

NURTURING WELLNESS
through
RADICAL SELF-CARE

A Living in Balance Guide and Workbook

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Nurturing Wellness through Radical Self-Care
is dedicated to Stephanie and Jennifer, my beautiful
daughters. You are the light of my life, the rainbow
in my sky, and a love that inspires me to be the best
that I can be.

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FOREWORD

.....

When Janet asked “The Shift Doctors” to write the foreword to her book, *Nurturing Wellness through Radical Self-Care*, we were delighted. As an Integrative Psychiatrist (Dr. Latz) and a Transpersonal Psychologist (Dr. Ross) who are both trained metaphysicians, energy medicine practitioners, and holistic/qigong healers, we both have written books, recorded DVDs, mindfulness and guided meditation CDs, and taught personal transformation courses about holistic approaches to wellness and shifting personal as well as global consciousness. In addition, Dr. Latz has written numerous articles on trauma and post-traumatic stress disorder. Our passion and purpose of giving rapid, easy-to-use tools to assist people who are ready to get out of maladaptive reactive patterns, transform negative thoughts and baser emotions (anger, guilt, shame, abandonment, fear, heartache, inadequacy, etc.), and to ‘Shift Your Life’ seemed to be a natural fit to Janet’s approach.

Humans are naturally wired at birth for joy and playfulness. It is our natural state until we learn not to be in it. Just observe a young child before they have become socialized or worried about performing, disappointing, etc. They are happy and carefree. As we experience life’s hurts, disappointments or traumas, we can become entrenched in a state of fear, or “fight or flight or freeze.” Our adrenal glands can go into overdrive to keep us in an anxious, fearful state; we can become fatigued with lack of purpose or awareness of who we truly are.

Janet’s book gives tools and a program for both patients and therapists to assist with stopping the fight-or-flight response. It can allow a person who has been living in a fearful state to become more peaceful and centered, to hold space to begin to “wake up” and learn to create differently in their relationships, their body, and their life.

When we reconnect with our natural neurological state of joy and happiness we can weave the fabric of our lives from our heart center, employing joy, love, compassion, wisdom, and intuition. We can walk our paths from a proactive rather than reactive state of being. We are expressing our resilience, vitality, and joy. We allow ourselves to BE in the NOW.

Traditional Chinese medicine, which is one of the oldest forms of healing documented on the planet, describes a flow of energy called the ‘strange flows’ or ‘Radiant Circuits’. These subtle energies respond immediately when needed by a meridian or other energy system that is in deficit. These flows respond to all of our thoughts and emotions as they connect and harmonize our energy systems. The importance of activating and

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energizing these circuits regularly to produce inner joy and the ‘physician within’ cannot be underestimated.

We believe in the concept of Janet’s book and workbook because we know it works! We (and many of our colleagues) have had enormous success in using energy medicine tools and techniques with patients in psychiatric and counseling practices as well as in our own Shift Your Life seminars. We have taught for the past several years about Radiant Circuits that naturally produce joyfulness and were quoted in SELF magazine in the article “Wake Up Happier,” (November 2008) where they found (much to their surprise) that use of ‘figure eights’ was the only one of four techniques that gave EVERY person an inner sense of well-being to some degree. We are thrilled that Janet is bringing Radiant Circuits and their benefits to the attention of more therapists and to those seeking self-empowerment.

Unfortunately most of us are rarely in this state of joyful consciousness. In our hectic daily lives we create stress as our thoughts race from the previous task to the next on the list, the traffic, what we have left undone, and then we often react from negative patterns which have nothing to do with the current events and circumstances in our lives. This can lead to our suffering ill health from tight muscles, colds, back ailments, obesity, migraines, auto immune diseases, and other physical issues to psychological symptoms like depression and anxiety, among other things. Our ideal state is lost and we become victims of unhealthy choices we didn’t know we could avoid.

The four principal building blocks of Janet’s program, Radiant Energies Balance (REB), mindfulness, affirmations, and journaling, can be easily incorporated into a daily dharma or practice to assist in stopping the mind chatter, and feelings of overwhelm, and creating inner peace, or centering. This is a starting point to begin to address shifting faulty thoughts to re-pattern thinking and empowering people to be able to make different choices for their lives coming from the circumstances of the present moment. These tools allow you to quiet the mind to prepare you to begin the journey to access your intuition and connect with your inner wisdom, and they empower you to develop to your highest potential in mind, body, and spirit.

Enjoy Janet’s book—it just might Shift Your Life! Janet Nestor is a woman of great heart, compassion, and inner wisdom. Allow her to share some of it with you in the pages of this guide and workbook.

Wishing you well and Bright Blessings on your inner journey,
Tracy Latz, MD, MS, and Marion Ross, PhD, MhD
(a.k.a. “The Shift Doctors” at www.shiftyourlife.com)
Authors of *Shift: 12 Keys to Shift Your Life*

PART 1

NURTURING WELLNESS
Through
RADICAL SELF-CARE
GUIDE

CHAPTER 1



Living in Balance



Balance is the key to a long and happy life.

If you are too happy or too excited, happiness becomes exhausting.

If you are too sad, your light dims, your world darkens.

If you love too much, you lose yourself.

If you love too little, you never find yourself.

If your day is too long and too full, you are overwhelmed and burnt out.

If your nights are filled with fear and worry, you are unable to sleep.

If you work too much, you are overwhelmed and exhausted.

If you work too little, you become a victim to yourself.

If you are hungry and the pantry is bare, all you can think about is food and your hunger.

If your table is laden with food, your hunger is satiated; your mind is full of other things.

If you are eager for knowledge, there are not enough books to quench your desire.

If you are content with your knowledge, you can't find a book worth reading.

If your life is unorganized and without priority, balance is lost.

If life has purpose and order, balance presents itself without effort.

When your life is chaotic, balance and harmony are impossible.

When balance is in your life, harmony is always within reach.

In balance, you are love.

In love, you are balanced.

~ *Janet Gallagher Nestor*

Introduction: Choosing Wellness and Well-Being

What motivated me to develop the Nurturing Wellness Through Radical Self-Care Program? The answer is easy. I know how wonderful it is to feel empowered, and I know how deeply you want to feel better than you do today. This statement is true whether you are burnt out and exhausted, or you are moving through life with relative ease, hoping to find more meaning and joy.

As a mental health professional, I believe that all addictions behave relatively the same; and I believe that fear, anxiety, and worry are often successfully treated similar to addictions because they separate us from life in the same way that substance addictions (food, alcohol, drugs) and behavioral addictions (gambling, sex, pornography) separate us from life. They numb us out, keep us in denial, prevent us from facing our life issues, or temporarily and manipulatively protect us from overwhelming emotional–spiritual pain. While Dr. Katie Evans believes that anxiety disorders and addictions are two different illnesses, she brilliantly compares them on a chart in her Hazelden Co-Occurring Disorders Series pamphlet called “Understanding Major Anxiety Disorders and Addiction” (2003, 5–7). When you look at the causes, symptoms, and recovery programs, they are strikingly similar. You can also read *Losing Pounds of Pain* (1994) for Dr. Doreen Virtue’s insights about the role of chronic stress in the development of eating disorders.

“Nurturing Wellness Through Radical Self-Care” suggests that you create a new habit of daily energetic self-care. Energetic self-care means realizing and accepting that Earth is an energetic planet and you are an energetic being who needs to replenish your energy just like your car needs a refill of gasoline. The skills taught in this book give you an opportunity to combine Radiant Energies Balance (REB) with meditation, journaling, and affirmations. You’ll learn to use a new Energy Healing exercise that is easy, quick and effective, helping you establish and maintain a balanced chakra system, providing more efficient energetic nourishment for your entire mind–body system.

Radiant Energies Balance is a unique meridian-based energy psychology because it simultaneously creates relaxation and release of negative emotional blocks. It encourages inner balance. Many of the energy psychologies use affirmations, or positively stated intentions, to strengthen their ability to unearth the deepest levels of an issue, providing relief. Mindfulness teaches now-centered living developed through the adoption of conscious awareness and positive thought. Journaling helps put us in touch with our deepest feelings and our intuition. Together, these four approaches help you create positive new habits, change negative beliefs to positive beliefs, reduce inner tension, overcome emotional road blocks, and build a highly functional relaxation response. You and I can’t be healthy if our autonomic nervous system (ANS) is out of balance and our relaxation response is broken. The more out of balance our ANS becomes, the greater likelihood of

chronic illness. This is a book about creating a balanced autonomic nervous system and an efficient, working rest–digest response. I hope you’ll find it useful both personally and professionally. It is highly effective for the majority of people.

At one time I was a teacher for educationally and emotionally challenged adolescents who were tired of the fight to achieve. Many were exhausted and experienced little hope of academic or social success. Most wrestled with high anxiety, fear of failure, low self-worth, and poor self-efficacy. My job was to teach, but before my students could learn, the environment had to be calm, positive, compassionate, accepting, and designed to provide both encouragement and structure. All academic direction had to be properly sequenced, organized, and clearly stated to insure a positive flow of easily digested information. My handouts had to enhance each student’s ability to integrate the information while simultaneously strengthening their ability to use the content in action-oriented ways. The same educationally sound guidelines were applied when planning and writing this program for you. It is user-friendly, self-empowering, positive, and leaves you in charge of the pace and the content of your individual program.

Some, maybe even many, who choose the Nurturing Wellness Through Radical Self-Care Program are emotionally and physically exhausted because of chronic anxiety and worry. Some have trouble focusing because of long-term stress, and others are fearful that this program is just another technique that won’t work. Some of you are trying to keep your head above water as you agonize about a loved one with an eating disorder, addiction, illness, or other life-threatening condition. Some of you have a handicapped family member: a child, a spouse, a sibling, a parent. Some of you are trapped in a bad marriage or have family history that continues to rule your life. Because you want success that is obtained in a natural setting and in a natural way, this program is designed to provide instant hope to guide you steadily toward positive personal transformation. The daily **Nurturing Wellness Journal** and **Self-Care First!** pages are self-exploratory in nature and give you a convenient place to record your progress and insights.

During childhood I learned to pretend to accept behaviors and ideas that caused me emotional pain. It was a hard habit to break. My loving, and simultaneously overprotective and neglectful family overflowed with addictions: cigarettes, alcohol, food, relationships, anxiety, and fear. As a three- and four-year-old I sat quietly beside my great-grandmother while she endured the terror of severe panic attacks. For years, I watched a ritualistic drama unfold each time the sky turned dark and cloudy. At the first sign of a thunderstorm my great-grandmother crossed the dirt road to my grandparent’s house where I lived. My grandmother and her mother walked from window to window, closing the blinds to block out the lightning. All things electric were unplugged. Sometimes the electricity was turned off at the fuse box. My grandmother then went into her bedroom and kept the door closed while my great-grandmother pulled a strait-back chair into the corner of the kitchen and

sat stoically with her hands folded in her lap until all signs of the storm were gone. I sat quietly across from her at the kitchen table. During the storm the house was a tomb. My orders, lovingly given, were to be quiet and sit still. I obeyed. Somehow, I grew up loving the sound of the rain pattering on the roof and windows—and unafraid of thunderstorms!

Even so, I had panic attacks as an adolescent and carried a lot of fear and anxiety into adulthood. Today, years after my childhood experiences and deep into my professional career, I continue my personal growth journey. Moving and resting meditation, breathing meditation, and self-hypnosis quiet my mind, keep me in touch with my deepest inner needs, and allow me to dance with the joy within. Energy Psychology, when used as prevention and release provides a quick and efficient way to work on day-to-day issues as well as a way to process the “big stuff” when it comes along. My goal is to live a fully conscious, mindful life.

The Nurturing Wellness Through Radical Self-Care Program was originally written for my clients with food issues and eating disorders. During the first trial group (2006) I realized there were far-reaching benefits for everyone. The second trial group (2007) included individuals with fibromyalgia, chronic fatigue, eating disorders, depression, chronic anxiety, panic disorder, grief, loss and trauma, and individuals from various 12-step recovery groups. Simply put, this program attracts people who want to feel healthier, happier, and more content with themselves and their lives.

I have an adolescent female client with the perfect genetics for attention deficit disorder, sensory integration disorder, learning disabilities, major depression, panic disorder, and disordered eating. She is tall, thin, beautiful, artistic, depressed, and anxious. Her mother feels so “guilty” about the family genetics that merged in just the right way to “give” her daughter this array of challenging symptoms. We all can relate to her guilt and feelings of helplessness. As parents, we want the best for our children. However, guilt is not a solution to any problem as it creates an imbalance within. We owe them a positive and nurturing environment, food, shelter, clothing, the appropriate medical treatment, and a good academic education, simply because we birthed them. As good people and parents we owe ourselves self-love, continued growth, and development toward positive relationships with ourselves, our children, our life partner, and any others we love and hold emotionally close to our hearts. When we seek the help and emotional support we need and are providing for our children in the best way we know how, we are doing our job as parents. We are meeting our personal responsibilities. We let our children down only when we live in denial, refusing to face our own issues or ignore theirs when they are struggling.

Why do you have the problems you have in your life? Why do our children face the stress and illnesses they suffer? Why do some of us grow up in a dysfunctional, chaotic

family? Why are some people emotionally sensitive and easily overwhelmed? Why does one couple divorce and another with similar issues work it through? Why do some die of their illnesses while others live and thrive? These questions have no easily obtained answers, and the answers that do exist are very complex. Yet, life has an ultimate order and consistency. Your life is not an accident of birth, and we don't accidentally meet our teachers and helpers: they are provided for us. Each of us has built within us the wisdom of Creation and the knowledge and ability to heal emotionally, physically, and spiritually. We aren't born with instructions, so we have to search for and find our individual wellness, sense of well-being, and inner peacefulness.

Wellness is our hope and our goal. Living in balance is essential to achieve our goal. REB and the Nurturing Wellness Through Radical Self-Care Program can help you find and maintain your balance and your center of well-being.

The Philosophies of Nurturing Wellness Through Radical Self-Care

Healing

I have chosen to share a philosophy of healing that was defined for me a year or so ago during meditation. This new way of thinking is going to change your life and the lives of those you love and cherish. You'll change your self-talk and change the way you interact with members of your family when they are sick or suffering. It applies to the work you'll encounter during your Nurturing Wellness Through Radical Self-Care Program. You'll have some new things to consider as you choose your strategies for a positive life journey.

Every person alive is interested in the concepts of health and healing. Health determines the quality of our lives. The word "healing," the way we usually think of it (but not the way we use it) indicates a positive change taking place within our mind, body, emotions, and spirit—or within our family system. But, if we are not careful, the word "healing" can take on negative implications. I am asking you to raise your level of awareness.

Most of us feel we have to heal our emotional and physical wounds in order to achieve robust health. We feel that we have to draw upon outside resources in order to accomplish overall well-being. If we are sick or injured we are interested in our speed of healing, wanting to heal as quickly as possible. If we are anxious or depressed, we want those feelings to disappear. When asked how we feel about our illness or injury, we reply almost unconsciously using negative concepts that are deeply ingrained within our hearts and minds. Often our replies sound similar to these:

- "I'm healing. I've been impatient, but I am gradually getting better."
- "I never thought I'd still be healing from this illness after all these months. I'm ready to go back to work, but I'm not quite up to it."
- "I've had better days. I'm tired all the time, and I nap a lot."
- "Why did I have to get so sick? I'm tired of being in the house all the time and tired of being a burden to my family."

Each time we think or speak the word "healing" in this way, we indicate that we are somehow broken or impaired by events such as surgery, the flu, a car accident, an early life trauma, a fight with a family member, or the loss of a loved one. Think about the innocent words you and I might have spoken, completely unaware of their implications. Within the same sentence we've used the word "healing" in association with words like illness, suffering, and death to create what I refer to as a negative pairing. A negative pairing occurs when the word "healing" is placed with words related to a weakened state of being, disease, and suffering. Words like "illness" and "disease" are lower frequency words and perceived as negative, therefore carrying a negative emotional-physical impact. When we habitually

pair a high-frequency, positive impact word like “healing” with low-frequency negative impact words, we inhibit our mental–physical–spiritual ability to heal.

Negative phrases such as, “this illness has been exhausting” reinforce the fact that your illness has lasted a long time and you’ve had to fight your way through it. “I am finally healing” might be said to mean, “I was so sick I thought I was going to die.” Our carelessly spoken words actually reinforce our suffering and support our current perception of suffering. They remind us of our emotional–physical struggle with illness, feeding our mind and body negative messages about the ability to heal. Each time you innocently say words similar to those above, you may be slowing your recovery in any current and all subsequent illnesses by declaring, “I’m a slow healer” and “illness threatens me.” The more positive we are, the more we pair positive words and concepts together. The more we pair positive words and concepts together, the healthier we become.

Healing is not about recovery from illness, surgery, or divorce. It is about our virtues, or the positive aspects of self: acceptance, wellness, joy, kindness, love, tenacity, vigor, tenderness, and compassion. When we embrace our virtues and incorporate their energy into our perception of life, we uncover our capacity for wholeness and wellness. Discovering and embracing our inner light, our potential, is the true spirit of healing. It is the realization of this empowered healing spirit, this limitless potential that I want to share with you.

.....
 • **Healing is achieved through:** Turning on the light of your
 • soul and allowing it to shine. Living from your heart center
 • and within the awareness of your own light. Living within
 • high frequency virtues that support and sustain a positive,
 • robust life. Trusting in the process of life and trusting your
 • own wisdom. Filling your mind with positive thought. (See a
 • full list of virtues on page 219.)

Here are some examples of how you might put your new definition and philosophy of healing into use. Rather than say “I am finally healing from the flu,” it is much better to say “My body is strong and getting stronger every day.” Instead of saying “The worst is behind me now, and I continue to heal from my injury,” it is more positive to say “My body is a miracle and very good at its job.” By changing the way you express yourself, you begin to use positive words to define your healing and recovery. You’ll learn to do this as you use this program to unleash your internal power and your inner peacefulness.

Energy Psychology

Energy Psychology is a group of comprehensive, brief, and powerful mind–body mental health therapies that came into being in the mid-1980s. The first energy psychology,

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Thought Field Therapy (TFT), was developed by psychologist Roger Callahan, PhD. It led to the development of many methods you read about today, Gary Craig’s Emotional Freedom Technique (EFT) being the most widely known and used. Radiant Energies Balance (REB), the technique we use in this book, is categorized as an energy psychology because it is a meridian-based method of relaxation and emotional release that is similar to TFT and EFT. Other energy psychologies like Advanced Integrative Therapy (AIT), developed by Asha Clinton, use the chakra system to help you obtain and maintain health and well-being. Let me share briefly about the importance of balanced meridian energy, the energy system we use with Radiant Energies Balance.

Your meridians flow energy (chi) through enclosed channels within your body. Each meridian channel has several acupoints, the same ones used in acupuncture, that when stimulated, encourage the body toward inner balance. The 12 strategically located meridians flow chi either from crown to foot or from foot to crown. They energetically feed each of your major organs: heart, lungs, kidneys, liver, large intestines, small intestines, spleen, pancreas, urinary bladder, pericardium, and gall bladder. The Central Vessel, the Governing Vessel, the Triple Warmer, and the Spleen/Pancreas are individual meridians that also work together as the Radiant Circuits. The Central Vessel regulates the six yin (feminine, more passive) meridians: Spleen, Kidney, Liver, Gall Bladder, Bladder, and Stomach. The Governing Vessel regulates the six yang (male, more aggressive) meridians: Lung, Heart, Pericardium, Triple Warmer, Small Intestine, and Large Intestine. In Chinese Medicine philosophy, yin-yang balance is seen as important in maintaining good health and overall well-being.

REB is perfect for our use because it is a relaxation therapy, a release therapy, and an autonomic nervous system (ANS) balance. This means that while you are relaxing at a meditative level you are subtly balancing your ANS and letting go of stress, worry, life issues, and the various emotions that have been stuffed down and bottled up for years. You’ll learn more about the benefits of REB as you work toward building your **cued relaxation response**, which naturally occurs when you use the REB posture.

.....
• **Relaxation Response:** “a deep state of rest that changes the emotional and •
• physical response to stress, and is the opposite of the flight or fight response.” •
• *Dr. Herbert Benson, MD, Harvard School of Medicine* •
.....

National and international organizations have developed to enhance and support the growing new field of Energy Psychology. Three of the most well-known Energy Psychology organizations are in the United States, the United Kingdom, and Canada. These three organizations offer training and certification programs, and they have established ethical standards for certified practitioners.

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The Association of Comprehensive Energy Psychology (ACEP)

www.energypsych.org

233 East Lancaster Ave, Suite 104

Ardmore, PA 19003

ACEP was co-founded by Dorothea Hover-Kramer and David Gruder in 1999.

The Association of Meridian and Energy Therapies (The AMT)

http://theamt.com

45 Gildredge Road Eastbourne

East Sussex BN21 4RY

United Kingdom

The AMT was established by Dr. Silvia Hartman and Chrissie Hardisty in 1998.

Canadian Association for Integrative and Energy Therapies (CAIET)

www.caiet.org

414-221-5639

Ontario, Canada

CAIET was founded in 2008 by Dr. Sharon Cass Toole, PhD, CCA, DCEP.

Mindfulness

Mindfulness has become popular in the United States as Mindfulness-Based Stress Reduction (MBSR). MBSR education began in 1979, developed by Dr. Jon Kabat-Zinn, PhD, at the University of Massachusetts Medical Center (www.umassmed.edu/cfm/stress/index.aspx). Mindfulness refers to a calm and peaceful approach to life and has the ultimate goal of creating a mindfulness lifestyle, meaning a relaxed intellectually, emotionally, spiritually aware way of life. MBSR combines mindfulness and yoga, both flowing from Eastern healing and spiritual philosophies. Mindfulness and yoga concentrate on breathing and the creation of inner alignment and fitness. In our work, we'll combine mindfulness, energy psychology, journaling, and the use of affirmations. I believe this combination of approaches is an exceptional way to create inner harmony and the integration of mind, body, spirit, and emotion. The incorporation and regular use of our Radiant Circuits, also known as the circuits of joy, helps harmonize every system within your body, establishing and maintaining your relaxation response, creating a sense of well-being and inner peacefulness.

During the REB Nurturing Wellness Through Radical Self-Care Program, we work to achieve “a mindful lifestyle.” A mindful lifestyle is defined by the following ideals:

- Conscious connection to *self* and *creation*
- Conscious decision-making with clear awareness
- Living a now-focused life

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- Living in gratitude
- Understanding the mutuality of all life
- Living in harmony with each other and the world around us
- Positive self-worth and good self-confidence
- A feeling of self-love and connection with life, others and the all living things

The main ingredient of a mindful lifestyle is positive thought. Positive, mindful thought is based in the principles of unconditional love and is achieved when:

- Each thought has a positive intention
- Each thought has positive content
- Each thought produces a positive outcome for self, others, and for all life in general

Information adapted from Pathways to Wholeness by Janet Gallagher Nestor (2010).

Every word we think or speak is a type of energy and creates either a positive or negative frequency (charge) within and around us. As we mentioned earlier when we discussed the use of the word “healing,” the frequencies we create with our words and thoughts affect our decisions, our relationships, our employment, our success, our failures, our health, and our wellness. Have you ever walked into a room and “felt” such strong negativity you wanted to turn around and run? Maybe you have approached someone at a social function to introduce yourself and felt a barrier that said very clearly you were not to approach them. Instead of extending your hand in greeting you merely said hello and turned your attention elsewhere. Have you walked into the home of a new friend and instantly felt welcomed, not only by their greeting, but by the cozy feeling and the positive energy that permeated every nook and corner of every room? These scenarios illustrate the diverse experience of coming into contact with a negative, low-frequency energetic situation and a positive, high-frequency situation. The difference is immediately recognized in our entire mind–body–spirit system.

Positive thoughts help us construct a positive life, one thought at a time. Most of us have thoughts that are not entirely positive. Some of us have some very negative beliefs about ourselves and about life. Neutral thoughts do not have a frequency strong enough to create a positive life.

Negative statement: “You know, I worry so much about everything.”

Positive statement: “I am grateful for today and accept the challenges I’ll encounter.”

The word “worry” is both a word and a frequency. “Grateful” is both a word and a frequency. Worry has a very low-frequency vibration causing us to feel anxious, heavy,

and depressed. Grateful is a high-frequency word causing positive emotional responses that lighten our mood. The initial heaviness created by the “worry” frequency creates concern, and suddenly we have established a negative thought chain. All the negativity we have created can carry us emotionally downhill at the speed of light. We are caught up in worry and begin to worry about the worry and the anxiety it creates. Unless we break our negative thought chain we stay caught up in it. Every day at least one person asks me “How do I stop worrying?” I usually say that there is a way out of worry addiction. And there is. It is my hope that the growth opportunities in this book will help you move out of worry and into a new freedom.

Moving out of a worry addiction is a “process” activity. Living and learning are “process” activities. A “process” activity is one that progresses in natural steps at a rate of speed that is comfortable for the person who is moving out of worry addiction, learning, or making other positive change. We learn step one, grasping its full implications. We move to step two, grasp the concept, understanding it, gaining the ability to apply it in our daily lives. Our natural growth process moves us forward as our wisdom and our ability to apply it expands. Our decision-making improves and our quality of life is richer and fuller. We notice we are happier and instead of being overwhelmed we are more positive and confident. Over time we acquire the awareness and the abilities needed to move to step three and on to step four.

We move ahead one step at a time, one day at a time: we live in process and understand that it is a natural, normal way to live. We accept that real and lasting growth takes time. *Nurturing Wellness Through Radical Self-Care* is a process workbook. For example, we progress from birth to preschool skills, to elementary school skills, on to middle and high school, and then to adult living skills. The natural life process does not take us from infancy directly to adulthood. We have to live the years between. It is interesting to know that personal growth is sometimes defined as living in process with grace and acceptance. Anne Wilson Schaef discusses the art of living in process in her book by the same name, *Living in Process* (1999). Wilson Schaef is one of the premier writers in the fields of addictions and co-dependency. Three of her notable books are: (1) *365 Meditations for People Who Worry Too Much*; (2) *Beyond Therapy, Beyond Science: A New Model for Healing the Whole Person*; and (3) *Co-Dependence: Misunderstood—Mistreated*.

When living in process, we gradually learn to live our best life. We all want to live within freedom, hope, and unconditional love, but we don’t always know how to make that happen. The first step is to understand what it means to live within these great, high-frequency virtues. When we live within freedom, hope, and unconditional love, we strive to achieve the following environment within our personal life—especially within our family life. Ideally each family member will:

- think and act in positive ways
- honor the natural interdependence of family life
- allow independence within family togetherness
- live each day with a hopeful, joyous heart
- develop a positive sense of self, including worthiness
- experience a sense of belonging
- make loving, appropriate, reality-based decisions
- be accountable for their behavior
- ask for support when wanted and needed
- embrace peacefulness
- offer and receive respect
- feel safe
- trust
- enjoy emotional intimacy with family and friends
- enjoy emotional intimacy within our romantic relationship
- feel compassion for dysfunctional family members, current and past
- believe in our personal power and ability to write our own life story
- live within our healthy belief system
- have fun and laugh a lot
- live within a healthy life plan, one day at a time
- love deeply, wisely, with joy and passion

From Pathways to Wholeness by Janet Gallagher Nestor (2010).

During the 90-day Nurturing Wellness Through Radical Self-Care Program you'll use a mindful **Nurturing Wellness Journal Page** to record your experiences when working with Mindful Meditation, REB, and the Nurturing Wellness Affirmations. You'll be tracking your moods and jotting down a daily gratitude that helps you create a positive outlook for your day. You'll be using the **Self-Care First!** page to help you plan and participate in activities that give you much-needed social contact and positive, effective exercise. Exercise does not mean you have to take up jogging or go to the gym every day. Exercise can mean walking up and down the stairs two times in a row, going for a meditative walk each day, or doing some deep breathing and stretching. If bedridden, it can mean imagining yourself going for a walk and enjoying nature. There is some research-based evidence indicating that to imagine yourself exercising and moving around freely has positive psychological and physical benefits. See Dr. Andrew Weil's website for an easy to read explanation of the obtainable physiological benefits of guided imagery. <http://www.drweil.com/drw/u/ART00468/Guided-Imagery-Therapy-Dr-Weil.html>

Each Nurturing Wellness Through Radical Self-Care group session that I lead begins with a mindful meditation and closes with each person stating a positive intention

for the week ahead. Since you'll be doing the Nurturing Wellness Relaxation and Release work, you'll want to stay in balance by self-recording or listening to the mindful meditations that are included in this guidebook then writing about them in your mindfulness meditation journal. You can find them recorded for you at www.mindfulpathways.com.

Affirmations

“Effective affirmation is 20 percent what you know and 80 percent what you feel about what you know.” ~*Jim Rohn*

Affirmations are statements of positive intention and can be used daily to stimulate positive change in our lives. They are examples of positive thinking on steroids! The benefits are both conscious and unconscious. Affirmations, when coupled with REB, become much more than a positive statement. The REB posture connects you with four meridians: Spleen, Triple Warmer, Central, and Governing Vessels, that do double-duty as Radiant Circuits. The Radiant Circuits, also known as the Circuits of Joy, are intelligent hyperlinks that engage when needed, providing feelings of overall well-being. (*Energy Medicine*, 1999: Donna Eden) When you engage the REB posture and speak an affirmation, you stimulate balance within your whole body. You also engage the Radiant Circuits which naturally work to provide you with a sense of joy and well-being. The following is a brief explanation of the four meridians that serve as Radiant Circuits. Seeing the difference between balanced and unbalanced can help you visualize the transitions you are making using this program.

Spleen Meridian:	Balanced—Fairness and Compassion Toward Self Unbalanced—Overly Compassionate and Worried About Others
Triple Warmer:	Balanced—Feelings of Safety Unbalanced—Engaged when Danger is Perceived, Fight-or-Flight Response
Central Vessel:	Balanced—Feeling Centered and Secure Unbalanced—Feeling Vulnerable
Governing Vessel:	Balanced—Sense of Inner Strength Unbalanced—Lack of Courage
Meridian Information from <i>Energy Psychology Interactive</i> , 2004: David Feinstein, PhD; ww.rebprotocol.net : Phillip Warren with Janet Nestor	

Here is the science of how affirmations work: Familiar thoughts carve a pathway in your brain, making it easier to think that same thought again. Each time you repeat the same affirmation, it makes the neurological pathways stronger. “Neurons that fire

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together, wire together” is a good little rhyme that illustrates what happens. Neural synapses that are seldom or never used get efficiently eliminated by the brain. Neurons that are routinely fired in a specific pattern strengthen their bond, “wiring together” a network that will automatically fire whenever triggered by your thoughts. If you are wiring positive thoughts together, your neurons fire when a similar positive thought or incident occurs. If you are wiring together negative thoughts, your neurons fire when a related negative thought or incident occurs. Why not think positive and build positive neuropathways that serve your overall well-being? If you are having trouble following the neuropathway explanation here is a good analogy about creating a path through the woods. As you walk the route the first time, you tramp down the grass. Eventually the grass begins to wear away and because you keep walking in the same place, it does not grow back. Finally you have a packed down dirt path with no grass at all, one that is easy to trek. You made the path, one walk at a time, over many weeks of traveling the same route (Maddie Ruud, <http://maddieruud.hubpages.com/hub/Self-Affirmations>).

Your experience with affirmations might not be very positive. I know that I thought them almost useless for many years because I was not using them wisely. There is some research that tells us that affirmations can actually create inner conflict for the person using them. This is true when an individual tries to make themselves repeat an affirmation they absolutely 100% don't believe or one they are opposed to for some reason. I talk about this later in the book, but now is a good time to introduce this concept so when you begin your work with our affirmation lists, you will do so in a wise and productive manner. I'll use the idea of “living in process” to explain how to use affirmations successfully.

A person who has just committed adultery and lost their marriage is going to find it hard to say, “I love and respect myself just the way I am.” At the moment they loathe themselves, but they do want to grow into the positive self-affirming statement. The emotional jump from self-loathing to self-love is just too big for them. Healing the self-loathing is a “process” that might begin gently with self-compassion. They'll need to re-write the affirmation above to reflect their place along the healing process. Their first-step affirmation might be “I am compassionate with myself just the way I am today.”

If you're reading and learning in order to begin your Nurturing Wellness journey, this might be the affirmation for you: “I am open and willing to work the Nurturing Wellness Program.”

Journaling

Keeping a journal is a magnificent way to manage stress and anxiety, create change, develop positive thoughts and beliefs, and get in touch with unconscious wants and needs.

Journaling is a perfect complement to mindfulness, energy psychology, and affirmations, which reinforce each other and support you with great power.

The Nurturing Wellness Journal page, part of the *Nurturing Wellness Through Radical Self-Care* workbook, is more of a log than a classic journal (see page 109). It helps you track your moods and get in touch with feelings that occur as you work the program. Most of all, it is a great way to keep track of your program choices and monitor your progress. **This Week's Insights** page (see page 107) gives you a place to jot down ideas, comments, and questions that come up—and you will definitely have them. Everyone who has worked with this program has needed more room to write their comments, insights, and ideas. Writing is the best way to bring ideas and insights into reality and teach yourself how to apply them to your life. I am always going through my journal looking for something I've written because it applies to an insight or idea that came up today.

You'll also be keeping a **Mindfulness Meditation Journal**. You can either purchase a notebook for your journal or create a folder on your computer to record your responses. You'll love and appreciate this journal! After each meditation, you are asked to write about the feelings, insights, and thoughts you experience during your meditation. You will *want* to take the time to do this. And believe me, as one who meditates and then journals immediately afterward, the journal is priceless. Of course there are days when I have little to say, but on other days I have volumes of feelings and thoughts I want to remember and apply to my life. Re-reading my meditation journal is like reliving my meditative life. It is inspiring. Sometimes I am amazed at my own insights and I wonder why some idea or thought didn't make a greater impact. Reading it again allows me to embrace the insight more fully and apply it in a way that might have been unavailable to me earlier.

The **Self-Care First!** page (see page 108) is both a tracking journal and an activities log. It is meant to encourage gentle exercise and other self-care activities that support the development of your relaxation response along with the re-balancing of your ANS. Sometimes when we are busy, preoccupied, or sick and tired of being “sick-and-tired,” we just want to kick back, watch television, and think of nothing. Although television or videos might be temporarily distracting, even relaxing, they don't have the ability to balance your autonomic nervous system or improve your physical or emotional health.

Suggestions for Success

Each person engaged in *this* growth program is going to find success. Each person defines his or her own success and builds it gradually. One small change couples with a new belief and suddenly you realize you are making progress. If you are part of a group, please don't compare yourself to any of your group members. Comparisons are negative thought processes and don't work for anyone. What others might be doing or accomplishing is irrelevant to your growth as you progress through your program.

If you are “just exhausted” and “at your wits’ end” (in fight-or-flight mode) prior to beginning this program, substitute Mindful Meditation, Mindful Meditation with Radiant Energies Balance, and Breathe, Imagine, Relax for the Readiness Affirmations. These meditations, especially Mindful Meditation with Radiant Energies Balance, “cool” down your autonomic nervous system and give you deep relaxation and heightened awareness.

Your key to success in all things is balance. During the 90 days of the Nurturing Wellness program, plan some “fun stuff” every week. Take days away from the program and focus on something other than personal growth. Get a massage or schedule an energy-healing session with a Healing Touch or Reiki practitioner. Take some nice, meditative walks. Laugh whenever you get an opportunity, and if there isn’t an opportunity, make one. Go to a ridiculous movie and laugh out loud. Go out to dinner with your goofiest, funniest friend and have a great time. Laugh! Enjoy life.

It is very hard to have fun when you are overwhelmed and exhausted because a loved one is suffering from a serious or life-threatening issue. This kind of exhaustion is both emotional and physical, and it demands that you replenish yourself daily. Fear and worry are debilitating emotions and caregivers need a lot of tender love and care, from themselves, family members, and friends. Caregivers often over-do until they are absolutely worn out. If you are a caregiver and you haven’t reached total exhaustion, this is your opportunity to avoid that pitfall. This program will not only support your health, but help you grow your self-compassion and feelings of self-worth. It will help you find your joy even when you think you’ll never feel joyful again. It will help you learn to approach both adversity and joy with a balanced response. Living your life in balance is well worth any effort it takes to create an equilibrium that is right for you.

For those of you who have developed a chronic physical or emotional health problem, this program supports your journey into a much higher state of wellness and well-being. The Nurturing Wellness program provides a method of deep and compassionate self-care. You are guided to stay in the moment, maintain a positive approach to life, develop self-love and self-worth, to play and have fun, and incorporate some meaningful exercise into your daily life. Even if you are unable to get out of bed, you can participate in this program. A mindfulness lifestyle coupled with your use of the REB posture supports your immune system, your emotional health and well-being, and helps you develop the ability to relax deeply any time you have a few moments to spare. You can use the posture during medical treatments (explained in greater detail on page 210 if the REB posture does not interfere with the mechanics of the treatment. You can use the posture while listening to music or TV, even though TV interferes with the deepness of the relaxation experience. It is flexible and easy, and you can use it anytime and anyplace without fear of embarrassment or criticism. No one will even know you are relaxing and balancing your autonomic nervous system.

Balance is built into the program and it is up to you to accept the balance that is suggested. Addicts and individuals with anxiety often feel that more is better. During this program, and in most life situations, more is not better. Forced work only postpones your growth process. A balanced approach enhances the benefits of the program and everything about you, on every level of your being.

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CHAPTER 2



Adrenal Fatigue and Your Autonomic Nervous System (ANS)

Knowing the effects of autonomic nervous system (ANS) imbalance is essential to health and well-being. Stress is a constant in most everyone’s lives, yet we know little about where most of our stress comes from and know even less about how to eliminate it. Too many sleepless nights and too much worry create imbalances throughout our whole mind–body–spirit system, and there are many unrecognized stressors that burden it. Awareness is the first key to achieving an overall sense of well-being. Knowing the origin of our stress is a step in the right direction. You can find parenting stress indexes and job stress indexes that are very insightful. The very informative “Total Stress Load Index” created by Dr. CE Gant, MD, PhD, (<http://cegant.com>) is outlined below so we can all begin to learn about various sources of stress and maintain total mind–body health and well-being.

12 Stressors and the Total Stress Load Index (TSLI)

1. Emotional Stress (e.g., losses, post-traumatic)
2. Cognitive Stress (e.g., irrational demands)
3. Sensory Stress (e.g., chronic pain disorders)
4. Metabolic Stress (e.g., low/high blood sugar)
5. Toxic Stress (e.g., heavy metals, chlorine)
6. Immune Stress (e.g. autoimmune, allergy)
7. Infectious Stress (e.g. Lyme, Candida, GI)
8. Purposelessness Stress (e.g. no spirituality)
9. Endocrine Stress (e.g. hormonal, PMS, aging)
10. Oxidative Stress (e.g. vein/arterial blockage)
11. Energetic Stress (e.g. electromagnetic, geopathic)
12. Neurotransmitter Stress (e.g. low or high levels)

About Stressors and Their Effects on the Body

There is no such thing as isolated stress. The impact of stress is always system-wide. For example, if you break your arm, your body goes into action: you feel immediate pain (sensory stress) signifying something is wrong, your adrenal glands (hormonal stress) begin to produce stress hormones, and you experience increased heart rate and faster breathing. If help is not readily available there is a good chance you’ll experience emotional (trauma response) and cognitive stress (irrational thinking) states that may increase your physical pain.

Organs and Glands Affected by Chronic Stress

Brain, muscles, pancreas, thyroid glands, adrenal glands, stomach, intestines, liver, kidneys, bladder, genitals, lungs, eyes, heart, sweat glands, salivary glands, digestive glands

Psychological and Physical Effects of Chronic Stress

Fear, guilt, sadness, anger, willfulness, aggressiveness, irritability, depression, burn-out, emotional depletion, hopelessness, insomnia, infections with slow healing rate, chronic illness

Partial List of Dis-ease and Diseases Associated with ANS Imbalance

- Adrenal Fatigue
- Depression
- Anxiety Disorders including Severe Panic Attacks
- Thyroid Disease
- High and Low Blood Pressure
- Breathing and Swallowing Problems
- Erectile Dysfunction in Men
- Chronic autoimmune diseases: (e.g. Lupus, Chronic Fatigue, Fibromyalgia, Celiac Disease)

If you find the information above interesting, you can easily learn more about the effects of chronic stress by reading the reliable information at the following websites:

1. National Institutes of Health:
www.nlm.nih.gov/medlineplus/autonomicnervoussystemdisorders.html
2. The Merck Manual Online:
http://www.merckmanuals.com/home/brain_spinal_cord_and_nerve_disorders/autonomic_nervous_system_disorders/overview_of_the_autonomic_nervous_system.html

Naming Our Symptoms

Prolonged stress causes the human body to make adaptations so it can continue to serve you at a functional level. The more stress, the more adaptations. The adaptations often cause serious illness in the forms of adrenal fatigue and autonomic nervous system imbalance. If there isn't an intervention, adrenal failure occurs. Adrenal fatigue isn't considered an official diagnosis by many physicians, yet it has become known as hypoadrenia. Severe adrenal failure is called Addison's Disease and is recognized by modern medicine (*Adrenal Fatigue*, James L. Wilson 2011). The dysregulation of the autonomic nervous system does have an official name: Dysautonomia. Dysautonomia brings with it a group of illnesses that affect many areas of the body. Dr. CE Gant calls Dysautonomia "the primary cause of all physical and psychiatric disorders." (<http://cegant.com>)

The following are examples of Dysautonomia-related illness.

Pure Autonomic Failure (Idiopathic Orthostatic Hypotension)

Orthostatic Hypotension is a degenerative disease of the ANS

Symptoms:

- Dizziness
- Fainting
- Weakness and Tiredness
- Visual Disturbances
- Cognitive Disturbances
- Tremors
- Vertigo
- Pallor
- Anxiety
- Tachycardia (heart palpitations)
- Nausea
- Neck Pain
- Chest Pain
- Fatigue
- Sexual Dysfunction
- In advanced states the patient is bedridden or wheelchair bound, can stand less than 1 minute
- Occurs later in life and women are affected less often than men

(“Idiopathic Orthostatic Hypotension and other Autonomic Failure Syndromes,” Dr. Mohini Gurme, MD, <http://emedicine.medscape.com/article/1154266-overview>. *Clinical Autonomic Disorders 3rd Edition*, Phillip A. Low and Eduardo E. Benarroch 2008.)

Autonomic Neuropathy (damage to autonomic nerves)

- Caused by alcoholism, abnormal protein build-up, autoimmune diseases like Lupus, Rheumatoid Arthritis, some cancers, diabetes, damage from some medications, Parkinson’s Disease, HIV/AIDS

(Autonomic Neuropathy Definition: staff, [www.mayoclinic.com/health/Autonomic Neuropathy/DS00544](http://www.mayoclinic.com/health/Autonomic-Neuropathy/DS00544). *Clinical Autonomic Disorders 3rd Edition*, Phillip A. Low and Eduardo E. Benarroch 2008.)

Familial Dysautonomia (FD)

- Genetic autonomic condition, particularly effects Ashkenazi Jews
- Early infancy onset and exhibits in failure to thrive, poor ability to suck (nurse), unexplained fever, blotching of the skin
- Sensory system disturbances and ANS dysfunction

(Dysautonomia Foundation, INC (FD), www.familialdysautonomia.org. *Clinical Autonomic Disorders 3rd Edition*, Phillip A. Low and Eduardo E. Benarroch 2008.)

An exceptional, easily understood site for more information: “It’s Dysautonomia, Not Laziness,” <http://clinicalposters.com/news/2011/0325-dysautonomia-mitochondria-pots.html> (ClinicalPosters.com staff).

Making Changes: Information to Help You Reduce Your Total Stress Load

We have warning signs that let us know when we are sick. The primary tip-off that our adrenal system is failing is frequent illness with longer than normal recovery time (*Adrenal Fatigue*, James L. Wilson 2011). As we discussed a little earlier, our autonomic nervous system becomes imbalanced for many reasons because we exist on many levels of being. Our physical body is affected by our environment including all the places we visit, vacation, study, work, and worship within, the level of allergens and toxins we come in contact with, our foods and the chemicals they are treated with during their growth and production, our spiritual health ... the list goes on and on. James L. Wilson (*Adrenal Fatigue*, 2011) and Dr. Joseph Mercola (www.mercola.com) each created a list of things to be aware of when your autonomic nervous system is overworked and you are experiencing adrenal fatigue. The items on the list below can create chronic stress within the body, but often go undetected. We can get so used to a stress that it feels normal to us. When the stress is relieved, we are amazed at the relief we experience.

Evaluate Dr. Mercola’s list below to determine the areas where you can create positive changes in your health and well-being.

- watches, beepers, cell phones (EMF Reduction)
- food allergies
- psychological / emotional issues
- spiritual issues / conflict
- dehydration
- nutritional deficits / too many fast foods
- heavy metal exposure / toxicity
- frequent respiratory infections and other infections that are undiagnosed
- geographic fields
- electromagnetic interference
- malocclusion (poor tooth alignment)
- structural problems
- scars
- energetic imbalances within your body’s organs
- solvents, pesticides, herbicides
- man-made prostheses
- visual issues

James L. Wilson gives us a list of lifestyle components that can lead to adrenal fatigue and autonomic nervous system imbalance (*Adrenal Fatigue*, 2011). This list helps raise our awareness:

- lack of sleep and staying up late even when fatigued
- poor food choices and using food and drinks as stimulants when over worked or overtired
- living or working in situations that create feelings of powerlessness
- constantly driving yourself or feeling rushed
- the need for perfection
- living or working in no-win situations (double binds)
- the lack of enjoyable and rejuvenating life activities

There are some stressful situations that are relatively easy to remediate, are free or nearly free, and relieve a great deal of stress within your mind–body–spirit system for overall improved health. The first and the easiest is *hydration*. Make sure you are drinking plenty of good, clean, fresh water. We don't think of water as being "alive," but fresh water found at its source is energized and vital. Processing changes the PH and the electrical charge of water and makes it less beneficial to our body. Natural spring water or well water has not been chemically altered with purifiers and fluoride, circulated through a public water treatment plant or piped into your home. Just like fresh fruits and vegetables that are raw and viable, clean water that's closest to its original state is better for you.

Secondly, it is fairly easy to monitor your *food intake* and increase the amount of nutritional, organic foods in your diet. I try to buy organic in the grocery store and purchase fresh food from a farmer's market as often as possible. I usually have a small garden in the summer so I have a few fresh veggies I can pick. Even if you live in a city apartment, you can have a window garden or find a place for a few pots on a tiny balcony.

There are inexpensive, natural ways to test and *treat allergies*. One of the most widely known was developed by Sandi Radomski, ND, LCSW (Licensed Clinical Social Worker) and is called Allergy Antidotes. Stemming from the work of Dr. Roger Callahan's Thought Field Therapy, Allergy Antidotes accomplishes success through: (1) Assessing whether substance sensitivity is the cause of the presenting issues; (2) Identifying specific reactive substances; and (3) Using Energy Psychology Techniques to reprogram the body to no longer react negatively to the substance. An Allergy Antidotes practitioner list is found at Sandi's website, www.allergyantidotes.com.

The second widely known natural method, and the oldest, is called NAET or Nambudripad's Allergy Elimination Technique founded by Dr. Nambudripad, a chiropractor, acupuncturist,

kinesiologist, and registered nurse. It is a combination of energy balancing and treatment techniques from acupuncture / acupressure, allopathy (Western medicine), chiropractic medicine, nutritional medicine, and the field of kinesiology. One reactive substance is treated at a time and if your immune system is strong, you may need only one treatment per reactive substance. NAET is available all over the world and you can find a practitioner at www.naet.com.

When anxiety is high and is disrupting your life, it is good to *eliminate several foods*. Among the most challenging to your body are: sugar products; caffeinated coffee; caffeinated teas; chocolate, because of caffeine and sugar; caffeinated sodas, especially diet sodas; and anything with artificial sweetening, especially aspartame. Cigarette smoking is a terrible source of stimulants and chemicals, and ultimately it heightens your anxiety and panic. In her book *Living Well with Chronic Fatigue Syndrome and Fibromyalgia* (2004), Mary J. Shomon recommends the incorporation of good fats like olives, avocados, fish, nuts, and seeds into your diet. She also advises correcting nutritional deficiencies with good-quality, easily digestible nutrients—organic when possible.

Next, consider the *importance of the human energy system*. Without a functioning energy system your body can't exist. Our body systems run on electrical currents (chi, life force energy) that flow through our meridians and spin within and from our chakras. Because of these facts it is necessary to learn as much as we can about electromagnetic fields (EMFs) and their impact on our health. While the dangers of EMFs are still controversial, there is enough evidence that some medical professionals are making their patients aware of the possible negative effects. Sometimes it is possible to avoid high EMF areas by simply exploring a neighborhood prior to moving into a new home or apartment. If the home you are interested in is near a power station, a cell phone tower, electrical lines, and transformers, you might want to reconsider moving there to avoid a higher level of EMF exposure. This is true especially if you have young children.

If you are extremely sensitive and concerned, you might want to purchase a gaussmeter, an instrument that measures the EMFs in your home. One of the easiest things you can do is walk around the outside of your home to locate the main electrical power source. In some homes everything electrical enters the house in one general area: phone lines, TV cable, the power companies meter and wiring, air conditioning units. If the room next to the power source for your home happens to be a bedroom, move the bed as far away from the connections as possible. If you have an electric clock beside your bed, move it across the room. Go to the store and purchase electrical outlet protectors that many of us use when our children are small. Place them in all the empty outlets around your home, especially the ones in your bed room. Use your speaker phone when talking on your cell phone or another device that keeps it as far from your body as possible (*Adrenal Fatigue*, James L. Wilson 2011).

We all have a scar somewhere on our body, and we really don't view it as a medical problem. Scars, especially scars that are raised and hard, can cause energy flow issues within your body. I had a surgical scar that my holistic physician felt was causing abdominal complications. After a few treatments with bio-puncture (acupuncture with homeopathic remedies) the scar softened and became less of a problem to energy flow, allowing my abdomen to be energetically fed. Surgeries cut through meridians and chakras. As an energy practitioner, I recommend that everyone be energetically balanced prior to surgery or a medical procedure and have an energetic treatment for re-balancing as soon as possible after the intervention. Radiant Energies Balance (discussed on pages 12, 56) is an excellent way to prepare for surgery along with many other energy healing modalities. Most energy healers will tell you that energy work speeds healing and prevents many negative side effects after invasive medical treatment. When I was working primarily as a Reiki teacher and healer, I noticed that women, post-breast cancer surgery, complained of large numb areas on their arms and sometimes their chest. These numb areas are due to lymph removal and the surgical incisions. Their doctors told them the numb areas were something they'd have to live with for the rest of their lives. Fortunately that was not true. For most women the numbness left completely. For others, only a small nickel or quarter sized area remained numb after several Reiki sessions. Even abdominal numbness, often occurring after repeated abdominal surgery, can be lessened or eliminated with energy healing work.

If you are constantly tired, worn out and always getting sick, or often have flu-like symptoms, there is a possibility that you have chronic fatigue, fibromyalgia, or both. There is substantial evidence that these illnesses are caused by microorganisms that are not typically identified in our usual lab tests. You can ask for a special lab test called PCR (polymerase chain reaction tests), which detects the microorganisms that are causal in these particular illnesses (*Adrenal Fatigue*, James L. Wilson 2011).

There are many alternative healing systems and modalities that support the development of a balanced autonomic nervous system and adrenal health. The following styles of medicine can be helpful: Osteopathic (DO), Traditional Chinese Medicine (TCM), Naturopathic (ND), Ayurvedic (DAy) and Chiropractic (DC), Board Certified Holistic MDs. The following energy bodywork methods alleviate stress and normalize the body's energy system:

- Healing Touch
- Reiki
- Body Talk
- Energy Psychology
- Jaffe-Mellor Technique (JMT)
- Physical Therapy and all the various types of massage are very effective because they help with pain, stress reduction, and help promote good energy

flow. Physical therapy helps to preserve mobility and increase physical fitness (*Living Well with Chronic Fatigue Syndrome and Fibromyalgia*, Mary Shomon 2004. *Chronic Fatigue, Fibromyalgia and Lyme disease, 2nd edition*, Burton Goldberg and Larry Trivieri, Jr. 2004).

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