-on-my-butt-this-is-undoubtedly-the-answer-from-my-inner-knowing sign. All you have to do is ask for your inner knowing to give you this sign.

Action Step: This is another way to work with the inner knowing and open up the lines of communication with you.

Focus on your heart. Right now, shift your awareness to your heart. Feel what your heart feels like right now. Bring your attention to a time when you felt the most love, when you felt the most open and free, the time that brought you the most joy. You got it? If not, take a moment and remember that moment. Actually get present to that moment. When you have your attention on that moment, feel what your heart feels like right now. This is your inner knowing speaking to you, your inner knowing getting your attention and saying “yes.”

Now, think about something else. Then focus on your heart and feel what your heart feels like. This is your inner wisdom when it is saying “no.”

That is how your inner knowing can communicate with you. Don’t worry if you are not 100% sure about the difference right now. The more you listen or even try to listen to your inner knowing, the stronger and clearer the response will be, just as the more you use your muscles, the stronger they will be. There are also other ways for your inner knowing to communicate with you.

Your inner knowing can speak to you in more than yes and no. It can speak full ideas and thoughts to you as well, because of the direct connection your heart brain has with your brain.

Action Step: When you get a sign or a knowing from your inner knowing Act. Act immediately. Do not hesitate. Follow and take action on what your inner knowing says.

When I say “ask,” I mean you can ask anything. Ask about a decision you have to make. Ask about what to do. You can ask about some new supplement or healing modality. You can ask about what food to buy at the grocery store and what food to order at a restaurant. You can ask about any choice or decision you have to make. Ask about everything. You can even ask about the things you wouldn’t think there was anything to ask about. Then, take action on what your inner knowing is telling you.

To take it even one step further, just let this inner knowing speak to you whenever it wants. Be open for what your inner knowing has to say. Remember earlier, when you were imagining that moment when you felt the most love? That is what the inner knowing will do when it wants to talk to you. Listen to what it has to say, and act. Act immediately on what it has to say.

In times when you feel stressed, or there is a decision you are having a hard time making, or anytime you are experiencing anything other than peace and freedom within is a great time to specifically pay attention to your inner knowing and ask for guidance.

It is with this inner knowing that you will have 100% confidence in every choice you make, in everything you do and every direction you take. It may not make sense at the time, but you will be sure it is right. This inner knowing will help you know what to do with any new information that comes your way. This inner knowing is what will always tell you what is best for you and your family. This inner knowing will tell you what is right for you, always.

This inner knowing is the key to the kingdom within. Follow this inner knowing and it will never lead you astray. Follow this inner knowing and you will be peaceful and free at all times. Follow this inner knowing and you will be healthy and thin.

Summary: Your Inner Knowing is way more powerful than you could ever imagine. Use it and listen to it. There is a two-way-street of communication between you and your Inner Knowing. It can give you signs and signals anyway you tell it to. You can tell it what you want and even when to listen to what you are telling it. Use your signal you created to let your Inner Knowing know when you are talking to it and want it to listen and when it can ignore everything else that crosses your mind.

Make sure you are inline with your purpose that you and your Inner Knowing created otherwise you will only find struggle and effort.

Chapter 18

Food and Water

Follow your inner knowing and choose quality foods.

The diet wars and confusion will now be cleared up, all in one easy sentence. Are you ready? Everyone is different.

The best diet for one person is not going to be the best diet for everyone else. You are different than everyone else. What food is best for you is not necessarily going to be what is right for everyone else. Some people do well on meat, others don't. Some people are fine with lots of carbs, others not. What food is best for you is really dependent on you and your lifestyle.

I will make it really simple to help you figure out what is good. There are a couple of general rules of thumb that apply to everyone. They are really simple. Are you ready?

1. Fresh
2. Pure

It is that simple. All the food you eat, no matter what kind you eat, should be fresh and pure. It is that simple. Then, just listen to your inner knowing, and it will tell you what to eat that is fresh and pure.

If you are craving steak, eat steak. If you want veggies, eat veggies. If you want some fruit, eat fruit. If you want some nuts or seeds, eat nuts and seeds. When your choices of food are always from the fresh and pure categories, you will eat exactly what you need to eat without having to worry about your carbs, calories, fat, cholesterol, or anything. It's so simple.

One of the most common reasons people do not eat healthier food is because it is more expensive. They have a hard time justifying spending more money on better food. I will show you why it is worth it to spend the extra money now.

It is actually more expensive to buy regular food. When you eat regular poisoned and adulterated food, it costs you your health. What that means is that you are not as productive, you have less energy, you get sick more often and have to take more sick days, your moods are erratic, and you don't function as well. How much does this cost you? If your kids have to stay home three extra days every school year because they are sick, how much does that cost you? It actually costs you more to buy the regular food. The extra money you pay for healthy food actually ends up saving you money. It is just elsewhere in your life that the money gets saved.

The biggest and best reason why fresh and pure food is so worth it, is: How much is it worth for you to be happy and feeling great all of the time? How much is it worth for life to be easier on your kids, for them not to be sick as often? How much is your children's happiness worth? Good quality food improves the health of your body, and thereby your moods and emotions. No junk food tastes as good as your health and *bazuji* feels.

Much of the rest of this section on food is sharing information about all the myths, limited vision, and false ideas that are out there about food and diets. The key is to remember fresh and pure and what it means.

Fresh

So what does fresh and pure mean? Fresh generally means not in a can or box. Most things that are put into cans and boxes are old and dead. The life force has been long gone from the food. It is no longer fresh. Now, stuff in a box or can may be fresh, but it usually isn't. Frozen stuff can go either way. Frozen stuff is usually fresher than boxed or canned stuff. It has to be, because it cannot last as long frozen as it can in a box or can.

How do you know if the boxed, canned, or frozen food is fresh? Right now, you don't. Unfortunately most food does not come with a "born on" date. It should, but it doesn't. So what do you do? You make sure a good portion of your food comes from places other than a box, a can, or the freezer. If most of your food is coming from fresh sources, you will not have to worry about the little that is not.

There are two big reasons, and hundreds of little reasons, why non-fresh food is bad for you. The biggest is because of the life force value food has. The other is that old food has fewer vitamins and nutrients that are needed by your body to do everything your body does.

What is the life force value of food? It is a number that, I will be the first to admit, has not yet been measured by science and quantified. The life force value of food is another form of energy, like calories. It is used by your body for processes and functions on a day-to-day basis. In the traditional Chinese systems, there is a measurement for this. They call it taste. The taste of the food has an energy, or life force. This energy value is converted by your body for its own energy needs. The longer a food is lying around or processed before you eat it, the less life force energy or taste it has.

You can easily measure this. Have you ever eaten garden-fresh peas or cucumbers or apples or strawberries or raspberries, or anything that you picked and immediately ate? Doesn't it always taste so much better than anything you have ever bought in a store? Yes. That difference in taste is the life force value, or the taste of the food, as the traditional Chinese system calls it.

Fresh food has more life force energy than non-fresh food. This is extra energy your body uses to do everything it does. With less energy available, your body has less energy. Most junk food has no life force value, even though it has lots of taste. This "false taste or energy value" leaves you with no extra energy. That is one big reason why, when someone eats only junk food, they have no energy to do much of anything, and why they are always hungry. The life force energy is missing, because the food is not fresh.

The longer food sits around, the fewer vitamins and nutrients the food contains. Many vitamins and nutrients your body needs to function break down with time. They also break down with heating, cooling, freezing, and many other mechanical processes that are done to our food today.

Let me give you my favorite example again of why vitamins and minerals are so important. If you want to build a brick house, what do you need? Well, you need bricks and mortar, and wood, and windows and doors. You need some basic stuff to build that house. What if you don't have bricks, or mortar or windows or doors? How well do you think the house will function after you are done "trying" to build it? Not very well.

Vitamins, minerals and nutrients are like the bricks, mortar, windows, doors, wood, etc. of the house. They are the parts that your body uses to build you. If you don't give your body those key building blocks, things in your body are not going to work very well.

If you try to substitute cheap, not so good imitations, if you tried to build a brick house with a bunch of rocks, the house would not be as good. If you tried to use old, warped windows, the house would not function very well. If you used wood that had holes in it and was not complete, your house would not be very functional.

The same is true of your body. You can get good vitamin and mineral sources, or you can get cheap, not so good, imitation vitamins with parts missing. Which one do you think will be better for you? Of course, the ones that are whole, complete, and have everything your body needs to build itself healthy and strong again.

This means if you are going to take supplements, make sure you get them from a good source. If the supplements are really cheap, well, you usually get what you pay for. One of the best sources I have ever found is a company called Standard Process. The only problem with them is you cannot buy them yourself. You have to go through some doctor or other health care professional.

There are other good lines of supplements as well. LifePak™ by Pharmanex is also a great option. You can find out how to get these and other supplements at my website www.bazuji.com/products.

Pure

This means nothing artificial and nothing added, including poisons, pesticides or, one of the biggest culprits, refined carbohydrates, commonly called sugar. Sugar is added to almost everything in a regular grocery store. Even many things in a supposed "health food store" have sugar added.

Like I shared with you earlier, refined carbohydrates which includes sugar means what you are eating is not pure. As I pointed out earlier refined carbs also increase your cholesterol levels and add to an increased risk of heart disease. Just a reminder, refined carbohydrates include anything that ends in "ose." Sucrose, fructose, glucose, lactose, maltose, dextrose, corn syrup, high fructose corn syrup and sugar all count as sugar. An easy way to remember this is anything that rhymes with "gross."

I am not talking about sugar naturally found in fruits and other such sources. If nature put it there, it is usually fine. And again, how it affects you will depend more on you individually than the type of fruit itself. Yes, sugar is natural, but it is not fresh. And when you add it to another food, the other food is not pure either.

Refined carbohydrates also come in the form of grains and flours. Most pasta, bread, flour, and other grain-based products are refined, almost to the point of sugar, and to the point where the refined carbohydrates respond in the body the same way sugar does.

Pure also means no other added ingredients. This means organic. If something is not organic, I promise you, it will have poisons on/in it. These poisons are the chemicals that farmers use to kill the bugs and weeds that are really hard to kill. Now let me ask you a question. Have you ever tried to get rid of some bug in your house that is really hard to kill? Do you know how hard it is to get rid of those bugs once you have them, how toxic the stuff is that finally kills the bugs? Well, the same is true of the bugs that

farmers have a hard time getting rid of. They often use really poisonous chemicals to kill those bugs. In fact, they are so poisonous that the warning labels on the chemicals they use would scare you. And these substances go directly onto any food crop that is not organic.

Now, the FDA says these pesticides are used in “safe amounts.” But I will remind you that the FDA has said many things are “safe” that they now say are highly toxic and cancer causing. DDT is the best example that most people know about. For the longest time, the FDA said DDT was completely safe, and now it is considered one of the worst known poisonous chemicals. My point is to use your common sense here. If something kills those really hard-to-kill bugs, do you really want it inside you, no matter how little of it there is? I don't. just because the FDA says it is safe now does not mean they will not change their minds in the future. They have done this many times before.

There are many natural, completely safe methods of controlling bugs and weeds. Many farmers just don't know about them, because all they are sold are the chemicals from the herbicide and pesticide companies. This is kind of like the drug reps who sell doctors all the drugs they use. These reps sell all the farmers the chemicals they use. There is no fortune to be made in natural methods of controlling bugs and weeds, so there are no reps pushing these natural methods that are just as effective, if not more effective, in controlling bugs and weeds.

Pure includes something being organic.

It is my position that if a food product meets the categories of both fresh and pure, it is not inherently bad, ever. This includes dairy products and animal products as well.

I talked about dairy earlier and to sum it up again, when the dairy products are raw and from happy, healthy cows with out being pasteurized dairy is a quality source of nutrients for many people.

I talked about the myths around meat products earlier. How if the animal is healthy, happy and humanly raised, the nutrient value of its flesh is some of the healthiest around. And when the person taking the life and/or eating it is grateful and appreciative, it completely changes the dynamic of the quality of the meat as well.

That being said, everyone is different and for some people meat might not be a food that promotes being thin and healthy. There is no one food that is right for everyone and there is no food that if fresh and pure, is wrong for everyone either.

Choose foods that you want to eat, that sound good to you, that are fresh and pure. Listen to your inner wisdom and what it is telling you to eat, and you will be just fine. Dieting is really that simple. Because it is not about dieting but being healthy. And when you are healthy you will naturally be slim, sexy, slender, toned and trim for life. I cannot emphasize this point enough. It is the only permanent "weight loss" solution.

Some people are better off not eating late at night, others are. Some people do well skipping breakfast, others don't. Some people do well with three big meals, others do better snacking all day long. Some do better with variety, some do better with the same thing over and over again. It is really different for everyone. And as long as you are choosing from the fresh and pure categories and listening to your inner knowing, you will be eating perfectly for you.

"Nutrition Facts" label tells you nothing

The "Nutrition Facts" labels tell you nothing about the quality of the food. It is the list of ingredients that actually tells you what is in the food. The nutrition facts label tells you about carbs, sugar, fat and other stuff. But not about what is actually in the food you are about to eat. The list of ingredients is the only thing that tells you what is actually added into the food.

Summary: Eat Fresh and Pure food. Fresh means not in a can or box and pure means nothing added. If it has a "nutrition facts" label printed on it, the food is not fresh or pure. The nutrition label itself is also not very informative. You must read the list of actual "ingredients" to tell if the food is fresh and pure.

Water

I could write a whole book about water. Wait, someone already did. In fact, there are a couple books. My favorite is *Your Body's Many Cries For Water*, written by F. Batmanghelidj, M.D. He has a couple of other books and, of the ones I have read, that is my favorite. It basically explains everything I am about to say here, but in the length of a book. Check it out if you doubt anything I am saying here.

First, how much water is ideal to drink? According to the US Government, everyone is the same and we all need 6-8 glasses a day. Well, guess what? Everyone is different. We all need different amounts. As a general guideline, we should drink one quart (32 ounces, four cups, or .9 liters) of water for every 50 pounds of bodyweight. A 150-lb person needs three quarts of water a day.

Many people cannot imagine how they can drink that much water, because most people do not think of this option: Quit drinking the other fluids you are drinking. I promise you, if you drink only water, you will easily, probably without any effort, drink that amount of water. If you want to keep drinking all the other fluids you normally drink, yes, it will require more effort and you will have to go to the bathroom more. But if you give up the other fluids, it will save you money, because water is much cheaper than any other drink.

This is for when you first begin drinking water. You need more to catch up, to bring your body back to a place where it does not need as much water. When you actually become hydrated and less toxic, you need less and less water to do everything that needs to be done in your body.

The quality of the water you drink is just as important as quantity. So what counts as water? Water. That is it. The only thing that counts as water to your body is water. If you put lemon, or lime, or tea, or minerals, or electrolytes, or sugar, or colorings and flavorings, or anything else in the water, it does not count as water. Your body does not utilize it the same as it would pure water, and here is why:

These next couple of paragraphs are technical, and are only essential to prove that the only thing that counts as water is water. You do not need to know or memorize this as long as you just drink plain water. Here it is:

There is a process in nature called osmosis. It is when the water moves across a membrane to balance out the osmotic pressure. Simply put, it means that water moves all by itself to the area with the least amount of anything else in it. For example, take a

container of water and put a filter or membrane down the middle of the container. This membrane only lets water through, not salt. You then pour salt into only one side of the container and let it set.

After a while, something interesting will happen. You will end up with a water level that is higher on the side containing the salt. Water will actually move up against gravity, and be higher on the side you put the salt into. This is because there was a higher concentration of “stuff,” in this case salt, on one side, and the water moved to that side. This movement of water from a low concentration of stuff to a high concentration is called osmosis. It is a natural process that happens automatically. The greater the difference in concentration, the faster and more easily the water moves.

When you drink plain, pure water, the water goes into the inside of your intestines. Your blood is mostly water with stuff dissolved in it on the outside of your intestines. The intestinal wall acts like that membrane. It will let water through, but not the stuff in the blood. So the water you drank, automatically, through osmosis, goes into your bloodstream. The concentration of stuff in the blood is more than the concentration of stuff in the water you drank, so the water moves across the intestinal wall, and you absorb the water.

Now, guess what happens when you put stuff in the water you drink? The concentration of the stuff in the water goes up, and the water doesn't move across the intestinal wall as easily. Now the body has to actively absorb the water. And in the process of doing this, the water is used up, so to actively absorb water takes more water, and your net effect of absorbed water is not very much. So, yes, technically you do get water from sources where the water has stuff in it. But the amount you get is far less than if you drink just plain water.

To give you an idea, if you drink tea or soda, you will need to drink almost four times as much in order to get the same amount of usable water into your blood. I don't know about you, but I don't want to drink four gallons of liquid a day. My recommendation is, stick to good old-fashioned plain, pure water.

Where do you get good water?

The best water is pure water in its natural state, which is unfortunately not readily available. Water that has been unexposed to the environment for the last 200 years is about the only source. Nariwa is a water from Japan that is very close to pure. The only drawback is the price--\$3 USD for 500 ml. Not cheap. There is a great website and book that will shock you about water and how different types of water are really different: www.ohno.org

A generally great, consistent, much cheaper form of water is Reverse Osmosis (RO) water. You can purchase a good filter for home use, or you can buy the water already filtered at Whole Foods Market or most other grocery stores. The water you fill your own containers with at grocery stores is usually good quality reverse osmosis water. Either way, if you buy a filter, make sure it is a good one. Some units are no better than simple Brita filters.

Now, here is something you can do to get the best of both worlds. You can put 1 oz of Nariwa water into a gallon of RO water. Let it set for a couple minutes, and you now

have a gallon of water that is almost the same as the original Nariwa water, for much less.

I have the water filters I recommend on my website www.bazuji.com/water. I also have information about the Nariwa water I mentioned earlier.

Pur or Brita type filters would be a cheaper way to go, but the quality of the water is less. Pur is a brand name filter like Brita. These filters take out some of the impurities, but not nearly as many as the reverse osmosis units. One of the other bad things is that they add back in silver nitrate, a heavy metal. The resulting water is better than tap water, but a far cry from optimum.

Reverse Osmosis Water is Best

There is a debate in the health care community about which water is best. People will usually recommend one of two types of water, reverse osmosis or distilled water. RO water is sent through a series of filters, and what you end up with is pure water with nothing in it or added. Distilled water has been boiled, and the steam condensed back into water.

The pros and cons of each: RO machines take the minerals out of the water, minerals your body needs that are naturally found in water. But the question is, how much? How much of these minerals would you actually absorb and use if they were left in the water?

First, the minerals found in water are in ionic form, which just means they are little positive-charged molecules. Your digestive tract is positively charged also. Everyone who has played with magnets knows, like repels like. The same sides of the magnets repel each other. The positively charged ions and your positively charged intestines mean that the minerals are repelled from the lining of your digestive tract. And, to be absorbed, they have to not only come near the lining, but pass across it. This means you will not absorb most of the minerals in water, even if they are there.

The amount of minerals you would actually absorb from non-reverse osmosis water is really small. In comparison to the amount of minerals you absorb on a daily basis, the amount is insignificant. As of now, there is no machine I know of that takes out all the chemicals and leaves in the minerals.

Distilled water takes out some toxins, and leaves in most minerals, but is really bad water to drink, for a couple reasons. It is dead water, and it is toxic water.

First, dead water. Water is more than H₂O. Water is two atoms of hydrogen (H), one of oxygen (O) and energy. This energy is vitally important. Distillation removes a lot of this energy. What you are left with is dead water that the body cannot easily utilize. In Europe and many parts of the world, the idea of drinking distilled water is crazy. The simplest way to show you why is to do an experiment. Water your plants with only distilled water. See what happens to them. See how long they live. The distilled water kills your plants, because the water is dead.

Second, distilled water is toxic. Here is how the distillation process works: The water is boiled; the steam that evaporates is then condensed into distilled water. In the average water supply in America, there are over 250 known chemicals poisonous to humans. On average, about 100 of these chemicals boil at a temperature lower than water. This means the chemicals boil up into steam, and then they are condensed along

with the water. The resulting distilled water has all the chemicals that boiled at a temperature lower than water.

So my general recommendation is RO water. Listen to your inner knowing. It may tell you to drink some other type because, bottom line, everyone is different. There are different filters, and different sources of bottled water, different this and that, etc. Listen to your inner knowing and what it tells you to drink. And remember, this might change over time.

You can buy filtration units to make RO water from your tap water at home, or you can fill up your own containers at most grocery stores. You can also buy RO water on the run. Aquafina and Dasani are the products that Pepsi and Coke put out. They are reverse osmosis water. There are others; just read the label. If it is RO water, it will say so.

In fact, as a funny side note, Aquafina and Dasani use the same RO water that they then put additives, flavorings, sugar and other products in it to make soda. They sell the water with less time and stuff put into it, usually in the same containers they sell soda in, for twice the price of soda.

Remember, do not buy water with artificial stuff added. If you do, the body does not get as much usable water from the same amount of water. Drink fresh and pure water, just like your food, fresh and pure.

Why do you need water?

Now that you know where to get good water, why drink water? Here is my favorite, easiest explanation of why. Electricity travels over water. Water is the main way that nerve impulses, which control your entire being, travel over the water in your nerves. Without water to do this, your body cannot control and regulate itself correctly, leaving you with less than optimum *bazuji*, healing capacity and well being. Ok, actually it is not the water, but the stuff in the water that conducts electricity. But without the water, there is no place for the “stuff in the water” to conduct the electricity, so it’s same principle.

How do you drink water? Room temperature, cold, gulping sipping? Whatever way you want to drink it. Everyone is different. Listen to your inner knowing and it will tell you how to drink your water. You will have a preference of one way over another, and that is probably your inner knowing telling you what to do.

The website for Dr. B, the guy who wrote the book I mentioned above, is www.watercure.com. Some of the things Dr. B says that drinking water has helped the body heal are: stomach pain, ulcers, hiatal hernia, false appendix pain, rheumatoid arthritis pain, low back and neck pain, angina (heart pain), stress and depression, high and low blood pressure, high cholesterol, overweight, asthma, allergies, diabetes, sleeping problems, anxiety, mood swings, bad eyesight, memory loss, poor clarity of thought, and nervousness, just to name a few. Wouldn’t it make sense that if you drink water and the body healed these conditions, then by drinking water it could also prevent some of these from happening, and more?

Some people report that they are not able to drink water, the water going right through them, they don’t like the taste of water, or they feel bloated when they drink a lot of water. When you add enough health these symptoms, just like any other

symptom, will go away. Be someone who is healthy and do what it takes to add to your level of health.

What about the myth that drinking too much water is bad for you? What a joke! My question is, how much is too much? Most of the cases of people dying from drinking too much water I could find involved athletes competing in extreme events, or hazing rituals on campuses. I could not find one case of someone drinking water as you or I would and dying from it. Not one.

Our bodies are 70% water. It should be no surprise to anyone that you need water to function. Everything in your body needs water in some way or another in order to function. So enjoy.

Drink pure water with nothing added. RO is usually best, but listen to your inner knowing. After you are hydrated and *bazuji*, half your bodyweight in ounces is a good amount of water to drink. Adjust to your needs accordingly using your inner knowing.

Summary: Reverse Osmosis (RO) water is the most readily available source of good drinking water. You can add small amounts of Penta or Nariwa water to the RO water and make it even better.

Chapter 19

Activity Made Easy

To start off, what is the best form of physical activity?

If you have been paying attention, you might be a little hesitant to answer because you know everyone is different. How can there be any one form of physical activity that is best for everyone? You would be right. However, the best form of physical activity is what you will actually do often. That is it. What you will actually do. And the good news is, it can be something different every day. You can walk one day, run another, go swimming another, play Frisbee golf another, go golfing the next, rollerblade the next day, ride your bike another day, etc. You do not have to do the same thing every day. But you can if you want to.

Some hints on listening to your inner knowing around physical activity: One day 30 minutes might be perfect for you, and the next day only 10 minutes is good. Other days an hour or two might be ideal. One day a slow relaxing pace might be ideal, the next a heavy vigorous workout might be called for. There are no rules about how and when you should or shouldn't do physical activity. My only guideline would be: Do what you want to do, and listen to your inner knowing when doing it. The lawyers would want me to tell you to consult a physician before starting any exercise program here. My thought is, your inner knowing knows better than any doctor does about what is best for you. If you listen to your inner knowing and act on what it says, who cares about the doctor?

Listen to your inner knowing about how long and how intensely to work out. Don't be so concerned with getting 30 minutes in at X heart rate three times a week. Don't be concerned with lifting X pounds X times. Focus more on where you are at right now when you are doing physical activity, and do what is best for you right now.

Walking outside is great. You can take deep full breaths of fresh air when you are walking, go within and focus on the God Presence within you. You will also get sunlight from being outside. You can do four of the seven things in one activity. Walking. How easy is that? In fact, doing any physical activity outside can get you four of the seven things.

There are many other great forms of physical activity. For the people who want to get a little more advanced, do both cardiovascular and strength training forms of physical activity. Cardiovascular helps to keep your whole body healthy including your heart. Strength training tones and builds your muscle. This is great because the more muscle you have the higher your metabolism rate will be. The higher your metabolism rate the more fat you burn doing nothing. The more fat you burn the better you will look.

Lifting weights is great, as is any other form of activity that builds muscle. Pilates is a great way to do both strength training as well as cardiovascular training. Yoga also does both. Swimming does both. You can do a strength training type activity one day and the next do a cardiovascular type. Or do one type one week and the next week the other type.

You can also get buddies or trainers to help you follow through and hold you accountable. If there is some one else there that you would be letting down if you didn't show up, it makes it tougher to not show up. For many people, especially if they are paying them.

Bottom line, just do some form of sustained physical activity.

Exercising to hard

This is probably the most common. As Americans we think if some is good more is better. And with physical activity, as I like to call it, this is completely not true. Couple things you need to know first.

Your Metabolism rate is the speed at which your body converts sugar and fat into energy for daily use. The higher your metabolism rate, the faster your body burns fat cells. One of the largest influencing factors on your metabolism rate is the amount of muscle you have. Generally speaking the more muscle you have the higher your metabolism rate. So you want to gain or at least keep muscle and loose the fat. That is the goal. The more muscle the more fat you will burn sitting around doing nothing.

When you do physical activity your body requires energy. The first place your body will get this energy is from the sugar reserves in your system. This usually only lasts a couple minutes. Then your body will convert or 'burn' fat for the energy. Converting fat to energy takes time. So as long as your body is not using energy faster than your body can convert fat to energy, you will continue to burn fat when you do physical activity. But as soon as you start using more energy faster than your body can convert the fat, your body will start to burn muscle.

Now remember earlier, the more muscle you have the more fat you burn while do nothing. So if you start exercising to hard you will burn muscle to keep up with the energy needs of your body. This will mean you will burn less fat when you are not exercising. That is why exercising harder is not better.

So how do you know where this point is for you? Listen to your inner knowing. This point may change from day-to-day depending on your life. I will talk about your inner knowing in more detail later. Essentially it is the intelligence that talks to you all the time, you just normally don't listen.

Summary: Do the form(s) of physical activity you will actually do. That is what is best for you. Doing physical activity. Ideally doing something that does both cardiovascular and strength training or alternating between the two different forms of physical activity. Not over exercising and listening to your inner knowing for guidance of how, when, how long and how hard to do activity for.

Chapter 20

Health Isn't What You Think

What is health?

I actually want you to stop for a moment and think about what health is to you. If you were healthy, what would it look like? What would it be like?

Did you do it? or are you just reading through? If not, think about it, what would it actually be like if you were healthy?

So what did you come up with?

Kind of tough, wasn't it? Never really gave it much thought before. Most people haven't.

So, what is health? What does health look like? And, most importantly, if you were actually healthy, what would that be like? What would be happening, what would be going on?

Interesting, isn't it? Most people in the world have no idea what the target of health looks like, yet everyone is trying to hit it. And even if they did hit it, they probably wouldn't know they hit it, because they don't know what the target of health looks like.

So create a target for yourself. Create a target that you want. I will give you some suggestions for the target in a later chapter. You can take them or leave them, use some and add any of your own you want. The beauty of this target is that you get to say what it is. And you can change your target later if you want.

For now, just begin thinking about what you want your target to be. When you are well, what is that going to be like for you?

Shining the light on the darkness

I will present a new way to look at what health is, to look at health for what it really is. It is important to be healthy because when you are healthy you will be thin, slim, sexy and slender.

First a metaphor: light and darkness. What is light? What is darkness? With those questions, imagine you have a room where the lights are on, and there is a couch, a table, some chairs, and pictures on the walls. Now, if you were to turn off the lights, the room would be dark.

Where did that darkness come from? Was it hiding somewhere before it came into the room? Did it come from somewhere? You might be saying to yourself "those are silly questions. The darkness wasn't hiding anywhere. It didn't come from anywhere. The darkness doesn't exist. It is simply the absence of light."

Now, going back to that room, how do you get rid of the darkness? How do you get the darkness in that room to go away? Do you vacuum it out? Do you cut it out? Do you have some procedure or vitamin you can throw at the darkness to get the darkness to go away? Of course not! Everyone knows that to get rid of the darkness in the room, all you have to do is turn on the light. So when you turn on the light, where does the darkness go?

Does the darkness slip out under the door? Does the darkness hide under the rug? Does the darkness pile up in the corner? Does the darkness hide behind the pictures? Of course not. The darkness doesn't "go" anywhere, because the darkness doesn't exist. The darkness is not a thing. The darkness is not a physical thing with physical properties. It is simply the absence of light. That is it.

Take all the darkness in the world, and with one little candle, you will be able to see. You will have light. Darkness doesn't exist. It is not really a physical thing. It is what is left in the absence of light.

Now, most things in the universe operate on this principle of thing and no-thing. Energy is the thing. The absence of energy is no energy. Heat is the thing and cold is the absence of heat, sound is the thing and silence is the absence of sound, health is the thing and symptoms and disease are the absence of health.

Have you ever stood next to an outside air conditioner on a hot day when the air conditioner was running? If so, do you remember what you felt? You would feel heat; you would feel hot air coming out of the air conditioner, because the air conditioner does not make cold air, what the air conditioner does is to take the heat out of the air. It takes the heat out of the room, and forces it outside. That is why you need part of the air conditioner to be outside, and part of it to be inside, so it can take the heat out of the room, and then what is left is cool air.

Heat and cold. Heat is the physical thing, and cold is what is left when you take away heat.

Health and disease are the same. Health is the physical thing, and symptoms and disease are the absence of health.

Most people have a definition of health which is that health is just the absence of symptoms and disease. Many already know that health is more than just the absence of symptoms and disease. But what is health really, then?

From the beginning, the medical symptoms and disease care system got health and symptoms mixed up. They started treating symptoms and disease as the physical thing, and believed that health was what would be left when the disease was gone. Most forms of health care, including many "alternative and natural health care systems," are still trying to get rid of the symptoms and the disease, and hoping that you are left with health. They have been trying to cut the darkness out of the room, they have been trying to vacuum the darkness out, to do something to get the darkness to go away. They have been bringing vitamins and needles into the room to try to get rid of the darkness. They have been adjusting the furniture and moving it around to try to get rid of the darkness. And, as you know, it is futile to try to do anything to get the darkness out of a room without turning on the light. It is simply a matter of turning on the light, and the darkness will go away.

Now, in all actuality, health is a physical thing. Health is a tangible thing that must be dealt with. Health is the substance that, when increased, will allow the symptoms and disease to go away, the symptoms and disease to disappear. When you increase your health enough, your symptoms and disease will go away, just as when you turn on the light, the darkness goes away.

What happens when you turn on a light in a dark room? Yes, you all know, the darkness goes away. And if the light is not bright enough, if you don't have enough light,

there are still shadows, right? When you turn on a light in the room, much of the darkness goes away. And if the light is not bright enough, there are still some shadows in the room.

To equate this to health, the shadows in the room are symptoms and disease. The medical symptoms and disease care system has created different labels and boxes for all the different types of shadows. They have measured, labeled, and quantified many different aspects of the shadows. They do this in the hope that if they can get enough information about the shadows, they can figure out how to treat them, how to get rid of the shadows.

As you know, treating a shadow without turning on the light is ridiculous. Trying to cut out the darkness, or treating it with some chemical, cream, pill, lotion or potion, is not going to do anything to get rid of the darkness. Absolutely nothing. The way to treat the shadow is not to treat the shadow. The way to get rid of the shadow is to turn on the light.

The way to heal your symptoms and disease is to turn on your health, to add to the level of health in your body, in your mind, in your being. When you add to your health, the symptoms and disease will cease to exist.

All the information that people acquire about the symptoms and disease is perfectly relevant, in the field of symptoms and disease management. There are many symptom and disease care specialists out there.

If you have a room full of shadows, you can measure the shadows, find out how long they are, how wide they are, measure the angles of the corners, the degrees of the curves, and how dark the shadows are. You can find out all kinds of information about each shadow, tons of information. What happens when you turn the lights on brightly enough in that room?

How relevant did all the information that you gathered about those shadows become? Did you have to know all the information about those shadows in order to increase the light in the room? Did you have to know anything about them whatsoever to increase the light in the room? Would the shadows still go away if you turn the light on brightly enough? Yes, absolutely, you are right. The shadows, without your needing absolutely any information about them, would go away when you turn on the light.

When you increase your health, when you add to your health, your symptoms and disease will go away. When you add enough to the amount of your health, symptoms and disease will go away. You do not have to know the label, the diagnosis, or the numbers about why you have symptoms and disease. You just have to turn on your health.

Some people have gotten a little smarter lately, and have gotten flashlights and started treating symptoms and disease by shining their flashlight on the shadow. When you shine a flashlight on a shadow, it goes away.

People have found great ways to increase the health in a certain area of the body through something that they do. This is great. And what I am pointing at with this book is: Turning on the floodlights. Better yet, bringing the sun into the room, because the sun, as you know, is bigger than the earth. If the sun were in the room, it would be everywhere, the light would be everywhere, and no darkness would exist. This is what I

am pointing towards. This also happens to be the easiest and simplest way currently available to improve your health and well being.

Summary: Health is the thing that must be added to. You can treat symptoms and disease till the cows come home and you are blue in the face and you will never be left with health. You must add to your health to really be healthy, along with all the benefits being well gives you.

Chapter 21

How to Get Health and Well Being

Adding to your level of health is the *key*.

Here is a metaphor for a deeper understanding of health: a bucket of water. You might be thinking: How can a bucket of water tell me anything about health? Great question, and here is the answer:

The bucket represents you. The water represents your level of health. What happens is that we all come into life with unique buckets. Written on the inside of your bucket is a list of all the symptoms and diseases that you are predisposed to--NOT destined to--but have a tendency to get. These are all written on the inside of your bucket. This is your DNA.

When you were born you had a certain level of water in your bucket. Most people were born with their bucket mostly full. That is why most babies and children seem to be healthier than adults. Any symptoms or diseases that are written on the inside of your bucket *above* your water level, are the symptoms and disease you express. You will experience all the symptoms and disease above the water level in your bucket.

The interesting part to me about all of this is that almost every one of us has symptoms that are above the water level of health. These are the same as the early warning symptoms I talked about earlier, like fatigue, bad eyesight, low energy, allergies, headaches, and other minor symptoms. They are your body asking you in a little louder voice to listen. Many of these symptoms that you express are symptoms that you ignore because you think they are just part of life. These symptoms I am talking about are things that you probably don't even know you have. Why do I say that? Because these symptoms are symptoms you don't even think are symptoms. They are symptoms that you think are just how it has to be. Let me give you an example.

When you wake up in the morning, do you spring out of bed, full of energy and vitality? Or do you hit the snooze bar two, three, or even nine times before you get out of bed? This, my friend, is a symptom. It is something that you think is part of life, part of working hard, part of whatever, and you accept it as the way it is, when it is nothing more than a lack of health. Because if you were healthy, you would wake up in the morning and get out of bed easily, with abundant energy.

Are you in a good mood all the time? Happy and fulfilled? Your moods are in direct relationship to your health, and when you are not as healthy as you could be, you are not as happy or happy as often as you could be, because of your lack of health. Happiness is just a certain chemical state in your body. Emotions are literally just different chemical reactions in the body. Different chemicals present in different amounts, and this is what produces different moods and emotions. That is why the medical profession gives drugs to try to change peoples' chemistry when they are depressed. If you can change the chemistry correctly, the moods and emotions of that person will change. If you are not abundantly happy and happy most of the time, that is a symptom.

As you go through the day, do you have high levels of energy to do whatever you want to do? Do you have energy levels to carry you right through the day? Or do you get sluggish and tired during parts of the day, especially after lunch? This is a symptom.

Do you experience stress? This is a symptom as well. Why is it that one air traffic controller goes home stressed out of his mind, and another air traffic controller sitting right next to him goes home perfectly fine? What is the difference? It is not the job. They both have the same job. The difference is how the individual people respond to the different situations. The healthier you are, the less stress you experience, no matter what is happening in the environment.

There are many more things, just like this, that many people accept as something they “have to” have, something they just must deal with because of circumstances. And this is simply not true.

The full potential of health, to me, is that of a four-year-old child.

When is the last time someone had to fight you to get you to go to bed at night? When is the last time someone had to bargain with you to get you to take a nap? When is the last time you ran to the car, just because you could? Or even better, had a contest to see who could run “over there” the quickest, and then when you got there, had a contest to run back to exactly where you started? Or just ran anywhere, simply because you could and because you were in love with life, and wanted to do as much as possible? You don’t see kids getting up in the morning, rubbing their eyes, scratching their butts, staggering around with their cup of juice, trying to read their Fisher-Price books before they wake up. When kids get up, they are up, ready to take on the day. This is starting, and I mean only starting, to point to what having health really and fully means.

What you and most other people have done up until now, because we did not know anything better, is to take a symptom that is written above the water-line in the bucket and move it down below the water-line. And presto, magic, no more symptom. The symptom was treated and now it is gone. In the beginning, this works. What happened to the water level in the bucket when you treated the symptom and moved it lower in the bucket? That’s right, nothing. Nothing happened to your level of health. Or, if anything, the treatment of the symptom decreased your health.

After a while the symptoms get all crowded and nudge around to make more room, and end up pushing some other symptom or disease above the water level on top because all the symptoms below need more space. This is why people who treat their symptoms are constantly having new symptoms they need to treat. Whether they treat their symptoms naturally, or with drugs and surgery, they are constantly taking more pills, more potions and lotions to treat their symptoms, and more keep coming. After they are done treating a particular symptom, they have done nothing to increase their health, and more symptoms are there, poking up above the water level of health.

What happens in life is that we put holes in our bucket. We do things that put “holes in the bucket,” and then the water leaks out. As the water leaks out, more and more symptoms and diseases come up above the water level. We express more and more symptoms. What do I mean by putting “holes in the bucket”? I mean doing anything that does not promote health. Doing something that decreases our health is what I mean about putting “holes in the bucket,” because holes in the bucket decrease the water level, and the water is the physical thing, like health.

Some common examples of “holes in the bucket” are drinking alcohol, eating sugar, taking drugs (both prescription and over-the-counter), taking street drugs, experiencing

stress, putting poisonous chemicals like pesticides, herbicides, and other things into our body from the food we eat, smoking, misperceptions from faulty belief systems, etc. These are just some of the most common ones, doing things that everyone, including you, knows are not good for us. These are some of the things that take away your health or let the health drain out of your body.

Many people in the natural health care field got smart, and figured out that if you get someone to quit doing the thing that is putting holes in their bucket, the water level in the bucket will go up. They found that if you get someone to plug the holes in the bucket, you will get more health. Because the body is always striving to be healthy.

Have you ever cut your finger? Is it still bleeding? No, not unless you just now cut your finger. That healing is your body striving for health, always doing what it can to make you healthier.

Continuing the bucket analogy, The amount of health you have gets rained on. It is always slowly raining, and the water level in the bucket is being replaced as a natural expression of the body wanting to be healthy, to heal.

So when you plug the holes in the bucket by stopping what you are doing to put holes in the bucket, the water level goes up. Your health increases.

That is why you have everyone out there saying: “Eat this food...don’t eat that one,” and if you listened to everyone about what food not to eat, you would never eat. Remember Fresh and Pure is all you have to remember. Then follow your inner knowing.

For the most part, people are either moving the symptoms around by “treating them,” putting them lower in the bucket, and just waiting for new symptoms to emerge, or they are plugging the holes in their bucket waiting for the rain to come in, or waiting for time to pass for their health to increase.

Some people treat the symptoms with surgery, some with prescription drugs, some with over-the-counter drugs, some with illegal drugs, some with supplements, some with acupuncture, some with chiropractic, etc. etc. Some even go so far as to change their lifestyle. They stop eating sugar or other things to attempt to plug the holes in their bucket of health.

Up until this point, most people have not even considered anything outside of this paradigm of treating symptoms. They believed that treating symptoms was what you did to help people heal. Whether you treated symptoms naturally, or with drugs and surgery, all there really was to do was to treat symptoms. That is all that just about anyone has ever thought of doing. This is like water to a fish. The myths that are so “true” to us that they are not even questioned, the things that are so far in the background that we don’t even think to question whether they are true or not. They just seem to be that true.

What is this thing that is so far in the background that it is not even questioned?

The answer is, treating symptoms and disease. No one has ever done something other than treating symptoms or disease. I mean, what else is there?

You can move the symptoms around in the bucket and plug the holes in the bucket. That is all you can really do. Or is it?

How about putting a hose in the bucket and turning it on? Turn the hose on full force. This will increase the water level in the bucket dramatically. It is not changing something

that is wrong or fixing something that is broken. It is doing something that will make a difference.

Adding water to the bucket is what no one has even considered as an option, let alone figured out how to do it. Well, I have done both, and that is what this book is also sharing with you, how to add to your health,

I will share with you more of the actual how-to in a later chapter. There are some more myths we need to clear up first. We are still dealing with thinking outside the box.

The good news for most people is this: There is nothing you “have to” give up. There is nothing you “have to” not do to be healthy. If you are adding health into the bucket quicker than your health is draining out of the bucket, it doesn’t matter what else you do. The key is to be adding more health than is leaking out.

Some people have “genetic weaknesses” in their bucket. This is NOT something that is predestined. It is a tendency. It can be expressed or not, depending on you, and what you do.

For example, if “everyone” in your family has diabetes, it means you have a really weak part of the bucket around sugar. You may have to cut down on sugar because, for you and your bucket, you got the luck of the draw, and sugar blows a HUGE hole in your bucket, compared to other people, for whom the part of their bucket that eating sugar is pounding up against is as thick as a bank vault, and sugar does not have that great of an impact on them. Most people are somewhere in the middle. Add enough sugar, and a hole will be put in your bucket. But if you add enough health, it won’t matter. You will still be healthy.

This is why some people can smoke all their lives and never get lung cancer, and others smoke one cigarette and get lung cancer in a week. It is, in part, determined by the genetic “tendency” of your “bucket” and how it reacts to the environment that may be beating it up.

Again, symptoms and disease are what is written on the inside of your bucket. When your health gets low, you begin to express symptoms and disease. If you add health to your bucket, your body will heal, and you will express fewer symptoms and disease.

You can treat the symptoms and you can plug the holes in your bucket. There is nothing wrong with this. Or, you can put a hose in your bucket, and turn it on, thus increasing the level of your health.

Now, this bucket example is a little oversimplified. A more realistic example would be the ocean and the shoreline. Written on the shore, in the sand and rock, are the symptoms and disease your genetics predispose you to. Anything that is covered by the ocean, you do not express. Anything not covered by the ocean will express those symptoms and disease.

This is why people can treat symptoms and disease and have their symptoms go away. If you cut out the rock that the symptom is written on, and throw it in the ocean, it will be covered by water, and you will not experience that symptom or disease. But you have done nothing to add to the level of health of the person. You can dig a hole deep into the sand, where some symptoms you were expressing were written, and then water will fill in that area of the beach. I am sure most of you have done this at one point when you were a kid. You went near the water on the beach, and found that if you dug down

far enough, you would get to the water level, and there would be water in your hole. Same concept.

When you treat or fix some symptom or disease in your body, although the symptoms or disease may be gone, you have done nothing to improve your health. Health is the thing to be added to. Health is the physical existence. And when you add to the bucket of health, the body naturally heals symptoms and disease.

You do not have to know what is causing the symptom or disease. You do not have to know what the diagnosis is. You do not have to know anything about what is wrong. You can add to your health and your body will heal itself.

Summary: You must add to the level of health in your bucket. As long as you are adding health quicker than it is draining out, there is not any "one thing" you have to give up or quit. Adding to your health is the only way to be healthy and thin for life.

Chapter 22

You Must Know Your Target

Goal achieving

The Upgrading process I walked you through earlier is how you actually achieve your goals. You can set all the goals you want, but until you tap into where 98% of your power comes from, the non-conscious mind, your efforts will be futile. That is why so many people make new years resolutions and never follow through. Why so many people say they will quit this or that and never do. Or if they do they only "fall off the wagon" and start doing it again.

Imagine you have a bow and arrow. It is real, tangible, right now in your hands. You can feel it and see it. There it is. Now, there is a target. I know what it is, it is a specific target, and I am NOT going to tell you what it is. OK, go ahead, shoot your bow and arrow and hit the target. Go ahead, shoot.

Did you hit the target? You have no idea if you hit the target or not. You don't know what the target is. What are the odds of your hitting the target when you don't know what it is? Slim to none. If you don't know what the target is, if the target can be anything, it makes it really hard to hit the target.

You need to know your target if you expect to hit it. If you have no interest in getting what you want, then knowing your target is not essential.

Many of us, probably even you, want this thing called health, yet have no idea what it would look like if we had it. We are going after this elusive thing, but we really have never stopped to think about what it was. We have never thought about what having *health* would be like, what our world would be like.

Now is the time to do that. Figure out the target for how much *health* you want. You can choose my target of *health*, or you can come up with your own target. If you chose my target, it makes the rest of this chapter really easy. If you want to create your own target, there are some things we need to do first. To do that, we need to lay the groundwork, create the foundation for you to figure out what you want. You can also use these recommendations to create targets in other areas of your life as well.

First, there is no right answer. There is no one way that everybody must be. There is not even a target you must keep forever. The beauty of creating a target for *health* is that you get to say. You get to make it up. You get to create what you want it to look like. And whatever you create, you can change it later if you want to. You can create something different. You get to have whatever you want for a target. So as I go through this, don't worry about being right. Focus on going for whatever you want, because you can always change your mind later.

In creating what you would like for a target of *health*, there are some guidelines to follow that will make them easier. You are creating a picture, an outcome of what it will actually look like when you reach your target, what it will feel like, be like, and all the details about what will happen when you reach your target. You can think of it like this: You are creating a short movie, or picture, representing what the target being reached would look like. You want to paint as many details of this picture as possible.

Let me give you an example from one of my targets.

It is June 10, 2005. I am living from my heart center, in worship of the "I AM" presence, completely following my inner knowing, being *health*. I have met, live with, and am involved with my ideal woman and partner in life. She is lying there in bed now, as I give gratitude for everything, everything that the "I AM" is creating.

My inner knowing is fully alive and expressing its perfection. I fall in love with my partner every day, and make her fall in love with me every day. I can feel my body vibrating. I can see myself in the mirror looking exactly the way I want to look. I can feel my energy; I am full of vitality.

My ideal woman and I are developing our relationship, while being deeply and profoundly in love. I can smell her sweet, wonderful, beautiful, natural fragrance; I love it. I can feel her smooth skin, her hair, her face so sweet, soft, and silky. All of her. I can taste her succulent lips. Her ravishing and gorgeous beauty takes my breath away every day.

Everyone is smiling, happy, and is winning in their situations, interactions, and encounters with us.

This is an example of some of my goals. This is what it will be like when I reached them.

What I use to help create these targets is what I call SMARTS targets

SMARTS stands for:

Simple, Sensory, and Specific

Measurable and Meaningful

As If Now

Realistic

Time Framed

Smiley Factor

Some more about what these all mean:

"S": Simple is exactly that. Simple. Do not make it too complicated, or long and drawn out. Most people should be able to understand what it is. If it is a goal around some specific field, most of your colleagues should be able to understand your target.

"S": Sensory involves all of your senses. You use your sense of vision. You hear things in this picture and movie. You smell things in your movie of your target. You feel things, both with your hands and with your emotions. In your picture, you have the internal voice in your head that you always have. You put all of these different senses into your picture, as well as the most important one, the inner knowing of your heart brain. Make sure to get that in the picture or movie as well.

"S": Specific. This is best illustrated with an example. I have moved many times in my life. Every time I moved, I created a list of what I want. And every time there was a fireplace on that list. The first time, I was looking at a place that had everything I wanted but a fireplace. I mentioned this to the landlord and she laughed. She took me into the unfinished basement, and there was a plastic fireplace in the basement. I learned from this, and when I was looking for the next place I put a real fireplace on my list. I found a place that had everything except a fireplace. I said this to the landlord and he said that there was a fireplace. It was just boarded up behind the wall. The next place I moved into, I put a real working fireplace on the list of what I wanted. I found a place with a real working fireplace this time, but the landlord would not let me use it. So finally I put on

my list “a real working fireplace I can use.” And the next time, I got it. You need to be specific.

“M”: Measurable. There must be some specific way in which you measure the results, a quantifiable way that you know the goal is achieved.

“M”: Meaningful. The target, the goal must be meaningful to you. It must be something you want and desire. If it means nothing to you, there will be no reason to keep going for it. It does not work to have it be something that someone else wants for you.

“A”: As If Now. Write your movie in the present tense, as if you are describing a situation that is happening now. Tomorrow never comes. It is like the sign “Free money tomorrow.” You come back the next day and the sign still says, “Free money tomorrow.” Tomorrow never comes. If you write your goals in the future, the future never comes.

“R”: Realistic. Your target must be believable to you. If you do not think you can attain it, chances are you probably will not attain it. Now, this means two things. One, if you have a faulty belief system about what you can and cannot do and you want to change it, you might want to try my CDs. Two, “realistic” is different for everyone. For some, making a million dollars in one year is totally attainable. For others, it is not. Make sure your target is realistic to you.

“T”: Time Framed. Put a definite date on your target. Put the date as if today is the date, and write your goal with that date now. This is similar to As If Now, but with an actual date or time frame.

“S”: Smiley Factor. Make sure that you are smiling and happy in the picture, that your goal includes your being happy. Here is an example of why: You have a goal to be in Italy within five years, but no smiley factor. You get some rare cancer that the only know treatment for is in Italy, and you have to fly there to get your cancer treated. This is not what you want.

Make sure you do not have negatives in your goals. It is not good to say something like “no more pain,” because remember, what you focus on is what you get. So if you are focusing on “no pain”, “pain” is actually what you are focusing on. If you don’t want this or that, you have to put it in your target as a positive. Like if the pain were gone, what would be there? You might be feeling great, or have free movement in your neck or whatever. Just make sure you put all the things you don’t want in terms of what you would have when they were gone, so you can focus on what you want, because that is what you will get.

You then must envision this and ask for it. Demand that the Creator provide this to you. The Creator wants to give you abundance, wants to give you what you want. All you have to do is create the goal, envision it, and focus on it. Put in feeling and make it real.

So if you want my target, take it. If you want to add to my target, do so. If you want to change it, do that. Just create your target. If you want *health* as your target, great. Create your target(s).

Once you have your target you can help reinforce these by doing the upgrading process described earlier.

Journaling

Journaling your accomplishments is another way to help you stay focused on achieving results and strengthening your beliefs, as well as upgrading the software in your brain. Journaling is a great idea, but nobody really tells you what to journal or how to journal. Here is a really simple way to journal every day.

Action step: Write down at least 5 accomplishments you had today (and every day). That is it. This will serve many purposes. It will help you to focus on what you want, what you accomplished and give you and your mind a chance to celebrate and bask in the glory of your accomplishments. Positive reinforcement is another thing this does. It helps you to keep moving and inspired in the process of achieving your goals.

People often can let the little things in life overwhelm them. They forget about the big reason(s) why they are doing something. (but not you, you have them written down and hung up where you see them on a regular basis, right?)

In my opinion it doesn't help to journal every day if everything you are journaling is negative and not what you want. For example.

I was very sad today most of the day. I am still feeling the pain of bob leaving me. I loved him so much. I was thinking about him and some jerk cut me off in traffic. I got pissed and gave them the finger. Jack was a real pain in the ass today at work. I had to keep asking him for the report I needed and still didn't get it. etc.

A great guideline I like is this: Telling one person is getting it off your chest. Telling more than one person and you are reinforcing it and keeping it around.

When you focus on all the negative stuff that happened, you will keep it around. That is why I like the simplified version of writing down 5 accomplishments you had today. It helps your conscious and non-conscious mind stay focused on producing the results you want, instead of the ones you don't want.

Summary: Get your SMARTS goals and do the upgrading process with them to help reinforce them and actually achieve them. Journaling and writing down 5 of your successes every day is another great way to help upgrade the software in your brain.

Chapter 23

Being Bazuji

This is about the full value of being well, as if sexy, slender and slim wasn't enough. Helping create more reason why.

Bazuji is a word I invented. I made up. The essence of Bazuji is the full potential of being human, realized on all levels. Since I made up the word, I get to make up the definition, and my definition is *the* definition. If you don't like my definition, make up your own word or use another word.

I made up this word because everyone has their own definition of health and well being, and they think their definition is right. And it is.

This presents a problem. Because when I say "health," you think of the definition you have for health. And you think that your definition is the same thing I am talking about. It is like love. When I say "love," you have your own definition of what love is to you. And when I say "love," you think of your definition, and think that I mean the same thing you are thinking, when, often, I am not.

This is actually a problem many times when using language to communicate. I say a word and it goes through all of your filters and definitions of what that particular word means to you, and then you assume that what I meant is what your definition is when, often, it isn't.

I created my own word with my own definition of what it is, so that when I use this word in the future, you will know exactly what I am talking about, almost. See, the words that make up the definition create the same problem. When I say "you," many people think of different things. So part of this chapter will be about the definition and what the essence of it means, behind everyone's filters and ideas.

Bazuji (pronounced "bay – ZOO – jee," with the accent on the **zu**):

1. You and your being (Body/Mind/Spirit)-- perfect, connected as one, fully expressing the perfection
2. "I AM" perfectly expressed

In its truest essence, Bazuji is a verb. It is a continual process, happening now, though most often it will be used as a noun. *Bazuji* is what I am being.

It can also be an adjective. I am *bazuji*.

An adverb is made by adding "ly." I *bazujily* honor God

What does this definition mean?

It means "you and your being." This means all parts of you, everything about you. The way you think. The relationships you are in. Your moods, emotions, and thoughts. Your chemistry. All the organs and the endocrine system. The muscles and bones and ligaments. All of your systems—the immune system, endocrine system, circulatory system, all of them. Your conscious thoughts and subconscious thoughts. Your spirit and the life force that is giving you life. The intelligence governing everything about you. This includes everything you know about you, and even the things you don't know about who you are. This is the full scope of "you" I am talking about.

"Perfect". This means everything about you working perfectly. Your moods are always exactly what you want. Your relationships are perfect. Your organs are functioning perfectly. Your endocrines and hormone balance working perfectly. Your

thoughts are adapting and responding to the environment. The experience of stress is completely gone because the parts of you, that respond and react to stress, are working perfectly. Therefore you handle and deal with the stress, perfectly, and you experience nothing, no stress. The parts of you that deal with the experience of the outside world are, working perfectly, leaving you feeling peaceful and content at all times. The parts of you that deal with healing symptoms and disease are working perfectly, so you will have no symptoms or disease. Your emotions are an expression of how you feel, working perfectly, neither governing nor controlling you, not being there when you don't want them. Your emotions become an experience, and your body then handles them and the emotions going away. Your experience of the world is perfect. You always make the choices that are perfect. You do what you want to do all the time. Everything about you, your mind, thoughts, body, feelings, spirit, and inner wisdom are all working perfectly. As they work perfectly, the world around you will be working exactly the way you want it to.

“Connected as one.” This refers to the whole of you, everything about you, working as one cohesive unit. This is best described with an example.

If you can, imagine a government that doesn't work as a team, where all the parts are not working together. They are not communicating, and most do not know what the others are doing. I know it is probably tough to imagine, but try.

Now, imagine if the different parts of government actually worked together, if everyone knew what everyone else was doing. If they all knew what was going on, and worked as a team towards a common goal, in the same direction, without fighting or conflict, what would be possible?

This is what I mean when I say “connected as one.” All the different parts of you are one synchronized whole, working together towards the goal of *bazuji* and what you want. Your thoughts, body and spirit are all aligned, going in the same direction, connected as one. Imagine what would be possible. The possibilities would be essentially limitless.

“Fully expressing.” This is an active process, constantly happening now.

It is not just the potential of perfection, or the potential of the synchronicity happening between all aspects of you. It is all of that happening now. All of everything being present now, as an experience and as results. Because it is one thing to actually have all that without actually expressing it, and another to actually express and experience it all now.

“Perfection.” This is the same perfection I talked about earlier, but expressed. Tangible results happen, results of the perfection manifest.

This is *bazuji*, you and your being (Body/Mind/Spirit), perfect, connected as one, fully expressing the perfection.

This is my target, the target of what I want to be. I talked earlier about getting a target. This is my suggestion for what you can make your target for health and well being. You can change it, add to it, or do whatever you want to it. But if it is not this, it is something other than *bazuji*.

Now, just having a target does not guarantee that you will hit your target. But before you have the urge to give up, let me ask you this: If you keep shooting at the same target over and over and over and over and over again, what do you think the odds are

that you will eventually hit the target? Pretty good. In fact, given long enough, I would say there is a 100% chance you will eventually hit the target.

So having the target does not guarantee *bazuji*. But constantly going for it, over and over again, 100% guarantees you will eventually hit it. This is not to mention all the invaluable experience and knowledge you will attain along the way.

Bazuji is a suggested target, but you can have any target you want, and you can change it later if you want. So go ahead, take a moment now and find your target. Create or modify your existing target if you want.

Actually take the time to do it right now. It might be as simple as saying, "I want *bazuji* as my target." Or you can create your own target. But do it. Now. And keep going for this target. Keep focused on this target. Play with it, the way a child plays at something new that they are learning, not like an adult, who tries it once and, if it doesn't work, they give up.

Now this is key. Keep focused on the target. Because, as we all know, if you are riding a bike and there is a big rock up ahead, and you keep saying to yourself "I am not going to hit the rock, I am not going to hit the rock, I am not going to hit the rock," what do you do? You hit the rock. Because that is what you were focused on. If you focus on the path around the rock, where you are going, and keep focused on that, you are much more likely to go along that path and avoid the rock.

In the same way, if you are focused on not having headaches, or not having pain, or not having cancer, what do you think you will likely end up with? That thing you are focusing on not having. If you focus on getting rid of cancer, you will probably end up with more cancer. If you are focused on getting rid of the headaches you experience, you will probably still have headaches. It is like the rock. You need to focus on what you want, where you are going, not on what you are trying to get rid of.

So, a word of caution: When creating your target, make sure it is a target of what you want, not what you don't want. For example, if you have headaches and don't want them, think of what would it be like if they were gone. How would you feel, what would be happening, what would your moods and energy levels be like? Put what everything would be like, what you want, into your target.

To me it is amazing that, with almost everyone in the medical symptoms and disease care system focused on what they are trying to get rid of, and focused on the symptoms and disease, that anyone actually heals. Almost everyone focuses on the thing you don't want, the symptoms or disease you don't want, yet some people actually heal. This, to me, is an amazing tribute to the inborn wisdom that guides and runs our body.

So find a target, if you don't already have one.

Summary: Bazuji is the Full Expression of Life. I AM perfectly expressed. Simplicity and the powers of the universe at your fingertips.

Chapter 24

Seven Things That Add to Your Level of Bazuji

Finally, there are things you can actually do, and these things are what you would naturally do if you were *bazuji*. You would find yourself doing this if you listened to your inner knowing. I am listing them because it helps shorten the learning curve.

They are all simple and easy, most of them are free, and if you do these things, you are guaranteed to see improvements and changes in your level of *bazuji*.

Each one of these is something everyone can do. Each one of these is so incredibly simple they almost seem too simple. The key is who you have to be to do these things.

Here they are:

1. Communication - Listening, Acting and Requesting
2. Rest - Physically and Mentally
3. Breathing Fresh Air
4. Food and Water - Quality and Quantity
5. Sunlight
6. Activity - Physical and Mental
7. Consciousness

It is my stand, my belief, that when you do these things, you will be well. You will be *bazuji*. If you do all of these things to the full scope of what they are, you will have *bazuji*. You will not have to worry about whether you should go to a medical symptoms and disease care doctor, because you will not have any symptoms or disease. It really is that simple.

Your body, your being is a glorious machine. It has the wisdom to heal itself, if you just listen to what it is saying. If you just give your body what it wants, if you listen and do what your body wants, you will be *bazuji*. It really is that simple.

If you want to pretend it is more complicated, if you want to think that there is more to health than that, go ahead. Be my guest. When you live and play in the world of treating symptoms and disease, when you try to find the one cause to find the one cure, that world is really complicated. But remember, your beliefs are what create your reality. So why not choose beliefs that are easy and empower you?

What I am sharing with you is a whole new perspective from which to view your life and *bazuji*. When you view and approach life in this way, it really is simple.

So let's go into these seven things and the full scope of what they mean.

Communication

Communication means having communication present in all areas of your life. The most important area of communication for *bazuji* is between you and your inner knowing. This is the same inner knowing I talked about earlier, in Chapter 18. This inner knowing is constantly communicating to you. This inner knowing is constantly sharing with you what it wants. It is just a matter of listening to it and, more importantly, acting on what it says. That is what a lot of Chapter 18 was about, listening and taking action on what this inner knowing is communicating to you.

That, right there, is the biggest gold mine of not only being *bazuji*, but of your life. So I think I will say it again.

Your inner knowing is always communicating with you. And if you simply take action on what it says, you will have *bazuji*. You will also end up with the exact life you truly want.

This inner knowing is your spirit, or the essence of what is breathing life into you. It is the Creator's presence, guiding you. If you will, it is God communicating with you.

Communication also means between all the different parts of your body. I will let you in on a little secret. The key to your *bazuji* is communication, all the different organs, endocrine glands and every other thing and process communicating, working as a team to keep you *bazuji*.

It is like the example of the government I gave earlier. If all the different parts of the government work together and communicate with each other, anything is possible. The same thing is true in your body. If the individual parts are not communicating, your health and *bazuji* will not be as good as they could be. You will not be expressing your full potential in life. If all your parts are communicating and working together, you will be much more *bazuji*. It would be impossible not to be *bazuji* if everything were communicating in your body.

This type of communication is actually the missing key to your health, the key that so many people have been looking for. Let me explain.

You almost never have a problem with any of the individual parts of your body. All the parts of your body almost always know exactly what to do. Always. The problem is, they often don't get the message. Your brain says "Hey, liver, detoxify the blood." What the liver hears is static and it doesn't get the message. So then the liver sits there and does nothing. The body remains toxic. Or the liver tells the pancreas, "Hey, pancreas, we need more insulin." And the pancreas says, "What? What did you say?" And the pancreas then sits around doing nothing while the diabetic's blood sugar levels go through the roof. Or the stomach is told to release digestive enzymes, doesn't get the message, and you get heartburn and indigestion. It is almost never the individual part that doesn't know what to do. It simply doesn't get, or ignores, the messages.

If the communication of messages among all the sites in your body is working effectively, your body is a synchronized whole, working together to produce *bazuji* for you.

Your lack of *bazuji* almost always results because the messages among all the parts are not getting through. The communication is not happening. So when the communication starts happening, you will start healing automatically, naturally, through the powers that created you, often without having to treat this, that, or that other thing, because they heal naturally.

The great part about this type of communication is this: If you listen to your inner knowing and act on what it says, you will automatically have all the parts of your body communicating. If you listen, your parts will follow suit and begin listening and acting on what is told to them.

There is also another great way I know of to help speed up all your parts communicating. It is The BodyTalk System.™ Basically, The BodyTalk System™ uses your body's inner wisdom to figure out what your body wants to do, and then does it.

What The BodyTalk System™ usually ends up doing is restoring communication within your body. It is amazing. If you are at all interested, check out their website at www.bodytalksystem.com.

There are other systems that help restore communication between all the different places in your being. Many of them do this by removing barriers to that communication. Stored emotions are one of the most common blocks to this communication. Time Line Therapy™ is one of the most effective and simple ways of removing emotional blocks. It also helps you remove and change faulty belief systems that can be getting in the way of this communication. You can check out their website at www.timelinetherapy.com or the CD sets I talked about earlier do the same thing for you as well.

Chiropractic is another great way to restore communication. Contrary to popular opinion, chiropractic offers way more than just the treatment of back and neck pain. Chiropractic helps restore this communication between all the different parts of the body, so the body can work as a whole.

Chiropractic is very simply this: Your nerves control your moods, emotions, actions, energy levels, sleep, thinking, digestion, pain, muscles, organs, endocrine glands, hearing, vision, eyes, skin, bones, immune system, and everything else in your body. Your nerves also control everything that makes you who you are. Chiropractic allows your nerves to work better. Therefore, everything you do, everything your body does, and who you are, can improve with chiropractic care.

All the confusion comes because there are so many different types of chiropractic. Most people, including many chiropractors, try to lump all chiropractors into one group. Chiropractors are similar to medical doctors in respect to all the different specialties there are within chiropractic. Chiropractors specialize in all sorts of areas like; sports medicine, athletes, wellness care, vitalism, back pain, neck pain, allergies, nutrition, headaches, kids, people with more years of experience, symptom and disease care, emotional work, spiritual, and just about every type of area that you could imagine.

The specialties of chiropractic that deals with restoring communication within the body are the vitalists, wellness care, and spiritual chiropractors. All specialties of chiropractic are going to restore communication within the body to some extent. Wellness care, spiritual and vitalistic chiropractors just specialize in restoring this communication. They specialize in giving the body back the power to heal itself, by having this communication present.

The biggest form of communication necessary is you communicating with your Creator. Some call this prayer. Others call it visualizing. Others call it meditation. Others call it asking or declaring, and yet others call it commanding. My favorite is listening to your inner knowing. There are probably a couple of others as well. To me they are all the same thing. I do not think the power that created this universe is limited in how thy can hear us communicating to thy. (I like the word thy here, because it is non-gender based, which I believe the Creator is). The Creator can hear your words and thoughts and see your actions and the pictures you create or visualize, and feel what you feel.

To me, communication with your Creator is not something you have to consciously do, because you are always doing it. Everything you think, everything you say, everything you do and everything you picture is a message directly to the Creator and a request, a request to the Creator to co-create with you that which was “asked” for.

Because even before you ask, shall you receive. It is a matter of being aware of what you are asking through your thoughts, words, actions, feelings, and visualizations, to be aware at all times of what you are asking for. Not to ask for things you don't want, which you often do inadvertently, having thoughts or saying things that are not for what you want, but by only keeping and having what you want on your mind, in your actions in your words or feelings.

The key in being *bazuji* is this act of asking or commanding, always, exactly what you want, and nothing else, and listening to the Creator answering you through your inner knowing. The powers of the Creator want to give you everything, want to give you exactly what you ask for. If you keep asking for contradicting things, you will have contradicting results in your life.

The powers that created this universe are not limited. The powers of the Creator are unlimited. They can do anything. The only thing that limits them is you. If you get out of the way and open up communication, the powers that be will provide.

Keep the lines of communication open. Listen to what your inner knowing is saying to you. Act on what it is saying, request exactly and only what you want, and you will get it.

1. Communication - Listening, Acting and Requesting
2. Rest - Physically and Mentally
3. Breathing Fresh Air
4. Food and Water - Quality and Quantity
5. Sunlight
6. Activity - Physical and Mental
7. Consciousness

Rest

This means both physical and mental rest. I have to say here, technically, that breathing fresh air is more important than rest, but most of us breathe whether we want to or not, so I put that third. I will get into that next, but for now, back to rest.

I will show you some different ways you can rest. You do not have to do all of them. In fact, you do not have to do any of them. You can do anything you want that is resting. I am just giving you some suggestions that you might be able to use. If one of them works, great. Most things rest both the mind and the body at the same time. If they do, great. If not, you need to also make sure that you rest the other aspect that did not get rest.

Now, when I say "rest," I do not necessarily mean sleep. I think most of us can relate to this experience: You go to sleep at night, and when you wake up in the morning, you are more tired than when you went to sleep at night. If you cannot relate, you can probably at least understand intellectually what I mean. Just because you are sleeping does NOT mean you get rest. Sleeping can equal rest, but it does not automatically equal rest.

So how do you get rest? Well, there are actually many different ways to get rest. One of the simplest is clearing your mind before you go to bed at night. If you fall asleep with a clear mind, your sleep will be more restful. If you go to sleep with all this or any other stuff racing through your mind, your sleep will turn into more of the same, and you

will wake up having not rested. Clear your mind before you go to sleep, and you will wake up having rested. You will be refreshed and ready to take on the day physically and mentally.

The best example of how not resting causes problems is the way kids behave. Anyone who has ever been around kids before and after a nap knows exactly how much of a difference rest makes. The kids will whine, cry and be naughty, all just because they are tired. They need to rest. Then they rest, wake up, and they are like new kids again. Not getting enough rest impacts the way we think. Not being rested influences the bad choices we make. Not having enough rest keeps us from being our full potential in all areas of our lives.

Another really great example of not getting enough rest is people who work in manufacturing plants. In the old days, people used to work eight-hour shifts, 12-hour shifts, even 16-hour shifts straight through. They had no lunch, no breaks, nothing. Then someone realized that if they give the workers a break, their overall productivity would go up. That is, if they work 7.5, because they were able to rest for half an hour, they actually produced more than if they worked eight hours straight through. Working less and resting actually produces more than constantly working. Without rest, your productivity goes down. Said another way, without resting, it seems as if you have less time, because you do not get as much done in the same amount of time. So if you are feeling really crunched for time, that is when you need to make sure you rest.

Everyone is different, so there is no set time for how much you should rest. I say: Listen to your inner knowing, and rest as much and as often as it tells you to.

What else counts as rest? Meditation can count as rest. Meditation can also achieve many other things, but rest is definitely one benefit. Often people who meditate before they go to bed at night sleep much better. They get more rest. Sleep doubles the effects of meditating, if for nothing more than clearing the mind before you sleep.

Another great way to get rest is to sit down and do nothing. In the middle of the day, sit down and rest. Do nothing. Relax. You can also do this in the middle of the morning, or the evening, or anytime. You can even lie down and do nothing. Don't think, don't plan your day, and don't watch TV. Just do nothing. This, for many people, is really hard to do. If it is, try one of the other suggestions.

Rest is so important. Even God rested on the seventh day, so one book says. In my opinion, you do not have to rest on Sunday, but you have to rest. One day a week, rest. Rest is rejuvenating and helps you get even more done than if you were to work seven days a week.

1. Communication - Listening, Acting and Requesting
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Breathing

Breathing full breaths of fresh air is so important for so many reasons. The most obvious is, if you don't breathe, you die really quickly. Now for the less obvious ones.

Fresh Air

In America, the best source of fresh air is outside. The indoor air quality is horrible. In fact, it is usually toxic. Once you begin to know some of the things manufacturers put in household products, you begin to see why. The most obvious one is paint. Even when the smell is gone, the toxicity is not. The paint is still "leaking" toxic fumes into the air for years after it is applied. This is not to mention the older paint with lead in it. The lead in older paint can become airborne just by rubbing the paint. The amount of lead in a quarter-size chip of lead based paint is enough to warrant chelation therapy to remove the lead from a child's body.

That new carpet smell? Formaldehyde. And depending on what chemicals were used to put the carpet in, those usually are additional toxic chemicals. Even when the smell of the carpet goes away, the carpet still "leaks" other chemicals into the air for years to come. Furniture, same thing. Then let's get into the cleaning chemicals that most people use. I won't even go into how toxic they are for the environment. But read the label in regards to their effect on you and your family's bodies. The stuff is toxic. And the list goes on and on. Indoor air quality in America sucks. You need to be outside to get fresh air.

There is one easy solution to this. It is an air cleaner I found. It is the best and, in my opinion, the only air cleaner that actually creates indoor air quality cleaner than outside. Other air cleaners may make the air cleaner than before, but not as fresh as outdoors. This air cleaner, which makes the air fresher than outside, can be found on my website, along with anything else I recommend.

There are degrees of clean air outside. Obviously, the air in the middle of a forest in Montana will be cleaner than the air outside in Chicago. But I promise you, the air quality outside in Chicago is better than any indoor air that does not have a great air purifier.

You need fresh air because of the oxygen in the air. That is pretty obvious as well. Without oxygen, no cell in your body can function. Without oxygen, you die. Well, if you do not get enough oxygen to the cells of your body, they are not going to work as well. That includes your brain cells for thinking. That includes your thyroid gland for energy. That includes your pituitary gland for hormone balance and your moods and emotions, and everything else you can think of.

Full Breaths

Full breaths are also needed partly in order to obtain enough oxygen. With full, big, deep breaths of air, you get more oxygen into your system. Just as when you take quick big breaths, you feel light-headed because of all the oxygen. When you take full big breaths of air, you get more oxygen into your system.

This is also important for three other known reasons. First is lymphatic movement. The lymph system is like the sewer system of your body. And without full breaths, the sewer system of your body is not moving. Imagine, as ugly as it is, a city where the

sewer system does not move, where the sewer system is backed up everywhere. How well would things in that city work? Not very well. Would you want to live in that city? No way.

It is the same thing in your body. The lymph moves when you breathe with diaphragm movement. The diaphragm is the muscle that moves air in and out of your lungs. The diaphragm acts like the pump in a sewer system, so that everything in your body is working properly and you want to live in your body.

Your diaphragm's movement also moves the fluid around your brain and spinal cord. The fluid is what brings nutrients to your brain and spinal cord, and what brings waste products away from the brain and spinal cord. Do you know everything that the brain and spinal cord control? That is right, everything. So if the brain and spinal cord are not getting what they need, they will not work very well. And if they brain and spinal cord are not working very well, guess what could go wrong in the body? Exactly. Everything.

When you start breathing full big breaths of air, you get the fluid moving, and the brain and spinal cord will work better. And with your brain and spinal cord working better, everything in your body can improve, including the way you think and how smart you are. Your moods, emotions and energy levels could improve as well. Everything.

The last reason why breathing is so important is, in my opinion, the most important. That is the scanning of the body and mind. With each breath, your body does a self-check. Your body checks itself out, and figures out if anything needs to be adjusted. And the full breath corresponds to your entire body/mind complex. If you skip part of the breath cycle, you skip part of the self-check. Breathing in fully scans things like your thoughts and emotions.[?] Breathing out fully, or the bottom of the breath cycle, scans the bones, muscles, and organs. If you skip any part of the breath cycle, you are skipping that part of the self-check. Now let me ask you something: If your body does not know something is wrong and needs to be fixed, what are the odds that it will fix it? Not very good.

Simply breathing in fully will often "wake your body up" to what it needs to do. And it is often just the act of realizing what needs to be done that gets things done. So breathing in and out fully, every day, allows your body to check in every day and figure out what it needs to do.

So how do you breathe? Everyone has a different theory on how that should be. I say, deeply and fully, and leave the rest up to you. Listen to your inner knowing, and do what it says. What I mean by deeply and fully is simply this:

Once each day, take 10 deep breaths of fresh air outside. That means, when you are outside, breathe in all the way, filling up your entire lungs. The top and bottom part. Then, breathe out fully, letting all the air leave your lungs, even squeezing it out a little at the end. And then repeat this nine more times.

Whether you breathe in through your nose and out your mouth or the other way around or whatever, I don't think makes that big a difference. I am not saying it doesn't make a difference. I am saying, I think the biggest point is to make sure you actually breathe these full deep breaths. Once you begin doing that, see what your inner knowing says is right for you. And then do it that way.

Breathing full breaths of fresh air is so important for so many reasons, but the reasons are not important, as long as you breathe 10 full deep breaths every day of fresh air.

1. Communication - Listening, Acting and Requesting
2. Rest – Mental and Physical
3. Breathing- Full Breaths of Fresh Air
4. Food and Water - Quality and Quantity
5. Sunlight
6. Activity - Physical and Mental
7. Consciousness

Food and Water

I went over these two earlier and to refresh, it is really simple.

1. Fresh
2. Pure

It is that simple. All the food you eat, no matter what kind you eat, should be fresh and pure. Same with the water. It is that simple. Then, just listen to your inner knowing, and it will tell you what is fresh and pure.

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Sunlight

Getting healthy amounts of sunlight on your skin and in your eyes is a very important part of adding to your level of health and *bazuji*. The sun does all kinds of wonderful things for your *bazuji*. The easiest way to show you how much we need the sun is this.

All life on the planet is dependent on the sun. Without the sun, there would be no life on the planet. All life is dependent on the sun. Plants convert the sunlight into energy, and all animals need plant life or other animals in order to live. All life in nature is dependent on the sun. We as humans are part of nature. We need sunlight just like everyone else.

Vitamin D is a vitamin found in only a handful of foods, but it is a vitamin your body produces when your skin is exposed to direct sunlight. Vitamin D is essential for you to be *bazuji*. There is tons of scientific evidence to actually support this as well.

There is also something called S.A.D. or Seasonal Affective Disorder. This just means that, in the winter, some people become sad. This is because of a lack of sunlight. The treatment is having the person sit under artificial lights that put out light very similar to the sun. These lights are called SAD boxes. They are just boxes with special lights to simulate the sunlight.

Sunlight is essential for your life and *bazuji*. This often brings up the concern of skin cancer. People are told the sun causes skin cancer and they should wear sunblock to

prevent skin cancer. This is a big fat theory of the medical symptom and disease care profession. Skin cancer is dramatically on the rise because people are supposedly spending more time in the sun, and this is the supposed “proof” that skin cancer is caused by the sun. Did the experts happen to notice that most cancer is on the rise? Does the sun cause these cancers as well?

I ask you this: Show me any proof, any study, anything. Nope, just theories and the fact that the incidence of skin cancer is higher today and the doctors link this to a supposed increase in sun exposure.

There is actually proof that the sun is safe and good for you from a medical doctor at Boston University Medical School, Michael Holick, MD. His book, *The UV Advantage*, shares with you exactly what I am talking about, that the sun is healthy for you.

This is also another perfect example of how non-scientific the medical community is. They came up with their theory that the sun is the cause of skin cancer, and they are fighting tooth and nail to hold onto it. So much so that Dr. Holick was forced to resign from his position because of his contradicting beliefs about sunlight exposure. Science changes with new information. Medicine does not. The medical profession ignores new findings as long as they can, until the evidence becomes so overwhelming that they are forced to change or look like the fools they are.

Well, my friends, I have a question for you. How many other bad things are on the rise that people are doing? Lots. Just because the sun hits the skin, the powers that be say it means that is the one thing that “causes” skin cancer. They are looking for the one cause and one cure. Remember, what is the one cause of anything? Lack of *bazuji*. That is it. If you do not have enough *bazuji*, you will get symptoms, and the factors from your life and the environment will determine what symptoms and/or disease you express.

Remember, what is cancer? It is a mutated cell growing and dividing without the body killing it. There are many things that can contribute to mutated cells, and many things that contribute to your body’s not being able to get rid of the cancer cells. You get skin cancer every day, and every day your body kills it.

The sun in and of itself, I say, is not a contributing factor to skin cancer. In my opinion, being burned by the sun is one of the major contributing factors to skin cancer. Most people get no exposure to the sun for months; then they play weekend warrior and go out in the sun all weekend, often getting burned. My inner knowing tells me it is this burning that is a major contributing factor to skin cancer, not the actual sun exposure.

So if you do not build up to being in the sunlight, and you know you will be in the sun for a long time, use a chemical-free sunblock.

The irony about sunblock is the stuff most people use actually contains a chemical that is known and admitted to cause cancer. The FDA says PABA is a known carcinogen, and yet it is in most sunblocks. This is ironic. Now, there are PABA-free sunscreens. My thought is that those chemicals that replace the PABA will soon be identified as carcinogens as well. Just give them time. PABA was labeled “safe” by the FDA at first.

My recommendation: get a good chemical-free sunblock. Many health food stores will have them. If you cannot find some elsewhere, there are some featured on my website. Unfortunately, they are not available everywhere right now.

Earlier I said sunlight on your skin and in your eyes. I DO NOT mean look directly at the sun. What I mean is to be outside, without sunglasses, glasses or contacts between you and the sun. Being outside when it is daylight means sunlight is going into your eyes and hitting a part of your eye called the retina. It is the back part of your eye. Well, hitting this back part of your eye stimulates all kinds of processes in the body for bazuji to be present in your body. Glass and plastic filter out parts of the sun's rays. And if you have sunglasses, glasses, or contacts on, you are reducing beneficial parts of the sunlight that are getting into your eyes. You are reducing the healthy benefits of the sunlight.

The myth of the sun causing cataracts also needs to be addressed here. The sun does not cause them. There is no one cause. The sun is not even a major contributing factor to cataracts. Just like every other disease, the only real cause is a lack of health, along with everything that contributed to your lack of health.

The sun can do many more things like:

- Lower Your Cholesterol
- Lower Your Blood Pressure
- Help Prevent and Treat Cancer
- Increase Your Muscle Strength
- Help you detoxify

The Healing Sun by Dr. Richard Hobday is another great book on the value of the Sun and shows you how all of the above statements on the value of the sun are true.

The easiest way to get sunlight is go outside. Go outside every day without contacts or any type of glasses and large amounts of your skin exposed to the sun. For you this might not be feasible, because you live some place where there is a thing called winter. So an acceptable alternative is getting some full spectrum light bulbs for your work and home. These are just light bulbs that put out light similar to the sun. You can order them online or at my website. But be careful; not all full spectrum bulbs are created equal. Most of the full spectrum bulbs in traditional stores are not much of an improvement over ordinary lights.

A fun alternative is going south for the winter. Go someplace where you can hang out in the sun without glasses or contacts, with much of your skin exposed to the sun.

Either way, you need sunlight all year round to be *bazuji*.

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Activity

Activity means both mental and physical activity. I talked about physical activity earlier, so here I am going to talk about mental activity.

Mental activity is the same thing. And I am not talking about worry. That is not a constructive mental activity. Wouldn't it be nice if it was? Well, it isn't. When I talk about

mental activity, I am talking about creativity, using the mind creatively. It does not have to be “art,” either. Creativity comes in many shapes and forms.

Doing all the upgrading and re-hardwiring of your brain to help you be slim and sexy is mental activity.

You can be a lawyer and be solving cases, figuring out creative ways to win the case. You can be an architect and use your mind to create projects. You can read books and use your mind to create pictures and connections and the “movie in your head.” You can do problem solving activities, like crossword puzzles or some card and board games, anything where you are creating new thoughts, new patterns of thinking, and different ways of looking at things. This is mental activity.

Art is also a really good way to have mental activity. The process of creating abstract things also encourages new ways of thinking and patterns of thought. These new ways of thinking and being are stimulating your brain and nerves to grow and regenerate. Like the muscles in the body, if you don’t use them, you lose them. So creatively using the mind helps us to grow and flourish from within.

What is the best form of mental activity? Whatever it is you will actually do. And it can be different every day. Just as with physical activity, whatever you do is perfect. It can be the same thing every day, or you can do something different every day. It is really up to you and your inner knowing.

The key is doing mental activity, creating with your mind new things, thoughts, and ways of thinking, whether it is art or how to win a legal case.

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Consciousness

Consciousness completes not only the list, but the circle. Being conscious ties back into the first thing, communication, and all the others.

Being conscious as you are listening to your inner knowing. Being conscious when you act and do what your inner knowing says. Being conscious with all of your thoughts, words, actions, and feelings so that you ask for only exactly what you want from the Creator. Being conscious so you don’t inadvertently ask for something you don’t want.

Being conscious as you are actually resting.

Being conscious when you are taking the full deep breaths of fresh air into your body.

Being conscious as you eat your food. Being conscious as you drink your water. Tasting the food and water. Smelling the food and water. Chewing your food consciously. Being aware as you are putting stuff in your body.

Being conscious as you are in the sun, being conscious of anything like glasses or contacts, or windows getting between you and the sun and removing them.

Being conscious as you are doing activity, not zoning out and listening to music or watching TV, almost unconscious and unaware you are even doing activity, but being conscious and having fun as you are creating.

Most importantly, there is being conscious of the God Presence within you, being conscious of the Creator and thy being, the animating force in everything and every one. Being conscious of the connection between you and everyone else. Being conscious that the same God Presence is in all of us.

We are all connected as one. All humans are of the same essence. Religion seems to get in the way, but there is a way that I have heard which explains religion and God beautifully in my mind.

Imagine a bunch of blind people all standing around an elephant. One has the ear, another has the nose, another has the tail, another has the foot, another has the body, another has the head, etc. Someone comes along and asks the people what they have. And they all describe something different. They then begin arguing and fighting over who is right. They all are. They all have true parts of the whole. It is just that the parts seem to be different and contradicting. And when considering the whole they are all right.

I view religion as the same thing. It is all true, because we as humans are mostly, essentially blind when it comes to the true and full nature of GOD. Everyone is a part of the whole, and they are all true. Even though as the parts they seem contradicting, they are all different parts of the same whole.

Understanding and being conscious of the interconnectedness among us all. We are all one. You are they, and they are you. When you see and are conscious of this connection all humans have, it creates peace and serenity within you. This peace and serenity is the basis for *bazuji* being present in your body.

You are being conscious of your life.

In summary, here is all it takes to be *bazuji*.

Here are your Action Steps:

1. Communication – Listening, Acting and Requesting
2. Rest – Physical and Mental
3. Breathing – Full Breaths of Fresh Air
4. Food and Water – Quantity and Quality
5. Sunlight
6. Activity – Physical and Mental
7. Consciousness – Being conscious

And here is the really great news about all of this: All of these seven things tie into each other. They do not add to each other in a linear way. $1 + 1$ does not equal 2. With these things, $1 + 1 = 4$. And $1 + 1 + 1 = 9$.

When you do two of these things, they build on each other in an exponential way. When you do three or four of these things, they work even better.

Let me give you an example: When you drink water, it makes the various processes in your body work better. You have the water needed to exchange the oxygen better when you breathe. You have the water needed to better absorb the nutrients from the food you eat. You have the energy to do more physical activity. Your body can communicate better with all its different parts. Everything works better.

And when you take deep full breaths of fresh air, you have more oxygen to absorb the water better. You have more oxygen for exercising so you are not as tired, you have more oxygen to absorb the food and nutrients you need better, you have more oxygen for everything your body needs to do.

And it just keeps going. These things multiply each other, not add. The more you do, the greater and greater improvement you see in your life and body.

Adding to your health is what makes you well. Diagnosing and treating only temporarily put a band-aid on the problem. They do nothing to increase your health and help make you well. In fact, they usually reduce your level of health and well being. Whether or not you treat your symptoms and disease, you must keep adding to your health. Whether or not you take herbs and vitamins to combat illness, you must keep increasing your well being. Whether or not you go to the medical symptoms and disease care system, you must keep adding to your health. When you add to your health, your body is able to heal itself the way it was designed to. Keep adding to your health, no matter what else you do, and it will do nothing but help.

When you do all seven of these to their full potential, you will be *bazuji*. You do not have to take my word for it either. You can prove it to yourself. Do these seven things and you will notice positive changes in all areas of your life. You will see the full scope of *bazuji* manifesting in your life. You will be *bazuji*.

Enjoy it.

Summary: Action Steps to add to your health:

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Chapter 25

Taking Action: The Next Step

Now that we have shifted your thinking and who you are being, these are the actual action steps to take. They help keep your new perspective on being thin and *bazuji* in place and actually give you *bazuji* and being slim.

Here is where most people get stuck--what to do next, not only with their *bazuji*, but with their life. I will give you a little secret about how to continually leap forward in life, and that is, determining your next step. What is the very next action for you to do?

Most of my examples will be around producing *bazuji* in your life and being thin. You can apply this principle of finding the very next thing to do, or action step, to everything in your life.

Get big enough reasons why

When you know your reasons why, the how you are going to follow through become a lot easier.

Upgrade the Current Software in Your Brain

This is the upgrading process:

1. Visualize what you want as if you have it now
2. Shifting want and desire to "now"
3. Declare or speak out loud statements of what you want
4. Create external upgrading cues of what you want

These three things you must do with whatever you choose to do from above.

- Put Energy into your upgrading processes
- Do the above daily for at least 30 days
- Have faith and be inline with fulfilling your purpose

Want and Desire Fulfilled

Transform want and desire into having it now. Your RAS will find you exactly what you are putting into it. So put in having something now, not the want.

Speaking Declarations Out Loud

Create and speak your declarations out loud as if now. Read your goals that you created out loud. See them, feel them, touch them, smell them and taste them now. (even if it is only imagining now, because your non-conscious mind doesn't know the difference) "I AM" is a great way to begin declarations.

Energy and Repetition

Put energy into your upgrading process (usually emotions and ideally feelings) and do it again and again and again and again until you have literally re-hardwired your brain.

Faith and Purpose

You must have faith in your outcomes happening. Your goals must be inline with your purpose otherwise you will only have struggle and effort. You can put in requests to your Inner Knowing to change your purpose. (It must be approved)

Beliefs are Powerful

Beliefs are not about what is right or wrong, but what works for you and everyone around you. Create beliefs that support you and your process. Eliminate beliefs that get in the way. Create reasons why you deserve and are worthy of the beliefs. Install these beliefs by repeating the declarations of the new beliefs, preferably starting with "I AM".

Everyone is Different

Everyone is different which means no one thing will be right for Everyone. Listen to your inner knowing and you will know what is right for you.

The Real Truth about Food

Eating Cholesterol does not increase your cholesterol levels

Salt does NOT cause High Blood Pressure

Eating Fat does NOT make you fat

All refined carbohydrates are hazardous to you

Artificial sweeteners of all kinds are not good for you

The Food Pyramid that most of us know is wrong

The Governments Height to Weight ratio guidelines are mostly wrong

All vitamins and supplements are NOT created equal

Eating Meat is Not bad for

Dairy Products are not a good source of calcium and can be bad for you.

Diet Food Stinks

Pre-packaged diet food does taste bad. True healthy food, which will have you be thin and healthy tastes great. Junk food is not more convenient. It is only more convenient now. You will have to pay a greater price in time later.

Your Genes Do Not Dictate Your Weight

Your Beliefs control your weight. Your DNA is a pre-disposing factor to your weight, but not set in stone in anyway, shape or form. Your DNA actually changes in response to the perceived environment. And the perception of your environment is dictated by your beliefs.

Common Reasons You Had Trouble In The Past Losing Weight

- Your Body is Toxic– HVS my favorite
- Holding onto Stored Emotional Baggage
- Other Faulty Beliefs,
- You do not really Value being Thin and healthy (you just want it)
- Not seeing the full benefits and focusing on them
- Self Protection Mechanisms
- Exercising to Hard – more is not always better

Hidden Cost and Benefit

There is an obvious benefit to eating junk food. There are also hidden costs or hidden prices you have to pay to not be healthy. Your happiness and feeling great are two hidden costs you must pay. When you are healthy you have a great place to live while you are alive. Remember health is your #1 priority and you need to make time or you will be forced to take more time later.

Whenever you are stuck or getting stuck about doing what your inner knowing is telling you to do, here are some very useful questions to ask yourself. They will help you

discover the hidden cost you are paying and find ways around having to give up the immediate benefit you are seeing.

What would I get if I let this go/did this?

What would I lose if I let this go/did this?

What would I get if I didn't let this go/didn't do this?

What would I lose if I didn't let this go/didn't do this?

What benefit do I get? After I don't do what I do, how many and what other ways can I still get this benefit?

Answer these questions out loud around some problem or concern, and the answer to the problem will often be right there. The key is in answering them out loud, even if only to yourself. Watch the problem or concern often disappear.

Your Health is Your #1 Priority (even if it is hidden) and unless you add to your health you will not have a body to live in.

Follow Your Inner Knowing

Your Inner Knowing is way more powerful than you could ever imagine. Use it and listen to it. There is a two-way-street of communication between you and your Inner Knowing. It can give you signs and signals anyway you tell it to. You can tell it what you want and even when to listen to what you are telling it. Use your signal you created to let your Inner Knowing know when you are talking to it and want it to listen and when it can ignore everything else that crosses your mind.

Make sure you are inline with your purpose that you and your Inner Knowing created otherwise you will only find struggle and effort.

Food and Water

Fresh and Pure. That is all you have to remember. Eat Fresh and Pure Food and drink fresh and pure water. Listen to your Inner Knowing for which types, how much and when to eat the fresh and pure food. Fresh means not in a can, box or frozen. Pure means organic with nothing else added. Reverse Osmosis water is the most readily available form of good water.

Generally the "Nutrition Facts" don't tell you Jack. You must read the list of ingredients to tell what is actually in the food. (P.S. if it has a label on the food, chances are it is not fresh.)

Food

I will give you different levels of participation in improving the food you eat. There are two things I want to address first.

One of them is the illusion of limited selection. The funny part is that it is only an illusion. When you go grocery shopping, do you tend to buy the same thing over and over again? Or do you actually take advantage of the selection and buy something different every time? If you are like most people, you probably buy the same thing. Even though there are more choices, you still buy the same thing. With health food choices, you technically have less choice. But once you find something you like, you buy the same thing over and over; the decreased selection really makes no difference.

The second thing is comparing. Do not get caught up in trying to find something that tastes like your old favorite thing. The natural healthy food will not taste the same. It will taste better, if you let it. Let me explain what I mean with a story.

My friend was eating an apple, and after a bite or two, she put the apple down and was going to throw it away. It was one of the worst apples she had ever eaten, she said. Don't ask me why, but I wanted to taste the worst apple ever. I took a bite, and it tasted pretty good to me. And then I had a thought. If I ate the apple expecting an apple taste, it was pretty bad. In fact, horrible. But when I tasted the apple for the taste it had, without comparing it to anything else, it was fine. In fact, the apple was pretty good. My friend, who just a moment ago was going to throw the apple out, tasted it again. When she didn't compare it to what she thought an apple should taste like, she thought it was pretty good as well.

What is the point of this story? If you try to compare the new food you are eating to things you've eaten in the past, it will not be the same. It is not the same. But if you actually taste the new food you are eating for the food it is, you will find it is just as good, if not better, than the food you used to eat. Fresh and pure food always tastes better than toxic food, if you taste the food for what it is.

OK, on to the different levels of eating.

The ultimate choice would be moving to a virgin plot of land in a warm-all-year-round climate, preferably above 6,000 ft in altitude, grow all your own food organically, and raise all the animals you eat yourself. I am not sure this is actually the ultimate, but it makes the other choices seem easier.

No matter which one of the following you choose, listen to your inner knowing the whole time. Listen as you eat. Listen as you buy stuff. Listen and act on what your inner knowing is telling you about the food.

The next best choice is shopping around the outside aisles of a health food store buying only fresh and pure items. The outside aisles of a grocery store are traditionally produce, dairy, meat, and fish. This avoids all the boxes and canned stuff in the middle.

The next level is shopping at a health food store for fresh and pure. Even the stuff in cans and boxes is relatively fresh. Make sure it is pure, which means organic with no sugar or anything else added.

This next one is probably the most benefit you can get with the least amount of effort. Just buy everything at a health food store. Don't worry about what it is, or if it is fresh or pure. Just buy everything you eat at a health food store. This is probably the biggest benefit with the least amount of effort you can get.

The level below that is getting only the health food stuff at your regular grocery store. Most grocery stores in America now have a good selection of health food. Some put it in the aisles by the regular food. Others group it all together. Just buying these products at your regular grocery store is a huge benefit.

The last level is getting as fresh and pure as possible from your regular grocery store. This involves reading labels and getting another book, *Diet for a Poisoned Planet* by David Steinman. It is a book that describes which foods are better for you, all from the non-organic world. Some foods have a tendency to have more chemicals, poisons and pesticides. Others have less. In his book, Steinman gives lists of which non-organic foods are generally safer than others. With this list and by reading labels you can eat healthier even with regular grocery store food.

You need to make sure any form of sugar is not listed in the top 4 of the ingredients list. Don't read that "new label" that lists the sugars and fats and stuff in a table format.

That really tells you nothing. You are interested in the actual list of ingredients in small print on the packaging somewhere. This list is arranged in the order of the highest to lowest percentage of things in the food you are buying.

If any of the sugars is the first ingredient, it is the highest percentage of all the ingredients in that item. Whatever is listed second is the second highest percentage ingredient in that thing, and on down the list. What you are looking for is products where all sugars are lower than fourth on the list. Remember, sugar comes in the form of anything ending in "ose," as well as corn syrup.

You will be amazed when you start reading the labels on everything you purchase, and then you will very quickly realize why the average American eats over 300 pounds of sugars each year. It is in everything you eat, and in large quantities.

If you are following your inner knowing and you want a little extra help finding food that is right for you, there is some help. There is a program called metabolic typing. The book is *The Metabolic Typing Diet* by William Wolcott with Trish Fahey. You answer a bunch of questions, and you then get personalized recommendations for yourself and your unique body based on these questions. They do not give blanket recommendations that are the same for everyone. Metabolic Typing offers the best nutritional recommendations for individuals on a mass market scale. These are better than everything else I have found. My website has information about metabolic typing and how to receive consultations with a professional trained in metabolic typing.

Water

Fresh and pure water as well. The only thing that counts as water is water, and you need about half your body weight in ounces of water each day. Listen to your inner wisdom and what it is saying to you. Remember, thirst is a signal that you are extremely dehydrated. It is a last resort scream from your body for water, just like hunger pangs. These are only present when someone is really, really in need of food. You might have to measure out the amount of water each day and make sure you drink it. You might have to only drink water to make sure you drink all the water your body needs. Whatever you need to do, do it. And start doing it now.

Reverse osmosis water is generally best. This might mean you need to buy an RO machine. This might mean you begin buying water at the grocery store by filling up your own bottles. Or, if you want, you can buy bottled RO water. That tends to get a little pricey, though.

Physical Activity

Do whatever form of activity you will do. If you want even more make sure you are doing both cardiovascular and strength training. Listen to your Inner Knowing for how, how long, how much and how hard. It may change from day to day.

Health is the Thing

You must add to your level of Health. You cannot treat away symptoms and disease and be left with health. There are 7 Things that are guaranteed to add to your health.

1. Communication
2. Rest
3. Breathing
4. Food and Water – Fresh and Pure
5. Sunlight

6. Activity – Physical and Mental

7. Consciousness

Get Your Target

If you have not created your target of health, do that now. Take a couple of moments and figure out what your target looks like. Maybe it looks just like *bazuji*. If not, think about when you are healthy. What would it be like, feel like, what would you be seeing and hearing? What would be happening when you are at your target of health? Imagine the outcome perfectly. Ask for exactly what you want. Focus on that. As you focus on your target, be aware of the things that you know are keeping you from your target.

Create Your Target with SMARTS goals and do the upgrading process to help achieve them. Journaling daily 5 successes you have each day is another way to help upgrade the software in your brain.

The more you ask for this, the more you hold your attention and focus on this, the more clearly and exactly you ask, the more quickly your target will show up in your world. You will take action steps and move towards that target naturally. So create your target. Remember, you can change it later if you want. For now, just find one. It will be right and perfect for you. Create your target.

Bazuji

The Real and Full Scope of Being Well for Life and all of its true benefits.

7 Things to Add to Your Health

Communication

Begin checking in with your inner knowing. When you are about to make a decision or choice, pause for a moment and listen to what your inner knowing says. Based on all the information and input you have gathered, what does your inner knowing say is the choice to make?

Then take action immediately on what your inner knowing says. Don't question it or second guess it. Go and take the action on your inner knowing's voice.

Often this inner knowing will speak up when you are not expecting it. Your inner knowing will pop up on your radar screen without your even asking. You will be about to do something you have already planned, or something you thought you already made a choice about. Then the inner knowing says "Hey," and tells you to do something differently, or at a different time, or in a different way. Whatever the inner knowing says to you, listen. Be open to the communication and take action immediately.

This inner knowing will never guide you astray or create regrets if you listen to it. When you take action on what your inner knowing is saying to you, you will always be thankful in the end.

Rest

Get both physical and mental rest. Clear your mind before you go to sleep, and your sleep will become very restful. There are other things you can do to get rest as well. Whatever you do, do something. Listen to your inner knowing when it tells you to take a break. You are more productive overall if you take breaks and rest. You produce more even though you work less. When you find yourself very crunched for time, that is the most important time to rest. You will find you have more time.

Breathing

Taking big full breaths of fresh air. Fresh air is outside, possibly inside if you get a good air filter. Simply taking 10 full breaths outside every day is a huge addition to your level of *bazuji*. If you are not going to do this outside, you need to go to my website and purchase the air filter.

Food and Water (see earlier)

Sunlight

Make plans to go outside every day without contacts or glasses on. Make sure you have lots of skin exposed, getting the direct light of the sun. If you cannot do this all year round where you live, you must get full spectrum lights. You can put them in the regular sockets already in your house where you spend the most time with the lights on. There are light bulbs at my website www.Bazuji.com that I recommend.

Other things sunlight can do:

- Lower Your Cholesterol
- Lower Your Blood Pressure
- Help Prevent and Treat Cancer
- Increase Your Muscle Strength
- Help you detoxify

Activity

This means both physical and mental activity. Do whatever it is you will do, maybe even changing what you do. From running, walking, swimming, rollerblading, biking, lifting weights, aerobics, yoga, dancing--do whatever it is you know you will do. Be creative with your mind. Do anything from art to crosswords to problem solving. Keep stimulating the mind and inventing and creating new ways of thinking and having new thoughts. Figure out what activities you like to do, then set aside time to do these things. Listen to your inner knowing when doing these things. Sometimes you will do them more intensely, sometimes less. The inner knowing will tell you all those details. Listen and act on what it says. Don't get caught up in what your mind says you should do. Remember that your mind, just like everyone else's, knows less than 1% of everything there is to know about your body.

Consciousness

Practice being aware of the inner knowing. Listening to what it says. Act on what your inner knowing says. Remind yourself as often as possible of the interconnectedness of everyone, how we are all of the same nature, the same Creator.

Look for Change

You are searching for more than just how you feel. If you focus on how you feel, you will miss a lot of what is happening. You are looking for what changes are taking place in your life, because the quality of your life is directly dependent on the health of your body. Changes might be any or all of the following and more:

- Sleeping better and more soundly
- Having more energy to do the things you want
- Enjoying improved relationships with people in your life
- Being happier
- Feeling better
- Being more motivated

- Having more time in the day (or so it seems)
- Feeling calm and relaxed
- Being more in touch with yourself/Creator

Really, the changes are limitless. When you are being someone who is healthy and applying what you now know, the results become almost limitless. You will notice these changes if you are looking for changes, so look for changes in your life.

Enjoy and have fun with the great positive changes that will happen!

Go to www.Bazuji.com

Sign up for my free email newsletter, visit my blog, or get my RSS feeds delivered to your desktop (if you don't know what these are, check out my website). I promise only great information that you want and you can use. If I don't deliver on my promise to deliver on great information to you, you can safely unsubscribe at any time.

I recommended some products and services in my book and have additional products on my website. Very few people will need all of them. Listen to anything your inner knowing wants you to get or do for you to be well. Realize that it might want something now, and in six months it might want something new.

Taking Action to Do All of These

If you ever get stuck, just think of what your immediate next action is. What is the very next thing you would do if you were going to do something? You will often find that just thinking of this motivates you to go do it. We often get stuck in overwhelm mode, because change seems too daunting, too much to do. But when you just figure out the next step and do it, and the next step, and do it, you get where you want to go. The journey of a thousand miles begins with a single step, and another step, and another. Focus on the next step. The next step is always easy. So take action.

Remember to play. Play the way a child would play. You may not get it right the first time, and then keep at it, playing and having fun with it till you do. Kids keep trying until they learn; that is how they learn. Don't be an adult and give up after the first time it doesn't work. Play like a child, learn, and have fun at the same time.

What's Next

Thank Them

First, if someone told you about this book, or gave you this book, I want you to get in touch with them right now and thank them for that. Let them know how much you liked this book, and thank them for sharing it with you.

Really, do this. Call them, email them, do this right now. Let them know how much you liked this book and how much of a difference it made for you.

Get this Book for Others

Then, tell your friends and family. Get copies for your friends and family and give them this book. If you liked it, so will they.

There are future books already in the works. Not all my books will be for everyone. I know I love authors who tell the truth about what their books are about and who should

read them, so you don't have to waste your time. That is what I will do. You now have your inner wisdom to guide you in what to do as well.

The Creators Manual for Your Body, this book is a definite recommendation. The message is similar, with an understanding and freedom around your body, using the full creative power of the mind and harnessing the infinite creative powers of the universe.

When all is said and done, I could sum this book up in a four words:

Follow Your Inner Knowing.

Listen to your inner knowing, the inner wisdom inside yourself.

Your Inner knowing wants you to be healthy. When you are Health you will be slim, slender, sexy, and Bazuji for life.

Do what your inner knowing says. Act at once. Act on what it says, act on what it tells you to do, and don't do what it tells you not to do. Communication is a two-way-street with your Inner Knowing. Put in your requests with your signal you established earlier. Remember if you don't have a signal that everything you think, do, say, feel, and visualize is a request. Ask for only and exactly what you want, and you will receive the Creator's blessing. The Creator wants to give you everything, if only you are willing to receive.

Follow Your Inner Knowing