

# Get Well and Thrive



Activate your body's own self-healing  
Eliminate underlying causes of ill-health  
Regain optimal health and happiness

Dianne Ellis

**The most  
powerful  
self-healing guide  
for all disease  
and illness**

# Introduction

## Overcoming disease and illness

Learn how to easily remove the underlying cause of most disease and illness.

I give you the tools to empower yourself, to take control of your own health and wellbeing, and reach optimal health and wellness.

I have documented the most effective medical, natural and alternative healing methods I have used to successfully overcome many acute, chronic and life-threatening conditions. Links to practitioners and vital resources are included. I also share powerful self-healing exercises to transform negative thoughts and beliefs and unlock the emotional connection to physical illness.

There is no advice in this book. I provide options for self-healing and a resource of information to help you make choices and decisions that are right for you.

**There are great doctors and specialists finding the answer to many illnesses and diseases.**

### **You will learn about:**

- The most effective methods to quickly kill viruses, parasites and bacteria
- Powerful immunotherapies to repair and strengthen your own immune system
- Simple home remedies and detoxification methods
- Techniques to release stress, fear, energetic blockages, cellular and genetic memory in your body

### **How to use this book**

Everyone is different. Some people may find information here which is a quick fix solution for them and that is all they need, while others require long term treatments and therapies.

Do you want the quick fix? That is fine, you may find what you are looking for in the [Quick Guide](#) .

However, if you have had an ongoing condition you probably need to take a holistic approach to healing and will gain more benefit from an overall approach. You can do this by exploring this book and learning more about the treatments and remedies I discuss and/or the mind/body healing techniques to relieve underlying stress and the emotional connection to ill-health.

**Do whatever feels right for you.**

### **Empower yourself**

There is nothing more important than the health and happiness of ourselves and our loved ones. Doctors are brilliant at helping us in acute situations but it is up to each of us, every individual, to make our own choices about what we put into our bodies, the way we think and the way we live our lives. Empower yourself to live a life of optimal health and happiness.

## Quick Guide

There is a lot of information in this book. To help you quickly find what might be most relevant for you, follow the links below. These are some of the underlying causes and corresponding treatments I have found to be most helpful for each condition .

You may find information which provides a quick fix solution for you. Overall, my aim is to guide you to rebuild the foundations of your health:

Condition	Method
<b>Autism-like symptoms</b> <u>Lyme disease</u> gave me many symptoms of autism	<ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a></li> <li>• <a href="#">Autism and Kerri Rivera's CD Protocol</a></li> </ul>
<b>Asthma</b> Can be <u>parasites</u> in the lungs ... Dr Clark	<ul style="list-style-type: none"> <li>• <a href="#">Dr Clark</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Avoid allergens</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• Eliminate allergies (See below)</li> </ul>
<b>Allergies</b> Almost always <u>parasites</u> ... Dr Clark	<ul style="list-style-type: none"> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens including retroviruses</a></li> <li>• <a href="#">Cleansing and detox</a></li> <li>• <a href="#">Bioresonance</a></li> </ul>
<b>Anxiety/Depression</b>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Balance biochemistry</a></li> </ul>

<p>(See <a href="#">Hidden causes of anxiety and depression</a>)</p> <p><b>Trauma/grief</b></p> <p><b>PTSD</b></p> <p><b>Insomnia</b></p>	<p>* <a href="#">Zinc</a>, <a href="#">Gaba</a>, <a href="#">L-tryptophan</a></p> <ul style="list-style-type: none"> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">Spinal alignment</a></li> <li>• <a href="#">Energy Healing</a>*</li> <li>• <a href="#">Emotional Healing</a>*</li> <li>• <a href="#">Soul Healing</a>*             <ul style="list-style-type: none"> <li>* <a href="#">Breathwork</a></li> <li>* <a href="#">Genome Healing</a></li> <li>* <a href="#">PSYCH-K™</a></li> </ul> </li> </ul>
<p>Recommendations for <b>Teenage depression</b></p> <p><b>Suicidal tendencies</b> are often linked to <a href="#">parasites</a>, <a href="#">biochemical imbalances</a> especially <a href="#">zinc</a> deficiency. Some people do well on antidepressants while some can become suicidal ... Dr William Walsh</p>	<p>All of the above but especially:</p> <ul style="list-style-type: none"> <li>• <a href="#">Zinc</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Mebendazole/pyrantel pharmaceutical medication</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Diet Gut Health</a></li> <li>• <a href="#">Spinal alignment</a></li> </ul>
<p><b>Chronic fatigue</b></p> <p>Usually <a href="#">hidden viruses</a>, <a href="#">parasites</a> and <a href="#">bacteria</a></p> <p>Often <a href="#">retroviruses</a></p> <p><a href="#">Congested liver</a></p> <p><a href="#">High oxidative stress</a></p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">PEMF</a></li> </ul>

	<ul style="list-style-type: none"> <li>• <a href="#">Repair immune &amp; cellular function</a></li> </ul>
<p><b>Cancer</b></p> <p>Many cancers including breast cancer have been linked to <u>root canals/dead teeth or hidden infections</u>.</p> <p><u>Retroviruses</u> have been found in tumours</p> <p><u>My experience:</u> I chose not to have invasive testing but thermal imaging confirmed abnormalities in many areas including my back, spine, breasts and abdomen. It was worse on the right side linked to a <u>dead tooth</u> and <u>hidden abscess</u>.</p> <p><a href="http://hugginsappliedhealing.com">hugginsappliedhealing.com</a></p>	<p><a href="#">All recovery methods</a> especially:</p> <ul style="list-style-type: none"> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Diet/ Gut Health</a></li> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">GcMAF</a></li> <li>• <a href="#">Oxidative therapies</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> <li>• <a href="#">PEMF/Bioresonance</a></li> <li>• <a href="#">Balance Biochemistry</a></li> <li>• <a href="#">Progesterone cream</a> (for women &amp; info for men)</li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">Essential oils</a></li> <li>• <a href="#">Mind/body healing</a></li> </ul>
<p><b>Digestive disorders</b></p> <p><u>Usually always parasites or bad bacteria</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver Cleansing</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Peppermint oil capsules</a></li> <li>• <a href="#">Balance Biochemistry</a></li> <li>• <a href="#">Magnesium for good bowel movement</a></li> </ul>

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	<ul style="list-style-type: none"> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> </ul>
<p><b>Immune dysfunction/disorders</b></p> <p>Often associated with <u>wrong medications</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a> especially:</li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Repair the immune system; GcMAF, NFF2, Redox signalling molecules</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">EMF protection</a></li> </ul>
<p><b>Fibromyalgia</b></p> <p>Usually always hidden <u>pathogens</u> in the muscles</p> <p>Bicarb soda diluted in spray bottle on skin can provide blissful relief</p>	<ul style="list-style-type: none"> <li>• <a href="#">Bicarb soda</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">PEMF</a></li> <li>• <a href="#">Essential oils</a></li> <li>• <a href="#">Repair immune system</a></li> <li>• <a href="#">EMF protection</a></li> </ul>
<p><b>Neurological problems</b></p> <p><u>Stress</u> creates weaknesses but then <u>pathogens</u> get into the nervous system making recovery very difficult</p>	<ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a> especially:</li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Dental cleanse</a></li> <li>• <a href="#">Energy Healing</a></li> </ul>
<p><b>Skin</b></p> <p><u>Pathogens</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate Pathogens</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Detox</a></li> </ul>



<p><u>Toxins</u></p> <p><u>Allergies</u></p> <p><u>Sun damage</u></p>	<ul style="list-style-type: none"> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Bicarb Soda</a></li> <li>• <a href="#">Immune therapies</a></li> </ul>
<p>At 12 yrs old my daughter had been experiencing:</p> <p><b>Fainting spells</b></p> <p><b>Early signs of mini seizures</b></p> <p><b>Dyslexia and learning disorder</b></p> <p><b>Fatigue</b></p> <p><b>Persistent colds</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Dr Clark's Zapper:</a> One zapper treatment against pathogens/parasites eliminated symptoms very quickly.</li> <li>• <a href="#">Mebendazole/pyrantel Pharmaceutical parasite medication</a></li> </ul>
<p><b>Hormonal imbalances</b> (including hot flushes)</p> <p><u>Congested liver</u> affects all hormonal processes including thyroid</p> <p>(Good for Men and women)</p>	<ul style="list-style-type: none"> <li>• <a href="#">Liver Cleanse</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Balance biochemistry</a></li> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">AmpCoil/bioresonance</a></li> </ul>
<p><b>For improved sporting performance and endurance</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">Detox/Liver cleansing</a></li> </ul>

<p><b>Brain fog, cognitive ability, memory, concentration etc</b></p> <p>Often <u>pathogens and toxins</u> in the brain and gut</p>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Diet/Gut Health</a></li> <li>• <a href="#">Balance biochemistry</a></li> <li>• <a href="#">Liver cleansing</a></li> <li>• <a href="#">Detoxify</a></li> <li>• <a href="#">EMF protection</a></li> <li>• <a href="#">Dental cleanse</a></li> </ul>
<p><b>Injuries</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Redox signalling molecules</a></li> <li>• <a href="#">PEMF</a></li> <li>• <a href="#">AmpCoil/PEMF</a></li> </ul>
<p><b>Zoonotic diseases</b>(from animals to humans)</p> <p><b>Tick-borne infections</b></p> <p><b>Lyme disease</b></p> <p>Lyme bacteria can be an underlying cause of nearly all physical and mental health conditions. Many children with autism test positive.</p>	<p>For acute conditions, eg after a tick bite:</p> <ul style="list-style-type: none"> <li>• <a href="#">Eliminate pathogens</a></li> <li>• <a href="#">Dr Kalcker's CD Protocol</a></li> <li>• <a href="#">Repair immune &amp; cellular function</a></li> </ul> <p>For chronic conditions:</p> <ul style="list-style-type: none"> <li>• <a href="#">All recovery methods</a></li> <li>• <a href="#">Kerri Rivera's CD Protocol</a></li> </ul>

<p style="text-align: center;"><b>Conditions I have seen disappear in friends and acquaintances</b></p>	
<p><b>Arthritis</b></p> <p><u>Body too acidic, pathogens</u></p> <p><b>Rheumatoid arthritis</b></p>	<ul style="list-style-type: none"> <li>• <a href="#">Bicarb soda/alkalize the body</a></li> <li>• <a href="#">Eliminate Pathogens</a></li> </ul>

Usually <u>pathogens</u> , often <u>Lyme disease</u>	
<b>Seizures/Convulsions</b> Almost always <u>pathogens/parasites</u>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate Pathogens</a></li> <li>• <a href="#">Immune therapies</a></li> </ul>
<b>Migraines</b> Sometimes <u>pathogens</u>	<ul style="list-style-type: none"> <li>• <a href="#">Mebendazole/pyrantel</a></li> <li>• <a href="#">Eliminate pathogens</a></li> </ul>
<b>Ross River Fever</b> ( <u>mosquito borne-virus</u> )	<ul style="list-style-type: none"> <li>• <a href="#">Oxidative therapies</a></li> </ul>
<b>Heart</b> ( <b>Arrhythmia, murmur, palpitations</b> ) <u>Parasites/bacteria</u> <u>Oxidative stress</u>	<ul style="list-style-type: none"> <li>• <a href="#">Eliminate Pathogens</a></li> <li>• <a href="#">NRF2</a></li> <li>• <a href="#">AmpCoil/Bioresonance</a></li> </ul>

### **‘Surviving the Pandemic ... and Thriving’ - Free Download**

When the COVID-19 pandemic began I immediately went to all the specialists whose recommendations had helped me recover after I nearly died from viruses, parasites and bacteria.

A number of them have been treating the illness since it began with great success and share a huge amount of information. I have correlated links and information in my book ‘Surviving the Pandemic ... and Thriving’ available as a FREE download from my website – [www.dianneellis.com.au](http://www.dianneellis.com.au)

## About the author



Dianne Ellis has studied extensively the emotional, genetic and environmental connection to physical illness. An expert in mind/body healing she has an intricate understanding of how stress, hidden pathogens, and our experiences, can shape our whole self and well-being. Di is a Genome Healing and Breathwork practitioner, PSYCH-K® facilitator, health coach and radio host. Having overcome her own ill-health and trauma, Di is well placed to assist readers to lead an enriching life.

## Why I am so passionate about health and healing

### Death in isolation

One of my first memories at three and a half years old is at the hospital looking through a glass wall at my adopted mother in isolation soon before she died. It was Christmas day. I know the full extent of what it feels like to lose someone from illness. I used to be terrified of disease and illness. But not anymore.

### Finding answers

I have spent most of my life with one form of chronic illness or another, from asthma, allergies, chronic fatigue, neurological and digestive problems, tick borne illness, abnormalities (cancer) which showed up in many areas of my body, anxiety, depression and more. For thirty years I have trialled every medical, natural and alternative healing method I could.

When my girls were eleven and thirteen years old, I nearly died when over twenty ticks injected a cocktail of viruses,

parasites and bacteria into my body. No medication or treatment I was given stopped my downhill slide to near death. It was a living hell.

I was determined I was not going to leave my children the same way my mother had left me. I knew I had to do whatever I could to get well again. I lost my home and many years of my life. I spent ten years and tens of thousands of dollars' intensively searching the world for answers. I trialed countless remedies and healing methods.

I learnt that some of the most simple, natural remedies are the most powerful and effective. I have had miraculous healing experiences. Combined with natural immune therapies to heal cellular damage in my body, I now feel empowered and strong.

**When we remove the underlying cause of disease and illness our body has an amazing self-healing ability.**

### **Mind/body healing**

As a Breathwork and Genome Healing practitioner and PSYCH-K™ facilitator, I share simple techniques I found helpful to transform stress and fear, and unlock the emotional connection to physical illness. While I know that addressing medical issues is vital, I have no doubt there are deeper meanings to life and using the principles of quantum physics, we have the power to recreate our own reality. Truly amazing transformations can occur.

## Get Well and Thrive

### A gift from Di

Everything I share is from lived experience. This book represents a lifetime of ill-health, decades of intensive study and trialling medical, natural and alternative healing methods. It has not been easy. Many years of experimenting and finding my own path were often lonely and filled with pain and fear. I trust you will cherish this information that I share from my heart for the benefit of you, your loved ones and our communities.



Please share this book with your family, friends and acquaintances I will endeavour to answer any questions you have.

### Connect with Di

- Email: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)
- Website: [dianneellis.com.au](http://dianneellis.com.au)
- MeWe: [mewe.com/i/dianneellis1](http://mewe.com/i/dianneellis1)
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- Facebook: [Di Ellis Health and Photography](https://www.facebook.com/DiEllisHealthandPhotography)
- Instagram: [@di.ellis](https://www.instagram.com/di.ellis)
- Youtube: [youtube.com/channel/UCNY5Lo7RbQsWStIjPiibPPA/videos](https://www.youtube.com/channel/UCNY5Lo7RbQsWStIjPiibPPA/videos)

# Get Well and Thrive 12 Step Self-Healing Protocol



Everything I have found to rebuild the foundations for health is in this book. However, if you would like more guidance, I have created a 12 step online self-healing protocol. Included in this protocol are:

- 12 Coaching sessions
- 12 Audio breathwork sessions

These breathwork sessions will guide you to relieve stress, activate self-healing, unlock the emotional connection to physical illness, transform conscious and subconscious thoughts and beliefs, heal relationships and more.

Worth over \$2000 the **Get Well and Thrive Self-Healing Protocol** is available for \$120. With the %25 discount code **GetWell** you can receive it for \$90.00

Available from [www.dianneellis.com.au](http://www.dianneellis.com.au)



## Health links and information

This book contains an extensive list of home remedies, natural treatments and medical breakthroughs.

I am affiliated with companies which have provided products that have given me some of the most profound results along my journey of recovery. If you would like more information or to buy:

NRF2	<a href="mailto:health@dianneellis.com.au">health@dianneellis.com.au</a>
Redox Signalling Molecules	<a href="mailto:health@dianneellis.com.au">health@dianneellis.com.au</a>
Essential Oils	<a href="mailto:health@dianneellis.com.au">health@dianneellis.com.au</a>
HOCL Sterilizer Generator	<a href="https://hocsterilizer.com/">https://hocsterilizer.com/</a>
EMF Protection (Australia)	<a href="https://donnafisher.net/shop/?ref=dianneellis">https://donnafisher.net/shop/?ref=dianneellis</a>
EMF Protection (United States)	<a href="https://www.blushield-us.com/?ref=87">https://www.blushield-us.com/?ref=87</a>



## Testimonials

*'Dianne is a loving and compassionate angel and a true emissary of light in this world. Her vast knowledge gained through decades of research in overcoming her personal illnesses, combined with her unrelenting dedication in going to the depths of her body's wisdom, has fuelled an enormous fire within her to take her message to the world. In sharing her profound healing experiences, she brings joy, empowerment and enlightenment to those who hear her and has been a true inspiration to me and to so many who have attended my courses.'*

Carol Roberts, Genome Healing Founder

*'**MIRACLES** happen at Genome Healing courses... and Di Ellis is living proof of that. Di's unwavering belief in Genome Healing's "heal, seal and protect" techniques has transformed her life of illness and suffering into a life full of energy and effervescence. What impresses me most about Di is not only that she has recreated her life, but also her expression of gratitude for the 'gift of healing' which she fully embraces. She truly is exemplary and an inspiring woman, full of joy and happiness and, above all, love, which she freely shares with anyone she encounters.'*

Peter Murphy, Genome Healing Master

Get Well and Thrive

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## **Disclaimer**

All material in this book is purely for informational purposes. It is not intended as a replacement for professional health treatment or advice. It is a guide to help you find the right practitioner for you. If you have any concerns about your health or suspect any illness please see a qualified health professional. Dianne Ellis is purely sharing information and her own experiences.

The opinions and methods outlined are not intended to provide direct treatment of physical, mental or emotional illnesses and diseases. Information and statements by Dianne Ellis have not been evaluated by the Food and Drug Administration (FDA), Therapeutic Goods Administration (TGA) or any other regulatory body and are not intended to diagnose, treat, cure or prevent any disease by direct means, beyond the help of qualified fully certified practitioners. Quotes or information which Dianne shares from health professionals or other individuals may be incorrect or outdated. Dianne does not take any responsibility for accuracy of any information.

Readers are encouraged to confirm the information provided with the direct source or other sources. Patients and consumers should not take any action on any remedies, methods or treatments mentioned in this book and should always review any information carefully with their professional health care provider.

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information provided. If you suspect you may have a disease or condition you should consult a licensed healthcare practitioner.

### **Health professionals**

I recommend that you find a health professional, preferably a holistic or biomedical doctor or naturopath who can assist you in your healing process.

# Get Well and Thrive

Activate your body's own self-healing  
Eliminate underlying causes of ill-health  
Regain optimal health and happiness



## **Dedicated to ...**

### **My beautiful girls**

You sat by me in the depths of my illness and gave me the will to keep going. Pushed me to be stronger. Nurtured and supported me when I was broken.

### **My Love**

I hid the seriousness of my health conditions for a long time. I was scared to tell you. But you loved me even more.

### **Jen, my Mum (in spirit)**

For the endless love and faith you have in me, and for being you.

### **My dad**

My rock. For your love, dedication and commitment.

### **My Health Workers**

To all of the holistic practitioners, healers, midwives, nurses, ground breaking doctors, researchers, mentors, teachers and truth seekers (some who have passed) who share their knowledge, wisdom and many secrets to life. Those who nurtured and supported me, empowered me and gave me strength. Those who sat by me when I was deathly ill, nursed me and prayed for me. Thank you will never be enough to express my gratitude.

## **What I Wish I Knew Then**

Is it possible that a few simple home remedies can save your life when you are seriously ill? Can some of the most highly advanced medical research provide simple answers to reactivate and repair our immune systems and our own self-healing abilities? Can a highly sophisticated yet simple electrical device bring harmony to every cell, organ and system within our body?

Chronic illness is epidemic. Every day, people are desperately searching for answers to find relief from agonizing, life-threatening symptoms.

When someone is seriously ill or in agony every day, the priority is to treat the physical body. I have seen as many mainstream, natural and holistic doctors, specialists, and practitioners as I possibly could and have used thousands of dollars' worth of remedies and treatments. Some of the most simple methods saved my life and provided desperately needed relief from intense pain and anxiety.

## **Hidden Causes of Chronic Illness**

Many doctors and scientists have found pathogens to be the underlying cause of most diseases and illnesses. Dr Hulda Clark devoted her life's work to researching and removing the underlying causes of disease and illness. She correlated certain parasites, viruses, bacteria and toxins to particular diseases. Dr Clark then used simple methods to remove these from the person's body enabling a partial or full recovery, eg she found most asthmatics have ascaris parasite in the lungs. After eliminating the ascaris parasite the asthma would disappear. Dr Andreas Kalcker provides an intensive protocol to clear parasites from our body. This is incorporated in Kerri Rivera's protocol which I have used with great results.

Removing pathogens is also the basis to Jim Humble's protocols.

Biomedical imbalances, including genetic predispositions, are linked to many health conditions. Doctors can do simple blood tests to determine deficiencies or excess levels in your body.

Louise Hay supported many people to improve their health by removing negative thoughts and beliefs linked to specific diseases and illnesses.

When we remove the underlying causes of disease our body can make a dramatic recovery. However, if our immune system has been damaged or severely weakened, using methods to repair and activate our body's own self-healing mechanisms may be needed.

- Biochemical imbalance
- Pathogens
- Trauma or stress (past or present)
- Negative subconscious thought patterns or beliefs
- Wrong medication

### **A note about allergies**

Dr Clark noted that many allergies are caused by parasites which thrive on certain foods. When an allergic person eats those foods, they are actually feeding the pathogens. When the pathogens are removed often the allergies disappear. Dr Clark also found allergies would disappear after cleansing the liver. I experienced this when my forty year milk allergy disappeared after simple liver cleansing herbal teas.

Many parents whose children suddenly and mysteriously become allergic to certain foods, or even anaphylactic, don't realise this can be due to small amounts of those foods in vaccines. This situation is more complex to remedy than

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simply removing pathogens or liver cleansing, due to the confusion of the immune system from the vaccines. Anaphylaxis has become far too common in adults and children particularly after vaccination. Removing pathogens and repairing the immune system is important but can take time. It is best to avoid all allergens especially in the case of anaphylaxis.

Iatrogenic deaths, meaning wrong medication or procedure, is one of the leading causes of death. There can be numerous side-effects to medications including vaccinations. Unfortunately, the public are not made aware of this and may go on suffering for years not knowing the cause. For many years vaccines were thought to improve health but new research has shown a negative impact on the immune system has led to many chronic conditions either immediately, months or years later. Many doctors have become aware of this but with strict vaccination legislation in place they risk losing their licence if they speak up about it.

### **Hidden Causes of Anxiety and Depression**

The previous list also applies to anxiety and depression. Dr William Walsh can look at someone's blood chemistry and determine with accuracy what mental health disorder they may have. Parasites, viruses and bacteria can get into every part of our body including our nervous system and create severe anxiety which is never ending. Biochemical imbalances and pathogens have also been linked to ADD, ADHD, learning disorders, autism and suicidal and self-harming tendencies. Dr Walsh states that some people, depending on the methylation processes in their body, can do well on anti-depressants while others can become worse or even suicidal (see [Balance Biochemistry](#))

There is no doubt trauma and stress create anxiety. Breakdowns can often lead to a personal or spiritual awakening of sorts (see [Emotional](#) and [Soul Healing](#)) but when anxiety and depression consistently affect everyday life it's worthwhile exploring the possibility of pathogens and biochemical imbalances, e.g. zinc deficiency leads to high copper which is linked to depression ([see Balance Biochemistry](#)).

As a mind/body therapist I support people to transform negative thoughts, beliefs and traumas. But if someone has persistent anxiety along with physical symptoms, particularly gut trouble, I always insist they consider pathogens as an underlying cause of their inability to process their emotions effectively or relieve the tension and anxiety in their body (see [Eliminate Pathogens](#)).

### **Suicidal tendencies**

A few common causes of suicidal tendencies which can be easy to eliminate:

- **Hidden pathogens**

Many hidden pathogens have been linked to suicidal tendencies. Well known, but not often discussed, is *Toxoplasma gondii* which causes toxoplasmosis.

Kerri Rivera has many parents who report cessation of suicidal tendencies in their children after commencing her parasite protocol for a range of different pathogens (see [Eliminate pathogens, Kerri Rivera's CD protocol](#))

- **Zinc**

With a high level of teenage suicide in my area, I spoke to a biomedical doctor about this situation. He then called Dr Walsh in America to see what he thought could be the main cause. Dr Walsh said low zinc levels is the most common cause

of depression which can lead to suicidal thoughts and often goes undetected and untreated. When girls start menstruating and boys ejaculate this uses up a lot of zinc which leaves low levels in their body. If a girl begins using contraception that can heighten copper levels which in turn lowers zinc levels even more. Buying a bottle of zinc tablets from the local pharmacy, health shop or supermarket might make all the difference. A simple blood test will confirm any deficiencies (see [Balance Biochemistry](#)).

- **Wrong medication**

Dr Walsh states that some people, depending on the methylation processes in their body, can do well on anti-depressants while others can become worse or even suicidal (see [Balance Biochemistry](#)).

- **Spinal misalignment**

One of my chiropractors informed me that he had a patient, a teenage girl who was suicidal. He knew misalignment of a neck vertebrae can often be linked to this condition. After an one adjustment all suicidal tendencies disappeared (see [Realign your body](#)).

- **Trauma/grief**

Emotional distress can occur due to past or present situations and is usually linked with suicidal tendencies. If someone has balanced biochemistry, strong coping mechanisms and a good support system in place it may be easier for them to deal with the feelings they are having (see [Emotional Healing](#)).

### **Extra caution and disclaimer regarding some products**

There are some products that have received unwarranted criticism and attack. I have learnt about things I would rather not know, for example, greedy people and organisations that put profits way above the health and wellbeing of other people. Many of these people are happy to slander and

criticize scientifically validated treatments to increase the sales of their own toxic medications. While some of the protocols I have used have been strongly criticized or ridiculed, they have saved my life and helped me to regain optimum health. Many are very inexpensive and affordable to everyone.

When I was seriously ill and dying, I was sent home from hospital with anxiety medication and no further help. I was desperate. I had spent years trying to regain health, eating a healthy diet and being very careful with anything I put into my body.

### **Jim Humble**

When a health professional suggested I look into MMS and Jim Humble's protocol I thought it was crazy. Jim was gold prospecting in Africa many years ago and two of his men came down with Malaria and were seriously ill with migraines, vomiting and diarrhoea. A days walk from medical help he asked them if he would like to try his water purification drops. They did and that night they ate their dinner and the day were back at work. Jim went on to cure thousands of people in Africa of malaria and many other conditions. He found vested interests didn't like him curing so many people with this inexpensive, natural solution and authorities came down on him. He created the Genesis II Church of Health and Healing, with sacraments for taking the miracle healing water, to protect from those attacks.

After doing my own research I felt wary but confident to give it a try. I am so happy I did. While I discuss my experiences and what I choose to do when confronted with a health situation, I do not recommend this or any other remedy, treatment or method. Like all medications, some of the

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remedies and treatments I have used and talk about can be harmful if taken or used the wrong way.

### **Are medications or supplements always needed?**

Some medications are vital. If we have biochemical imbalances, supplements can also be very important. When we remove what is harming our body, replenish what is needed, and activate our body's own self-healing mechanisms, we shouldn't need to be taking countless medications and supplements indefinitely.

Our body is an amazing compilation of finely tuned systems capable of creating almost everything it needs for regeneration and vitality. Be open to exploring how much your body can heal itself and how strong and vibrant you can be. I know people in their eighties who have changed their diet and their blood pressure dropped to normal levels. In doing so, they needed to work with their doctor to safely decrease their blood pressure medication accordingly. We all have an amazing self-healing ability. Don't underestimate that.

### **KISS – Keep it Simple Sweetheart!**

Ahead I detail all the remedies and treatments I have used, and some that I haven't but are recommended by trusted practitioners. This list is extensive and potentially very confusing. Therefore, in this **Basic Protocol** I share a few of the most simple home remedies, medical breakthroughs and methods which are the foundation of my protocol and have provided the most relief and improvement in my health.

The techniques and treatment options for physical health that I discuss are used by a number of doctors and healers. They are not my techniques. They are simple methods I have found to be most helpful and have been used by people



wanting to overcome minor conditions and serious life-threatening diseases. Guidance with a health professional is highly recommended. There are many different treatments and remedies that may be more suitable for you. Please always remember throughout this book there is no medical advice. It is simply what has been the most effective for me.

I wish I knew about these methods when I was seriously ill and dying. Unfortunately, my condition was undiagnosed and I was sent home from hospital barely able to walk, sleep or eat and diagnosed with anxiety. I went to every doctor and natural practitioner I could. I reacted badly to almost every pharmaceutical medication and natural remedy I was given. I also reacted badly to every piece of food I put in my mouth and anything I put on my skin or breathed in. I now know my liver was congested causing these bad reactions. It was a living hell which gave me the passion to share this information with others. Due to the relief and improvement I gained, not only is this what I would do if I had my time again, these remedies are the basis of my ongoing protocol now.

### **Slowly and gently is the way to go**

Early on my body would not have handled the detox or die off reaction from some of the remedies when pathogens are killed and the immune system is fired up. Cleansing the kidneys and liver is definitely the first step no matter what condition you have. Especially if you have had chronic long-term illness, never rush the healing process. Go easy on your body.

### **Herxheimer reaction**

Often when people with chronic illness begin a protocol to kill off pathogens, they experience a die off reaction when pathogens are killed and toxins are released. This reaction is

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called a herxheimer reaction and can be temporarily worse than the illness itself.

(See [Chronic illness and herxheimer reactions](#))

## My Basic Protocol

I spent years trialling medical, natural and alternative healing methods. If I had my time again these are the steps I would take in order of importance and ease on the body.

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### Step 1 Diet

A basic diet of whole fresh vegetables, healthy natural oils, some fruit, and protein is the way to go. I learnt that viruses, parasites and bacteria (the underlying cause of most disease) thrive on grains and I had dramatic improvements in my wellbeing when I eliminated them from my diet.

I have trialled many diets including vegan and vegetarian but really struggled. I have found that I do best on the paleo type of diet, occasionally also doing the keto diet.

**Fermented food and drink** provide beneficial bacteria which is crucial for gut health.

(See [Diet/Gut Health](#))

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### Step 2 Positive Intentions and Stress Release

When we are stressed our body is in fight or flight mode. This will create tension in the muscles restricting blood flow, and cause our cells to be in protection mode rather than repair and regenerate. Even if you don't feel it is possible, set intentions and positive affirmations about being well, such as;

- 'My body can heal and repair in every way'
- 'I am strong, healthy and well'

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- 'I am safe and loved'

Even if you are seriously ill and need medical care, this is a simple step to take and will help to calm and relax your body and create a healing effect within your body on a cellular level (see [Emotional Healing](#)).

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### **Step 3 Kidney and liver cleansing teas**

One teaspoon of alfalfa leaf tea seeped in a mug of hot water half an hour before breakfast and dinner saved my life when I was seriously ill. I was later told I was only days away from dying and that is how I had felt. But thankfully my liver flushed out and my body slowly began functioning properly again.

This process is very gentle and effective. A number of different herbs can be used as a tea to flush out the kidneys and liver as listed. From my experience and the recommendations of many health professionals, cleansing the kidneys and then the liver is the most important first step anyone should take when beginning treatment for any health condition. If the liver is congested it will not filter the blood effectively having a negative effect on every area of the body. As I experienced, this may not show up on blood tests. Kidney and liver cleansing teas can be bought online or in health shops

After this step all my food allergies disappeared and thyroid function improved. Liver markers worsened as toxins were released and then improved.

(see [Detoxification](#))

Herbs available from your local health store, herbalist or:

[drclark.net](http://drclark.net) [sandracabot.com](http://sandracabot.com) [mullumherbals.com.au](http://mullumherbals.com.au)

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#### **Step 4 Balance biochemistry**

Due to diet, genetic predisposition, pathogens and environmental exposure etc, many people can be lacking or too high in certain nutrients, minerals, hormones and toxins which can lead to serious physical or mental health conditions.

Particular nutrients that correlate to specific conditions and functions in the body, eg low **zinc** is often a cause of depression and low immunity. Most people are low in **Vit D** which has a huge impact on immune function. Amino acids such as **GABA** and **L-Tryptophan** can relieve physical or mental anxiety respectively.

A biomedical doctor can conduct a range of blood tests to see if you have any imbalances that may be affecting your physical or emotional health. Specific treatment and supplementation can then be given.

(See [Balance Biochemistry](#))

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#### **Step 5 Alkalize your body**

Parasites, viruses and bacteria cannot survive in an alkaline environment. Bicarb soda provided almost immediate relief of agonising Lyme disease symptoms, including fibromyalgia symptoms with continual pain and cramping in my muscles. It also minimised the symptoms of herxheimer reactions. Before I took bicarb, thermal imaging confirmed abnormalities of suspected cancer in many areas of my body including my

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back, spine and both breasts. Due to the enormous amount of relief I gained using the bicarb that is all I took for six months. My next results showed some areas the same, some improved and some completely resolved.

While there is a belief taking bicarb due to its neutralizing effect on stomach acid, the profound relief I had outweighed the possible side effects. This is something to be aware of and research or seek professional advice if you feel the need. If you have stomach acid problems, hydrogen water or Kerri Rivera's Hydroxide water may be a better option if you (as listed in Part 2).

Simply dissolving bicarb in water and spraying on the body was incredibly effective to reduce muscular pain, tension and anxiety. Following recommendations, I took one teaspoon four times a day, forty minutes to one hour before food. Starting with a smaller amount may be required particularly for people with arthritis as reports have shown it will breakdown calcium build up very quickly.

(See [Alkalize Your Body](#)).

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### **Step 6 Purify your environment (and COVID-19 protection)**

It is no point trying to heal your physical body if you are exposing yourself to toxins and poisons. There are many pollutants in our current environment so it can be difficult to remove them all, but we can take very effective steps to minimise or neutralise these risks.

#### **Oxidation**

There are a number of safe, natural oxidants used for disinfecting and sterilization including:

- Chlorine dioxide
- Hypochlorous acid
- Hydrogen peroxide
- Ozone

Oxidants neutralize many toxins and poisons and can be safely used in our air, water and on our food. The oxidation process physically blows a hole in the side of pathogens, killing them quickly. It also neutralizes many toxins, heavy metals, chemicals, herbicides and pesticides.

### **Chlorine dioxide**

Chlorine dioxide will break down to salt and an extra oxygen molecule. It is approved as a water purification agent. Millions of people around the world have consumed it in municipal water.

### **Water purification**

I use chlorine dioxide after filtration as an extra purification of my water or if I am away and don't have access to filtered water.

<https://wps.land/>

### **Hypochlorous acid (HOCl)**

HOCl is naturally made by our own body to kill pathogens. It can be created from salt and water using a process of electrolysis. It is 100 times more powerful than chemical bleach and is completely non-toxic.

HOCl is listed as a disinfectant against COVID-19 by the US Environmental Protection Agency

<https://www.epa.gov/lep/pdf-list-n-disinfectants-use-against-sars-cov-2-covid-19-accessed-june-12-2020>

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### Household cleaning

I bought a HOCl generator and now make my own hypochlorous acid for sterilization and cleaning. It can be used in a spray bottle or humidifier for personal, household, car and workplace disinfection.

### Air purification

Dr Dietrich Klinghardt has been using HOCl in a vaporizer in his surgery while treating COVID-19 since the illness began. He and his staff have not contracted the illness from any of his infected patients. He also suggests to keep some in a spray bottle to mist on hands and face if you are in crowds. This will kill any viruses on the mucus membranes and skin.

**HOCl generators:** <https://hoclsterilizer.com/>

HOCl bottled liquid:

<https://www.hydro-e.com.au/discount/HOCL28>

[sophianutrition.com/search?type=product&q=hocl\\*](https://sophianutrition.com/search?type=product&q=hocl*)

### Hydrogen peroxide

Although this is not actually a part of my basic protocol I believe hydrogen peroxide is well deserving of a mention here.

Dr Joseph Mercola states that nebulized hydrogen peroxide is without doubt the very best and safest way to treat an upper respiratory infection and no prescription is required. It has been used medicinally since the early 1920's with reports of successful treatment of pneumonia using an infusion of hydrogen peroxide during an epidemic soon after the first world war.

Dr Mercola says that due to the current **pandemic** everyone should have hydrogen peroxide and a nebulizer in their



medicine cabinet and they can rest easy without fear. Both of these are available from most pharmacies.

<https://articles.mercola.com/sites/articles/archive/2020/04/09/hydrogen-peroxide-therapy.aspx>

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## **Step 7 Eliminate viruses, parasites and bacteria**

There are many ways to kill pathogens. Most people have parasites but don't realise it. Testing is never accurate. Many people have seen parasites eliminated after treatment which did not show up in testing. Recommended treatment is never usually sufficient. Everyone, especially children should be wormed regularly. Testing is not essential. Using a variety of natural and medical antiparasitic methods, you can treat pathogens without knowing exactly what you have.

Although I always prefer natural remedies, this is a time when medical treatments are highly recommended. It has been shown that natural treatments can rarely be enough to eliminate larger parasites such as tapeworms.

**Ivermectin** has been highly regarded and used safely and widely throughout the world. Pharmaceutical medications **Mebendazole** (Vermox) and **Pyrantel** (Combantrim) are highly recommended in Dr Kalcker's parasite protocol. He says these medications are very effective with minimal side effects. He does however recommend three months of treatment rather than just one dose as listed on the packet bought from the pharmacy. Larger quantities at a much more affordable cost can be prescribed by your doctor. Kerri Rivera includes this protocol in her CD protocol. I have used Ivermectin, Mebendazole, Pyrantel at times.

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Please note that Mebendazole has been known as a treatment for **cancer**, confirming once again that one of the main underlying causes of cancer is pathogens. This information is easy to access online.

I found Kerri Rivera's protocol using **chlorine dioxide** to be the most simple and effective way to kill most pathogens. However it is not approved for therapeutic use in many countries.

**Bioresonance** devices are very good for eliminating pathogens. I have used Dr Clark's zapper and AmpCoil successfully.

**Essential oils and herbal tinctures** are also very effective and have been found to have strong anti-microbial, anti-viral and anti-parasitic properties.

(See [Eliminate Pathogens](#) [Kerri Rivera's protocol](#) [Essential oils](#))

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## Step 8 Repair your immune system

There is nothing more powerful and effective at healing our body than our own immune system. **NRF2, Redox Signalling Molecules** and **GcMAF** have provided the most profound activation of my own immune system. These steps are advised to be taken slowly. Each one of these products can fire up our immune system dramatically, potentially causing a reaction when our own immune mechanisms attack pathogens or unhealthy cells. This is a good thing; a very good thing, but if you have a chronic illness it needs to be done slowly. If you are simply wanting to enhance your health and

vitality, not as much caution will be needed and you'll probably notice fast improvements.

## **NRF2**

From the day I began taking NRF2 thirty years of chronic fatigue disappeared. Yes, for me this was a miracle. Dr Joe McCord found that oxidative stress and damaged mitochondria are linked to the beginning state of all disease and illness. He and his team worked to develop NRF2 which regulates gene expression; upregulating helpful genes and downregulating harmful genes. Some of these genes are involved in the production of our body's own antioxidants. This in turn activates detoxification at a cellular level. NRF2 also detoxifies the liver. From the first day I began taking it, thirty years of chronic fatigue stopped and at the time of writing it has now been close to two years! I wonder if my lifetime of ill-health was due to high levels of oxidative stress which my body, due to toxins or imbalances, had not been able to detoxify.

For more info or to purchase: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Redox signalling molecules**

Within minutes of using redox signalling molecules I felt a nice tingling sensation in many areas of my body with a strange tightening then relaxation. Dr Gary Samuelson, an atomic medical physicist who worked to replicate and stabilize this product, explains that redox signalling molecules are a number of compounds produced by the mitochondria and act as either cellular messengers or cellular activators. They play a vital role in almost every function of our body, including repairing of cells, regenerating and replenishing, energy production, detoxification and activation of the immune system.

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My grandfather died of cancer of the spine. When I had tearing feelings in my back and tingling in my feet, I suspected the same. Thermal imaging confirmed abnormalities through my spine, back, shoulders, and both breasts. Within a number of months after using redox signalling molecules I felt a profound strengthening in my back with less tearing and tingling sensations. The relief and gratitude were immense.

For more info or to purchase: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### **GcMAF**

When I began using GcMAF I felt strong herxheimer reactions when my own immune system was activated and pathogens were being killed off. GcMAF is a protein our body makes which is found in high levels in mammalian milk. It helps to upload Vitamin D and activate our macrophages, a type of white blood cell which is a vital part of our immune system. Many people are low in GcMAF.

(Also see [Activate self-healing/Immune repair](#))

For information where to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

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### **Step 9 Organic Essential Oils**

When I was extremely ill my whole nervous system felt like it was on fire. I was overly sensitive to all stimulation both physical, mental and emotional. Sounds, being touched and stress all triggered extreme discomfort in my body. Ylang Ylang oil rubbed on my ears provided a surprisingly high level of relief. It was only temporary but helpful each time. Peppermint oil capsules or a drop on my tongue dramatically eased digestive problems. Later, with severe back troubles,

peppermint oil down my spine was incredibly beneficial providing deep relaxation of the muscles and relief of pain.

(See [Essential oils](#))

For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

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## **Step 10 Dental cleanse**

Toxic fillings and hidden infections in dead teeth and root canals can have a profound effect on our health. Some people may be able to tolerate dead teeth in their body and their immune system will deal with the toxins and bacteria that are continuously released.

But when you look into true holistic and healthy dentistry these bacteria and toxins have been shown to be one of the biggest causes of ill-health and a direct link to cancer. My dentist says no one should ever have a root canal because no matter how much sterilization is done, while the tooth is in the bone it will not kill all the bacteria in and around the tooth and this will continually leach into our blood stream.

Research and results show that if you have a chronic illness it is no point trying any other treatments until the dead tooth carrying harmful bacteria is removed. Just because many root canals have been done, that does not mean they are safe. It also does not exclude the possibility of harm occurring in the future.

A simple filling gone wrong led to a dead tooth and hidden abscess which poisoned my body leading to some of my worst health problems. I had dramatic improvement when the tooth was removed.

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(See [Detoxification](#))

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### **Step 11 Love**

The more love we feel within ourselves and have in our lives, the more happy hormones are released into our blood. Exercising, eating, meditation, sex, being in love, spiritual practices and connecting with nature can all produce endorphins, dopamine, serotonin, oxytocin and more. These happy hormones have been scientifically proven to regulate gene activity and create a cellular healing response in our body.

(See [Energy](#), [Emotional](#) and [Soul Healing](#))

## The Healing Journey

### Epigenetics: Belief and Biology

Our genes are hereditary, passed down from our mother, father, and all of our ancestors. So too are many of our conscious and subconscious thoughts and beliefs. Pathogens, that have been linked to particular diseases and illnesses, can also be passed down through the generations. The expression of our genes can be altered depending on our environment, the food we eat and the stressful or happy thoughts that we have. This is called **epigenetics**.

This begs the question, 'Are the illnesses we experience, which often run in the family, due to:

- A. Our genetics
- B. The food we eat and environment we are exposed to which affect our gene expression
- C. The mental or emotional family conditioning and patterns we have grown up with that also affect our gene expression  
or
- D. The viruses, parasites and bacteria that have been passed on within families?

Science is proving the answer to that question to be: **All of the above.**

### Chronic Illness and herxheimer reactions

By the time a condition becomes chronic, parasites, viruses and bacteria have usually entered many parts of our body. There is often an accumulation of toxins and many systems within our body may not be functioning properly. Therefore, care must be taken not to overburden your body when you

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begin treating these conditions. Take time to allow your body to detoxify, readjust, recover and repair.

People with chronic illness must always start any new protocol slowly in case of a die off reaction when pathogens are killed and toxins are released. This reaction is called a herxheimer reaction and can be temporarily worse than the illness itself. When this happens it is recommend to lessen treatment or stop altogether and begin again at a slower pace when you feel better. It is essential to have a good detox programme (see [Detoxification](#)) in place to help your body to deal with the released toxins. I have found bicarb soda to be incredibly effective at reducing or stopping herx reactions.

### **Breakdown, repair and regenerate**

It is extremely important to follow your instincts and tune in to what feels right for you. Once initial treatment has commenced, recovery from chronic illness can take time and adjustments to treatment protocols are often needed as time goes on.

### **Cancer recovery ... allowing the healing process**

I was told that when using treatments for cancer those areas can become sensitive as the immune system is activated and goes to work breaking them down. This is exactly what I experienced as areas of suspected cancer in my body became very tender. This at times may be confused with a problem in the body. I found I needed to allow this process of breakdown, repair and regeneration to unfold as my body was ready for it. I took higher doses when I felt up to it, and if I felt too drained or weak I lessened or stopping treatment until I felt ready for more. Seek professional support if you have concerns. Whether the feelings in your body are a problem getting worse or a natural healing process, never forget to tune in to your intuition as it is usually right.



## **Emotional connection**

I was always a one pill wonder type of person. Just give me the medicine so I can get on with enjoying life. Until I became so dependent on more and more medication and eventually it didn't work anymore. I have discovered that when we clear the emotional connection to illness, health can be restored much more quickly. In acute or life-threatening situations there is no point looking for the emotional connection. Treatment has to be the priority. Once the situation is no longer serious, this is when the emotional connection to physical illness may present itself or be addressed if you choose to do so.

The underlying spiritual and emotional connection to all physical and mental dis-ease is not loving oneself fully.

## **Finding a deeper meaning?**

Is there a message or something positive that can be found within your illness or negative experience? Is it possible you are carrying a burden of genetic memory passed down through the generations? Can your illness be alerting you to parts of yourself that have been hurt and closed down in defence? By listening to the messages of our body are we able to discover a deeper love within ourselves?

After a lifetime of chronic illness and suffering I can answer yes to all of the above. I have experienced all of these to be true. I've been on an incredible journey of healing, a journey I certainly would not have chosen to take, but what I have learnt and the strength I have gained has given me so much. I can't say I wouldn't take it all back, because I have been to the brink of death, to the darkest depths of my soul, and it was hell. A living hell that I never, ever want to experience again.

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But by searching for a deeper meaning to it all, what I have found within this journey, within myself, is so very precious and wonderful. Illness has pushed me to let go of people or experiences that were not nurturing me. To face my fears and turn them into love. Instead of being filled with fear and struggle as I previously was, trying so hard to make life work, I now find life flowing so easily and effortlessly, filled with love and joy. I have learnt to love myself fully. At times I find myself walking around smiling, beaming with happiness and contentment, a contentment I never felt before.

My health is not yet one hundred percent, but I'm living a full and active life. Before I got Lyme disease I surrendered to chronic fatigue, stopped trying to get any better and lived a limited life. I gave up my search for improved health. But now I may be healthier than many people who feel well, or think they have as much vitality as they can at their age, because I found the underlying causes of most ailments and the way to remove them. Most people don't realise how easy it might be to do the same and regain a huge amount of health and vitality.

I know I can achieve even more so I won't limit myself. As feel comfortable, I strive to achieve higher levels of health and vibrance. For many years I had to be very careful due to the delicate state of my health, but slowly I began to feel the cause of my illnesses falling away. Step by step, I became stronger and healthier. Now, I can do more, lift more and surf more than I have in many years. I feel myself continuing to grow stronger every day. I have seen and spoken to many others who have had similar recoveries after thinking it was never possible. Believe me. It is possible.

## **The Whole Picture**

Healing the physical body is so much more effective when combining methods for healing the whole self; mind, body and soul. My healing protocol combines all of the most effective and useful information I have gathered over my lifetime from many varying protocols and treatments. There are many places you will find much more information. I have just brought together what has been most effective for me. When I was gravely ill, I kept thinking there must be someone or some health organisation who has the answers to the horrendous illness I was experiencing. Thankfully there was, but it wasn't just one answer or one resource.

I have discovered there are many doctors and researchers doing some brilliant work which has been extremely helpful, but unfortunately their work is not available through mainstream channels. It took me years to find the answers I needed and to put them all together in a way which worked for me. Some of these remedies are so simple and have been incredibly effective at helping me to regain health after nearly dying and being seriously ill for many years.

I have suffered with varying chronic and serious illnesses for most of my life, including chronic and severe asthma, allergies, recurrent sinus infections, headaches, digestive problems/IBS, chronic fatigue, post-traumatic stress disorder, depression, anxiety, early symptoms of multiple sclerosis, fibromyalgia symptoms, Lyme disease and suspected cancer throughout many areas of my body. I say suspected cancer because I chose not to have a biopsy or invasive testing, although thermal imaging did confirm the abnormalities and vascular patterns.

Some experts believe puncturing a tumour or cancerous area can release cancerous cells into the blood stream which may

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then spread to other areas of the body. There are also reports that radiation used in testing can amplify problems. One of my doctors recommended thermal imaging which confirmed areas of moderate level abnormalities in my back, spine, breasts, shoulders and neck, much of this on my right side leading down from a hidden tooth abscess. Thermal imaging also detected inflammation from partially dead teeth which did not show up as an obvious problem in x-rays. The worst of my trouble presented in my spine with pain and tearing sensations, accompanied with tingling in my hands and feet, and weakness and partial paralysis especially down my right side. For a few years I was very fearful of what was happening in my body but I kept going, searching and trying more and more remedies until I felt improvement in my overall health.

### **Testing**

I have had a lot of testing in the past which has never been accurate to diagnose my different conditions over the years. Although a correct diagnosis can be helpful, I was able to overcome serious life-threatening illness without knowing at the time exactly what was wrong. When you activate your body's own self-healing mechanisms and your own body heals itself, it doesn't really matter what was wrong. As long as you get better, that is the desired outcome. Seven years after being sent home from hospital, told I had anxiety when I was at death's door, I finally had independent testing to confirm a number of serious conditions. By then I was well on the road to recovery.

When testing for tick borne illnesses including Lyme disease, I used Australian Biologics in Sydney who have internationally recognised testing methods:

[australianbiologics.com.au](http://australianbiologics.com.au)

Thermal imaging can detect changes in cells before a tumour develops, therefore it has been found to be more effective than mammograms. There are a number of thermography specialists in Australia and other countries. I have used a fantastic service on the Gold Coast by:

[goldcoastthermalimaging.com.au](http://goldcoastthermalimaging.com.au)

Ultrasound has been recommended to me as a fairly safe alternative to potentially harmful testing methods such as x-rays and MRI. It seems counterproductive to use methods which potentially cause cancer to detect cancer. I would only use these methods if absolutely essential and as little as possible e.g. a dental x-ray before removal of a tooth. All doctors can give you a referral for an ultrasound.

### **Open your mind**

‘Be open to new learnings’. This is one of the most important statements for every individual on this earth. Somehow people have been caught in a rut believing only one side of view regarding so many issues. This unfortunately keeps us stuck in ignorance unable to process new information which could be valuable and lifesaving.

There are many different options in health care. There are so many lessons and experiences available to us in life. Be open and inquisitive when a new way of thinking or an alternative treatment or remedy presents itself to you. It may just be what you or your loved ones need.

During my lifetime with all the practitioners and experts I have been to and listened to, many have conflicting views and advice. Some criticise the work of others even when good results are achieved. There have been and continue to be so many new and incredible discoveries made every day, simplifying and/or revolutionising medicine. Many times I

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have been advised that a certain remedy is useless or even harmful, but it turned out to be very beneficial. We are all individual. Something may work well for one person but not for another.

We need to give people the freedom and respect to make their own informed choices of medical treatment. At the same time everyone needs to be wary of poor advice and con artists taking advantage of the vulnerable which can happen on all levels, from individual practitioners to large companies charading as respected health advisors. With overwhelming levels of illness in many societies around the world, individuals, practitioners, scientists, researchers and regulators need to accept and respect the work of genuine health professionals or pioneers who are having success for their patients without causing harm.

### **What should I do? How to take away the confusion**

#### **Mental/emotional choices**

We all know about the brain in our head, but did you know we also have a brain in our heart? Yes, some people may say men have a brain elsewhere too. And then there's our gut instinct which can give us signals and messages. They all come in handy at times and have very important roles.

To be able to make the right choices for our overall health and wellbeing, we need to be silent and calm. To really tune in to our own inner wisdom or divine guidance, and trust in our own instincts. As documented by the **HeartMath Institute**, the best way to do this is to be heart centred. When we react due to fear, we often can't think clearly and make choices that are not in our own best interests. But when we take a moment to become heart centred, all of the signals from our heart to our brain are coherent and synchronized, we can think clearly, tune into our own inner wisdom, and make

choices best for us. Reaching this space of peace and calm is also said to be the place best for receiving divine guidance.

### **Heart Centred Breathing**

- Simply put your hand on your heart
- Breathe full relaxed breaths into your belly
- Imagine the energy of your breath filling your heart
- Activate a positive feeling such as love, acceptance, caring, gratitude.

<https://www.heartmath.org/>

### **Remedies and treatments ... how to make the right choice?**

There are so many possible options to take when you are not well. How do you know what is right for you? It would be ideal if we could follow one protocol set by experienced health professionals but due to the complexity of current health conditions and each person's individuality, treatment protocols are very dependent on the effectiveness and response from each individual.

After seeing as many practitioners as I could, with symptoms still remaining, I began to research, read and learn more about any treatment or remedy I was interested in or had been prescribed. I took advice from practitioners and listened to the feedback from other people. I began to develop a better understanding of why I was taking a certain treatment and what was happening in my own body. I began to listen to and trust in my own common sense and intuition.

Introducing more unconventional treatments became confusing at times e.g., bicarb, an antioxidant, cannot be taken with MMS, an oxidant, or the MMS will be negated. Probiotics cannot be taken at the same time as antimicrobials or the beneficial bacteria will be killed. I experimented to find what worked best for me. After a number of years taking

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many of these remedies, I knew very well the effects they would have on me and when the best time for me to take them was.

Early on, out of curiosity I began to use a pendulum, checking and cross checking the results. While I've been very sceptical of this in the past, I was quite surprised by the accuracy. I stated, 'My name is Dianne,' and the pendulum swung clockwise. I then stated 'My name is George,' and the pendulum swung back and forth. 'MMS1 is the best for me now.' The pendulum swung clockwise. 'MMS1 is not best for me now.' The pendulum swung back and forth. Time and time again when I tested and retested all the different remedies with the pendulum it gave me clear direction. Every day I checked and cross checked to confirm which remedies were best for me to take at that time.

Later I learned from someone to draw a large semicircle, similar to a protractor, on a piece of paper with lines numbered one to ten. Then, hold the pendulum at the centre point and when asking about a particular remedy or situation ask the question, 'How beneficial is this for me now?' followed by, 'How harmful is this?' I was shocked to discover how accurate this can be when the results coincided with all my experiences I'd had so far.

While I was amazed how the pendulum confirmed my choices, the most important thing to do is make sure you research, learn, and follow your own common sense and intuition about what treatments and remedies are right for you.

### **More on the underlying causes of disease and illness**

Much of the latest research worldwide shows that most diseases and illnesses, including cancer, Lyme disease, neurological and autoimmune disorders are caused by toxins and/or pathogens; parasites, viruses and bacteria. This



corresponds with my experiences. Parasites have been discovered inside cancerous cells, and once the parasites are killed the cells can repair or die off. Many people with multiple sclerosis, Alzheimer's, Parkinson's, autism, mental health problems and more, have had incredible recoveries when treating for Lyme disease caused by a bacterial infection.

Rather than just treating the pathogens, for full recovery we need to look at why our body was vulnerable to the pathogens. It doesn't matter what you are treating for, the same overall methods to truly recover health are the same. And that is exactly where the focus needs to be; not on overcoming the illness, but recovering overall health, for illness and disease cannot survive in a healthy body. Even if we do eliminate disease, if the body is not healthy, disease will usually return in one form or another.

I've had treatment in person, over the phone, and online with a huge number of local doctors and specialists, naturopaths and holistic practitioners, international doctors, energy healers and so called 'snake oil sellers'. I have used numerous protocols, eaten bugs and experimented with many gadgets, devices and seemingly toxic substances. I have followed the work of many doctors, specialists and researchers from around the world. I've spent six years participating in online support groups, every spare moment, often from daylight until after dark speaking to hundreds, thousands of unwell people. From all over the world, using all and more of the methods I list for nearly every disease or illness you can think of, they share their experiences, hardships, setbacks and successes. The underlying principle for successful recovery of their health is always the same whether treating for Lyme disease, cancer, allergies, digestive problems, neurological or autoimmune diseases, mental health conditions, chronic

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fatigue or anything else, despite whether or not they have even received a diagnosis.

### **What is the answer to good health?**

The answer is getting rid of what is harming your body and your mind and replenishing what is needed. Simple right? Yes, it is simple but it can be hard work. If you have been unwell for a long time reversing the steps that led to chronic ill-health can be tedious and take time, precious time that you need to allow yourself. But the rewards are well worth it! For recovery of optimum health we need to commit fully to ourselves, body, mind and soul, from what we put into our body, to the way we think and what we believe. We also need to take a close look at the people and experiences we allow into our lives. I believe we can have good health instantaneously but it's letting go of old patterns that may not be nourishing us any longer that can be challenging. The ways we have lived our life, the food we eat, our thoughts and beliefs and our deep inner feelings.

Looking back over my life each different form of illness I've experienced has been successfully overcome using basically the same treatment principles:

- Cleanse and detox (including dental)
- Whole food diet
- Kill pathogens
- Replenish good gut bacteria
- Repair immune function
- Repair cell function
- Realign the body
- Balance biochemistry
- Harmonise the frequencies of the body

- Unlock the underlying emotional connection to physical illness and the corresponding cellular memory held in the body
- Connect to a higher love and oneness

### **Activate your body's own self-healing abilities**

There is nothing more powerful than your own immune system. The intricate processes within our body interact with perfect precision. When this is disturbed, thrown out of balance and not functioning properly, disease states form. Many of the steps I share will help to restore health, but it is our own immune function that will ultimately enable us to regain and maintain good health.

### **Trust in your body**

When you cut your finger how does it heal? It just does. Our body knows exactly what it needs to do to heal itself. It's just that we humans are destroying our external and internal environment. When you take away what is harming your body and give it what it needs, trust fully and wholly in your body's own ability to heal itself!

### **All in your head? The mind/body connection**

The worst thing most patients with chronic illness hear is that it's all in their head. After years of undiagnosed chronic illness at times I was told it was simply anxiety. I spent many years exploring within myself to find how and when these conditions could have been created in my mind. After many years I finally received test results proving it wasn't all in my head and pathogens had been causing much of my ill-health over the years. In the meantime, I did find and release many underlying stresses that had left my immune system weakened and vulnerable to those conditions.

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Each time I released a trauma or energy blockage within my body I found improvements, either due directly to the release of stress within my body, or thanks to a treatment or remedy that I would coincidentally read or hear about which was particularly helpful for me at that time. This was a seemingly miraculous process that occurred so many times I learnt not to question it, but simply to have faith in and appreciate it. My experience corresponded with Louise Hay's teachings that each illness has an underlying emotional connection, and it reaffirmed my belief in the words of many wise teachers who state that when we do the inner work the outside world will follow suit.

This is not to lessen for one moment the severity of some physical conditions and their absolute need for medical or natural treatment. I know people who have had miraculous healings, including a good friend of mine who had relief from serious, long term chronic illness due to Lyme disease and tick-borne infections, after receiving reconnection healing. While I have wished so many times to have this type of experience, I have come to the conclusion my need for physical remedies has helped me to become grounded and centred within my body which I have found difficult to do most of my life. I also suspect I needed to do the hard yards to clear so much of the pain I carried, which actually became a blessing, enabling me to reach deeper levels of love than I had ever experienced before. Nonetheless I believe energy medicine and the power of our mind should never be underestimated.

### **Do you give away your energy, your life force?**

While much of the latest research shows that parasites are an underlying cause of most diseases and illness, Louise Hay suggests that parasites in our body represent giving away our power to others. Therefore, the people, past and present, that we have in our lives, and our conscious and/or

subconscious thoughts, beliefs and feelings about these relationships, has a direct and significant effect on our health or ill-health. This coincides with the work of Dr Klinghardt who insists that psychological work is a vital part of health recovery, emphasising that addressing parasites needs to be a priority for all chronic conditions.

Dr Klinghardt has found big emotional shifts occur when we cleanse parasites from our body and we need to be prepared for the possible release of long held traumas or emotional hurts when doing so. Although this concept may be new to some, just being aware of it may be beneficial to understand some of the experiences you have before, during or after treatment. I had this experience during liver cleansing but didn't realise the connection at the time. Due to traumatic events in my early life I had done a lot of counselling and breathwork before I became seriously ill with Lyme disease. This helped me to deal with the experiences that were arising. I was also very aware of the effect my feelings about the relationships with people in my life, past and present, had on my physical body. I have no doubt this is a very significant key in our recovery from chronic illness.

### **Take control of your health**

While the basic principle to health recovery is the same, I don't know one person who has had identical treatment to another. There are always variables to consider such as what we eat, the exercise we do, our individual biochemistry and the different practitioners, medications and treatments we have access to and so on. One treatment for parasites might not go well for one person but is perfectly suited to another. At times two highly regarded practitioners may provide you with conflicting advice. Therefore, it is very important for each of us to work out what is working well for us. Study, research and speak to others who have had the condition you are

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experiencing. If you are able to, seek out a team of good practitioners you feel confident with and don't hesitate to obtain a second, third or twentieth opinion.

If you begin a treatment and it isn't working for you, be open to investigating why that might be. Are you taking the correct dose? Maybe you are having a herxheimer reaction, which often occurs before improvement. Talk to your practitioner. Unfortunately, sometimes due to the intensity of some illnesses people find it difficult to receive enough practitioner support. This is where online support groups can play a vital role. If you feel something isn't right always listen to that voice within. Is the alarm going off for fear of uncertainty, or is there a genuine reason for you to be concerned and a change in your course of action is required?

It would be very easy if we could just go to a doctor, take a pill and be done with it. With the complex conditions occurring in current times, recovery of optimum health usually takes a little more than that, but it is very achievable. I have spoken to people in wheel chairs with multiple sclerosis and mothers of severely autistic children who have experienced huge recoveries by taking control of their health and following the basic principles that I discuss here.

### **Bitten by a tick or suspect Lyme disease?**

If you are bitten by a tick, even if you don't have any symptoms, many forms of bacteria can lay dormant within the body for years so it is strongly recommended to take preventative action. Lyme disease can become serious and life-threatening. When treated early within the first 6-8 weeks treatment can be very successful. Left untreated it can become chronic and very difficult to treat. Unfortunately, most health departments in many countries don't provide adequate treatment for Lyme disease or tick-borne illness and

suggest that Post Lyme Disease Syndrome is the cause of on-going symptoms when they are unable to treat it properly. This belief has been ridiculed by Lyme specialists and patients.

I found a Lyme specialist online in America who is a molecular biologist, herbalist, homeopath and nutritionist which I found very helpful. There are very few medical or natural health professionals in Australia who are knowledgeable enough to treat Lyme disease, Lyme-like or tick-borne illness effectively. Even if they are up to date with the latest protocols, unfortunately, doctors may not be able to provide that treatment due to regulations on treating Lyme disease. In Australia a number of doctors have had their licence restricted for doing so.

The Lyme Disease Association of Australia have a comprehensive data base of information about Lyme disease and tick-borne illness, including recommended treatment protocols, Lyme literate practitioners, and the current medical and political stance in Australia. The Karl McManus Foundation is also dedicated to prevention and treatment in Australia. Many countries have Lyme disease organisations providing similar information in their country which can usually be found easily online.

Australia – [lymedisease.org.au](http://lymedisease.org.au)

America – [lymedisease.org](http://lymedisease.org)

### **Lyme literate doctors**

Many Lyme literate doctors and associations who are knowledgeable about treating Lyme disease will recommend six weeks of antibiotics, after receiving a tick bite. If you have a chronic condition, long-term antibiotics may be recommended. Short and long-term antibiotics can have mild to severe side effects. Some holistic Lyme literate doctors may

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recommend natural alternatives which can be very powerful or a combination of both.

### **Mainstream medicine**

Some people who are bitten by a tick and present to a doctor in Australia are given the recommended 6 weeks antibiotics. Unfortunately, most people report being sent home with inadequate treatment. The health department in Australia, at the time of writing this book, does not recognise Lyme disease therefore treatment is not readily available. In fact many doctors are NOT allowed to treat tick borne illness and have been reprimanded for using unconventional treatments, which are commonly used overseas, to address the symptoms of Lyme disease.

### **Overseas clinics**

There are numerous clinics around the world, such as in Germany and Cypress, which provide specialised treatment for Lyme disease using many natural and advanced treatments. Occasionally some people don't have good results but most people have improvement.

### **Natural approach**

There are many natural remedies and treatments which have been used to kill bacteria that may have been transmitted by a tick including:

- Essential oils
- Herbal tinctures
- Homeopathics
- Silvercillin/colloidal silver
- MMS1/CD
- Redox signalling molecules
- AmpCoil



- Rife / Dr Clark Zapper
- Bioresonance
- Hyperthermia
- Ozone treatment

### **My preferred treatment if bitten by a tick**

If I am bitten by a tick I always use MMS and I may use one or a number of the following as well:

- MMS1/CD and MMS2 following Jim Humble's protocols
- Essential oils
- Colloidal silver
- Antimicrobial herbs
- Homeopathics
- AmpCoil

## **Extensive protocol Recovery of Optimal Health**

With incredible advances in modern technology and research methods, new medical discoveries are being made all the time. Therefore, the protocols I have used are always open to change depending on new advancements in treatments and their outcomes. I have listed almost every remedy I have used but not all that have been prescribed by complimentary doctors or the molecular biologist who treated me. This is purely because the information is very complex and I do not feel confident with my knowledge to share all those details.

The basic principles to health recovery always remain the same - remove what is harming your body and replenish what is needed. Below are the steps towards health recovery that I have found to be the most effective in order of importance and accessibility. You can immediately change what you put into your mouth, what you think, and what food you buy from the shops. It is also very important to get the detoxification pathways and self-healing mechanisms in your body working as soon as possible, hence the order of steps I list here:

### **Steps to health**

For full recovery of optimal health these are the steps I cover in great detail in this section:

- 1 Diet/Gut health
- 2 Stress Release and Positive Intention
- 3 Detoxification
- 4 Alkalize your body
- 5 Eliminate pathogens - parasites, viruses, bacteria and mould
- 6 Activate self-healing/Immune repair
- 7 Balance biochemistry

- 8 Realign your body
- 9 Exercise
- 10 Energy Healing
- 11 Emotional Healing
- 12 Soul Healing

## 1 Diet/Gut health

If we are unwell, we have the ability to make an immediate improvement in our health simply by controlling what we put into our mouth. Nothing is better than a diet of fresh whole fruit, vegetables and protein. Many accredited doctors who have great success with their patients recommend ketogenic or paleo diets, preferably organic. Many doctors highly recommend a ketogenic diet which contains a high consumption of healthy fats, moderate intake of high-quality protein and minimal amounts of carbohydrates with little or no grains. This type of diet will induce our body into a state of nutritional ketosis so we burn fat instead of carbohydrates which is our body's preferred source of fuel.

Dr Joseph Mercola recommends cycling in and out of a ketogenic diet and combining intermittent fasting which has shown to provide significant health benefits, including decreased risk of cancer and inflammation, improved muscle mass, lower insulin levels, improved mental capacity and increased longevity. Dr Mercola also believes cycling between feast and famine is very beneficial. Fasting upregulates autophagy and mitophagy which are the natural cleansing processes necessary for optimal cellular renewal and function. Stem cells are activated and mitochondrial biosynthesis stimulated. During the feasting stage when carbohydrates are increased rejuvenation processes take place.

I have been vegan and vegetarian at times due to my previous allergy to dairy and my spiritual and animal welfare beliefs, but felt very weak and struggled greatly. I noticed huge improvement in my health and reduction of Lyme symptoms when I stopped eating grains or any processed food and ate only whole foods such as vegetables, meat, fish, eggs, healthy

fats and fruit. Of course some individual's needs may vary, and vegetarians may choose alternatives.

[mercola.com](http://mercola.com)

[evolvenetwork.tv](http://evolvenetwork.tv)

[bodyecology.com](http://bodyecology.com)

### **GAPS diet**

The GAPS diet is the opposite of vegetarian with high levels of meat and animal fats, broths and stews. A lot of people who have tried many other diets without success report good results. Excluding fibre, the aim is to give the gut time to heal. Dr Campbell-McBride, the creator of this diet shares a wealth of information and directions on her website.

<https://www.gapsdiet.com>

<https://www.gapsdiet.com/wp-content/uploads/2018/07/IntroductionDietInformation.pdf>

### **Stop feeding disease and illness**

Underlying many diseases and illnesses are pathogens. Many of these pathogens thrive on grains and sugars which also create an acidic environment within our body allowing the bad bugs to thrive even more. Removing all processed and sugary foods from your diet and eating whole fresh food creates an environment which is less conducive to pathogens will have an immediate, positive effect on your health.

### **Parasites cause most gut problems**

If you have digestive or gut health problems is it almost a certainty that you have parasites.

Parasites are linked to constipation and/or [diarrhoea](#). In the case of constipation parasites such as tapeworms can release

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chemicals which can have a paralysing effect on the bowel. Pathogens including Lyme bacteria can thrive on **magnesium** causing low levels in the host which in turn can lead to constipation. A good magnesium supplement is helpful but always ensure you are also using a protocol to kill the pathogen otherwise it will thrive on the higher levels of magnesium.

### [Eliminating parasites](#)

#### **Replenish**

Replenishing the vitamins, minerals and good bacteria in our body is a vital step towards regaining health. Harmful bacteria, viruses and parasites deplete our body of these crucial substances. I have taken many processed supplements but now find the simple steps below, combined with any supplements recommended by my biomedical doctor, to be ample. Be wary of taking too many supplements that may not be correct for your biochemistry. They may also contain 'fillers', congest the liver and could do more harm than good (See [Balance Biochemistry](#)).

#### **Probiotics**

While it is vital to rid our body of harmful bacteria, good bacteria are essential to our health. Bacterial cells are much smaller than our own cells but incredibly there are more of them in our body than our own cells. Much of our digestive system is comprised of good bacteria, often referred to as microbiome, which plays a huge role in the digestion and absorption of our food and nutrients. It plays a large role in activating and deactivating genes, breaking down food, enhancing the immune system and even produces serotonin, a happy brain hormone. Introducing probiotics to your diet can be commenced as soon as possible. I must say though, I have noticed a very significant activation in my immune

system often when taking fermented foods, which can at times be too strong. This has particularly happened when taking homemade GcMAF using milk kefir, so if you are chronically ill taking small amounts to start with is good. I make my own probiotics including:

- Fermented vegetables
- Water kefir
- Milk kefir
- Kombucha

When I began making and ingesting my own fermented foods, to my surprise I had a significant improvement in my health and weight. Fermented vegetables and kefir contain much higher concentrations of beneficial bacteria than most probiotic supplements, the bacteria are active and the fermentation process predigests the food which is filled with vital nutrients, minerals, enzymes and amino acids.

[bodyecology.com](http://bodyecology.com)

You can buy probiotics at your local health shop or contact me: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Clean water**

It is important to drink at least 2-3 litres of clean water a day. Not only is that our daily need for optimal function, but being well hydrated will help our body to detoxify especially when we are undertaking cleanses.

Most water supplies throughout many countries are either contaminated with toxins, pollutants or pathogens. A lot of treated water has been found to contain chemicals which have been linked to cancer. A good filter can remove most of these unwanted substances. As recommended by Jim Humble I use MMS1/CD to purify water especially when travelling.

[clarencewaterfilters.com.au](http://clarencewaterfilters.com.au)

## **Ocean water**

To replace minerals in the body, Kerri Rivera highly recommends drinking ocean water, the natural minerals of the earth, which we are able to easily absorb and contains ninety minerals which is the entire periodic table. We need minerals especially in any detoxification protocol. Ocean water also revitalizes our cells and provides conductivity in the brain. In her CD protocol Kerri recommends drinking ocean water up to tolerance, even up to one cup per day for adults.

Though I live near the beach and spend a lot of time in the ocean I did not take this step for a very long time, purely from lack of interest. That was a big mistake! Since taking ocean water each day, I have noticed huge improvements in my energy and feelings of wellbeing. On occasions I have run out and missed it for a couple of days and begin wondering why I am not feeling as well as I had been! It seems ocean water has all the minerals at the correct ratios/levels that we need. It is in fact almost identical to human blood. If you do not have a clean supply of ocean water or if you live inland there are packaged options and salt protocols available and worth looking into.

Since discovering benefits of fulvic-humic acid, Kerri has updated her protocol to include this as a powerful mineral supplement.

[naclo.com](http://naclo.com)

[ketokerri.com](http://ketokerri.com)

## **Ayurvedic principles**

We all have an individual constitution, some of us being naturally slender and light, or strong and sturdy, a tendency



to be hot or cold, patient or fiery. These are all qualities attributed to differing types of constitutions, also called Doshas as recognised in Ayurveda as Vata, Pitta and Kapha. Each Dosha is a combination of two of the elements. Kapha is water and earth. Vata is a combination of ether and air. Pitta is fire and water.

When a Dosha becomes excessive we can become out of balance physically, emotionally and mentally. While these ayurvedic principles are relevant to all areas of our lives, I found them particularly helpful with my diet.

Finding out which Dosha you are can help you to make simple but important changes in your dietary and lifestyle choices to help your whole system stay in balance. When I was told I was predominately Vata and cooked foods would be more beneficial for me, I put on some weight and felt stronger. I had been eating cooked foods for breakfast and dinner but cutting down salads for lunch and adding more cooked food made a big difference. Someone who is Pitta and has more heat in their body will do better with cooling foods such as salads. It is likely you can determine which Dosha you are by learning about each of their qualities.

Seeing an Ayurvedic practitioner can be very beneficial. Search in your local area or online.

[omhealing.com.au](http://omhealing.com.au)

### **Chinese Medicine**

Also see Chinese Medicine in the [Energy Healing](#) section

## 2 Stress Release and Positive Intention

In this moment before we have the time to go and see a practitioner, buy a remedy or put food in our mouths, we have the ability to immediately change our thoughts and beliefs. As cell biologist Dr Bruce Lipton states, every thought we have has an effect on our body. If we have stressful thoughts, stress hormones are immediately released into our blood. If we have happy thoughts, happy hormones are released. Every cell in our body responds to these hormones. Muscle tension and restriction of blood flow may result. All bodily and cell functions can be impacted.

Even if you are terrified by a condition you may be experiencing in your body, simply by stating to yourself a few times, 'I am safe', your body will settle to a degree on some level, even if you are not aware of it. It's also very important to set intentions to let go of painful situations and dis-ease from the body, with ease. To the best of our ability, opening to and filling ourselves with love is one of the easiest, most effective ways to do this.

Regulating breathing patterns, taking nice full relaxed breaths into your belly, putting your hand on your heart and thinking loving thoughts can shift the heart into a smooth, flowing rhythm. When we are able to shift into this coherent mode, many changes occur in our body. On a neurological level the heart and brain become more synchronised, neurons in the brain operate at a higher level of efficiency, hormones throughout the body become more balanced, cognitive functions are enhanced, short and long term memory improve, and our ability to focus and make decisions is enhanced.

It is well documented that stress is one of the biggest underlying causes of ill-health. Many diseases and illnesses are triggered by emotional and/or physical stress. In acute situations, addressing only the stress caused by that condition is a priority. If a condition becomes chronic, addressing the long term underlying stress or anxiety that may have left the immune system more vulnerable to that condition is recommended.

[heartmath.com](http://heartmath.com)

### **3 Detoxification**

#### **Kidney and liver cleansing**

The most important step before commencing any treatment or protocol is cleansing our two main filtering organs. Many processed unnatural foods are hard for our body to digest and can lead to congestion in all areas of our body. Parasites and toxins can also create blockages. We change the filters in our cars and appliances regularly but rarely cleanse the filters of our body. Imagine if your sewerage pipes blocked up, what a mess there would be. This is what happens in our body which needs to deal with excess waste which is not being filtered properly when our kidneys and liver are congested.

While there are many methods to detoxify the body, cleansing these two major organs is a vital first step. There is no doubt simple liver cleansing saved my life. It is recommended to commence a kidney cleanse before the liver cleanse so the kidneys can be prepared and ready to handle what is released by the liver. I was given Juniper berry tea for one day to cleanse my kidneys but I was in such a serious condition my naturopath put me straight onto the liver cleanse. My health was deteriorating so quickly I have no doubt this was a wise step for me and saved my life. Many kidney and liver cleansing herbs can be bought over the counter at health food stores, herbal dispensaries or online. Tinctures are also available and can be stronger than teas. I have been happy to stay with the warm, soothing effect of the teas rather than tinctures which was recommended by one of my practitioners. I was instructed to take one teaspoon of one herb, or a mixture of herbs, half hour before breakfast and dinner.

[drclark.net](http://drclark.net)   [sandracabot.com](http://sandracabot.com)   [mullumherbals.com.au](http://mullumherbals.com.au)

## **Kidney cleanse**

The kidneys filter our blood to produce urine composed of extra fluid and waste products. They work to balance sodium and water, acidity and alkalinity. The kidneys play a vital role in removing heavy metals. There are many herbal teas for kidney cleansing such as:

- Juniper berry
- Hydrangea
- Gravel root
- Marshmallow
- Goldenrod
- Ginger
- Parsley

## **Liver Cleanse**

The liver is one of the most important organs in our body. It filters our blood removing parasites, viruses, bacteria, dead cells, cancer cells and toxins. If the liver becomes congested many of these substances recirculate throughout our body having a detrimental effect on every system. When using treatments to kill parasites, viruses and bacteria, liver cleansing is a vital step to remove these pathogens and the resulting toxins and to minimise 'herxheimer' reactions.

I cannot repeat it enough; liver cleansing was the most valuable and effective method to improve my health when I was seriously ill. There is no doubt that just one simple mug of alfalfa leaf tea morning and night saved my life. Within one day the area of my liver felt very swollen as though I had a football under my ribs. Later that day I went to the toilet and knew my liver was flushing out. From then on my health slowly began to improve. After a number of months, I realised

## Get Well and Thrive

all my food allergies were gone. I use a number of herbal teas for cleansing the liver daily such as:

- Alfalfa leaf
- Dandelion leaf
- St Mary's thistle
- Liquorice root
- Skullcap
- Peppermint
- Fresh lemon and ginger

### **Dental Cleanse**

Bacteria and hidden infections such as those beneath root canals and dead teeth have been linked to cancer and serious heart conditions. The bacteria from these dead teeth goes directly into the blood stream potentially poisoning the whole body. As my dentist says, most people with amalgam fillings will have a mouth that is shut down by workplace health and safety. Amalgam fillings release heavy metals, mercury being the most toxic. Removal of these fillings is recommended, but must be done with extreme caution by a highly trained dentist using specifically designed safety methods to prevent mercury poisoning. Protective methods used will be a rubber dam to prevent any filling material falling down the throat, separate oxygen supply, and very high speed suction to remove filling material and the air around it while drilling occurs. Unsafe removal of amalgam fillings can result in serious heavy metal/mercury toxicity.

Removal of amalgam fillings and dead teeth can be a big shock to the body. When I was seriously ill, I know my body would not have handled the procedure of either. I had done a lot of liver and kidney cleansing with the herbal teas when I discovered a hidden abscess and subsequent removal of the tooth enabled significant improvement in my health.

Thankfully my amalgam fillings had been safely removed many years before.

Since finishing part 1 of this book, I rubbed the redox gel on the gum of a tooth I had been suspicious of for a long time, but was avoiding losing any more teeth. Later I felt tenderness and a slight shooting pain. Immediately I was sure there must be a problem. Thermal imaging confirmed inflammation feeding down my throat in the area of two teeth which didn't show obvious problems on an x-ray. While I avoid x-rays my dentist does recommend an OPG before any major procedure. He did a cold test on all my teeth and detected one that was unresponsive, meaning the nerve was dead, and one which was over-responsive, which is often due to one or more dead nerves in the molar making the other nerve/s extra sensitive. Due to my health history, I insisted on removal of both teeth which were confirmed to be almost all dead but one nerve.

[hugginsappliedhealing.com](http://hugginsappliedhealing.com)

<https://rootcausemovie.com/>

## **Heavy metals**

The harmful effects of heavy metals on the body are well documented and are proving to have a much bigger link to disease and illness than first recognised. Heavy metals are everywhere in our environment and are found in our air, food, water, medications, tooth fillings and can be held in every area of the body with potentially detrimental effects to every system of the body.

There are a number of methods recommended to remove heavy metals from our body. These are called chelators. I have used:

- MMS1/CD
- Homeopathics

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- Cilantro
- Spirulina
- Chlorella
- Diatomaceous earth
- Activated charcoal
- Bentonite clay
- AmpCoil

Also highly recommended are:

- High silicon mineral water
- Ionic foot spa
- DMPS

### **Binders**

When detoxing heavy metals it's important to use binders. When taken internally these substances will bind to toxins and heavy metals in our body enabling them to be more easily eliminated and prevent reabsorption into the body. A binder will help to excrete heavy metals through the gastrointestinal system in the faeces rather than via the kidneys, therefore having a protective action:

- Cilantro
- Spirulina
- Chlorella
- Diatomaceous earth
- Activated charcoal
- Bentonite clay

Kerri Rivera recommends MMS1/CD to neutralize heavy metals. It seems that aluminium is one of the metals causing the most health concerns at present. Professor Christopher Exley shares the simple method of drinking mineral water high in silicic acid, the biologically available form of silicon, to easily



rid the body of aluminium. He demonstrates in his research that aluminium comes out of the body with silicon in the urine along with other metals. Dr Klinghardt highly recommends ionic foot spas explaining that during an ion cleanse detox foot bath session, large concentrations of negative hydrogen ions are released during the process of electrolysis. These ions are absorbed into the body by osmosis through the epidermis of the foot. Once entered into the system, these negatively charged ions act as an ultra-high powered antioxidant.

There are many chelating agents to draw heavy metals out of the body, but this needs to be done carefully because if the metals are not released from the body straight away, they can be redeposited in other areas causing more harm.

Dr Klinghardt states that supporting the kidneys to remove these metals from the body is the safest way to do so. He says DMPS is a powerful method to assist the kidneys to release heavy metals. DMPS (Sodium 2,3-dimercaptopropane-l-sulfonate) is a sulfonic acid salt that forms complexes with heavy metals such as mercury, cadmium, arsenic, lead, copper, silver, tin, and others. It was first developed in China then introduced to Russia to be used for workers injured by exposure to heavy metals. DMPS is best used under the guidance of a health practitioner. It is recommended to have amalgam fillings safely removed before some heavy metal detoxification processes such as the use of DMPS as it may draw the metals out of the fillings.

Strangely, as stated below in the parasite section, Dr Klinghardt finds that some parasites can have a positive effect on our body by up taking heavy metals and therefore lessening the load on our systems. Thus, it is very important to have a detox program in place before killing parasites.

[ketokerri.com](http://ketokerri.com)

[klinghardtinstitute.com](http://klinghardtinstitute.com) [sophiaeducate.com](http://sophiaeducate.com)

## **Mould**

Mould toxins can have severe and debilitating effects on our body; therefore it is highly recommended to treat mould in and outside of the body. Any other steps to regain health will be hampered until this is addressed. There are many different treatments for mould including:

- MMS1/CD
- Bicarb Soda
- Bentonite clay
- Probiotics/fermented foods
- Ginger
- Garlic
- Goldenseal
- Cayenne
- Activated Charcoal
- Chlorophyll
- Essential oils including Eucalyptus, Tea Tree, Sage,
- Thyme, Clove, Cinnamon

Jim Humble states that while MMS can treat some mould, it is not always effective. In this case he recommends bentonite clay. The essential oils listed are some of the most popular for mould but many have anti-fungal properties. In the home bicarb soda, vinegar, hydrogen peroxide and/or an essential oil diffuser work well.

## **Liver flush**

When I was seriously ill there is no way my body would have handled the liver flush process. I used the gentle liver cleansing herbal teas for eighteen months before learning about this method. I completed the Dr Hulda Clark liver flush many times and was astounded with the results. This process

uses a recipe of epsom salts, olive oil and grapefruit juice to flush stones, parasites, toxins and congestion out of the liver. It is quite an intense and at times uncomfortable process. I have spoken to people who have had great success with the flush and two or three people who were very ill. It seems the people who were ill unfortunately did not carry out the parasite and kidney cleanses which Dr Clark insists must be undertaken before commencing the flush. I think it is also a good idea to do the gentler liver cleansing teas before the flush.

After feeling improvements and having exhausted all other treatment options available to me, following directions strictly, I completed twenty-three flushes during eighteen months with no trouble apart from some temporary nausea. I removed over 1000 stones during this period and felt improvements in my health each time. Some stones were partially calcified but most were not, these being called cholesterol stones. Dr Clark believes we all have congestion in our liver and up to two thousand stones which can be cleared using the liver flush. This may remedy many health conditions including food allergies.

I have since learnt about methods to dissolve stones such as consuming large amounts of apple juice. Also essential oils, being natural plant terpenes, have been used. I believe these combined with liver cleansing herbs and enemas or colonics may be very effective. I am sure the flush removed many parasites and toxins from my body as well as stones and due to the very noticeable improvements in my health, I believe it is a very valuable process. This type of liver flush is recommended as a vital part in a number of cancer protocols such as 'The Perfect Storm Cancer Protocol'.

[drclark.net](http://drclark.net)

[cancertutor.com/perfect\\_storm](http://cancertutor.com/perfect_storm)

## **Salt water flush**

A salt water flush is a good way of cleaning out your whole digestive tract, especially the colon. It is recommended to drink a mixture of two teaspoons of pure sea salt in one litre of water, adding lemon if desired. First thing in the morning before eating is preferable or at least an hour or two after. I came across the salt water flush when researching more about Kerri Rivera's recommendation to drink ocean water for replacement of minerals as mentioned in her MMS1/CD protocol. Kerri's advice to mix purified water with ocean water prevents loose motions and allows the salt water with all its mineral to be absorbed into the body. I drink ocean water each day and occasionally I drink it pure as a salt water flush.

## **Enemas and colonics**

Enemas and colonics are very effective at cleansing the bowel of parasites and waste material, including build-up of waste on the bowel walls. Coffee enemas have a strong detoxifying effect on the liver and bile ducts. MMS1/CD enemas will kill many parasites, viruses and bacteria in the bowel. I have done water, coffee and MMS1/CD enemas. They all seemed to be helpful to a degree also.

## **Fasting**

There are many types of fasting people carry out such as juice and water fasting where their dietary intake is just that; juice or water. There are some reports of people having great success and their immune system being repaired within days. Fasting can activate a state of autophagy and mitophagy. Autophagy is where the body will consume its own tissue, particularly damaged or cancerous cells. Mitophagy is when

damaged mitochondria are removed from the cell via autophagy. Dr Joseph Mercola highly recommends fasting, and intermittent fasting, alternating with times of feasting. He acknowledges there can be side effects and it's not suitable for everyone.

From my experience of fasting, I believe when our body is already in a high state of stress it can send the signal that something is wrong, therefore the body's processes may be disrupted even more. Also, pathogens in the body that are used to being fed regularly will get, as Kerri Rivera calls it, POWS; pissed off worm syndrome. I have spoken to a couple of people who have had disastrous results, most likely due to pushing themselves too hard in this process.

But, when we are ready and able to, I have no doubt fasting will accelerate our body's healing processes. For a long time I felt very unwell if I missed meals and realised my body would not cope with any fasting. When my body became stronger I began intermittent short term fasting by simply missing breakfast. As my tolerance to fasting grew I also began to miss lunch; therefore fasting throughout the day. I maintained remedies to kill off pathogens and activate my immune system and felt them working more effectively while fasting. I also noticed benefits to my digestion.

Now I only fast when it's convenient and if I don't have a busy day ahead. I believe I can feel the benefits Dr Mercola describes as my body has the opportunity to clear out toxins and dead cells, repair and rejuvenate. If you attempt fasting, be strong in your conviction to give it a go but don't push yourself to a point of harm. Try small steps. Listen to your body. Be gentle with yourself.

[mercola.com](http://mercola.com)

## **Juicing**

There are many wonderful benefits to juicing, the obvious being the immediate availability of high level nutrients into our body. This can give our cells, organs and all the systems in our body a boost. There are some beliefs that consuming juice without the fibre of the fruit or vegetable can be excessive for our body. Research this topic and do what feels right for you.

## 4 Alkalize Your Body

### Bicarb Soda

Bicarb soda was a game changer for me. It provided huge relief of horrendous Lyme symptoms and it is very easy to access. If our body is too acidic it can be detrimental to every system in our body. For our everyday survival our blood pH level needs to be between 7.35 and 7.45. When acid levels are too high our body will rob alkaline minerals from our bones and organs to help neutralize acids which can lead to weakened organs and osteoporosis. Calcium can build up as arthritis. There are many diets and methods to alkalize the body. Most of us eat a diet or grew up with a diet which promotes an acidic environment in our body. This can be difficult to reverse using diet alone. Pathogens that cause disease and illness thrive in an acidic environment but cannot survive in an alkaline environment.

Taking one teaspoon of bicarb soda dissolved in a glass of water four times a day, half hour before or one and a half hours after meals gave me almost immediate relief of Lyme symptoms including severe fibromyalgia symptoms of muscle pain, cramping, tingling, severe anxiety, and herxheimer reactions.

My body felt much more relaxed and I was able to sleep much better. In fact, I felt so much relief, for six months this was the only remedy I used. I felt the bicarb working in the areas of suspected cancer, and my next six monthly thermal imaging showed some areas of improvement and some areas of resolution.

Spraying a dilution on my **skin**, I felt the bicarb absorb in very quickly providing immediate relief from many Lyme disease symptoms. During the first few months of using the spray I

## Get Well and Thrive

also noticed sun damage and what appeared to be small cancerous spots breaking out in sores and then healing. I have no doubt the bicarb was killing cancerous cells. With continued use over the years my skin has remained free of any signs of abnormalities.

I have spoken to many people with different conditions taking bicarb and most seem to notice either small or dramatic improvements. It is advised there may be slight side effects, which are symptoms of detoxification, and some people may experience pain when **arthritis** or damaged areas of the body break down. This has been the case with a number of people I have spoken to but lowering the dose to allow the process to occur at a slower rate as recommended does provide relief. I have not heard of anyone having herxheimer reactions from taking bicarb soda.

Bicarb can reduce stomach acid and interfere with digestion therefore it should not be taken near mealtimes. There are some beliefs it should not be taken at all due to this. However, I have taken it for years and did not experience any negative digestive effects. Due to the incredible relief of daily agonizing symptoms I place it on the top of the list, particularly for fast accessible relief of physical anxiety and Lyme symptoms. If you have stomach acid problems hydrogen water or Kerri Rivera's Hydroxide water may be a better option if you.

I buy bicarb soda from a local health shop, online or from [safesoda.com.au](http://safesoda.com.au) who provide a wealth of information.

### **Hydrogen Water**

Hydrogen water is becoming very popular as a powerful way to alkalize the body. It has a role as a cell signalling agent, is anti-inflammatory, anti-oxidant, anti-allergy and has an effect on gene expression. Athletes are noticing improved recovery rate and positive effects on lactic acid build up.



Emerging as a medical gas, research is revealing the therapeutic potential of hydrogen.

I have recently used hydrogen tablets which have been helpful. A friend who is a personal trainer highly recommends with them.

[alkaway.com](http://alkaway.com)

<http://www.molecularhydrogeninstitute.com/hydrogen-an-emerging-medical-gas>

## Hydroxide water

Kerri Rivera has developed **Hydroxide Water™** from limestone which has a powerful alkalising effect without being detrimental to stomach acid.

Kerri believes bicarb soda interferes with stomach acid levels disrupting digestion too much so she uses what she calls Hydroxide Water™ developed from food grade calcium hydroxide, which is limestone.

*“Interestingly, although water is made up of two hydrogen protons and one oxygen proton, when it splits apart it always splits into one hydrogen proton, and a hydrogen proton and an oxygen proton remain together,” Kerri explains. “The hydrogen proton and oxygen proton that remain together are called hydroxide (OH<sup>-</sup>). Hydrogen protons and hydroxide ions do not like being separated and a strong electro-magnetic bond attracts them to each other. When hydroxide is introduced into an environment where excess acidity exists, it immediately seeks out the hydrogen protons to combine with them and become water. This is why hydroxide is such a strong acid eliminator. This results in hydration of the body with the creation of more water molecules. Inflammation is reduced. Detoxification, energy and oxygen levels are increased.”*

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I have not tried Kerri's Hydroxide water yet but look forward to using it. [ketokerri.com](http://ketokerri.com)

## **6 Eliminate Pathogens**

### **Parasites, Viruses and Bacteria, Mould and Candida**

There has been evidence for years that parasites, viruses and bacteria are one of the main causes of almost all diseases and illnesses. Removing these underlying causes can often result in improvement or recovery from many conditions. Ironically studies also reveal the valuable symbiotic role parasites may play in our body. As mentioned previously, Dr Klinghardt has found that parasites will extract toxins from their host, including heavy metals which otherwise could have been at critically high levels, literally helping them to survive.

That said, once undertaking safe detoxification methods, removal of parasites is the most important step in overcoming chronic illness, as recommended by many practitioners worldwide. Especially for someone who is chronically ill, when killing parasites it can be important to use methods to remove them whole to avoid heavy metals and toxins being released back into the body. Kerri Rivera recommends enemas and castor oil to do this. Other people use methods such as a salt water or Epsom salt flushes.

### **Breaking down biofilm**

Many pathogens create a biofilm, a slimy gel like substance where viruses, parasites and bacteria can live unaffected by our immune system. Many of the drugs and remedies used to kill these pathogens are also unable to penetrate the biofilm in which the nasty little critters hide. Therefore, breaking down biofilm is a very important first step in treating pathogens. Many remedies are used to do this, often breaking down the biofilm and killing pathogens at the same time. I have used:

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- Essential oils; eucalyptus, cinnamon, peppermint, tea tree, rosemary
- Garlic
- Silvercillin/colloidal silver
- Oxidants; ozone, MMS1/CD, MMS2

### **Killing pathogens**

There are numerous remedies and treatments to kill unhealthy parasites, viruses, and bacteria. Be aware of herxheimer reactions when pathogens are being killed off especially for sensitive people and/or those who have a chronic illness. I have seen and experienced profound and immediate results using the AmpCoil and Dr Clark's zapper. See the Energy Healing section below for more information. Here are the remedies and treatments I have used to kill pathogens:

- AmpCoil
- Dr Clark's zapper (See in Energy Healing)
- MMS1/CD (Kerri Rivera's protocol)
- MMS1 and MMS2 (Jim Humble's protocol)
- Essential oils (organic)
- Herbs
- Redox signalling molecules
- GcMAF
- Homeopathics
- Silvercillin
- Mebendazole, Pyrantel (Kerri Rivera's protocol)
- Ozone

### **Mebendazole/Pyrantel**

While it is very rare that I use or recommend pharmaceutical drugs they can be useful and needed at times. It is simple and easy to access over the counter parasite medication which has

provided dramatic relief to some serious and painful conditions. I know a teenage girl who was having migraines every day. She had pinworm and her mum treated it with over the counter parasite medication. Although they didn't suspect the parasites to be the cause, the migraines disappeared immediately.

Interestingly Mebendazole has also been known and used as a successful treatment for cancer for many years. Less interesting is the fact that the availability of higher doses has been restricted from over the counter, to prescription only. Nonetheless it is available from pharmacies.

Following her work with thousands of children with autism, Kerri Rivera has found it is extremely difficult to rid their bodies of large parasites using only natural products. Therefore, she recommends Dr Kalcker's parasite protocol, which uses Mebendazole and Pyrantel. Some parasites killed with these drugs and removed using enemas have been over two feet long. The patients have had huge improvement in their physical and mental health, their aggressive and self-harming behaviours often disappearing.

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocolos](http://andreaskalcker.com/en/protocolos)  
[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

## **Ivermectin**

Again, I prefer to use natural methods but due to the results I have witnessed, this treatment needs a mention. While proving successful as a prevention and cure for COVID-19, it has been used to relieve many other conditions. I know someone who was having continual spasms and convulsions. One dose of Ivermectin and she had relief for the first time in months. Many people with Lyme disease have also used Ivermectin with good results.

## **Chlorine dioxide (MMS1/CD)**

Chlorine dioxide is approved as a water purification agent. Millions of people around the world have consumed it in municipal water. Hundreds of thousands have used it successfully to kill viruses, parasites and bacteria, and for almost all diseases and illnesses including skin conditions, digestive problems, autism, cancer, autoimmune and neurological diseases, malaria, Ross River fever, and Lyme disease.

Chlorine dioxide is one of the most effective and simple methods I have found to protect against and treat disease and illness. It is used to:

- Kill parasites, viruses, bacteria
- Oxygenate the blood
- Neutralize heavy metals
- Reduce or eliminate inflammation
- Stimulate the immune system
- Destroy biofilm
- Eliminate toxins

Also called Miracle or Master Mineral Solution, chlorine dioxide is used in a number of protocols. This is an alternative method which has attracted a lot of controversy. When you are on death's door and have been sent away by conventional medicine with no answers you ask yourself, 'What else can there be?'

Hundreds of thousands of people around the world have regained their health thanks to Chlorine dioxide. Despite this, in some countries, practitioners and protocols that use CD/MMS for therapeutic purposes have been blacklisted by health authorities and have received a lot of negative criticism in the media. However, countries which have embraced this

amazing natural product have had incredible success and have, in some cases, legalized the therapeutic use of chlorine dioxide.

A veterinarian whose wife died of Lyme disease suggested I look into something called MMS or Miracle Mineral Solution. I learned about Jim Humble and two products he Since I have been so careful with everything I put into my body I was very reluctant to use this product due to the reports of this substance being toxic chlorine bleach. That was until I researched the science behind it. Bought as sodium chlorite it has the same chemical composition as salt, but with one more oxygen molecule. Activated with lemon juice or HCl it becomes chlorine dioxide. Once in the body it breaks down to salt and oxygen, the extra oxygen molecule being the agent to kill pathogens and neutralise heavy metals. In desperation I gave it a try and had almost immediate relief of many Lyme disease symptoms.

**Dr Andreas Kalcker** uses chlorine dioxide for many conditions and illnesses and has conducted many studies. He has an intensive parasite protocol which Kerri Rivera has incorporated into her CD protocol.

### **Kerri Rivera's CD protocol**

Thousands of people have used Kerri Rivera's protocol for many different diseases and conditions, especially autism. It is extremely gentle, designed for the most sensitive and/or sick people with a process of gradually eliminating toxins and pathogens and then replenishing the body with what it needs to repair itself.

### **Autism**

When I was at my lowest level of health due to all of the viruses, parasites and bacteria after tick bites, I was in agony

## Get Well and Thrive

every day. I became extremely sensitive to sound and touch, which felt like an electric shock through my nervous system. I was unable to think clearly and could not function normally. It was heart-breaking when just a touch or a hug from my children was painful. I hid this from them. We had always been close and I didn't want to upset them anymore than they already were because of my condition. Later I realised I'd had all the symptoms of an autistic person. With many levels of treatment many of those symptoms began to slowly reduce and eventually disappear.

Most children with autism have been shown to have high levels of toxins and pathogens. Many have also tested positive to Lyme disease. In a quest to recover her son's health after vaccine injury, Kerri developed her protocol through trial and error, correlating information on successful treatments from numerous practitioners and parents of other children.

Many autistic children are often so sensitive and sick, they can react badly to treatments, having intense herxheimer reactions. That is why Kerri's gradual and gentle protocol is so good for these kids.

Kerri's book, *Healing the Symptoms Known as Autism (second edition)*

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook>

### **My CD protocol experience**

Most people who are sick have high levels of pathogens and/or toxins, and the potential for herx reactions. These are the reasons Kerri's protocol works so well for so many conditions. It's designed to slowly and gently remove pathogens and toxins from the body, which are the underlying causes of most disease and illness.



For a number of years I took part in an online support group for people using these methods. I was in discussions with people from all over the world who shared their experiences, the successful improvements, the herxheimer reactions, and the setbacks when something wasn't beneficial. I am fortunate to have had the pleasure of learning about all of the conditions people were overcoming and gaining relief from.

After following Kerri's protocol strictly for a number of years I made adjustments to suit myself and particularly follow her instructions how to take CD. My recovery using the CD protocol was a long, slow but highly effective process with mild to strong persistent herx reactions, mild headaches and quite bad brain fog for many months. I persisted, for I knew this was typical herxheimer/die off reactions with the pathogens dying and toxins releasing. I gained relief of all symptoms including muscle cramping, tingling and related anxiety, digestive and neurological problems. Over time my thinking became a lot clearer and my overall health continued to slowly but dramatically improve.

### **Neutralize toxins**

Senior research scientist Dr Stephani Seneff has discovered that MMS1/CD works to neutralize glyphosate, heavy metals and many toxins in the body. Dr Seneff's research has linked Glyphosate, along with other toxins, to the high occurrence of autism. Dr Klinghardt recommends Kerri's protocol.

Kerri keeps up-to-date with current research and feedback from thousands of people, adding new treatments or remedies as they come to light. Her explanatory book and videos are a must watch. She gives thanks to Jim Humble for building a strong foundation for this work. I found Jim's book, Master Mineral Solution of the 3rd Millennium and later the

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updated version MMS Health Recovery Guidebook to be valuable resources.

Similar to one of Jim Humble's protocols, *The Perfect Storm Cancer Protocol* uses MMS1/CD mixed with Dimethyl sulfoxide (DMSO), an organic sulphur compound used to draw the MMS1/CD into the cells. I found this to be beneficial and noticed swelling in my breasts which I believe was the mixture working on the cancerous areas. I believe the *Cancer Tutor* maybe have been forced to remove the chlorine dioxide aspect of their treatment from their protocol but there is still a wealth of good information on their site:

<https://www.cancertutor.com/>

As MMS1/CD is very strong and can kill large amounts of pathogens in the body very quickly, our body can be overburdened by the die off and too many toxins released, therefore care needs to be taken. It is recommended to strictly follow directions. Some people have not been given safe directions or have rushed into it and had severe reactions. Naturally this puts them off using the MMS1/CD again. I talked to one person with Lyme disease who thought he should use 25 drops instead of one drop because he was very sick. He was horrendously ill with vomiting, diarrhoea and migraine headaches, but recovered fully.

I have spoken to many people who have used Kerri Rivera or Jim Humble's protocols. Despite the usual discomfort of herx reactions, almost everyone who follows these directions carefully and persists with treatment have reported positive results. Some people or companies who seem to have a vested interest in keeping people unwell, put a lot of effort into making this substance look extremely dangerous and criticize the use of it, implying that it is toxic and should never be consumed in any way. It is however approved as a water

purification agent. I have taken MMS1/CD for six years with no problem.

I do not recommend using MMS1/CD apart from water purification and sterilization purposes. I do recommend learning about it and reading Kerri Rivera and Jim Humble's books. Please seek the advice of a health professional if you have a health concern.

**Dr Andreas Kalcker**

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocolos](http://andreaskalcker.com/en/protocolos)

**Kerri Rivera**

[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

<https://cdautism.org/shop/healing-the-symptoms-known-as-autism-second-edition-ebook>

**Jim Humble**

[jimhumble.co](http://jimhumble.co) [jimhumblebooks.co](http://jimhumblebooks.co)

**Genesis II Church of Health and Healing**

[genesis2chile.cl/](http://genesis2chile.cl/) [genesischurch2.com/](http://genesischurch2.com/)

**Censorship and medical suppression**

As mentioned above, one of the most horrendous things I have witnessed in my life is the devastating harm that has occurred to children from wrong medications and harmful vaccines, and the subsequent vilification of parents who attempt to gain help for their children using complementary methods. The suppression of information and medications that has proven to help these children is criminal. I have seen and experienced the censorship that occurs at all levels, to prevent people finding simple, natural and inexpensive ways to regain their health.

## Get Well and Thrive

These are the experiences Kerri Rivera deals with regularly in her attempt to share this information with as many parents of damaged children as she can;

*Many self-help techniques I have used, such as chlorine dioxide, diet and supplements have come under severe attack by government authorities and big tech companies. Censorship is pervasive and real when you are doing something outside of the mainstream. These companies and the government authorities will censor you if you are using self-help techniques like this and telling others about it.*

*The government authorities and big tech companies say they are engaging in this censorship in order to protect the public from “unproven” products or protocols and “misrepresentation of results”. I don’t have any desire to claim something is proven when it’s not or misrepresent results. I believe in working within the legal system and being honest. I know the system is not perfect and special interests that are not elected and not operating for the benefit of the public often exercise great influence over big tech company and governmental systems. Nevertheless, I believe in working within and making every effort to change the system lawfully. That’s the best way to bring change.*

### **FDA Consumer Update Warning About Chlorine Dioxide**

*Anyone deliberating the use of chlorine dioxide needs to be aware the US Food and Drug Administration has issued a Consumer Update warning against the use of chlorine dioxide, see;*

*<https://www.fda.gov/consumers/consumer-updates/danger-dont-drink-miracle-mineral-solution-or-similar-products>.*

*This warning and this stance taken by a government agency should be considered carefully by all individuals and parents. These chemicals are hazardous materials that have to be handled with respect. In addition, guidelines and dosages need to be understood and followed carefully. Myself (Kerri Rivera) and many other moms have found we could learn to use chlorine dioxide effectively, but this has not been recognized by government authorities.*

*My recommendation is for individuals and parents to find a doctor who will be on board and supportive of using any self-help techniques recommended. If you search there are doctors who will be supportive. Many of the parents I have helped, have had supportive doctors. Also recognize that a position like this by the FDA makes it easy for child protective organisations to take children away from parents using chlorine dioxide. This is where it is very helpful to have a supportive doctor. It's also important to learn to use discretion when you use self-help techniques that are under active government censorship or don't have mainstream support. Just search for a supportive doctor and it is still possible to operate within the system. Be wise in understanding the ways of government and big industry which appear to want to limit your choices.*

*And just to show what's achievable. I know of one child protection case that went to trial in a European country and the parents hired experts who came in and proved to the court that the chlorine dioxide treatment being used was medically permissible and safe. The parents won their case and saw excellent results for their child with autism. These parents had the means to hire experts to prove their case. This is costly and it's much better to avoid getting into this situation if possible, but shows what can be achieved if you have the resources for a good defence.*

[kerrivera.com](http://kerrivera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

## **HOCl (Hypochlorous acid)**

Three forms of hypochlorous acid:

- HOCl (Hypochlorous acid) is naturally made by our own body to kill pathogens. Neutrophils, a form of white blood cell, release this powerful oxidant which kills pathogens almost immediately in our body.
- HOCl can be created from salt and water using a process of electrolysis. It is 100 times more powerful than chemical bleach and is completely non-toxic.
- HOCl can also be made from calcium hypochlorite, also called chloride of lime. When mixed with water it becomes hypochlorous acid. Commonly used in swimming pools it has been used for purification of drinking water for over one hundred years.

## **HOCl/Water, salt & electrolysis**

When the outbreak of COVID-19 started, thanks to Dr Klinghardt, I learnt about the process of making HOCl using water, salt and a process of electrolysis. I sourced some generators, but before they arrived I began using chloride of lime/calcium hypochlorite mixed with water to create hypochlorous acid for disinfection which I had learnt about through Jim Humble. I was fascinated with these two very different ways of creating HOCl.

## **HOCl Generator**

I bought a HOCl generator so I now make my own hypochlorous acid for sterilization and cleaning. It can be used in a spray bottle or humidifier for personal, household, car and workplace disinfection.

HOCl generators: <https://hoclsterilizer.com/>

HOCl bottled liquid:

<https://www.hydro-e.com.au/discount/HOCL28>

[sophianutrition.com/search?type=product&q=hocl\\*](https://sophianutrition.com/search?type=product&q=hocl*)

### **HOCl/MMS2/chloride of lime**

When I realised I probably had cancer through my back and spine as well as Lyme disease, in a desperate state of extreme illness I chose to use Jim Humble's MMS2 cancer protocol. When I first found out about this product I thought it was just another toxic chemical and was horrified. I thought I would never use it. However, I had made the choice not to use conventional toxic cancer treatments which in themselves have been proven to be carcinogenic, and knowing my condition was deteriorating, I needed to do something. So I did more research into this substance.

I read in Jim Humble's book that what he calls MMS2 is calcium hypochlorite  $\text{Ca}(\text{ClO})_2$ , also known as chloride of lime. Further research showed it is derived from lime and often referred to as chloride of lime. When dissolved in water it becomes hypochlorous acid which our own body makes to kill pathogens.

As he suggested I searched the internet for scientific information to confirm this. And I found plenty. In desperation I then chose to go ahead with his protocol. To my surprise MMS2 gave even more relief of Lyme symptoms than MMS1/CD provided. I also felt it working specifically on troublesome areas of my body including my spine. I actually felt those areas tightening and releasing, strange tingling sensations and easing of symptoms soon after taking it. When needed it has cleared urinary tract and bladder infections

## Get Well and Thrive

within a couple of days. I have also used it on cuts, sea ulcers, and any other infections.

At one time I felt very tired and exhausted when I was taking MMS2. I boosted the amount of probiotics I was consuming in the form of fermented food and drinks and my energy improved again. It may also have been the burden of so much disease material breaking down, with my body needing time to detoxify and repair. I have used MMS2 on and off for over five years with no detrimental effects. I have briefly spoken to a few people using this protocol who have had good success following directions and there have been no negative reports that I know of.

Although best known for swimming pool disinfection, calcium hypochlorite is used throughout the world in drinking water and waste water systems, and the food and beverage industries. While many people attack the use of this product for medicinal purposes, I am very glad I chose to use it in preference to the toxic carcinogenic conventional treatments offered by mainstream medicine.

### **Approved for water purification**

While most drinking water systems use chlorine-based disinfectants such as liquid chlorine bleach (sodium hypochlorite) or chlorine gas (stored in pressurized tanks), calcium hypochlorite is considered a cheaper and safer option with no need for safety equipment or self-contained breathing apparatus.

In 2018 the Water Quality and Health Council U.S. celebrated the 110<sup>th</sup> anniversary of U.S. drinking water chlorination, a disinfection technology using chloride of lime, that debuted in Jersey City in 1908. While most U.S. drinking water systems use chlorine-based disinfectants such as liquid chlorine bleach (sodium hypochlorite) or chlorine gas (stored in pressurized



tanks), calcium hypochlorite is a cheaper and safer option with no need for safety equipment or self-contained breathing apparatus.

<https://waterandhealth.org/safe-drinking-water/treatment/community-drinking-water-treatment-using-calcium-hypochlorite/>

### **United States Environmental Protection Agency recommendations for drinking water**

This water purification process is also recommended by the United States Environmental Protection Agency for emergency disinfection of drinking water. They provide these instructions:

*“Granular calcium hypochlorite. The first step is to make a chlorine solution that you will use to disinfect your water. For your safety, do it in a ventilated area and wear eye protection. Add one heaping teaspoon (approximately ¼ ounce) of high-test granular calcium hypochlorite (HTH) to two gallons of water and stir until the particles have dissolved. The mixture will produce a chlorine solution of approximately 500 milligrams per liter. To disinfect water, add one part of the chlorine solution to each 100 parts of water you are treating. This is about the same as adding 1 pint (16 ounces) of the chlorine solution to 12.5 gallons of water. If the chlorine taste is too strong, pour the water from one clean container to another and let it stand for a few hours before use. CAUTION: HTH is a very powerful oxidant. Follow the instructions on the label for safe handling and storage of this chemical.”*

<https://www.epa.gov/ground-water-and-drinking-water/emergency-disinfection-drinking-water>

### **Safe and effective household disinfection**

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For a long time I have used the calcium hypochlorite solution for household cleaning. It has a strong bleaching effect and is fantastic in the bathroom especially for mouldy areas. Care needs to be taken as the strong oxidation process will leave bleach marks in clothes, material, carpets etc. This can be helpful to remove stains in white clothes and material.

I use HOCl liquid generated by water, salt and electrolysis for the kitchen, household surfaces, personal etc.

Also known as the 'pool shock' for swimming pools, **chloride of lime, or calcium hypochlorite** can be bought at swimming pool and hardware stores as '*700g/kg chlorine as calcium hypochlorite*' (with NO other chemicals added).

### **Safety and disclaimer**

Chloride of lime, also known as calcium hypochlorite, is a potentially dangerous chemical. Sources may be contaminated and I definitely do NOT recommend using this product for anything other than what it is approved for. When you have been denied proper medical treatment and you are in desperate situations you do desperate things. I do not recommend taking calcium hypochlorite. I am simply sharing my own experiences. I do recommend learning about the way hypochlorous acid in our body works to kill pathogens. Please seek the advice of a health professional if you have any health concerns.

[jimhumble.co](http://jimhumble.co) [jimhumblebooks.co](http://jimhumblebooks.co)

### **Ozone**

Using an ozone machine, I ozonated my water and some olive oil which I ingested. This created a die off with mild to sometimes strong herx reactions. While this method may have been good I was not reaching a level of relief from symptoms that I was hoping for, so it is not on the top of my

treatment list. Some people report good success using ozone treatments for Lyme and cancer.

There are many people who have had intensive treatment in overseas clinics for Lyme disease. I have spoken to many who report incredible success while some share stories of their condition taking a very bad downhill slide. This can often happen if the body is not ready for the die off reaction when many pathogens are killed quickly. If you are interested in this form of healing I suggest doing a lot of research, talk to other patients about their experiences and search for an experienced health professional.

### **Herbal tinctures**

There are many herbs which effectively kill the bacteria, viruses, and parasites which cause illness and disease. I have used many herbs a lot which were prescribed specifically for my symptoms. Some herbal tinctures are available over the counter at a herbal dispensary or online, while others may need to be prescribed by a practitioner. There are a number of herbal protocols you can follow for Lyme disease such as the Cowden or Bruhner protocols. Dr Clark's herbal parasite protocol consists of green black walnut hull, wormwood and cloves.

I have also used the liposomal Lyme Cocktail as recommended by Dr Klinghardt which I found to be the most effective herbal remedy. Liposomal, meaning the herbal mixture is put through a process whereby the molecules are encapsulated in lipoids or fats which are absorbed into the body easily. An hour or so before taking the herbal cocktail Dr Klinghardt recommends to take hyaluronic acid which the Lyme spirochetes love to feed on. This lures them out of their hiding places. I found the cocktail to be very powerful. With swelling in both breasts each time I used it early on, I believe it was not

## Get Well and Thrive

only killing Lyme bacteria but also underlying pathogens in the areas of suspected cancer.

[sophianutrition.com/products/cocktail-2-fl-oz](http://sophianutrition.com/products/cocktail-2-fl-oz)

[cowden-protocol.com/](http://cowden-protocol.com/)

[buhnerhealinglyme.com/](http://buhnerhealinglyme.com/)

[mullumherbals.com.au/](http://mullumherbals.com.au/)

[drclark.net](http://drclark.net)

### Essential oils

Essential oils are beneficial for every aspect of health physically, mentally, emotionally and spiritually. Not only do essential oils fight infections, relieve stress and anxiety and boost the immune system, they also have a frequency which can enhance and strengthen the frequency of our own bodies. I was astounded at the relief ylang ylang gave me, helping my body to settle when I was seriously ill.

Enteric coated peppermint oil capsules provided great relief of severe digestive burning, cramping, tingling and bloating. Peppermint and/or spearmint oil down my spine gave enormous relief of severe back problems when I was treating for suspected cancer. Lavender has been great for cuts and infections. Some oils can be applied directly to the skin while others need to be diluted with a carrier oil. Only the highest quality organic essential oils are recommended for ingesting. Some people may be very sensitive to essential oils. I found very little if no herx reaction using the oils.

Oils helpful when addressing bacteria, viruses and parasites:

- Oregano
- Cinnamon

- Thyme
- Tea Tree
- Vetiver
- Lemon
- Lemongrass
- Clove
- Bergamot

Relief of anxiety and stress:

- Lavender
- Rose
- Vetiver
- Ylang Ylang
- Bergamot
- Chamomile
- Frankincense

While addressing suspected cancer:

- Citrus oils
- Clary Sage
- Frankincense
- Lavender
- Lemongrass
- Myrrh
- Peppermint & Spearmint
- Thyme

For more info or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Homeopathics**

I have successfully used homeopathic medicine for myself and my family numerous times for all forms of disease and illness including childhood diseases. Soon after I was bitten by ticks

## Get Well and Thrive

I was given homeopathics. They provided a great deal of relief. Unfortunately, with so many underlying problems I did not know about, symptoms kept returning and I was in need of other remedies and methods. Nonetheless, homeopathics are a very valuable treatment for all diseases and illnesses including reactions to tick bites and the diseases they carry. I have spoken to many people who have used homeopathics successfully for themselves, their families and their pets with no herx reactions reported. Some so-called health professionals believe homeopathics are purely placebo effect. If that is the case, great! It sure works better than other placebos and medication. (See also [Homeopathy](#))

### **Mebendazole/Pyrantel**

While it is very rare that I use or recommend pharmaceutical drugs they can be useful and needed at times. Following her work with thousands of children with autism, Kerri Rivera has found it is extremely difficult to rid their bodies of large parasites using only natural products. Therefore, she recommends Dr Kalcker's parasite protocol, which uses Mebendazole and Pyrantel. Some parasites killed with these drugs and removed using enemas have been over two feet long. The patients have had huge improvement in their physical and mental health, their aggressive and self-harming behaviours often disappearing.

I know a teenage girl who was having migraines every day. She had pinworm and her mum treated it with over the counter parasite medication. Although they didn't suspect the parasites to be the cause, the migraines disappeared immediately.

Interestingly Mebendazole has also been known and used as a treatment for cancer. Less interesting is the fact that the availability of higher doses has been restricted from over the

counter, to prescription only. Nonetheless it is available from pharmacies.

[andreaskalcker.com/en](http://andreaskalcker.com/en) [andreaskalcker.com/en/protocolos](http://andreaskalcker.com/en/protocolos)  
[kerririvera.com](http://kerririvera.com) [cdautism.org](http://cdautism.org) [ketokerri.com](http://ketokerri.com)

### **Salt and C Protocol**

I have not used this protocol but I know a few people who report good results for Lyme disease. I'm not sure that it's a cure but has provided much needed relief and improvement.

[www.nothing-is-incurable.com/2011/04/72-hour-remedy-salt-and-vitamin-c](http://www.nothing-is-incurable.com/2011/04/72-hour-remedy-salt-and-vitamin-c)

## **5 Immune therapies/Repair cell function**

### **NRF2 Gene activation**

Dr Joe McCord was the first doctor to discover oxidative stress in the body and its connection to nearly all disease, illness and injury. One molecule of Vitamin C will remove one free radical in our body, while one molecule of our own powerful antioxidants will remove one million. So Dr McCord worked with a team of doctors to find something to activate our body's own antioxidants; glutathione, superoxide dismutase and catalase. They found that a specific combination of five herbs, turmeric, milk thistle, green tea, bacoba and ashwagandha, will activate the release of the NRF2 protein in our cells, which in turn signals our genes to produce more of our own antioxidants. In the last five years Dr McCord has discovered that not only is NRF2 activating the genes which produce our own antioxidants, it's also having a positive effect on over four to five hundred other genes. He explains that it upregulates the genes that help our cells survive and decreases the genes that are doing damage and causing problems.

I was very sceptical that this seemingly simple combination of herbs could have such a profound effect on people's health until I experienced it myself. I then spoke to others who gained relief from back pain, arthritis, depression, fatigue, lung disorders, eczema, learning disorders and much more.

A combination of Acetyl L-Carnitine, Coenzyme Q10, Alpha-lipoic acid, Grape Extract and Quercetin, has also been developed to activate the NRF1 pathway in our cells. This helps to repair and increase production of mitochondria which are the energy systems of our cells. Most disease and illness is linked to mitochondria dysfunction, therefore keeping these little powerhouses healthy is vitally important.



For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

## **Redox signalling molecules**

Redox signalling molecules are a number of compounds produced by the mitochondria and act as either cellular messengers or cellular activators. They play a vital role in almost every function of our body, including repairing of cells, regenerating and replenishing, energy production, detoxification and activation of the immune system. They also give our cells the messages to kill pathogens and protect against parasites, viruses and bacteria.

Dr Gary Samuelson, an atomic medical physicist, has found a way to replicate identically and stabilise redox signalling molecules in a safe bio-compatible salt water solution and in gel form. He talks about its ability to flip the genetic switches that help the cells to rebalance when there has been damage. Hearing Dr Samuelson discuss how the action of the redox signalling molecules, which are reactive oxygen species, ties in with the oxidation mechanisms by which MMS1/CD works fascinated me. It also confused me a little because for many years we've all heard a lot about the harmful effects of oxidation and the powerful benefits of antioxidants. Dr Samuelson explains it is vital for us to have a balance of both.

Many people report improvement from almost all health conditions from immune and digestive disorders, autism and Lyme disease to cancer, head injuries and more. The redox gel has received praise for clearing up skin conditions and for cosmetic purposes. Although I have given little thought to skin enhancing cosmetic processes in the past, having been a surfer, as I age I am now appreciating all of the properties of this gel.

I have experienced huge levels of improvement in the areas of suspected cancer in my back since applying the redox

## Get Well and Thrive

molecules. So much so that I believe Dr Samuelson's comment that 'redox signalling molecules are the biggest breakthrough since penicillin' is very true. A friend of mine who had cancer has a naturopath who sent away for blood tests on several cancer patients, all with differing cancers. These tests were to determine which treatment out of all remedies available, mainstream or holistic, would be most effective for each form of cancer. She was astounded to learn the redox products came out on top of the list for every form of cancer.

For more information or to buy: [health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### **GcMAF**

GcMAF can immediately activate our immune system to kill pathogens and clear out damaged and cancerous cells. A protein in our body, GcMAF is a vital part of our immune system which uploads vitamin D to activate macrophages, a form of white blood cells. Most of us are lacking GcMAF and without it our immune system is disabled. Many people have high levels of nagalase which depletes our body's own GcMAF. Supplementation with this protein will very quickly activate the immune system, override high levels of nagalase, and enable our own levels of GcMAF to rise. Being an immune modulator, GcMAF can be helpful in every area of health. Reports show that all tumour cancers including breast, prostate, lung, pancreatic and melanoma can be treated successfully. It has been shown to inhibit angiogenesis (stop blood supply to tumours) and revert cancer cells into healthy cells or destroy them. GcMAF has also been shown to reduce the metastatic potential of human cancer cells in culture.

With the ability to modulate the immune system, GcMAF is reported to be effective at eliminating or reducing the effects of nearly all diseases and illnesses, including chronic

inflammation and viral infections, autism, chronic kidney disease, depression, acne, colitis, chronic cirrhosis of the liver, Crohn's, fibromyalgia, hepatitis, herpes, periodontal disease, ME/CFS, osteoporosis, psoriasis and various types of Immune dysfunction including allergies. Research shows GcMAF can halt deterioration in multiple sclerosis (MS), Parkinson's, dementia and ALS, and due to its ability to modulate the immune system, it can reverse autoimmune conditions such as lupus and arthritis. It is also shown to be helpful with wound healing and increasing energy production at the mitochondrial level.

It is recommended when using GcMAF to be aware of increased sensitivity as the immune system is activated and may attack pathogens and breakdown cancerous areas in the body. When I began supplementing GcMAF and gained good levels of vitamin D from sun exposure, within fifteen minutes I felt a very strong activation of my immune system. Each time I was in the sun I felt mild to strong herx reactions. I also felt the areas of suspected cancer become extremely sensitive.

I found this quite incredible and reassuring to be able to feel my own immune system activating. It gave me huge relief of Lyme symptoms and improvement in areas of suspected cancer. I have used drops and cream successfully. Using moderate strength creams, the herx reactions I experienced were quite mild. Using a newer very high strength cream at times it felt too much for my body to cope. I lessened the amount I was using or at times stopped taking it to give my body time to detox and repair.

Some people with Lyme disease I have spoken to report no herx reaction and immediate relief of symptoms, while others experience severe reactions using just a tiny amount of GcMAF. I have spoken to many people using it for cancer who report very positive results. After reading about how to make

## Get Well and Thrive

your own, I bought some milk kefir grains from a health shop, added milk and colostrum, the colostrum apparently being a vital ingredient which already contains GcMAF. It is recommended to also add specific probiotics, but I thought I would see if it works without them. The results were profound as I felt a very strong activation of my immune system. Homemade GcMAF ingredients:

- **Milk kefir grains**
- **Organic milk (preferably raw)**
- **Colostrum (preferably organic)**

Some great information here-

<https://saisei-mirai.or.jp/en/category/gcmaf/>

For information on where to buy email:

[health@dianneellis.com.au](mailto:health@dianneellis.com.au)

### **Rerum/Chondroitin Sulphate, Oleic acid and Vitamin D**

Dr Marco Ruggiero, who worked with Dr Jeffrey Bradstreet on GcMAF, developed what he calls Rerum. Dr Ruggiero thought it was the GcMAF protein in his Bravo probiotic yoghurt that was so beneficial for his patients who had remarkable improvements from many conditions, including cancer, autism, HIV and more. To his surprise when he removed the GcMAF from the yoghurt the health benefits remained. He discovered it was the Chondroitin Sulphate, Oleic acid and Vitamin D combination which he called Rerum which provided the most beneficial results.

I have not used this product but Kerri Rivera has found the autistic children who use the Chondroitin Sulphate, Oleic acid and Vitamin D combination do not have herxheimer reactions in the way they have done when using GcMAF. She has seen incredible improvement in children's overall health, some

beginning to speak or regaining speech after many years of being non-verbal.

[ketokerri.com](http://ketokerri.com)

## **Circadian Rhythm and Sleep**

Our internal body clock, or circadian rhythm is a twenty four hour cycle particularly affecting our sleeping, waking and eating patterns. It is influenced by stimulation from our environment such as sunlight, temperature, the food and times of day that we eat. In response to this stimulus, signals are sent to the hypothalamus which governs the circadian rhythm and produces hormones such as melatonin, which causes sleepiness. Many of our biological and psychological processes are governed by our circadian rhythm. This is why it is very important to have good amounts of quality sleep every day and regular routines.

## **Medical cannabis**

Medical cannabis or marijuana, has been labelled a miracle plant useful in treating virtually all diseases and illnesses including cancer, epilepsy, neurological and autoimmune diseases, anxiety, nausea, insomnia, pain and much more. Cannabis oil is said to be antibacterial, inhibits cancer cell growth, neuro-protective, and promotes bone growth. It also reduces seizures, convulsions, blood sugar levels, inflammation, risk of artery blockage, nausea, vomiting, pain, anxiety, muscle spasms and more.

We all naturally produce cannabinoids. The endocannabinoid system (ECS) is a physiological system with a complex network of receptors playing an important role to bring balance to all biological systems within our body. If our ECS becomes weakened and our own levels of cannabinoids are low, plant cannabinoids which mimic natural endocannabinoids can be

## Get Well and Thrive

very beneficial. Cannabinoid receptors are found in our brain, lungs, liver, kidneys, immune system and virtually all of our tissues, embedded in cell membranes. The medical benefits of cannabis occur when a cannabinoid activates a receptor.

There are a number of different forms of cannabis oil/cannabinoids including CBD, CBDA, CBG, CBGA, CBC, CDCA, THCA, THC and THCV, each containing varying properties which can be more suited to particular illnesses than others. CBD (Cannabidiol), does not contain THC (Tetrahydrocannabinol), the ingredient in cannabis which gives the 'high'. THC is only activated when the plant is heated. A number of specialists say the only time there may be concerns of side effects are when using THC due to its ability to make you 'high' which can cause anxiety.

I have only used THC and CBD at different times. I used the THC early in my recovery process and did not like the effect it was having on me. I took one drop of the oil at night time and felt washed out and quite shattered the next morning. I do believe I was probably experiencing a die off effect combined with the effect of the 'high'. Taking the drops at night minimised the effects of the 'high', which I found unbearable on the occasion when I took it during the day. I kept at it for a while but preferred to focus on my other treatments. A year or two later I used CBD oil, which does not give the 'high' and I felt immediate and profound benefits, almost as though a switch had been flicked inside me, disabling anything that was affecting my body negatively and activating a strong healing process within.

I am not sure if the CBD simply agreed with my body and the conditions I was using it for rather than the THC, or whether more time on my other treatments enabled my body to be ready for the profound healing effects of medical cannabis. I may never know, but I certainly do know the powerful benefits

of this incredible medicine. Due to the amount of research I have seen that pathogens are the underlying cause of most diseases and illnesses, I have a personal belief that medical cannabis also has a disabling effect on these parasites and bacteria, allowing our body's own defence systems to regain the upper hand.

While I believe it is important to be careful of overuse due to possible psychosis and paranoia in some cases, as a recreational drug I believe cannabis can be much safer than alcohol. A high quality product with correct levels of the most appropriate oil for certain conditions can be difficult to access, but seems to be more available as many countries take steps towards legalising medical cannabis.

## 7 Balance Biochemistry

Dramatic improvements in all areas of physical and mental health can be achieved by bringing our biochemistry into balance. Supplementation with specific vitamins, minerals, amino acids etc that we might be deficient in, may be all that is needed to make the difference.

Biological medicine is without doubt the most beneficial way mainstream doctors can help people to recover from chronic illness. There are increasing numbers of biomedical doctors, naturopaths and nutritionists who use testing methods to determine their patient's levels of nutrients, minerals, genetic inheritance such as MTHFR gene or pyrrole disorder, heavy metals and more. Due to diet, genetic predisposition, pathogens and environmental exposure etc, many people can be lacking or too high in certain nutrients, minerals, hormones and toxins which can lead to serious physical or mental health conditions. Two of my favourite practitioners are Dr William Walsh, Trudy Scott ND.

Dr William J Walsh has devoted his life's work to this form of study. He can look at someone's blood chemistry and determine accurately, which mental health condition they have, be it depression, behavioural disorders such as ADD, ADHD, bipolar, schizophrenia etc. He is then able to help the patient to a strong recovery simply by using individualised natural supplementation. I could write a whole chapter on this but Dr Walsh is the expert and it's all in his book *Nutrient Power*.

Each and every person has a unique biochemistry. Even twins can be very different. One may be high in a mineral or vitamin which the other may be lacking. Therefore, it is very important to undergo testing to make sure you are not making



a problem worse by supplementing with something that may be doing harm.

## **Zinc**

For example, high copper leads to low zinc which is one of the most common causes of depression and is linked to lowered immune function. Taking a supplement which contains copper will enhance the problem, while supplementing with zinc will bring zinc up to optimum levels, potentially alleviating zinc-related depression. Zinc is also vital for a well-functioning immune system.

## **Hormones/cancer**

A biomedical doctor can pick up on hormonal imbalances that may be linked to cancer. Both women and men can be susceptible to oestrogen dominance linked particularly to breast cancer in both men and women, prostate cancer in men, and ovarian and uterine cancer in women.

## **Progesterone cream**

A practitioner/patient friend gave me information on John Lee MD's natural progesterone cream. When I began using just a tiny amount applied anywhere on my skin, to counter oestrogen dominance, I noticed a strong tingly sensation in some remaining areas of (suspected) cancer, similar to when I other remedies to combat this. From my research I now realise this can be a crucial step for treating cancer if hormonal imbalances are involved. John Lee MD's website gives a diagnostic questionnaire and wealth of information for both men and women.

[johnleemd.com](http://johnleemd.com)

## **Biomedical doctors**

All doctors can do testing for a variety of biochemical imbalances. Unfortunately, most mainstream doctors are not trained as thoroughly as most biomedical doctors in what to test for, how to analyse the results, and what to do about them.

There are biomedical practitioners in many countries who will carry out an assessment using laboratory tests of blood, urine and/or hair samples, along with a physical examination, medical and life history data. They will then provide an individualised nutritional supplement program aimed at balancing the patient's body chemistry on the basis of these assessments. Using these methods many people have had great improvement in physical health conditions.

You can buy Dr Walsh's book which provides detailed information on common deficiencies and conditions which he has found are related to specific mental health and physical problems.

**Dr William Walsh** trains doctors in this field. To find a doctor:

International doctors:

[biobalance.org.au/international-doctors](http://biobalance.org.au/international-doctors)

Australia: [biobalance.org.au](http://biobalance.org.au)

[walshinstitute.org](http://walshinstitute.org)   [drwwalsh.com](http://drwwalsh.com)

**Trudy Scott ND anxiety expert**

[antianxietyfoodsolution.com](http://antianxietyfoodsolution.com)

<https://www.everywomanover29.com>

[drnorthrup.com](http://drnorthrup.com)

## 8 Realign Your Body

If our body is out of alignment, it can negatively impact our muscular skeletal system, nervous system and energy meridians, therefore affecting our whole body and every organ within. Many doctors refer patients to chiropractors for help not only with physical pain in the back but discomfort in many areas of the body, migraines, digestive problems, even arthritis and visual problems and much more. Chiropractors do manual adjustments correcting misalignments called subluxations. When the spine is not in alignment the joints can become inflamed and degenerate. The nerves to every area of the body can be impaired impacting every function in our body. Often when the spine is brought back into alignment, with the compression and restriction on the joints and nerves released, the body is able to self-regulate and restore.

I have seen a number of chiropractors during the past thirty years with great benefit. I have no doubt I wouldn't be walking today if not for my chiropractor. My Network chiropractor, operating in the framework of Bio-Geometric Integration (BGI), works to reset the nervous system. He does manipulations of the spine at times when needed, but also works on energy points and meridians in the body to remove blockages. He also assists me using psychosomatic breathing methods to reconnect to areas of my body that I have disconnected from. One day, having asked me to simply breath into and connect with certain points around my body while he made small touches and manipulations of the energy points, he asked me then to wag my tail. I looked at him strangely and wiggled my tail bone. Hearing a click I was amused and quite impressed with his techniques.

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Another chiropractor I have seen told me about a particular vertebra in the neck which can cause depression, suicidal and self-harming tendencies if it is out of alignment. By correcting this, he has seen the disappearance of those conditions in some of his patients.

Whether you see a chiropractor, energy healer, osteopath, Bowen therapist, physiotherapist, massage therapist or any other form of body worker, doing so to align the body is another vital step toward a full health recovery. Look for your local chiropractor.

[chiropractorbyronbay.com.au](http://chiropractorbyronbay.com.au)

[networkchiro.net](http://networkchiro.net)

## 9 Exercise

You may think I'm about to tell you to exercise more? No! I am going to warn you about what happens when you exercise while you are chronically ill and the damage that can be done. While exercise is very good for us, if you are in a chronic state of ill-health exercise should be taken carefully. It is good to do gentle exercises to improve blood and lymphatic movement throughout the body such as:

- Walking
- Yoga
- Stretching
- Jumping up and down or bouncing on a mini trampoline
- Tai chi
- Qigong

Our lymph system which has a major influence on our immune system, fat absorption and fluid balance, relies on movement to supply nutrients to the cells and remove waste products, including pathogens, cancerous cells, toxins and debris. Lymph fluid only moves one direction through lymph vessels therefore vertical motion such as bouncing is much more effective than running or walking to move lymph fluid.

*But*, many people with chronic health conditions often 'crash' for the next few days or week after exercise. This is very common especially for people with Lyme disease and chronic fatigue. This has been linked to mitochondrial dysfunction. I now know it is also related to oxidative stress which is produced by our body's every day functions, including breathing and exercise.

Most people who are suffering from disease or illness have high levels of acidity in their body. When we exercise we build

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up lactic acid. There are some beliefs that people who are unwell should not do too much exercise to avoid this increase in acidity, which may provide an environment more favourable for pathogens. Also, during the natural process of muscle growth when our muscles have micro tears due to exercise, pathogens have easier accessibility into the muscle fibres.

Each day move your body, do some stretches and a little bouncing on the spot or a trampoline which is great for lymph, maybe a short walk or whatever you feel up to. Try not to push yourself beyond what feels comfortable until you feel confident with your health to do so. Listen to your body.

## **10 Energy Healing**

The term Energy Healing covers a very broad range of therapies which can have powerful beneficial effects on our body, mind and soul. The earth's energy is very healing. Devices and gadgets can be used to access, create or balance energy and protect us from harmful electromagnetic frequencies. Practitioners using many different physical methods such as chiropractic, acupuncture or Bowen therapy can assist us to release blockages of energy within our body. Spiritual and emotional healing are also forms of energy healing which I cover in following sections. By removing any blockages of energy or negative interference in our energy field we can enhance our body's own self-healing mechanisms and allow the natural flow of energy and vitality throughout our body.

### **Protection from Electromagnetic Frequencies / Radiation (EMF/EMR)**

The overwhelming amount of harmful EMFs we are exposed to in our modern age of technology pose serious risks to our health. Many companies and health standard regulators ignore the experts and scientific data that confirm this. Instead more powerful damaging frequencies are introduced into our environment every day via phones and towers, smart meters and devices, baby monitors and alarm systems. Everything electronic gives off invisible emissions including household devices, powerlines and home wiring, wireless networks etc. Many doctors and scientists around the world work to find ways to alleviate their negative effects on our health and assist people to recover from the damage caused.

Dr Klinghardt believes EMFs are the number one illness causing factor of our time, even worse than mercury and states that EMFs alter the proteins in our body in a similar

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manner to nuclear bombs and this damaged DNA can be passed onto our children. He insists that taking preventative measures is a priority when working to overcome acute and chronic illness including Lyme disease.

There are many forms of EMF protection

- Mobile phone
- Home and personal
- Workplace
- Car
- Shielding curtains, blankets, fabrics,
- Wall shielding paint

For a number of years after receiving tick bites I was very sensitive to EMF's which previously did not cause a problem. Many times while sitting inside I could feel the effects of wi-fi. I often yelled out asking my daughters if they'd turned it on and sure enough they had. My whole nervous system was extremely sensitive and I felt a very uncomfortable shaky, humming vibration through my body. Turning the wi-fi off noticeably eased the problem.

One of my doctors invited me to a health conference where I learnt about Blushield Tesla devices. I began using them and felt profound relaxation in my body. I learn that Blushield create a subtle energy field, mimicking nature but much more powerfully. This coherent field overrides all ambient EMF fields and stops the body responding with the hazardous frequencies. Our body will begin to resonate with the enhancing frequencies from the Blushield device rather than the harmful EMFs that now surround us constantly.

### **Buy Blushield Tesla EMF Protection**

There are many protective devices available. Having felt so much relief using Blushield Tesla devices I am proud to be



affiliated with this company. Other countries can find links on both of these sites. For information or to purchase click here:



U.S. customers only use 10% discount code; *shieldme*

## **Orgonite**

Orgone energy, coined by Austrian scientist, philosopher and psychoanalyst Dr Wilhelm Reich in the first half of the twentieth century, is bio-energy or universal life force energy also known as chi or prana. Orgonite is created by combining resin, classed as organic, and metal shavings, classed as inorganic. Organic materials attract and hold orgone energy while non-organic materials simultaneously attract and repel the energy. Quartz crystal is added to this mixture due to its piezoelectric properties i.e. when under pressure, such as the constant pressure when resin shrinks, quartz gives off a charge. As a result, negative energy which is constantly attracted and repelled in a 'scrubbing' action is cleansed leaving healthy orgone energy. I wear homemade orgonite pendants which I feel are beneficial.

## **Earthing**

What is Earthing? It is exactly what it sounds like. Connecting with the earth which is a conductor of free electrons. When any part of our skin comes in contact with the earth we absorb large amounts of these negative electrons, whether walking on grass or the bare ground, swimming in the ocean, or hugging a tree. So it is true what they say about hugging a tree

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but make sure your bare skin is connecting with the tree. The same goes for walking on the earth as synthetic fabrics, soles of shoes, carpets, vinyl and asphalt all block the earth's electrons from entering our body. I have no doubt being in the ocean and walking on the earth have helped to revitalize my body. Earthing is reported to:

- Reduce chronic disease, Inflammation and pain
- Slow aging
- Calm the nervous system
- Promote deeper sleep
- Lessen hormonal and menstrual symptoms
- Support all organ systems down to the tissues and the cellular function
- Counter the effects of harmful electromagnetic radiation

There are many earthing mats and appliances that can be bought for use when inside the home or work place including a mat to place your feet or any part of your body on, sheets and pillow covers. Specially designed footwear is also available.

### **Energy Healing devices**

A lot of past and present research shows that every living and non-living thing, including our own body and any pathogens that may be living within us, has a frequency. In fact, as shown by quantum mechanics, everything in existence is compiled of frequency and sound vibration, sound being the basis for form and shape and that which holds life together. A number of people have devoted their lives to working and experimenting with frequencies which are forms of bioresonance, including pioneers such as Dr Royal Raymond Rife, Nikola Tesla, Antoine Priore, Dr Bob Beck and Dr Hulda Clark. They have invented and used healing devices with the aim to neutralize negative

energies, detect and destroy pathogens which underlie many diseases and illnesses, stimulate bodily tissue to encourage healing and strengthen the immune system, enhance our own healthy energy vibrations and harmonize our body. Some of the devices used for this are:

- Pulsed electromagnetic field therapy (PEMF) mats and devices
- AmpCoil
- Dr Clark's Zapper
- Rife machine
- Tens machine
- Vega machine
- Theraphi machine
- Scalar wave energy enhancement

### **More on Bioresonance**

With the advancement of technology, computerised bioresonance machines can detect hundreds of frequencies of pathogens, including all sorts of parasites, viruses, bacteria and illnesses. They can even detect emotional conditions, traumas and shock held in the body. Bioresonance can use a person's own energy frequencies to restore the body's ideal energy state. Monitoring the frequencies in our body, it can strengthen and boost healthy frequencies and return them to the body to enhance our wellbeing. Unhealthy frequencies can be inverted or turned upside down and when returned to the body will negate those frequencies in our body. This is said to neutralise or kill many pathogens. I have been amazed at what bioresonance machines have detected in my body, correlating to many of the conditions and feelings that were occurring. I've had treatment with a variety of bioresonance devices over the years and at times have had profound experiences of enhancement in my wellbeing.

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Twenty-five years ago I had a positive experience with treatment from a practitioner using a Tens machine, my health improving dramatically with a lot of energy. Later I had treatment with a German doctor using a Vega machine to treat food allergies and boost my whole system, also with positive results.

### **PEMF**

'All chronic disease or an injury has an associated low voltage,' Dr Jerry Tennant "Healing is Voltage."

PEMF (Pulsed Electromagnetic Field) therapy re-energises damaged cells by inducing electrical charges in the tissues through the pulsed electromagnetic field. This restores the cells to a healthier state and voltage. This, in-turn:

- Boosts cellular metabolism
- Regenerates blood cells
- Improves circulation
- Increases oxygen-carrying capacity
- Reduces inflammation
- Alkalises the cells

As a result, the immune system becomes healthier, the nervous system relaxes, bones and joints become stronger, and vital organs [liver, kidneys, colon] are rid of impurities so the body becomes detoxified (the body starts a detoxification process). There is a resulting increase in: energy to the cells, cell hydration, bone density, lean muscle mass, flexibility, range of motion, stamina, strength, endurance, immune system, nerve response, and muscle response. There is a resulting decrease in: pain, stiffness, swelling, oedema, spasms, stress, bruises, and contusions.

Research has proven the neurological, physiological, and psychological benefits to the body with PEMF therapy. Currently, there are over 3,700 clinical studies on PubMed where medical studies are published.

I've had a session on a PEMF mat from PEMF Therapy Australia and found it very helpful. I have also heard positive feedback.

[www.pemf.com.au](http://www.pemf.com.au)

## **AmpCoil/Sound Healing**

AmpCoil provides our cells, organs and all systems of our body with the optimum frequency they would normally vibrate at. This in turn creates a healing environment, one that is not suitable for pathogens which are often the underlying cause of disease and ongoing inflammation. These harmonious frequencies enable our body's own self-healing mechanisms to work more efficiently.

The AmpCoil has programs such as:

- Positivity
- Relax all
- Full moon
- Harmonizer
- Pain release (muscles, bones, ligaments, joints)
- Hormone harmony
- Deep sleep
- Immune boost
- Cleanse
- Brain reboot (nervous system)

Developed by a family who struggled for years with Lyme disease, the AmpCoil combines the best of old and new technology. Using biofeedback voice analysis, the AmpCoil's tone-generating app BetterGuide can recognize vibrations within our body that are out of balance. A modified Tesla coil

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projects a fountain-like energy vortex outward creating a pulsed electromagnetic field carrying optimum frequencies which penetrate deeply enough into the body to reach the quantum level of the human cells. This re-tunes and re-shapes the vibrational imbalances found in the body, shifting our core cellular vibration back into balance and neutralizing anything that is foreign to the human body.

AmpCoil has provided one of the most profound healing experiences I have had especially in the areas of my body with suspected cancer. While it is very common for most people to experience rapid results, I was advised this immediate result was most likely enhanced by the good work I had done up to that point. Results show out of one thousand clients five may not respond. This has usually been due to an unresolved problem such as excessive exposure to mould or negative EMR/EMF. During sessions I felt deep and profound changes and improvement in the suspected cancerous areas in my back and spine with enormous relief. Continued treatment showed dramatic improvement in those areas.

I know a boy who used the AmpCoil. Voice analysis showed up pinworm. After using the AmpCoil the pinworm were visible in his stools. His digestion and sleeping improved. A few months later his paediatrician said his heart murmur which had been there for many years had disappeared. I don't know if that was due to the removal of pinworm or the AmpCoil bringing the body's frequencies back into harmony.

[ampcoil.com](http://ampcoil.com)

[dianneellis.com.au/ampcoil](http://dianneellis.com.au/ampcoil)

### **Dr Clark's zapper**

Dr Clark's zapper sends a gentle electric current of 10 to 500,000 Hz with voltage of 5-10 volts through the body to kill

pathogens. Due to scientific advances there is now a computerised version of the zapper which can be programmed to frequencies to specifically counter almost every pathogen and many diseases and illnesses. I found the zapper to be very effective killing a lot of bacteria quickly but, while I was in an extremely sensitive state of chronic illness, it also created a strong herx reaction which was difficult for me to deal with. My daughter had extremely good results with the zapper (see below). I know other people who have used the zapper with excellent results, most of them experiencing a die off reaction before notable improvements.

[drclark.net](http://drclark.net)

### **Learning difficulties, dyslexia, digestive problems, small seizures**

My daughter had great results. After just one session on the homemade zapper her digestive problems decreased, energy increased, she no longer had fainting spells and early signs of epilepsy. Her concentration and school work all improved dramatically and her learning difficulties disappeared. A few months later some problems returned but were once again alleviated using the zapper just once. We then used maintenance doses once every couple of weeks until problems no longer returned. Six months after zapping, Lily's teacher who was providing special learning for her, confirmed that since the time of her treatment she had suddenly gone from having difficulty with the most simple reading and arithmetic, retaining no information at all, to excelling in the standard levels of work.

### **Theraphi Plasma Healing**

The Theraphi is an electronic device that produces a radiative bio-active plasma field. This super-coherent plasma-wave

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field restores order to the body's cellular regenerative system, reversing the entropy, or disorder, of the disease process. The Theraphi technology has the ability to provide an influence on general well-being, enhancement of the immune system and reduction of healing times. Some of the benefits and positive results people describe after their Theraphi sessions include: pain and inflammation reduction, higher energy levels, anti-ageing, improved circulation and enhanced immune system responses.

I've had numerous Theraphi sessions with noticeable improvements in my condition. During my first session while sitting in the energy field of the Theraphi, I felt very strong pressure in an area of suspected cancer in my back and chest, which soon eased. Each subsequent session the pressure seemed to move to the next high priority area of concern. It was a strangely positive experience and after each session I felt an easing of symptoms. I have no doubt it had a profound healing effect on a cellular level. I met other people who were also having sessions one being an elderly lady who was in a bad accident when she was young. She had lived with pain most of her life. She experienced relief after one session and complete relief after a few more sessions.

The practitioner I saw is now using the Theraphi in combination with a Tennant Biomodulator, a unique PEMF (pulsed electromagnetic field) therapy device which is reported to enhance the effects of the Theraphi.

[theraphi.com.au](http://theraphi.com.au)

### **Protect your own personal energy**

Every thought and feeling we have has the potential to deplete our energy if we are not careful or aware of it. Are most of your thoughts negative or positive? Often where we place our thoughts is where our energy goes. People in our



lives may be depleting our energy without our realising it. There may even be people from our past who are still plugged into our own personal energy source. Do you think about a person or event, past or present, and feel bad in any way? If so, your energy is being depleted due to this situation. When we release the emotional charge to this person or event we are able to think about them without feeling upset or depleted. This can be done effectively using many techniques of energy healing and trauma release as listed in the following sections, my favourite being Genome Healing.

How do you feel about yourself? Are you adequate? Are you worthy? Are you equal to other people? If your answer to any of these questions is no, your personal energy is continually being depleted by your own perceptions or the expectations of others. Value yourself. Some of the most valuable people in my life are those who have given me nothing but a smile, a hug, or a phone call, especially when I was seriously unwell.

When we protect and stand strong within our own energy, the more whole and strong we are within ourselves in every way. In turn we are able to participate and give more in every part of our lives. Here are some very simple ways to protect your own personal energy right this moment:

- Be aware of your thoughts and feelings each day especially in times of stress
- Immediately bring the focus of your thoughts back to yourself
- Notice and accept the feelings you have in your body
- Breathe open any areas of tension and allow the energy within you to move
- Detach from negative situations or events
- Look for the positive in life

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- Refuse negative thoughts and replace them with positive ones

### **Energy Healing (Practitioner and Personal Forms)**

People all around the world in every culture use energy healing in one form or another. Whether as an individual or with the help of practitioners and shamans, countless techniques can be used to release blocked energy, access higher or more healthy vibrations of energy, engage incredible powers of healing, and balance and enhance the energy systems in and around our body. Some techniques used include:

- Chinese Medicine
- Genome Healing
- Breathwork
- PSYCH-K™
- Emotional Freedom Technique/Tapping
- Reconnective Healing
- Reiki
- Kinesiology
- A.R.T.®
- Homeopathy
- Reflexology
- Acupuncture
- Yoga
- Spiritual healing
- Flower and Vibrational Essences
- Crystal Healing
- Colour Therapy
- Visualisation
- Shamanic Healing

I have gained benefit from all of these methods at times during the past twenty-five years. Each one can be beneficial to your body, mind and soul. If you tune in to how you are feeling you will be able to work out which technique may be most beneficial for you at this time. Are you feeling emotionally charged or sensitive? If so, Genome Healing and the emotional healing techniques at the top of this list may be most useful. Or are you feeling more unbalanced physically? If so some of the more physical therapies such as reflexology or acupuncture may be suited right now. Listen to your body. Listen to your instincts. You will know what is right for you.

## **Chinese Medicine**

Traditional Chinese medicine uses a holistic approach of prevention, diagnoses and treatment which identifies disharmony within our body's energetic system. A Chinese Medicine doctor can identify if your body has too much heat for example and may recommend cool foods. Techniques including herbal medicine, diet, acupuncture and massage are used to treat the underlying cause of the problem and re-establish balance within the body.

I have experienced and witnessed the incredible techniques used when a traditional Chinese doctor felt the pulses of myself and my family, and successfully diagnosed all the conditions we were individually experiencing along with our emotional states. He then prescribed a concoction of herbs which provided significant results.

A number of aspects are addressed in traditional Chinese medicine including:

### **Qi (energy):**

- Yin (feminine)
- Yang (masculine)

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### **The five elements:**

- Wood
- Fire
- Earth
- Metal
- Water

### **Zang fu:**

The organs within our body that produce and regulate qi are interconnected.

The **Zang** organs, which are yin (feminine) are:

- Heart
- Spleen
- Lung
- Kidney
- Liver

The **Fu** organs, which are yang (masculine)

- Stomach
- Small Intestine
- Large Intestine
- Urinary Bladder
- Gall Bladder
- Sanjiao (does not have a western anatomical equivalent)

### **Homeopathy**

Homeopathic medicine is made from plant, mineral and animal substances, using a specific process of dilution and

succession or vigorous shaking. The resulting solution is diluted so much that it's difficult to find any of the original particles. Since the medicine cannot act biochemically it is believed to work on the body's subtle energies activating the body's own self-healing mechanisms. There are no side effects or contraindications listed for homeopathic remedies, therefore they are safe for babies, pregnant women, the elderly and people with damaged immune systems.

A homeopath will ask questions about specific symptoms, emotions, thoughts, feelings, body sensations, desires and dislikes to find the appropriate remedy to treat any mental, emotional or physical ailment. Homeopathic remedies are also used to treat deep inner susceptibilities which founder, Samuel Hahnemann called miasms. These miasms create a predisposition to particular disease states. Therefore, using homeopathy to reverse these predispositions is valuable for everyone, whether healthy or treating a current illness.

See your local homeopath or look online for a registered homeopath.

<https://www.homeopathyoz.org/>

[itchgoes.com.au](http://itchgoes.com.au)

## **Kinesiology**

Kinesiology is a form of muscle testing to identify imbalances in the body's structural, chemical, mental, emotional and energetic systems. It is an effective way of letting our body do the talking, bypassing all the misinformation and theoretical possibilities we often have swirling around in our head when we feel unwell. When I was seriously ill my practitioner used muscle testing to determine which remedies and foods my body was responding well to. I have no doubt this prevented further deterioration in my condition and enabled a faster

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recovery. Kinesiology can also be used to determine underlying subconscious thoughts and beliefs which may be having a negative effect on our lives.

The small amount I write here on this topic, does not give this form of therapy the accolades it deserves. Kinesiology can envelop every aspect of healing. A good practitioner can help you with any area of disharmony in your life.

See your local kinesiologist or look online for a registered practitioner.

[www.aka.asn.au](http://www.aka.asn.au) [americankinesiology.org](http://americankinesiology.org)

### **A.R.T.® Autonomic Response Testing**

Dr Klinghardt's ART system uses methods similar to kinesiology and allows you to detect and treat unresolved emotional issues, chronic infections, retained toxins and other issues contributing to poor lack of health and vibrance.

[klinghardtinstitute.com](http://klinghardtinstitute.com)

### **Visualisation**

I have a friend who is a nurse and was diagnosed with multiple sclerosis. She had a picture of a healthy spinal column, brain and nervous system and everyday visualised her myelin sheath repairing itself. She was told she may be in a wheelchair within six months. Over twenty years later she is healthy and strong and results showed 'moth holes' in her myelin sheath had disappeared.

Many people visualise any area of dis-ease in their body repairing itself and transforming back to healthy cells. This is actually sending a signal to the self-healing capabilities of our body to get into action and repair. The power of this process should never be underestimated.

## 11 Emotional Healing

### Release Traumas and the Emotional Connection to Physical Illness

Cancer and many illnesses have been shown to have a direct link to an emotional trauma or event. When we release stress or underlying trauma we are able to heal on a cellular level and restore optimum function. There are many forms of emotional healing, most of these also providing a form of energy healing, including:

- Genome Healing
- Breathwork
- PSYCH-K™
- Counselling
- Psychology
- Neurolinguistic programming

Dr Bruce Lipton has demonstrated how our cells shut down when we are stressed or in a state of defence. He has also shown how our stress hormones will affect our blood chemistry, therefore altering gene expression. Finding areas of our mind, body and soul which have closed down in defence and then reopening them to love is one of the most powerful healing tools we have. This in turn will allow happy hormones to be released into the blood, having a positive effect on blood chemistry and gene expression. While I have found many causes of my ill-health, including toxins and pathogens, for a long time I didn't realise just how much deep tension I held in my body on a cellular level. This affects our immune system making us more vulnerable to the pathogens and illness. Being open to listening to my body and allowing feelings to present themselves, when a hidden emotional trauma surfaced and I was able to release it, I was astounded at how

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much tension was released from my body, and in turn how much my body was able to spontaneously heal.

### **Trauma will release if and when it's ready**

We don't need to go delving deep into the past looking for problems. You could be opening a can of worms that is best left alone. By looking at what is not working in your life right now such as your health, relationships or work, and making intentions to resolve these issues, whatever is holding you back will surface when it is ready to do so. There may be one or more past traumatic events which still hold charge in your body and need to be released. You may also hold hidden negative subconscious thoughts or beliefs which can be transformed into a positive framework. You may even be carrying ancestral and genetic memory which is impacting your life now. This can be addressed and transformed gently when you are ready to do so.

Due to my life long struggle with ill-health I've spent many years exploring the emotional connection to physical illness. Although it can seem hard to understand, I have no doubt there is always an emotional connection to every illness. Sometimes it's good for us to become aware of what this connection is. Other times just feeling the emotions that come with the experience is all that is needed to move through it.

### **Fear and love are the same energy**

Many of the pathways within our body with which we feel fear and negative feelings are the same pathways with which we feel love and all associated positive feelings. Think of a time when you may have felt joy or love, but you were in trouble or that love was rejected. That joyful or loving part of you may then have been stifled or shut down. To now access that joyful loving part of yourself, those negative thoughts or feelings



may need to be shifted. If we block those feelings of fear, grief, hatred or anger we may also be blocking those pathways in our body which help us to feel happiness, gratitude, love, joy or peace. This tension may cause blockages of energy and blood flow which in turn may cause the development of illness.

If suppressed negative feelings arise always remember to allow yourself to feel them, whilst making a conscientious effort towards positive thoughts, intentions and affirmations. This allows the free movement of energy throughout your body. In doing so, it is surprising how easily feelings of grief, anger and hurt, can transform into feelings of love, joy and peace.

Often simple healing processes such as breathwork or Genome Healing will easily enable you to become aware of the underlying emotional connection to physical illness and help you to effortlessly release it. At times, if you are caught in the middle of a chronic illness which seems to have no reason behind it, with no apparent way to regain health, simply being willing and open to becoming aware of the emotional connection may allow you to do so. I cannot emphasise enough how very important this is. Be open to the possibility that emotional healing can happen easily, effortlessly and spontaneously. For a long time it seemed like hard work, it *was* hard work, until I fully surrendered to the process. It is within this surrendering process that true healing can occur with ease.

### **Negative thought patterns or an awakening?**

A pattern of negative thoughts can usually be changed by using awareness and willpower. Trauma or energy blockages held in the body will eventually force themselves out, one way or another, and are usually unaffected, if not strengthened by willpower. This energy will not allow itself to be suppressed.

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Therefore the harder you try to ignore it or hold it down the harder it will push to the surface. Are you stuck in a rut of negative thought patterns? Or is there a hidden trauma or energy blockage bubbling to the surface ready to be released, and in turn provide an awakening or blissful experience and beautiful way of being?

### **Re-training neural pathways**

If we have been in negative thinking patterns for a long time, the neural pathways in our brain will automatically take us to those negative thoughts, perpetuating the cycle. It can take time and attention to our thoughts to retrain those neural pathways or create new ones. When you catch yourself thinking negative thoughts look for something positive to think about instead. Also be aware if you are drawn into negative thinking by media and the people around you. With repetition, once we have created new neural pathways and patterns of positive thinking it can become an easy habit.

### **Are your thoughts your own?**

Some people who are very sensitive can pick up on other people's feelings. Empaths can be so sensitive they take on the feelings and emotions of people around them. This can potentially have a huge impact on their health. If need be, take a step back from people to centre yourself, your energy and your emotions.

### **Step by step**

If all this 'emotional stuff' is new to you it may seem confusing and very difficult to understand what is happening within yourself. Many societies, communities and families do not know how to deal productively with sensitive emotions and differences. If you've grown up with conflict, opening up to sensitive emotions may put you into a state of fight or flight.

Recognising this within yourself is important. Some of the methods I describe are very deep and can provide profound shifts within yourself, which at times need to be taken slowly.

### **Someone to talk to**

If you are just starting out with self-discovery, simply having a good listener you can talk to, a trusted friend, family member or acquaintance, can be a valuable first step. Some people might be a bit too close and may not be able to provide a neutral support when emotions are a little raw. Talking with a counsellor, therapist or psychologist can be a huge relief as we release emotions that may have been pent up for years.

## **Genome Healing**

Genome Healing is one of the most incredible forms of mind/body healing I have used. The techniques are revolutionary, simple and extremely effective. Negative feelings can be transformed into a peaceful sense of bliss within minutes. We can directly access and gently release emotions held in every organ and system of our body. This process often reveals patterns in our lives and possibly those which have been carried down through the generations via our genetic and cellular memory. At the moment of conception our first cell is created by the union of the male sperm and the female egg. Genetic cellular memory is carried in every cell as it divides, to eventually create our own unique human body. If there is conflict between this masculine and feminine energy, which could trace back many generations, there may be conflict within our cells, organs, body and our mind.

### **Allowing your cells, organs and genes to have a voice**

Using Genome Healing techniques we are able to talk to our cells and our organs, easily release trauma including genetic

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and ancestral memory, and return our body to its optimum functioning blueprint. The trauma release method takes minutes and from my experience is permanent. Some other related traumas may arise later and can easily be released. Using powerful quantum mind/body healing techniques we are able to release physical and emotional stress at the cellular level of the body and the subconscious level of the mind. We can literally recreate our reality.

I feel blessed and very grateful to Carol Roberts, the founder of Genome Healing. Since using these techniques I have experienced the most incredible spontaneous transformations in many areas of my life.

[genomehealing.com.au](http://genomehealing.com.au)

[dianneellis.com.au/genomehealing](http://dianneellis.com.au/genomehealing)

## Breathwork

### **Breathing is the most critical function for life**

We can go for a few weeks without food, a few days without water, but only a few minutes without breathing. The nervous system is wired in such a way that the messages about breathing receive top priority. By changing the pattern of our breathing and taking full relaxed breaths we change the messages sent from the nervous system to the brain. The brain picks up these messages, interprets them and responds to them, and you can transform how the brain is working. You can feel better very rapidly. A lot of people don't have a lot of time for relaxation techniques but breath practices can be used any time.

Breathing practices have been used to promote health and wellbeing for thousands of years by many different cultures and religions around the world. From Qi gong, Tai Chi, Zen meditation and Buddhism, to Ayurvedic medicine, Yoga and

Pranayama. Science has shown that regulating breathing patterns improves overall health and wellbeing in many ways such as;

- Increased blood circulation throughout the body
- Blood pressure
- Digestion
- Sleep patterns
- Relieves heart arrhythmias and anxiety
- Increased levels of energy

### **Neurophysiology and the breath connection**

Breathing can very rapidly effect the way we feel. Each in breath activates the sympathetic nervous system which increases the heart rate. Each out breath activates the parasympathetic nervous system which slows the heart rate. This is called the respiratory sinus arrhythmia. Therefore, the way we breath very rapidly change the way our heart beats. This is one of the main mechanisms by which breathing techniques work.

### **The intrinsic cardiac nervous system**

There are messages being sent from our brain to our heart, for example if you see a snake on the pathway in front , the messages sent from the brain to your heart will make it beat fast. But there are in fact more messages sent from the heart to the brain. Often this happens on an unconscious level. The hear has its own brain called the intrinsic cardiac nervous system. The inputs from the heart to the brain are numerous and go to a lot of the major brain centres.

The thalamus is the core of our brain and has a lot of different functions. Different to the emotional centres of the brain, it has a great effect on our cognitive functions; being able to think clearly, react quickly, make good decisions etc. It

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synchronises the electrical activity of all the neurons in our cortex - the grey matter where the information processing takes place. It plays a key role in attention, memory, perceptual awareness, language, thought and consciousness. When we are stressed or if we have an unhealthy pattern of breathing the heart rhythm is incoherent and erratic. So too are the messages sent from the heart to the thalamus. This inhibits the ability of the thalamus to synchronise the electrical activity of our entire brain.

### **Breathing exercises can be used to;**

- Immediately reduce stress and anxiety
- Release long held tension from the body
- Bring your breathing patterns into a healthy rhythm
- Clear restrictions that prevent you from achieving your goals
- Resolve and heal problems at the core of the issue
- Improve lung capacity enhancing overall health and sporting performance
- Assist you to listen to and trust your inner wisdom, enabling you to make decisions that are right for you
- Reach deep levels of peace and harmony within yourself

### **Heart coherence**

By focusing our attention on our breathing and activating a positive emotion such as love, compassion, appreciation or gratitude, we can bring our heart into a smooth, even rhythm. When we shift into this more coherent state many things happen:

- On a neurological level the heart and brain become more synchronised

- All neurons in our brain operate at a higher level of efficiency
- Hormones throughout the body become more balanced
- Significant improvements in short and long term memory can be achieved
- Our ability to focus and make better decisions and choices is enhanced

Heart coherence encourages positive responses throughout our whole body from the immune system the hormonal system, the brain and cognitive system.

[heartmath.org](http://heartmath.org)

### **Biochemical changes in our body**

Simply getting upset with people sets in motion a cascade of over one thousand biochemical changes in our body. Cortisol can be present in the body twelve hours after an argument and will affect the way we feel and relate to people. With cortisol interacting with the neurons in the brain it is difficult to calm thoughts and sleep. Breathing practices will harmonize systems in our body into a coherent state. The hormone DHEA is released neutralizing the effect of the cortisol. When we are in a deeply relaxed coherent state four or five hours sleep can be equivalent to six or seven hours.

### **Reconnecting with our inner self**

Breathwork provides an excellent way to reconnect to our inner self, access deep wisdom and love, and reach profound levels of peace and harmony. With awareness on our body and breath, using gentle breathing exercises we are able to unlock and release blocked energy in our body which may have been held from any past traumatic event, birth, or even in the womb. Our body is the home of our subconscious and

our spirit. The breath provides a valuable tool for accessing the truth of who we are without the confusion that can happen at times in our minds.

### **Unlock deep love and bliss from within**

Without going into the story of past events, by simply placing our awareness on our breath and body, we can release tension, grief and energy blockages on all levels, physically, emotionally and spiritually. By releasing negative emotions, we are actually releasing blocked energy in our body, allowing it to transform into a positive form of energy and bliss. As we reconnect to deeper loving parts of ourselves which have been shut down, we often feel joy and happiness spontaneously bubbling up from within. Allow the free flow of love, energy and even ecstasy throughout your body.

### **Body wisdom**

After having my first child I could have been diagnosed with post-natal depression, but I knew I held a lot of grief due to traumatic events in my own childhood which needed to be resolved. My body held huge amounts of tension due to suppressed feelings. Breathwork enabled me to listen to my inner self, to really tune into parts of myself which had shut down due to the loss of two mothers. Those sensitive parts of myself that had shut down were vital to my own ability to be a mother. With guidance I was able to make sense of the feelings I was having in my life, and see they were arising from past events. Developing awareness of where these feelings were coming from cleared a lot of confusion, enabling me to release the negative feelings that had been arising, and connect to some of the deepest feelings of love I had ever experienced.



## Deep love

Breathwork enabled me to experience a level of love that is almost unexplainable. I guess you could say a blissful out of worldly experience. Although for a while I was a bit lost, continually wanting to go into a deep meditative state to experience this love, I learnt to ground these experiences into my daily life. Other practices such as Genome Healing and PSYCH-K™ also helped me to do so. This connection to a deeper love within my myself and universal divine love, is particularly enhanced in nature and provides an infinite source of peace and oneness to tap into any moment.

There are so many wonderful practices, organisations and individuals who use breathwork and various breathing methods. There are far too many to mention but I list some who have provided wonderful information, guidance, helpful techniques and love below.

[dianneellis.com.au/breathwork](http://dianneellis.com.au/breathwork) [heartmath.com](http://heartmath.com)

[hendricks.com](http://hendricks.com) [jimmorningstar.com](http://jimmorningstar.com) [wimhofmethod.com](http://wimhofmethod.com)

## PSYCH-K™

PSYCH-K™ uses a blend of various tools to change any subconscious thoughts and beliefs which have a limiting and self-sabotaging effect on our lives. Some of these methods which include similar techniques to brain gym and kinesiology are derived from contemporary neuroscience research, as well as ancient mind/body wisdom.

They facilitate change at the subconscious level where at least 95% of our consciousness operates. Weaknesses in the body due to negative subconscious thoughts and beliefs are detected and transformed. PSYCH-K™ is a process that transcends the standard methods of visualization, affirmations, will power, and positive thinking. It is especially

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effective in the areas of behavioural/habit change, wellness and stress reduction.

[psych-k.com](http://psych-k.com)

[dianneellis.com.au/psych-k](http://dianneellis.com.au/psych-k)

### **Embody your experiences**

Our natural way of being is love, peace, harmony and abundance. If we are not able to live our lives in this way, there is usually somewhere within ourselves that has shut down or closed off. When we unlock trauma and blocked energy, we access a very tender and delicate part of ourselves, literally. Many of our emotions are deeply intertwined within our whole being and nervous system on a cellular level.

When practising healing techniques, spontaneous blissful experiences often occur. Occasionally when our energy vibration has changed quite significantly, it can upset the usual equilibrium in our lives. People who are used to us being a certain way may be unsettled with the changes within us, even if they are not consciously aware of it.

At times, the universe will somehow recreate a scenario similar to that which we've been trying to overcome. This is an opportunity to have direct access to the feelings and pathways in our body which have been closed down. Grasp this as a healing opportunity. Feel those areas in your body which have been triggered. They may feel jittery and weak, or tense and tight. Breathe into them. Reassure yourself that all is ok. This time you have an opportunity to become stronger and more resilient, to open up the areas within yourself that have been shut down. This is when true transformation in our lives occurs.

## 12 Soul Healing

Connecting to a higher love and oneness is very healing for our soul. In doing so we are able to completely free ourselves of any and all of life's worries, if not permanently at least temporarily. There are many, many ways we can nurture our soul including:

- Connect with nature
- Singing
- Participate in a spiritual practice
- Live your passion
- Meditation
- Mindfulness
- Shamanic healing
- Genome healing
- Breathwork
- PSYCH-K™

### **Connect with nature**

Take the time to simply watch a beautiful sunrise or sunset, the moon and the stars at night. Sit in nature. Allow yourself to absorb all the relaxing, healing energy of the earth and this universe in which we live. The magnificent, raw and powerful energy of our earth is incredibly healing, invigorating and even euphoric. Use whichever tools are suitable for you to find a deep love and oneness with spirit and universal love.

At times during my life I have experienced many years of feeling alone, unwell and disconnected from society. But something that has always been with me has been a deep connection with nature, and somehow through nature, a connection with spirit. I've spent countless hours just sitting in nature, watching sunrises and sunsets, the animals, birds and the trees, which have provided an incredible sense of

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oneness. Deep meditation and breathwork has also enabled an almost ecstatic feeling of love within, and oneness with the universe.

### **Spiritual practice**

Whether you believe in a divine creator, God, Krishna, Buddha, or a universal energy, when we connect to a higher infinite and eternal force, we have access to the deepest unconditional love. If you feel the desire, prayer is extraordinarily powerful. Use this as a healing tool for yourself or others. Once you have set your intentions and positive beliefs surrender and trust that life is taking you on a path which is perfect for you. Whether you have a daily routine on your own, join a spiritual gathering, church or meditation group, when we connect to the pure essence of our soul, spirit and who we are, all that is not that, can melt away.

### **Live your passion**

What are you passionate about in life? What gives you a feeling of oneness or connection, peace, harmony or excitement? Whether it's a sport, singing, gardening, painting, connecting with friends or even your work, finding an activity or practice to fuel your soul gives meaning to life.

## **Venturing Within... Going Deeper**

### **Conscious and subconscious thoughts and beliefs**

Our conscious and subconscious thoughts and beliefs have an enormous impact on our physical and emotional wellbeing. They also create our reality. Wherever we place our thoughts is where our energy goes. Refocusing our thoughts and emotions towards positive feelings, such as gratitude, caring, love and joy, we can actually bring our heart rhythm, brain rhythms, hormonal, nervous and immune systems into alignment and synchronicity. Every time you have a negative thought or belief about yourself or anything in your life, find the opposite positive thought or belief and affirm that to yourself. Quantum physics shows us that our subconscious thoughts and beliefs not only shape our lives but actually create our reality.

### **Releasing the trauma of a diagnosis or lack thereof**

Receiving a diagnosis can be a huge trauma, especially if it is a life-threatening illness. Simply the word cancer can create enormous amounts of fear. The shock and grief of this type of diagnosis is one of the first traumas to overcome. Many people will only receive very invasive and damaging treatment options. In fear, family and friends will often push the patient to take these options before researching all other available scientifically proven methods. In many holistic and natural circles, the word cancer is not a life sentence, but merely a message to the self that something emotionally, physically and/or spiritually needs to be addressed. Usually all three.

Other times a lack of diagnosis can be extremely traumatic. As myself and hundreds of thousands of people with Lyme disease around the world have experienced, if the testing that is being used is unable to detect what is wrong, being told

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there is nothing wrong with you when you are seriously ill is a very frightening and traumatic experience.

Along with that often comes lack of support from friends or family when they just don't understand the gravity of your illness and how you are feeling. Acknowledging and releasing this trauma is also very important. While it is good to find your inner strength in these situations it's very important to remind yourself that you do need and deserve medical and personal support. Usually the people close to us are unable to provide the full amount of support we need. This is when online or local support groups can be extremely beneficial.

### **Make friends with your feelings**

During any time in your life when negative feelings arise, particularly persistent painful feelings, try to make friends with them. Often in many societies there is a perception of always being happy and not expressing negative feelings. This can leave us unable to know what to do with those feelings, so we try not to feel or acknowledge them. We try to get rid of them and ignore them, but this can be like trying to dam a river which could potentially burst or become stagnant. Just like a river, if we have stagnant areas of blocked energy this provides a breeding ground for pathogens.

The negative and positive feelings within us are an actual form of energy in our body and need to be allowed to move and transform. If you have any persistent negative feelings that won't seem to shift, just pretend they are your friend. Each time they arise simply think to yourself, 'Oh here is my friend again'. I did this during a very dark time in my life and I was confused when the feelings simply disappeared. I later realised that by training my brain to think of those negative feelings as a positive thing, they were actually transformed to be so.

### **What is holding you back?**

Whether you are wanting to achieve better health, a loving relationship or a better job, if something isn't working out it's usually for one of two reasons. Either the path you are taking isn't right for you and there is a better option, or there may be a subconscious thought, belief or hidden trauma standing in the way of you achieving your goal. If you are unable to achieve something, take the time to feel the frustration around this issue. Feel where that frustration is in your body. Allow it to its fullest. Allow any answers to come to you. This will often provide the shift that is needed.

### **Life will provide the healing we need**

It has taken me a very long time to realise that every upset or area of disharmony in our lives can be used as a tool for healing. If we set an intention in our lives and something negative seems to occur, it may be a stimulant to reawaken a locked emotion in our body. Use the breathing exercise below to tune in and listen to what is happening on a deeper energetic level. It may be opening up an area within you from which you can fully embrace and experience that which you desire in life.

### **Finding the Jewel beneath fear**

Beneath every negative emotion is fear. Think about it. Every single negative emotion we feel is caused by fear of losing something or someone that makes us feel good or secure. If you have any feelings of fear, whether they are occasional or persistent, explore the depths of those feelings. Feel as deeply as you can how they make your body feel. Often it is here, hidden beneath this fear, where the deepest love within us resides.

### **Make friends with negative feelings**

Sometimes the more we try not to feel hurts or negative feelings within us, the worse they become. And it is exhausting to keep trying to feel good if it's just not working. This is the time to go down into those feelings in your body from an observer's perspective. Welcome those feelings as if they are your friend. Watch them. Notice what happens in your body. This allows energy blockages to move and release.

### **Rise to the challenge**

When something seems too hard, tell yourself, 'I can do this!' Many people with chronic illness feel they just can't keep going. Surrender to the feelings inside, but at the same time look forward to the way you would like life to be and feel. It is during these times that many of us find a deep strength we never realised we had. I have experienced so many hardships and difficulties but now I feel so strong and capable. Challenge yourself. Find your strengths and reward and praise yourself for doing so.

### **The Power of Positive Intentions and Affirmations**

Never underestimate the power of positive intentions and affirmations, especially when we also connect deeply with our breath and our body. You may have done a lot of intention setting and may feel it doesn't work. Keep going with it, just a little each day. Even if you don't notice anything, on a subtle level changes are occurring. Often whatever is holding us back from achieving our intention can surface, making us feel temporarily worse, but this gives us an opportunity to release it and move forward.

When we go to the depths of our emotions, it is from this place within, when we set positive intentions and affirmations, we are able to transform energy and manifest that which we



desire. The simple breathwork exercise ahead can be used to tune in to your inner self, your inner wisdom, beyond the constraints of your conscious existence.

While we are using it here to tune in to and release anything holding you back from good health, it can be used for any area of your life that is not working as well as you would like it to. When I first did this exercise I was very unwell. I set the intention, 'I intend to be strong, fit and healthy'. Within two weeks an abscess appeared on my gum. I had been suspicious of a problem tooth for seven years, but I was told it was fine. I had the dead tooth removed and my health improved dramatically soon after. This may be considered coincidence but I have had far too many coincidences to call it just that.

Some positive affirmations for you to practise:

- I love myself
- I am strong
- I am healthy
- I am happy and content
- I am respected in every way
- I am worthy of the best that love and life has to offer

Think of affirmations related to any area of your life that feel appropriate for you and repeat them any time. Make sure the wording is always positive in the present tense as if it is already happening.

### **Release the emotional connection to physical illness**

This exercise is similar to the exercise in Part 1 to release fear. It's best lying down on a mattress. Some soft meditation music can be helpful. For best results put aside one hour or so. Once you are very familiar with the process it can be done within minutes during your daily life.

### Breathwork Exercise

1. To start with set positive belief statements for yourself such as:
  - ◆ I am strong, healthy and well
  - ◆ I am heard and understood
  - ◆ I am safe
  - ◆ I am loved

This will activate a self-healing process within your body even if you don't notice it.

2. Set intentions/positive belief statements about anything you would like to achieve in your life:
  - ◆ I walk or run each day
  - ◆ I have a great job that I love
  - ◆ I have a loving home
  - ◆ I have a wonderful relationship
3. Close your eyes. Breathe nice full relaxed breaths into your belly. Bring all of your awareness to your breath and your body.
4. Think about the condition or illness you are concerned about. Feel how it feels in your body. Is there a thought image or picture that comes to your mind? Is this relevant to your condition? Still with your eyes closed, focusing on the area of concern, ask yourself some questions such as,
  - ◆ What is the underlying cause of this illness?
  - ◆ What am I needing at this time?
  - ◆ What is my body trying to tell me?

Listen to anything your body or subconscious mind wants to tell you.

5. Focus on the area of concern or condition in your body. Breathe nice full relaxed breaths into any problem areas. Feel those areas. Notice any sensations in your body such as hot, cold, tingling, cramping. Allow any feelings to move, change or stay the same, to strengthen or weaken. Just observe them. You may not be aware of any feelings. If so, notice the feeling of nothingness.  
Images, memories, pictures or colours may come to your mind. If so, there is no need to do anything with them. Just notice them and bring your awareness back to your body and your breath. Be aware of any emotions that arise. Again, just notice them and always bring your awareness back to your body and your breath. Allow any feelings within your body. Do not go looking for negative emotions or into the story of any past events. If there are hidden feelings of grief, sadness, guilt, or sorrow etc that need to be released, they will do so spontaneously. Just feel the feelings that arise and allow them to their fullest, always remembering to bring your awareness back to your body, your breath, and the present moment.
6. Surrender to the depth of any emotions or feelings. Watch them from an observer's point of view. Be curious and watch as they transform. Often, simply by becoming aware and allowing energy and emotions to shift in our body that is all that is needed for profound transformations. Stay with this process for as long as you feel necessary.
7. If no obvious feelings or answers come to your awareness that's fine. Just be aware of your body, your breath and any sensations.

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8. Often with the release of trapped energy or emotions in the body spontaneous levels of joy, love and bliss can arise. Be open to any positive emotions and feelings arising. Feel them to their depth. Breathe into those feelings allowing them to amplify.
9. Once again state your positive affirmations and breathe those beliefs into every cell of your body, particularly into any areas where there was tension or negative feelings. Visualise the outcome you would like to achieve. Feel how it would feel to achieve those outcomes. Breathe those feelings into every cell of your body.
10. Write down your experience or any words of wisdom that came to you if you wish. If you have any visions you may like to draw them. Some coloured pencils may come in handy.

By simply bringing your awareness, energy and positive affirmations to the area of concern you will activate a healing process. This may take practise. You might have feelings of relief, happiness, joy or a deeper feeling of oneness and peace.

### **Daily breathing exercise**

The principles of the breathwork exercise above can be carried out in your everyday life. As you go about your day, remember to notice how your body feels. Allow the feelings in your body. Notice any areas of tension or stress. Don't fight them. Just allow them. Breathe into them. Relax. It might take practise, but this can all be done no matter what you are doing in your day, even when you work and while talking to someone. This simple yet powerful process allows the free

flow of energy in your body. It also helps you to be aware of, and protect, your own personal energy.

Remember if you have any persistent stress or anxiety in your body that does not resolve using relaxation techniques there may be physical causes to address such as wi-fi exposure or hidden pathogens, particularly if they are in the nervous system.

### **Daily emotional awareness exercise**

Each day keep a close vigil on your thoughts. Are you thinking positive life enhancing thoughts? Or are your thoughts negative and disheartening? Remember that every thought we have releases hormones into our blood stream, affecting every function of our body. Training and refocusing your thoughts to be positive, while still allowing your true feelings, your true self within, is the key. There may be times of stress and difficulty, or negative emotions from past events that we need to work our way through. Allow yourself to do so, accepting and acknowledging the full depth of those feelings. Then bring yourself back to a positive mind set. When you notice any negative thoughts creep in, stop them. Once again, find the opposite positive thought or belief, and reaffirm that to yourself. In doing so you are actually changing the neural pathways in your brain, and this way of positive thinking will become a habit.

Each day practise repeating positive affirmations about yourself and your life as if it is already happening. Remember to always use positive wording in the present tense such as, 'I am strong', 'I am healthy', 'I have a loving relationship with my partner, children, friends or workmates', 'I am successful.' Even if things in your life are not yet happening as you would like them to be, even if you don't really believe it will happen,

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by doing this exercise you are changing your subconscious beliefs which will create a positive change.

### **Determination and commitment**

Whatever may be causing disharmony in your life, whether a health condition, something from the past or in your day to day life, we often need grit, determination and commitment to ourselves. As a society we have lost sight of the sensitivities and strengths within us, the connection with spirit and soul. Our outer world, friends, colleagues, the media and internet can very easily distract and confuse us to what is most important for our spontaneous joy and happiness within. Commit to yourself and make changes that feel right for you, honouring and respecting your true self. Don't anyone or anything make you lose sight of your true self and what is important to you.

### **Surrender**

At the same time, I cannot emphasize enough how important it is to surrender to your inner self, higher self, divine wisdom, universe, God or however you would like to think of it. **Commit deeply to yourself while your surrender fully to your divine path.**

'Beneath all negative feelings, profound feelings of love, joy and peace can be discovered. Sometimes, the most precious jewels are found within the depths of darkness. Shine a light on the darkness and it disappears. The joy and beauty within are truly blissful'

## **Venturing Out ... with Your Inner Self**

In an ideal world each of us would feel safe to allow the deepest most sensitive parts of ourselves to be seen in every area of our lives. But living in this physical reality, that is not always appropriate or possible. When we become in touch with these sides to ourselves, we need to feel safe and supported to live from that place of sensitivity. At times we need to make changes to our outer world so our inner self can thrive. Not everyone will understand those newfound sensitivities. That's ok. Be open with people you feel comfortable to do so with.

### **Letting go of that which no longer serves you**

Particularly during times of illness and hardship, we find our lives changing. We find ourselves changing. Some people are able to be there for us during these times of difficulty. Some people in our lives may no longer understand us and the whole dynamic of our relationship changes. Often while we are unwell we become needier, and some people who we hope will be there for us are not able to meet those needs. Often we are not able to meet the needs of others in the way we have previously done, which can upset them. It can be very traumatic for all parties involved.

Some people deplete our energy and it is best to let those people slip away out of our lives, or make sure you protect your own personal energy. It might upset people when you prevent them from tapping into your energy but it is vital for your own health and wellbeing. I have learnt that when we let go and trust, the people who are meant to be in our lives will be. Letting go of people can be painful, but it is always better for both parties. You may need to let go of someone you love, but you don't need to let go of that love. That is your own feeling to hold onto if you wish. Things may change and

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bring the person back into your life at a later time, or your lives may go separate paths.

It is also important to let go of any situations or activities that are no longer serving you. Don't do something because you feel you should or you are obliged to. Make sure you are doing what makes you happy and uplifts you. If it isn't doing so, it may be time to let it go and find more rewarding activities in your life. Allow changes to unravel as they are meant to, easily and effortlessly. Let life unravel easily and effortlessly.

### **Hold on to what is important to you**

While it is essential to let go of what is not serving us, it is vital that we hold on dearly to those we love and that which is important to us. What in your life feeds your soul, nourishes and nurtures you and makes you feel good just thinking about doing it? Who are the people that support and uplift you, care for you and make you feel loved and cherished? Who in your life doesn't care if your hair is brushed or whether you are happy or sad, can sit beside you in your darkest moments or soar alongside you when you are flying high? Who do you feel safe to be around when you expose the most sensitive sides of yourself? These are the people and the things that give our lives true meaning and purpose.

### **Healing Relationships**

If you are having difficulty, or you are unhappy with a relationship in your life, step back for a moment and consider what might be happening on an energetic level. Temporarily put aside what you are seeing or hearing. How are you *feeling* about this relationship? How are you feeling about the other person and within yourself? Rather than trying to change the circumstances around this relationship, go within yourself. Feel the feelings this disharmony has created, the energy blockages within your own body. There is no excuse for



another person's bad behaviour, but it can at times bring your awareness to an area of yourself that has been shut down, triggering you to go within and find a deeper love within yourself.

Feel where the tension or angst is in your body. Breathe nice full relaxed breaths into those areas stretching them open, breathing life into those areas of tension. Like an observer, watch the feelings. Allow them to move, shift, strengthen or weaken. Feel them to their deepest depths, while watching and observing with curiosity to see what they might do.

Be open and aware of where these feelings may have originated and allow any other related feelings to arise. If this does happen allow it fully, but do not go further into the story of these events. Simply acknowledge where these feelings came from and allow them to their fullest. If you're not aware of their origin simply acknowledge and feel them.

Now set positive belief statements to override any trauma held within you from these events or feelings, e.g., 'I am worthy', 'I am understood', 'I am loved', 'I am safe'. By doing this practice you may realise how some feelings that you hold within yourself are reflected in the people around you and maybe have done so for much of your life. Some of these feelings may even be a genetic memory carried down through the generations, which will be much better to be cleared from your psyche. This can be done very effectively using Genome Healing methods.

There are times when we need to address conflicts or differences with another person. There may even be times when we need to let go of people or relationships. But always be open to finding any areas of yourself that may have shut down in defence due to past hurts and look for ways that you can love yourself more. This self-loving vibration will in turn

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attract more love into your life and can facilitate spontaneous healing of self and relationships with those we love.

### **Emotional responsibility**

Taking responsibility for our own feelings and emotions is very empowering and vital for healthy relationships. It is important to be aware of the effect of our own words, body language, thoughts and feelings towards others.

Letting go of feeling responsible for other people's feelings is also crucial. Although we may try, at times we might not be able to meet the expectations of those around us and vice versa. This can lead to underlying feelings of guilt or resentment. One of the most profound shifts happened in my life when I stated that I am not responsible for my mother's feelings. Without realising it, somewhere deep within, I'd held feelings of being responsible for the distress that was created when my mother fell pregnant with me as a teenager. No matter what the circumstances were, this was a belief I had taken on which was having a huge effect on my mental, emotional and physical wellbeing. Taking care for, but not feeling responsible for another person's feelings is important for our overall mental, emotional and physical wellbeing.

### **Accept yourself and others**

It's the quirks and eccentricities in life that add colour and flavour to our world. Have you ever been told you're too quiet, too loud, too outrageous, too dull, too smart, too dumb? Too controlling or not assertive enough? Some people may have more emotional intelligence than mathematical genius. Some are leaders while others are happy to work quietly in the background. Claim your strengths and love them! Love yourself and allow others to do the same.

### **Stay strong in your convictions**

It is always good to be open to different points of view and different ways of life. What you believe is right or wrong may simply be a different perspective held by you and other people. This may change many times during your lifetime. Every person's reality in life is different. However, the essence of who you are, what is important to you, your thoughts, feelings and beliefs about yourself and what you value in life, do actually create your reality and your sense of self. Always hold on to that.

### **Love; the linchpin of life**

Love is at the core of all life and everything we do. If life isn't quite working or feels too difficult at times, always come back to the love within. The love of trusted friends, family, pets or nature. A solid love that is unshakeable. Divine or universal love. This will ground you and give you security.

So many distractions, motivations and fears in life can take us away from true love. Check in with yourself often to see if you're operating from a place of genuine love. Or have fears and desires distracted you? Difficulties can often push us to find a place in ourselves we have shut off. Be brave. Sit within any intense feelings you have, allowing them to show you a deeper more content love from within. When we live from this place of heart centred love in every area of our lives, the richness and contentment we feel is profound.

### **Practice of gratitude**

One of the most effective ways to feel happy is to practise gratitude. No matter what situation you are in or how difficult life may get we can look for the pleasure in the simple things in life and be grateful for them. A walk in the park, watching a sunrise, eating a simple healthy meal, lying in a warm soft

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bed. The beauty of a flower, the warmth of the sun. A car to take us where we need to go and a car jack to change a flat tyre. Rather than being upset with a flat tyre, imagine how irritating it would be if you didn't have a spare! Even just to be able to take a nice full relaxed breath. For an asthmatic this is bliss. The more we can find in each day to be grateful for, the more we will notice what we have in our lives to be grateful for. This feeling of gratitude will also release feel good hormones into our body and have a positive effect on every cell and all the systems of our body.

### **Give yourself permission to feel good**

Many of us, on a conscious and/or subconscious level, hold negative belief systems carried down from our ancestors, such as 'Life is hard', 'I don't deserve', 'If someone is too nice they must want something'. Give yourself permission to feel and fully embrace the joys of life. Find the opposite of those negative thoughts and beliefs and repeat them to yourself, e.g. 'Life is easy', 'I deserve the best', 'People are generous'.

Ask yourself, 'How good can I feel? How much love can I allow into my life?' What makes me truly happy? Follow what really makes your heart sing.

## **My Ongoing Health Recovery Protocol**

I am deeply relieved and grateful to say I've had enormous success repairing my body and my immune system. If we eat well and all of our systems are functioning properly, unaffected by pathogens or toxins, we are generally able to gain all the nutrients that are needed for our body's optimal function. Unless something has thrown its usual processes out of balance, the miracle of our body is that it can produce everything it needs to repair itself.

Due to the extent and length of the chronic health conditions I've experienced, I continue working to ensure I clear all remnants of, toxins and pathogens and dis-ease in my body. After years of desperately working out what I can take each day just to make it to the next, now I only take a couple of remedies or immune activators to keep repairing and strengthening my immune system and healing any long-term damage. If I have been exercising a lot I may increase my protocol or dosages.

What I take each day may change depending on how I am feeling and what I intuitively feel will be best for me. If I am not sure I will use a pendulum and it often guides me to a choice I am happy with. It takes time, but when you get to know how each remedy or supplement affects your body, energy levels and your overall wellbeing it's not so confusing and actually very easy.

With thanks I will happily consult a naturopath, homeopath, holistic or mainstream doctor, or any other practitioner if need be any time in the future.

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My protocol now includes:

- Daily kidney and liver cleansing herbal teas
- Bicarb or hydrogen water (either taken internally or on the skin)
- Diatomaceous earth, bentonite clay and/or chlorella
- Supplements I may feel the need for such as magnesium or zinc
- Fermented food and drinks
- MMS1/CD
- NRF2
- Redox signalling molecules
- GcMAF
- AmpCoil
- Essential oils
- Occasionally amino acids, usually GABA
- Regular chiropractic, massage etc
- Oxidative therapies
- Herbs if and when needed
- PEMF protection (in the home and personal when I go out)

Every day I look for happiness and contentment with the simple things in my life, grateful for each one. I regularly practise the breathing and emotional release exercises above depending on what is happening in my life. Having released the energy blockages and grief from numerous big traumatic events in my life there are now, at times, little upsets or traumas that come to my awareness which I usually release in minutes. Occasionally there are bigger issues which take a longer process of unravelling. Each time I do so, I'm taken deeper to the true essence of myself, untainted by the constraints and superficial restrictions of the material world. A deeper more peaceful, loving and happy place within

myself. In turn, I feel my whole body and every system within relaxing, calming, energising, and igniting a passion for living a wholesome, healthy and vibrant life on this earth.

I wish you well on your journey to optimal health, wellbeing and happiness. If you or a loved one are ill or have even been given a terminal or permanent diagnosis, always know that miracles can and do happen every day. Be open to learning. Remember to listen to that voice within, your own inner wisdom, and allow yourself to be guided by it. Most of all, find the courage and allow yourself to let go of anything within you that is dampening your spirit, your love for life and love for yourself. Allow that love within to melt away any resistance to living with optimum health and happiness.

Please feel free to ask any questions.

### **Connect with Di**

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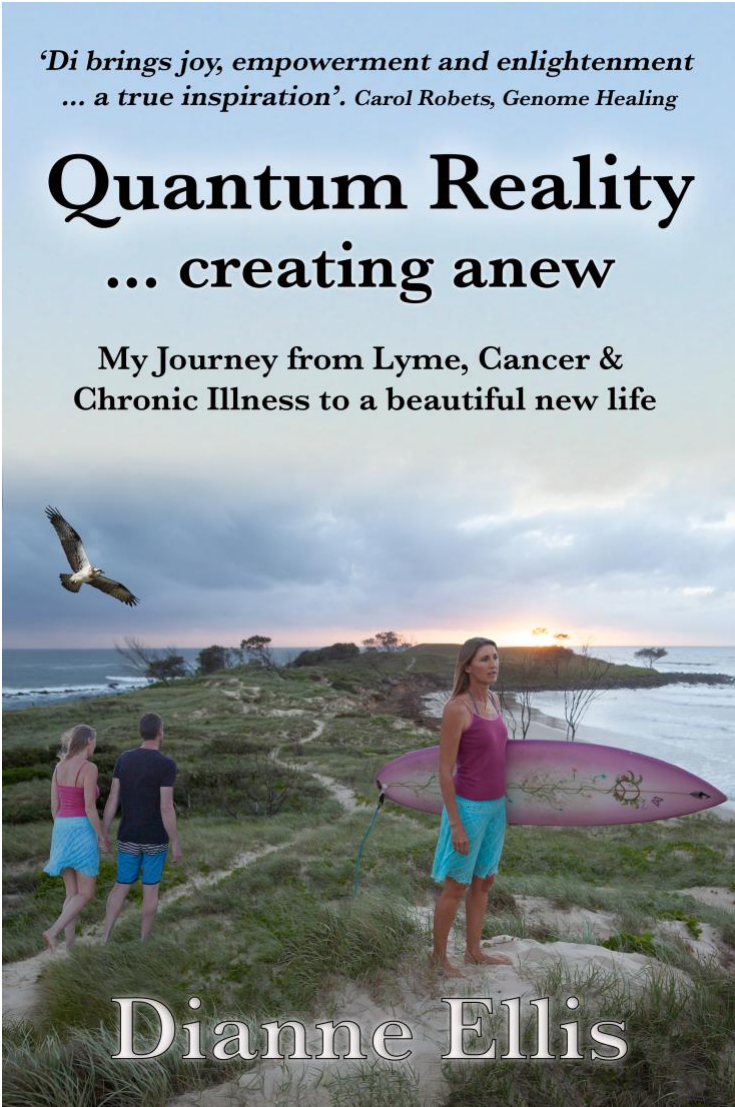
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Dianne's full story of healing:

*'Di brings joy, empowerment and enlightenment  
... a true inspiration'. Carol Roberts, Genome Healing*

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**My Journey from Lyme, Cancer &  
Chronic Illness to a beautiful new life**



**Dianne Ellis**



*A story of courage and healing,  
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*Follow Dianne Ellis through the adventures and profound healing experiences of her life. Hidden beneath the exhilaration of surfing expeditions and her smiling face, is a desperate bid to overcome the incredible pain of Lyme disease and a big cancer scare. Seriously ill, with only a diagnoses of anxiety, Di is forced to revisit the traumas of her childhood and discovers powerful mind/body healing techniques.*

*Each time she releases hidden energy blockages, hurts and negative subconscious thoughts and beliefs, she notices little miracles occurring with just the right practitioner or remedy appearing. When she experiences Genome Healing her whole life is transformed. Incredible medical breakthroughs which activate our body's own self-healing mechanisms are introduced into her life. The door to a beautiful parallel world filled with new love is unlocked. Di discovers the underlying cause of most disease and illness, and details step by step all the remedies and methods she used to regain vitality. Learn how to listen to your body, transform hurt and grief, and recreate a life that you desire filled with optimum health and happiness.*

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