

Keys to Healing

Lighten Up & Laugh – Laughter really is the best medicine. You produce more healing biochemicals when you laugh than at any other time. Let go and give yourself the gift of laughter as often as possible.



Drive Your Own Life! – You are the driver of your vehicle (your body). Make sure you are steering it deliberately toward your goals and attracting what you want into your life by focusing on the positive and using your own unique gifts and talents *to serve others*, while consciously celebrating who you are, what you have, and what the future holds for you and those you love. Remember, Illness starts with “I;” Wellness starts with “WE.”

Vital Breathing – Take 3 deep breaths in through your nose, hold as long as comfortable & exhale *completely* through your mouth. Purposefully do this many times throughout the day in order to fully oxygenate your cells and to clear your lymphatic system. The word Inspire literally means to let Spirit in!

Liquid Life – Get an abundance of raw fruits, veggies and their juices, plus lots of clean, clear, pure water. Your body is more than 70% water. Make sure at least 70% of everything you take in each day is also water so that your life FLOWS with ease.



Living Fuel – If you want to be more alive than dead, eat foods that are more alive than dead. Get plenty of live and organic foods, combine them correctly and eat at proper times with proper mechanics, while keeping a peaceful and grateful mindset. Before eating or drinking anything, ask yourself: “*Will this clog me or cleanse me; will it move me toward fatness or fitness?*” Remember, if you want to be a jet, you need jet fuel!

Dynamic Movement/Fit for Life – Motion = Life! Create movement throughout the day and exercise every day either aerobically or for strength, and stretch to stay flexible. Being *fit for life* doesn't just mean being fit your whole life long; it also means being fit enough to fully experience and express all that life has to offer!



Rejuvenating Rest/Sleep - Take time to quiet your mind and body and *recharge your batteries* a few times each day (one way is to lay flat on your back on the floor with your legs up on a footstool or small chair and relax

for about 25-30 minutes. When combined with vital breathing it really makes a difference.), and get an abundance of deep, uninterrupted sleep each night. This assures that you don't just *go* through life – you *GROW* through life and E-volve, not just RE-volve!

Rays of Life – All life is Light Energy at its most basic level. Make sure you are getting out in nature for at least 20 minutes of life-giving sunlight each day and let *your* Life Light shine for the whole world to see!



Clean Up Your Act – Cleanliness really is next to Godliness. Your body is the *window* through which your Inner light shines out into the world. By avoiding poisons and cleansers in your diet and in the environment, and by having good personal hygiene, you can be sure that your *window* is clean enough to allow your true brilliance to shine through and be fully expressed in your family, your community and the world.

Dynamic Structural Alignment and a Vital Connection – A correctly aligned and functioning spine is necessary to maintain normal flow of Life Energy in your body. Make getting your alignment checked every week or two by your BioStructural Specialist one of your top priorities



Practice the Presence – “I am the vine, you are the branches.” Seeing, embracing, and celebrating your own importance in the overall scheme of life is the best thing you can do for yourself. It allows you to experience and authentically demonstrate the healing and expanding emotions of gratitude, peace, enthusiasm, love and joy, as well as keep your mind fastened upon moving toward what you most want to BE, DO, and HAVE in your life!

Harmony/Balance – It is absolutely essential to have balance within and between all of the various parts of your life. These areas include spirituality, personal growth, health, relationships, career, wealth, and fun. Of course, you will rarely have TOTAL balance, but as long as each area receives at least *some* attention each week, you can achieve *relative* balance.

