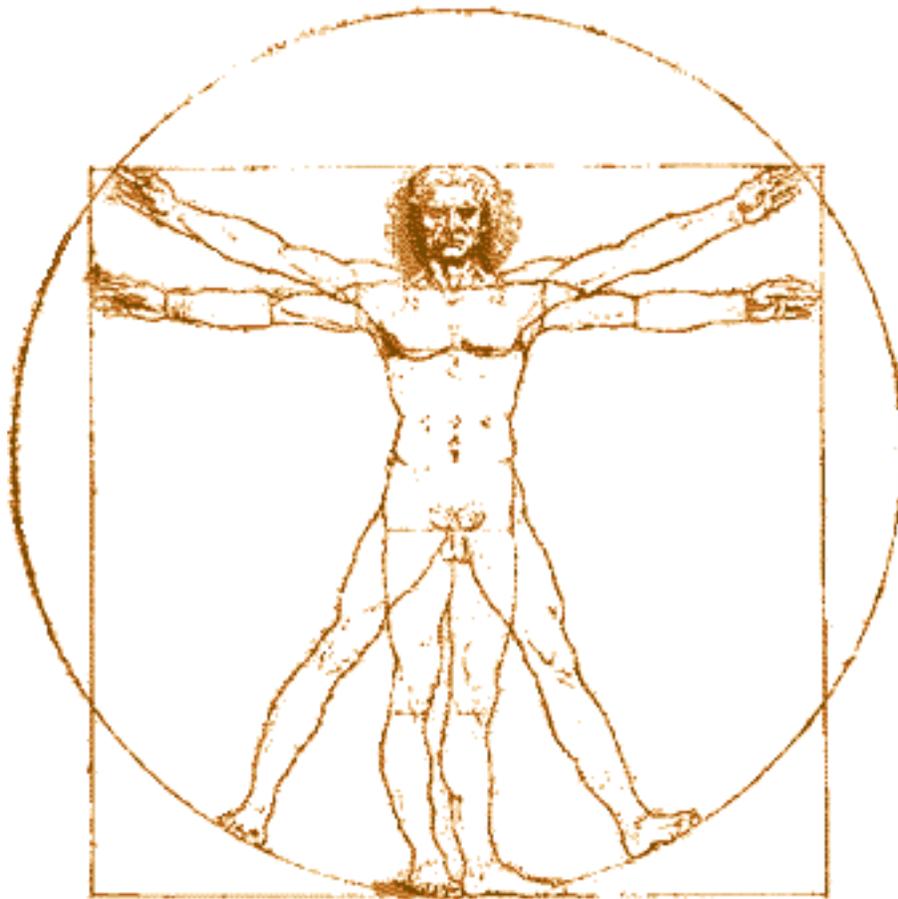


Optimal Wellbeing

10 Natural Tips for Mind, Body and Spirit Health



By Lisa M Harrison
<http://www.lisamharrison.com>

Introduction

Welcome to my personal top 10 tips for Optimal Wellbeing.

I must start with a disclaimer that I am not a practitioner of medicine. I am a wife and mother who is passionate about using natural remedies for myself and my family. I have pursued alternative medicine as a laymen for 20 years with remarkable results.

I believe ALL forms of medicine and health care have their place. If I am hit by a bus, please take me to a hospital! but when it comes to dis-ease and illness, either treatment or prevention, I prefer to look to nature.

If you feel drawn to try anything listed in these pages then please do your own research and educate yourself on all the pros and cons of any remedy first.

This is how you become empowered to take control of your own body and health.

I hope you find the following pages informative and helpful.

If you do find this book of value then please visit <http://www.lisamharrison.com> and leave me a comment. I would love to hear from you.

To your health and longevity



Lisa

1. Oil Pulling



The practice of oil pulling comes from the ancient Indian healing system of Ayurveda.

Ayurveda dates back around 5,000 years, and translated from Sanskrit means 'Science of Life'

It is believed that as we sleep, the toxins in the body are drawn into and build up in the mouth. Explains morning breath! This is where the practice of tongue scraping comes from as well.

Benefits of oil pulling

There is a website listed below which has a wealth of information on oil pulling, including video demonstrations and lists of benefits, these include;

Healing head-aches, bronchitis, tooth pain, thrombosis, eczema, ulcers and diseases of stomach, intestines, heart, blood, kidney, liver, lungs and women's diseases. It heals diseases of nerves, paralysis, and encephalitis. It prevents the growth of malignant tumors.

Another wonderful benefit of oil pulling is the effect it has on the teeth and gums. Whiter teeth, stain removal, heals receding gums and gum disease and removes built up plaque.

My experience with oil pulling is cleaner, whiter teeth and improved gum health. I had braces put on as a 21yo adult. Due to the incompetence of one particular orthodontist my braces were on

for 3 years instead of 18 months. This left me with ridges in my teeth that after a few years stained significantly. Several dentists told me they could do nothing to remove the stains, I would have to have my teeth capped. Oil pulling got rid of many of these stains within 2 weeks.

How to do Oil Pulling

Step 1:

First thing in the morning on an empty stomach and before drinking any liquids (including water), take one tablespoon of sunflower or sesame oil (some use coconut oil, I use sunflower as it is tasteless) into your mouth.

Step 2:

Swish the oil around in your mouth without swallowing it. Move it around in your mouth and through your teeth. Don't tilt your head back to gargle, you may accidentally swallow some. The oil will start to get watery as it mixes with your saliva. If your jaw muscles get sore, you're trying too hard. Relax your jaw muscles and use your tongue to help move the liquid around the inside of your mouth.

Step 3:

You want to work up to doing this for 20 mins. At first you may be lucky to last 5, that's OK you will get used to it. When your time is up spit out the oil.

Step 4:

Rinse out your mouth a couple of times with warm water and spit out. Clean your teeth immediately.

DO NOT SWALLOW ANY OIL

Remember, all the toxins in your mouth are being absorbed into the oil, it becomes quite toxic. This is why you really want to rinse well afterwards.

Please see <http://www.oilpulling.com> for comprehensive information on this powerful, simple and cheap healing method.

2. Teeth and Gum Health



Teeth and gum health play a major role in our overall health and wellbeing. Not to mention the cost of going to the dentist, even for cleaning.

Each tooth relates to an acupuncture meridian. When there is a problem with a tooth it can spread imbalance throughout the body and cause specific disturbances or diseases in a given organ or body region.

Arthritis, cancer, skin problems and many other ailments have been linked to problems with a specific tooth. Recovery has been achieved when the tooth is repaired or removed. Root canals should be avoided at all costs, so looking after your teeth really is a priority.

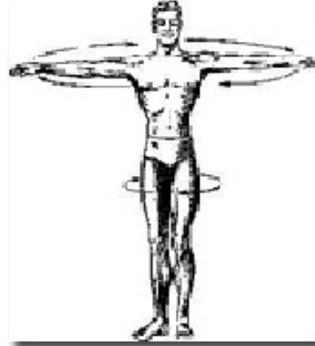
General consensus also seems to be that the teeth cannot or do not re-enamel themselves. My research has led me to believe this just is not the case. When the teeth are clean they have the ability to re-enamel from nutrients in your diet.

The number 1 reason this does not happen is glycerin. Glycerin is the prominent ingredient in toothpaste. It coats the teeth and prevents re-enamelisation.

'My essence' is the only brand I know that does not contain glycerin, synthetic sweeteners, silicates (sand), fluoride, dyes, stabilizers or other materials that can damage teeth and gums. Teeth cleaning soaps are also available.

A non glycerin toothpaste coupled with oil pulling mentioned above is a powerful combination for keeping your teeth healthy and white.

3. The 5 Tibetan Rites



I first discovered the Rites in a book called “Ancient Secrets of the Fountain of Youth” by Peter Kelder. Originally, this book was published in 1939 as “The Eye of Revelation.” In this book, Mr. Kelder tells the story of meeting Colonel Bradford, a retired British army officer who went to Tibet where monks taught him the five Tibetan rites. The Rites combine 21 yoga exercises into just 5, for rejuvenation, age reversal, vitality and overall wellbeing.

According to the book, our chakra energy centres begin to slow down with age. By doing the rites daily we not only restore, but maintain optimal activity within the chakra centres. This leads to balanced hormones and optimal endocrine gland function.

How to do the 5 Rites

As the name suggests there are only 5 positions, 21 repetitions of each. Do not start at 21 reps, even if you physically can. They have a detoxing effect as well, so build up slowly. Start anywhere between 2 and 5 reps and build up by 2 each week. There is no

additional benefit going beyond 21 reps.

I recommend reading the book “Ancient Secrets of the Fountain of Youth” by Peter Kelder. To get you started here are a couple of youtube demonstrations of the Rites.

<http://www.youtube.com/watch?v=HjtslbrFbLY>

<http://www.youtube.com/watch?v=juZxrvc8-A4>

4. Amla



As we all know Vitamin C plays a major role in many areas of our health and wellbeing. Unlike many other mammals, humans don't naturally produce their own vitamin C, we must ingest it.

I personally don't like synthetic vitamins, would much rather get the real thing where possible. The Amla plant is referred to as the Indian Gooseberry and is claimed to be the worlds richest source of vitamin C.

My experience with Amla has been extraordinary. My eldest daughter developed Asthma at the age of 2. Amla has built up her respiratory strength enormously. It has even brought her out of severe Asthma attacks within minutes.

My own lungs and chest feel clearer, I can breath deeper and have increased energy when taking it.

It does have a short shelf life, which is probably why I could not find anyone who actually stocks it here in Australia. It is best bought direct from a manufacturer in India. I buy from <http://www.indiaabundance.com> but I'm sure if you shop around you will find others. You could try a local Ayurvedic Practitioner to see if they stock it.

I buy the powder and get vegetable capsules locally and make them up as I go.

5. Mini Beet Protocol



Beetroot is a powerful detoxifier. If you have ever juiced with beetroot you may have experienced some intense side effects.

When I was researching the benefits of Beetroot juice I found quite a few forums with people referring to what they called 'The Mini Beet Protocol'. The results reported were amazing.

I eventually found a gentleman by the name of Robert Von. He has come up with the protocol, or regime for using beetroot juice that avoids the negative side effects and promotes the positive health benefits. (I do not know who he is, what his real background is or anything about the man really. All I have is his 1 page website describing the Mini Beet Protocol and it's advantages)

The claims made by Robert are very exciting.

Removes heavy metals, fluoride and other water contaminants

Removes, mould/fungus under finger and toe nails

Removes wrinkles, lines and fat from face and body.
Removes love handles and cellulite.
Balances hormones.
Cleans out the brain of deposits.

The benefits are many and varied, and on some forums quite extraordinary.

I love beetroot but hate asparagus. However I found the juice easy to drink as I really could not taste the asparagus. It is a regime that needs to be strictly adhered too so I will not give instructions here. Please read Robert's site for the whole story and detailed instructions.

<http://www.robertvon.com/mbp.html>

6. Apple Cider Vinegar



Apple Cider Vinegar has been an old wives tale for years and with good reason, it works.

A book called Folk Medicine: A Vermont Doctor's Guide to Good Health, written by D.C. Jarvis, M.D., was published in 1958. This book detailed the medicinal use of apple cider vinegar. Jarvis recommended apple cider vinegar as a cure-all and said that mixing the apple cider vinegar with honey, a mixture he called "honegar," enhanced the healing power of the vinegar. Jarvis also wrote that apple cider vinegar could destroy harmful bacteria in the digestive tract and recommended it as a digestive tonic to be taken

with meals.

Claimed benefits include

Improvement or cure of allergies (including pet, food and environmental), sinus infections, acne, high cholesterol, flu, chronic fatigue, candida, acid reflux, sore throats, contact dermatitis, arthritis, gout and diabetes.

Apple Cider Vinegar also breaks down fat and is widely used to lose weight. It has also been reported that a daily dose of apple cider vinegar in water has high blood pressure under control in two weeks!

Promotes Alkaline Acid Balance

It even removes warts, I can attest to that. One of my daughters had a wart on her thumb. As we were working on a school project together she accidentally touched the glue gun, right on the wart. Over the coming weeks it just exploded in growth, becoming what is called a cauliflower wart. The last joint of her thumb was literally covered in what looked like a little cauliflower. The doctor advised that he could not burn it off and that freezing it off would result in severe scarring. He could not recommend anything of any real use.

Within 1 week of using apple cider vinegar the entire wart was gone, with no scarring. I have since shared this with many people who have had great success.

Apple Cider Vinegar is also very effective against fevers. Dampen a cloth with vinegar and run over the affected areas until the fever drops. . When using it on small children I soak a pair of socks in vinegar and put them on, as they don't usually want to be wiped down.

Only buy organic, unfiltered, unpasteurized, vinegar and with the 'Mother' included where possible.

7. Coconut Oil



Advocates of coconut oil use it both internally and externally.

Coconut oil is almost entirely saturated fat - about 92% - which sounds pretty bad on the surface. But not all saturated fats are created equal. Our belief that all Saturated fats are bad is really the result of a PR Campaign to protect domestically produced vegetable oil in the USA in the 80's.

According to Dr. Bruce Fife 'Coconut Oil is the Healthiest Oil on Earth!'

Coconut oil actually helps you lose weight and stay healthy in ways no other fat can. It consists primarily of medium-chain fatty acids, which are metabolized so that they burn as fuel rather than store as fat.

According to Dr. Mary Enig. "Approximately 50% of the fatty acids in coconut fat are lauric acid. Lauric acid is a medium chain fatty acid, which has the additional beneficial function of being formed into monolaurin in the human or animal body. Monolaurin is the antiviral, antibacterial, and antiprotozoal monoglyceride used by the human or animal to destroy lipid coated viruses such as HIV, herpes, cytomegalovirus, influenza, various pathogenic bacteria including listeria monocytogenes and heliobacter pylori, and protozoa such as giardia lamblia. Some studies have also shown some antimicrobial effects of the free lauric acid."

In fact coconut oil is second only to human breast milk as a source of lauric acid and medium chain fatty acids.

Reported benefits include;

Weight loss

Skin/hair/beauty

Heals Chronic fatigue

Improves digestion

Protects against cancer

Improves cholesterol ratio

Prevents periodontal disease and tooth decay

Improves circulation

Controls blood sugar, improves secretion of insulin. It also helps in effective utilization of blood glucose, thereby preventing and treating diabetes.

Coconut oil is also the healthiest oil to cook with as it remains stable at high temperature.

Coconut oil can replace most of the contents of your medicine cabinet as well as expensive beauty products.

I use it as a makeup remover, it is without doubt the most effective product I have ever used.

Recommended dose is 3 tablespoons a day. However start slowly as it has a strong detoxing effect. Start with 1 teaspoon a day and increase slowly.

You **MUST** use unrefined (unprocessed), extra virgin, cold pressed & with **NO** hexane coconut oil. If you use the refined version it can be just as unhealthy as any other refined oil.

<http://www.coconutoil.com>

8. Bicarb Soda



Bicarb Soda (Sodium Bicarbonate, not to be confused with Baking Soda which has additional ingredients and additives) is another multi purpose product for your health and your home.

It is widely used for cleaning and deodorising. At the link below you can download a pdf called '60 uses of Baking Soda'
http://www.healthclinic.net.au/free_pdfs.htm

Bicarb restores the body's ph balance and oxygenates the blood. It also kills tooth decay causing germs on contact.

Dr Simonchini from Rome, hypothesises that cancer is a fungus, and in particular, he believes it is candida albicans. As such it responds to alkaline treatment (bicarbonate of soda).

Recent independent research supports this by confirming that candida is found in ALL cancer patients.

This does NOT mean that if you have candida, you are in line for cancer. Far from it. There are three grades of candida

Superficial: thrush, skin and nail infections, etc.

Chronic: Usually what we mean by 'candida'

Systemic: Accompanies serious illness, e.g. cancer.

As well as cancer and candida, Bicarb is also successfully used for heartburn, indigestion, gout and on skin conditions (eg: chicken pox sores)

To test for Candida

Take a glass of water to bed and leave it nearby.

When you awaken, spit into the water.

Do NOT try to gather spit from the inside of your mouth, just spit whatever you have, however little, into the water.

Allow to stand for 15 minutes, then gently swirl the contents round in the glass.

Hold glass up to the light.

If the spit remains on top of the water, or dissolves, you are OK.

If it turns the water cloudy or strands appear descending down through the water you may have a Candida imbalance.

According to Dr Simonchini, for Candida, sodium bicarbonate can be taken orally.

1. One teaspoon in one glass of water before breakfast. Half that dosage for children.
2. Take it for every day for one month; stop for two weeks; and then take it again for another month.

For more information on Bicarb Soda, cancer, candida and treatments please visit Dr Simonchini at <http://www.curenaturalincancro.com/>

9. Vitamin B17



During 1950 after years of research, a biochemist by the name of Dr. Ernst T. Krebs, Jr., isolated a new vitamin that he numbered B17 and called 'Laetrile'.

Since that time hard proof of its efficiency in controlling all forms of cancer has continued to grow.

Dr Krebs believed so much in B17 that he continued to treat patients with it despite attempts on his life, jail terms and a vicious propaganda attack by pharmaceutical multinationals.

The pharmaceutical industry cannot patent or claim exclusive rights to the vitamin as it is found in;

* KERNELS OR SEEDS OF FRUIT:

Apple, apricot, cherry, nectarine, peach, pear, plum, prune.

* BEANS:

Broad (Vicia faba), burma, chickpeas, lentils (sprouted), lima, mung (sprouted), Rangoon, scarlet runner.

* NUTS:

Bitter almond, macadamia, cashew.

* BERRIES:

Almost all wild berries. Blackberry, chokeberry, Christmas berry, cranberry, elderberry, raspberry, strawberry.

* SEEDS:

Chia, flax, sesame.

* GRASSES:

Acacia, alfalfa (sprouted), aquatic, Johnson, milkweed, Sudan, minus, wheat grass, white clover.

* GRAINS:

Oats, barley, brown rice, buckwheat groats, chia, flax, millet, rye, vetch, wheat berries.

Vitamin B-17 is one of the main sources of food in cultures such as the Eskimos, the Hunzas, the Abkasians and many more. Apparently within these tribes there has never been a reported case of cancer where they still consume the traditional diet.

According to Dr. Krebs, we need a minimum of 100 mg of vitamin B-17 (the equivalent of about seven apricots seeds) to nearly guarantee a cancer free life.

For information on Dr Krebs, B17 history and treatments

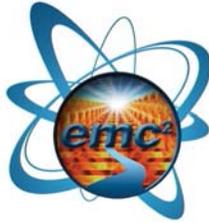
<http://www.worldwithoutcancer.org.uk>

<http://www.karlloren.com/biopsy/p76.htm>

A well known supplier of B17

<http://www.cytopharma.com/>

10. The AIM Program



Last but not least is the AIM Program provided by emc2. The AIM Program is a form of energetic healing technology developed by Stephen Lewis and Evan Slawson. More than 50,000 people worldwide have now participated in self healing through this program.

I have been participating on this program myself since December 2003.

How AIM Works - taken from their website

Everything is energy, therefore everything has a frequency. Imbalances are energetic vibrations that are not in harmony with our natural state of well being. Each imbalance has a frequency that can be brought into balance and neutralized by applying a balancing energy. The AIM Program is a process performed by exposing your photograph to subtle-energy balancing frequencies. EMC₂ uses both the QED and QID to assist them in identifying energetic imbalances and delivering balancing frequencies.

Energetic evaluation is done through use of your photograph and the QED. We could have used your blood, saliva, hair or anything unique to you, however photographs are easier to identify and contain your energetic signature.

After evaluation, your photograph is placed on the QID i.e. "Balancing Trays".

Your photograph works as your energy stand in for your bodily presence. It allows you access to all the balancing frequencies via your higher consciousness. As an AIM participant you are balancing energies 24 hours a day, 7 days a week.

Sounds far fetched right? If you have ever participated in any form of energy work, including prayer, then the idea that we can be healed at a distance through intention may not be too much of a stretch.

I was lucky enough to have the opportunity to be Stephen's test subject for a public demonstration at the Sydney Mind, Body and Spirit Festival in November 2003.

At the time I had not met him, knew nothing more about the program or the process than what I had read in the book 'Sanctuary- A Path to Consciousness', and he certainly knew nothing of me other than my first name.

During his energetic analysis of me he told me several things, which were very impressive.

1. I had the frequency of cervical and breast cancer which I inherited from my mother.

What he of course did not know was that I had experienced cervical cancer twice in my past, as had my mother.

2. I had the frequency of heart disease, which I inherited from my father.

Again what he could not know was that my father died of a heart attack at the age of 46.

3. I had the frequency of bowel cancer, which I had acquired myself.

From the time I was about 6 when my parents separated I had experienced all kinds of digestive issues. I had been told by 3 different doctors that I would develop bowel cancer by the time I was 40.

4. That energetically I was 94 years old.

What this essentially meant was that hereditary imbalances that should have remained dormant until the age of 94, were now active due to a diminished life force.

Needless to say I was impressed and have been on the program ever since. All physical symptoms that I was aware of that were connected with the above issues cleared in the first 12 months.

However I do feel it is the emotional and spiritual experience of being on the program that is most impressive. This program is essentially about raising consciousness and I can honestly say I do not know where I would be today without it.

You can visit www.aimforyou.com to find out more about the program. I recommend starting by reading the book 'Sanctuary-The Path to Consciousness' which you can order from Chalotte at the website above.

There you have it, my top 10 tips for optimal health and wellbeing.

I hope you have received some value from this information and that it serves to empower you on your journey.

Please stop by at <http://www.lisamharrison.com> and leave me a comment, your thoughts and experiences. I would love to hear from you.

In Lak'ech
Lisa M Harrison