



Holistic Health For All Guide for Optimal Health

find videos at www.holistichealthforall.com

- 1) **Spiritual Optimal Health**- is experiencing being and knowing the Ultimate Truth and Reality that we are formless, eternal peaceful awareness witnessing, accepting, loving what has form, is limited, changes, is born and dies, the body, sensations, thoughts and emotions.
 - A. **Watch *Peace is Possible Now For All*** -27 short experiential videos and book guiding to identify with peaceful awareness during challenges rather than identifying with the body. Go to www.holistichealthforall.com home page Playlist A.
 - B. **Confirm being Peaceful Awareness** throughout the day. Ask, Who Am I? Was I born? Do I die? Where am I? To Whom am I speaking to. Be present
 - C. Connect with a buddy committed to doing this as well.
 - D.

- 2) **Mental, Emotional, Relationship, Prosperity Optimal Health, Transform Negative Thoughts and Emotions**
 - A. **When you are angry, sad, or fearful**, locate it in your body, be peaceful awareness accepting it until peace is left. If more is needed, find the memory when this first happened and be peaceful awareness witnessing until peace is left. Be aware of the attitude creating the emotions-safety, love, and control issues. Confirm who am I? Be peaceful awareness. Confirm your Success is aligning with Peaceful Awareness being present, silent, notice feeling love and being loving as awareness. Be grateful for something right now.
 - 2-Watch *Gestalt Therapy* videos for deeper transformation. Go to www.holistichealthforall.com Sessions page, select Playlist B #1 to 20 on.
 - 3-Watch Prosperity videos for more transformation while identifying with peaceful awareness. Go to www.holistichealthforall.com Sessions page.

- 3) **Physical Optimal Health**
 - A. **Wear crystal bracelet during the day.**
 - B. **Affirm, "I have optimal health in every way every day receiving all I need. I am filled with light in every way every day".**
 - C. Drink water. **Eat a balanced diet** of non GMO food, organic food with lots of vegetables, fruits, and protein. Reduce acid forming processed food, sugar (use stevia), caffeine (use Pero or other coffee substitutes), alcohol, hydrogenated oil (use olive or coconut oils), and drugs.
 - D. **Exercise** 20 minutes minimally daily, if possible by walking, dancing, or running to get your heart rate up. Love your body.
 - E. Extra Supplements Suggested
 - i) Trace Concentrate Minerals in liquid or tablet form 1x per day.
 - ii) 8 Spirulina as pills, or one teaspoon of powder 1x a day. If you are overweight, take spirulina before 3 main. Substitute blue-green algae, chlorella, or wheat grass (fresh or pills).
 - iii) Enzyme supplement/probiotics if you have digestive problems, are overweight or underweight. Take 10 minutes prior to eating.