

tional bodies of light composed of a more subtle energy (referred to as our etheric and astral bodies) with which we interface. "Subtle" meaning they operate at higher frequency levels than the physical eye can perceive. In other words, **EACH OF US IS A COMPLEX NETWORK OF INTERWOVEN ENERGY FIELDS.**

"There is a hierarchy of subtle energy systems that coordinate electro-physiologic and hormonal function as well as cellular structure within the physical body. It is primarily from these subtle levels that health and illness originate. These unique energy systems are powerfully affected by our emotions and level of spiritual balance as well as by nutritional and environmental factors. These subtle energies influence cellular patterns of growth in both positive and negative directions." Richard Gerber, M.D., Vibrational Medicine, 1988.

YOU CANNOT ACHIEVE TOTAL HEALTH REGENERATION WITH ONLY CARE FOR THE PHYSICAL PART OF YOUR BEING. A proper diet tailored to your unique body composed of nutritious, chemical-free foods along with exercise and an effective herb program for cleansing and strengthening your various body systems go a long way towards making you feel better and more alive. However, if your goal is total regeneration, you will need to continue on into the area of emotions, body/mind patterns, and spiritual energy fields which your state of health reflects.

PEG - OPTIONS FILE #117

Cleansing the body from the inside: a life changing experience.....

Peg was wary at first....those tests, all that talk about herbs. Could she trust that woman who sold herbs? But, following an iris reading, Peg took home the recommended diet and tried it, despite the skepticism. Looking back, she says she is sure Helen Cox and the staff at Options didn't expect to see her come back!

But she did. And the second time she bought some of the recommended herbs, and began a journey toward a healing cleansing which she says changed her life completely.

Peg noticed the diet was bringing about changes which she liked. In addition, she was listening to tapes and reading books loaned to her by Helen and was gaining a better understanding of the history of herb therapy and its benefits to the body.

About a month after the new strict dietary regimen of mostly vegetables, water, tea and supplements, Peg experienced what felt like illness to her. She was in bed with diarrhea and frightened of what was happening to her body. She called Helen who recommended an herb to help with the symptoms and told Peg her body was going through a healing cleansing, not an illness.

"She called the cleansing a gift," says Peg of her conversation that day with Helen. "She said lots of people go a lifetime without being cleansed."

Not convinced of the "gift" and its benefits, she nevertheless took the recommended herb and felt an "immediate difference." Peg was also impressed that Helen called her over the weekend to ask how she was doing and to offer support

The symptoms eventually passed and Peg continued on her new diet, adding foods under Helen's supervision. The new way of eating was very different for Peg as was the new found energy, the more positive attitude and a new sense of spirituality.

Although she hadn't intended to lose weight, she did with her new lifestyle. The weight has stayed off. In addition, she says her skin is smoother and softer, her hair is thicker and shinier.

She used some of the exercises and forms of meditation learned in Healing Touch and Trager sessions. She started reading more about women entering life journeys and fewer self-help books. She figured the "power of the universe" would guide her in her journey to healing, but she wanted to read about the journeys of other women and "to feel a connection with them."

As her body began to change in reaction to the new routine, "so did my belief system," says Peg. She began to see a mind/body/spirit connection.

"I saw the power as being me, very directly connected to me and interested in me. The newness was it wasn't a God outside of me...somewhere out there...it was inside me. It confirmed a growing sense of a oneness with a personal source of power, an awareness of my part in the universe."



EMOTIONS AND TOTAL HEALTH

Most of you will readily agree that emotions and personal experiences form personalities and character, but the idea that they may also have a part in the formation and structure of muscles and tissues is not a premise often examined.

The human system has been likened to a structure of data bases which reflect a person's relationship to physical, emotional, mental and spiritual power. Every perception, attitude and stress pattern active in your mental and energy fields has an influence on your physical body.

Fixated personality and emotional patterns may be the result of once appropriate behavior (as in early childhood) that is no longer valid. Modern studies of psychosomatic and stress related disease show that these unbalanced, unreasonable chronic patterns may be contributing to such problems as cardiovascular malfunction, cancer, and other degenerative diseases.

In other words, memories and emotions stored in your body tissues, if inappropriate to your present individual IDEAL, can result in energy imbalances and blocks.