

## why weight gain/cleanse/hormones

Before we start I want to add that we are learning how to help the body to raise its immune system in order to support different areas in the body so we can stay healthy. We will be learning how and when to use the products and when the body will best utilize them.

Gary has done several variations of Neuro-Auricular Technique. Their common denominators include use of an auricular probe to apply oils along the occipital ridge (base of the skull) and cervical vertebrae of the spine (back of neck).

### Theory and Purpose of NAT

The purpose of the Neuro-Auricular Technique (NAT) is to jump-start and reconnect all of the synapses of the brain and upper spine, particularly in the locus ceruleus and vagal ganglia. The technique is applied along the occipital ridge, particularly focusing on the medullar area (center depression at base of skull) and along each vertebra of the cervical spine (the 7 vertebrae between the skull and shoulders that comprise the neck).

There are 12 pairs of cranial nerves. These are nerves that emanate directly from the brain and not from the spinal chord. The fact that there is a pair of cranial nerves directly from the brain to the muscles of the shoulders explains why tense shoulders can lead to headaches while stress in the brain (worry, anxiety, fear, etc.) can cause tense shoulders.

The vagus nerve is principally involved with parasympathetic activity, which is largely involuntary and often emotional. It regulates heartbeat, is involved with the release of tears in crying, controls digestion and peristalsis of the esophagus and intestines, production of many hormones, including insulin, control of sphincter muscles, ovarian and uterine function, prostate function, and sexual responsiveness. It is the parasympathetic system that functions during healing and is mainly involved with protection, conservation, and restoration of body resources and functions.

The purpose of NAT is to fully awaken and restore full capacity to the locus ceruleus and vagal ganglion at the base of the brain and to connect all of the synapses of the brain and upper spinal cord, thus creating an environment that facilitates optimal health, healing, and bodily function.

Gary likes to start with Frankincense, valerian, vetiver, cedarwood, sandalwood.

Gary has chosen these oils for NAT because of their chemistry. Frankincense is mostly monoterpenes (for balancing and reprogramming). Valerian, Vetiver, Cedarwood, and Sandalwood are all mostly sesquiterpenes (for oxygenation of the brain and ganglia and for deleting misinformation at the level of cellular DNA). Roman Chamomile is mostly esters (for emotional releasing). Rutavala and others, NAT can also be used for emotional release.

According to Gary, the version of NAT given in these notes has been effective in correcting Parkinson's disease. In this application, Gary has also added Melissa Oil after Sandalwood as a seventh oil to apply with the probe in the same prescribed protocol.

We learned all this at the Seminar in Ecuador Feb. 2008.

If you don't have a reason to try, you have no passion.

Fad diets and unnatural supplements come and go, but the lasting science and wisdom come back to common sense ideas.

1. Make fresh, whole fruits and vegetables, the foundation of your diet.
2. Get as many essential nutrients as possible in every calorie with nutrient-dense foods.
3. Eat a variety of foods, such proteins, whole grains, and healthy fats.

4. Avoid processed, fast, and junk foods; these are known as anti-nutrients:

In order to have good hormone balance, you need to cleanse first.

### Why we should cleanse:

This will start pulling the fat cells off and when this does, the toxins are put back into the body and this is where you need to be on Detoxzymes and JuvaPower to help absorb the acid that is being release. If not, the toxins goes back into the organs. You may drop 15 lbs. but you will gain it back because the protein acid gas goes back into the fat cells and into the blood back to the hypothalamus and suppresses and storing it forever. It is just an yoyo game over and over if a person doesn't know what is wrong with their body and why they can not get rid of the unwanted burnden they do not want.

Toxins from the GI track cause many chronic diseases. Making the Colon and lymphatics laden with poisons. When you break out with a rash using the products or oils, that is a toxic marker. So take 3-4 comfortone 2x's a day and JuvaPower at night, 2 rounded tbls. in water, carrot, or mango juice only. ICP is the highest in maltse, and amylase enzymes to digest starches and carbs that you have had for the day. Take ICP in the morning to absorb the accumulated acid and to pull the poisons and mucus out of the cardiac portion of the stomach. That is why a person has phlegm in the throat. Beet juice and dandelion tea is great for the liver also. Also you should squeeze a lemon and drink to reset your pH in the morning.

**Balance Complete:** absorbs toxins and fats, is bulk forming, balances blood sugar, and lowers LDL cholesterol. it also gives us fiber.

**Digest & Cleanse:** will soothe the bowel, prevent gas, and stimulate liver, gall bladder, and stomach secretions, thus aiding digestion and absorption.

**Power Meal:** is a revolutionary meal replacement with a broad range of essential nutrients, vitamins, minerals, and complete

proteins. Makes a great meal replacement. With 20 grams of protein per serving. Power Meal provides your body with the key ingredients it needs to build and repair tissue, make enzymes, hormones, and other body chemicals. Gary had me take 1 scoop of Power Meal with 1 scoop of Pure Protein to correct the protein deficiency that I had. For added flavor you can add your favorite oil or fruit to really make a delicious shake.

**ICP:** Taking ICP absorbs the acid in the morning and cleanses the intestines and protect the heart. ICP helps the body loosen and expel undigested and fermenting materials that can block nutrient absorption and poison our internal environment. With Psyllium, oat bran, flax, and rice bran are specifically balanced in ICP to eliminate allergy symptoms that many people have when taking psyllium alone. The essential oils enhance ICP's flavor and may help dispel gas and pain.

**Juva Power:** A whole food high antioxidant vegetable powder complex that is a rich source of acid-binding food, and high in liver-protecting nutrient. The ingredients in JuvaPower is effective in stopping oxidation of cholesterol, reduces blood pressure, reduces cell viability to 10.9%, prevents cellular mutations, Binds up fat and helps flush it out of the body, essential for bile acid formation and liver protection in cleansing the liver, natural laxative & lubricant that relaxes the colon.

**Mineral Essence:** If you have a mineral imbalance it affects the hormones and you cannot absorb Vitamin C. Also it affects the heart, causes low energy, facial hair, and bloody nose; also you could have a protein deficiency. You need to have minerals to keep your energy up and keep your hormones working. Eye twitching is from not absorbing minerals, take Mineral Essence and True Source. Anyone that is depressed or is bi-polar needs to be on Mineral Essence. It is a balance organic, ionic mineral complex with more than 60 different minerals. Minerals are also necessary for proper immune and metabolism functions.

**Thermaburn:** A revolutionary appetite-suppressing, weight-control herbal complex with thermogenic essential oils. It is the only herbal, fat-reducing supplement to contain liver cleansers and defatters to increase metabolism and prevent oxidative damage

from excess fat-burning. Take 1-2 capsules two hours before meals or after.

A person needs to stay away from chemicals when cleansing. Use your Young Living products because they are chemical free. Such as the toothpaste, shampoo, creams, lotions and etc. change your eating habits, no sugar, no white flour, no red meats, no processed foods, all fresh organic produce to eat and cook. No salt, can use sea salt but very little.

To loose weight you need to eat 6 meals a days so the body doesn't say its starving and will not let you remove the wanted fat. Thinking right thoughts, it is important too. You noticed that I said eliminate the unwanted weight.

**Re-Juva Slim Tea:** The tea has a direct action on the hypothalamus which starts the rejuvenation in the liver tissue. It cleanses the liver taking out the waste which Lifts the thyroid and cleanses the blood, dissolving the fat cells. This will probably be out at convention time. It may be in capsules also.

#### **NingXia Red:**

Chromium combating obesity. One of the best ways to combat obesity is to swap fat for muscle. Why? A well muscled body burns at least twice as many calories as a body saddled with plenty of blubber. This is because muscle tissue burns 13 kcal per kilo of body weight per day, while fatty tissue burns only 4.5 kcal per kilo of body weight per day.

The wolfberry's high chromium content can help preserve lean body mass especially during a diet or exercise--thereby helping boost metabolice rates to keep body fat at bay.

100 grams of dried Ningxia wolfberry contains 79 mcg of chromium, almost 2/3 the recommended daily allowance.

#### **AlkaLime:**

Is specially designed alkaline mineral powder contains an array of high-alkaline saltsd & other yeast & fungus fighting elements, such as citric acid & E O"s. It s precisely balanced, aacid-neutralizing mineral formulation helps preserve the body's proper



Young, Progessence, and SclarEssence to balance the hormones.

Having low **estrogen** and **testosterone** causes the body to build fat cells. When your hypothalamus shuts down, the testosterone, estrogen, progesterone hormones are suppressed, which causes depression. Depression compromises all hormones.

When you balance the **hypothalamus** you balance the estrogen and testosterone.

### Hormone imbalance :

- cannot lose weight if hormones are not in balance
- estrogen below 75 is bad, below 30 REALLY bad; I was at 2 when I first went to the clinic
- healthy testosterone for women is from 30-68; ok as long as estrogen is higher than testosterone
- testosterone has heart protective qualities and supports healthy bone density
- low testosterone is linked to multiple sclerosis they found from the study in Geneva
- hormone levels are messed up from xenoestrogens(chemicals) in environment such as (food,water,personal care, MEAT)
- testosterone deficiency can lead to heart disease in women

Estrogen should be 70-200 if you are 20-35 years of age /  
Testosterone around 5-20

<u>Age</u>	<u>estrogen levels</u>	<u>Testosterone Levels</u>
35-45	70-150	5-20
45-55	50-100	5-20
55-65	20-70 (opt 50-100)	5-20
65	10-30 (opt 50-70)	1-5 (opt 20+)

**After 60, sexual interest declines without supplements**

Coupled with everyday worries and not taking proper care of ourselves, our bodies can become stressed and off-balanced. Having a body that is out of balance is particularly unhealthy for women. When a woman's body system becomes unbalanced it can lead to an increase in cortisol levels, decreases in estrogen or

testosterone which lead to a diminished libido, and imbalances in metabolism that can lead to a decrease in energy and an increase in food consumption

The endocrine system regulates several body systems by releasing hormones into the bloodstream. Once in the bloodstream, hormones travel to specific body systems such as the adrenals, pituitary, hypothalamus, thyroid and ovaries. When the endocrine system is not balanced, each of these body systems are unable to function properly and can put undue stress on other systems within the body.

## Woman's Hormones:

EndoGize: is a daily supplement, expressly formulated to support and maintain a healthy and balanced endocrine system in women. Great for fat burning. Women should start out with 1 - 3 times a day For myself I was doing 2-3 times a day and after 6 days may be able to drop to 2-2 times a day. I was taking them starting at 3:00 pm and bedtime. Also with this, if a person is in low on testosterone you can take 1 capsule of Mister, 3 times a day but it not necessary because EndoGize helps to raise the testosterone. Only if your testosterone is very low then add Mister. Don't take EndoGize during your period start again after period. For post menopause women, if you can remember when your period was, stop taking for a week. If not stop for a week and the continue as usual.

Estro™ is an herbal tincture formulated to support the female glandular system and to foster a normal, healthy attitude during PMS.\* It contains a natural sclareol, a plant-based estrogen. Estro helps bring up estrogen levels. Start with 1 dropper full a 2-3 times a day. Increase as needed to as much as eight droppers daily. Estro may take as long as four weeks to reach maximum effectiveness. So start in the morning with 3 droppers full, you can add to the Estro, 25 drops of SclarEssence. The best time to use Estro is beginning in the morning and stop at 5:00pm. 2-3/ 00 capsule =s(around 22 drops) (dropper will only fill up about  $\frac{3}{4}$  of the way equaling 75 drops) Can take it in glass with NR if you can't stand the taste.

**FemiGen:** This is a formula with herbs and amino acids, to help balance the reproductive system from the developmental years all the way through menopause. FemiGen acts as a natural estrogen and helps balance the hormones. If this is what you need, take 2 with breakfast and 2 with lunch

**PD 80/20:** is a dietary supplement designed to provide natural hormone support for the body. As hormone levels decline with age, maintaining adequate hormone reserves become vital for sustaining health and preventing premature aging. Each capsule contains 640mg of pure pregnenolone from soy and 160 mg of pure DHEA from wild yam. It is designed for people who do not benefit from hormone creams such a Progessence, Prenolone, or Prenonlone+. ( So take PD 80/20 with Ultra Young helps to reverse the aging process, improving the nerves and is a direct support for the hormones.) 1 with each meal half hour before or after. Gary had me taking 1 capsule, 3 a day. After 30 days, reduce to 1 a day.

**Women's Cortistop:** Designed to counter rising cortisol levels in women. One factor in rising cortisol is belly fat. Cortisol is called the death hormone. Hormones that increase with age, such as cortisol can also contribute to many age-related chronic deases such as high blood pressure, abdominal obesity and blood sugar imbalances. Lowering cortisol levels not only increases immunity but also increase insulin sensitivity and enhances fat metabolism. Follow direction on bottle.

**Ultra Young+:** Is a revolutionary spray supplement that supports healthy pituitary and growth hormone secretion, and with the addition of DHEA a precursor to many important hormones. Begin using Ultra Young after 2:00 pm up to 11:00pm This is the best time because this is when the body starts making HGH. The body will only utilize it during that time period. Hypothalamus must be engaged in order to balance hormones, that is one reason you need to use Ultra Young. Spray inside each cheek 3 times or more.

**SclarEssence:** Balances the hormones naturally using essential oils phytoestrogens. It has been shown to increase estrogen levels. Combines the soothing effects of peppermint with the balancing power of fennel, and clary sage and the calming action

of sage lavender for an extraordinary dietary supplement. I was taking 30 drops 3 times a day by applying 15 drops on each leg as the capsule made me very sick and it worked for me by using it that way.

**Progessence:** use at night time as this is when your body is producing progesterone.

If your progesterone and estrodil is low, use Pregenolone + with PD 80/20. 1/4 scoop applied to the soft tissue areas of the body (thigh, arms abdomen, neck etc.) until absorbed. Rotate sites of application daily.

**Usage Guide for Progessence, Prenolone, and Prenolone+**

**Cycling women**

**Non-Cycling women**

	<b>Hormone Content in mg (per ounce)</b>		
	Pregnenolone	Progesterone	DHEA
Progessence	0	400	
Regenolone	1000	5	
NeuroGen	1000	5	100
Prenolone	1000	5	
Prenolone+	1000	5	250
PD80/20	640		160

**How do you know if you've done too much with hormones - a dull headache will start in the front of your head.**

## Men's Hormones:

Begin using Ultra Young same as stated above for women, 2 capsule of Mister 3 times a day until you feel like a 20-30 year old then reduce. It helps to support the prostate. Protec applied on location and as a retention enema. EndoGize and if you need more testosterone then take 1 capsule of Idaho Balsam fir. Men low in estrogen can use the creams as listed for that problem and low on estrodil use Pregnonolone+ along with PD 80/20. Take 1 a day.

### Mens Testosterone levels should be:

800 - 10000 at the age of 20 - 25

600 - 800 at the age of 25 - 45

350 - 600 at the age of 45 - 55

100 - 350 at the age of 55 - 65 (very healthy if over 350 +)

20 - 100 at the age 65 + ( very healthy if over 200 +)

Premature greying is caused from low testosterone. A person needs to maintain testosterone level if 65 years old around 200+. And under 65 - 350+. Once low on testosterone it will not come back 100%. Need to remove chemicals from the body which is found in the fat cells, testes, ovaries, heart tissue, and liver tissue. ( By all means stop drinking coffee Gary say.)

Wrinkling around the eyes, is from low testosterone. Here is a great time to use Mineral Essence.

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## Thyroid Problems:

Located at the base of the neck just below the Adam's apple, the thyroid is the energy gland of the human body. It produces T3 and T4 thyroid hormones that control the body's metabolism. The thyroid also controls other vital functions such as digestion, circulation, immune functions. hormone balance, and emotions.

The thyroid gland is actually controlled by the pituitary gland which signals the thyroid when to produce thyroid hormone. The pituitary gland, in turn, is directed by chemical signals sent by the hypothalamus gland which monitors hormone levels in the blood stream.

A lack of thyroid hormone does not necessarily mean that the thyroid is not functioning properly. In some instances, the pituitary may be malfunctioning because of its failure to release sufficient TSH (thyrotropin releasing hormone).

In cases where thyroid hormone deficiency is caused by a malfunctioning pituitary or hypothalamus, better results may be achieved by using supplements or essential oils that stimulate the pituitary or hypothalamus, such as Cedarwood.

People with type A blood have more of a tendency to have weak thyroid function.

When a person is under heavy stress it compromises the thyroid which can cause depression: You would need to take 3 thryomin at bedtime and 4 in the morning along with EndoGize, Estro and Femigen.

**Thryomin:** This product was developed to nourish the thryoid, balance metablolism, and reduce fatigue. It contains a combination of specially selected glandular nutrients, herbs, amino acids, minerals, and essential oils. Peppermint, Spearmint, Myrtle, and Myrrh, to perfectly balance and bring the most benefical and nutritianal support to the thryoid.

## **BASAL CELL TEMPERATURE :**

Normal temp. is 97.6 Check it upon waking up in the morning. Don't get up and to the bathroom as you temp. starts rising. Do it

immediatly upon waking whether its 3am or 6am Put a mercy thermotermeter under arm pit and wait 10 minutes. If it is below 97.6 start out with one or two caps. In a week check again to see if it has come up. If not add one more cap. Do this until it has reached 97.6. If it goes over 97.6 back down a cap until it stays at 97.6.

If your basal cell temp is over 97.6 then you start with 1 thryomin in the morning and follow the same procedures as above.

Take regularly for 1-3 months; listen to your body it will tell you when you need to cut back and do your basal cell temp.

Keep everything away from food when taking the supplement:

### **Basic Start for weight loss:**

ComforTone 5-2times a day

Detoxyzme 5 -3 times a day

Lipozyme 2-4 times a day

Thryomin 2 just before bedtime

JuvaPower 2 Tbsp night

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### **Enzyme Deficiencies:**

### **Whats the real secret to better health?**

Gary talked to us about the enzymes and how important they are to our good health.

Enzyme help to increase resistant to disease, improve hormones, sex, speed up bone, and wound healing, increase mental clarity, help digest toxins, burn fat, attach iron

to the red blood cells, enzyme may help dissolve blood clots, and anti-aging. Also enzyme help build the body to prevent on slot of a cold coming on.

Gary stressed to us that it is very very very important to give our precious children enzymes too so they can have a great immune system to avoid school diseases.

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Most people don't know that the human body is designed to only break down or digest approximately 50% of the food we eat. Live enzymes are supplied in raw food, but as soon as we cook or process our food, we kill all the enzymes. This is the most overlooked situation in health today. Until this problem is corrected the body will continue to struggle and suffer. This is a very serious problem the body faces on a daily basis yet, very few people are paying attention to how they weaken their body's protectors and repairers every single day.

Your good health can be determined by one of the two choices:

1. Don't take digestive enzymes with your food and you will use your body's energy and enzyme reserves to help digest the cooked and processed food.

You will also distract the bodys function in protecting and repairing the human body.

2. Take digestive enzymes with your food and on an empty stomach and you will use the energy within the enzymes to digest the food and clean

up the blood. This will conserve the body's energy and enzyme reserves. Digesting your food properly and cleaning up the blood makes it possible for the human body to give all of its attention to protecting and repairing. It will no longer have to get involved in cleaning up the blood of undigested particles. If you want a fully functional, effective and strong immune system improving digestion and cleaning up the blood is the way to give the human body back its full power to protect and repair. It won't happen without improving digestion and having clean blood.

Great health is the most valuable possession a person can own. It is impossible for the human body to function properly if we are not digesting our food properly! So as you can see digestive enzymes are necessary if you want a very strong immune system.

### **Enzyme Deficiencies:**

It causes the pancreas to be overworked especially those that eat processed foods and the pancreas becomes enlarged. You are then lacking in lipase to break down fats; could can end up getting fatty tumors.

#### **Enzymes to take during weight loss cleanse:**

**Lipozyme:** A fat-digesting enzyme complex that promotes fat digestion and enhances the absorption of fat-soluble vitamins such as vitamin A, vitamin D, and vitamin E. Taking Lipozyme helps to break down fats. Over fed people develop more fat cells than under fed people. Obese people have 70% less lipase in their blood. Lipozyme converts fat to glycogen so it can be utilized in the body.

**Fat impairs the function of the blood cells in the immune system by slowing down the circulation.**

**I took 2 before breakfast, 2 before lunch, 2 before dinner.**

**Detoxzyme: A vegetable enzyme complex designed to promote detoxification of the body.**

**Combines essential oils with enzymes designed to digest starches, sugars, proteins, and fats. This formula is structured with trace minerals that help the body detoxify itself, reducing cholesterol and triglycerides., It helps in opening the gallbladder duct and cleansing the liver, preventing candida and yeast overgrowth, and promoting general detoxification. I took 5 in the morning, 3 at lunch, 3 at bedtime.**

**Food for thought babies who are fed formula are enzyme deficient and develop toxic condition, such as mucus, fevers, diarrhea, colic, allergies and mental disturbances and ADHD and autism. That is why we have Children Mightyzymes. They are most important to our children now days.**

**As we are cleansing we forget about our Kidneys. They are taking on a big burden as all this garbage is being dumped on them so we need to support them with K & B, and EndoFlex. EndoFlex also supports the thyroid. And by all means drink a lot of water to help flush the dissolved fat cells out of the kidneys. A lot of kidney failure is due to dehydration and our body's mental and physical capacities are diminished immediately. Without any water your body systems will begin to fail within 3 - 4 days.**

**Your daily intake of water (8-8 oz. glasses) a day**

| <b><u>Weight</u></b> | <b><u>Recommended</u></b> |
|----------------------|---------------------------|
| <b>100 - 150</b>     | <b>7- 8 glasses</b>       |
| <b>150 - 200</b>     | <b>9 - 11 glasses</b>     |
| <b>200 - 250</b>     | <b>11 - 13 glasses</b>    |
| <b>250 - 300</b>     | <b>13 - 15 glasses</b>    |

**Another factor we need to consider which is very important is the emotions when you are on this program. I had hit a plateau and could not lose any more weight. Gary said we had to break that plateau and he upped my ThermaBurn and put me on just lemonaid. Said it could take up to 3 days to break it. We it did it in a day and the next morning I had the emotional release that I needed and broke the plateau. I lost 3 lbs. that first day. Every day for 3 days I lost 3 lbs., after that it leveled off to where I kept losing weight.**

Also don't forget GOD as he is there to help you along this path, that is most important. We all need GOD'S help. The burden was heavy on my shoulders but the weight lifted because I wasn't alone. He was there for me and when I felt down, he picked me up.

So take care of yourself, because you know how much you are loved!

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*God Bless, and Have a Great Day,*

*Nancy Sanderson*

*"You can't weight the facts when the scales are loaded with your opinions."*

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**"These statements have not been evaluated by the FDA. Products and techniques mentioned are not intended to diagnose, treat, cure or prevent any disease."**

**Information provided here is in no way intended to replace proper medical help.**

**Consult with the health authorities of your choice.**