



THE SEVEN LEVELS OF HEALING

Positive attitude shift and thought adjustment, placebo effect 35-50%

Fresh air, relaxation, deep breathing, increasing oxygen, decreasing stress, clearing the mind by meditation

Dietary changes, improving eating habits

Body-mind integration & rejuvenation exercises like yoga, ki gong, taichi, jogging, walking

Massage, chiropractic, physical therapy, ...

Acupressure, acupuncture, electric stimulation,

Drugs & surgery

ANTI-OXIDANTS & GUT CARE

Anti-oxidants like police to stop free radical to steal electron from normal cells: Vit A, C, E, selenium, carotenoids, flavonoids

Color foods: green, blue, purple, red, orange, rainbow vegie, fruits, nuts, seeds, whole grains.

GUT care: - 70% immune system by cells & flora

- 90% serotonin produced here
- Has its own nerve system=enteric nervous system
- > 100 trillion bacterial organism in our body, make up 90% of the cells of our body
- Connected to our brain & immune system