

Introduction

What exactly does it mean to be healthy, to be trusting of your body from the inside out? We hope that this e-book will clearly lay out what we have envisioned for you, and thousands of people like you who are ready to experience what it feels like to be vibrantly healthy, happy, fulfilled, and connected to what truly matters most to them in life and how to effortlessly attain the life that they most want to live.

When you look at our website (www.livinginline.com) you might ask “What does it mean to be “Living Inline”? We went out on a search to figure out just what exactly this question means, and we have most definitely come to one primary, major, and meaningful conclusion. When one is vibrantly healthy, he or she can most greatly attract, create, design, and experience the life of his or her dreams.

Think of it this way: when health is present, wisdom can become more greatly expressed, energy is more available, love feels more attainable, life becomes more enjoyable, learning becomes more desirable, friendships flourish, vitality is created, prosperity becomes possible, and opportunities reveal themselves where there may have been none before.

It is truly very simple and yet isn't funny that often times the simplest things can be the most profound? To put it very clearly, life is certainly a lot more fun when things are clicking, and things tend to click more often when you are at your 100% best.

We envision you as expressing what can be called “full glowing health” and we hope that this e-book touches upon what can be viewed as the beginnings of a formula for health and vitality. However, although we are just touching upon this formula in relation to today's' times, this formula has existed for thousands of years, and holds within it many of the precious secrets of life.

We view health very similarly to the way many people view money. You have a health bank account and we know that it is easiest to accrue money and health when deposits are going into the health or money account rather than withdraws continually flowing outward.

Jason's father loves to joke around. Whenever he meets an accountant he uses his same corny line that we absolutely love; it goes something like this, “what's so difficult about accounting...you simply want a heck of a lot more going in than you do going out.”

He always gives out his loud and infectious laugh and the accountant always chuckles too.

As we sat down to write this to you today, the thought of Jason's' fathers' analogy and how it applies to health come to mind.

Health is very similar to riches. Have you ever seen someone who is very wealthy but has absolutely no energy reserves to enjoy what he or she has accumulated? Have you ever seen anyone with love all around them and yet they are too bitter, washed up, cynical, tired, exhausted, hurt, or unmotivated to experience that love?

Well, we have too and we humbly offer this book with the hopes that if it touches people's lives, it can help those who choose to apply the principles that lay within it.

We offer this book with the promise that we have poured our hearts into it and with the hopes that you will significantly benefit from it. We have a sneaking suspicion that you will.

However, if this book does not apply to you, please put it down and just make a mental note because one day it just might, and there on the "e-bookshelf" this book will be waiting for you.

There this book will be, smiling at you, and celebrating with you, as you choose to really dive into this journey called life and health.

We appreciate you and we are honored to share with you dynamic principles of health to enhance your life.

Our Very Best and Enjoy the Rest of the Book,

Dr. Jason & Dr. Elissa
<http://www.livinginline.com>

p.s.- We have a request - When we sat down to write this book we had the vision that it would touch 7 million people's lives. This may sound like a lot but if you think of it this way, it would be like only touching 1 major city in the United States, and leaving the hundreds of other cities totally in the dark.

So if you would, and if you are moved to, would you please pass this book on to three people that you know. That way, more people may be touched and inspired to share and experience what it means to be "Living Inline."

In addition, if you feel so moved, feel free to e-mail us at jason@livinginline.com or elissa@livinginline.com, for we'd love to hear from you!

Health as We Know It

We guess it is a pretty good idea to define exactly what this book is about. Essentially, this book is about health, with a few adventures into the meaning of life, joy, what matters most, and a whole bunch of other fun topics.

So as we sit down and share with you our view on health, we think it is probably important to define what exactly we mean by “health”.

The word health is used in our every day language on a regular basis, and yet, we sense that there are tremendous amounts of people who may not really understand what being healthy truly means.

We toast our glasses to health and happiness, we wish people a healthy and happy new year, we hope to have a healthy child, a healthy investment strategy in our portfolio, health magazines come out every month, healthy parenting guides exist by the thousands, a healthy and thriving business is desirable, a healthy relationship, a healthy balance between work and play, healthy communication patterns, healthy diets, healthy habits, and an overall healthy life.

Obviously the common denominator in all these terms is the word health. However, when you ask people to define health, rarely do they touch on 100% of what the word health means.

In this book we use the World Health Organization’s definition of health in which health is defined as “optimal physical, mental, emotional, and spiritual well being and not merely the absence of disease and symptoms.”

This is a very powerful definition for many reasons. First of all the word optimal is used. Just what exactly does the word optimal mean? Does it mean pretty good, fair, poor, average, getting by, hopeful, special, and satisfactory? No! It means incredible, 100%, fantastic, and just about near perfect function!

Ahhh... the key word, we said it...function! Function is a concept that is regularly missed in society for we have been taught so often that if things “seem” to be ok then they “are” ok, when in fact things can “seem” just ok and be very far from ideal. All too often many of us have embraced the “if it ain’t broke don’t fix it philosophy” and we definitely do not accept this as a possibility in our lives!

What kind of marriage or relationship do you want? One that is simply ok, average, normal, getting by? No way! You want a juicy, loving, warm, generous, exciting, compassionate, affectionate, communicative, teamwork oriented, passionate love affair. At least we do, and we think it is safe to say that a lot of others do too!

We say this for the concept of proper and excellent function has been sorely missed when it comes to the subject of health.

Rarely is it evaluated if ones' life, and especially one's physiology, (one's body/mind) is operating at 100% of its truest potential.

In other words, are things humming and clicking, processing and zooming to its own ideal proportions? Rarely is this the case, and rarely have we as a society been motivated to reach optimum, ideal levels of health.

We have all too often become a society that views health as some thing that is o.k. to get by with. We don't know about you but we certainly don't just want to get by with just about anything!

In fact, we would think " getting by" would actually cost us our health. For then we would not be putting forth our greatest and most fully expressed effort, and thus we would be holding back, or being held back, and not expressing our full potential.

In many ways this book is about potential too. When one craves to express his or her own most radiant and ideal health and life potential, he or she is willing to participate in the process and journey of learning, growing and evolving into the most radiant version of his or her self.

We often think of the famous basketball player Charles Barkley when he starred in an amusing deodorant commercial. He is dressed rather royally and after playing in a Polo match he says, "Use this deodorant, for anything else would be uncivilized." This is of course is a play on words, for Charles was often know to be a little less than proper or "civilized" on the court. For our purposes however the statement is clear.

"Anything less than ideal would be uncivilized"... the point is that anything less than the ideal expression of health, life and vitality would be undesirable. In fact, we often view it as a shame. For this reason we started off on the journey of helping every man, woman and child to learn what it takes to be "healthy", and then we noticed that every man, woman and child didn't necessarily want to be healthy, ...or if they wanted it, they certainly did not follow up their words by their actions.

However, we have left that mission and instead we are enjoying talking to you, the % of people who value health and are willing to enjoy the ride it takes to get "there".

I guess we should say right now however that "there" doesn't necessarily exist. There really isn't a place for health; it's not like graduating high school and moving away to college.

Remember when you were a teen. You may have thought that everything would change once you graduated from high school. Perhaps you thought, “when I finally grow up, then all my problems will be solved. Even now as “grown-ups” we may think, “when I finally get that dream car, house, job, relationship, etc... all of my problems will be solved.

We have such a strong tendency in western society to want to be done, to be finished, to be retired, that in fact what we are saying is that now is not good enough, and some day when I am “there” I will be “done” and then I will be happy.

In this book and in our lives, one of the truisms that we hold so dear is that health is a journey, never a destination

There is always another step. In fact, we recently heard a friend named Patrick say that “we must always leave room for something better “. So we got to talking about this idea and we started to realize that he was right. If we look at life and health as a continual journey, then we are always on a path of learning, improving and evolving.

Furthermore, it seems as though the easiest and most efficient way to evolve is through our mentors. Every master has a coach. Tiger Woods has a coach, Pete Sampras has a coach, Michael Jordan has a coach and in fact, Michael is a prime example that there is always more to experience, more to do, more to accomplish, for many named him the “ Best Ever” and in fact he just came out of retirement again to prove to himself, or to others his worth and excellence.

One of Jason’s favorite comedians George Carlin does a piece about going on vacation. He says that the greatest thing about going away is that we get to come home. “We love going away, and then we just want to go home”

It is Carlin's funny way of saying there is no “done” no end, no finale, or amazing vacation that just makes you want to stay there. For ultimately, we crave to come back to where we journeyed from. We want to return to what we know is safe, and what is called home.

Health is very much like this too, for we often hope to go on a super experience (i.e. find a super cure, doctor, diet) and hope to be “done” when in fact we still have to journey elsewhere, for there are no magical cures outside of ourselves.

Thus, health too must be approached in this light for achieving ideal health is a continual journey upward and onward; a journey towards greater heights of self expression and optimal physical, mental, and emotional well being, ease and clarity.

Health is a journey, never a destination.

The Perfect Symptom

The second part of the definition of health from the World Health Organization states that “health is more than the absence of disease and symptoms”. This brings us to a very powerful distinction, which must be made about how we are commonly taught to view health.

Often people define “healthy” to mean an absence of symptoms. In other words, if there seems to be nothing wrong, and nothing is showing up as wrong, then everything must be fine. Often, we take that one step further when we say, not only are we fine but we are healthy.

However, if we know that health is defined as “optimal physical, mental, emotional and spiritual well being and not merely the absence of disease or symptoms” how can we say that we are healthy if we are simply fine? How can we say we are healthy if we are merely not showing that anything is wrong?

Here are a few examples. Would we say that someone is in perfect shape if they are not hugely obese? Would we say that someone has a wonderful marriage if they don't hit each other with chains, hubcaps, and pots and pans. Absolutely not!

If someone does not have awful, rough, smelly, horrendous breath, would we say his or her breath is fresh and minty clean?

If someone's house is not absolutely identical to the fraternity house in the John Belushi's movie “Animal House” would we say that it is spotless, immaculate and perfectly Feng Shui?

Of course not! Why? What are we getting at? What we are saying is that there is a big difference from an absence of problems or a seeming absence of problems in a situation and the ideal situation. The same is true in health. There is a big difference between the absence of symptoms and a healthy, highly functioning body/mind.

Think of it in terms of the computer industry. Many people have spectacular computers filled with bells, whistles, automatic back scratchers, e-mail shooters, clip art generators, DSL, phone line ready, George Jetson look alike machines.

You get the point. People love having excellently equipped machines. Yet, what do they know is possible? The all mighty “U” word...Upgrade!!

Why would someone choose to upgrade! It can be most obvious... with the upgrade the blazing speed will be even more blazing, the joy will be even more greatly experienced, and the function will be fantastically enhanced.

This computer analogy is so essential when it comes to health, for some reason we have been lead to believe that simply feeling good means being healthy, and feeling bad means being unhealthy. Very simply put, there is always room for an upgrade!

This is a very powerful concept and I think it is most greatly described by the distinction between two principles of health, one called Healing and one called Curing.

Healing vs. Curing

Healing actually is very different than what many know of today as health. Healing in it's purest form has very little to do with the removal of symptoms and much more to do with the body/mind becoming more whole.

Ultimately, healing is an intimate and integrative process that involves and encompasses every aspect of our life, every aspect of our being as we know it- basically the entire spectrum of our existence.

Healing involves the creation and experience of the harmonious alignment of our physical life, our emotional life, our spiritual life, and essentially how we as human beings relate to the world.

The goal and result is a greater experience of wholeness, wellness, and soundness. We truly believe that wellness and wholeness is everyone's birthright. The way we see it being "well" is the natural essence of every living human being.

In a famous essay, quoted in a friend of ours book, *The Twelve Stages of Healing* by Dr. Donald Epstein, a well known psychiatrist, Dr. Laurence Bendit, spoke of healing as a building and rebuilding process in which one creates his or her life anew from disarray, chaos, and disorder.

Dr. Bendit states, " Healing is essentially putting right our wrong relation to our body, to other people...and to our own complicated minds, with their emotions and instincts at war with one another and not properly understood by what we call "me" or "I".. This healing process is one of reorganization and reintegration of things which have at one time come apart."

In Dr. Donald Epstein's brilliant book *The 12 Stages of Healing*, he shares with us the importance of why the words healing and curing cannot be used interchangeably.

He teaches us that healing comes from the root word “Hale” which means “whole, hale, or hearty”. Rather than implying that one is healthy when he is solely free from disease, healing involves root concepts like wholeness, wellness, and ideal function in life and in health.

What we absolutely love about the concepts of health and healing being equal to more than simply the freedom from symptoms or disease is that healing and health implies and involves self-empowerment, alignment, integration, and even self responsibility, which thus, enables us to express our unique and full potential as growing and evolving human beings.

Healing can even be an uncomfortable process, but certainly an empowering one!

In our friend’s book, *The Twelve Stages of Healing* (Which we highly recommend) Dr. Epstein reminds us that as we heal, we have at times felt as though we are even coming apart at the seams, when we are at times awakening parts of ourselves “which may have been dormant, or may have been parts of ourselves that we were unaware of, or possibly unable to even acknowledge before.”

As we begin the process and journey of self-discovery, acknowledgement, and alignment, our entire being is most likely going to change.

The natural and commonly essential process of releasing old ways that we used to act, old communication styles, old habits, thought forms, ideas, ways of being, and emotional patterns, a new sense of respect and peace and energy naturally becomes developed within our inner selves and our outer selves.

Health in many ways is like the subtle, gentle, beautiful and powerful process of watching nature’s plan as a delicate flower begins to unfold. In Healing, new possibility is developed within us, when in fact at times nothing has to be taken out!

Curing on the other hand very much implies that something, someone, or some product or service is trying to eliminate our disease, our symptoms, our crisis, and this is most commonly done through medication, surgery, psychotherapy, or other means.

In Dr. Epstein's book *The Twelve Stages of healing* we are reminded of what the well known Nursing Professor Janet H. Quinn says of curing as she states,

“: Curing may be conceptualized as the elimination of the signs and symptoms of disease. Typically, people enter the health care system with indicators of illness which can no longer be ignored. The signs and symptoms are most commonly

treated with medication, or if the signs and symptoms are severe enough, hospitalization will ensue. If after a certain course of treatment, which may include, surgery, and or drug therapy, the signs and symptoms no longer exist, then we say that the person has been cured.

Curing does most definitely have an important role in society and we assure you that we are not trying to throw the whole concept out.

It offers us the gift and opportunity that we may have more time to more greatly understand the “ Why” behind our disease and or symptoms. Curing offers us greater comfort during hard times, but essentially, it is not the curing which is truly eradicating the problem, and here is where the societal misconception arises.

When used today, curing often denies the opportunity for one to truly heal. Curing often is an attempt to control our experience, and it typically interferes with the opportunity for us to evaluate what got us into this situation in the first place. (Please read this point twice)

When this occurs, curing often inhibits our ability to grow and be propelled forward, and in fact it often creates momentum in a negative direction and pushes us back.

Curing often does not consider our uniqueness, and often it involves trying to suppress or control our internal or external environment. Healing promotes wholeness, and often times curing seeks to label the effects in our lives as opposed to searching out the causes of disease, and often inhibits us from searching out the explanations that lay behind the reasons that we encounter undesirable experiences!

I like to explain this process in a very simple and memorable story:

Imagine that you are invited to a wonderful beach party. You are getting ready to get a great sun tan, eat some delicious foods and freshly prepared salads, and most importantly, really break a sweat as you are a top expert in the well loved sport of beach volleyball.

All of the treats are laid out and as you stroll onto the party scene, everyone is absolutely in awe of your lean, muscular figure, and just for kicks, some of the less experienced players challenge you to an all-out energy filled match of beach volleyball. However, they request that it is 4 of their players versus only one of you!

Man are you in for a challenge. Some of the members of the catering crew get so awestruck by your dominant presence that they accidentally, leave your

favorite, the creamy mayonnaise and mustard home style version of freshly made potato salad out in the hot and radiant sun.

During that day you feel so energetic, filled with playful joy, and exuberance that you decide to play over 11 matches and after almost 7 hours of playing in the hot sun, you decide that you should probably join the whole rest of the crew and grab some shade. You decide to sip on some cool lemonade, and of course, you cannot end your day without digging into your old favorite, the creamy mayonnaise and mustard home style version of freshly made potato salad (Which was of course accidentally and absent mindedly left in the 92d degrees hot and radiating sun light).

After you gorge yourself on the lemonade, chips and salsa and potato salad, you figure it is time to go in shower off, and kick back at the beach house and join all of the others in watching a great movie that your friend rented.

As you shower off, you start to get a very queasy, nauseous, bloated, heavy, disgusting feeling...

You turn off the shower and yell out, " did anybody else eat that the creamy mayonnaise and mustard home style version of freshly made potato salad that was left out in the hot and radiant sun.?"

You hear no reply, and then as fast as you can say " I Love Beach Volleyball" you feel yourself thrown down onto your knees and suddenly, you are above the toilet, and you are violently vomiting up you know what...yes you guessed it the potato salad that went bad after sitting in the sun.

Many of the other party members hear you wrenching your guts out and they say, " Holy cow, you sound awful

"I didn't know you were sick!"

You take a deep breath and you are temporarily too fatigued to reply.

With their loving wisdom and current levels of awareness, from outside the door comes sliding in an aspirin, a wet wash cloth, a Tums pill, Pepto Bismol in a capsule, and a note saying " Sorry that you are sick. We will wait to play the movie..."

Now, here is where the important question comes? What do most people assume you are because you are throwing up?

They assume that you are sick? Why do they assume this? Because your behavior is undesirable...your behavior is different from the norm, your behavior

is uncomfortable, and your actions are typically associated with something that is bad, awful, gross, and most importantly sick”

Just what do they mean by sick? Is sick the opposite of healthy? Is someone who is sick less than whole? Why do they say that what you are doing is bad, or wrong?

Well, first of all, nobody in his or her right mind truly enjoys throwing up. Now we know there are many illnesses associated with this and we are not approaching those subjects in this material.

But what we are referring to is really “throwing up.” We know this is not a popular activity, and we can’t say it is going to be an elective offered at our local community college. Now of course everyone means well by being concerned for you and in fact one of the most loving things they could do when you don’t feel super is to share with you that they care and that they are concerned.

However, in a way they are doing something uninformed and almost un-loving if they are attempting to stop the process that you are experiencing?

Just what exactly do we mean?

Well, what if we approached the fact that you were vomiting, for you were actually healthy? What exactly do we mean by this...Simply this...Sometimes a healthy body will do things that are uncomfortable in order to more greatly return to balance and wholeness.. What do we mean? Well, do you think it would have been a good thing or a bad thing if you kept that spoiled, rotten, potato salad in your stomach? Bad thing right? Why? Because you had to get rid of the poison. What did most of what your friends slide under your door try to stop you from doing? The products they gave you tried to stop you from throwing up? Why? Because they thought your uncomfortable experience was a wrong one, when in fact your body was brilliantly acting in a correct manner.

This is why all too often we as a society have been taught that health means feeling good. Definitely it did not feel good to throw up the creamy mayonnaise and mustard home style version of freshly made potato salad (Which was of course accidentally and absent mindedly left in the 92d degrees hot and radiating sun light., but in fact it is the best thing for you for you have to rid yourself of the toxin that you ingested.

Thus health can at times mean that you are outside of what is considered normal, and this very much can be what is considered to be healthy.

In addition, if you did not show the signs and symptoms of having to throw up and instead you used your rational mind to label your symptoms as wrong and

or bad, you may have caused yourself to truly become not well, and that of course is the furthest thing from healthy.

Thus when we approach the subject of health and the concept that healing is very different from curing, and that health is equal to more than the absence of disease or symptoms, we have to realize that there is a new way to approach and view health.

If health is equal to optimal physical, mental, emotional and spiritual well being and not merely the absence of disease and or symptoms we have to take anew approach as to how we even evaluate if something is a desirable or undesirable symptom. This concept alone is a new and empowering one for as a society we have often been taught that it is someone else's job to examine or body, label our experience and deliver the instructions as to how we are to approach this foreign thing which is our very own and precious health machine.

The Driver's Seat

The powerful underlying theme of this book is that we are asking you to be in the driver's seat. We are asking you to know that you are in control. There is an old Blues song in which the singer sings in a raspy voice, " Every one wants to get to heaven...but nobody wants to die..." What he is saying is that often times we want a certain result without necessarily taking the proper steps and journey it may take to get there. When it comes to health, many people place it on their new year's resolution list, or they wish others health and happiness when they clink their wine glasses as they make a toast at a nice affair, but the irony is many people don't take the necessary steps to truly get there.

However, this book is written with the goal in mind that you are different. You are special for you have even gotten this far in the book and we would like to take this time to acknowledge you. Nice WorkJ

Ok now back to the program!

We were just talking about you being the captain of your own ship, the CEO of your own health company, the master of your fate, the pitcher on your team, the conductor of your orchestra, the meatball in the spaghetti, yeah yeah you get the pint, sorry we go a little overboard but when we are talking about your and my health we just get so excited.

Ok we promise..now back to the program

The CEO

Essentially we look at you as a genius and an intelligent beautiful creation and we know that ultimately, health comes from inside of you. One of our professors used to joke that if health came in a bottle, there would definitely be a shortage of bottles..."

What he was saying was that health is not something that can be magically given to you. Health is not contagious, and in fact you may receive a genetic predisposition towards health from your parents but this only is a tendency. That predisposition must be turned into a healthy life by you, by the daily decisions you make and the actions you take and we are here to help you with that.

These decisions that we make are literally so empowering, exciting, and fun, that literally we become shapers and designers of this gorgeous journey we call life.

Without a doubt, the single most important and special thing about you if you are reading this book and (recommending it to others hint...hint...) is that you are the type of person that wants to attain the maximum levels of health possible, and get the most out of life!

The powerful concept about a desire like this one is that you get to be your own boss! You get to reward yourself with vibrant health for you are ultimately responsible for your health.

You can receive information, advice, care, even treatment from others, but ultimately, you are the director of the board when it comes to the decisions about your health!

The beautiful thing is this is the way we believe it should be. No one is going to be more concerned about you than you are. Or should we say, as concerned as you should be. No one is able to understand what is going on in your life as well as you are, and no one will more greatly know and be familiar with the intricate framework and communication within your body/mind than you! This is of course provided that you are willing to become more and more aware. Which we pretty much can guess that you are! Some people are more and more willing to determine their own fate and learn more and just the fact that you took the time to download this book shows that you are a self starter!

It's your life and you know that. We know that. No one will benefit more from the positive actions that you take more than you. No one will reap the benefits of doing the right things more than you, If you add ten years to your life filled with energy, radiance and joy you are to be congratulated for ultimately its your ride, ultimately its your life!

The idea of taking control of your health is both an ancient idea and a new idea. In some very old western areas in China, many people pay their doctor when they are well, and often times their treatment visits are free when they are sick. In other words, they invest in their health all along the way, rather than waiting to change the oil in their human car after 150m000 miles. A concept that is all too common when it comes to pure health, and yet no one would imagine treating their car so poorly!

At times, however, throughout history, the responsibility for peoples' health was assumed by the most powerful (Typically) male person in the culture, village, or society.

Witch doctors, medicine men, and shaman priests who use magic were in charge of matters of health and disease. Typically, people in this role even became the most powerful person in that society. Even as in the late part of the 20-th century, in the United States, a medical doctor was to a great degree the main authority on matters of health and even child rearing. Most American mothers used Benjamin Spock in the 1940;s and 1950's as their authority on child rearing. In the 1960's however, we started to see an uproar and a change occur

The 60's generation of people began to question and reject authority. Our government that wanted to send many off to a highly questioned war was defied, and many parental values were rejected. The idea that the university student had no say in their education process was set aside, and to a degree, the role of the physician as the sole authority on health and healing was challenged!

The Tides are Turnin'

During this time many of health care alternatives began to gain both popularity and acceptance. Today it is estimated by the W.H,O that over 65% of the countries population will visit so called " alternative health care provides in the course of a year", despite the fact that most of these practices are frowned upon the by the establishment that most greatly embraces what is called the Curing model which we discussed previously.

Ina very unique and powerful way, the public in the 1960's and most definitely today, are taking control of their health in a way that has never been seen or embraced with such fortitude before!

Many people are taking the approach that they want to approach their body/mind from a healing perspective rather than a curing perspective and we applaud them! Many people today choose approaches that are based upon empowerment and pro-activity, and that in and of itself is so refreshing to see!

Trust:

Approximately 1 year ago there was a story I heard about which I believe came from either Boston or Rhode Island. In the news story, flames engulfed a large apartment building near the downtown area of a major city. At a third floor window, stood a small 6-year old girl named Melissa. The firemen, policemen and safety crew could not reach her due to the flames, however, they were able to scrounge up what would suffice as a safety net to catch her.

Although the net would most definitely safely catch her, the little girl could not be encouraged to jump. The firemen begged and pleaded, as the flames became closer and closer. The firemen continued the plea, and even the chief firemen cried out to her but to no avail. Just when it appeared that the little girl's life would be lost, her favorite uncle appeared on the scene. Her uncle stood next to the net and called the girl by her name, Melissa. He gently but firmly assured Melissa that she would be fine and that she should jump that very instant! With those words, the scared little girl closed her eyes and jumped and leaped to safety. With tears in her eyes, she held her uncle close, and embraced him like she had never done before. As the news camera s slowly circled in, I thought not only about the bravery of the little girl, but about the bravery of those who make the journey towards greater health.

I say this for I ask you, what was the difference between Melissa not listening to the pleas of the safety squad, and her willingness to listen to her uncle's request and desperate plea?

The child knew her Uncle and trusted him. This too can be relevant to the concepts related to health , and the human body for the more we know about life, and the powerful forces that animate our body, the more we can relate to the inner-workings of our human frame, and ultimately embrace the journey that we can take towards health!

Inner Wisdom

The forces that run our body have been called many things. We often refer to the " wisdom of the body," the innate intelligence of the body" or the awesome " coordinating wisdom of the laws of nature and the universe."

The more we can truly understand and embrace this principle the more we can increase our understanding of what it takes to experience vibrant health.

Many people do not have the confidence in the body's ability to run and heal itself. At the first sign of what may " appear" to be a symptom what may be viewed as sickness or disease, many go off to seek the help of an " expert" for advice or treatment. If we can understand and appreciate the power of the human body and what we truly are capable of doing, we will put more confidence in its ability to stay healthy and even restore health and heal itself when it does appear to be sick, out of balance, or injured

We bring this up for we would be honored if we can become instrumental in you more greatly trusting your body. What would it feel like if your norm would be that health is the natural state, and lack of health is the abnormal and rare state.

Put differently, how would our children grow up if they were taught that they had the power to heal, to grow, and advance with strength and confidence and that

health naturally is generated from within them provided that they have the proper circumstances, environment and consciousness.

One of our driving and motivating purposes is to imbue people with confidence. We say confidence for when your natural reaction is that of faith, trust, hope, and resiliency when it comes to your health, as opposed to doom, fear, mistrust, worry, dis-empowerment, and lack of control, your life will be different.

Provided that you embrace that you can be or are radiantly healthy and that health is most effortless and natural, then life will begin to transform for you, or possibly it already has for you.

We know personally that we feel that health is the norm and we count on that. Sure there are times that are less than ideal but we have to say that they are few and far between and we are grateful to be able to say that. However, this is not luck, for our state of health is a choice and it is earned and you can earn it too.

Just as a thriving business is earned every day, so too is health. Try opening up a restaurant and being service oriented 5 days a week and totally uncaring on the weekends. I guarantee your weekend traffic will eventually dry up. Why? Even if you have great recipes, you still have to nurture your relationship with the client, and in this material, the client is your health. It is your greatest partner, your ally, and most definitely your friend. We hope that you can see health in this way and eventually grow into the knowledge that health will be the automatic, as opposed to the other way around!

We will never forget when we were attending a play and Jason visited the restroom at intermission. There while standing in line Jason saw two older gentlemen greet each other as if they had not seen each other for quite some time. The first gentleman shared that his golf game was improving that he loved retirement, and that the scenery in the play sure was beautiful. When the second gentleman responded in regards to how he was doing he stated, " Oh John I am Ok. Well at least I am not sick yet."

Holy cow! It is a good thing Jason had to go back to my seat for he was ready to rifle off one of his speeches. Yeah yeah we know, no one likes a preacher, so he let it go. However, we truly value that experience for what the man was saying was that his consciousness and his level of expectancy was that he was eventually going to be sick.

Wow! What a life to look forward to. Many people sadly enough fill their potential and empty thought space with negativity and this surely affects our physiology. We remember the brilliant book by Dr. Norman Cousins in which he locked himself in a Hotel room and watched Groucho Marks movies for three weeks straight and basically laughed his butt off, and helped himself walk out of that room healed from a major illness.

What we focus on, expect and view about health is powerful and if we can encourage you to start expecting the best regarding health, we guarantee that life and most definitely health will take on a new meaning!

Order in the Court-

We would like to now present the argument of the major factor in us having the ability to remain healthy- The Organizing intelligence of the body!

The recognition of the natural healing power within the body is not a new one, nor is it necessarily only applicable to any specific healing art. Many people call this natural healing wisdom many things, and I am grateful to draw on two author's work to more greatly explain this topic of the innate intelligence of the body, Dr. Deepak Chopra, and Dr. Joe Strauss.

Both of these doctors teach us that the famous medical textbook "Boyd's Pathology" refers to the healing power of nature and how it applies to our health as term- "The Wisdom of the body"

Many times, folklore has referred to the healing power of the body as Mother Nature, and many other terms that refer to the intelligence that exists within life!

What is special about our philosophy and the ever more growing philosophy of natural healing compared to other health related arts is that we do not merely recognize this principle of the laws of healing, but rather we apply it on a day to day basis in each and every decision and action we make regarding health and healing.

It is not simply a theoretical/philosophical concept we are aware of and then half-hazardly do not utilize and apply, but rather we use the awareness of the innate intelligence of the body in our every day life and in the lives of those who we serve!

I can't say it better than the great educator Dr. Joe Strauss from Pennsylvania, when he explains a beautiful concept called "All The More"

Dr. Strauss states, "There is a Latin term called afortiori...which essentially means all the more. Basically, this principle states that if someone or something is capable of accomplishing more or the "greater" of something then he or she is capable of accomplishing something less. For Example, If I can Bench press 100 pounds, I can therefore bench press 50 pounds. If I can throw a round baseball 100 feet, I can therefore throw it 50 feet.

This principle most greatly comes into play when the magical dance begins at the start of a new life- at conception.. "Dr. Strauss states, "The original principle of the law of the innate intelligence of the body goes into effect the moment the

sperm and egg unite. Without any thought on our part, without any self help classes, encouragement from us and without even our knowledge, this principle causes the cells to divide which ultimately starts the glorious creation that evolves into a human being. That information takes place even before the mother to be is even aware that she is pregnant! As this one cell divides, something very special and unique begins to happen! Logic would say that all the reproduced cells would be like the original. But as time goes on...the cells begin to form many different types of tissues. Some cells become what will eventually develop into heart tissue, some kidney tissue, some skin, some bones, some even eyes, ears and nose. How do these c!

ell know how to do that? The communication system the special electrical potential system in the body, the nervous system is not even formed yet. But even at the moment of conception, the union of those two cells contains all the information the programming to determine eye and hair color, facial characteristics, and everything else that makes a person unique. Contained within is all the information to build two eyes, two ears, a nose, a mouth, ten little fingers, and toes to put them all in the right place! We may not know if it will be a boy or a girl or whose side of the family it will most greatly resemble but we can most definitely guess where all of the essential parts will be located. It is all contained within the DNA of those two cells. We are amazed at the capabilities of computers today! One CD can contain all the information that 150 pounds of encyclopedia once held. New technology will soon be creating more and even better tools and resources. However, all th!

e information in the DNA necessary to design human beings, the " blueprints" of every member of the human race that exists within the United States could be combined and contained within the space of a dime!

That blueprint is followed for each person as the innate intelligence literally shapes and 'builds' a body in approximately nine months. It first forms what will be the brain and nervous system and then adds all the essential parts.

If the innate intelligence is capable of building a human body in nine months without any outside help from a so called expert, then it follows afortiori that the innate intelligence of the body is capable of running and repairing the body at least pretty efficiently most of the time for the next 80 years. " (Dr. Joe Strauss, Phil. Pa)

Building the body is a tough job, while repairing it is a snap in comparison."

We often marvel and gooh and gaah at newborns and yet we believe that their bodies cannot work properly even from the very beginning without outside help. We constantly turned to educated minds to run the body. The fact is it would be much harder for educated minds to build thousands of cells when our bodies do it billions of times a day!"

Thus, it is essential to celebrate the human body and all of its capacities for ultimately through learning and trust, we can embrace our bodies as a marvelous and wondrous health manufacturing creation!

Let's turn to some of Dr. Chopra's work as he reminds us of the amazing intelligence within us and the components that make up our body. Dr. Chopra reminds us that in order to understand and appreciate the human body, one only has to look at its defense mechanism. Our White blood cells (Our leukocytes) are essentially like the fighting troops of the body! They live for only a few days and they fight a valiant mission. The body constantly has the ability to replace old and dying leukocytes with new ones on a regular basis. On any given day, there are 30-40 billion white blood cells on duty to fight infections and foreign organisms. The moment you cut your finger, millions of these blood cells are mobilized through the guidance of the nervous system and they move into an area to fight a potential infection. It has only recently been discovered that there are greater numbers of these white blood cells in your tonsils, lungs, lymph nodes, and the appendix making these essential

organs in the line of your body's defense. Since these findings conventional medicine has gradually ceased the unnecessary removal of the appendix and the tonsils. It is so essential to note that not being aware of the function of these organs does not make them less important!

These magnificent cells obviously travel through the blood and the blood of the human body is one of nature's most amazing fluids! A drop of blood, just 1/25th of an inch contains five million red blood cells (erythrocytes), 700 white blood cells, and thousands of platelets. A red blood cell lives approximately 120 days and during that time it makes almost 300,000 trips through your blood stream almost two times every minute! 10,000 wear out every second. If one could take all of the red blood cells in the body and place them on top of one another like a stack of coins, the pile would most likely stretch halfway up to the moon!

Yet, every one of these cells dies in 4 months and is replaced by new and healthy ones at a rate of 3 million per second provided the body is functioning optimally (There is that word again- function)

The Irreplaceable heart!

Not too long ago we were just approaching the concept of creating an artificial heart. Today it is now very common to hear of a heart transplant in the local media or news. Considering the often shortage of donors, why is it that the usage of artificial hearts is not considered a surefire and predictable procedure? Perhaps, part of the reason is the challenge that lies in front of the biomedical engineers in that it is as challenging to replace the genius that exists within a natural human heart. In fact many technology labs have given up on advancing the studies of artificial hearts. They simply cannot build one to replace the original. The human heart commonly weighs less than a pound and beats 40 million times a year. Dorland's medical dictionary teaches us that if the arteries

and veins “ Our natural plumbing system” of the body were stretched out, they would cover a distance of about 12,000 miles. Imagine having a pump that would pump a fluid a distance of 2,000 miles!

The heart pumps 2.5 gallons per minute or 1,314,000 gallons per year through our arteries and veins. Man is challenged to come close to creating a powerful pump as miraculous as the human heart.

Time for a deep breath!

The Lungs are a beautiful example of how design benefits function! The lungs use about 90 gallons of pure oxygen every day. There are little sacs called “ alveoli” which are finger like projections lining the wall of the lungs. I remember from dissection lab that we learned that each lung is really no bigger or longer than the size of your outstretched hand, yet inside the surface of them with these projections is approximately 40-60 square miles. Imagine having 40-60 square miles of surface area in your chest! You breathe approximately 9 million times a year, pumping out air at a rate of almost two gallons a minute when at rest and 26 gallons per minute while exercising! Incredible!

We have shared with you just a few of the magnificent functions of the human body, many of which your body is performing at this very minute!

The coordinating principles within you, the activities that demonstrate the laws of life, are encompassed by the term the innate intelligence of the body. Coordinated activity is a indication of intelligence and we remember hearing a Quantum Physicist on a late night talk show essentially sharing that the odds that all of this happened by chance are about the same odds that a hurricane could pass a metal heap/junkyard and produce a brand new and shiny 747 airplane!

Whenever we see organization or coordinated activity, we know that there is an intelligence that somehow helped to design it. The human body is one of the most organized things in the world, as billions upon billions of cells work together in a coordinated manner, each doing its job to benefit the whole! There are more than 600 muscles in your body. To press a dumbbell over your head takes the action of approximately 200 of them; 31 in your face alone!

Within the healthy body, every moment there are thousands of chemicals being produced in just the right quantity and quality to carry out every function that is intertwined with the subject of health. Just think for a moment when you put something delicious to eat in your mouth. Chemicals called “ digestive enzymes” are produced to begin the digestion process while the food is still in your mouth. Some say that even before you eat, olfactory “ smell” sensors triggered by the aroma of the food cooking begin the chemical production necessary for optimal digestion of that food!

Some also argue that increased gastrointestinal symptoms in today's society may be due to a lack of this trigger mechanism due to the amount of previously prepared fast foods we consume as a society.

When you swallow the epiglottis closes (The small trap door that prevents food from going into your lungs) You don't think about it or focus on it...it just occurs. The food then passes down the esophagus into the stomach. This does not occur by gravity alone, but rather, there is a peristaltic or squeezing contracture of the muscles that line the wall of the esophagus. You could even hang upside down and the food you eat will still slowly pass into your stomach (Don't try this one at home).

Once in the stomach, strong acids are produced to break down the food. This acid is so strong that a drop of this acid left on your skin would immediately form a blister.

Your body provides 2 and ½ quarts of this acid every day, over 60 thousand quarts of it to digest 40 tons of food over a 70-year cycle and yet it most often does not eat a whole in your stomach!

The stomach is lined and these walls constantly produce a mucous-like substance that protects the walls from damage! Once the food passes, through the stomach, the process of assimilation takes place. The food is basically formed into our own flesh and blood! All of this occurring while we are answering the phone driving our car, checking our e-mail and carrying out with our day. Many of us are not even aware of all of these miraculous processes that are taking place! In the small intestine, the body begins to extract what it needs from the food. It demonstrates selectivity, absorbing only the necessary vitamins and minerals and sugars that can be used by the body. It only takes what is necessary, passing along what it cannot use.

In the large intestine, fluid is absorbed for use in the body and you are informed by your body as to when you need to rid yourself of that which is not usable.

We can once again be grateful that this process is inborn. If we had to focus and think about all that is occurring from the moment we awaken to the moment we swallow our foods, to the moment we rest at night, we would not have any time during the course of the day to do anything else!

Becoming aware of the intelligence and incredible inner workings of our body gives us power. We gain power for we become familiar with our own internal functional capacity. We ultimately become more familiar with our inner world, and this carries out into our outer world as well. Through information, awareness, knowledge and understanding of the human body, we truly can strive towards health. We believe that trust of one's own body becomes both desirable and inevitable if one so chooses.

It is an Inside Job

After truly becoming aware of the intelligence that runs our body, the next step that we can take is to be able to apply this knowledge, wisdom, and awareness to our everyday lives!

This approach to health has been called an integrative view, a holistic view, or what we like to call living from the inside out,. In other words creating a life that is more internally regulated, motivated, and empowered.

All too often we have been encouraged in society whether it be through advertising, media, or even family and social conditioning to look for the answers to life and health outside of ourselves and we encourage you to possibly look at things just a little differently!

We would like to offer a new concept that states that the richness and rewards that we get from actively participating and pursuing health far outweigh the costs!

Often we are taught about alternative forms of treatment for symptoms and disease but very rarely are we taught about what can be called the “ alternative to the treatment of disease and symptoms.” The following short story best illustrates this point as eloquently stated by our good friend Dr. Strauss from his book, Enhance your Life Experience. As you read this story, please think about the analogies that it draws upon and possibly how it applies to the ways in which we have been taught on a collective whole to view health.

“The Hole Story”

Once upon a time the front yard of a friendly man named George had developed and acquired large and gaping holes in the front lawn. This problem must have mysteriously occurred during the night for this problem was not present before! Mr. George Hunt surveyed the once beautiful and plush lawn with the look as though he had just lost a friend or a relative. His lawn was not just the area between his home and his street. George’s lawn was truly something sacred to him, almost as though it was his child, and it commonly occupied every moment of this confirmed bachelor’s summer evenings.

He knew that his neighbors would be gathering soon. Some neighbors would offer their condolences. George deep down within could not bear to hear how sorry his neighbors truly felt for him. There was no way that they could know how many hours George had dedicated to his lawn. They had not spent the hours upon hours tenderly grooming the lawn and caring for this yard the way he had. They did not know of his commitment. None that is except Ben Wharton. But Even Ben’s lawn could not hold a candle to George’s lawn and deep down George always felt as though Ben was jealous.

There was a competitive spirit that existed between the two men, and not a friendly competition at that. Ben would sadly enough, surely gloat over George's misfortune.

The large white truck arrived late in the afternoon the next day. It was very professional looking. Printed on the side of the white truck in big black and bold letters were the words

" Dr. John B. Pitfall" - Lawn Physician

A very tall, thin and distinguished gentleman emerged from the truck. He had on a crisp white coat and a large mop of snowy white hair to match. His face was tanned, stern, and confident.

A faint glimmer of hope welled up in George's heart. This man was the best lawn physician in the whole Eastern United States. George felt honored when Dr. Pitfall agreed to take on his case.

" Thank you for coming Doctor," George tried to sound calm although deep within, his heart beat like mad.

" I don't usually take cases this far from my office; Mr. Hunt, your case intrigues me. When did you first notice this problem?"

" Well, Just yesterday morning sir. I swear the lawn was fine two days ago!

"Ever had this problem before George?"

" No, Never", George exclaimed!

" How about your lawn's general health?"

George took pride in his healthy lawn. But he realized this was not the time for bragging. He racked his brain for any indication of what could have caused this problem. After careful thought he responded, "Other than some chinch bugs two years ago and some occasional brown spots in late July, the lawn has been just fine."

The doctor stroked his smooth chin and scanned the homes up and down the street,

" Any of your neighbors have this type of problem?"

" No Sir!"

“ Okay Mr. Hunt, we’re going to have to take a few tests, why don’t you go in the house. My assistants will be along shortly and we will be bringing in some heavy equipment in. Out here you will just be in the way.”

George dutifully obeyed the doctor, and once inside the home he drew open the drapes of the picture window, pulled over his favorite chair, and began to watch. The lawn physician and his skilled team went to work like a fine tuned army squadron.

They took pictures of all of the holes, every one of them, from every single angle possible. George noticed that the lead doctor was talking to one of his assistants, clearly a big and burly fellow.

The man nodded with a look of agreement and drove off after speaking with the doctor.

Thirty minutes later the large man returned with what appeared to be a large measuring device. He went to each hole measuring and analyzing the depth and size of each hole. A Lawn nurse followed him around and took copious notes.

George could not hear their conversation, but things sure looked grim.

George was impressed with how thorough they were as they seemed to analyze and take measurements for over two hours, and yet they seemed rather detached from it all as well. Didn’t they realize this was his baby? His one and only true yard!

The Overcast clouds were beginning to move in and light was growing dim. Dr. Pitfall noticed George looking through the window and motioned him to come outside.

“ We would like to do a few more tests tomorrow, Mr. Hunt , and I have a colleague that I would like to call in for a consultation on this one. “ He’ll be here tomorrow also. We should have some news for you the day after.

“ Well, what do you think it is Doctor?”

“ I would rather not venture as a guess for right now until all the tests are complete and the results are calculated. We have to go back to the office now and run a lot of these figures through very complicated machines in my office. We will see you in the morning George.”

With that, they all climbed into their trucks. George was left standing among the holes in his yard as they drove off in the direction of the setting sun.

They returned the next day as promised and worked from early morning until late in the day. They then left without a word. They returned the following day. There were more tests, more pictures. Each time there were more and more new faces. All had on the same examination coat, the same exact expression on their face.

On the fourth day, they did not return. Midway through the morning, George received a phone call from Dr. Pitfall's office. The doctor would be coming to see George.

Shortly after noon he arrived.

" Sit down, Mr. Hunt."

George dreaded those words. Whenever an expert tells someone to sit down they typically had bad news, at least that was the way it was on television.

" George, I am going to be honest with you. This is by far the worst case of holes in the lawn that I or any of my colleagues has ever seen. To be perfectly frank, it doesn't look good."

George had been sitting on the edge of his easy chair, the one he had spent the last four days in. He slumped back...his voice faltering..."...What can be done doctor?"

The doctor walked over to the window and gazed out upon the lawn as if to give further examination before pronouncing its fate. " The only hope is, he paused for what seemed like an eternity..." Major surgery, George. I am afraid that unless we dig up those holes, your lawn does not have a chance."

George sat up straight..and stated., " You mean you are going to remove the holes?"

" That's right."

" But Doctor, how can you remove a hole?" I mean..." George stammered to find the right words. His mind was spinning. " I mean, how can you dig up a hole?"

The doctor gave George a brief glance. He stated, " We have a fine instrument...We can be in and out of here in one morning...It can remove every hole, take it right out I have to admit it is a little risky, but frankly George, I see no other hope.

George rubbed his temples and said," Look, I just don't know."

The Lawn doctor stated, “ Look George, if you would like a second or third opinion , I could give you the names...”

“ No doctor, I am sure you are right ..It just doesn't mean it doesn't seem...it just doesn't seem like digging up the holes is the answer. George got up and walked over to the picture window. He stared at his lawn remembering the lush green carpet that he had mown only a week ago. He turned sharply, looked the doctor in the eye and said, “when can you do the procedure?”

“ We will be here Monday morning.”

George rarely ever opened the drapes of the front picture window. When leaving his house, and going out to his workplace or local grocery store, George avoided looking in the direction of the front yard. It had been almost a month since the operation. Even before the machinery had began digging into the soft and rich earth George had this awful feeling that this whole course of action would not work. Dr. Pitfall tried to cheer George up by telling him that they were able to reduce the number of holes by simply creating a large one. The neighbors' condolence cards were appreciated. Except for Ben Wharton's. Suggesting that George put a large hedge around his yard was in bad taste.

A woman down the block suggested that George try a Lawn Restorer. As the sight of the lawn became more painful, George decided to take her up on her suggestion.

Finally, one morning, George called the Lawn Restorer, Dr. Thomas Cause. Dr. Cause arrived in a small pickup truck. He did not wear white and he had no assistants with him. He was a friendly, soft-spoken man with a kind demeanor.

He seemed genuinely concerned over George's plight. George began to relate to him the lawn's history and all that had gone wrong and the doctor stopped him.

“ Mr. Hunt, I know that you have been through a great ordeal with your lawn and obviously you have had some experts take a look at your lawn. I don't pretend to do something that they could not do.”

George's face dropped. However the Doctor was smiling. “ However, Mr. Hunt, I believe I have something I can do for your lawn that will benefit it.”

“ You mean you can cure the holes in the lawn?

“ No. I didn't say that. As a matter of fact I cannot cure any problem...But what I can do is restore dirt and frankly, Mr. Hunt, whatever condition your lawn does or does not have, it is better off with a full supply and compliment of healthy dirt. You see, A lawn restorer is really a dirt replacer.”

He went on to explain a little more of his philosophy. It made sense to George.

After they talked for a while longer, George walked over to his lawn and looked down into one of his large holes.

“ Don’t you need to see the pictures or read the Lawn Physician’s reports?”

“ It is not really necessary to my procedure, Mr. Hunt. We are not really in the same field. He’s removing holes, and I’m replacing dirt. “

George laughed out loud. “ Well I’ve gone the hole removal route and look what it has gotten me. He pointed to the gaping holes. “ I guess I have nothing to lose by trying...what did you call it”

“ Dirt restoration and replacement, Mr. Hunt.”

“ When can we begin”

“Tomorrow at noon is fine with me.”

George thought for a minute, still not convinced he was really doing the right thing. “ But how will you know how much dirt my lawn needs without all of the tests or at least looking at all of the reports?”

“ Good question, Mr. Hunt. I’ll be down with a truckload tomorrow and I’ll begin to fill the holes. I’ll just keep bringing in truckloads until they are all filled. It is really a very simple procedure. When the holes are filled, my job is done.”

The next day, Dr. cause returned, this time with a truck full of dirt. He began to back it up towards the closest and largest hole. George raced out the front door.

“ Hold it doctor,” he shouted over the roar of the truck engine,..” Can I talk to you for a minute?”

“ What seems to be the problem Mr. Hunt?”

George was embarrassed...” Can I be frank with you sir?”

“ But of course..if there is anything you don’t understand..or want further explained I would be very happy....”

“ It is not that, it is just well you see..I met a specialized Lawn Therapist Doctor yesterday in the garden shop. He was buying a truckload of fertilizer and we got to talking. He said I should have some tests done, that maybe my problem was a nutritional deficiency in the lawn. He also said may be it could be the extra large gophers in this area”

“ Let’s sit down over here, Mr. Hunt. Remember I explained to you, that I am not in the same field as some of the Lawn Physicians.

“Yes”

“ I do only one thing and one thing only. I fill holes with dirt. Your lawn needs dirt. Whatever else it needs...it needs dirt. You must understand Mr. Hunt, I am only a dirt replacer and restorer. You or someone else will have to be responsible for the seeding, cutting, feeding, and raking, watering, and maintenance.

I personally feel that you are the most qualified person to do most of those things. However, sometimes you need professional help. If you have six-foot tall gophers you may need an exterminator. I am not trained to deal with gophers. Perhaps vandalism is your problem. I cannot sit here all day and guard your lawn. Do you see what I am saying Mr., Hunt?...Your lawn has many needs. Under most circumstances you are the most qualified person to meet those needs. From what I have see from other parts of your lawn, you do a fine job of taking care of it.”

George felt his face flush with embarrassment. The Lawn Restorer continued, “ But whatever your lawn needs and no matter who services those needs, one thing is for sure, your lawn has no chance of being healthy without a full compliment of dirt. That is what I do.”

“ Dr. Cause. I would like to have my dirt restored. Let’s do it”

“ Okay, Mr. Hunt”

George stood back and watched the Lawn Restorer go to work. His philosophy was different. His procedure was not orthodox lawn medicine. He didn’t act like the Lawn Physician. But even as these thoughts raced through George’s mind, he noticed that the holes were disappearing. With every truckload, his lawn was returning. The “ dirt restoration” was working.

Six weeks to the day after meeting the Lawn Restorer, George Hunt stood in front of his picture window. His lawn had returned to normal. Once in a while, Dr. Cause would come and spread a little dirt here and there as needed. Other than that, there were no problems...George was a happy man.

The neighbors were amazed. They marveled at the difference in George’s lawn and they told him so. It was once again the most beautiful lawn in the neighborhood. It was definitely prettier than his back yard which was some how full of dirt that Ben Wharton had claimed had somehow mysteriously appeared some time back.

(Dr. Joe Strauss- Enhance Your Life Experience)

Health as the Entity- The Norm

Of course, it seems a little wild and absurd to ever consider the holes in George's story as actually a thing, an " entity " so to speak..ie..something that has a material existence and can be removed. Any rational person would realize that a hole is merely an absence of dirt. It didn't take hundreds of fancy tests to figure this one out! You can only create the problem by removing the dirt, and you can only correct the problem by correcting it or restoring the dirt.

Our health is truly no different. Disease in our society, is exactly like the holes- it is the absence of something- the thing, the entity, - health.

Disease only occurs when health has been lost.

Trying to focus on and remove disease is like trying to remove a hole. We need to begin viewing health as the entity (the soil) and disease as the non-entity, the absence of the thing, the soil, i.e. the entity- health.

Light and darkness are probably the best examples of this concept. Light can be seen as the entity. Darkness on the other hand is the non-entity.

Darkness can only become manifest when the light or the source is removed. We measure light in lumens or watts. When the light is turned on, or the watts are turned up, what happens to the darkness? It does not hide underneath a bookshelf, slide under the crack in the door, or collect in a small pile in the corner of the room!

It simply does not exist as a tangible entity. All the darkness in your town can't totally drown out the light of one small birthday candle. Darkness cannot overcome light.

Science typically deals with entities, but somehow as we have evolved as a society participating in health care, we have made diseases the entity, and health the non-entity. Perhaps, it is because the manifestations of diseases are often so much more " noticeable" and " newsworthy" compared to the un-remarkable, regular signs of health.

Regardless of truly finding out the "why", we have to come to a point where we can view health as our natural and normal state.

So that ultimately, when we are taking the steps necessary to manifest health, this is what should be grabbing our attention!

When life is flowing, our health is radiant and vibrant, and our life power is ever present, this is what should become celebrated, cherished and revered!

We often take light for granted. We think nothing of walking into a dark room, flipping a switch, and suddenly have it be as bright as the noon hour! If we had never seen it, perhaps we would be shocked or in awe. But it becomes a normal act in everyday life.

However all too often, we end up acting in a similar fashion in regards to a properly functioning healthy body.

We don't go to bed at night saying, "Wow, I truly created enough digestive gastric juices today. Man when I went to the gym, my respiratory system was really functioning at its best. We don't count the number of our breaths, reflect upon our heartbeat, or thank our capillaries, arteries, veins and nerves.

As we lay our head on our pillow, few thank their body for its magnificent performance it displayed that day!

All too often, we have taken health for granted, just as we have assumed that there will always be light.

All too often, it is only when something has disappeared, and the accompanying manifestations of a lack of health, or a lack of light are present, do we take notice, and eventually take action.

Unfortunately, it is often in the direction of alleviating the manifestations of the lack of health, do we work, instead of addressing the cause of it, or working to restore the lost health.

Health is the entity and throughout history there have always been two approaches to health., The Inside out approach of Health Restoration, and the outside in approach of disease treatment. These are both philosophies of life and health, and commonly these philosophies drive certain actions.

The Inside out approach acknowledges that health is the entity, it is the natural state. It acknowledges the coordinating intelligence within the nervous system, the endocrine system respiratory system, digestive system, the immune system and the circulatory system.

The Inside out approach often approaches people with the goal of living life to it fullest.

The Outside in approach consequently represents a contrasting approach. It typically is the diseases treatment approach, and it attempts to control the body and its functions from the outside. Those that practice this approach believe that often times the educated mind is more well equipped to determine a course of action than the principle that created the body.

For example, an individual suffering with a cold will be treated for its effects- runny nose, sneezing, coughing, low grade fever etc... Eventually, the body will rid itself of the virus or bacteria and or at least reduce its effect by raising the resistance of the tissues to the degree that the disease either no longer manifests itself as symptoms or is no longer present. The treatment of the symptoms have been primarily directed towards making the patient more comfortable until the body has cured itself of the disease. This approach is especially effective in minor self-limiting conditions like the common cold. The practice of medicine is the most well known discipline directing its efforts in the disease treatment approach. Much of its practice has been directed towards the alleviation of symptoms until the healing process takes place. Typically, some form of pain killing medication is some of the most common used treatment in this aspect of medical practice.

As the practice of medicine has become more technical and advanced, particularly in the latter half of the 20th century, attention is placed more often on the cause of disease rather than just confining efforts towards relieving symptoms.

The ultimate example of this is the practice of surgery which may involve the alleviation and or removal of a dysfunctional organ. Take the gall bladder for example. For example, many reasons for gallbladder removal by the outside in approach is malfunction or gallbladder pain. Rather than medicate to suppress the organ, the organ is removed.

This aspect of the disease treatment approach creates dramatic results, but also develops dramatic consequences. One can live without certain organs, but certainly not as well if they were living with proper functioning organs.

The word function continually rings a bell as this seems to be a common theme.

If we ever are going to be able to generate abundant health, we have to approach it all from a very different perspective.

Presently, many people view the absence of health as our destiny and all too often as the norm or expected outcome. We have parades for diseases, fundraisers for problems, and telethons for challenges. Until we view health as the entity, the norm and the natural state, which can be enhanced, more greatly expressed, increased, decreased, or even lost, and we realize that disease is merely the absence of health, that symptoms are manifestations of health's absence, we will never experience our full potential in life.

The intent of this book is to share with you that you can look at health in a different way.

We are offering you different lenses with which to view health with, and ultimately to view life with.

We see health as the norm., your natural state, your effortless state and your most radiant and productive state.

There are many things that you can do today to start generating your health and maintaining it towards its optimal level.

Within you is the creative genius to design the optimal plan that can help you attain health.

Do you value health enough to give it a little nurturance? Have you ever noticed that what you pay attention to and focus on grows and what you neglect tends to whither away.

Well, we are offering you, and others like you to follow down a new path.

A path that is lined with golden stones and peaceful streams.

We can never say that health is always simple, for it is a growth process. Health is always a journey and is never a destination, but we hope that through the usage of the inside out approach, you can begin to generate health and vitality in ways in which you never imagined.

We promise that we will be there for you to support you and encourage you along the way. You are not alone, for the community interested in creating a healthier, happier, and more radiant life is constantly growing.

Just last year alone the top authors regarding health and healing sold over 9 million books collectively. That is an absolutely exciting number for more and more resources are becoming available that support you and encourage you along the way.

The inside out approach is a new way of looking at things. It is relishing in the light as the entity, and not seeking to get rid of the darkness. It is a path that seeks to manifest, and generate health, as opposed to battling disease.

Health is attainable. There is wisdom within. It's your body you can ask for help. You can trust your body.

Ultimately, the inside out view it is a worldview which helps me and you create a fulfilling life that helps wisdom become manifest, and finally, dreams realized.

Stay tuned for our next book, and workshop series which will help you take even more specific actions necessary to generate even greater energy and health!

Until Then- Generate Radiant Health and Know That We Appreciate You!

Drs. Jason and Elissa
Living Inline
www.livinginline.com
4221 E. Chandler Blvd #114
Phoenix, AZ- 85048
#480-704-2787

email: Jason@livinginline.com
e-mail: Elissa@livinginline.com