Praise for Freedom from Fibromyalgia:  
7 Steps to Complete Recovery

In her book Leah shares a wonderful account of how her life transformed from pain and suffering with fibromyalgia to recovery and ability to resume activities. Her path demonstrates that fibromyalgia is a disabling medical condition, and that recovery is possible.

Hal Blatman, MD, DAAPM, ABIHM, medical director of Blatman Health & Wellness Center, Past President of the American Holistic Medical Association and co-author of Winner’s Guide to Pain Relief

I believe your book and your effort to share your experiences in your path to healing from fibromyalgia is brilliant and has the potential to help thousands of sufferers.

John Moore, MD, founder of Synergistic Health Centers

Having the courage to share your weaknesses is to enhance your own personal power. I, as a woman, can certainly appreciate your openness with your life-changing experience.

Helena G., Dayton, Ohio

Leah, I am so glad to make your day because your book and posts have probably saved my life. Your book is well written. I have to compare it to Beth Moore Bible Study. I love to read her studies because I feel like we are sitting down in the coziest of places and feeling more comfortable than I have in years just talking about the things that bother us. Your book felt that way to me. Specifically, Chapter 5 Step 3 Quickly begin to heal your gut - then page 44 The ground rules and page 110 the fog has lifted. You know that I have marketed LegalShield for 14 years. For the last 4 years I have had so much trouble remembering simple things and to present the plan would put me over the edge in stress. I loved this career. I became very fearful of dementia related illness. The Fog has lifted spoke to me and it said enough is enough. I want to think clearly and feel good enough to live my life vigorously. Also Appendix
III Meridian Tapping. I have a host of stressful life changing events that I am sure began as a small child and continued throughout adulthood. I want you to know that within the last week I was able to present a small business plan, sell a group benefit plan with confidence. Did I mess up - yes - but I could think better than I have in years.

THANK YOU LEAH MCCULLOUGH!

Pennie C., Rising Sun, Indiana

This is a wonderful book that gives you steps on how to get healthy and rid yourself of the symptoms of fibromyalgia. It also has good information in general for anyone suffering from a chronic disease. I recommend it to my patients with fibromyalgia, chronic fatigue, depression and PTSD.

Elizabeth Case, MD

I have so many Fibro patients and I wanted to tell you I’ve started highly recommending your book! Thank you for doing what you do!!

As an osteopath, I think a lot of FM and chronic pain patients gravitate towards that kind of care and so many I see have been told there is nothing that can be done and they are really at the end of their rope. It has been so helpful for me as a physician and (I hope) for my patients that I have been able to say that there are absolutely things that can be done to make this better and things that work because I know someone who has done it. Now, it’s not some hollow advice I’m giving that I read about in a clinical trial or learned in medical school. I can say, “I have met someone who was where you are and I have seen her healthy, happy and her chasing after a toddler with all of this far in her rearview.” I know that makes me feel better, and I sincerely hope it helps to give people hope. I remember you telling me your story and being so amazed at what you overcame. You have done such wonderful things to help people. Looks like lots of exciting things on the horizon for you!

Kristie Downs, DO
Praise for Leah E. McCullough

“Leah is a vivacious proponent of helping people.”

“Leah is a great professional and truly helps people recover from illness. Her recommendations are stellar. She comes from the heart and treats every client on an individual basis. Leah is a vivacious proponent of helping people. She is a good business person and is a vital, active woman in her community.”

Cinda Crawford, CEO, Health Matters Show and Get Well Health

“I strongly encourage you to talk to Leah!”

“Leah is an expert in collaborating information needed by those whom are suffering from Fibromyalgia. If you or anyone you love has this horrendous condition, I strongly encourage you to talk to Leah!”

Victoria Smith, Holistic Practitioner, Significant Healing

“Leah is a wonderful and caring person who really understands the health challenges people face and how to eliminate them.”

“Leah is a wonderful and caring person who really understands the health challenges people face and how to eliminate them. Her own story of recovery from fibromyalgia is inspiring and gives real hope to people with this debilitating condition.”

Maria Meiners, Owner, Delling Services
Freedom from Fibromyalgia

7 Steps to Complete Recovery
Freedom from Fibromyalgia

7 Steps to Complete Recovery

By Leah E. McCullough
To My Family
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If you are reading this book, you, your patients or a loved one is suffering from the ever elusive Fibromyalgia. The inescapable fact is that an awful lot of money is being made today selling unhealthy foods, medication, vitamins that don’t deliver and information that falls short. Too many are suffering greatly, despite the fact that Fibromyalgia does not have to be a life sentence.

By any number of measures, America’s health is failing. Even children are diagnosed with Fibromyalgia and other horrifying diseases. Fortunately you have in your hand the story of how one woman recovered from Fibromyalgia, exactly how she did it. She is an excellent researcher and articulate communicator. She is widely respected for her public speaking. I have had the pleasure and the privilege to be both her practitioner and her friend and I can attest to all of that and add that she is a remarkable woman. She is a woman of character, humility and her every step is guided by her deep desire to help all of the others whom are suffering, to find their way out of the pain, the fog, so they can also begin to live their life again.

Leah McCullough’s new book - Freedom From Fibromyalgia - is a ray of hope that illuminates the pathway to wellness, so that all of the missing and hidden answers are revealed.

One of the many things that I love about this book is that Leah does not present a solution that no one can accomplish nor one that will not work for others. All of what she is providing is truthful, effective and simple to accomplish, even when your energy levels are at an all-time low. Between the lines, you can feel her compassion, her understanding and see her humanness shine through, as she provides step by step instruction.

Everyone can benefit from the information found in this book, how to systematically and easily transform your life from lacking health and
vibrancy to having life supporting daily habits that can result in feeling less pain, more energy, clarity and living life to the fullest.

- Victoria Smith, Holistic Practitioner, published author of *Simply Delicious Healthy Eating Cookbook* and *101 Great Ways to Improve Your Health*
Acknowledgements

First, I would like to acknowledge Hal Blatman, M.D. for his tireless education of his patients, encouraging me to seek and try alternative healing modalities. I realize how rare and special that is now. If it had not been for his compassion and understanding, I would have never found the answers I did.

Next, I would like to acknowledge Victoria Smith, BS, HT. She lit up my path like no one else, and the first person I ever met who said, “I used to have fibromyalgia.” She was so generous with her time and knowledge that I will never be able to repay her. Her dedication to her clients is phenomenal!

Next, I would like to thank my family and friends, because you gave me the will to keep going even when I didn’t think I could. I would also like to acknowledge all of my fellow support group members. The Fibro Hope Support Group would not have been a reality without you!

Lastly, I want to thank my incredible husband. Carl is the love of my life and the wind beneath my wings. He saw potential in me when I was sick in bed—how was that possible? Everything seems to begin and end with him. I love you, Darling!
Introduction

My story is similar to many other stories I’ve heard over the years. I am telling it here to show you how low I got—to the point I didn’t want to go on living. Then, with the help of a professional health care practitioner who really understood fibromyalgia, how I regained my vibrant life. I am sharing with you everything I learned so you can recover, too!

It’s kind of hard for me to look at this picture now. This was taken in 2007 at the Veterans Administration hospital in Cincinnati, Ohio, during the height of my illness, just before I started to recover. I remember I was having a fairly decent day for that time. I also remember I thought I was smiling, which shows you how flat my “affect” was. Basically, my facial expressions were almost lifeless compared to how I was feeling.

My Story

I was living the “perfect storm” for coming down with a chronic illness in my early twenties. I was in the Army and living life to the fullest, but burning the candle at both ends.

First, I was working long hours, then also working a part-time job and taking college courses at night. (I figured sleep was what you could do all you wanted once you were dead.) My job was very physically demanding and very stressful. I also maintained a vibrant social life, consuming my fair share of alcohol. And, unfortunately, I picked up the very bad habit of smoking cigarettes, using them to stay awake.
I was eating a low-fat diet that, at the time, I thought was healthy. I was consuming a lot of caffeine in the form of coffee and diet soft drinks. (I remember thinking, “This can’t be good for me.”) I was given all kinds of vaccination shots, including some pretty exotic ones like yellow fever and bubonic plague.

To top it all off I was under an immense amount of stress due to the fact I thought I was to be deployed to the invasion of Panama and then onto the Persian Gulf War. (I did not wind up going to either, but went to Bosnia a few years later as a civilian contractor, more on that later.) But the most stressful part of all was my boss’s supervisor, the First Sergeant, was sexually harassing me.

My only saving grace at the time was exercise. I ran most mornings, took exercise classes at night, and did hiking and sometimes surfing on the weekends. I had a fun, active, stressful life and it was about to come crashing down.

Two physical incidents happened about the same time I started experiencing symptoms. First, I found a tick at the bottom of the shower when I went in from being in the woods overnight on maneuvers. I developed a large, oval-shaped red rash on my calf. I don’t know if I contracted Lyme disease, and years later a test was inconclusive. The symptoms of Lyme disease, as well as many other diseases, are very similar to the symptoms of fibromyalgia.

The other incident was I sprained my ankle, again while out on maneuvers and had to walk on it for several miles. It seemed to take forever to heal and I kept reinjuring it and spraining the other ankle as well. Then it seemed as though the improper alignment I was experiencing due to limping was affecting my knees, hips, and back. My back muscles and joints were very sore all the time. I was becoming uncoordinated and tripping often. My physical therapist said that due
to the repeated injuries my brain didn’t quite know where my feet were in space.

Then I began to feel exhausted all of the time, no matter how much I slept. It was so bad I went to the doctor and he gave me a bottle of prenatal vitamins. Surprisingly, they helped for a little while, which goes to show how depleted my body was.

Around this time I also experienced my first migraine headache. I remember because I was in the middle of walking up a very steep flight of stairs and felt something like an explosion of pain in my head. I was afraid I was either going to fall down the stairs or not be able to continue to walk up them. The incident literally took my breath away for a moment. All the women on my mother’s side of the family had chronic migraines and I thought that was the start of mine. (I continued to have chronic migraine headaches until I recovered my health.)

Due to all of the ankle injuries and the progression of pain I started seeing a medical specialist in the Army for nerve damage. That was the start of my quest for answers to the question, “What is wrong with me?” I would not find out for over seven years! In the meantime I went to countless doctors, endured all kinds of tests, and was given all kinds of diagnoses from multiple sclerosis to the very familiar “it’s all in your head.”

Needless to say, this pretty much ended my military career; I could not carry out the physical portions of my job. By the time I got out of the Army, I had to wear high-top basketball shoes for ankle support because they were so damaged. I really couldn’t walk for any distances. Luckily, I was able to get a desk job and very slowly my ankles got well enough to allow me to wear normal shoes.

At that time I was married to my first husband and living in Germany. Because I was working for an American contractor to the Department of Defense, two years after I got out of the Army I was deployed to Bosnia as a civilian contractor. I was told the civil war was
over, but it was not—at least in the areas I was in, around the Zone of Separation between the Bosnians and the Serbs. While I was there I had a dramatic lessening of fibromyalgia symptoms, so much so that I lost about thirty pounds and was able to start exercising again. I believe that this was due mostly to diet, since I had no access to soft drinks and very little sugar, mostly just freshly cooked Army rations. Also, there were not a lot of things to do in the evening so I spent my time with all the exercise equipment that was available at every base camp.

My souvenir from Bosnia was an acute case of Post-Traumatic Stress Disorder, or PTSD. Along with other issues, this was the death knell for my marriage at the time to my first husband. PTSD affected me in all kinds of other ways too: because of all of the landmines in Bosnia I could not walk on grass for years afterwards and then crowds and fireworks also upset me.

I moved back to the USA and into my parents’ home to start my life over again. It took about a year for me to get back on my feet, but I got a great job, continued with exercising, and was making plans to buy a house. Also, the PTSD symptoms lessened, except I still could not be around fireworks or crowds. I was even able to maintain my weight loss until I quit smoking cigarettes, then I promptly gained thirty pounds.

Nevertheless, I did call in sick to work a lot more than a normal person due to back pain and one time, finally my boss insisted that I go to a doctor. I was very reluctant to go but my job was on the line. That was when I received the diagnosis of fibromyalgia. It was the one of the happiest and saddest days of my life! I was so happy to have a name of a real disease for my very real symptoms. I felt vindicated! But I felt sad because I had a disease and I had really hoped there wasn’t really anything wrong with me. Also, there were no answers and there was “not much that can be done for it.”

Now that I had a name for what was “wrong” with me I started researching for answers and asking doctors for help. First, I found out
that at the time, many doctors did not believe fibromyalgia was a “real” disease. Also, if you were diagnosed with fibromyalgia, many medical professionals were biased and thought you were crazy.

The first of many, many medications I was given was an antidepressant. I am not sure exactly how many different medications I tried to help alleviate the symptoms of FMS, probably at least thirty. By the time I was about to recover, I was taking nine prescriptions a month—six on a daily basis—and three of those were just for pain. Also, that doesn’t include the many supplements and vitamins I was taking as well.

About a year after I was diagnosed with FMS (Fibromyalgia Syndrome) I was in an accident at work. I was a trade show manager and during the tear-down of a show an eighty-pound speaker from an adjacent booth was knocked over and landed on my head, neck, and shoulder. I was pinned to a counter top. Some of the people there got the speaker off me and then I would not let anyone touch me for a few minutes. Nothing was obviously broken or bleeding and even though I was stunned I was able to get home. The next day I felt like I’d been hit by a truck. That was the beginning of me becoming almost completely disabled.

During the time of this incident I had been engaged to my current husband, Carl, for only a week. Well-meaning people said hurtful things to me at the time such as, “Carl doesn’t want to marry a sick woman.” (This was said to somehow buck me up, but it just made me feel like I was damaged goods.) We didn’t know at the time that I would be sick.
for the next eight years. I think it is a testament to my husband’s character that he has stuck with me through all of this. He really has been my port in the storm. I am so thankful to have him in my life!

Because of the accident it seemed like I again gained thirty pounds almost overnight. To lose weight for the wedding I tried the Atkins Diet. It really helped me lose weight, and, for a while, it really helped improve some of my symptoms, even though I still could not hold down a full-time job. Like in Bosnia, I ate no sugar. Unfortunately, I did not grasp the food-pain connection at this point. Also unfortunately, I started regaining all the weight as soon as I went off the diet, even on our honeymoon.

The work accident led to me going on disability. I had to resign from my job. I tried working part-time jobs from home for a couple of years, but it seemed I could not do anything consistently, and I spiraled into a major depression. It seemed the worse my physical health became the worse my mental health became. The PTSD came back with a vengeance and I also had major anxiety. Eventually, I was to the point where I spent about twelve to sixteen hours a day in bed for over six years. I was in a tremendous amount of pain that was barely alleviated by narcotic prescriptions. I was pre-diabetic, pre-hypertensive, pre-heart disease, and I was morbidly obese. I could barely care for myself and often had to choose between eating or bathing because I was that exhausted.

I felt like a tortured failure.

I felt like a failure. My life was in shambles. I couldn’t be any kind of wife to my husband and he was working two jobs to support us. I couldn’t have children either and if I did I would not be able to take care of them. At my lowest point I was on the bed crying my eyes out; the bed was shaking so bad it started to give me motion sickness. I had to move to the floor and that is where my husband found me. Laying
on the floor, crying my eyes out, and just wanting this to end! This disease affects families, too. My husband was in pain because the love of his life was suffering and there was nothing he could do to help.

Due the fact we lost half our income overnight and because of all the bills and expenses, for a time we went into debt. I spent thousands of dollars trying all kinds of conventional and alternative treatments. While sometimes they helped a little, like massage and chiropractic, for the most part, none of them worked.

By the time my fortieth birthday came around I had been so miserable for so long I did not want to live anymore. I asked for God to take me or heal me. But I didn’t really want to die—I just wanted to be out of pain and able to do things. Since I couldn’t do anything but lay in bed, I decided to spend my time praying and meditating. I was inspired by my German Oma. She was ninety years old, could barely see or hear, but she felt like she made important contributions to the family and the universe through her prayers.

One day I was in such a great amount of pain and so desperate for relief that I decided to pray to Jesus. What did I have to lose? I was never particularly religious or even spiritual, but at that moment I was in so much pain I was willing to try anything. Anyway, I don’t know where the idea came from, but I asked Jesus to pour cool water on my upper back, where I felt the most burning pain. In my mind’s eye I saw Him and He had a very interesting urn with a lid. I have probably seen an urn like that before, but honestly, I don’t remember. (Years later, I saw some Middle Eastern women gathered in the park in the evening and they had urns just like that!) He poured water from the urn onto my upper back and I actually felt a cooling sensation in that area. I was astounded! To this day I still cannot fully explain what happened but I know for sure that Jesus is my friend and He lives!

Even though I had virtually no hope that my life could improve I decided to start visualizing myself being healthy and well. Every disease
has had people cured of it, so why not fibromyalgia and why not me? I started thinking and saying, “If there is a cure, I will find it.” I feel that the prayers, the visualizations/affirmations, and God’s grace led me to the people who could help me. Maybe this is happening right now to you, too!

Within a few months I met a holistic practitioner, Victoria Smith (www.SignificantHealing.com), who said something very different to me. She claimed she used to have fibromyalgia and she is now well. I was very interested in what she told me! Basically, she recommended that I do a very easy detoxification and use a probiotic supplement. I had tried these things before, without much success. Victoria assured me that the products she used were different. And were they ever!

With these two products I was able to make a “Healing Quantum Leap” towards wellness and then I was able to do the other things to become completely recovered.

Within three weeks of taking her products I thought I was cured! I wasn’t and had a long way to go, but that tells you how dramatically better I felt. As I felt healthier I was able to do some other things and in about three months I was off half of my prescriptions and in seven months I was off all prescriptions! I didn’t have to take anything for pain because I didn’t have any more pain! I was able to start cooking, working part time and exercising, like running and horseback riding. I was able to lose seventy pounds in about ten months. I was a new person! On my fortieth birthday I wanted God to take me home, but for my forty-first birthday I had a party!

If that was the end of the story, it would definitely be a happy ending, but there’s more. After about ten months of detoxing, supple-
menting with the probiotic, eating well, losing weight, exercising, and the other things I did, I got the biggest news of my life: I found out I was pregnant! Nine months later I gave birth to a beautiful, perfectly healthy baby boy. And, of course, he continues to be the joy of my life. Everyone, including and especially me, considers him a miracle and blessing.

As of this writing I have been recovered for about five years, so I know it’s permanent. In that time I have not been eligible to receive the diagnosis of fibromyalgia by a medical doctor, and the only prescription medication I have been on in that time was what I was given in the hospital for the birth of my son. I continue to do the things that made me well and I continue to feel great.

Now I have no pain in my body, except for an occasional injury, but it is usually no big deal (instead of sideling me for weeks). I sleep at night and wake up feeling rested. I generally have enough energy to do all the things I want to do (like running around after a four-year-old!). My mood is generally happy. I live like a normal person now, but I believe better than most “normal” people.

If you would like to discover how you can lead a better-than-normal life, please keep reading.
October 2013: Carl, Mack, and Leah McCullough with dog Annie. We are certainly not as perfect as we look in this picture, but we sure are happy!
How to Use this Book

WARNING: There is nothing “mainstream” in this book! If you want different results you have to do different things. This may seem like a daunting task. First, you didn’t get sick overnight and second, you are worth putting out the effort for recovering!

This book is in three sections: the first part is the Healing Quantum Leap, the second part is Health Restoration, and the third part is appendices, including Recipes and Resources. Each section is meant to build on the previous one.

Once you have reached the Healing Quantum Leap, it will be easier and faster to do the other steps to Complete Health Restoration.

This book is written based on my experiences and research. I founded and ran a fibromyalgia support group, The Fibro Hope Support Group, and I heard about hundreds of people’s experiences. I have a collegiate background in biology and in business. I can read scientific study papers; however, you won’t find a lot of scientific studies mentioned in this book. In this day and age I have become suspect of big business-sponsored results.

This book is for educational purposes only and you need to consult with a qualified person before changing any prescriptions.

Paraphrasing Dr. Phil McGraw, don’t substitute anyone else’s judgment for your own. If you feel something isn’t right for you, evaluate it carefully and stick to what you believe is right.
Part I

The Healing Quantum Leap
(Out of Bed)
Chapter 1

The Healing Quantum Leap
(Out of Bed)

What is the Healing Quantum Leap?

The “Healing Quantum Leap” or “The Healing Quantum Leap Out Of Bed” as I sometimes refer to it, is the giant step it takes to get to the point where a person can do all of the other self-care things they need to get well (Complete Health Restoration). For me the Healing Quantum Leap happened about three weeks after I was taking the detoxifying mineral zeolites (SH Zeolite Supplement) and a therapeutic probiotic (SH FermPlus Pro) in large doses (see Sources.) As I mentioned earlier, I felt so much better I thought I was cured! Of course, I wasn’t cured and I had a long way to go, but that is how much better I felt. After I had made the Healing Quantum Leap I was able to do all kinds of other things to improve my health such as cook nutritious food for myself, exercise, and even lose weight.

How Do I Know if I Made the Healing Quantum Leap?

You will know you have made the Healing Quantum Leap when you can start doing things again such as eating and showering in the same hour time frame. Another key will be that you are able to recover faster. For example, a few months after I started the recovery I went to Disney World in Florida. I walked all over the place and I was in an incredible amount of pain by the time I got to bed that evening. I had really overdone it! I was so afraid I wouldn’t be able to move the next day and I remember being really depressed and worried as I went to bed that
evening. I was also scared that I would not be able to do anything else on this trip I had spent so much money on. In my experience, the pain that I felt would have normally put me out of commission for about two weeks. The next morning I was totally shocked because I felt fine. I was a little sore in my legs, but otherwise I was all right.

I had an epiphany one day when I was complaining to my husband about how I had “only” gotten done so many things around the house. As I was listing all the things I had done it occurred to me that I was able to get more done now on a bad day than I had previously been able to do on a good day! What a Healing Quantum Leap I had made!

Two Steps Forward, One Step Back

Success in any endeavor is not always a straight line—actually, it rarely is. Along the way there will be times when it seems there is no progress being made, or you are getting worse. Usually these times are temporary and may even be the sign of a major breakthrough about to happen. The recovery system in this book is generally meant to be fairly easy on your body, but, like anything else, there will be good days and there will be not-as-good days. Look at your progress month over month and when you slip up, just restart the next day, or even better, the next moment.

The most important thing is to be gentle with yourself: you are learning a new way to be and that is very important. You are going to make mistakes and you are going to be tempted and you are going to get confused and do something “wrong.” It happens and it’s okay. Try to learn from your mistakes. You are not in race with anyone but yourself. You are your most worthy opponent and your toughest critic. But you are also the person you should love most in this world, so treat yourself like you are someone you dearly love. Once you get in that mindset, decisions are easy to make.
What is Fibromyalgia?

If you were to read a medical definition of fibromyalgia it would read something like this: fibromyalgia is of unknown origin and is characterized by sleep disturbances, fatigue, and widespread pain in more than one quadrant of the body for three months or longer. When I describe it to people I say it is kind of like having body aches with the flu, but you can’t sleep normally and you never get better. How’s that for a rosy outlook?

*I have not been able to be diagnosed according to that definition for over five years now!*

From talking to people and from my own research I have a different opinion about what I think fibromyalgia is: a lot of toxins in the body, generally as a result of our modern lives, plus a damaged digestive system. This explains all of the symptoms and it clues us in on how to get relief.

Often fibromyalgia is preceded by a physical or emotional trauma. This trauma sets loose toxins that have been stored away by the body into your systems—that is a flare. Your body can’t excrete these toxins effectively and you get sick. One of the main reasons people can’t get rid of the toxins is a damaged gastrointestinal (GI) system.

When I say toxins and damaged GI system, I am not really talking about the type of things medical doctors look for in lab tests. I am talk-
ing about fairly subtle differences that for some sensitive people have very dramatic effects. I believe this is the reason why doctors have such a hard time treating this disease.

Alternative practitioners have a better record, but most do not have the proper products to produce that Healing Quantum Leap to get people to feel better. Most healthcare practitioners have all kinds of great suggestions to help you get better that are almost impossible to do if you are in a flare or in the pre-Healing Quantum Leap phase.

Because I was once so sick, I have an intimate understanding of what others can do to help themselves BEFORE they start feeling better, and then steps to take AFTER they start feeling better.

In this book we will discuss what I did to make the Healing Quantum Leap and once that is made, all the things I did to completely recover.
Chapter 2

Step 1

Your Thoughts Matter

“We cannot solve our problems with the same thinking we used when we created them.”

Albert Einstein

It is important for you to get well. Not just for you and your family, but for the planet as a whole. I believe you came to earth with a mission to fulfill and it is almost impossible to succeed if you are sick. Part of my mission is to help you get well so you can fulfill your mission.

Part of getting well is your mindset. What I am NOT talking about is the blame-the-victim mentality that some use when they say hurtful things (usually out of exasperation), like “She doesn’t want to be well.” What I am talking about is making a decision that you will do whatever it takes to be well. Once the decision is made, the actions will flow.

Freedom Tip:
You are responsible for your life and your health, not any medical practitioners.
Honestly, I really and truly hope this book helps you get all the way well, but it may not. Very few things work all the time for everyone. However, your mindset is what will drive success your way, whether it is with this plan or not. If not, then with your positive mindset, the right thing must come into your life.

How do you get the mindset to succeed? I believe it is with focusing your thoughts on what you want (wellness) and, as much as you possibly can, ignore what you don’t want (sickness).

How does that look in everyday life? First, don’t tell anyone anymore about how bad you feel. Of course, the exception is when you are with your medical practitioner when you go in for a check-up. However, when you see your doctor, tell him/her the facts of your condition, but, as much as possible, keep your emotions focused away from your agony. Pain is registered in the emotional part of the brain, and that is part of the reason it is so easy to cry or lose control of your emotions when you are in pain.

When I first started focusing my emotions on the things I wanted, back when I was still very sick, people, including my husband, thought I was feeling better. I explained I wasn’t better physically but that my happiness was not based on external realities. This was a big shift!

**Freedom Tip:**

*Your happiness and peace of mind can be maintained despite external realities. It is your choice.*
Also, stop claiming fibromyalgia by calling it “my fibromyalgia.” You don’t want it! It is something your physical body is currently experiencing. Start saying “the fibromyalgia.” This means a lot, especially to your subconscious mind.

Next, visualize yourself being optimally well. Pick a time of day when you feel better than the rest. For me it was shortly after I took my afternoon pain pill. Get comfortable, close your eyes, do some deep breathing to relax, and think about something joyful and sweet (like puppies and kittens). Maintain this feeling while you see yourself walking along in a beautiful meadow. Relish the sun on your skin and savor the feeling of walking and moving around. Picture yourself at the perfect weight and dance around the meadow. This takes about five to fifteen minutes to do. The longer you can do this with happy feelings, the more powerful it is.

This trains your subconscious mind to start seeing you as a well person. You may want to add prayers at this time, emoting about how great it is to BE well (present tense) and being thankful and appreciative of the blessings in your life. I believe this ignites the forces of God and the universe to conspire to help and support you. This is the mindset that drives you to wellness and it is so easy to do.

If you would like more help with this I have a resource for you: I’ve made a recording called “Optimal Health Meditation.” It is available on my website FreedomFromFibro.com. This guided meditation recording will walk you through the visualization of optimal health. It is helpful because you can just concentrate on the feelings and the visualizations, but not how to construct this alternative reality. The longer you can hold the feelings in place, the more powerful this practice is. It is also deeply relaxing yet energizing.

You must protect your mind from negativity. I remember when I was first introduced to this concept—I had never thought of that before. One of the most negative things you can do is watch the evening
news before bed! If you must watch TV, mute the commercials and watch uplifting stories.

**Freedom Tip:**

*Protect your mind from negativity.*

There are probably some toxic people in your life, so do the best you can to minimize your contact with them. If that is not possible, try to see your interactions with them in a positive light and don’t take anything personally (because it rarely is).
Chapter 3

Step 2

The Missing Link: Fast, Simple, and Easy Detoxification

“A big mistake a lot of people make is they try to fix toxicity with nutrition.”

Victoria Smith, BS, HT

Our modern world is full of poisons, or toxins. We are exposed to many of them in our environment and we have no way of avoiding them. Later in “Step 5: No New Damage” we will discuss limiting the toxic exposure where you do have control over avoiding them. Now, we will discuss getting rid of the toxins that are still in your body.

Detoxification of the body, as defined by holistic therapist Victoria Smith, is “cleansing the inside of the body of accumulated heavy metals, man-made chemicals, and even acids that our bodies produce naturally.” This “detox” is sometimes confused with alcohol detoxification, or detox, which we are not addressing in this book.

A fast, simple, and easy detoxification of the body is the “missing link” in most alternative health care protocols for fibromyalgia, chronic fatigue, and other chronic illnesses. I feel toxins in everyone’s bodies are a big reason why alternative therapies used to work miracles, but now oftentimes they don’t produce such dramatic results. Of course, along with poor nutrition and damaged digestive systems that most people
Freedom from Fibromyalgia

have, it is no wonder why so many people are so sick. It is also no won-
der people are getting sicker and sicker at younger and younger ages. I
was experiencing middle-aged problems in my thirties!

It is generally accepted by most alternative medical professionals
that folks with fibromyalgia are in toxic overload. For some reason
their bodies retain toxins. Many alternative practitioners suggest doing
a cleanse, usually with herbs or juices to get rid of the toxins. I think
for someone who has a mild case of fibromyalgia this could definitely
help improve their health and it is a possibility they might even recover
on that alone. The problem with herbal or juicing cleanses is that they
require a lot of labor to do, are often complicated, and work slowly.
Another issue with cleanses is that there is a danger of dislodging toxins
from where they have been sequestered (like in your fat cells) and they
can inflict more damage on the way out.

When someone is in a flare or has an advanced case of fibromyalgia
they need to detox quickly, simply and easily. Also, detox is not enough
for an advanced case. In order to make The Healing Quantum Leap
they also must at the exact same time nourish their gastrointestinal
system with beneficial microbes in order to help flush out toxins and
obtain nourishment from foods.

When the proper detox element is combined with the proper GI
support they work synergistically—not 1 + 1 = 2, but 1 + 1 = 5! Within
about four weeks of this combination is about the time when most
folks make the Healing Quantum Leap. In my case it was only three
weeks. Once the Healing Quantum Leap is made then people have the
energy and wherewithal to add other beneficial therapies for Complete
Health Restoration.
The Specific Products Matter

There are all kinds of detoxification products on the market. I can only attest to the products I personally use and have had good results with. In order to get the same great results, I would suggest you to consider investing in the same great products. SH Zeolite Supplement is the detox product I use and it is excellent! (See Sources.)

Clinoptilolite zeolites are a type of mineral that have a detoxifying effect on the body. They remove heavy metals such as lead, mercury, and other harmful substances. These interfere with your nervous and gastrointestinal systems, just to name a few.

How do zeolites remove toxins? First, most of the toxins in your body happen to have a positive electric charge. Zeolites are a rare mineral in that they have a naturally occurring negative charge. As they go around in your body, they act like magnets, attracting the toxins (opposites attract). Their molecular structure is like a cage and they trap the toxins in these cages. Because the toxins are in their “cages,” they don’t inflict more damage when they are removed. The zeolites are then passed through your body through your urine and feces and are usually out within twenty-four hours.

To choose a brand of zeolites it is important to determine a few things. One, is it clinoptilolite zeolite? This is the specific zeolite that
works these cleansing miracles. Second, has the zeolite been micronized? This means the mineral has been made very small so that it will penetrate into your circulatory system and cleanse your entire body (most zeolites just stay in your digestive system). Lastly, has the micronized clinoptilolite zeolite been “activated?” This means the molecular “cages” have been cleaned out, thus giving the zeolites even stronger attraction powers to remove toxins.

The only one I am aware of that meets these criteria are SH Zeolite Supplement (see Sources.) I hope that someday there will be many other good brands of zeolites on the market and that fast, simple, and easy detoxification will become very common.

What to Look for in a Zeolite Supplement

1. Clinoptilolite Zeolite
2. Micronized
3. Activated

Clinoptilolite zeolites have the Food and Drug Administration’s GRAS certification, which stands for Generally Regarded As Safe. There are only two contraindications that I am aware of which are chemotherapy (because some use metals such as platinum) and dehydration.
It is vitally important to drink lots of fluids (filtered water with a pinch of unrefined sea salt, mineral water, broth, kvass, etc.) while using zeolites, especially while using it in the detox amount.

The interesting thing about SH Zeolite Supplement is that it comes in two formulations: liquid and capsules. The liquid can be easily taken in very small doses, which is necessary for someone who has a lot of toxins stored in their body, as in the case of many people with severe fibromyalgia and Multiple Chemical Sensitivities (MCS). I have known people to start with one drop once a day, mixed in a large glass of water that they sipped all day.

Why would someone who has more toxins start with a very small dose? Some sensitive people who have a lot of toxins stored in their body can detoxify too quickly and start to get the “detox flu” (see next page). Getting rid of toxins is always a good thing, so if the symptoms don’t bother you, go ahead and take detox amount. I had severe fibromyalgia and I started at the detox amount with zeolites and I had no negative reactions, which is actually the most common.

Detoxification and Maintenance Amounts Explained

When starting a new supplement regimen, some formulas have a detoxification amount, or a “loading” amount, and then a maintenance amount of product to take. In very general terms, usually the detoxification amount is three times the maintenance amount for thirty days. It is important to talk with a qualified health care practitioner, as it does not apply to every situation or product. You can also muscle test to find the right products and amounts for you (see Appendix I).
A *generally healthy* person can detoxify their circulatory system in about one month with two bottles of SH Zeolite Supplement, following the directions on the bottle. People with fibromyalgia or other health challenges generally need to plan on being on the higher detox amount for at least three months, then eventually moving to a maintenance amount.

The capsules of SH Zeolite Supplement are really good for the maintenance amount; they can also be used for detoxification regime in healthier people (which could be you in the future!). The capsules have fewer doses per bottle than the liquid, but they are stronger per dose, meaning they will clear out more toxins.

A way to tell which bottle would be appropriate for you is to either talk to a qualified health practitioner familiar with zeolites, or determine this for yourself with muscle testing (see Appendix I, “Muscle Testing”). Also, there is a video recording available on the website, www.FreedomFromFibro.com, that quickly teaches people how to muscle-test to see what supplements and amounts are good for them.

When zeolites are used over time the body will begin to release deeply stored toxins. Because of my personal medical history of holding onto toxins, I have just continued indefinitely on a high-ish maintenance amount. I still continue to notice improvements month after month. Occasionally I will feel the need to “do a detox” (usually after the holidays!) and I will up the amount by about double of what I normally take for about a two weeks to a month, whenever I start to feel better.

Using SH Zeolite Supplement is simple and easy. With the liquid, you put drops directly into your mouth or beverage, hot or cold. With the capsules you can take them with a beverage or open them up and mix them into a liquid. You can also combine them with any other supplements you are taking.
The following is how I used zeolites to detoxify my body:

Liquid Zeolites: The liquid can be taken in very small doses, which is appropriate for persons with a high level of toxins. A generally healthy person can detox their circulatory system in about one month with two bottles of SH Zeolite Supplement. Many people will start noting improved physical changes within about seventy-two hours.

Generally healthy people: For the first four days take two dropper-fulls, four times a day or until the first bottle is finished. For the remainder of the month, or the contents of the next bottle, continue with 1 dropper full, three to four times a day.

People with compromised health: Start with one drop (not dropper-full), one time a day, mixed in water. As long as you feel fine (no headaches, swelling, GI issues, feeling like the flu, etc.), continue to increase by one drop, multiple times a day, until you can take one dropper-full, three to four times a day. Then proceed to the directions above for Generally Healthy People.

The maintenance amount: one dropper-full, one time a day.

The body will begin to release deeply stored toxins, over a period of time, for detoxification.

Zeolites Capsules: The capsules are for generally healthy people to detoxify. If your health is compromised, consider the Liquid Zeolite, since it can be taken in very small amounts.

The detoxification amount: Take two tablets, three times a day, for thirty days. (Make sure you drink plenty of liquids!)

The maintenance amount: two capsules one time a day, or one capsule two times a day.
Possible Side Effects: Most people will experience no adverse side effects! The most common one is experiencing an increase in the volume of urine and fecal matter without any discomfort. Any adverse side effects are usually mild and easy to correct.

Headache: This is usually due to dehydration. Make sure you are drinking plenty of mineral water, broth, kvass, or filtered water with a pinch of unrefined sea salt (see Recipes and Sources), eight to ten glasses a day. In rare cases, the headache persists even though the water intake has been increased, as the body’s response to removing volatile organic chemical compounds. Reduce the amount of SH Zeolites to three drops, three times a day until the headache has dissipated. Then slowly increase to five drops, three times a day for five days then ten drops, three times a day for ten days. Slowly increase back to the detox amount of fifteen drops three or four times a day. You might try adding the drops into a large glass of water and drinking it over a period of an hour or so.

Swelling: This is very rare and usually due to, once again, not drinking enough fluids or drinking the wrong kind of fluids, like soda pop. Just follow the instructions for headache resolution.
The Detox Flu

I have had many, many people ask me, “Aren’t you supposed to feel worse on this before you feel better?” First, with this combination of these products, most people by far feel better and better. If you do feel like you have the “detox flu” or a “die off” reaction, you have two choices. First, if you are tolerant of the symptoms, there is no harm in continuing. Otherwise, you could back off on the SH Zeolite Supplement and FermPlus Pro (see the next chapter) back to the level you were on previously or even less. Wait until symptoms improve and then build slowly back up. Unlike with other cleansing products I have tried, I never felt like I had the “detox flu” when I used this combination nor has anyone I have spoken with who has done this.
Chapter 4

Step 3

The Healing Cleanse

“All disease begins in the gut.”
Hippocrates, the father of modern medicine

I first titled this chapter “Quickly Begin To Heal Your Gut” because healing your gut is actually a long and slow process. Later I changed it to The Healing Cleanse because that is more illustrative of the point.

However, the amazing part is that it doesn’t take very long—maybe only a few weeks—to feel a significant improvement when you start out on this Healing Cleanse. By drinking lots of gut-healing and -sealing broth, eating probiotic-rich foods (see Step 4: Nourish Deeply), limiting your exposure to toxins (see Step 5: No New Damage) and by taking a therapeutic, colonizing probiotic, you will be well on your way to a properly functioning digestive system that utilizes the nutrition in the good food you eat.

It might sound very strange to you that it is important to ingest microbial life forms into your body because I know it did to me at first, and I was a biology major in college! These life forms actually make up 90% of a body’s cells and can weigh several pounds in healthy people! Having the right balance of beneficial microbes is vitally important to good health. It is interesting to note that when you have a sugar craving, it’s not just you, it’s “them,” too!

As an example of the synergistic effect of using zeolites with a
therapeutic probiotic, I have read that toxins from mercury cause the yeast fungus *Candida albicans* to flourish out of balance in your body because that is your body’s natural response to mercury toxicity. Of course, *Candida albicans* overgrowth wreaks havoc on multiple other systems of your body: it causes many of the same symptoms of fibromyalgia. It is a difficult circumstance that your body’s natural reaction also makes you feel ill.

Holistic therapist Victoria Smith told me, “I am yet to meet a person with Fibro that does not need FermPlus Pro, as the breakdown of the microflora interrupts natural detoxification of the body. The good bacteria in the gut are heavily involved in keeping the body cleansed.”

It is important to address the toxins by not adding anymore, detoxify the ones that are in your body, and then heal your gut to help restore the balance. When you detox with zeolites (mentioned in the previous section), you are flushing out the mercury side of the equation, but the overgrowth of harmful microbes and the undergrowth (or nonexistence) of helpful microbes needs to be addressed. This is done by adding friendly gut flora with a therapeutic, colonizing probiotic.

**Freedom Tip:**
*It is important to address the toxins by not adding any more, detoxify the ones that are in your body; and then heal your gut to help restore the balance.*

Fibromyalgia usually doesn’t travel alone—it has some bad company it keeps, and IBS (Irritable Bowel Syndrome), is a favorite. I had
a diagnosis of IBS that I was very embarrassed about for over ten years. My stools were normally constipated but would turn to diarrhea often. I remember a commercial once said something like “fast as a bunny or slow as a turtle.”

To make matters worse I also had an excruciatingly painful condition that didn’t have a diagnosis, but occasionally my rectum would start to spasm. It was one of the worst kinds of pain imaginable. Fortunately, the IBS and the rectal spasms cleared up very soon after I started on this regimen. I do have occasional constipation now and then, but it is usually remedied with a little extra attention to my diet, taking time to destress, and a little extra FermPlus Pro.

Additionally, most people with fibromyalgia have “Leaky Gut Syndrome.” Leaky Gut is a condition that is recognized by almost all alternative health care practitioners but is not recognized by almost all mainstream medical practitioners. (What does that tell you?) It is a condition in which there damage to the gastrointestinal system. A very scientific explanation of Leaky Gut is thoroughly explained in the amazing book *Gut and Psychology Syndrome* by Natasha Campbell-McBride, MD, MMedSci(neurology), MMedSci(nutrition). She is a medical doctor who has master’s degrees in neurology and nutrition.

Although it is vitally important not to add additional toxins to your body by eating clean, organic food, with Leaky Gut your body is still being poisoned from the inside by small holes in your intestines that do not necessarily show up on standard medical tests. This is like having a cracked sewer pipe in the middle of a pristine lake. The lake will be poisoned. Instead of feeling energized by your food, like you should, you feel tired after you eat.

If you have spent any time looking at probiotics your next question might be what about yogurt, kefir, and other probiotic-containing foods? My answer is, I think they should work, and for some (generally healthy) people they do work. For people with FMS they don’t seem
to work, or they don’t work fast enough. Even in the book *Gut and Psychology Syndrome*, Natasha Campbell-McBride, MD suggests using a therapeutic probiotic alongside probiotic-rich foods such as raw sauerkraut (see Sources).

<table>
<thead>
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<th>Features to Look for in a Therapeutic Probiotic:</th>
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<td>Several strains of beneficial microbes such as:</td>
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<td><em>Lactobacilli</em></td>
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<td><em>Bifido</em> bacteria</td>
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<td>Beneficial yeast strains such as <em>Saccharomyces boulardii</em> (antagonist to the pathogenic yeast <em>Candida albicans</em>)</td>
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<tr>
<td>Colonizing</td>
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<td>Organic</td>
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<td>Free of gluten</td>
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<td>No GMOs, artificial coloring, flavorings, or preservatives</td>
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I have spent a lot of money chasing down a probiotic that would work for me at the health food stores, at doctors’ offices, and online. *Nothing* worked very well until I started using SH FermPlus Pro (along with the SH Zeolites). What is so different about SH FermPlus Pro? It is one of the few probiotics that *colonize* good microbes into your system. That means that once you ingest them the microbes they continue to reproduce. It is very effective and works fast.

Also, the ingredients of SH FermPlus Pro are fermented, which is important. That means the cells walls of the ingredient plants have been partially broken down so that the nutrients inside are more available for assimilation. It also means it has a higher nutritional content than
just the ingredients, as the microbes increase the nutritional content.

FermPlus Pro (see Sources) works fast and is simple and easy to take. It comes in a powder and you just add it to room temperature water. (Don’t use hot water as it can damage the living microbes.) I find that it doesn’t have much of a flavor. If you must cover up the flavor, watered-down orange-mango juice does the trick pretty well and some use tomato juice.

**Here is the method I used for The Healing Cleanse:** One jar will last about ten days at the detox amount of one teaspoon, three times a day. It is beneficial to use the detox amount for the first ten to thirty days. One jar will last about thirty days at the maintenance amount of one teaspoon, once a day. If you do a detox for thirty days you will need three jars. Take with or without food. Mix in room temperature water (it does not blend well with cold liquid).

**Possible Side Effects:** Most people will experience no adverse side effects! The most common side effect is to experience an increase in the volume of urine and fecal matter without any discomfort. Any adverse side effects are usually mild and easy to correct.

**Constipation:** This is usually due to yeast die-off. Again, make sure you are drinking plenty of fluids (water with a pinch of unrefined sea salt, mineral water, broth, or kvass, (see Recipes), eight to ten glasses a day. A great option would be the supplement SH Colon Program (see Sources). It contains Cascara Sagrada, an herb that retains the colon’s peristaltic movement over a period of months. Avoid products containing Senna Leaf (such as Smooth Move Tea) as this natural ingredient is griping and addictive.

If on hand, you may wish to take one magnesium capsule every hour until you have a bowel movement; then half that total amount of magnesium each day, until your bowels regulate. Decrease the amount of SH FermPlus Pro to a half a teaspoon once a day until movements return to normal.
Diarrhea: According to holistic therapist Victoria Smith, diarrhea is sometimes due to the body evacuating parasites (as fast as it can now that it has the “tools”). Good bacteria keeps the parasites controlled in the body and they can accumulate when the gut is unhealthy. As soon as the body is able to, with the replenished bacteria, it moves the pathogens OUT. (I realize that the thought of you having parasites might be disturbing, but actually they are extremely common.)

Once again make sure you are drinking plenty of fluids (water with a pinch of Celtic Sea Salt, mineral water, broth, or kvass), (see Recipes), eight to ten glasses a day. It is common to experience some loosening of the stool. If diarrhea persists reduce the amount of SH FermPlus Pro to ⅛ of a teaspoon, one time a day. Then gradually increase to the detox amount three teaspoons, three times a day, over a period of a few weeks or months.
Part II

Complete Health Restoration

Welcome to Part 2: Complete Health Restoration! This is the part that builds on the Healing Quantum Leap (Out of Bed). This is all the other things you need to do to get completely well. The next four steps are Nourish Deeply, No New Damage, Restorative Sleep, and Exercise?. You will learn what to eat, what not to eat, how to avoid toxins, how to get the restful sleep you need, and to move your body as is appropriate. I am so looking forward to joining you on this journey!
Chapter 5

Step 4

Nourish Deeply

Most everyone, especially your grandparents, agree that you should get your nutrition from food. It is interesting to note that when Dr. Weston A. Price (see Appendix IV, Discovery of the Perfect Human Diet) did his research on traditional peoples they were very careful about their nutrition even though there was no junk food or toxins in their environment. Today, our food is not as nutritious as the food of our forefathers because of soil depletion, factory farming, and other reasons. Further, your body can’t assimilate what is there due to Leaky Gut. It seems almost hopeless!

As much as possible I obtain my food from sources using farming methods that put nutrition back into the soil. By obtaining nutrient-rich food and healing your gut, you will go a long way in overcoming this challenge. Sometimes, however, even with our best efforts we need more help and that is where supplements come in.

Think of a teeter-totter in a playground. Right now it might be all the way over on one side. To get it to balance you have to apply weight to the other side. Supplements can be the weight to help you get back in balance. I don’t use a lot of supplements and when I do I generally don’t use them for an extended period of time. I do have a few that I use on an ongoing basis, but really, they are just a few.
So in this section we will discuss Health Recovery Supplements, and then an extensive discussion on What To Eat, which includes Foods That Are Like Supplements. In Chapter 6, Step 5 No New Damage, we will cover What Not To Eat.

**Health Recovery Supplements**

In his book *From Fatigued To Fantastic*, Jacob Teitelbaum, MD, looks at Chronic Fatigue and Fibromyalgia from a unique perspective. He calls it his S.H.I.N.E. Protocol. He breaks down the symptoms into five distinct categories Sleep, Hormones, Immunity, Nutrition, and Exercise. When I read this book years ago it really opened my eyes to how complicated this disease was. I love that he broke it down into separate components that could be addressed.

I also look at fibromyalgia from the perspective of sleep, immunity, nutrition and exercise, but I feel hormones will regulate themselves most of the time given the proper healing and nutrition. I believe fibromyalgia must also be looked at from the mental, emotional, and spiritual perspectives for lasting healing to take place. Furthermore, the removal of toxins and gut healing are the missing link in most natural-based approaches to health recovery.

**Immune System Support**

Fibromyalgia is a multifaceted disease that requires support from many different vantage points. That is why I believe only a holistic approach, an approach that looks at the whole person, really works.

I was inspired to support my immune system robustly for a number of reasons, but mostly because I had a low-grade cold most of the time. After a few months of using zeolites and FermPlus Pro I was made aware of an immune-boosting product made from medicinal mushrooms. The mushroom extract I use is called SH Agaricus Gold
(see Sources). This is a preparation of the healing *Agaricus Blazei* mushroom. Healing mushrooms have been used for thousands of years all over the world. This mushroom was found by Japanese researchers in the Piedade Region of South America, where it was considered the secret to good health.

I started taking this extract at twice the normal dose and it really “turbo-charged” my recovery! I was already feeling better when I started taking it, but this really increased my energy and I didn’t feel like I had a cold all the time. That constant little tickle in the back of my throat also disappeared.

I still take it today but just at the amount stated on the bottle. I rarely get sick now and if I do it is not very severe or for very long. My husband has only taken off two sick days from work since we have been married and my four-year-old son has only had one fever in his life and I still get sick less than them now!

For more information on why this mushroom extract works I highly recommend the article “Newly Discovered Nutrients Significantly Impact Overall Health of 98 Percent” by Victoria Smith, Holistic Therapist, in the book *101 Great Ways to Improve Your Health*.

### What to Look for in a Mushroom Extract for Immune System Support

1. *Agaricus Blazei* mushrooms are one of the first ingredients
2. Organic

**Here is the method I used:** As the directions on the bottle of SH Agaricus Gold state, take one dropper-full or twenty drops, one time
a day. If you are facing an immune challenge, it is appropriate to take six drops every hour.

For “loading,” I used one dropper-full, twice a day for about three months. For maintenance I use one dropper-full, once a day.

One bottle at one dropper-full, once a day lasts about a month. To my knowledge there are no known adverse side effects and even people who are allergic to mushrooms can usually take it. It is safe to use because it is made from food. Like Hippocrates, the ancient Greek father of medicine, said, “Let thy medicine be thy food and food be thy medicine.”

Sleep Support

I tried all kinds of prescription medications and herbal remedies to get some sleep. At one point I was even prescribed the date rape drug rohypnol. I was so exhausted all the time and yet I could never feel like I had gotten any kind of quality sleep.

When I was first contemplating getting off the prescription medications, I assumed the pain medication would be the last to go, but the pain left my body relatively quickly. Even though I had made my Healing Quantum Leap into health, good sleep still evaded me for several more months. About four months after I started the zeolites and probiotic, I started using a melatonin-based sleep supplement to help normalize my sleep cycle.

Among other things, I had used melatonin supplements before and they never worked. My doctor suggested I open the capsules and swish the contents around in my mouth for five minutes. Even that did not help. I believe that since I did the detox and healed my gut, my body started to deeply heal, and then the melatonin started to work and be helpful.

The first thing I always tried to do was practice good sleep hygiene. I will discuss this in depth in Step 6 Sleep. Additionally, I developed a sleep-

Recently I experienced some jet lag from traveling. The first night I tried to sleep normally, but it didn’t work out so well. The second night I took melatonin and the next day I felt better. The third night I muscle-tested and instead of melatonin, I muscle-tested positive for Calms Forte, a homeopathic remedy (see Appendix I, Muscle Testing, or go to www.FreedomFromFibro.com for a video on “How To Test Any Food or Supplement”). Homeopathic remedies are available at most health food stores.

**Melatonin:** According to holistic therapist Victoria Smith, most people do well with one mg; however, three mg is the most common amount taken. Also five or ten mg are more infrequent amounts. It can stimulate deep sleep even at small amounts, and can make you groggy upon waking if too much is taken. She suggests either muscle test (Appendix I), with one mg and titrate up to find correct amount.

I took melatonin along with my sleeping medication for about a week, and I started to feel very well-rested. Then I weaned off my sleeping medication with the help of the prescribing doctor. I cut down the amount of medication I was taking by a small amount every few days. (See Appendix II, The Plan I Used to Come Off All Medications, for details).

**Digestive Support**

If you have been on a low-fat diet or if you have had a lot of digestive issues then a digestive enzyme will more than likely be in order, at least for a few months. Your digestive process starts in your mouth and ends at your anus. If at any part there are not the correct components to break down, assimilate, and remove your food, upsets and more can occur. Digestive enzymes help your stomach break down your food. Since I have transitioned to a higher fat diet I feel I have really benefitted from using a digestive enzyme. Sometimes if I don’t take one in the
morning, I will feel a bit nauseous after I eat breakfast. I especially take one if I know I will be eating a very high-fat meal, which I try to eat as often as I can.

The brand I have been using lately is Nutrivene Betaine HCl with Pepsin (see Sources). I have been taking one capsule about ten minutes before I eat. Standard Process also has a Betaine Hydrochloride supplement that is highly recommended.

Another help is apple cider vinegar. I take one tablespoon mixed in some water and a pinch of unrefined sea salt a few minutes before I eat. This really cuts the fat! Make sure you get organic apple cider vinegar “with the mother,” such as Bragg’s (see Sources). (The “mother” on apple cider vinegar is the active culture that ferments the vinegar.)

**Energy Support**

This is such a big issue and it is one that I have really struggled with. I was able to overcome extreme fatigue fairly quickly due to my Healing Quantum Leap. Unfortunately, a kind of low-level fatigue was the hardest of all the symptoms to figure out how to overcome for the longest time.

At first, I no longer had the crushing, overwhelming fatigue that I used to experience, but I still needed to take a rest break every day or even a nap. I focused on sleep hygiene, exercise, and getting sun during the day and that helped a lot. I felt at that point I was pretty much like a normal person but I did not have the boundless energy I used to have when I slept well and exercised before I got sick. I felt like I was doing everything right, but getting subpar results. The biggest change in my energy came when I started to eat liver!

When I read about this study in a July 29, 2005, article by Lynn Razaitis for the Weston A. Price Foundation, I decided to give liver a try:
The factor was described by Benjamin K. Ershoff, PhD, in a July 1951 article published in the *Proceedings for the Society for Experimental Biology and Medicine.*

Ershoff divided laboratory rats into three groups. The first ate a basic diet, fortified with 11 vitamins. The second ate the same diet, along with an additional supply of vitamin B complex. The third ate the original diet, but instead of vitamin B complex received 10 percent of rations as powdered liver.

A 1975 article published in *Prevention* magazine described the experiment as follows: “After several weeks, the animals were placed one by one into a drum of cold water from which they could not climb out. They literally were forced to sink or swim. Rats in the first group swam for an average 13.3 minutes before giving up. The second group, which had the added fortifications of B vitamins, swam for an average of 13.4 minutes. Of the last group of rats, the ones receiving liver, three swam for 63, 83 and 87 minutes. The other nine rats in this group were still swimming vigorously at the end of two hours when the test was terminated. Something in the liver had prevented them from becoming exhausted. To this day scientists have not been able to pin a label on this anti-fatigue factor.”

I was convinced to try to eat more, but I really do not care for the taste of liver—or any organ meats, for that matter. I needed an easy, painless way to get it into my system. I decided to make my own liver “pills.”
Toxins and Liver

Some people are afraid to eat liver for fear of ingesting toxins. This is definitely a valid concern, but mostly with conventionally raised animals. Since the liver is the organ of detoxification, it makes sense that a lot of toxins would be stored there, waiting to be processed. However, the liver is also the vitamin factory of the body and loaded with nutrition. If you buy livers from organic (and preferably pasture-raised) animals, the toxic load should be low and the nutrition high. The nutrition will enhance your own liver’s processing, making it more efficient at getting the toxins out of your body. It is worth it to source high-quality food.

Instructions for making liver “pills”: I got myself some grass-fed beef liver, made sure it had been frozen for at least fourteen days to kill off any parasites, partially thawed it, and cut it into pill-sized pieces. I then put the pieces on a parchment-lined cookie sheet and put it into the freezer. When it was frozen, I put all the pills into a zip lock bag.

How I use liver “pills”: I now take four “pills” (equivalent to about one ounce) a day in the morning when I take my other supplements. They are still frozen and I really don’t taste them much at all. I take them with liquid, just like a pill, and I don’t chew on them. Within about three days I could sense a big improvement in my energy levels! I have a friend who dredges the pills in cinnamon before putting them on the cookie sheet and she says she doesn’t taste the liver at all and they have a lovely, cinnamon-y taste. This is a great way to get diabetes-fighting cinnamon in your diet without sugar!
Incorporating liver into meals: The other thing I do on a regular basis is to incorporate organ meats into my cooking. My big secret is that I make a pot of something every week that has ground meat and a fair amount of spices such as chili or spaghetti sauce. I use two pounds of ground meat to one pound ground liver or other organ meats or both. This is a little extra work with huge returns. Everyone gets the benefits of the organ meats without anyone tasting them.

I usually sauté chicken livers separately in butter and lard. When brown, I pulse them around in the food processor until they are the consistency of ground meat, about seven pulses. I then add the livers to my ground meat stew, deglaze the sauté pan and then also add that.

Pre-made liver pills: If you are uninterested or too sick to put this much effort into preparing your own food, then I highly suggest desiccated liver pills you can purchase (see Sources). I have tried these and though they did not work as well as the fresh liver pills I made, they are an excellent option to begin with. I also use them when I travel.

Note: I have not found any commercially prepared liver pâtés that do not have problematic ingredients in them such as MSG and sugar. Outside of the US, pâté is commonly served daily as an appetizer. If you can find an organic, pasture-raised pâté that has great ingredients, it would be a wonderful addition to your diet!

Nutritional Support

Cod Liver Oil

I believe the third most important dietary supplement (behind activated zeolites and a therapeutic probiotic such as FermPlus Pro) is cod liver oil. A lot of healthcare practitioners are prescribing Vitamins A and D to their patients when they can get it in a food form through a good cod liver oil, complete with all the other cofactors, and it is practically impossible to overdose on it. If you take too much, at worst
you’d feel nauseated and eventually, if you kept eating more and ignoring that uncomfortable feeling, you may vomit.

In my mind there is only one brand of cod liver oil, and that is Green Pasture’s Blue Ice Fermented Cod Liver Oil (see Sources). This isn’t your grandma’s cod liver oil! First, it is fermented, which is the ancient, traditional way of extracting the oil. This is the best way and does not use any heat, which could destroy the nutrients. Second, it comes in flavors to make it much more palatable. Fermented Cod Liver Oil comes in a bottle by itself, capsules, or in a blend with other supplements such as High Vitamin Butter Oil (see next section) and even coconut oil. I prefer to take it in a blend.

**Here is the method I use:** Honestly, I don’t enjoy taking cod liver oil and I haven’t met many people who do. I play a little game with myself to make sure I get it every day. I love to drink coffee so in order to “earn” my daily cup, I must take my cod liver oil and other supplements first. The main way I take the blend is to use a large spoon, put a little water in my mouth, put the cod liver oil in and swallow them down together. I follow this up with another drink of water. This way I barely taste it.

I take one to three servings of Green Pasture’s Blue Ice Infused Organic Virgin Coconut Oil (65% Minimum Organic Virgin Coconut oil is the carrier, infused with Fermented Cod Liver Oil, Fermented Skate Liver Oil and X-Factor High Vitamin Butter Oil) a day. If I have a challenge to my immune system or feel like my digestive system is not working optimally, then I have one serving, three times a day.

**For travel:** I use the Green Pasture’s Blue Ice Royal Butter Oil/Fermented Cod Liver Oil Blend Capsules. I take five capsules twice a day.

I know that taking the capsules is economically not the best deal but it may be a way you have to start. Over time when your body becomes used to taking this supplement you can change over to the blends or individual oils. You will find that in a relatively short period of time your taste buds will change and this may not be so unappealing.
Loading: If I were to start with the capsules, I would take seven capsules, three times a day, for thirty days to begin with. Otherwise, with the blends, one tablespoon three to five times a day for thirty days.

High Vitamin Butter Oil

Once again, this is a food resource that is so powerful that it is like a supplement. In the appendix about Dr. Weston A. Price (see Appendix IV, Discovery of the Perfect Human Diet) I have explained some of the research I have used to start eating nutritional oils.

Dr. Price found that primitive healthy people he studied went out of their way to obtain Vitamins A, D, and what he called the “X Factor” which has been identified as Vitamin K2. When consumed together, these vitamins have a synergistic effect. They obtained these vitamins through animal fat and organs, not plant sources. Today we can get these vitamins together by consuming fermented cod liver oil (Vitamins A and D) together with High Vitamin Butter Oil (Vitamin K2) (see Sources).

I used to consume them separately but Green Pastures has come out with a blend of the two that also has coconut oil (a source of healing lauric acid) and it has a milder flavor.

Fermented Cod Liver Oil/High Vitamin Butter Oil/Infused Virgin Coconut Oil

In healing mode, I take one tablespoon (the big spoon from your silverware set) three times a day, preferably with meals. In maintenance mode, I take one tablespoon once a day, again preferably with a meal.

Multivitamin

A lot of what you read may say that taking vitamins is a waste of money and all you end up with is expensive urine. It is definitely important to get your nutrients from food, because there are so many cofactors that
scientist are not even aware of and cannot be duplicated. That is why most of my supplements are food-based, meaning they are made from whole foods, not synthetic vitamins. I feel like a good, food-based multivitamin is an insurance policy. Sometimes I don’t get all the nutrients I should from my food and the multivitamin helps me cover my bases. However, it is NOT a replacement for healthy, nutritious food.

The brand I am using is Enzyme Research Products Vitazyme 120 (see Sources); it has food-based vitamins and enzymes. I take two capsules twice a day with meals.

**Iron Supplement**

Because I am a woman who has not reached menopause yet, I feel I need to supplement with food-based iron. The mineral-based iron supplements from the drug store are really less than useless. They also can cause constipation. I use a food-based iron supplement from Standard Process called Ferrofood. It is amazing!

When I was in the hospital after the unplanned cesarean section I had for my son, I had lost a lot of blood. I had large, dark-grey circles under my eyes, like I had never seen before. The doctors and nurses thought I would need to stay in the hospital for a lot longer than the typical three days because of the blood loss. Between the Ferrofood and FermPlus Pro, I was out in the normal amount of time!

Currently, I take one pill, once a day, but I frequently muscle test (see Appendix I, Muscle Testing) all of my supplements to see how much and how often I should take them.

You have to get any Standard Process products from a qualified healthcare practitioner, and often times they are carried by chiropractors. They are supplements of the highest quality and the founder of the company, Royal Lee, DDS, was also a colleague of Weston A. Price, DDS.
What About Support For Pain and Inflammation?

When I cut sugar out of my diet for a period of one month I was shocked by how much pain relief I received. This was back when I was very ill, even before I had made the Healing Quantum Leap. At that point, my medical doctor, Hal Blatman, MD, suggested I cut out sugar to begin with. When the body is detoxified and has the building blocks it needs and is able to assimilate them (without leaking into your body) then the pain and inflammation recede and eventually disappear.

I had the markers for inflammation in my body as revealed by a blood test. Here I was, in my thirties and the doctor was very concerned about the results of this particular marker in my blood work. He said I had pre-heart disease. Now, everyone on my mother’s side of the family either had heart disease or had died of it—I was just surprised that I was told this at such a young age.

Later, after I had started healing, not only had the pain and inflammation disappeared, but a blood test revealed optimal levels. Also, I was no longer prediabetic, my blood pressure normalized and I had started to lose weight.

I really can’t emphasize enough what a problem sugar is! Now I use unrefined sweeteners occasionally (see “What to Eat”). If I have too much or over too short a period of time, I do start to feel pain in my body again.

If I have sugar cravings I do two things. First, I immediately eat something high in fat, such as a hunk of cheese, as that helps with the initial craving. Then, I up my
intake of SH FermPlus Pro for a few days (see Sources). That really helps quell the bad microbes that are “helping” me crave sweets.

What to Eat

“Let food be thy medicine and medicine be thy food.”
Hippocrates, the father of modern medicine

Eventually almost everyone asks, “What can I eat?” Well, that depends. It depends on where you are in your wellness journey and your individual needs. Someone who is in a flare or in survival mode is going to do things differently than someone who has made the Healing Quantum Leap and is able to source high-quality food. It also depends on your genetic heritage. What did your ancestors eat and thrive on? For example, someone who is of Eskimo heritage would handle wheat a lot differently than someone of Middle Eastern heritage.

Our bodies are only made up of the food we eat, the liquids we drink, the air we breathe, whatever goes on our skin and the thoughts we think. It is important to make sure that these things are high quality and life-enhancing.
Freedom Tip:
Think of yourself like someone you truly love and keep that in mind as you prepare food for yourself, like you would your favorite person.

Now, if you are in a flare, or are so fatigued that you feel you have to choose between zapping something in the microwave and taking a shower—not only have I been there, I know how to help you. Follow the Ground Rules as best you can and be gentle with yourself. During better days, stock up on foods that are easy to heat up and nourishing. After a while you will find that the foods you have stocked up on will still be in storage and you have had so many good days in a row that now you need to eat them before you run out of storage room!
The Ground Rules

These are some “rules” that I go by when making decisions about what I will put in or on my body.

1. Never put anything on your body you wouldn’t put in your mouth.
2. If your great-great-great grandmother wouldn’t recognize it as food, you shouldn’t, either.
3. If the label has a chemical name on it, pass.
4. Buy organic, raised on pasture (grass-fed) and, if possible, local and in-season at least 80% of the time. (This can be a tall order and it will take time to source a lot of your food.)
5. Beware of food that comes through your window! (Also known as fast food.)
6. Spend your time in the kitchen preparing foods you cannot easily buy.
7. For you to be healthy someone has to spend some time and love in the kitchen, but it doesn’t have to be you.
8. Eat three different types of food every day: raw, fermented, and cooked.
10. If there is a commercial for it on television, then it probably isn’t good for you.
11. The longer the shelf life, the shorter yours.
12. Avoid “natural spices” and other labels for MSG. Know that there are ingredients that companies do not have to list. (See Appendix VII, The Secret Names for MSG.)
13. At the grocery store, as much as possible, stick to the perimeter of the store—that’s where the fresh food is.
14. Beware of the “white devils”: flour, sugar, and salt. If a food is pure white it has been refined and is devoid of nutrition. They are not just empty calories, they will actually leech nutrition from your body. Unrefined sea salt is actually very beneficial!

15. If you must eat grains, eat only grains that have been soaked, sprouted, or soured.

16. Limit sweetened foods to very occasionally. Use only unrefined sweeteners such as organic raw local honey.

**Guidelines for Eating Before Your Quantum Leap or While You’re in a Flare**

Sometimes you don’t recognize you are in a flare until you are well into it or even afterwards. It is important during this entire process to be gentle with yourself, whether you are in a flare or not.

The most important thing to do is to avoid sugar, as it causes pain and inflammation and intake will inhibit all the other good things you are doing from working.

One thing I did when I was first recovering is that I bought cans of soup and ready-made frozen dinners from the organic section of the grocery store. When I felt better and I could prepare meals, I only prepared the meat part and used ready-made frozen sides, also from the organic section. Later when I felt better, I could prepare entire meals from scratch and then much later I started cooking in bulk. Often times it’s just as easy to peel two carrots as it is to peel one. That is the premise behind bulk cooking. I make large quantities of something I know we like and freezes well, such as chicken soup or chili (see Recipes).
After I had items in bulk, I could use them when I felt too bad to cook or when I didn’t have time. I particularly saved the chicken soup for if someone in the family got sick. I can’t tell you how many times I got to the end of winter with plenty of chicken soup left over—we have been that healthy now.

One of the most important healing foods is homemade bone broth, and I particularly love chicken broth. If you are very ill or in a flare the last thing you are probably able to do is manage cooking up a batch of broth. In the recipes is listed “Quick Broth” where you use store-bought organic broth and add some organic powdered gelatin (see Sources) to it to enrich it. It is not the same as homemade by any means, but it will go a long way in helping you.

I would suggest you drinking at least three cups of broth, Quick or Homemade, a day, especially if you are pre-Healing Quantum Leap. You can also add coconut oil (about one tablespoon), or some organic full-fat sour cream (or both) after it’s off the stove. I also add a splash of raw sauerkraut with some of its juice. Instead of sauerkraut you can use a splash of beet kvass, after the heat’s been turned off, then a spoonful of sour cream. We call it Pink Soup (see Recipes).

To review: if you are pre-Healing Quantum Leap or in a flare, take your supplements, avoid toxins in your food, air and skin (see Step 7 No New Damage), drink plenty of liquids (including lots and lots of broth), avoid sugar, and be gentle with yourself. I think soon you will find yourself clearer in the head and on your way to wellness.
Flare Survival 101

1. Rest and cut out any obligations you can.
2. Cut out sugar, any artificial ingredients, and preservatives.
3. Drink plenty of liquids, especially broth.
4. Eat health-promoting foods such as chicken soup, homemade stews with organ meats, and organic, pasture-raised eggs. Avoid high-carbohydrate, processed, and restaurant foods.
5. Take your supplements, especially zeolites and probiotics.
6. Take a detox bath: one cup of sea salt (like Hains) and one cup of baking soda.
7. Center yourself with meditation and prayer.
8. Be gentle with yourself!
9. Steer clear of negative people and situations. Avoid drama even in books and tv, such as the news.
10. Use this time to focus on getting better and you should soon find yourself feeling improved and clearer in the head.

Sacred Foods

As I mentioned earlier in the book, I have studied the work of Dr. Weston A. Price (see Appendix IV, The Discovery of the Perfect Human Diet). He found that healthy, traditional cultures had special foods that they set apart as “sacred.” The people revered these foods for their life-enhancing properties.
Now, the people he studied were from all over the world so of course, they had different food. However, when Dr. Price studied what they had in common he found that these foods were rich in what he called “fat-soluble activators.” These “activators” are the animal forms of vitamins A (retinol isomers), D (vitamin D3 and isomers) and K (vitamin K2). Dr. Price himself best describes the role of “fat-soluble activators”:

A question arises as to the efficiency of the human body in removing all of the minerals from the ingested foods. Extensive laboratory determinations have shown that most people cannot absorb more than half of the calcium and phosphorus from the foods eaten. The amounts utilized depend directly on the presence of other substances, particularly fat-soluble vitamins. It is probably at this point that the greatest breakdown in our modern diet takes place, namely, in the ingestion and utilization of adequate amounts of the special activating substances, including the vitamins [A, D and K2] needed for rendering the minerals in the food available to the human system. It is possible to starve for minerals that are abundant in the foods eaten because they cannot be utilized without an adequate quantity of the fat-soluble activators.
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Here is a list of the important sacred foods of native peoples:

SEAFOOD: whole small fish, fish livers, fish liver oil, fish heads, and shellfish
RAW DAIRY: whole milk, fermented milk, cream and butter from pastured animals
EGGS: especially egg yolks, from poultry; eggs of insects and fish
ORGAN MEATS: liver, brain, tongue, marrow, kidney, lungs, stomach lining, intestines, and reproductive organs
ANIMAL FAT: from cows, lamb, game, pig, poultry, and sea mammals
INSECTS: Worms, caterpillars, larvae, grasshoppers, etc.

You might be saying to yourself, “Well, that’s fine and good for ‘native peoples,’ but I am NOT going to eat fish heads and bugs!” I’m not suggesting you do that, but I am suggesting that we can learn a lot from this list and we can incorporate the principles of native diets into our own modern diets. Later in this section we will discuss how to incorporate important nutrient-dense foods into your diet.

I highly recommend the cookbook *Nourishing Traditions* by Sally Fallon as a resource for preparing wonderful, nutritious food that uses these principles but fit into our modern world. Reading this book (it is also like a college textbook) changed my life and my cooking!

What I think is the big take-away from this list is to eat lots of fat from animals and to eat the organs. This is quite opposite from mainstream media sources about what is healthy and nutritious. But who *pays* the mainstream media? Their advertisers pay them. Did you know...
that food processors are the largest industry in the United States, even bigger than oil? Most television commercials are about food. *Getting your nutrition information from mainstream media is akin to getting your information about cigarettes from the tobacco industry.*

**Foods That are Like Supplements**

These foods are so powerful that they act like nutritional supplements—delivering nutrition in a whole food complex with all the cofactors needed to maintain optimal health. Science has yet to identify all the complexities of how food delivers its nutrition. When folks say it is best to get your nutrition through food, listed below are foods that should be eaten often, if not daily, especially for people who are facing health challenges.

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<thead>
<tr>
<th>The Freedom From Fibromyalgia Superfoods</th>
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<tbody>
<tr>
<td>1. Bone broths</td>
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<td>2. Liver/organ meats</td>
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<td>3. Poultry eggs</td>
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<td>4. Raw/fermented dairy</td>
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<td>5. Sauerkraut/fermented vegetables</td>
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<td>6. Beet kvass</td>
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<td>7. Coconut oil</td>
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<td>8. Lard</td>
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<td>9. Apple cider vinegar</td>
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<tr>
<td>10. Unrefined sea salt</td>
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<td>11. Mineral water</td>
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1. Bone Broth

“Good broth can raise the dead.”
South American Proverb

I heard that the Native Americans did not drink directly of the pristine waters, but only drank broth. This makes a lot of sense to me because they did not have dairy animals, and in other cultures that do not consume dairy, broth is essential for absorbing the macro-minerals calcium, potassium, magnesium, phosphorus, chloride, sodium and sulfur, plus a host of micro-minerals including iodine. Bone broths are also an important source of gelatin, which is difficult to obtain in any other foods. The minerals of broth are needed for all of your cellular functions but the gelatin is quite important for the lining of your gut and for your joints and cartilage.

Another great reason to consume broth is that it can save you money! Broth has what is called a “protein-sparing effect.” As many traditional cultures know, this means you can eat less protein when you consume broth with it. Also, a meal consumed with broth will sit easy on the stomach and will give a sense of satiety with less food. It will actually help keep you from overeating! As a bonus, a dinner with broth can even help you sleep better.4

It is important to consume bone broths daily. (See Appendix VI, How to Include More Broth Into Your Diet.) Most commercially prepared stocks and bouillon have additives in them that should be avoided, such as monosodium glutamate (MSG), which can be listed as “natural spices.” (See Appendix VII, The Secret Names of MSG.) Bone broth is extremely easy and inexpensive to make at home. For the quantities you need to consume, it is worth the effort to get this into your diet, possibly even before you have made your Healing Quantum
Leap. If you can’t prepare your own meals right now see the recipes anyway for “Quick Broth,” which can get you started (see Recipes).

**Suggested Use:** Drink a cup up to three times a day, right at the start of a meal, in a mug or in a bowl as part of a soup. Use broth liberally in soups, sauces and stews.

### 2. Liver and Organ Meats

Have you ever wondered why, when a lion makes a kill, it goes straight for the abdomen and organ meats? It usually leaves all the muscle meat for the other animals. That is because so much nutrition is stored in organs.

People in healthy, traditional cultures all over the world revere organ meats above muscle meats. When European people first met the Native Americans on the West Coast, they were surprised when they ate only organ meats and fed the muscle meats to their dogs. This is the nutrition that has kept human beings healthy for thousands of years!

**In the US, we export most of the organ meats or turn them into dog food!**

Liver is considered one of the most nutrient-dense foods available on the planet. It is a major food source of Vitamins A, D, and K. Organ meats are also very nutrient-dense and are major food sources of Vitamins E, K2, and in the case of hearts, Coenzyme Q10, which is extremely important for cellular function. When liver is consumed raw, it is also high in Vitamin C.

Like most Americans, I do not care for the strong taste of organ meats. However, I have learned how to incorporate them into my diet with two simple tricks. First, I consume homemade frozen liver “pills” (see Recipes). I consume these daily and the increase in my energy has
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markedly improved. You can also get raw, desiccated liver in capsule form (see Sources).

Second, I add organ meats to any ground meat stews I make, such as chili or spaghetti sauce. My formula is for every two pounds of ground meat (beef, lamb, turkey, etc.) I add one pound of ground organ meats. This makes a lot of food so I do this with my “Batch Cooking Recipes” (see Recipes). I try to have a stew like this for dinner about once a week and then leftovers for lunch a few times. This method also really stretches the food budget.

**Suggested Use:** Eat liver “pills” daily and organ meat stews once a week for dinner and for a few weekly lunches (see Recipes).

3. Poultry Eggs

Second in nutrient-denseness only to liver, but in a different way, eggs are one of nature’s most perfect foods for humans. Eggs contain every nutrient humans need except Vitamin C (which you can get from raw dairy).

For the price, you can’t beat eggs for value in delivering nutrition. If you are sick and tired, the good news is that eggs are generally easy and quick to prepare (see Recipes). You can utilize them even before your Healing Quantum Leap to help you on the road to recovery.

What about fat and cholesterol? The fat and cholesterol, not to mention the rich bio-available protein, found in eggs are needed by everyone. It would probably take a whole book to convince you that natural fats and cholesterol are not only good for you, but vital for your optimal health. For more information see the amazing cookbook and nutrition textbook *Nourishing Traditions* by Sally Fallon. It contains life-changing information.

If you are allergic to chicken eggs, give duck or pheasant eggs a try. A lot of people I know have tried other varieties of eggs with great success. Also, if you have problems with eggs, make sure they are or-
ganic, and preferably pasture-raised, since conventional chickens that are raised for egg-laying are fed GMO grains. Poultry does not assimilate its food very well, so the toxins from conventional feed are passed on through the eggs and meat.

Incorporating eggs into your diet is relatively easy: just do what your grandparents did and have them every morning for breakfast. I incorporate eggs into my diet mainly by having two or three over-medium fried organic, pasture-raised eggs that have been cooked on a cast-iron skillet in a combination of butter with coconut oil, lard, or bacon grease.

The other ways I eat eggs is scrambled and soft-boiled for breakfast. Raw, organic eggs in a smoothie are all right occasionally, but not on a regular basis. I also snack on hard-boiled eggs during the day. If I have leftover soft-boiled eggs, I pop them back into the hot water and cook them a little more so I have hard-boiled eggs for later (see Recipes). I also have a great “formula” for making Crustless Quiche that turns leftovers into nirvana (see *Eat To Energize Cookbook* available at www.FreedomFromFibro.com).

If you are pre-Healing Quantum Leap and/or you have some issues digesting fat an easy way to cook eggs is to eat them soft-boiled, as many Europeans and Asians do (see Recipes). Also, many sources I have read suggest eating eggs with the whites cooked and the yolks liquid. The two main ways to do that are frying eggs over easy or medium, or soft boiling them.

If you have been eating low fat for a long time it might be difficult for you to digest this much fat at once and you might feel nauseous after eating fried eggs. That is not a sign that they are bad for you, you just need to build up to them. Two things help your body get used to increased fat intake: first, drink a tablespoon of apple cider vinegar mixed with a little filtered water and a pinch of unrefined sea salt, at the beginning of the meal. Second, eat at regular times during the day.
Your liver and gall bladder will get in the habit of increased bile production once they get used to your new eating habits.

Remember the shells! Save your rinsed, organic shells in a freezer bag that you reserve for making broth (see Recipes). I label the bag “Bits for Broth.” They add extra calcium and other nutrients to your broth.


**Suggested Use:** Eat two to three eggs a day, generally for breakfast, preferably yolks liquid and whites cooked.

### 4. Raw Dairy/Fermented Dairy

Human beings have been consuming raw dairy for thousands of years all over the world. It has been used as a restorative for all ages and nursing mothers in all cultures that have dairy animals. Pasteurization introduces heat which destroys valuable enzymes and denatures the proteins in milk, making it much more difficult to digest. (Think of the clear part of an egg turning white as you fry it. That is the heat changing the protein.)

It has only been recently that people have widespread milk allergies. I think it is interesting that oftentimes people that are lactose intolerant can consume raw milk without any issues. Maybe lactose intolerance should be renamed pasteurization intolerance.

Raw dairy is also a great source of enzymes and B vitamins, which are destroyed in the pasteurization process. If you cannot get raw dairy (see Sources) the next best thing is minimally pasteurized, organic dairy from grass-fed animals. If you then culture or ferment those dairy products, such as making yogurt or kefir, many of the helpful enzymes and beneficial microbes are restored. You can oftentimes buy yogurt, sour cream, and butter from the same dairy that produces the milk.

Cultured dairy is usually well tolerated by folks who are lactose intolerant because the microbes eat the lactose (the milk sugar) and turn it into helpful lactic acid.
Kefir is amazing: it has completely different microbes than yogurt and is much easier to make. I have not found any kefir at a store that I would want to consume; only the homemade kind seems to be beneficial (see Recipes). I also make kefir cream, which I use in place of sour cream and yogurt. It is so yummy that it doesn’t even need honey to sweeten it! Drink a glass of milk or kefir with each meal.

Raw cheeses are fairly easy to acquire: just look for cheeses imported from Europe, or look on the label: it will say if it is raw or made from pasteurized milk. Cheese is one of the best snack foods you can have. It is a concentrated form of raw dairy that has been cultured.

Butter is also one of the most amazing fats you can add to your diet. It is one of the most easily assimilated saturated fats your body can use. If you have trouble with lactose intolerance, try cultured butter, or “ghee” (see Sources). Add lots of butter to cooked vegetables to help digest and assimilate vitamins and minerals.

**Suggested Use:** For health recovery, preconception, pregnancy, or nursing, drink the *equivalent* of four quarts of full fat, organic raw milk a day in the form of milk, butter, cream, cheese and other cultured products. Always butter your vegetables!

**Important:** If you have issues with *constipation*, cultured, high fat dairy products such as cultured butter, sour cream, and kefir cream are helpful whereas high protein dairy products such as yogurt are helpful for *diarrhea.*
5. Sauerkraut / Fermented Vegetables

“Sauerkraut keeps old folks’ ailments away.”

Hanna Kroeger

If you can recall from your high school biology class, the main difference between animal cells and plant cells is that plant cells have a sturdy cell wall surrounding them and are rectangular-shaped, while animal cells are round, with no sturdy cell wall. In both plants and animals nutrients, waste and other properties are exchanged through the cell walls. When you make sauerkraut or other cultured foods, the fermentation process partially digests or breaks down the cell wall. This makes the nutrients inside the walls more bio-available and easier to digest. (The terms “cultured” and “fermented” can be used interchangeably, but a “culture” is the colony of microorganisms that are introduced and as they reproduce, eat and digest the growth medium that is “fermentation.”)

This partial pre-digestive process is also one of the reasons the probiotic SH FermPlus Pro is so powerful. The ingredients have been fermented, making this probiotic also a superfood.

The main vitamin that is not easy to get in our modern diet from animal products is Vitamin C. (You can get Vitamin C from raw dairy and raw organ meats—liver in particular. Heat destroys Vitamin C.) Vitamin C is abundant in cabbage but it is sensitive to heat and time. When you take fresh cabbage and “preserve” it using traditional fermentation methods the Vitamin C and other nutrients become extremely bio-available. Sally Fallon and Dr. Mary Enig mention this in their book Eat Fat Lose Fat. “The Vitamin C content of cabbage actually increases up to tenfold in the process of making sauerkraut. B vitamin content also greatly increases and the minerals in foods become more bioavailable.”

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What is interesting is that the nutrition content of the vegetables *increases* when fermented. This is because microorganisms (*lactobacilli* in particular) are digesting the nutrients in the vegetables and then reproducing. So with the increase of these microorganisms, there are more vitamins and then they also produce helpful enzymes as well as substances that have antibiotic and anticarcinogenic properties. This makes cultured foods natural probiotics. Along with taking the probiotic SH FermPlus Pro, I eat several different kinds of cultured food everyday.

This ensures I get the minimum amount of good microbes and doses of different kinds from various food sources.

Sauerkraut also helps increase stomach acid. One to three tablespoons taken ten to fifteen minutes before a meal will help with digestion.

Any traditional society with healthy people has cultured foods as part of their daily menu. I think it is very interesting that sauerkraut has been cited in numerous historical records of the victorious, world-conquering armies such as the Romans and the Mongols.

It is important to use raw, traditionally fermented sauerkraut that is not made with vinegar or cooked. It is relatively easy to make at home with the use of a food processor and something to pound it.

I tend to spend my time in the kitchen on items that I cannot easily buy and fortunately, I am able to buy excellent quality premade gourmet sauerkraut locally (see Sources). Many companies now also ship directly to your home.

Sauerkraut and its juice is excellent added to soups and stews, after they have cooled a bit and will no longer burn your skin, thus not killing the microbiotic life.

**Suggested Use:** I use a condiment-size portion, one to three tablespoons, with at least one meal a day, preferably two.
6. Beet Kvass

The other really nutritious super-vegetable is the lowly beet. I used to hate pickled beets until I had them properly prepared. When I was a child we only had beets in cans, and when people when came knocking at our door for a canned food drive, guess what I gave them? In the last few years I have tried fresh beets a number of ways and love them now. Of particular importance is the health tonic beet kvass.

According to Sally Fallon in *Nourishing Traditions*,

This drink is valuable for its medicinal qualities and as a digestive aid. Beets are just loaded with nutrients. One 4-ounce glass, morning and night, is an excellent blood tonic, promotes regularity, aids digestion, alkalizes the blood, cleanses the liver and is a good treatment for kidney stones and other ailments. Beet kvass may also be used in place of vinegar in salad dressings and as an addition to soups.10

I’d like to add that making beet kvass is super easy. Like I have found with most traditional cooking, it is about a ten-minute spurt of effort to make, and then time on the counter to ferment (see Recipes). Now I make my own, but when I started I purchased it from a local fermenter (see Sources).

**Suggested Use:** One four-ounce glass, morning and night, possibly mixed with a little filtered water. I mix my beet kvass with a little filtered water and my FermPlus Pro in the morning and use this concoction to take my supplements.

Use at the end of soups and in place of vinegar in salad dressings.

7. Coconut Oil

Some people find the book *Nourishing Traditions* by Sally Fallon intimidating, maybe because it is so large, or because of the plethora of scientific data. Another book of hers you might be interested in is called *Eat Fat Lose Fat*, with Dr. Mary Enig as coauthor. A fraction of
the size of *Nourishing Traditions*, it contains a lot of the same useful information but in a condensed and friendlier format. I love this book and I highly recommend it for a number of reasons, but I really like the in-depth discussion of coconut and coconut oil for health. I had heard some things about coconut oil but until I read that book, I had not really tried anything with it much. Now I am a believer about the importance of fats for health and coconut oil is pivotal, especially for people recovering their health. Although it’s obvious that the book is about weight loss, it also contains a “Health Recovery Diet.” This diet could really help anyone; along with principles I’ve mentioned in this book, it is very healing.

According to Dr. Mary Enig and Sally Fallon in *Eat Fat Lose Fat*, “Coconut oil has a “thermogenic effect,” which means that it raises your body temperature, thus boosting your energy and metabolic rate.”11 As a side benefit, this helps with hypothyroidism, or sluggish thyroid. Almost everyone with fibromyalgia has issues with their thyroid. By adding coconut oil to their diet, it can reduce sugar cravings, help lose weight by increasing satiety from meals among other reasons, increase energy, help increase body temperature, and help balance your body’s microflora.

They also state “coconut contains abundant medium-chain fatty acids. While longer-chain fatty acids, found in many foods, need to be digested by bile salts (secreted by the gall bladder), coconut’s medium-chain fatty acids do not. That’s why if you have trouble digesting fats, or are beginning to reintroduce fat to your diet, it’s best to begin with coconut oil.”12

Also important is that fat with your meals lowers the effect on your blood sugar. The glycemic index is “a system that ranks foods on a scale from 1 to 100 based on their effect on blood-sugar levels.”13 Therefore, “using butter as a spread, or including coconut oil in every meal, can further lower the glycemic effect of both high-glycemic foods, like potatoes, and low-glycemic foods, like vegetables.”14
Further, coconut is an abundant source of lauric acid, “a proven antiviral, antibacterial, and antifungal agent that is also found in mother’s milk.” This strengthens your immune system! “Coconut oil contains almost 50 percent lauric acid.”

The way I add coconut oil to my diet is by adding to hot beverages before meals, including my broth. I also use it for sautéing. Coconut oil has a relatively high smoke point, so it is great to use in combination with butter because it prevents the butter from burning. As a special treat, I cook organic popcorn kernels in coconut oil, then sprinkle liberally with unrefined sea salt. It is so good you don’t even want butter. I have even taken a big bowl of coconut oil popcorn to a party where it got rave reviews.

When you first start to use coconut oil, it might make you nauseous, so start slowly with a half a teaspoon and work your way up slowly to up to two tablespoons at a time. If you are still having issues digesting fats, consider taking them at regular times every day, with a separate glass of apple cider vinegar mixed with a pinch of unrefined sea salt in some water.

For coconut products I use only organic ones, such as coconut water, full fat coconut milk, dried, unsweetened coconut flakes, and virgin coconut oil (which smells and tastes like coconut). Many people find the taste of the virgin coconut oil too strong to begin with and use the more-refined coconut oil. After a while your taste buds will change and the taste of virgin coconut oil will be pleasant.

You can also get coconut oil into your system by applying it to your skin. It is a fantastic moisturizer! I love how it smells—it makes me feel like I’m on a tropical vacation. You can use coconut oil anywhere on your body, including your hair (see Step 5 No New Damage for instructions).
Suggested Use: Build up to two tablespoons, three times a day, before meals. Use liberally for sautéing, alone or mixed with other oils. Add to herbal tea, broth and soups.

Apply liberally all over your body after bathing and use it on your lips as a balm.

8. Lard

I think most people will find it surprising that lowly lard is on this list. I’m not talking about the kind of lard you buy on supermarket shelves: that stuff is not health-promoting and will probably make you gain weight, mostly because it contains trans-fats, not because it contains fat. What I’m referring to is home-rendered lard from organic, pasture-raised hogs.

First, lard is one of the most economical organic fats you can buy. Second, lard is rich in Vitamin D if the pigs have had access to the outdoors. (This is one reason why it is important to know your farmer.)

Also, lard has a high smoke point and is preferred by chefs for frying potatoes. Lard was the fat commonly used in baking before Crisco, which is high in toxic trans-fats. It is also well known for making the best piecrusts. You can use it in a deep fryer or even make popcorn with. You can use lard anywhere where you used to use Crisco and, since it doesn’t have much flavor, it is also nice to mix with butter to keep the butter from burning.

Suggested Use: Use for baking or sautéing, either alone or in combination with other fats.

9. Apple Cider Vinegar

Like calcium is important to bones, potassium is important to the soft tissues. Generally, people with fibromyalgia have issues with their soft tissues all over their body. Apples are an abundant source of potassium
and apple cider vinegar (raw, with the “mother,” which is the culture) is fermented, increasing the nutrient content and making it more bio-available. Raw apple cider vinegar, like other fermented/cultured foods are also an important source of enzymes. Enzymes help the body assimilate all bodybuilding factors\textsuperscript{18} and are destroyed by heat.

There are long lists on the Internet of all the benefits of ACV—from helping with diabetes to arthritis, but the main one I really like it for is that it helps with digestion. I take my “shot” right before meals, especially high-fat meals, and I don’t get that queasy feeling. Also, I use ACV for the vinegar in salad dressings.

**Suggested Use:** In a small glass mix two teaspoons raw, organic, apple cider vinegar (with the mother), such as Bragg’s (available in most health food stores), with about four ounces filtered water and a pinch of unrefined sea salt. Drink a few minutes before meals, especially high fat meals.

**Feeling a tickle in your throat? Make ACV “Elixir”**

In a small glass mix two teaspoons raw, organic ACV (with the mother) with about four ounces filtered water, a pinch of unrefined sea salt, and about a teaspoon of raw, organic honey. Mix well. Gargle some and swallow. Repeat until glass is empty. Take this at the first tickle in your throat.

**10. Unrefined Sea Salt**

Here’s a newsflash: you need salt, and plenty of it! It is actually harmful to restrict salt in your diet. White, refined salt that “pours when it rains” is not the kind of “salt” your body needs, as those products are
not even pure salt. Refined table salt has all kinds of additives (including sugar), has been stripped of nutrients, and bleached. Refined table salt is the kind that causes all the health problems associated with sodium consumption, such as water retention and high blood pressure.

Your body actually needs salt, *real* salt, for almost every function it performs because of the electrical nature of our bodies. Further, “salt is necessary to activate the formation of glial cells in the brain, the cells that make connections and help us think faster.”¹⁹

Salt is also important for digestion as it is one of the few dietary sources of chloride (salt’s chemical name is sodium chloride) which generates hydrochloric acid in the stomach.

The best way to get the real salt into your body is with unrefined sea salt, such as Celtic Sea Salt (available at most health food stores). The other type of unrefined sea salt is Himalayan sea salt. The difference between the two is that Himalayan sea salt is from an ancient sea, so there are very little toxins while the Celtic Sea Salt is from a contemporary sea but you get the addition of some small bits of plant and animal life, which is higher in iodine. I use both kinds in my kitchen.

Unrefined sea salt is also an important source of trace minerals, including magnesium and iodine. Due to the depletion of nutrients in the soil, these minerals are often difficult to come by. With unrefined sea salt you receive the minerals in a proper balance and in a very bio-available form.

How much salt should you use? It’s probably more than you think. We have salt receptors on our tongue for a reason: to lead us to the foods we need to eat. Add salt to your cooking and then at the table “to taste.” (I use the coarse salt to add to the pot and the fine ground at the table.) As long as you are using unrefined sea salt to taste, you will probably not overdo it. Also, add a pinch of unrefined sea salt for every glass of drinking water. Surprisingly it won’t make the water taste salty, just a little fresher-tasting.
Suggested Use: Use unrefined sea salt in cooking and “to taste” at the table; add a pinch to every glass of drinking water.

11. Mineral Water

One day when my son was about two years old I gave him a bottle of Perrier mineral water to drink from. As he happily took a swig a woman who was near us said, “Well, aren’t you starting him out with champagne tastes early!” I was a little surprised by the comment, thought for a moment, and said with a smile, “Yes!” I want my child to enjoy the good things in life and mineral water is far and away better than plain water, even filtered water.

When I lived in Europe, everyone drank mineral water. In fact, they just call it water in restaurants. If you want plain tap water, you have to ask for that specifically. When I asked for plain water I was frequently peppered with concerned questions like, “Do you also need an aspirin?”

Like the name implies, mineral water is an important way to get minerals into your body. “When we drink plain water with few electrolytes, the body tries to excrete it as quickly as possible in order to maintain homeostasis in the blood.” Homeostasis is the body’s mechanism to “stay the same.” Now, it is important to drink plenty of fluids while you are doing a detoxification program, but plain water really just doesn’t cut it.

The thirstiest I have ever been in my life was when I was breastfeeding my baby before he transitioned to solid foods. I would drink so much filtered water I thought I would float away! Nothing really touched my thirst. After he had partially weaned I tried my first Nourishing Traditions drink “Haymakers Oat Water.” I could barely believe how easily and quickly my thirst was quenched! Then I started looking into other drinks and I was shocked how little plain old water hydrates. Now I rarely drink plain water, except maybe to take the occasional pill. (For my morning supplements I drink beet kvass mixed with FermPlus Pro and a little water.)
Like a lot of people on medications, when I was ill I had really bad dry eyes and I was always thirsty. I believe now that if I had been drinking mineral water and broth and things of that nature, this would have dissipated.

Mineral water is also a good replacement for soft drinks, especially if you are missing the fizz. You could actually mix mineral water with some lemon and possibly a little green stevia powder for homemade fizzy lemonade.

Do not drink very many fluids about twenty to thirty minutes before meals as to not dilute the digestive fluids in your stomach. Also, wait to drink at least thirty minutes or even up to two hours after the meal, to allow your food to thoroughly digest in the stomach without dilution. While eating, don’t drink ice water, as this is very hard on your system. Also, just take small sips while eating.

Tips for selecting mineral water: look for water bottled “at the source” with “natural carbonation.” I like Perrier, San Pellegrino, and Gerolsteiner brands. Buy it in glass bottles, not plastic or aluminum.

I have looked all over the Internet for instructions on making mineral water at home. First, the ingredients are difficult to come by and also they are not very pure from heavy metals. So if economics are a big issue for you, I do not suggest at this time to make your own mineral water. Just add a good pinch of unrefined sea salt to filtered water or you can find mineral drops (see Sources) on the Internet that can be added to filtered water.

**Suggested Use:** Drink mineral water as you are thirsty. I drink about one and a half liters a day when I’m detoxing and about one liter a day normally.
Sourcing Quality Foods

“Know you food, know your farmers, and know your kitchen.”

Joel Salatin

I have recently moved to a new town about seventy-five miles from where I used to live, to a different metropolitan area. I joke with my husband that if we had moved only fifty miles away I would have not changed anything but my gasoline bill driving back and forth. This distance is just enough to still be able to keep in touch but also makes it practical for me to change my shopping, friends, and business connections. Fortunately, moving to a new town has given me insight into how to start sourcing quality food from scratch.

The first thing I did, even before I moved, was I contacted the local Weston A. Price Foundation (www.wapf.org). Luckily my local group had a Facebook page and I was able to ask all kinds of questions, from where to get raw milk to a family-friendly chiropractor. When I moved in, I started to attend the local meetings. The chapter leaders keep contact information on various pasture-based farms and food sources in the area. Oftentimes they also group-buy items such as fermented cod liver oil or Celtic Sea Salt, so that everyone can get a group discount. I also met some local farmers and vendors who were selling food and other items at the meetings. This is where I got most of my information to get started.

The next place I looked was www.LocalHarvest.org. You can just type in the name of your city and state or zip code and a map will pop up showing you listings of farms, farmers markets, grocery stores, restaurants, and “others” in your area. There is a description of each listing by the owner. You can join Local Harvest’s email list and they will contact you occasionally to let you know of a new place or a schedule change. You might be really surprised just how much there is available
in your area, even if you live in a very remote area.

Joining a CSA (community-supported agriculture) is something that a lot of the natural food-based community encourages. This is where you buy a “share” of a farmer’s crop which usually results in getting a weekly box with various, seasonal vegetables in it. Until you are recovered enough to consistently make your own meals, or even want to make your own meals, this may not be worth it to you. Even for natural foodies the infamous “CSA box” can be overwhelming at times.

When I first began to get well, I started by just going to my regular grocery store and buying the organic versions of things I was already buying. From there I started shopping at organic grocery stores like Whole Foods and Earth Fare and even my local health food store. Yes, this was more expensive. Did you know that in the 1950s people spent 10–15% more of their income on food than they do now? Also, this was back in a time where it generally only took one person in the household to go out to earn money, instead of two. So in our family we just allocated a higher percentage of our income to quality food and took money from other areas of the budget, such as cable television.

I also networked with some of the people I met through the Weston A. Price Foundation, the farmers’ market, etc. The farmers that are doing organic, grass-based farms know the other vendors in the area that are aligned with what they are doing. Also, they may know people outside their area too. I got a lead from one of the farmers I knew in my old town of another farmer in my new area. So if you are going to move, you can ask if they know anyone in your new area.

**A Word About Organic and GMO**

Everything I eat is generally organic, with a few exceptions, like when I eat out at restaurants. That doesn’t mean it is “certified organic,” because sometimes I buy food directly from the farmer and he or she lets me know how they grow their food. Also, not everything I want to eat
on a particular day may be available in an organic form, so I have to know which items are more important to be organic than others.

Further, there is the question of whether or not a food item is “GMO.” GMO stands for Genetically Modified Organism and is very different than when farmers cross seeds to create a hybrid variety of produce. GMOs generally take cellular genetic attributes from a plant or animal that cannot be crossed by normal pollination methods. The results have been fairly disastrous to all kinds of livestock and humans. If you eat organic you can avoid all GMOs. Also, if you must use conventional produce, refer to the list below for crops that are normally GMO and avoid the conventional forms of those.

For organic products, first, the higher it is on the food chain (such as an animal), the more important it is that it’s organic. Second, the Environmental Working Group publishes a list every year of fresh fruits and vegetables that contain the highest and lowest amounts of pesticides. Generally speaking, the more important it is for the skin to be edible, such as a strawberry, apple or tomato, the more likely it will be on the Dirty Dozen list. The less likely the skin will be eaten, such as in the case of bananas and watermelon, the more likely it will be low in pesticides and on the Clean Fifteen list. So when I am making my decisions about where to best utilize my shopping dollars, I refer to these lists for help. Next are the lists:
### Conventional Foods that are Commonly GMO

1. Tomatoes
2. Papaya—Hawaiian
3. Rice/golden rice (not recommended)
4. Potatoes* (not recommended)
5. Corn (not recommended)
6. Soy/soybeans (not recommended)
7. Milk (only raw or cultured dairy recommended)
8. Canola oil (not recommended)
9. Aspartame (not recommended)
10. Zucchini
11. Sugar beets (used to sweeten all kinds of processed food and may not appear on the label)
12. Crookneck squash
13. Cotton (cottonseed oil) (not recommended)
14. Animal feed
15. Salmon (wild-caught is not GMO)
The Dirty Dozen Plus™ List

(If you are buying items on this list, it is important to choose organic.)

1. Cherry tomatoes
2. Apples
3. Celery
4. Cucumbers
5. Grapes
6. Hot peppers
7. Nectarines—imported
8. Peaches
9. Potatoes (not recommended)
10. Spinach
11. Strawberries
12. Sweet bell peppers
+ Kale/collard greens
+ Summer squash
The Clean Fifteen™ List

(Items on this list can be purchased conventionally because they have lower pesticide exposure but choose organic first.)

1. Asparagus
2. Avocados
3. Cabbage
4. Cantaloupe
5. Sweet corn** (not recommended)
6. Eggplant
7. Grapefruit
8. Kiwi
9. Mangoes
10. Mushrooms
11. Onions*
12. Papayas
13. Pineapples
14. Sweet peas—frozen
15. Sweet potatoes*

* “It is particularly important to buy organic potatoes and onions. (Potatoes are not recommended.) Regular commercial potatoes and onions have been treated with sprout inhibitors that cause cellular changes in test animals.”

** Avoid conventional corn because it is generally a GMO crop.
Super Easy Meal Planning

I used to find traditional cooking so time-consuming and laborious compared to what most people in America are doing. Part of the reason was I was not organized with a system to support my new eating style and partly because I was still healing. After I had healed I had a family to care for so I had to find a way to make it work. One of the best pieces of advice I found was **think at least two meals ahead.** This gives you time to thaw, soak, marinate, and shop for your meals. This also gives you time to slow-cook anything. What I eventually found was that even though I was probably spending a little more time in the kitchen, I was spending less time shopping. Also, the time I was spending in the kitchen was generally in just ten-minute spurts of activity.

For me, part of being organized is to plan my meals out on a weekly basis. If I plan out any further, it just doesn’t seem to work, as there are too many variables to consider. The exception is, of course, if there is a special occasion. If I plan out less time, then it seems like I get caught short at the end of the week without any food and then we end up scrambling for a meal. Also, I get my family’s input so they have an interest in what we are making.

There are a few tricks I have learned so I don’t have to cook every single night. One is that I cook in batches. I have found that it takes very little effort to peel two carrots when I’m already peeling one and that is the basic premise of batch cooking. So I make a double or triple batch of a meal that I know we like, and can freeze well. Some examples include chili, spaghetti sauce, and Hunter’s Chicken (see Recipes). If I know ahead of time that I will be busy I just thaw out a jar of something I have cooked earlier. (You can thaw out a quart-sized jar of a stew in about twenty minutes in a sink full of cold water. This will thaw it out enough for you to get it out of the jar into a pan. Then heat it up on medium to medium-low heat to get the rest unfrozen.)

My second trick is to make a “pot of something” every week, such
as chili, so that we have something that we can heat up quickly if we get rushed. I usually try to have the “pot of something” made by Wednesday so that we can eat on it on the weekends, which generally tend to be very hectic in my home. The worst-case scenario is that we eat the “pot of something” two nights in a row. Usually you can add a salad or some shredded cheese to change it up.

The third trick I use is the creative use of leftovers. I usually use leftovers to make casseroles or “pots of something” or “leftovers soup.” Minimally, you can take some leftover meat and put it in a small casserole dish, add pan juices, and sprinkle some shredded cheese on top. This can be lunch for one person.

Occasionally, all hell breaks loose and there is nothing to eat and there is nothing to heat up. Because of my meal planning, this rarely happens, but sometimes it still does. Then we go out to eat or get carry out from a restaurant that has good-quality food. If there is a bit more time, I can go to the natural grocery store and get a meal from their hot food bar. When I was still recovering and didn’t consistently make my own meals, I relied heavily on prepackaged “organic” meals (a.k.a. TV dinners) and cans of soup.

Additionally, I make a whole chicken about every seven to ten days. This provides us with several meals, soup, and broth (see Appendix V, “How to Use a Whole Chicken Almost Twice”). Also, I look at having a wide variety of protein sources such as poultry, beef, lamb, fish, pork, bison, venison, goat, and organ meats. I have a friend who has a meatless meal on Fridays, so she makes sure she has an organ-meat meal on Thursdays.

For quick weeknight meals, I keep the menu very simple, use the slow cooker, or both. I make things like bunless hamburgers or roasted chicken. I save my more involved meal preparations for a day when I have more time and that’s also why I make large batches.
Weekly Meal Planning Made Simple

1. On a piece of paper (I use grocery-list paper) write out the days of the week going down the page. Keep your grocery list next to you.
2. Next to each day jot down anything that’s happening that day that would impact your food, such as “lunch out,” “dinner out,” or “soccer game.”
3. Ask your family what they would like to eat this week.
4. Check what you already have in your refrigerator, freezer and pantry. Try to incorporate those items in meals first.
5. Jot down your meals under the days of the week.
6. Working backwards, jot down notes on what you have to do to prepare the meals next to the days of the week or in a separate column. For example, if I want eat chili with beans on a Thursday, I have to thaw out some meat on and soak the beans Tuesday, and prepare the chili and cook the beans on Wednesday.
7. Write down on your grocery list any items you need to pick up. See the examples on the next page.
Grocery List

Asparagus
cook

Fresh

Salad
Ships

Green beans

Penne

Mozzarella

Parmesan

Penne

Meatballs

Make

Macaroni

Greek salad

Greek

Pineapple upside-down cake

Pork

Shrimp

Make

Lettuce

Chicken

Soup

Make:

Salad

Bread

Lasagna

Tuna

Lettuce

Green beans

Green beans

Chips
Typical Meals

Below are some typical things I eat when I’m eating normally and not dieting. (I lost over one hundred pounds on the HCG diet, see the section on Weight Loss.) I tend to eat low-carb, though the rest of my family doesn’t. I usually make foods that are higher in complex carbohydrates such as sweet potatoes or butternut squash for them to add to their dish. Also, we do not eat grains (such as wheat) or a lot of baked goods. Generally, I eat three good meals a day and no snacks. An important thing I also do to help with weight control is I don’t eat anything after dinner. If I get hungry, I just make a cup of herbal tea and the warm liquid helps me to feel at ease.

Breakfast:

Two or three eggs, fried in butter and coconut oil
Two or three strips of bacon
Stir-fried zucchini
Cup of broth
Coffee with cream
Supplements taken with SH FermPlus Pro mixed with beet kvass

Lunch:

Heated up leftovers from dinner or Leftovers Soup or Chicken Salad made with homemade mayonnaise, mustard, hard-boiled egg, sauerkraut, celery, salt, and pepper
Cheese
Cup of broth
Mineral Water
Dinner:

Roasted Chicken
Roasted vegetables such as cabbage and onions
Pickled beets with sour cream
Cup of broth
Fresh fruit for dessert with homemade custard
Chapter 6

Step 5

No New Damage

Fibromyalgia is kind of like “death by a thousand needles.” All these little toxins really add up, and while we are trying to heal it is helpful not to add any more toxins to the load. Before we get into the details of detoxification and GI healing we have to discuss getting rid of the internal and external toxins in your life.

There are basically three types of internal toxins: your negative thoughts, toxins you put in your body, and toxins you put on your body. We’ve already discussed negative thoughts in Step 1: Your Thoughts Matter, so we will get right into toxins in and on your body.

**Internal Toxins and Your Feedback Mechanism**

For toxins in your body there is one very easy thing to remember but a lot harder to follow: Don’t eat anything that your great-great-great-grandmother wouldn’t recognize as food!

We discussed what to eat in Step 4: Nourish Deeply, and here we will discuss what not to eat and drink. Basically, if it was made in a lab or processed in a factory you want to steer clear of it. You will want to stick to the perimeter of the grocery store, preferably a natural store, like Whole Foods. If the ingredient label has something other than a whole food, such as “natural flavorings” or “sucralose” you will want to avoid that, too. You might be thinking you cannot live without your (pick a processed food or beverage)—I say not only can you live with-
out it, you were *meant* to live without it!

These processed foods have ingredients that are meant to make you addicted to them and they are poisoning you. Take, for example, a diet cola. You are getting a serious slam, every time you drink one, of acid, bad salt, neurotoxin (a poison affecting your brain and central nervous system) in the artificial sweetener, carcinogen in artificial coloring, a drain on your hormone glands from the caffeine, a hit to your satiety center (it makes you feel hungry when you are full) and your brain and central nervous system are being poisoned by the aluminum in the can or plastic in the bottle. Whew!

I once met a man who used to work for one of the major soda pop makers at a local distribution center. He told me that they used a stainless steel paddle to mix the syrup that came from the factory with water so that it could then be bottled. What amazed him was that every so often they had to change out the paddles because it was literally eaten away by the corrosive mix. So when you drink a pop, you are also getting heavy metals!

What’s the alternative if you want that fizzy fix? How about sparkling mineral water, in a glass bottle with a squeeze of lemon or lime? You get hydrated, valuable minerals, and some alkalizing and Vitamin C from the citrus.

If you think you can’t do this, I hope you realize you will have to make changes in order to recover from fibromyalgia! You must realize this stuff is bad for you. You might say to yourself “I don’t feel bad when I drink a diet cola or eat a particular processed food.” The reason you don’t feel bad is because your body feels bad pretty much all the time and you don’t have the *feedback mechanism* in place to tell the difference.

An analogy: take a normal person and an alcoholic and give them both three shots of whiskey. A normal person would feel the effects pretty quickly but the alcoholic would still seem sober. Now, just be-
cause the alcoholic does not seem to be affected by the whiskey that does not mean it is not doing horrible damage.

For example, when I detoxified from sugar I felt pretty good but I really craved sugar (I did eventually heal from cravings, too). So, after about a month I finally succumbed in a big way. Then I noticed I was in so much pain, especially in my back and shoulders. *I had my feedback mechanism in place!* I could finally see the cause and effect of my diet because I had removed the gunk.

Specifically the main things to avoid are artificial and processed sweeteners (Nutrasweet, Aspartame, sucralose, high fructose corn syrup, sugar, and stevia that is not a green powder), trans fats and oils that are unsaturated (vegetable, corn, soy, canola, cottonseed, safflower), artificial colors and preservatives, and monosodium glutamate in all its forms (natural seasonings, etc.), also avoid any non-fermented soy products.

Here is an axiom my doctor used to say to help you with your food choices, *“If it won’t grow mold, it won’t grow people!”*
A Word About Water

Many people don’t like the taste of tap water and there is good reason for that. There are a lot of chemicals used to make the water clean that you don’t want to ingest, namely chlorine. It is important to drink water, and if you like it, mineral water (sparkling or still). Otherwise, you can buy bottled water (preferably in glass) or filter your water. The easiest thing to do, especially in the beginning, is to purchase something like a Brita water filter.

Eventually you might want to consider a reverse osmosis unit. Also, when you drink water, and you will need to drink plenty when you are detoxing, it is important that you add minerals back into it, not just plain water. To make mineral water, there are mineral drops you can purchase but the easiest thing to do in the beginning is to just put a pinch of Celtic Sea Salt in every glass. Surprisingly, it doesn’t make the water taste salty!

Also, consider a shower filter. When you are showering you absorb more chlorine than when you drink water because you are breathing in the steam and the pores on your skin are absorbing it in. There are also chlorine-removing balls available for baths. Your skin and hair will be softer too!

Internal Toxins on Your Body

Now we will discuss toxins on your body and there is another axiom to remember: “Don’t put anything on your body that you wouldn’t
**Chapter 6  Step 5  No New Damage**

**put in your mouth.**” What does that mean? Your skin absorbs into your body everything you put on it as though you had put it into your mouth—it just bypasses the digestive system. For example, would you put a petroleum derivative into your mouth? Of course not, but every time you put mineral oil or petroleum jelly (Vaseline) on your body you are absorbing those toxins into your system.

You don’t need most of the health and beauty products you currently use and most of the ones you do need have natural alternatives. You can change what you use easily by shopping at a health food store for your items such as soap, shampoo and conditioner, deodorant, cosmetics, and lotions.

If you are very sensitive to fragrances, like me, there is even more good news: you don’t really have to use most of that stuff at all! You can use coconut oil for a lotion, baking soda for a deodorant, replace shampoo and conditioner with baking soda to cleanse and apple cider vinegar or lemon juice to condition and detangle. I use a gentle, coconut-based soap for cleaning my hands, organic mineral makeup, and Burt’s Bees tinted lip balm. Very occasionally I use sunscreen and I use a brand called Badger. I no longer paint my nails as I have the feedback mechanism to know that the smell knocks me over. I still look, smell and feel great (if I do say so myself!).

**External Toxins**

Lastly, we will discuss external toxins. These are the toxins that are in your environment and mostly come to you through the air. You can’t stop breathing but you can improve your environment, especially inside your home.

Like health and beauty items, you really don’t need all those toxic chemicals where you live. I don’t keep a lot of chemicals in my home and it is cheaper, safer and more environmentally friendly. You can start by replacing your toxic cleaners with more natural cleaners such
as the ones offered by Seventh Generation. I use their dish and dishwasher soap, and laundry detergent. However, the two most important cleaners in my home are white vinegar and baking soda.

Get rid of toxic air fresheners and candles. Open the windows and if you must have a fragrance try one made from essential oils. If you have odors to get rid of, place a bowl of vinegar in the room for a day or so. Amazingly, the odor will be gone but the room won’t smell like vinegar!

Whenever you buy something new, consider whether or not it will “off-gas.” Most anything that has an odor when new and doesn’t when used is off-gassing. For example, you know that “new car smell”? Well, that’s plastics off-gassing and it is toxic fumes. I highly recommend you buying used items whenever possible and when that is not practical, let the new items off-gas outside or keep in a well-ventilated room or outside.

It is important to maintain good indoor air quality and the simplest things to do are to not bring in off-gassing items and to open your windows daily. When I lived in Germany, as I would drive to work in the morning I would see comforters and pillows neatly folded and hanging out bedroom windows. The folks were airing out their bed covers and their houses every morning, even in the winter.

Air purifiers are a good idea, especially in rooms that you spend a lot of time in, like a bedroom. If you have allergies they can be invaluable.

I would also suggest to people to stop spraying their yards with toxic chemicals. There is usually a natural solution to every gardening challenge. You can go to an organic gardening store and be amazed by all the choices that are available. For example, one very easy thing to use for getting rid of weeds instead of Round Up is white vinegar. It works just as well or better but doesn’t pollute the environment.

One last little tip: when you pump gas into your car, wear gloves. I put on an old pair of my husband’s brown cotton gloves and keep them in the car just for pumping gas.
External Toxins On Your Body

Here’s my rule: don’t put anything on your skin that you wouldn’t put in your mouth. So what that means, in a practical sense, is that I use products on my body that are just as pure as the food I eat.

Hair

When I shower and wash my hair I no longer use soap, body wash, or shampoo. This might sound shocking, but honestly, I really don’t miss them and I still get quite clean with hot water. What I use to cleanse my hair is baking soda and then I rinse it with diluted lemon juice. This may lighten your hair a bit, so if you don’t want that result you can use apple cider vinegar instead of lemon juice and your hair won’t smell like vinegar, it will smell like apples.

I don’t use any styling products on my hair, either: I have found that it stays in great condition doing the baking soda – and lemon juice routine. If I feel like my hair is getting a little dry, I will put a tiny bit of coconut oil on the shaft of the hair to the ends before I cleanse it. I let my hair mostly air dry and then use a blow dryer and a metal, vented, round brush to style it—no hairspray. Because I have a cut and style that works with the natural texture of my hair, without giving up any bit of fashion, I have hair that requires little time to style and I don’t have to put on chemicals to make it behave.

Instructions For Baking Soda - Lemon Juice Hair Cleanse and Detangling: Put about ¼ to ½ cup of baking soda in a non-breakable cup. Brush your hair before you get into the shower. Wet your hair normally and take a palm-full of baking soda and add water to it until it forms a paste, then add a little bit more until it is foamy. Use this to put on the top-front of your head, another foamy handful to put on the back of your head, and then a last foamy handful to put on the crown of your head. Massage the baking soda into your scalp,
making sure that your entire scalp is cleansed. Don’t bother with putting any of the baking soda on the ends of your hair, just stick to the root area. Rinse thoroughly. Then take about ¼ to ½ cup of lemon juice and mix in about ¾ of a cup of warm water. Pour the diluted lemon juice on your hair, concentrating on the ends, rather than the roots. Take a large-toothed comb and comb the lemon juice through your hair. Rinse well.

**Skin**

For my skin I use a few oils to keep it moisturized and supple. For the majority of my body I use coconut oil. When I’m in my bathroom after a shower, I put coconut oil all over my skin and it smells like I’m on a tropical beach vacation! If you used to (or like to) use Vaseline (petroleum jelly), coconut oil can be used in place of it and it is great for your health.

If you like to use mineral oil, jojoba oil is a similar consistency and it a much healthier replacement—I found out about it when my massage therapist used it. Another option is almond oil.

For cracked heels and dry winter skin try neem oil. From what I understand it is the “go to” remedy in every Indian household. The main drawback is that it kind of has a grassy smell so I use it just where I have an issue. You can get these oils at any health food store.

For deodorant, I just use plain baking soda. I keep baking soda in a little bowl with a lid on it in my medicine cabinet. I pour about ½ a teaspoon on my palm and rub it into the opposite underarm and then repeat. Now, I still have moisture in my underarms, which is quite natural and should not be prevented with chemicals, such as with antiperspirants. However, I rarely have odor with the baking soda.

If I want to smell really nice, like with perfume, I use an essential oil such as rose oil. You can mix nearly any essential oil with distilled water and put them in a spray bottle and spritz it all over your body.
Lastly, a word about sunscreen. In the chapter Exercise I talk at length about sunbathing and how good it is for your health. Occasionally I use sunscreen if I am going to be out all day and I don’t have a base tan, or around water. The water has a way of reflecting and intensifying the sunlight to where it can burn one’s skin. Also, in some tropical places the sun is stronger. I just use sunscreen sparingly. When I do use sunscreen I use Badger brand. I have fair skin, but my friends who have more medium-toned skin or darker have tried using plain coconut oil for sunscreen around the water with much success.

**Face**

I don’t use a lot of products on my face, and I think my diet is mostly responsible for my good skin tone and lack of wrinkles more than anything else. Most of the time people guess my age about ten to fifteen years younger and are shocked when I reveal my true number.

For moisturizing I mostly use coconut oil. I have been trying some other natural oils, like those based with Shea butter, but I don’t like any so far as much as coconut oil.

I do a little mindfulness trick when I put on my moisturizer: when I look in the mirror I do some affirmations and some meridian tapping (see Appendix III, Meridian Tapping). That way I don’t have to make a special appointment to get that done, I just incorporate it into my daily routine.

For makeup, I use mineral-based cosmetics from the health food store. I try to find organic makeup and minerals that don’t contain bismuth, a toxic heavy metal, which a very famous line of mineral makeup contains. Generally, I don’t wear foundation or base makeup. My skin needs to get sunlight and all of those foundations have at least some SPF (Sun Protection Factor) in them. I just wear a little eye makeup and some Burt’s Bees Lip Gloss.

Once again, I occasionally use sunscreen, but only if I’m going to be around water or in a tropical location, and then only sparingly.
Hands

I do not use antibacterial soap. Most brands of antibacterial soap have toxic ingredients in them that are not benign, not neutral, but are destructive to one’s health. For the most part you can get your hands clean by washing them with warm water for thirty seconds. Otherwise, you can wash them with a gentle soap that is not antibacterial. I really like the coconut-based soap from Tropical Traditions. It feels moisturizing while it cleans.

The ubiquitous hand sanitizers also have toxic ingredients. I keep a small spray bottle of witch hazel in my purse for when I need this. It works just as well, smells nice, less toxic and is way cheaper. What more can you ask for?
Chapter 7

Step 6

Restorative Sleep

Sleep Hygiene

Sleep is a multi-faceted subject and a vital part of overall health. However, for many it is a painful subject and it is difficult to achieve a good night’s rest. Actually, part of the clinical diagnosis of fibromyalgia is “sleep disturbances.”

There have been entire books written on the subject of sleep, but here we will discuss some strategies that have worked well for me and for others. When we look at sleep from a holistic point of view, then we look at it as part of our overall plan to stay spiritually, mentally, and physically healthy. “Sleep hygiene” is a term I use to refer to looking at the category of sleep from many different subcategories. The subcategories, or aspects, of sleep are habit, bio-chemical, physical, and mental/spiritual. To support these different aspects I offer the following tips:

Habit:

- The time before bed should be peaceful, relaxing, and routine-filled. It lets your body know that it is time for bed.
- Go to bed at the same time every night and wake up at the same time every morning.
- Have a going-to-bed ritual or set of habits, such as brushing your teeth, washing your face, etc.
• You might consider taking a bath nightly at bedtime; it can be detoxifying and relaxing.

**Bio-chemical:**

• Keep the lights low near bedtime, as this supports your body’s production of melatonin (the sleep hormone).
• Consider taking a supplement containing melatonin, (see “Health Recovery Supplements” in Chapter 5 for recommendations).
• Do not eat a lot of food before bed or drink caffeinated beverages from about noon on.
• Even small amounts of alcohol can disrupt your sleep.

**Physical:**

• Don’t do anything physically or mentally stimulating at least an hour before bedtime, such as doing exercise or watching a very dramatic show (this includes the news).
• Make sure your bedroom is dark and on the cool side but with warm covers.
• Consider putting a humidifier, air purifier, or both in your bedroom.
• Wear as few clothes as comfortably possible, but make sure your feet stay warm.
• Sex before sleeping can be extremely relaxing and helpful in many other ways.

**Mental/Spiritual:**

• See below for “The Most Important Five Minutes of Your Day.”
• Use the time right before you fall asleep for prayer/meditation/visualization (the “Restorative Sleep Meditation” recording will walk you through this step-by-step, available at www.FreedomFromFibro.com).
• Make sure you are in a peaceful frame of mind. If you are anxious get up and write it out or “tap it out” (see Appendix III, Meridian Tapping).

• If you are experiencing “racing thoughts,” know that these are partly due to a damaged gut, which can be helped immensely with detox and probiotic, and partly due to not controlling your thoughts. Take some deep belly breaths and slow your thoughts down (mentioned in Chapter 8, “Exercise?” under “Breathing”).

• Near the end of the workday, plan out what you are going to work on the following day, in writing. This will help give you peace of mind.

As you read this you may be just at the beginning of your healing journey. Many of your sleep disruptions may be due to pain and biochemistry, which, for now, you have no control over. Following this program should ease these factors over time. However, most of the sleep hygiene aspects you do have direct control over and you can start to implement them right away.
Fibromyalgia is a Spiral

Much of fibromyalgia can be seen as a spiral. You are either spiraling up towards health or down towards illness and you are rarely “steady as she goes.” When you start addressing the aspects of sleep hygiene you have direct control over, this paves the way for an upward spiral towards health. The more and better sleep you get, the more effective the prescriptions you may be taking will work. The more effective they work, the better you will feel and you may need them less and less. The better you feel, the fewer prescriptions you may take, the better you will feel, etc. This is how you start to climb out of the hole!

The Most Important Five Minutes of Your Day

In his latest book, *Wishes Fulfilled*, Dr. Wayne Dyer talks in depth about the most important time in your entire day, which is the five minutes right before you fall asleep the night before.

Your conscious mind gives your subconscious mind training and instruction and then when you sleep they are melded together. According to Dr. Dyer, “your subconscious mind handles about 96% of all that you undertake in life.” For example, you haven’t had to think about how to walk much since you were a baby. Now you walk around and do other things, with your subconscious mind handling the walking part for you. You haven’t had to think about how to write since you were a child. Now when you write a letter, you use your conscious mind to think about what you are saying, and your subconscious mind takes over for the penmanship.
According to Dr. Dyer, your last thought before sleep remains in your subconscious for about three hours. Therefore if you deliberately choose to focus on a subject right before sleeping for the night, this gives your subconscious about eight hours to work on your goals!

Before you go to sleep, have a goal in mind of what you would like your subconscious mind to work on. Here are some examples:

- Health
- Prosperity
- Love
- Peace
- Happiness
- Gratitude

How will this affect your daily life? Let’s take “health” as an example. When I was very ill there was pretty much no hope for my recovery. The doctors said there was no cure and I would just have to learn to live with it. Also, never said, but implied, was that it would probably get worse. All the examples in the physical world also reinforced this seemingly hopeless situation.

When I prayed and meditated on “optimal health,” within weeks magical things started happening in my life. Nothing on its own did the trick and I didn’t just wake up one day perfectly healthy, but I started making some choices and noticing things in ways I had not done in the past. I set aside money in the budget every month to try new things out. Sometimes I say I got better because I just kept trying. This led me to buy a book at my doctor’s (Dr. Hal Blatman) recommendation, called *Detoxify or Die* by Dr. Sherry Rogers. Later, when I met the holistic practitioner Victoria Smith, I was in a mindset to listen to her about the importance of detoxifying. No one choice on its own made me healthy—it was a series of choices and fortunate circum-
stances. You know what they say about luck? It is when preparation meets opportunity.

In the guided meditation recording, “Restorative Sleep,” (available at www.FreedomFromFibro.com) you are walked through this process of goal-setting and programing your day ahead of time. This will send your thoughts and energy ahead of you in time and space to make your day go the way you want it to go, or even better. After you have relaxed in body, mind and spirit, you will drift off to a beautiful slumber. It is very effective for the deep relaxation needed to fall asleep. I consider it the most powerful guided meditation recording I have done to date.

**Waking Up**

Since I was a child I always woke up grumpy. It is amazing to me to discover that you have a choice in your mood. Waking up sets the tone for the entire day. For me it is important to start the day with a grateful heart. So, as soon as I can put a thought together, the first thought I try to think is simply, “Thank you.” When I get out of bed and put my feet on the floor, I also have a habit saying, “Thank” with the first foot and “You” with the second foot. This is a very simple yet powerful habit to cultivate.

Oftentimes, I go ahead and try to meditate a little when I first wake up. If nothing else I say a prayer about the things I want to accomplish that day. I also do some deep belly breaths and stretch before getting out of bed. This energizes me and puts me in a cheerful mood. Actually, sometimes my husband complains that I’m too happy in the morning! I love feeling cheerful in the mornings now!
Child’s Thank-You Prayer

This is a prayer that my grandmother taught me and that I have taught to my son. It is simple yet powerful, and can be easily remembered even in the midst of brain fog. Try it to help you relax and put things into perspective.

Thank you for the world so sweet
Thank you for the food we eat
Thank you for the birds that sing
Thank you, God, for everything

Naps

I believe in napping! I think most of the time that taking a nap is fine and I do it myself. (I did it a lot more often when my little child napped, but now he doesn’t so I don’t get as many opportunities.)

Napping is kind of like snacking between meals: too much of a good thing will ruin your main nighttime sleep. A little will help sustain you throughout the day.

I generally take a daily afternoon break to at least meditate a little. I realize people work and can’t always take a nap, but there is always the weekend. If you get up at the same time every day, even on the weekends, a nap is a great way to catch up on some sleep. Just follow the “Guidelines for Healthy Napping” below so you will not ruin your nighttime sleeping.

Otherwise, at your job when it is time for the afternoon break, maybe you can go someplace halfway private and do some meditation.
This will relax your body and mind and help to give you a lift of energy. When a person is very ill, this may be the only time they get any restorative sleep. However, this becomes a problem when one only sleeps in the daytime and not at night. This is frequently caused by a hormonal imbalance, particularly melatonin. See above on “Sleep Hygiene” and also “Sleep Support” in the “Health Recovery Supplements” section.

### Guidelines for Healthy Napping:

1. Use your napping times like you do your bedtime: make some habits or routines around this time.
2. Use the beginning of your naptime for prayer/meditation/visualization (the “Optimal Health Meditation” recording can be very helpful at www.FreedomFromFibro.com).
3. Don’t nap for over an hour, and twenty to thirty minutes is optimal.
4. You might try napping in a different place than you normally sleep, such as the sofa or recliner chair.
5. To make sure you don’t oversleep, set a gentle alarm.
6. When you wake up, make sure you get up so you don’t fall back asleep.
Chapter 8

Step 7

Exercise?

I titled this section with a question mark for a reason: everything I have read from mainstream doctors says that people with fibromyalgia should just exercise and they will be fine. First, when you are very ill, it is not only almost impossible to exercise, it can also be detrimental. How can you expect someone who can barely take care of themselves to go out and exercise? If you do finally guilt them into working out, then they are laid up for several days or even a couple of weeks! Also, this smacks of “blame the victim” mentality and causes a lot of problems for families: “The doctor said if you would just exercise you would feel better.” More and more healthcare practitioners are finally admitting that exercise for fibromyalgia should only be undertaken carefully. If one has mild FMS, then working out is extremely beneficial.

My goal with this book is to help people go from “I can barely get out of bed” to “I WANT to go for a run!” At this point, that may seem like an impossible dream and that’s all right. The important things are to get the toxins out of your body, heal your digestive system, nourish your body with healing food and sleep, and then move your body so you can do the things in life YOU want to do.

I think one of the main issues with FMS is toxins stored in the body, wreaking havoc on the nervous and digestive systems. Normally when you exercise, this helps the lymphatic system mechanically detoxify the body. When you have fibromyalgia and you exercise, you can cause your body to be overwhelmed with toxins and throw yourself into a
flare. You don’t just get sore muscles, you feel like you have come down with the flu! It is also a downward spiral: the more deconditioned your body becomes, the more sluggish the lymphatic system becomes, and the harder it is to exercise.

On the other hand, exercise is extremely important in overall health. There are “exercises” you can do to help the lymphatic system mechanically detoxify the body without overwhelming your system. While you are attempting to make the Healing Quantum Leap (Out of Bed) there are exercises you can do while in bed or sitting in a chair.

I started with breathing and stretching exercises in bed. I would do about fifteen minutes worth of these daily. Even though I did not work up a sweat and I probably didn’t really burn any calories, I felt like I had really accomplished something important. I also started feeling better, I even felt a bit of a post work out glow. This also answers the question positively to “Did you do any exercises today?”

**Exercises You Can Do in Bed**

Exercises you can do in bed are the most gentle, yet effective, “exercises” I have come across. At first glance, they may not seem like exercises at all, but that is deceptive. You will know they are exercises by how you feel afterward, but in a good way. You should feel a lift of energy from them, not so exerted that it sends you into a flare. They are listed in order of the most gentle to the most active. Set aside fifteen minutes a day to do what you can. As you make the Healing Quantum Leap (Out of Bed) you will probably *want* to do more. While you are healing be gentle but firm with yourself.

**Breathing**

The first and most important “exercise” is breathing. Adults in general really don’t breathe properly, and people who are ill definitely don’t. This is important because the breath oxygenates and revitalizes your
body. Mentally it helps you to relax, which is important to the frayed autonomic nervous system of people with FMS. Spiritually it helps you connect with your higher power. Breath is said to be the connection with the divine.

Below is an in-depth description of diaphragmatic, or belly breathing. Do this type of breathing at the beginning and during your “work out” or your meditation time. Combine this with the other “Exercises You Can Do In Bed” in this section. Just by doing a few minutes of belly breathing you should feel a lift of your energy and spirit.

**Belly Breathing**

Belly breathing is a term to describe diaphragmatic breathing. It is the breathing like a small baby when he’s asleep: the belly goes up and down, but not the chest. Belly breaths are deep breaths that will help relax your body and oxygenate your brain. Outside of meditation, belly breathing is great anytime you need to relax, to focus or just destress. You can even practice doing a few breaths to give you a little bit of energy if you are feeling sluggish.

Place your hand on your abdomen just below your belly button. Inhale deeply through your nose and instead of raising your chest, raise your belly against your hand. Visualize air inflating your body starting at your abdomen and then into your chest. You want to raise your belly as high as you can, short of coughing. After your belly has risen then fill up your lungs from the bottom up.

After your lungs are full, hold your breath for a moment. In that moment you can feel the bottom lobes of your lungs inflate. Then slowly release your breath, again through your nose, starting from the top of your lungs, to the bottom of your lungs, and finally from your belly. Suck in your belly slightly to exhale completely. The hand that is on your belly will move in toward your spine.

This whole process can take as little as one second to as long as you
can manage without coughing. When doing multiple breaths, after you exhale, wait just a moment (like you did when you inhaled fully) and then start the inhale. Make sure you breathe in and out through your nose, as this will keep your mouth from drying out.

If you are doing a meditation, start with three big breaths in a row. After those three, continue to try to breathe with your belly, like a baby does when it is sleeping. Continue to breathe with your belly during the entire meditation time. If you notice you are not breathing with your belly, take a large inhale in through your nose and refocus on the breaths and then the meditation.

**Stretching**

The next “exercise,” stretching, actually looks like exercising. You can easily do stretches in bed, but I do suggest you do them after you’ve warmed up with “belly breathing.” It has probably been so long since you’ve done anything that you don’t know what to do. That’s all right! Here’s a list, starting from your head and working your way down, but you can do them in any order that feels right to you. Inhale on the stretch and exhale on the release. Hold for a few seconds to begin with and work towards holding the stretch for up to a minute.
Stretches

1. Neck stretches (tilt your head side to side and back and forth)
2. Shoulder shrugs (shoulders up and then down)
3. Upper arm stretches across your body (grasp your elbow and stretch your arm across your body)
4. Shoulder stretch (hands clasped behind your back and then raise up your arms)
5. Hand and finger stretches (spread out your hands, flex fingers against your mattress or a table)
6. Stretch the chest (push your chest out)
7. Side stretches (like you’re doing side bends)
8. Hip Stretches (stand up or on hands and knees, jut your hip out to one side, feel the stretch, then do the other side)
9. Quadricep stretches (stretch the front of the thigh by grasping the ankle and pulling the heel toward the buttocks)
10. Back of leg stretches (flex foot towards shin while bending upper body towards toes, keep the leg straight)
11. Calf stretches (flex foot towards shin)
12. Shin Stretches (flex foot away from shin)
13. Ankle rolls (rotate each foot clockwise and counter clockwise)
14. Toe stretches (spread toes and flex against mattress or floor)
Sunbathing

Sunbathing? For real? Yes! Contrary to mainstream media, sunlight is very important for humans. We have been on this planet, under this sun, for several millennia and it is only recently that skin cancer rates have skyrocketed. From the research I have done my opinion on the higher skin cancer rates is two-fold: the depletion of the ozone layer has made the sun more intense in some places so one should be careful not to get burned, and there are many more toxins in our environment—particularly since the 1970s—and that is what is causing most of the skin cancers. Any doctor can tell you most of these are in areas that are not generally exposed to sunlight!

As a natural redhead with very fair skin, skin cancer is a subject that is near and dear to my heart. When I was a child I went swimming outdoors nearly every day and never wore sunscreen; I tanned and rarely got sunburn. When I was in my early twenties, I slathered on sunscreen daily and always wore sunglasses (to supposedly prevent wrinkles). Even a small amount of sun exposure, such as driving on a sunny day, would cause me to get a mild, pink sunburn. If I dared to do an all-day outdoor activity, I would have to put on the extra-protective sunscreen and I would still usually have a slight burn.

What I found out later is that the combination of sunscreen and sunglasses was a one-two punch AGAINST my body’s natural sunlight utilization mechanisms. A friend told me that she heard on NPR (National Public Radio) that when you wear sunglasses it decreases the amount of sunlight your eyes take in. Your eyes then tell your brain how much melanin to make to protect your skin. (Melanin is what causes your skin to tan.) I stopped wearing sunglasses that day and I have never looked back!

When you wear sunscreen it decreases the amount of Vitamin D your body absorbs from sunlight. Vitamin D is important for many things, including your immune system. This seems to me to be a crit-
ical factor when you are trying to strengthen your immune system! Doctors here in the United States used to actually prescribe sunlight to their patients and in other countries it is still done.

The other problem is that most sunscreens contain toxic—or at least questionable—ingredients. If I am going to be near the water all day and don’t have any kind of a base tan, then I will use a little bit of sunscreen from the health food store. (I use Badger brand that has organic ingredients and titanium dioxide, which is a physical, rather than chemical, sun blocker.) You can also use coconut oil for a milder sunscreen: it’s very hydrating and smells terrific.

Between ditching the sunglasses and the sunscreen, you would think as a redhead I would have had a bunch of sunburns and probably skin cancer by now. Now I get maybe one little sunburn a year (usually at the beginning of summer if I have been outside all day). If I drive around in the car on a sunny day I no longer get pink. Also, I have a healthy, beautiful glow to my skin.

**Practice:** I get outside every day for sunshine and fresh air, even if it is only for a few minutes. I expose as much of my skin as the weather (and modesty) allows. In the winter, I sit in front of a sunny window for some time every day, too.

**Earthing**

Earthing is a concept I came upon a few years ago and I think it is very interesting. Basically, the natural energy of the earth is electrically grounding and people have been discharging into the Earth for millennia except for the last one hundred years or so. Why? The rubber in the soles of our shoes acts as an energy absorber, preventing us from discharging into the earth.

What can be done about this? Two things: one is to walk around barefoot outside as often as possible and the other is to sleep on a special Earthing sheet. In most of North America it is difficult to walk
around barefoot most places most of the year. I try to walk around barefoot in my backyard as often as weather permits, so even though that is probably more than most people can do, it really isn’t enough.

I bought a set of Earthing sheets about a year ago and had some very interesting results. When I read the book *Earthing: The Most Important Health Discovery Ever?* by Clint Ober, I was very impressed with the concept and the stories of how people miraculously healed all kinds of conditions by just using the sheets. I was also impressed by how the alternative and natural health world was almost universally supporting this concept. Also, in the back of my mind, I remembered how energized I used to feel after overnight camping trips where I slept next to the earth.

My results did not seem typical. First, I feel energized from walking barefoot outdoors and one of my favorite activities is hanging the clean wash out on the clothesline to dry. Between the Earthing, the sunshine and the exercise of doing this activity, I always get a lift! However, when I used the Earthing sheets, instead of feeling energized I just wanted to lie in bed all day (and this is after I had recovered from FMS!). This was completely the opposite of all the stories I had read in the book, and I wondered what I was doing wrong. I had to search the book very carefully to figure it out. In some people, like people with fibromyalgia, there is a detox effect from using the sheets. That is what I experienced and why I wanted to stay in bed all day. After about a month this effect did not seem as strong and actually my sleep improved.

If someone is very ill with fibromyalgia, I would suggest Earthing, using the sheets carefully. They are very effective but can overwhelm your system.

**Practice:** Go barefoot outside as much as possible—wet grass or sand at the beach is optimal. You can combine breathing, sunbathing, and Earthing very easily!
**Yoga**

A lot of people have misconceptions about yoga, thinking you have to be very flexible to do it, but it can be practiced at any fitness level: if you can breathe, you can do yoga!

Yoga is more about mindfulness, breathing, and stretching than it is about exercise at this point on your wellness journey. However, you can certainly use yoga to increase your strength and stamina. I used and recommend an excellent video titled “Yoga For Aches and Pains.” You can follow this video standing up, sitting in a chair, or even in bed. When you want to build up from there I suggest going to a yoga class or try out videos from the library. The most important thing is to go at your own pace.

**Dry Skin Brushing**

Dry skin brushing is an ancient tradition that has been used all over the world, and is especially helpful for someone who cannot exercise a lot because it assists your lymphatic system in mechanically detoxifying the body (much like exercise does). It is also supposed to improve immune system function and exfoliate the skin. I find it to be very invigorating. Dry skin brushing might sound painful to you right now, but with a very soft bristle brush it shouldn’t hurt. Later, you can move to a natural bristle brush. I can certainly understand your hesitation: when I was sick I had to use fabric softener AND a dryer sheet on my clothes so they would be soft enough to wear. I could tell if both hadn’t been done and I could barely use towels that weren’t treated that way.

Go to a dollar store and get a shower brush or go to Amazon.com and get the Kingsley Natural Bristle Body Brush that I use.
Dry Skin Brushing

Dry skin brushing is best done in the morning right before you shower. It is very common to have to urinate after you finish—this is a good sign. Start with the soles of your feet and brush in long, smooth strokes towards your heart, eight times in each location:

- Soles of your feet (from your toes towards your heel)
- Tops of your feet and shin
- Calves
- Both sides of lower legs
- Thighs (all four sides with buttocks in the back)
- Belly and lower back
- Palms of hands and inside of lower arms
- Back of hands and top of lower arms
- The other two sides of the lower arms
- The four sides of the upper arms
- Lower and upper shoulder blades
- Chest
- Neck (stroke goes towards head)
- Face (gently)

Gentle Exercise

On better days or when you have graduated from “Exercises You Can Do in Bed,” you will want to consider Gentle Exercises. I say, “want” because you will probably feel so good you’ll really want to move your
body! Listed below are some ideas for you to consider; some you are already familiar with and some you may not have heard of before.

**Walking**

Walking is very therapeutic on a number of levels. First, it is aerobic so it gets your lungs and heart pumping. It mechanically helps your lymphatic system to detoxify your body. Second, getting sunshine and fresh air as well as being out in nature are good for your body and mood. If you take your dog, he or she is getting great benefits too.

One thing to try while you are walking is to focus on something in the distance, like the top of a tree that is one hundred yards away. I don't know why but this seems to help my eyesight and lift my mood.

If you get tired in the afternoon, a seven- to ten-minute walk is more effective than a cup of coffee or a piece of candy at energizing you and, of course, only positive health benefits.

**Rebounding**

Rebounding is doing gentle exercises on a mini trampoline. When I say gentle exercises, I mean like walking in place. It doesn't take a lot of movement on your part for rebounding to be extremely helpful. Once again, your lymphatic system is mechanically moving the toxins out of your body and rebounding is one of the best methods for working your lymphatic system.

Many come with stability bars and DVDs. I like the trampoline by the company Urban Rebounder ($134.99 on Amazon.com).
Energy Circles: Moving Meditation

What is interesting is that you can use rebounding exercises in a very mindful way by doing “Energy Circles” in them. I learned about Energy Circles from Carol Tuttle of www.CarolTuttle.com.

First, let the platform of the rebounder be your energy circle. Stand next to the rebounder and speak affirmations and feelings about a goal you want onto the platform. When you go to do your exercises envision yourself being surrounded by the energy and feelings of those affirmations. You will get your exercise in and a type of moving meditation!

More Yoga

I already mentioned yoga in the earlier section “Exercises You Can Do In Bed.” Once again, if you can breathe you can do yoga! If at this point you are up to doing gentle exercises, then I suggest you check out some yoga videos from the library or some online on YouTube. If you find an instructor you like, then purchase the videos.

Alternatively, you might be up for taking a class. Everyone in that class had to start out a beginner and not being “bendy.” If you have never been to one before, you might be surprised that oftentimes the instructors touch the students to help them get into proper form. If this is uncomfortable to you, let the instructor know before the class begins. Also, make sure it is suitable for beginners. There are many different types of yoga and some are more athletic while others are more mindful.
It takes a little while to build up your flexibility and stamina, but it is so worth it! Also, yoga can be a mindful, aerobic, and generally non-impact workout.

There are yoga instructors who will give you private instruction in your home if that’s within your budget and desire. They can be found through your local yoga studio.

**Swimming**

I love to swim and was on the swim team in high school. When I was sick, I tried a number of exercises, including water aerobics and warm water swimming; a lot of people benefit from these types of exercises. However, most of these facilities are indoor pools loaded with chlorine and the water is still fairly cold. I could never continue with any of the programs because of my reactions to the chlorine. I would get very sleepy from the fumes and even though I showered with special soap immediately, my skin reacted to the chlorine. (Many hot tubs have bromide, a sterilizer that is also toxic to your body.)

If you can find a saltwater facility that has warm water (and I don’t know if any exist), then I would fully endorse indoor swimming. Another option would be to find a place that has an outdoor pool where the water is not too cold for you, and you rinse off the chlorine immediately when you get out of the pool. Finally, the best option is natural water in a clean lake, river, or ocean. Walking on the sand, breathing the fresh air, and playing in the surf is optimal!

**Body Work**

**Rubber Ball Self Massage**

The Rubber Ball Self Massage is a technique you have probably never heard of. I learned it from my pain doctor, Hal Blatman, MD. Dr. Blatman is a true healer and an expert in myofascial pain. Most people with fibro-
myalgia also have myofascial pain. The Mayo Clinic defines myofascial pain syndrome as a chronic pain disorder. In this syndrome, pressure on sensitive points in your muscles (trigger points) causes pain in seemingly unrelated parts of your body. This is called referred pain.

Myofascial pain syndrome typically occurs after a muscle has been contracted repetitively. This can be caused by repetitive motions used in jobs or hobbies or by stress-related muscle tension.

While nearly everyone has experienced muscle tension pain, the discomfort associated with myofascial pain persists or worsens. Treatment options for it include physical therapy and trigger point injections. Pain medications and relaxation techniques also can help.22

In Dr. Blatman’s book *The Art of Body Maintenance: The Winners’ Guide To Pain Relief*, he describes how an individual can address these trigger points of referred pain—which, by the way, are different from tender points (the points used to diagnose fibromyalgia). This book is great and I highly recommend it. The only warning I will give is to not try to treat all of your trigger points at once. One day I addressed all of the ones on my head, and within minutes it felt like my entire head was on fire!

For me, I really couldn’t do this while I was sick, I was just too sensitive. However, as I began to recover, I tried it again, first with the softer racquet ball, and then with the harder tennis ball. I got really good results, and I really felt like I was breaking up congestion in my soft tissues in a way that felt good, not painful. I started to do this for just a few minutes a day, mostly on my back and also on my neck, arms, and legs. Now it feels really good, like a massage!
Rubber Ball Self Massage

At home it is very easy to do the Rubber Ball Self Massage. First, take a tennis ball, put it in a long tube sock, and tie a knot at the opening to keep the ball in. If you are very sensitive you can try a softer ball, such as a racquet ball. Next, using a wall for pressure, place the ball between your back and the wall. Roll the ball around your back by moving your body. The ball massages your back or any other part of your body you apply pressure to. This takes some practice but it helps break up all the trigger points.

Chiropractic

Most people first start seeing a chiropractor for lower back pain. Chiropractic care is specifically interested in the health of the spine and the neuromusculoskeletal system. I have been regularly seeing a chiropractor for over thirteen years, and now my entire family sees one, too.

Did you know that chiropractors receive similar training to that of medical doctors, but they just don’t learn the pharmacology part? When I was ill, chiropractic adjustments really helped with pain relief. The only problem was that my adjustments didn’t seem to hold and I had to go in every couple of weeks. My chiropractor said to me, “Don’t wait until you’re ‘crippled’ to come in. Let’s catch it before it gets too bad.”

Now that I am recovered my adjustments hold and I only go in for maintenance instead of to be “un-crippled.” Want to hear something amazing? Over the past few years I have actually grown an inch! Since this happened since I had my baby, I credit this to pregnancy hormones,
my recovery, my nutrient-dense diet, and regular chiropractic care.

How do you find a chiropractor? When I moved to a new city, I asked the people at my Weston A. Price Foundation chapter if they had any recommendations, so I was able to easily find a chiropractor I love. Ask around and I am sure you will be able to find one in your area. Fortunately, chiropractic care is also generally covered under health insurance so it’s usually very affordable.

The other benefit of going to a chiropractor is that many of them carry Standard Process supplements, which, in my opinion, are some of the finest supplements made. The man who started Standard Process, Dr. Royal Lee, was actually a student of Dr. Weston A. Price (see Appendix IV, The Discovery of the Perfect Human Diet).

**Massage**

Ahhh, massage! When most people think of a massage they think of being pampered in a spa. When I was ill I would very much look forward to massage, but for me it was a workout—I had to go home and rest afterward. Also, they could only use light pressure because I was so sensitive and the effects were not long-lasting. I did experience some mild pain relief for a short amount of time and massage did help me relax.

When I was recovering, my massage therapist was absolutely amazed by the difference in my tissues! I was able to get deep, penetrating massages that left me relaxed and energized. Recently I was even able to address a shoulder problem that had bothered me for almost twenty years.

It is very beneficial to receive a massage and sometimes health insurance will cover it. When you start to recover you will probably find that the effects are more relaxing, more loosening, longer-lasting, and *cumulative* (each session will build on the previous one).

From massage there are all kinds of helpful body work you might want to explore because as you recover, your body just may be ready for deeper work: Rolfing, Alexander Technique, reflexology, etc. To find a
massage therapist ask around, and make sure that they use natural lotions that don’t have any added fragrances that may irritate you (mine uses jojoba oil).

**Acupuncture**

Many people are afraid of needles and the idea of receiving acupuncture treatment sends them running for the hills. When I have had acupuncture treatments when I was very ill and so sensitive to pain, one of my first impressions was surprise: I didn’t even feel the needle going in most of the time, or if I did, it was just slightly uncomfortable, but not painful. The sterile needles they use are smaller in diameter than a human hair!

Before I made my Healing Quantum Leap, I found acupuncture treatments to be extremely relaxing, which is beneficial for fibromyalgia’s stressed-out autonomic nervous system. At one point I was given a strong series of treatments; I think it was called “The Dragon.” Anyway, the only reaction I had was that, besides being very relaxing, it made me poop. I realize now that was a good reaction to help my body to detoxify.

Now that I am well, when I have acupuncture treatments they are quite profound, and I find them even more intensely relaxing and healing. I even used acupuncture when I was pregnant to get my baby to move out of the breech position and turn down.

If you live in a city that has a Chinatown you can actually go into an apothecary store without an appointment and be treated right away. Otherwise, you can find an acupuncturist through your local health food store or alternative healing practitioner.
Part III

Resources and Appendices

Congratulations! You have read all of the 7 Steps To Complete Recovery! That, in itself is an accomplishment. In the next sections here there is information about Weight Loss and the Appendices where you can find in-depth information and recipes. These resources are to help you on your wellness journey.
Chapter 9

Weight Loss

As my health improved I was able to lose weight—a lot of it. While I was making my Healing Quantum Leap, I lost about fifteen pounds quite effortlessly. Even though I was still obese, my stomach got a little flatter. (Even in my twenties, when I was thinner, my lower abdomen area was always pooched out.) How did this happen? I really didn’t change my diet and I certainly didn’t exercise. Actually, the weight loss and flattening of my tummy were unexpected surprises!

When I combined the zeolites and the therapeutic probiotic (see Sources) the Irritable Bowel Syndrome (IBS) cleared up quickly and I was able to cleanse my digestive system. I think this removed decades of built up gunk and allowed my large intestines to regain their normal size. I believe this is what occurred that made my lower abdominal area flatter. (See the free report “Lose Up To 15 Pounds In 30 Days Without Exercising, Starving or Stressing” at www.FreedomFromFibro.com.)

After I made the Healing Quantum Leap, I was eager to really dive into some serious weight loss, but all of my previous efforts throughout life had been very difficult with limited results. I had been heavy all of my life
and I started my first diet at the tender age of nine! Up until now, the thinnest I had ever been was a size ten, and that was only right after Army Basic Training. While I was active-duty in the military I struggled to maintain a size twelve or fourteen even though I was very strict about what I ate, had a very physically demanding job, and I strenuously exercised daily.

My friend and healer, Victoria Smith, BS, HT, recommended the HCG Diet to me as she had great results with it. I will just let you know now: if you do any amount of research on this diet, especially with mainstream media, you will not find all that many positive reviews. I also got support from a Yahoo! group called HCG Dieters.

The results were amazing! Within about six months I lost a whopping seventy pounds! But that’s not all: I went from a size twenty or twenty-two at my heaviest to a size ten with no hanging skin. I felt so much better that I was actually able to do two things I thought would be impossible: running and horseback riding. Ever since I left the Army I had issues with my back, knees, and feet, but with my regained health I actually started to enjoy running again. I always loved horseback riding, but with my knees I thought I would never sit on a saddle again. Also, my calves were so big that I could not possibly find boots that were appropriate for riding. I was able to take up riding lessons and I was pleasantly surprised that even after over twenty years my body had remembered how to ride.

Then, as I mentioned in the Introduction, I surprisingly became pregnant. While I did gain a lot of weight while pregnant, after the baby weaned I was able to resume the HCG Diet. From where I started at my heaviest, I have lost over one hundred pounds, again with no hanging skin! I am a size four! I weigh about the same as I did in my twenties but I am about four dress-sizes smaller. That tells me I only lost fat and not muscle or bone density. In the past couple of years I have actually grown an inch! I credit this to a nutrient-dense diet, regular chiropractic care, and spectacular health.
What is the HCG Diet?

The HCG diet was originally developed by Dr. A.T.W. Simeons and he published his protocol “Pounds and Inches” in the 1970s, right before his untimely death. This diet is a protocol that utilizes a natural body process to lose weight. HCG stands for Human Chorionic Gonadotropin hormone. This is the hormone that is detected in home pregnancy tests; it turns the stick blue when a woman is pregnant. It is theorized that the HCG hormone sends a message to the brain to release fat stores to nourish the developing baby.

If a woman is not pregnant, or if the hormone is used by a man and the protocol is strictly followed, this same mechanism is employed to release fat stores. While on the weight-loss phase of the protocol you can lose ½ a pound to a pound a day of fat.

The protocol is broken down into four phases. The completion of all four phases is a “round.” The first phase is detoxification and it lasts about a month and generally only has to be done for the first round. The second phase is weight loss, where you use the hormone and follow a very strict, low-calorie diet. This phase lasts for six to seven weeks. The third and fourth phases are maintenance phases necessary to reset your “set point,” the weight your brain thinks you should be. This is why most diets fail and you regain the lost weight, plus five or ten pounds. The third phase lasts for three weeks, while the fourth lasts for three weeks in the first round, and increases by two weeks every subsequent round. A person will, on average, lose about twenty pounds per round. You go back and forth between the weight loss and maintenance phases until you lose all the weight you want.
The Top Reasons the HCG Diet is Fantastic!

1. You lose weight in all the right places (hips, buttocks, upper arms, etc.). You lose ½ pound to a pound a day, on average, during the weight loss portion. This makes it easy to stay motivated! You only lose fat, not muscle or bone density.

2. In my case, and in the cases of countless others, I lost over one hundred pounds with no hanging skin. I went from a size twenty to a size four!

3. No exercising necessary! However, you will likely experience such an increase in energy you will probably want to exercise.

4. Eliminates or greatly decreases food cravings.

5. If you mess up there are two ways to quickly correct the weight gain.

6. The weight loss portion is only for a seven-week focused period of time.

7. Real food is used during the weight loss phase and during the maintenance phases; a traditional-foods diet fits in perfectly.

8. Takes advantage of a natural body process. Resets the brain’s weight set point.

9. There is a fail-safe built into the protocol, so you can’t lose too much weight.

10. All-natural and uses a natural human hormone. The HCG hormone and all the accessories needed to do this protocol are legally obtainable in the USA and Canada without a medical doctor’s prescription. You can use the help of a physician or you can do it yourself.
The HCG Diet: Getting Started

Here’s the cool thing: if you are doing the things to make the Healing Quantum Leap, specifically taking the zeolites and the therapeutic probiotic (see Sources), you are basically doing Phase One, the detox phase, of the HCG Diet! Of course, there is a little more to it than that, but not much (at least the way I did it).

I was able to lose fifteen pounds rather effortlessly in about thirty days. You really don’t have to delete anything from your diet, other than toxic substances, and you just add the zeolites and the therapeutic probiotic.

There is more in-depth information on starting the HCG Diet and going on to lose all the weight you want on my website, www.UnconventionalTraditional.com. Also, I invite you to sign up for my free newsletter while you’re there and you’ll receive the free report “Lose Up To 15 Pounds in 30 Days Without Exercising, Starving or Stressing.” If you are on the newsletter you will be one of the first ones informed when I come out with an entire weight loss course.
Chapter 10

Parting Thoughts

On the Way to Well

I thought I would write a few pointers about what it is like to regain your health after a long time of being ill. Fortunately—or unfortunately—it is not an experience a lot of people have ever had. If you think of the true stories of people becoming fabulously wealthy from being in poverty are rare, then the stories of people who were extremely ill recovering glowing health are rarer still. Here are some thoughts and experiences that I had on the way to wellness.

Feeling Overwhelmed

When I first started to feel better I began to feel very overwhelmed by how much there was to do. First, my house was disorganized after years of illness. Then I started looking into our finances and that was not what I wanted, either. Actually, my husband and I had to reevaluate a lot about our lives; it was like someone hit a reset button. We just had to look at different aspects as they presented themselves and evaluate them in the new light of my improved health. For the most part the changes were positive, but not always comfortable.

The Fog Has Lifted!

When your brain starts functioning normally again, it is fantastic! The brain fog experienced by most with fibromyalgia is one of the more frustrating symptoms: I was able to go from getting lost on streets I drove on every day to being able to take a foreign language class. My brain works very well now.
Just know that having your brainpower back will definitely affect the status quo with the people you are around all the time. For example, I started having questions and opinions about our finances I couldn’t express when I was sick, and this upset the applecart a little in my home. From my husband’s point of view, he was taking care of everything the best he knew how while I was sick and why should I second-guess him now. Fortunately, we worked through it but there were some uncomfortable conversations to deal with, and I had to give him a lot of credit for doing such a good job handling everything while I was sick.

**You Were Never Really Sick**

Now that I am recovered and in my role as a fibromyalgia support-group leader, I hear stories, not just from people with fibromyalgia but also from people who know people with fibromyalgia. If you ever feel like you are confused by all the symptoms, just imagine how it seems from the outside looking in. Also, people tend to project negative motives on others, a problem which, unfortunately, seems to be unenlightened human nature.

I remember a story a man told me about his aunt who had fibromyalgia. There was a family wedding and this aunt seemed really sick during the entire ceremony. She was sitting sideways in the pew, fanning herself, and looking like she was in a lot of pain (and I’m sure sitting on that hard seat was torture for her!). Then, after the ceremony, after everyone had filed out of the church, she suddenly had a burst of energy and bounded down the aisle, grabbed something for the family off the altar, and bounded back up towards the door. She was so happy to help! The healthy person who witnessed this scene was completely dumbfounded: one moment she looked like she was about to die and the next she was moving around and helping. However, I think I knew what happened. I think that she got a second wind after she was able to move around off the pew and she just might have taken a pain pill...
to get through the event, which kicked in after the ceremony. When I explained this to the storyteller, he seemed to understand.

There may come a time on your recovery journey when someone who supposedly knows you well maintains that you were never really all that sick. This person (or people) will probably not go as far to say that you are just not faking it anymore. Unfortunately, people get really confused about the ups and downs with fibromyalgia. They see you very uncomfortable one moment, and doing a little better later on. Something along these lines happened to me and it has happened to others I know as well. When I was told that I was never really all that sick, I was hurt so deeply. Now I know this was nothing personal and it says more about them than it does about me.

If this happens to you, first, consider the source. If the person who believes this is one of your parents, then I highly suggest giving them a pass. It was probably too painful for your parents to see how sick you really were. If it is a healthcare practitioner, I would suggest finding a different one. You need to have a level of trust with your healthcare provider. If it is a friend or nonparent family member, realize that it is not really about you, but more about how they perceive the world. Unfortunately, I lost a lot of friends while I was sick, mostly because of not being able to go out and do things, but also because they were probably confused about the varying intensity of my symptoms.

The other comment others have made to me is that I must have not been diagnosed correctly in the first place. Let me be clear: I have had multiple medical doctors over a span of many years diagnose me with fibromyalgia. If I were to walk into a doctor’s office today I would not fit into their diagnostic definition of fibromyalgia and I have not for many years.
Disability and Going Back to Work

It is very difficult to prove to Social Security or any other program that you are disabled and can’t work. If you have that status it’s probably hard-won, and it’s important for you to maintain your income and benefits while you are recovering. Eventually you will feel like you are able to go back to work. If you didn’t love your job before you became disabled, then I would highly suggest that you take this opportunity to explore the career retraining, rehabilitation, job referrals, and employment assistance most of these programs offer. Sometimes you can even get equipment, such as computers. Also, you can do a trial work period, to see if you will be able to work a job. The good news is you don’t necessarily have to go back to your old job and you can start out on a new adventure!

Sex

For many people suffering with fibromyalgia, sex is a difficult subject for a number of reasons. When your body is in a lot of pain, sex is probably the last thing on your mind! With fibromyalgia comes depression, poor body image, a lack of lubrication, and even for men, low desire. If you are in a marriage, it has probably suffered greatly on this front.

In my experience, and that of others, attaining the Healing Quantum Leap made it comfortable and very enjoyable to be physical and have sex again. This helped heal my marriage on a number of fronts. We can hug, hold hands, kiss and all the other romantic physical actions without fear of causing me pain. As I have mentioned, after over eight years of marriage, I became pregnant. Bringing forth a new life has also added to our family’s joy!
Chapter 10 Parting Thoughts

**Hormones and Infertility Healed**

If you suffer from Pre-Menstrual Syndrome (PMS), painful periods or perimenopausal symptoms, I have some great news for you! Once you have started the Healing Quantum Leap and started to heal, oftentimes the mechanisms that cause all of the above conditions also heal. I used to have such incredibly painful PMS and periods that I was seriously considering surgery. I was absolutely miserable!

When I started out on the Healing Quantum Leap, each month my periods became lighter, less painful, and easier, and the PMS completely disappeared! I always used to count on the PMS giving me a warning that my period was expected, but with the PMS gone, I was sometimes surprised by its arrival.

By the time I got pregnant, ten months into my detox, the only thing I needed to help with the discomfort (no more pain, just discomfort) was some homeopathic magnesium: a couple of doses just for one day. This compared to taking the maximum allowable doses of narcotic pain pills, plus wine, and still feeling so bad that I just wanted to die!

The other huge benefit to my hormones healing is that I started to ovulate again and produce normal cervical fluid. This enabled two things to happen: my libido normalized and my fertility returned. When you have those, and a healthy partner, guess what happens? We made a baby after over eight years of marriage! I am pleased to say that my baby was full term and completely healthy!

The fact that it was comfortable and very enjoyable to be physical with my husband again helped heal our marriage on a number of fronts. We felt a renewed sense in our marriage and it was like we were newlyweds again.
Now I still enjoy the benefits of healing and I have enough energy to keep up with my child. I know so many people who have FMS and children, and they are sad because they feel they can’t be the kind of parent they want to be. They feel they can’t be the kind of spouse they want to be. I am so passionate about getting the message out, because I know that this book will help heal families!

My Daily Routine

A lot of people are interested in my daily routine. How do I fit it all in? Personally, I love reading other peoples’ daily routines. I love getting a glimpse into their private lives and it gives me ideas about how I can do things in my life. So here goes my routine as of now:

Waking Up

When I first wake up the first thing I try to think about is gratitude. Generally I am a slow riser and I don’t think really clearly in the morning, so maybe the most complicated thought I can have is “Thank you” or “Thank you, God.” I do have a weird schedule due to my current life circumstances and I wake up anywhere between four and six in the morning.

The next thing I do is go to the bathroom. I take my temperature and weight. I go to my computer and write these down immediately so I don’t have to think about them. (I take my temperature to track my fertility cycle.)

Next I drink some mineral water, about eight ounces or so while I have a teakettle of hot water heating up. I have a cup of Gano Café (see Sources) with a big dollop of raw heavy cream. This coffee has a healing mushroom extract in it and it nourishes my adrenal glands. I drink half a packet, which is the equivalent of half a cup of coffee.

I go to writing as soon as possible after I wake up; I like to get in at least an hour a day of pure writing. There is something magical about
writing when I’m not entirely awake. The filters in my brain are not quite fully in place and I seem to be able to tap into more creativity. Honestly I do my best writing semiconscious!

The other thing in the morning is I try to spend some time with my husband before he leaves for his office. Normally, our young son is still sleeping and we can have a nice conversation.

**Exercise**

I like to get my exercise in before breakfast if at all possible. One of the smartest things I have ever done is hire a babysitter to come over to our house early in the morning so I can take my dog for a run. I get exercise, the benefits of being outdoors, time with my dog, and time to myself. My dog behaves so much better after she’s been on a run, too. I consider it my gym membership but better: it is an important investment in my health and myself.

**Breakfast**

Like a lot of people, I am not really hungry when I first wake up and it takes a little while for my appetite to show up. There are two main things I have for breakfast: eggs and a mug of broth. Generally I fry my eggs over-medium in butter and coconut oil. I also enjoy bacon and stir-fried vegetables such as zucchini, summer squash, and onions.

**Supplements**

I take my supplements in the morning with my breakfast. I pour ¼ to ½ cup of beet kvass in a glass, add some filtered water, and add SH Ferm-Plus Pro. I use this as the liquid to wash down my Fermented Cod Liver Oil/High Vitamin Butter Oil/Coconut Oil Blend (see Sources) and any supplements that are in pill form. I don’t particularly enjoy taking supplements and cod liver oil so I play a little game with myself. I don’t let myself have the second half-cup of Gano Café until I’ve had my supplements. That seems to motivate me to get it done.
Grooming

After breakfast I do my morning grooming routine. First, I do dry skin brushing. Then I do a mindfulness exercise while I’m taking a shower: I say and visualize, “I encircle myself in the white light of God’s love and divine protection.” As I’m getting wet I imagine that I am washing off all negativity. I use baking soda to wash my hair and lemon juice to rinse it. For my final rinse, I make the water a little warmer and envisage that I am pouring on positivity. I picture myself having golden water pouring over me. (I learned this from the book *Infinite Quest* by the psychic John Edward.)

After I towel dry I spray MSM powder (methylsulfonylmethane, a type of detoxifying sulfur) mixed with water on my skin and rub it in, then moisturize all over with coconut oil. I use neem oil on my heels and Double Helix Water Lotion on my face. While I’m putting the moisturizer on my face I do meridian tapping of positive affirmations (see Appendix III: Meridian Tapping). This is a very uplifting and energizing way to get started on your day!

After showering I get fully dressed, makeup and everything. After years of being sick and in pajamas or sweats most of the time, I am happy to look nice every day.

On with My Day

A couple of days a week I have a babysitter come over to the house in the mornings to watch my child while I work on my business in my home office until lunchtime. Other mornings I do the mommy thing with my little boy. In the fall we will start school, so I am very much looking forward to our new structure.

Lunch

Most days I eat lunch at home, but I do go out for lunch to meet with friend(s) a couple of times a week. On the days I’m at home, I usually
have some sort of dinner leftovers. While I’m in the kitchen making lunch, I use the time to straighten up the kitchen and do some prep work for dinner.

Most traditional cooking methods seem to take ten-minute spurts of activity, so in this time frame I will do something like prep beans to soak, get meat out of the freezer to defrost, clean out the refrigerator, etc.

Afternoons

We have a little bit of quiet time for a short while after lunch. I try to take a rest break to meditate for about fifteen minutes and sometimes even take a short nap. Afterwards, the two main things I do is run errands and get some outside playtime for me and my son. At least one day a week, we pack a picnic lunch and actually spend the entire day in a park, weather permitting.

Evenings

After dinner and after cleaning the kitchen it’s family time. We talk, read, or watch a prerecorded show on the television. We don’t “channel surf,” as this is a way to expose yourself to a lot of sales and misinformation.

Bedtime

Like most parents of small children, I deal with the stall tactics of a little one. Eventually everyone gets into to bed for the night. At this time I do my nighttime meditation/prayer/visualization. I send my thoughts and feelings forward in time to program my day for tomorrow (See “The Most Important Five Minutes of Your Day” in Chapter 9). I usually drift off to sleep pretty easily now and have a restful night’s sleep.
Appendix I

Muscle Testing

“What if you had access to a simple yes-or-no (Y/N) answer to any question you wished to ask? A demonstrably true answer to any question. Think about it…”

E. Whalen, Editor of Power vs. Force

What is Muscle Testing?

Muscle testing, or applied kinesiology, is when certain indicator muscles are increased in strength when benign physical stimuli (such as a beneficial nutritional supplement) are presented. Conversely, the muscles suddenly weaken when a hostile stimuli is presented. Or, to put it a little more simply, if you present an item or a question to your body, it can indicate with a clear yes or no if it is appropriate for you.

Why Does Muscle Testing Work?

To be honest, I’m not sure why it works, but I know that it does. Different people have different theories. Some say it is our innate ability to know what is appropriate for our own bodies and minds; some say it is part of a shared consciousness; and still others say it is our soul or our connection to God. Since I believe in God, and I believe everything comes from God then I, of course, believe that last theory.
What Does Muscle Testing Mean for You?

You can ask any yes-or-no question you can possibly think of and get an answer. There are a couple of guidelines, but generally, the sky’s the limit! However, for really practical purposes, I use muscle testing day-to-day to test food and supplements for others and myself.

Where Can I Get More Information about Muscle Testing?

In the “Freedom From Fibromyalgia Complete Recovery System” there is a video recording where I teach an actual person how to do muscle testing for themselves. You can get it at www.FreedomFromFibro.com.

How to Do Muscle Testing for Yourself:

1. **Calibrate your yes and no:** Stand with your feet about shoulder-width apart. Make sure you are relaxed, hydrated, and with empty pockets. With your knees slightly bent and arms at your sides, think and say the word “yes” over and over again.

   Now, without any attachment to the answer your body gives, see if your body will sway slightly to the front or back. The direction it sways, either to the front or back, is your yes. Now think about and say the word “no.” Without any attachment to the outcome, see if your body sways to the front or the back. Generally it will sway the opposite direction of your yes. If it doesn't, take a deep breath, shake out your body and start again. Redo the yes and no another time to see if you can get a clear movement. If this doesn't work, stop for a few minutes. Go to the bathroom, get a drink, walk around, etc., then try again. If whatever you do doesn't work, stop doing it for a few hours or the day, and then try again. This is probably a new idea for you, so be gentle with yourself.

2. **Ask the test question:** Now that you have a clear yes and no, ask a calibrating question. This is a question you know the answer to, such
Appendix I Muscle Testing

as your name. Stand with your feet shoulder-width apart, knees slightly bent, and say, “My name is _____." See if you get a yes or no answer. If you get a no then start over and see if your yes and no are reversed.

3. Testing: If you have your yes and no calibrated and your test question answered correctly you are ready to test food or supplements. Hold whatever it is you want to test in one hand, close to your body. You really don’t have to ask a question at this point, just see which way your body sways—into yes or no. Sometimes you will get a really strong sway and sometimes it will be very slight. This shows, to some extent, a degree of yes or no (like the preschool game Hot and Cold).

4. Check the frequency and amount: If it’s a supplement you can ask for the amount; I like to do it for over a period of time, say, over the next thirty days or two weeks. For example, you have a supplement in your hand you got a yes for. Now say or ask, “Two pills, once a day for thirty days.” See if you get a strong yes or no. If not, adjust the amounts: “One pill, once a day, for thirty days.” You can adjust the number of pills taken at a time, the number of times a day, and the total number of days taken. (For convenience I always start with thirty days.)

5. Write it down: Be sure to write down the amount and frequency. If I’m taking two pills once a day, I write with a permanent marker “2 x 1” on freezer tape and tape it onto the lid of the bottle. The first number is the number of pills and the second is always the number of times I take it in a day. If it’s for less than the duration of the bottle (for example, fourteen days), I’ll note the date that the directions expire so I can retest.
Appendix II

How I Came Off All Medications

First, if you are on prescription medications, be sure to consult with the prescribing medical professional before stopping any drug. This is very serious! Your body can become dependent on prescriptions, and they need to be stopped at a very slow rate or you can have a lot of very uncomfortable and possibly dangerous side effects.

Also, if you are in pain, it is important that you get out of pain before reducing your pain medication. When I was in pain, I took pain pills and worked to get at the root of the problem (toxins, diet, and damaged digestive system). After the pain was reduced, I then worked with the prescribing physician to wean me off the medications. I know from experience that pain can make your life a living hell! (The same is true for other medical conditions as well, such as depression, anxiety, etc.)

You can use this to start a dialog with your prescribing medical professional to wean off the medications.

Why I Came Off All Medications

Shortly after I made my Healing Quantum Leap, —I think it was just about eight weeks after I started—I began to feel a bit spacey as my afternoon pain pill had kicked in. I did not like that feeling. Once I realized I was potentially capable of coming off all the prescription medications, I was really motivated to get off everything!

At first I tried on my own to come off the pills and I did it too quickly. I really didn’t feel more pain, I just felt quite nauseous and out-of-sorts. What surprised me the most was that I got out of pain relatively quickly compared to fixing the sleep issues my body was
experiencing. It took no time really to get out of pain and off the pain pills, but fixing the sleep and coming off the sleeping pills took a lot longer.

**The Plan I Used to Wean off the Prescription Medications**

For sleep, I used melatonin in conjunction with the sleeping pills to very slowly wean off the sleeping pills. At the time I was using Lunesta. I found out that those pills really could not be cut in half because they have a coating on them (the same is true for medication that comes in capsules). What I had to do was have the doctor prescribe me a smaller pill dosage amount. For example, if I was taking two mg, then I asked the doctor to prescribe me .5 mg pills, so that I could take 4 pills to equal two mgs. Then over a period of about a week, I would decrease that amount to three pills equaling one and a half mgs. Then I would see how that worked. On the sleeping pills I would wait at least a week before taking less.

For the pain pills, this is the plan my doctor gave me: I was taking three different types of pills a day for pain. I came off each type one at a time. For one type, Vicodin, I took two pills, three times a day, equaling six pills a day. I took one set in the morning, one in the afternoon, and one at bedtime. My doctor said to start with the pain pill I needed the least, which in my case was the afternoon pain pill. That was the one making me feel woozy. He said to cut out half a pill of the afternoon dose, and do that for three days. Next, take the morning dose, cut out half a pill and do that for three days. Then, cut out half a pill on the evening dose for three days. After all the doses were equal, start again with the afternoon pain pill, cut out another half (which at this point leaves one pill). After three days, do the morning pill and so on.

This seems very slow and it was; however, it worked really well for me. By the time I got to half a pill twice a day, I just stopped because I didn’t need them at all anymore.

For the other types of pills, like for depression and anxiety, once again, I had to go to the prescribing doctor to get a plan. (Yes, I was seeing
Appendix II  How I Came Off All Medications

different doctors for different medications and I had to keep everything straight by using a spreadsheet.) This is important because the prescribing doctor is knowledgeable about how that particular medication works. The antidepressants and antianxiety meds were pretty straightforward to wean down from. I just cut the dose by half every five days or so, similar to the pain pills.

My friends, that was over five years ago now, and I feel like a completely different person! The only time since then that I have had any prescription medications was when I was in the hospital for the unplanned C-section for the birth of my son, and then, not even when I came home afterwards.
Appendix III

Meridian Tapping

Do you have a memory of a particularly stressful time in your life, like an argument you had with someone, and when you remember it now your body tenses up and you feel the negative emotions you felt when the event first occurred? How would you like to be able to remember that event, but instead of feeling tense, you remain calm? Did you know that when you have a memory of a negative event and you feel the same emotions, you are truly reliving the nightmare, and your body is stressed once again? Now, if you could think about these events without feeling the negative emotions, do you think that you might be able to release them? You might be able to forgive yourself and whomever or whatever caused the memory?

As I mentioned in the introduction, I was deployed in Bosnia for about six months shortly after the civil war there was supposedly over. I say supposedly because there was still quite a bit of activity there when I first arrived. I was never in a firefight or in direct combat, thank goodness, but I spent countless hours listening to gunshots from who-knows-where outside the compound, and I was in fear for my safety. The allied forces (IFOR) were clearing away the landmines, and the constant explosions rattled my nerves. For these and other reasons, I came home with a ripe case of Post Traumatic Stress Disorder (PTSD), my little souvenir from Bosnia.

This PTSD affected my life quite a bit more than I bargained for. When I was very ill, it was like all my demons came out to play. The sicker I was in my body, the worse my mental health became, too. I was on all kinds of medications, (antidepressants and antianxiety meds), going to see a psychiatrist, a psychologist, and in a “group.”
I was even in the premier program for PTSD in the entire Veterans’ Administration Hospital network. The results were mediocre at best. I was basically to the point where I would not guarantee to my husband that I would not commit suicide; that I would just have to take it day by day. All that effort, all those meds, all that support, and I still wanted to die. I did not make plans or attempt to hurt myself, but I always thought of suicide as my option of last resort.

When I made the Healing Quantum Leap the depression and anxiety seemingly disappeared quite quickly. I had a new zest for life! I wasn’t completely out of pain and my sleep wasn’t healed yet, but I felt hope for the first time in years. I believe a lot of the reason for hope was that my gut was healing and producing the chemicals my brain needed to operate normally. (I have read that up to 80% of serotonin is made in your intestines. Serotonin is the neurotransmitter targeted in many antidepressants. You have probably heard of them—they are called SSRIs: Specific Serotonin Reuptake Inhibitors.)

However, as my body healed, I was still dealing with some of the lasting effects of the PTSD. The interesting thing about PTSD is that it is kind of like a snowball: along with the original event, your mind likes to add other bad memories to the mix from the past, and then also adds events from the present and even the projected future, too. And then comes the snowstorm! I would try and try to avoid situations where I knew the PTSD would be triggered: crowds, firework displays, violent shows on tv, etc. The Fourth of July would be hell for me! I would hear gunfire, not fireworks, and I would smell the gunpowder and start to have a meltdown. I would shake uncontrollably, cry, and fear for my life. I would have nightmares and be very upset.

I discovered meridian tapping one day in, of all places, a diet book! In his book The Weight Loss Cure “They” Don’t Want You To Know About, Kevin Trudeau describes the Callahan Technique, which is the forerunner to Meridian Tapping, also known as Emo-
tional Freedom Technique (EFT). (This book is also where I found a lot of information about the HCG Diet, see the chapter on Weight Loss.) I looked up more information about it on the Internet and found out that people have used it for all kinds of things, including PTSD.

I did tapping for about five minutes a day for a few weeks and I completely eliminated the PTSD! Also, I found out that other issues came up while I was working on the PTSD. This is because the PTSD from Bosnia was set up long before I went to Bosnia—actually, it started in childhood. So I started to tap on anything and everything that came up during my five-minute sessions. The results were miraculous! Because the depression, anxiety, sleep issues, and the PTSD became resolved, I was actually released from the psychiatric care of the VA Hospital. When I asked the psychiatrist how many people get better and are released, she said it was less than 2%. I love being in the top 2%!

Obviously not everyone has had such a dramatic experience as this. Most people do have negative memories that are still quite upsetting to them, but don’t go as far as PTSD. I am relaying this story to illustrate that if I could defeat something so extreme from being in a combat zone, then you could certainly help yourself with this simple tool for the issues in your life.

**What is Meridian Tapping?**

Simply put, meridian tapping is a method to transform emotions. You can use this method to delay negative emotions, and you can also use this method to incorporate positive emotions and habits you want to form. Also, it literally only takes about a minute to go through a “round” of tapping.
What Can I Use Meridian Tapping for?

You can use meridian tapping for all kinds of reasons. The most popular to start with are phobias. I have a friend who was afraid of hypodermic needles. Because she was pregnant it was important for her to be rid of this phobia because the big day at the hospital was approaching. We tapped for her phobia and really made some progress. Once she learned the process she was able to do it on her own.

You can use meridian tapping for pain, sleep, and also to instill good habits, such as stopping procrastination or being motivated to exercise.

How Does Meridian Tapping Relate to FMS?

So you may be wondering, how does meridian tapping relate to fibromyalgia? There are a number of ways you can use it to enhance the treatments you are already doing. You can use meridian tapping to help you forgive yourself and others, to try to alleviate pain, stop food cravings, and even help you relax. Try it on everything!

Key Meridian Tapping Concepts

First, there are a couple of concepts to be familiar with before we get started.

SUDS: Subjective Units of Distress Scale

The SUDS Scale is where you rate the intensity of your issue on a scale of one to ten, with one being almost nonexistent and ten being the worst. The shifts that occur with tapping are so thorough most people don’t realize how bad their problem was afterwards unless they rate them at the outset and then again when they complete a round. It may take a few rounds to get an issue that was an eight or nine down to a three or less.
Appendix III  Meridian Tapping

Set-Up Statement

The Set-Up Statement is a statement of the problem or issue you want to transform. This is not the time to be vague: you just want to state your issue clearly in as few words as possible. *You do not have to say your statement out loud, especially if it is something you want to keep private.* Also, you don’t have to necessarily feel the feelings again, just keep things as matter-of-fact as much as possible. This is particularly important for very traumatic memories.

The Set-Up Statement will go something like this: “Even though I (insert problem such as ‘I can’t sleep’), I deeply love and accept myself.” You are going to continually tap on the karate chop point (see below) while you say this set up statement three times. You say, “I deeply love and accept myself” even if it’s not quite true yet, so you don’t need to get hung up on the words. You are training your subconscious and it doesn’t know the difference. Eventually, this will be the case.

Issue Statement

The Issue Statement is a shortened version of the Set-Up Statement. For example, if your Set-Up Statement is “I can’t sleep”, then your Issue Statement will be “Can’t sleep.” The Issue Statement will be said when you tap on each point, excluding the karate chop point, where you say your Set-Up Statement.

Aspects

This is a good place to mention Aspects. Remember my friend who was pregnant and afraid of hypodermic needles? Well, it was a little more involved than that. She was also afraid of the sight of needles, the unwrapping of the needles, the needles touching her arm and then, of course, the pain of the injection. All of those steps are called “aspects.” So, to get rid of an issue, it is important start to address each aspect in an individual round of tapping.
The interesting thing is you usually don’t have to tap for every aspect because after so many have been addressed, the entire issue succumbs. One example I read about is to think of a table with a lot of legs, like fifteen. After you chop one off, the table still stands, but chop several down and the table collapses, even if not all the legs are chopped off.

You don’t have to know what all the aspects are at the outset of the tapping. They actually present themselves to you as you go along, usually while you are in the Set-Up Statement phase. Just note them down and tap on them next. I suggest giving yourself at least five minutes to work on any issue because nearly any issue will have a few aspects. To get rid of the PTSD, I tapped for about five minutes a day for about a month.

**How and Where to Tap**

Each tapping point will feel sore, like it has a slight bruise. This is normal, but it doesn’t hurt to tap on them lightly. I know you are sore all over from fibromyalgia, but this is not going to hurt, I promise! Also, you don’t have to be so exact like in acupuncture, because mainly it is your intention that makes this work. The tapping points around the eye and others off the face are on both sides of your body, but you only have to tap on one side of your body. You will generally use the index and middle fingers of your dominant hand, and you will tap each point about seven times.

You will start with the karate chop point for the Set-Up Statement and then move on to the other points with your Issue Statement. When you tap each point you will be stating your issue, such as “Pain in back.”

**Set-Up Statement Point**

The karate chop point: the outside edge of your palm, just below your pinky finger.
Appendix III  Meridian Tapping

**Issue Statement Points**

Eyebrow: the top inside edge of your eyebrow  
Side of eye: the outside edge of your eye  
Under eye: the center of the underside of your eye  
Under nose: the center of under your nose, sometimes called the Cupid’s bow  
Under chin: the center of just below your lower lip  
Collarbone: right below where your collarbone notches there is a “sore” spot  
Underarm: about four inches below the crease in your underarm  
Top of the head: at the very top of your head

**Putting it All Together**

1. Start with the SUDS scale: where does your back hurt on a scale of one to ten? Let’s say you are really in a lot of pain, and it is an eight.
2. Do the Set-Up Statement three times while tapping on the karate chop point: “Even though my back hurts, I deeply love and accept myself.”
4. Take a deep, cleansing breath.
5. Rerate where the issue is on the SUDS scale.
6. Note any aspects that came to mind while you were tapping. For this example it might be, “My back hurts but I really have a lot of pain between my shoulder blades.”
7. Rate the Aspect on the SUDS scale and tap on that.
8. Do at least three rounds to cover a few aspects for each issue.
Appendix IV

Discovery of the Perfect Human Diet

Weston A. Price, DDS, was a dentist from Ohio that did some very interesting studies about nutrition in the 1930s and ’40s. He saw that more and more of his patients were getting cavities and crowded teeth. He felt that the mouth was a mirror of the total health of the body. He hypothesized that nutrition, not genetics, was the root cause of the problems. He studied healthy, isolated peoples all over the world to see what their diets consisted of and what they had in common.

For example, one of the groups he studied were Eskimos in Canada. The Eskimos who lived in isolation, surviving only on the foods that they provided for themselves, not only had perfectly straight teeth with very low rates of cavities, but also had remarkable overall health. Then he contrasted those folks with another group of Eskimos who had a village by a road and had access to a store (full of processed foods). They had very crooked teeth, cavities, and degenerative diseases in just one generation of eating the processed foods. He saw this exact scenario played out over and over again in all the groups he studied all over the world.

One of the things Dr. Price discovered with all the groups of healthy isolated peoples is that they ate fat at a rate of over ten times what Americans ate in the 1930s. Of course, that figure would be much, much higher now.24

For more information about Dr. Price and how his findings fit in to our everyday lives go to the Weston A. Price Foundation at www.westonaprice.org. There are local chapters all over the US and the world.
Principles of Healthy Traditional Diets

- Eat whole, unprocessed foods.
- Eat beef, lamb, game, organ meats, poultry, and eggs from pasture-fed animals.
- Eat wild (not farm-raised) fish, shellfish, and fish roe from unpolluted waters.
- Eat full-fat milk products from pasture-fed cows, preferably raw and/or fermented, such as raw milk, whole yogurt, kefir, cultured butter, fresh and sour cream, and whole raw cheeses.
- Use animal fats, especially butter, liberally.
- Use traditional vegetable oils only: extra-virgin olive oil, expeller-expressed sesame oil, small amounts of expeller-expressed flax oil, and the tropical oils: coconut and palm oil.
- Eat fresh fruits and vegetables—preferably organic—in salads and soups, or lightly steamed with butter.
- Use whole grains*.

*Note: If you choose to eat grains (which I do not) make sure they are organic and have been prepared by soaking, souring or sprouting to make them easier to digest. Eat them with liberal amounts of fat, such as butter, to lower their effect on your blood sugar. Also, most gluten-containing grains, modern wheat in particular, are not appropriate for almost everyone. I highly recommend the books Wheat Belly by Dr. William Davis and Grain Brain by Dr. David Perlmutter for thorough explanations.
Appendix V

The Secret Names of MSG

I used “secret names” in the title of this chapter because on food labels, the words monosodium glutamate (MSG) do not always appear even though it is an ingredient. As I’ve been researching natural health I’ve been shocked to find that not all ingredients listed on food labels are all the ingredients in the food—some don’t have to be listed at all and some can be listed under such terms as “spices” to disguise what they really are.

You see, it’s required by the FDA that food manufacturers list the ingredient monosodium glutamate on food labels, but they do not have to label ingredients that contain free glutamic acid, even though it’s the main component of MSG. There are over forty labeled ingredients that contain glutamic acid, but you’d never know it just from their names alone. Further, in some foods glutamic acid is formed during processing and, again, food labels give you no way of knowing for sure.

If you see any of the below-mentioned terms on a food label, I would avoid that food because, unless it is labeled as organic, more than likely it contains MSG. Also, the vast majority of restaurant food has MSG in it. Not only is it a neurotoxin but it can cause you to gain weight!
Here is a list of ingredients that **ALWAYS contain MSG**:\(^{28}\)

<table>
<thead>
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<td>Autolyzed yeast</td>
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<tr>
<td>Glutamate</td>
<td>Glutamic acid</td>
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<tr>
<td>Monopotassium glutamate</td>
<td>Monosodium glutamate</td>
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<tr>
<td>Textured protein</td>
<td>Yeast extract</td>
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<td>Yeast nutrient</td>
<td>Sodium caseinate</td>
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<tr>
<td>Gelatin</td>
<td>Yeast food</td>
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<tr>
<td>Hydrolyzed protein</td>
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</tbody>
</table>

**These ingredients **OFTEN** contain MSG or create MSG during processing**:\(^{29}\)

<table>
<thead>
<tr>
<th>Ingredient</th>
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</tr>
</thead>
<tbody>
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<td>Flavors and flavorings</td>
<td>Seasonings</td>
<td>Natural flavors and flavorings</td>
</tr>
<tr>
<td>Natural chicken flavoring</td>
<td>Soy sauce</td>
<td>Soy protein isolate</td>
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<tr>
<td>Stock</td>
<td>Broth</td>
<td>Malt extract</td>
</tr>
<tr>
<td>Anything enzyme-modified</td>
<td>Carrageenan</td>
<td>Maltodextrin</td>
</tr>
<tr>
<td>Protease</td>
<td>Corn starch</td>
<td>Citric acid</td>
</tr>
<tr>
<td>Natural pork flavoring</td>
<td>Anything ultra-pasteurized</td>
<td>Soy protein</td>
</tr>
<tr>
<td>Malt flavoring</td>
<td>Pectin</td>
<td>Powdered milk</td>
</tr>
<tr>
<td>Natural beef flavoring</td>
<td>Bouillon</td>
<td>Barley malt</td>
</tr>
<tr>
<td>Enzymes</td>
<td>Anything protein-fortified</td>
<td></td>
</tr>
</tbody>
</table>

Note: Natural, homemade stock and broth may contain some trace amounts of glutamic acid or glutamates. Gelatin, such as Bernard Jensen’s 100% Bovine Gelatin, and traditionally fermented soy sauce do contain trace amounts of naturally occurring glutamates. Unless you are extremely sensitive, the health benefits of these foods (with the exception of the traditionally fermented soy sauce) far outweigh the minute amounts of glutamates.
Appendix VI

Suggested Reading


Frequently Asked Questions

Every time I look at this book I get overwhelmed. What can I do?

First, take a deep breath, it’s ok! Regaining or acquiring optimal health is not an overnight project and it’s not an event. Take one thing at a time, get it stabilized and then move onto another thing. Go in the priorities that speak to you. You are not on anyone else’s schedule, this is your life, you decide.

A free resource from purchasing this book is available on my website www.FreedomFromFibro.com. It is The Simple Start Guide and it takes you step-by-step, day-by-day and week-by-week for 90 days. It includes symptom assessments and worksheets to work through this project of attaining complete recovery.

You’ve already taken a major step in your recovery, you’ve been reading this book. The next step is to download The Simple Start Guide. From there, follow the lists, as they appeal to you. Believe it or not, you are well on your way. Congratulations!

I’m on a fixed income, so how can I implement this strategy?

“If you think the price of organic food is expensive, have you priced cancer lately?”

Joel Salatin
I know what it’s like to be tight on cash, believe me this disease nearly bankrupted us. I’ve got quite a few helpful ideas about how you can implement these strategies while staying in your budget. First, do what you can do with what you do have. The most important thing you can do is to get started with some action, and reading this book counts as starting. Oftentimes, when we just get started the resources we need begin to show up and we learn more about exactly what we need as we get going.

Here are some other things to keep in mind: you have direct control over the food you eat or don’t eat. The number one cause of pain in FMS is sugar. Cut out the toxic ingredients. To start out with you don’t have to buy everything organic, but it is really worth it.

Consider following a thirty-, sixty-, and ninety-day focused plan (see the free resource The Simple Start Guide at www.FreedomFromFibro.com).

Ask for some of the supplements for your birthday or for Christmas; people will be thrilled to try and help. Supplements cost less than medications, in dollars and in health, but you might have to do both for a focused amount of time.

Be sure to enlist the power of prayer and meditation in your efforts. Broth is inexpensive to make and priceless in its benefits. Make and keep broth around at all times.

Cut out grains and processed foods. These foods are expensive and cost a lot more than whole-food ingredients. If you are too ill to cook much, follow the suggestions in the “What To Eat” section. Keep your meals simple.

Get rid of toxic home cleaners. Use baking soda and lemon juice or apple cider vinegar for your hair. This is less expensive and so much healthier.

The ideas in this book are probably very new to you, so give yourself some breathing room and be gentle to yourself.
Will this strategy help me lose weight?

If you need to lose weight, the Healing Quantum Leap will definitely help with that! I lost about fifteen pounds in thirty days without even trying and my stomach became noticeably flatter, even though I was still obese. From what I understand, this result is typical.

Past the Healing Quantum Leap Phase, the Complete Health Restoration Phase is where you can really start to feel better by cutting out processed foods and beginning to exercise. This will go a long way in normalizing your weight.

If you are part of the subset of FMS patients who can’t keep weight on or need to gain weight, this plan will help you too, healing your gut so you can assimilate the nutrition you take in.

Now, if you are anything like me, then you might need more support in the weight loss area. In order for me to lose all the weight I needed to lose to become a healthy weight, I used the HCG Diet. It resculpted my body from a size twenty or twenty-two to a size four or six, with no hanging skin! For more information on weight loss, I have in-depth information on my website, www.UnconventionalTraditional.com. Sign up for my complimentary newsletter and you will get the free bonus eBook Lose Up To 15 Pounds In 30 Days Without Starving, Exercising or Stressing. This eBook tells you how to start on a weight loss journey. Stay in touch with me via my newsletter and you can find out when I release more information on doing the HCG Diet!

How long will it take before I can expect to see results?

Obviously everyone is different so no one will get the exact same results. Some people notice an improvement within seventy-two hours while others don’t notice any improvement for over a month or even 6 weeks. Here’s the good news: the sicker someone is, the more dramatic the improvement seems to be! The “Freedom From Fibromyalgia
Complete Recovery System” includes a workbook so you can track your improvements (available at www.FreedomFromFibro.com). Being healthy feels so normal that, weirdly, it will be hard to remember your suffering.

I strongly suggest giving yourself a thirty-day focused period of time to work on this system. Get the items you need to start, set a date on the calendar, clean out your cupboards, and eat cleanly for thirty days. On the first day, write down all of your symptoms and the severity of each on a scale of one to ten. Reassess your symptoms weekly, such as pain in different parts of the body, restrictions in movement, sleep, and fatigue/stamina. Write down anything you were able to do that you could not normally do. At the end of the month, look back at your progress.

If you want to continue, and I really suggest you do, commit for another thirty days. When that is finished I strongly suggest you commit for an additional thirty days for a total of ninety. I honestly can’t imagine anyone not feeling significantly better by the end of ninety days!

There is the free resource “The Simple Start Guide” on my website www.FreedomFromFibro.com that lays this plan all out for you in an easy-to-implement format.

Wouldn’t this plan help almost anyone with any health challenge?

I wholeheartedly agree! However, I am not a healthcare practitioner and I can only comment on my experiences about how I recovered from several serious conditions.

Fibromyalgia never walks alone, it always hangs out with some bad company like depression and IBS, to name a few. With this plan I recovered from all of the symptoms of fibromyalgia including pain, chronic fatigue, sleep disturbances, major depression, anxiety, IBS, migraines, PTSD, infertility with painful periods, and started to lose
Appendix VII  Frequently Asked Questions

I went from being so sick I didn't know how I could still be alive, to being one of the healthiest, most energetic people I know.
Appendix VIII

Recipes

*I've rarely met a recipe I didn't want to change.*
Leah E. McCullough

Raise The Dead Chicken Broth

This is my basic recipe for some of the best-tasting broth I have ever had. I have never actually tried to raise a dead person with it, but I am fairly confident it would work (she said winking). Also, I have made it without any vegetables before; just bones, vinegar, water, and salt—it comes out all right, too.

I make broth about once a week and on a day when I will be around to monitor it, like on the weekend. I start this early in the day, usually using the carcass of the chicken from the previous night. After it is finished I often go on to make chicken soup, so when I prepare the veggies for this recipe, I go ahead and prepare the veggies for the soup.

Ingredients:

1 organic and/or pasture-raised chicken carcass, including all soft tissues (such as skin and gristle)
1 set of cleaned chicken feet (optional)
5 quarts of filtered water
1 T apple cider vinegar (like Bragg’s) or dry white wine
2 carrots, preferably organic, peeled and coarsely chopped
1 celery stalk, preferably organic, coarsely chopped
1 onion, preferably organic, coarsely chopped
1 freezer bag of veggie scraps (optional)
Eggshells from organic and/or pasture raised chickens, rinsed (optional)
2 T unrefined sea salt (like Celtic Sea Salt)
5 black peppercorns, preferably organic
1 bunch of parsley, preferably organic, rinsed well

Method:

(Optional Step) On a cutting board, take the large bones of the cooked chicken carcass, such as leg and thigh, and break in half with a meat hammer. This will release the nutrients inside the bone marrow.

If the chicken carcass is raw, then there is usually a lot of meat on the back that can be cooked and taken off during the process of making broth. If your carcass is frozen, that is fine and you can begin as normal.

In a large stock pot, preferably stainless steel, place chicken carcass, chicken feet (optional), egg shells (optional), water, and vinegar (or wine), and veggies together and let sit for thirty minutes. This will give the vinegar time to release the nutrients from the carcass.

Add the salt and peppercorns and bring to a simmer.

Skim the foam off the top. (I do this with a large, long-handled stainless spoon and put into a bowl nearby.) I skim several times over the next thirty minutes or so. Be careful not to pick up the veggies or peppercorns, or just rinse them off and return them to the pot. Also, be careful not to let the pot come to a rolling boil as this will dissipate the foam and could dry out any meat that you are cooking.

At this point, if you are using a raw carcass, check the back to see if it is cooked through. If it looks like it is, remove it and set it aside to cool. After it has cooled pick the meat off and return the skin and
bones to the pot, saving the meat for soups or stews. Between the neck and back of a large chicken, I can get almost a cup of meat.

If you are using a whole chicken, watch carefully for the meat to cook through in about one and a half hours of simmer time. Don’t let the water get to a boil, as that will dry the meat out. Also, the breast meat will cook faster, so you might want to remove the bird, let cool, take off the breasts and wings, then return to let the legs and thighs cook some more. Remove the meat and add the soft tissues and bones back to the pot and continue to cook the broth.

For the last ten minutes of cooking, add the bunch of parsley.

You can cook the broth anywhere from a minimum of three hours to a maximum of three days. My family prefers the three-hour broth.

**Storing the Broth**

This method for storing the broth took me a while to figure out. I think it uses the least amount of extra dishes and is the least-messy way I have found. After it is finished cooking, let the pot of broth cool slightly for easier handling.

I put the broth up in one- or two-quart, wide-mouth glass canning jars. Sometimes I also store only about two cups of broth in a jar, and mark it as such. I use either a quart jar or a pint jar for this. Most non-soup recipes that use stock call for one cup, and I double most recipes that I like and am familiar with.

I like to mark my jars with a piece of freezer tape on the lid where I have written the contents with a permanent marker. Some also put the date, since it’s difficult to identify anything that is frozen.

Place an 4 or eight-cup glass measuring bowl with a pouring spout in the sink with an eight-inch stainless steel mesh strainer balanced on top. I pour the liquid from the stockpot into the strainer until either the bowl or strainer is full.
Optional step: Pick through the solids, taking out any soft tissues, such as fat, skin, meat, etc. These soft tissues go into the food processor to be whizzed into pâté. Place equal amounts pâté into each of the broth jars after all of it has been poured. These soft tissues are an important source of gelatin.

Remove the solids from the strainer and discard. Take your jar and set it into the sink and then pour the broth from the measuring bowl spout into the jar(s). If you are planning on freezing the broth, only fill the jar up to about where it starts to curve in (at about the three-cups mark on a one-quart jar) to leave headroom for expansion.

Place lids on the jars and let them cool on the counter for a while before placing them in the refrigerator. Let the jars stay in the refrigerator at least overnight before placing them in the freezer. A jar of broth will keep for about a week in the refrigerator.

After the jars of broth have cooled, some people skim the fat off the top, but I do not. Fat equals flavor and satiety. It is only important if you are making something that needs to be very clear or if you eat a diet that has a lot of processed foods.

Note on veggie scraps: When preparing veggies for your meals save the scraps in a gallon freezer bag to be kept in the freezer. Broccoli stalks, ends of zucchini, and even fruit scraps (such as apple cores) can be used. They add a nice flavor to the broth and utilize a great resource. You can also keep a freezer bag of chicken scraps going, too, and add those in at the beginning of the broth making. I keep a bag in my freezer labeled “Bits for Broth.”

To thaw a frozen jar quickly: Fill up the sink with cold water and place the jar inside for twenty to forty minutes. The middle will still be frozen but it will be thawed enough to pour out and the frozen part will thaw quickly in a hot pot.
What’s the difference between broth and stock?

The easiest definition I have heard is that stock is made with specific ingredients so that it is consistently the same every time and broth is more freeform, using whatever you have in the kitchen. Therefore, I primarily make broth.

Quick Broth

This is the broth to make if you are too sick to make broth from scratch. It was inspired by *Nourishing Traditions* Quick Stock recipe. Drink this in a mug several times a day.

**Ingredients:**

1 8 oz. package liquid organic chicken broth (I use Pacific Natural Foods Organic Free Range Chicken Broth, found in the natural section at the grocery store.)
1 teaspoon gelatin (I use Bernard Jensen’s 100% Bovine Gelatin from www.RadiantLifeCatalog.com.)
½ teaspoon Celtic Sea Salt
1 teaspoon butter

**Method:**

Place all ingredients in a saucepan and bring to a simmer. This yields one cup. You may need to add more salt.
Healing Chicken Soup

This is my own recipe and it is inspired by the GAPS Diet. I usually make this low-carb, without any starches such as beans or rice. I freeze this and keep it in stock at all times in case someone comes down with a cold or virus.

Ingredients:
- ¼ cup oil to cook with, such as the fat left over from roasting a chicken, lard, or coconut oil
- 1 large onion, chopped
- 2 carrots, thinly sliced
- 2 stalks celery, ¼ inch slices
- ¼ cup chopped fresh parsley or 1 tablespoon dried
- 1 cup white wine
- 1 cup cut up cooked chicken
- 2 cloves garlic, minced
- 4 quarts of chicken broth
- Unrefined sea salt and pepper to taste

Method:

In a large Dutch oven or stockpot, heat up the pot on medium-high heat. Add the cooking oil. When the oil is hot add the onions, carrots, celery, and parsley. Sauté until onions and carrots are tender. Add the wine and scrape any bits off the bottom of the pan. Cook the wine down until almost all the liquid disappears; this takes around ten minutes.

Add the garlic, broth and chicken. Bring to a simmer. Season to taste with the salt and pepper.

You can add carbohydrates and still keep this soup GAPS by adding two cups cooked white beans.
Beet Kvass

Nourishing Traditions also inspired this recipe, but after making it for so long now I have added my own twists.

Ingredients:

- 2 or 3 large, organic beets (the larger the beet, the easier it is to peel)
- ¼ cup whey (see below)
- ½ tablespoon unrefined sea salt (such as Celtic Sea Salt)
- Filtered water

Method:

Peel the beets with a vegetable peeler. If your beets come with greens, reserve those for sautéing like spinach. Chop up the beets coarsely and place in a two-quart glass jar (www.AceHardware.com). Add whey and salt, stir, and cover tightly. Place on the kitchen counter for two or three days.

You can strain out the beets and reuse them for another batch. Just add about one cup of the beet kvass you just made as your inoculant instead of the whey.

Always reserve the last cup or so of kvass for making the next batch.
Whey the Easy Way

Whey is the liquid part you see when you open a jar of yogurt or sour cream that has separated. Some people throw it out and some people stir it back in. It is a highly bioavailable protein and it contains lactobacilli cultures. These microorganisms are what make foods ferment and increase their nutritional content, among other things.

Ingredients:

1 cup high-quality yogurt, full fat (6%), organic from grass-fed cows such as from Snowville Creamery

Method:

Take a medium-sized mixing bowl and set in on the counter where it will not be disturbed. Place an eight-inch mesh strainer over the bowl. Line the strainer with a lint-free kitchen towel, cheesecloth doubled up, or, in a pinch, two layers of paper towels.

Pour the yogurt into the lined strainer. Cover loosely and let sit overnight. In the bowl you will have the liquid, the whey, and in the strainer you will have “cream cheese,” which is nothing like commercial cream cheese.

This will yield you about enough whey to start a batch of beet kvass. You can eat the “cream cheese” but it is very tart. It tastes better with a little raw honey added to it.
Juicy Water

This is a drink I invented to help hydrate my son in the summertime. Everyone really likes it! It makes one liter.

Ingredients:

- ½ cup beet kvass
- 1 cup organic coconut water
- Splash organic mango juice
- Large pinch unrefined sea salt, such as Celtic Sea Salt
- About 1½ cups sparkling mineral water, such as Gerolsteiner

Method:

In a one-liter drinking bottle put in all ingredients except mineral water. Fill the bottle the rest of the way up with mineral water.

Pink Soup

This is a good way to use up broth and beet kvass in one dish. This makes one bowl.

Ingredients:

- 1 cup broth
- ¼ cup beet kvass
- 1 Tablespoon organic sour cream or crème fraîche, full fat, from grass-fed cows, such as Snowville Creamery

Method:

Heat the broth up to just a simmer. Put the broth in a serving bowl. Add kvass and sour cream and stir to combine. Your soup will be pink. You might need to add salt at the table.
Eggs

Soft-Boiled Eggs

In a small saucepan, put in a few eggs and add filtered water. Cover and bring to a boil. Just before it starts a rolling boil, take the lid off and set a timer for two minutes. When the timer goes off, remove the eggs from the water, but keep the water for the next recipe.

Hard-Boiled Eggs

If you have soft-boiled eggs left over, return them to the hot water, bring to a boil again and set a timer for four minutes. To start from cold water, bring to a boil, set a timer for eight minutes, then remove the eggs.

Keep hard-boiled eggs on hand for a quick protein snack that makes a great addition to any meal, especially packed lunches.

How to Fry an Egg without Sticking

The big secret to frying an egg without sticking is to get your pan hot before you put any oil in it. Also, to flip an egg easily for over-easy or over-medium eggs, it is preferable to use a pan that has low sides or even a griddle. This helps you get the right angle with your spatula.

Get the pan hot on medium-high heat. Add butter and/or coconut oil. When the oil is melted and hot, crack your egg onto the skillet (unless you get fertile, free-range eggs, then crack them in a small bowl first, just in case the embryo has started to develop).

Cook the egg sunny-side up, basted, over-easy, over-medium or hard. My favorite way, and the healthiest way, is over-medium. Salt and pepper and enjoy!
Energizing Chili

Serves 12

This nutrient-dense recipe makes a mild chili that is interesting for adults but most children will also like it. You can spice it up with the addition of garnishes at the table. If you want it to be low-carb, omit the beans. With the beans this recipe is suitable for the GAPS diet. This is an example of how I do batch cooking. Using 3 pounds of meat really makes a lot of food, so it is worth the effort to cook this making several meals.

Ingredients:

For the beans:
- 1 c. dry white beans
- Warm filtered water
- 1 T apple cider vinegar, lemon juice, or whey
- 4 cloves garlic, mashed

For the chili:
- 2 T Lard (separated)
- 2 lbs. ground beef
- 1 lb. chicken livers
- 2 onions, chopped
- 3 tablespoons chili powder
- 1 tablespoon ground cumin
- 1 tablespoon oregano
- 1 tablespoon unrefined sea salt
- 6 cloves garlic, crushed and minced
- 1 tablespoon cocoa powder
- ½ teaspoon red pepper sauce
1 cup dry red wine, separated
2 cups beef broth
2 large cans/jars diced tomatoes
1 small can/jar tomato paste

To prepare the white beans:

A day or two ahead of when you plan on eating the chili, prepare the beans. First, rinse off the beans in a colander, then put them in a large bowl—preferably glass, but you can also use high-quality stainless steel. There needs to be enough room in the bowl for the beans to expand to at least twice their current size. Add the warm water to just cover the beans by about two inches. Add the acid (apple cider vinegar, lemon juice, or whey) and stir. Cover to keep bugs out and let sit on the counter overnight and up to twenty-four hours.

After they have soaked rinse them again in the colander. Put the beans in a stockpot and add fresh filtered water to cover the beans by about two inches. Bring to a boil and skim off the foam. Add the garlic. (Do not add salt, as this can make the beans tough.) Cook for four hours until they are tender.

To use in recipes, drain and then add to the pot of soup, stew, or chili. I make a large quantity of beans at a time. After they are cooked I store them in 2 cup portions in the freezer to add to soups, stews and chili.

To prepare the chili:

Heat a large pot over medium-high heat. Add one tablespoon of lard and melt until hot. Add the ground beef. Add all the spices. Cook until browned.

While the ground beef mixture is cooking, in a separate frying pan start to cook the chicken livers. Heat up the frying pan on medium-high heat. Add the remaining one tablespoon of lard and let it melt and get
hot. Add the livers (you don't have to dry them off or do anything special with them) and sprinkle with salt and pepper. Turn down the heat to medium, and later medium-low, since the livers may splatter if they are cooked at too high a heat. When the livers are browned through turn off the heat and take the frying pan over to the food processor. Put all the contents of the frying pan into the work bowl of the food processor. Put the pan back on the stove. Pulse the food processor about ten times so that the livers are the consistency of ground meat. Add the livers to the ground beef mixture.

Turn the heat back on the frying pan used for the livers. Add about half the wine to the pan and deglaze it, scraping up all the cooked bits off the bottom of the pan. Add the deglazed wine and the rest of the wine to the ground meat mixture. Cook until almost all the liquid disappears.

Add the garlic, red pepper sauce, diced tomatoes, tomato paste, and beef broth. Stir to combine. Add the beans at this point if you are using them. Bring to a simmer for a minimum of twenty minutes.

This recipe freezes well and is even better the next day.

Optional garnishes:
- Chopped, fresh cilantro
- Hot Sauce
- Shredded cheese
- Sour Cream
- Diced Avocado
- Fermented Salsa
- Organic Tortilla Chips
Kefir

The first step is to locate some kefir “grains.” The grains are the culturing agent for kefir. You can order them by mail, but if you ask around many people make kefir on a regular basis, and the kefir grains multiply so the users are usually happy to share. A great place to ask is on Facebook!

I find kefir much easier to make than yogurt, mostly because you can make it at room temperature. Also, even though when kefir is made with milk, it is thinner than yogurt, it can be used wherever you would normally use yogurt and sour cream.

I prefer to make kefir cream for several reasons: it’s almost sweet tasting, it’s thicker, and it has a higher fat content, making it more suitable for people who lean toward constipation rather than diarrhea.

Ingredients:

1 T kefir grains, not dormant
2 cups high quality, full-fat, organic, grass-fed milk, cream, or a combination of the two

Method:

In a wide-mouth pint jar, place the grains and add the milk/cream until it’s about a half inch from the top of the jar, leaving a little room. Cover tightly and leave on the counter for twenty-four hours.

The next day, pour the mixture through a strainer and the cauliflower-looking grains will be strained out. Use them for your next batch or put them in storage. To store, put the grains with some fresh milk in a jar and place in the refrigerator. They will keep for a couple of weeks. When you get them out of dormancy, they may take a few rounds to get to their normal culturing strength.
Appendix IX

How To Use a Whole Chicken Almost Twice

When I first started my adventure with traditional cooking I was a bit overwhelmed. I thought I was a pretty good home cook, having taught myself from reading the good old Betty Crocker Cookbook. I still refer to it now and then because it clearly illustrates so many basic principles. When I read and tried the recipes in Sally Fallon’s Nourishing Traditions, my cooking skills became seriously upgraded. I started to feel like I could try anything, even a Julia Child recipe!

One of the basic tenants of traditional cooking is BROTH. Learning how to cook decent broth has become a passion of mine. Now I feel that my broth is so tasty and nutritious it could probably raise the dead!

We go through a lot of broth and soup in this household because we incorporate it into almost every meal we eat at home. We have a mug or bowl of broth or soup at the start of every meal, including breakfast. Also, I use the broth for sauces, chicken, and other soups, stews, and “Leftovers Soup.” We drink as much as three cups a day per person.

In order to get the broth, you must deal with the chicken. Pasture-raised, organic chickens are by no means cheap. Unlike factory-farmed conventional chickens, pasture-raised chickens do not have their feed and care subsidized. The farmers have to charge the true price it costs to raise these animals, so it makes sense when you pay that much for a chicken to get the maximum use from it.
You might think the following quantities are inaccurate, but there are a couple of things to consider. First, eating organic and/or pasture-raised foods is much more filling than conventional foods. I believe this is because they contain more nutrients, and in the case of meat, more and better fat, which is extremely satiating. Therefore portions can be smaller.

The chickens I get from my farmer are big, about five pounds. Most chickens are smaller, so please take that into consideration. The principles are still the same, but you may just net one fewer lunch from a smaller chicken. Further, we have three people in our family, so we can stretch the chicken out a little more than people with larger families. One last thing to keep in mind is that you are not just eating chicken at the meals; you are also probably consuming broth or soup along with the sauces, vegetables, and side dishes.

One thing that may surprise you is that I use bones and meat from eaten-on pieces. After the meal I gather all the bits off the plates and separate the meat from the bones and other soft tissues. Once these pieces are in very hot cooking liquid the chances of germ transfer diminishes. Also it will help you stay sane when your four-year-old eats half a chicken leg and declares that he is full.

The same principles here work for turkey, too, but you will net much, much more. Mostly turkeys are not cooked cut up, so you will likely only make one pot of broth unless you divide up the bones. This takes more effort but it is well worth it. I only get pasture-raised turkeys once a year, so I maximize the opportunity to the fullest extent possible.

**Using A Whole Chicken Almost Twice**

1. Cutting up the chicken into pieces: divide into roasting pieces and broth pieces
   a. Use the neck, back, wing tips and feet for the first
Appendix IX  How to Use a Whole Chicken Almost Twice

batch of broth
b. Use the breasts, legs, thighs, and wings for roasting

2. Make your first batch of food
a. Make broth and
i. Reserve the meat from the pieces to make soup
ii. Use the skin and soft tissue to enrich the broth with pâte
b. Roast the chicken and have it for dinner
i. Reserve any leftover meat for cold chicken pieces for lunch, or a dish with chicken meat (such as Hunter’s Chicken)
ii. On the plates pick off any meat left on the bones for soup
iii. Pick out bones, skin, gristle, etc., for the second batch of broth

3. Make your first batch of chicken soup

4. Make your second batch of food
a. Lunches (cold roasted chicken pieces or chicken salad)
b. Dinner (Hunter’s Chicken): use the fat for sautéing the vegetables and the roasting juices to flavor the sauce

5. Make your second batch of broth
a. Use the twice-cooked skin and other soft tissue to enrich the broth with pâte
b. You can also add the old bones back in

6. Make your second batch of chicken soup

7. If you don’t want to cut up your chicken, just roast it whole
a. After dinner, divide the chicken this way: whole pieces such as leg or thigh for cold, roasted lunch; strip the bones that have been eaten on of soft tissues for the first batch of broth (all of the soft tissues except for the meat go into the stock pot); reserve roasting juices and fat for
soup and sauces; reserve meat that has been eaten on for
soup; separate any veggies or herbs used in roasting

1 Large Whole Chicken will net you:

Two batches of broth, about three gallons
From that broth, at least two batches of soup, about one gallon of
soup, with two gallons of broth remaining
Two evening meals: one of roasted chicken pieces, the other a
chicken meat dish such as Hunter’s Chicken
Three lunches such as leftover cold roasted chicken pieces and
chicken salad, plus a serving of the leftover chicken dish
Roasting juices and fat (schmaltz), one half to one cup, for sautéing
vegetables in chicken meat dishes and for flavoring soup

Recipe for Hunters Chicken

This makes a very satisfying meal and is a great way to use up leftover
chicken. It was inspired by jagerschnitzel; “jager” being the German
word for “hunter.” Jagerschnitzel is normally made from breaded pork
cutlets, but here I traded leftover chicken but pretty much kept the
same sauce I remember from the days when I lived in Germany.

Ingredients:

4 slices bacon
Fat from roasted chicken
1 onion chopped
1 carrot sliced
2 stalks celery, sliced
¼ cup chopped fresh parsley
1 pound sliced mushrooms
4 cloves garlic, crushed and finely chopped
1 cup white wine
1 cup chicken broth, and any roasting juices
1 cup cooked cut up chicken
1 cup cream or sour cream
½ t. unrefined sea salt
Pepper to taste

**Method:**

In a large pan, cook the bacon slices. Remove the bacon and reserve for later. Add the chicken fat and melt it, then add the veggies except the mushrooms. Sauté until onions are tender, then add the mushrooms. Sauté a few minutes more. Add the garlic and then the wine. Deglaze the pan, scraping up any bits from the bottom.

Cook the wine down until almost all the liquid has evaporated. Add the broth and roasting juices, and simmer uncovered until the sauce thickens. Add the chicken, the cream, and salt and pepper. Stir to combine. Bring to a simmer, just enough to heat up the chicken. Cut up the bacon and sprinkle over the top.

To add carbohydrates, serve with boiled potatoes.
How to Include More Broth in Your Diet

When I first read about the wonders of broth I was very excited to start making and using it. Soon it became apparent that I could only consume so many soups and sauces before I got really tired of the whole idea. I asked people from my local Weston A. Price Foundation what they did, but they didn’t really have any better suggestions than what I came up with.

After learning about the GAPS diet, I found a way to consume lots of health-building broth. I started making it a drink on the side, in a mug, to have before or with the meal. Sometimes my dinner companions, aka my family, would not drink the broth, so I was still searching for some more techniques to include it into our diet.

Later, after learning about the method of serving your meals in courses (like the French do), I started serving the broth as the first course in a mug or included in a soup in a bowl. The first course is generally the most important thing you want your dinner companions to eat. We don’t snack between our three to four daily meals: breakfast, lunch, afternoon snack or tea, and dinner. (Generally adults eat three meals and children eat four.) So when the first course is served everyone should be good and hungry. Also, I have not found this method to cause all that much extra effort or dishes.

We usually have broth or soup one to three times a day, either in a mug or a bowl, served with or before the meal, including breakfast. (The frequency depends on if we are starting to feel rundown, in which case we have more.)
Broth helps you digest your food much better, is a very bioavailable way to get important vitamins and minerals—including calcium—and has gelatin, which is needed for the gut-wall lining and for joints. A meal consumed with broth will sit easy on the stomach and will give a sense of satiety with less food. It will actually help you from overeating! As a bonus, a dinner with broth can even help you sleep better.

Introduction Phase of the GAPS Diet and Perpetual Broth

If you are doing the Introduction Phase of the GAPS diet, you have to consume a very large quantity of broth. When our family did this, I was making broth in three-gallon batches to keep up with the amount we needed to drink. It was a lot of hard work and very time-consuming.

Later I learned about Perpetual Broth and it’s definitely the way to go if you need to consume a large amount. This is the fairly simple method where you make your broth in a large crockpot and keep adding water as you remove broth to keep it going for about a week. You can add additional veggies as you gather scraps. After the week is up, store the remaining stock, clean the pot and start over again.

Use the Perpetual Broth for consuming in a mug and making on-the-spot soups. Keep this up while you are doing the Introduction Phase, which for most people lasts less than a month, then go back to the regular method of making broth.
Resources

The resources in this book are accurate as of the writing, but information changes all the time. Please refer to the website www.FreedomFromFibro.com, where all the latest information will be kept up-to-date.

Sign up for my free newsletter “The Unconventional Traditional,” additional information and a growing list of holistic practitioners at the home of The Fibro Lady, www.FreedomFromFibro.com

For Supplements, including SH Zeolite and SH FermPlus Pro:
Ripples’ Health Shop, LLC, www.RipplesHealthShop.com, 937-999-1369

For sauerkraut, beet kvass, and other fermented vegetables (they will ship):
Fab Ferments, www.FabFerments.com, 513-236-9779

For real food information:
The Weston A. Price Foundation, www.wapf.org
Local Harvest, www.LocalHarvest.org
GAPS Diet info, www.gaps.me

For cod liver oil, high vitamin butter oil:

For coconut oil:
Tropical Traditions, www.TropicalTraditions.com
Freedom from Fibromyalgia

For water filters and bovine gelatin:

For energetic healing:
Carol Tuttle, www.CarolTuttle.com

For meridian tapping:
Emotional Freedom Technique, www.emofree.com

Holistic Practitioners:

Medical Doctors:

Organic, grass-fed, non-homogenized milk:
Snowville Creamery (whole milk, half-and-half, cream, crème fraîche, and whole-milk yogurt), www.SnowvilleCreamery.com
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