

By NIRAJ NAIK



HOW I BEAT ULCERATIVE COLITIS THE NATURAL WAY

GO INTO FULL REMISSION, AND REDISCOVER
A NEW SENSE OF PASSION AND FREEDOM
USING A 'LITTLE KNOWN' SIDE EFFECT FREE
METHOD THAT TAKES JUST A FEW MINUTES EACH DAY

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“How I Beat Ulcerative Colitis – The Natural Way”

By Niraj Naik

Version 1.00

January 2012

Published By Creating Gravity

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There is no such thing as a miracle cure for ulcerative colitis that involves popping a special pill or magic elixir. Shock horror, you actually have to do some work!

My approach involves a change in lifestyle that is easy for most to manage if you take small steps every day. I firmly believe it is a lifestyle change for the long-term benefit of your health and should be stuck to for life, as there is chance the symptoms can come back if you don't.

So I highly recommend that you maintain this lifestyle, but do not stop taking your medication without seeking the advice of your doctor. It is also advisable to speak to your doctor first before you try out any of the treatment methods recommended in this book.

They will probably be very glad to see you making process and if they feel confident that you can manage on your own, they should then hopefully take you off your long term medication, but please do not stop taking it unless they say it is ok!

Acknowledgements

I would like to give the deepest respect and gratitude to the following people for making my journey through this life a truly incredible one...

First and foremost, my family including my closest friends Dr Mrigank Mishra, Naj Mirza, Safta Jaffery, Swami Ambikananda and Manisha who have collectively helped me overcome my inner conflicts and struggles with my health and career, supporting me when no one else would.

The formidable Alpha Mind collective and contributors, Dr S.S Surenthiran, ShaktipatSeer, Archan Nair, Bo Rinaldi, Joe Heller, Rysa, Papiya Ghosh, Rinku Parmar Sam Randhawa, Steve Clark, Dave Dunn, Cassie Rhea Mercer, and Mark Tristan Patena.

All of the amazing mentors, artists, visionaries and great teachers like Napoleon Hill, Anthony Robbins, Deepak Chopra, Jim Rohn, Manly P Hall, Krishnamurti, Terence McKenna, Dr Bruce Lipton, Dr Mercola, Dr Dietrich Klinghardt, Steve Jobs, Richard Branson, Frank Kern, Eben Pagan, Martin Rushent, Stuart Ross and Daniel Wagner, too many others to mention, and the Universe for throwing all of life's challenges at me, always keeping me growing, learning and constantly evolving!

About the Author



Niraj Naik, has had a roller coaster ride through a multitude of life and entrepreneurial experiences. In early 2010 he was finally diagnosed with ulcerative colitis after having previously suffered from its symptoms on and off for several years.

Using a combination of natural treatments he has finally broken free from the burdens of this illness and is currently still in remission without requiring medication. This has allowed him to completely reinvent his life and discover a new passion for helping others to do the same.

The stress of modern living is what he believes is the real cause of disease and bad health and the treatment begins with a change in perception, that your illness is a gift and not a burden.

He still enjoys making music with his new band called amAya and is co-founder of one of the most popular meditation websites of its kind

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Introduction

Cure Definition:

“Relieve (a person or animal) of the symptoms of a disease or condition: "he was cured of the disease"." Oxford English Dictionary

I have been relieved of the symptoms of ulcerative colitis for over 9 months to this date, medication free.

If you are currently suffering from or know someone who suffers from ulcerative colitis then today is a day that I believe could be the start of a journey of not just full recovery but of a deeper self-discovery.

I know exactly how much pain and anguish this horrible and extremely embarrassing illness can cause but thankfully I found a way to overcome it and also completely reinvent my life.

This book will take you through my journey with ulcerative colitis, from the beginning; right through to my final victory with this “disease” that has been a really long and hard battle. I share in detail about everything that really helped and those things that just didn't, even when we are all told they should.

You will also find out about my shocking chance encounter that led to the discovery of a little known method that put me into full remission within 7 days.

I wish that I had received the information I am about to share with you a lot sooner, as I believe it would have saved me many endless days of sitting on the toilet seat, praying for the next day I could actually go out again in public without fearing something highly embarrassing happening from my backside!

I now have a new sense of freedom and passion. My whole perception of this disease has changed and I now actually count it as a blessing in disguise.

Without this change in perception I would not be able to write this to you now, and I feel eternally grateful that our universe has allowed me to share my own story of full recovery, and to hopefully inspire YOU to do the same when you are back to full health again.

Here's My Story In All Its Gory Details (not for faint hearted!)

Ok enough of the fluffy introduction, ulcerative colitis sucks. It really does.

Before I had it I had a life, I went out, partied, socialized had fun, well at least I thought I was having fun..

Then the 'fun' stopped all of a sudden..

In February 2006 to be precise, I started to get these weird things happen to me. I had always had a bit of a weird gut.

Constipation on and off, but I put that down to drinking too much on the weekends and not eating enough fibre.

One thing that was heavily on my mind at the time was the break up with my beloved girlfriend. She happened to also be the lead singer in the band I had at the time, and we split up causing the band to as well, which was two loves of my life lost in one fateful argument!

The other thing was my job. I hated it with a passion.

I was plunged into a day job as a pharmacist in 2004, something I studied for at university but not really knowing why I was doing it.

My real passion was for music and I was previously running some of the most successful dance music events in the UK for about 3 years solid while still a so called 'student'.

Not sure how I passed my exams but some how scraped through and became a legal drug dealer through no choice of my own at the tender age of 24 after my music business went kaput overnight!

Great, I went from DJ and music promoter to then dishing out pills, paracetamols and condoms in Lloyds Pharmacy

I never really understood the pharmacy business. All I seemed to see were people going home with bigger shopping bags full of drugs every

month without really getting any better. The number of side effects they were suffering from too, meant having to take more drugs to counter act the side effects of their other drugs.

The other thing I can't understand with this profession is how the community pharmacy business was allowed to be overtaken by massive supermarket chains and corporations.

I now had a boss who previously worked for Halfords (a car mechanics) that had no clue about medicine, trying to manage a pharmacy, who was yelling at me to sell more stuff to people who didn't really need them!

Also when you look at it from a birds eye, neutral perspective, if a pharmacy gets people well, it no longer has any customers, they go out of business!

Drugs that cure people? Surely not, YOU MUST BE CRAZY! Very weird business to be in indeed!

So slowly my damaged heart, mind and thoughts about this fateful career I was stuck in started to get numbed out by long weekends of booze, sex and drugs, in no particular order.

I was slowly self-destructing. My 2-day weekends turned into 3 days. I once remember not sleeping for 3 nights in a row then turning up for work still smelling of alcohol. I was depressed, I seriously needed help big time!

During this time I had also made a number of failed business attempts to try and get out of my job. A family friend of mine saw my potential and actually invested a considerable amount of money into one of my ideas.

Unfortunately things did not go according to plan and I ended up losing all the money he invested and more in one fail swoop! Things were not looking good....

I was now seriously in debt to both the bank and my family friend. I was still stuck in a job that I seriously hated with a passion, and there really did not seem like I could see any way out of the mess.

So fast-forward to 2007. After a barrage of a couple of years of self abuse, what seems now like a complete blur to me, I started to show the first signs of the dreaded illness.

Blood on my stool, passing a lot gas, mucous, you know that kind of thing..

Anyways I ignored it as most guys do. I put it down to something weird I must have eaten or drunk on a weekend of partying that seemed a good idea at the time.

After a couple of days it stopped, but I was getting a very weird gut ache, like something I had never felt before. Again, I put it down to booze or bad food.

Around this time a fellow stressed out job sufferer, who actually happened to be the guitarist in the band I had with my ex girlfriend let me know about a seminar that was happening by some self-help 'guru' called Anthony Robbins.

Back then I was very very skeptical about this kind of thing, I was so low and depressed with my dead end career that the last thing I wanted was to be standing in a crowd of people shouting YES I CAN YES I CAN YES I CAN!

My friends actually dragged me along kicking and screaming, in fact I got in for free because they were so desperate for me to go that they bought my ticket. What nice and caring friends I had forcing me to be subjected to a whole weekend of Mr Motivator man bashing.

Thank God they did! Seriously I had the time of my life. It was epic. I was a changed person when I came out of the seminar. I had this incredible new energy about me. I even did a fire walk. No I'm deadly seriously. It was AMAZING!

I learned so much that weekend. How your mind works, what really makes us successful in life and how to attract the things you really want in life. One of the best sections was the last day which was all about reach your optimum health and vitality by knowing what is the true

origin of disease, how to prevent them and how to reach your 'peak' state of fitness.

I was pretty run down and was showing symptoms of ulcerative colitis. But I immediately started to change my diet and detoxed both my mind and body.

I thought hey, if this is so great for the god-like Tony Robbins, and me just imagine what it could do with my patients at work!

I could not believe that doctors were not prescribing this information. Why was our healthcare profession so blind?

Ahhh, cure = bad news for Big Pharma businesses, ooops I forgot!

Anyway I devised my own little devious scheme to secretly help my patients without my profit driven bosses from finding out!

Now pharmacies are incredibly busy places and to even spend 5 minutes with a patient is really hard work. So I needed a solution.

Most of the things that would help my patients were simple things you could buy from your local supermarket like Walmart along with information and tools from specific websites online

That's when I had my 'eureka' moment.

Our government in the UK had created a system for checking that patients were taking their medications properly called M.U.R's. You are supposed to do a 15 minute consultation with the patient where you teach them how to take their drugs properly and to see whether any needed to be changed.

I thought why not use this time to see whether I could share some of the information I had learned with my patients and actually help them get off the drugs they were on.

So I created a system where I could create a lifestyle plan in about 15 minutes that consisted of a shopping list, diet plan with simple food

swaps and links to specific tools and websites for their particular condition online.

I started doing just that and something amazing happened, my patients started to actually get better! In a couple of weeks I received testimonials of patients who had recovered, quite a few coming off their medication completely. I received letters of thanks and many phone calls! WOW

Ok, wasn't all that great. I shared my success with my boss, who paid little attention and then I got asked to leave after a couple of months for supposedly 'miss managing' the pharmacy! Sales had dropped as people were going across the road to the supermarket to buy the non-pharmaceutical stuff I recommended instead! I gladly left.

Right so now I was broke, unemployed but with a new sense of freedom and inspiration. I could have challenged my boss, but I thought why not move to a company who would actually appreciate this.

Amazing shifts started to happen, and to cut a long story short. I became the health and wellness consultant to one of the largest companies in the world, ASDA WALMART.

It began with my friend, the same friend who dragged me to the Anthony Robbins seminar. He gave me a book called 'The Four Hour Work Week' written by a guy called Tim Ferriss. In it he discusses his own story of managing to run an Internet business that is fully automated by various technology and services that you can use online. This means that you have so much free time on your hands that you can travel around the world and break world records doing what you love, which is what he did.

I was shocked by the potential of this, and thought there must be a way I could create an online business of my own based on my own story as a pharmacist with my special shopping lists. But my ego was not content with doing it on a small scale on my own. I thought why not have a go at getting the largest corporation in the world to promote my stuff. I could reach out to millions if I did the deal right?

It would also mean I could potentially get a serious job promotion or a long-term business partnership with ASDA. This would help me to manifest enough money to pay back my family friend and get myself out of debt. Seemed like a smart move to kill three birds with one stone at the time!

So I decided to take on the largest corporation in the world, WALMART. I managed to get a job within ASDA who is owned by WALMART in the UK and is their equivalent over here.

With my entrepreneurial head on, I thought, "Hey, ASDA have both a home shopping service, a pharmacy and a supermarket in the same place!" I could create a system for them that makes use of my healthy shopping lists and helps boost sales of healthy food and products.

Perhaps they may even promote my book one day?

By some stroke of fate, I managed to win an entrepreneurial competition run by ASDA owned by WALMART and Peter Jones from the famous UK T.V show Dragons Den, who were looking for new and innovative ideas. I did not win but the director took a shining to me and offered me a contract in to work on their website.

Things seemed great. But actually they really were not!!!

I was now working in the head office of one of the largest corporations in the world and no body liked me being there.

It is not a good idea to become considered the Director's favorite when you are swimming in sea filled with corporate manger sharks. Corporate managers are not very nice to people who are brave and have creative ideas. If you currently work in a corporation right now or have done in the past, you will probably be able to relate to this.

It is the fault of our education system that teaches children to obey orders and follow instructions. Those who are best at doing that go on to become managers because they are the only people with the mental capacity to pass those kinds of exams set at school.

The really creative ones usually drop out and become rock stars, film stars, and entrepreneurs with their own businesses or end up working in jobs feeling very stressed, frustrated and alone.

The corporate environment is also a hostile one, not unlike a school playground environment. You get the in crowd who all guzzle beer and discuss endless hours of football and bad soap operas, and the out crowd, who sit there very quiet and get on with their work, living in fear that each day could be their last.

The top managers also live in fear too, especially in this recession. A fear that hotter, smarter candidates could come and steal their jobs. This breeds a pretty intense and hostile environment for anyone who poses a threat.

So you can imagine, being handed the only iMac with full internet access in the office and, being able to speak to the director whenever I wanted (managers have to book appointments) I fell right into a crowd that existed way beyond the out crowd. In their eyes I was a threatening alien that needed to be exterminated immediately!

Every idea I had was stalled, until it became unbearable. The thought of going back to working in a pharmacy was so stressful this time, after spending so long out of it. How was I going to pay my friend back too? It would be impossible on a pharmacy wage.

Most of all I became disillusioned with everything. I tried so hard to be good and helpful to people, but I was getting stamped on. I was angry, sad and frustrated.

I was also learning a lot about the internet and how to run an internet business through my project. By doing this I entered a whole new world of online marketing, as there were numerous stories of people running their own successful businesses online and I got instantly hooked! This inspired me to see if I could do the same.

I was feeling so stressed from work that I began to look on Youtube for videos to help me chill out. This is when I came across this young guy's channel called ShaktipatSeer.

I was completely blown away by his meditation videos, they certainly were relaxing. But something else happened. I got completely overwhelmed with inspiration to make music again just like the relaxing ones playing in his music videos.

So I decided to get creating again and I sent a few of my music samples to ShaktipatSeer on the off chance that he would want to use them for his videos. Fortunately he got straight back to me and told me he loved them and after a few days he made his first video with them!

I was blown away by the amazing feedback we got from his Youtube Channel. This really gave me the confidence to make music again, something that I had I really loved and forgot about doing whilst working for the mighty WALMART.

My mind started filling with ideas of creating a website with ShaktipatSeer to sell his meditations and my music. Within a few months we had our first site and it grew very fast into a profitable enterprise.

So I rushed back to Mish, my friend who gave me the Four Hour Work Week to read and told him all about my success. He was kind of in a frustrated place too with his job as a extremely intensive job as a doctor and the fact our band had split up meant he was no longer making music which was his main passion.

So I practically ordered him to pick up his guitar and start to PLAY. My god he damn well did! We started making lots of great tracks together at the weekends on our time off, then uploading them to our new site and excitedly waiting for the feedback.

The issue was I was coming to a point where I would have to move potentially permanently up north to Leeds due to this ASDA project, about 400 miles away from Mish, who was based in London.

On top of this the pressure from this ASDA project was like a boiler room waiting to explode. If I did not get the project approval I would have to move back to my old pharmacy job and I really really dreaded that prospect big time.

Trying to do a full time pharmacy job and make music just does not work. It would take me forever to repay the debt to my friend.

Something would have to give...

I felt very sick, overwhelmed and depressed again. My gut hurt. This time it was serious.

I started to need to go to the toilet a lot. I was bleeding often too. Oh please this was the last thing I needed! I was going to have to go back to working in a pharmacy with a major disease in hand was all I could think of. Lovely!

I went straight to my G.P who examined me and said that I was suffering from hemorrhoids. Phew, I knew I couldn't have anything serious like cancer, even if that's all I could think of that could be wrong with me.

"Ok so hemorrhoids get better by themselves, great, Ill just wait this out and then work out a way to get back to work on my ASDA project." I thought to myself trying to stay positive about the whole situation.

3 months of bleeding later, losing 2 stone in weight and being glued to the toilet seat was definitely not hemorrhoids.

I went to two other doctors and they all repeated the same thing, hemorrhoids!

After a bit of a battle from my extremely worried mother with my G.P, I managed to get a referral to the hospital and after about another 3 months of being on their waiting list and suffering quite badly now, I was finally diagnosed with having ulcerative colitis caused by an auto-immune disorder.

Ahh, not harmless hemorrhoids after all! Something much more pleasant, a good ole dose of UC!

Well at least it wasn't cancer they reassured me. But then they said my chances of getting bowel cancer were much higher than normal, fantastic, just what I wanted to hear NOT!

They also explained how this was something I will have for life and that I will need pretty high doses of medication for the rest of my life as there is NO CURE!

Brilliant, I go out of my way to help others, finally quit my job and bango I get smacked right where it hurts... my left sided descending colon.

I am now labeled with having moderate to severe colitis without much hope for a cure without medications or perhaps surgery if things go too bad!

The only person I had to talk to was an exhausted looking nurse who came to speak to me after the inspection as my consultant was pretty overwhelmed with the huge waiting queue of all the other unfortunate potential 'victims' lining up to get their butts examined.

So I asked her, "what about diet, could a change help me get over my symptoms, can you recommend anything?" I had been reading up a little bit on some colitis forums as I kinda guessed this was what I had, aside from may be bowel cancer.

She replied, "To be honest diet does not have much to do with colitis, this is incurable, the medication is the only thing really that helps"

So I asked her another question now quite concerned "But what causes colitis, surely there must be a reason why I have this, and if I figure out what caused this, then may..." I got interrupted quite fast with..

"Look dear, there is no cure, everyone is different and no one knows exactly what the cause is. It is usually something genetic in your case. Some people are lucky and get better, but most stay on the medications for the rest of their lives"

Ahhh that makes me feel so much better! I got hurried out with a nice colitis pack that explained everything about my lovely disease and what my medication would potentially do to me.

Wow, the list of side effects seemed worse than the disease:

Pentasa (Mesalazine MR Tabs) 500 mg x 8 per day (yes 8 godamn pills a day and these don't even give you a nice buzz!)

Side effects:

Diarrhea

Feeling sick (nausea)

Vomiting

Stomach pain

Worsening of symptoms of ulcerative colitis

Headache

Rash

Red patches of skin with severe itching (hives).

Diarrhea?? What? But I've got the most insane 'bloody' diarrhea already and is this not supposed to stop it?

Stomach pain? – oh yeah I certainly experienced that. Did not get any rashes thankfully but the stomach suffered a fair bit!

Medication was something I really did not want to take for the rest of my life!

I was feeling very stressed. I was still working as pharmacist but cut my hours down to part time. My employers, ASDA WALMART were very supportive of me, especially the occupational health advisor. They gave me some much needed time off and extra cover for when I was at work.

I was still suffering quite badly from colitis and still on medication. I went to see the consultant for my regular check up and she said that I would need steroids.

Hey, I was prepared to give anything a go right now, I just wanted to get back and finish this project with ASDA off!

Have to say the steroids were amazing. I felt fabulous while I was on them. I put on a bit of weight too, but a bit too much weight, my face became round! Uuurrgh can't take this stuff for too long, I'll end up looking like a space hopper!

I will never forget the next visit to my consultant. Her assistant examined me this time and said it seems the steroids are not working anymore. He then went on to explain about this brand new drug they were going to trial and that due to my present symptoms I would be a perfect candidate for it.

Become a guinea pig for a new drug?? NO BLOODY THANKS!

I started reading colitis forums like a maniac trying to find out if people had actually recovered from this illness. There was very few stories of full recoveries, mostly very depressing cases of long-term sufferers who were medicated up to their eyeballs.

Then I came across various posts explaining how ulcerative colitis is only found in non-smokers, smokers just don't seem to get this disease.

I was actually an ex smoker and I gave up a little while before I decided to become Mr. ASDA health freak! Could there be a link? I also checked PUBMED (respected online resource of published research papers) and there were positive results from researchers testing Nicotine replacement as a way to reduce the symptoms of UC.

It actually compared on par with steroids in some reports.

Do I really want to go back to smoking again? There were various reports of people having success with Nicotine replacement products. So I grabbed a pack of the strongest lozenges money could buy! I took out my first 4mg Niquitin CQ lozenge from the pack, and placed it under my tongue for maximum absorption.

WOOOOAH – I just received one of the strongest head rushes I ever had. I started sweating a bit and my head throbbed. This lasted for about 30 minutes, but after that I felt pretty good.

The cramping in my stomach reduced significantly. I gave this a go for couple of weeks, taking 1 or 2 lozenges a day.

To be honest I lasted about 2 weeks on it. I just didn't like the idea of being dependent on nicotine tablets for the rest of my life. It was not a cure anyway, just reduced the severity of the symptoms a little.

I considered going back to smoking again, but I weighed up the risks of smoking against the symptoms of colitis and thought “nah, there has to be a better way!”

I actually for the first time felt suicidal, the pressure had got so much of trying to do this ASDA project and feeling constantly drained from the illness. I was cracking up a bit to be perfectly honest.

But a big part of me felt I was not going to accept all the horror stories on the forums as my own fate. I had previously helped others come off medication and become well. If I could help them, I could certainly help myself too!

This is when I desperately went to seek some help from my close friend of our family, a yogi who is the head of the Traditional Yoga association in the UK, Swami Ambikananda

She is amazing. She had suffered herself in the past from chronic illness before she became a swami (a Hindu, initiated at the highest level). Her friend and partner in the Traditional Yoga Association, Manisha had also suffered from diabetes and bowel cancer but they both had recovered naturally.

They both gave me a whole list of nutritional guidelines and supplements that would help colitis.

They also gave me a book called Ayurvedic Healing by Dr Frawley that had some incredible insights into what really causes disease based on the ancient Indian system of medicine.

Ayurveda provides dietary guidelines that are tailored to each individual as they realized way back then that we are all different and one size does not fit all.

From this book I discovered exactly why my attempts at following the famously touted 'cure all' raw food diet while having colitis was causing more way more discomfort than having the illness in the first place.

I discovered that colitis sufferers should eat warm, nourishing food filled with complex carbohydrates to get enough calories, protein and nutrition to aid the healing process.

If you have lost a considerable amount of weight and are bleeding heavily, then even a small amount of red meat, such as beef broth or Bolognese is useful to prevent anemia.

A raw food diet on the other hand can cause more gas, more mucous and can simply just pass through the gut too fast not allowing enough time for the essential nutrition to be absorbed.

The ancient medics of India also understood the importance of having friendly bacteria in the gut, as they are responsible for a large part of our guts own immune system and digestion.

Pro-biotics are now a regular part of my routine and will be for the rest of my life.

You will find out a lot more detail about the exact diet and nutritional plan I now follow and would recommend to anyone who has ulcerative colitis

I was also given another book by my uncle called The Power Of Your Subconscious Mind by Dr. Joseph Murphy who many believe is the “Father Of Personal Development” that many self help gurus like Anthony Robbins and Deepak Chopra get their best ideas from.

In this book he explains how you can use a style of meditation that he calls “scientific praying” that you can do at night and only takes about 10 – 15 minutes.

During these prayers that consist of easy to follow mantras you actually talk directly to your subconscious mind to correct any faults in your autonomic nervous system. His book is filled with stories of self-healing 'miracles'

Another uncle based in USA who is a reiki master offered a lot of similar advice to me and later on gave me some distant reiki healing that I believe was also factor in my final full recovery.

Swami Ambikananda gave me one line that I will never ever forget.

“First make peace with your present situation”

She believes that the root cause of my illness is that I was suffering from serious work related stress, combined with past karmic debt and that I was not following my true heart's desires (you will learn exactly what I mean by heart's desires later in this book)

I had previously spoken to her about my ASDA WALMART project and she thought it was not the best idea to be trying to get a major corporation to promote my ideas and that I would be better off doing it myself through my own medium where I would be more in control of the information I would share.

Quite prophetic of her really, I have to admit she was bang on right!

I mean c'mon it was pretty crazy of me to believe a major corporation like WALMART would allow little me to tell their customers on a national scale that drinking Coca Cola and fizzy drinks (some of their biggest earners) at the rate they consume would be bad for their health!

The director had a warm heart and believed in my ideas, but he actually soon left after I did funnily enough.

She said, “Your illness is serving a purpose to get you focused on what you truly want to do, and when you find out what that is, you will start to heal.

Meditation she said should help you find the answers you need and also calm your body down from all the stress it has endured.

She also explained that through meditation we can control our autonomic nervous system and rewire the negative thinking patterns that cause it to go wrong.

I was shown yoga postures and meditation techniques that would help me readjust my body and bring harmony to it again. This was completely in line with both the books I read.

Finally I had hope again! I was pretty skeptical at first, having a scientific background and a bit of a dislike for things that are a bit fluffy and new agey. But after a bit of time, my situation really had become “do or die”, and so I was left with little choice but to change my belief.

This is when some great changes started to happen in my life that is truly beyond belief.

Due to my illness the project could not continue as I just did not have the energy to put into it. Plus how could I be the health and wellness consultant to ASDA WALMART and be suffering from a chronic illness?

Just did not have quite the integrity that title deserves!

Having this illness, as you are probably very aware means you really don't feel like going out that much due to the fear of soiling your pants in public! So I was forced to become a bit of a hermit and making music was now how I spent a lot of my time, as my pharmacy job became very part time.

Mish is a doctor and he had moved to a part of the UK called Essex due to his job that was very far away from where I worked.

I remember very clearly the day I wrote to him on Facebook and said,

“Brother, if I don't come and live with you and we don't decide to do music full time, it will probably mean I will die still suffering with UC regretting the day I decided to give up on my hopes and dreams!”

His response and decision was the thing I believe that completely changed my life, my health and my sanity for good.

Thankfully he agreed and said, “Lets do this, come and live with me. Ill take care of you, let's focus on the music till you get well.”

This change in environment did wonders for my productivity and also my health. I had a lot more free time and enthusiasm to start following all the advice I had learned.

I really put the subconscious mind programming techniques to the test and made gradually changes to my diet till it became a routine habit.

I then discovered by having by this time a much more open mind to alternative treatments, one particular treatment that I will share in more detail later in this book, that I believe is the main catalyst for me going in to remission as fast as I did.

This is my secret colitis-busting weapon (well not such a secret anymore as you will find out all about it shortly!)

“The Walmart Redemption”

I quit my day job for good about 10 months ago, but my last day at work in the pharmacy in a day J.O.B (just over broke) was very memorable....

Above the pharmacy is a McDonalds and the main sewage runs just above the ceiling. There had been a few problems with their drainage however and some serious pressure had built up around a stuck sewer pipe.

Suddenly after a couple of hours being at work, I heard a rumbling overhead...

A really loud shudder occurred and like a roaring thunder, the pipe burst and started gushing masses of raw sewage all over us working in the pharmacy.

It was raining sewage!! My eyes and nose were both burning like crazy from the stench of pure rotting McDonalds sh\$ \$t!!

If you have not watched the Shawshank Redemption (which is one of my most favorite films), I hate to spoil the ending of a great film, but the last scene involves the lead character escaping the prison, whilst crawling through 8 miles of sewage.

That's exactly what it felt like, but in my case it was a room full of McDonalds undigested fast food butt waste!!

But thankfully, I got out to the other side a FREEMAN! It was also a pleasure knowing that my extremely annoying boss, had to clear up all that crap when I had gone!

I am now eternally grateful to the universe for giving me UC in first place as I feel without this illness I do not think I would be where I am now.

It made me ultra focused. No more partying, no more working long hours in a JOB. I had to work now even harder on my SELF!

The results have started to pay off big time and I now have several successful websites online that help others who suffer from stress

related disorders and chronic disease through my special meditations and music.

I have a music production outfit with Mish called amAya and recently did the music for James d'Silva new DVD who happens to be personal trainer to Madonna, Sting and Coldplay.

I have dance records on a top UK record label and to this date free from medication and ulcerative colitis.

I know that not everyone is lucky enough to have the great friends and support like I have now. But I want to give you the hope that those great friendships and contacts can be found, in fact you will attract them to you, as soon as you begin to follow your true path from the heart.

The rest of this book is going to share with you the information in more detail that completely transformed my life with a blueprint that I would have written to myself if I had been the patient coming into my pharmacy suffering from colitis.

This is a universal blueprint and can work for anyone regardless of background, age or ability.

So quite simply there is no excuse. Your time is NOW. So use it!

Useful Background Information To Make The Blueprint Easier To Follow (heavy stuff!)

This section may get a little heavy but don't worry I've to make everything as easy to understand as possible. You may need to read this a few times to really get a clear understanding of what really causes disease and what exactly to do about it and it will make the next bit easier to follow.

In the next bit, after the background information I provide a step-by-step blueprint with simple daily routines that helped me and hopefully may you too recover from UC

Healing According To Ayurveda

I mentioned earlier in this book that I was given by a stroke of fate a book written by Dr David Frawley. He is one of the most renowned experts on Ayurveda that is the ancient Indian system of medicine. Dr Deepak Chopra is also famous for his work on promoting Ayurveda on a major scale to the western world.

Both authors state the importance of realizing that we are all individuals with different characteristics, personalities, and even physiologically we all differ from person to person. So there can never be a one size fits all, panacea for treating disease and that many different treatments are needed, not just one.

Drugs are simply not smart, they cannot adjust themselves based on the individual and this is why side effects are such a big problem.

Ayurveda instead places a big emphasis on the fact that we become what we eat, think and surround ourselves with.

Quite simply, according to Ayurveda we become our environment.

Why You Get Disease According To Ayurveda

This is taken from the book “Ayurvedic Healing” By Dr David Frawley. I highly recommend getting this book if you want a complete guide to self healing through Ayurveda.

According to the spiritual tradition of Ayurveda, diseases have two causes:

Physical or Biological Causes:

The imbalance of the biological humors, the elements and prime energies of the physical body can lead to disease.

Ayurvedic treatment would involve mainly physical or medicinal methods using natural therapies based on herbs, diet, body work and yogic postures. In more extreme cases mineral and drug medicines or surgery may be required to minimize the risk caused by the symptoms of disease, but from then on the more holistic treatments of Ayurveda must be employed.

Karmic Causes:

The effects from the wrong actions we have done in our life, meaning from psychological, emotional or spiritual causes can lead to disease. These may be as a result from staying in the wrong job/occupation for a prolonged length of time, relationship or emotional difficulties and treatment may require changes in lifestyle and attitude.

Not living up to our inner will and purpose both occupationally and spiritually are such causes of disease.

The treatment in this case is more complex and may require some form of inner rectification, a peace made with one self and the harmful situation to reestablish our well being in life.

For this Ayurveda uses Yoga and a system of divine or spiritual therapy which includes the use of gems, mantras, prayers, rituals, and meditations.

These reflect Ayurveda's deep understanding of the mind and its ability to heal the more hidden aspects of our being.

In the Ayurvedic system, the human being consists of three bodies, the physical, astral and causal. The western equivalent would be the body, mind and soul. These parts are made up of different energy fields. Ayurveda serves to correct disorders in the energy field above the physical body, including our field of consciousness.

So to this end, Ayurveda is a holistic system of the entire human being and our full cosmic nature.

Disease is often caused by a lack of love, including a lack of caring for oneself and one's physical body. This is largely due to a lack of faith in the divine, which is the same as a lack of faith in life and the positive will to live.

The first step in the healing process is marked by the person's acceptance of the Divine cosmic energy and the flow of grace.

This requires the understanding that your life has a purpose and meaning in the personal development of your soul and the spiritual evolution of humanity as a whole.

It involves understanding what compels our heart and following the spiritual path truest to our nature.

Being a spiritual person means following the path of easing the pains and sufferings of others through service.

Western medicine has tried to separate organized religion from medicine and this has been positive in making the next step of the evolution of the mind.

The dogma, authoritarianism and repressive nature of organized religion have no place in the realms of the truth and knowledge, which require freedom and objectivity for the correct and direct perception of reality to occur.

This separation however has the downside of removing the exploration of the inner aspects of our soul, not just the body.

What Dosha Type Are You?

According to Ayurveda, the five fundamental elements that make up the universe - space (akasha), air (vayu), fire (agni), water (apu) and earth (prithvi) also make up the human physiology.

How do these elements work within us? Looking at the elements from the point of view of what they do in the physiology, rather than what they are, ayurveda describes three biological humors or psycho physiological energies called doshas.

There are three doshas, called Vata, Pitta and Kapha, and each is mainly a combination of two elements. Vata dosha is made up of space and air. Pitta dosha is a combination of fire and water. Kapha dosha is made up of water and earth. Each of these doshas is further divided into five sub-doshas. Together, the doshas orchestrate all the activities that occur within us.

Ayurveda considers that each person is born with each of the three doshas in proportions unique to the individual. A person can be predominantly one dosha, or have equal constituents of each dosha throughout their life or it can change over time.

For good health and well-being to be maintained, the three doshas within you need to be in balance. That does not mean they need to be equal, unless you were born with equal doshas; it means that you need to maintain your original doshic make-up or prakriti through life as much as possible to maintain good health.

Unfortunately, factors such as the dietary choices you make, the lifestyle you lead, the climate where you live, levels of environmental pollution, the work you do, the nature of your relationships with people and even just the passage of time can cause one of more of the doshas in your prakriti to increase or decrease from its original level in your constitution, creating vikriti or imbalance.

If this imbalance is not corrected, you eventually lose your good health. That's why restoring balance is the central theme of the ayurvedic approach to health.

Dr Frawley's book makes the task of identifying what your dosha type is very simple. In Ayurveda you can identify your dosha type from the answers to simple questions relating to your appearance, personality, preferences to climates, tastes of food and even from rhythm of your pulse

To identify you dosha I recommend visiting Deepak Chopra's very own dosha quiz here:

<http://doshaquiz.chopra.com/>

Ayurvedic doctors could identify exactly the types of diseases people may suffer from based on in-balances in their dosha type.

Depending on the symptoms you are getting, along with several other factors to determine your correct dosha constituents, they would create a custom treatment plan that would use a variety of treatments involving diet, yoga exercises, herbs and meditation to rebalance your doshas.

In Ayurveda an in-balance of having too much vata (air) usually corresponds to problems in the colon. Ulcers are usually caused by too much pitta (fire).

When I did the dosha test I felt amazingly as vata – pitta mixed dosha.

Vata types are often creative, imaginative and artist/music types. Pitta types tend to be entrepreneurial driven.

Vata types also tend to be very slim, and either short or tall. Pitta types tend to be medium or athletic height or build.

I definitely fall into the Vata body type being 5ft 7 height and very slim as do most peeps that have colitis! We just don't seem to put on that easily no matter how much we eat! This pretty much describes me down to a tee.

When these doshas get put under a lot of stress you get the symptoms of an in balance of these doshas.

Vata tends to be aggravated by fear and worry. Pitta is aggravated by too much fire.

No surprise that I got ulcers of the colon when I was so stressed, extremely scared and worried about going back to pharmacy and not being able to pay back my debt to my uncle and so angry with the managers who kept on blocking all my progress and creative ideas.

Vata is also happiest when it is allowed to flow freely and be creative. Stamping out the creativity of vata will causes a serious imbalance and excess darkened vata.

Vata types are not easily controlled and do not like following rules they don't agree with as vata types tend to be the creative rule makers. So in certain environments like a rigid corporate office or highly routine jobs or professions like pharmacy or stacking shelves etc, vata types usually feel alone, insecure and wanting to desperately break free, just like I did!

In the blueprint section of this book I will go in to detail exactly the type of diet and lifestyle recommendations that I followed based on ayurvedic rules of rebalancing vata and pitta that had such a dramatic effect on reducing my colitis symptoms.

I can almost 100% predict that you will have an in-balance to vata or pitta, or both too. I's love to know if I am right, send me an email with your answers to the dosha test please!

What Is Ulcerative Colitis?

“Ulcerative colitis is an uncommon condition. It is estimated that there are ten new cases a year out of every 100,000 people. There are currently 100,000 people in England with ulcerative colitis.”

Yes you have an uncommon condition, but I prefer to call it a GIFT!

This 'gift' if properly directed can be used to fuel amazing feats of human achievement that can go on to inspire the lives of everyone around you and even change the world for the greater good, as you are about to find out.

Here is a list of a few famous celebrities who have achieved great success even though they were diagnosed with inflammatory bowel diseases such as ulcerative colitis or Crohns.

1. **Gregory Itzin** - Better known as President Charles Logan on Fox's primetime drama 24 and Agent Virgil Minelli on CBS' The Mentalist, the 63-year-old actor is among the nation's roughly 700,000 ulcerative colitis sufferers.
2. **John F Kennedy** - The youngest U.S. president elected to office, Kennedy developed abdominal pain as a young teen. In 1934, he went to the Mayo Clinic, where he was diagnosed with "colitis," or at least what was called colitis at the time.
3. **Sir Steve Redgrave** - British rower Redgrave was diagnosed with ulcerative colitis in 1992, as well as diabetes in 1997, but that did not affect his drive for Olympic glory. He took the gold in Sydney in 2000, becoming the only rower in history to win five gold medals in five consecutive Olympic Games, from 1984 to 2000.
4. **Dwight D. Eisenhower** - The 34th president of the United States, Dwight D. Eisenhower, suffered from Crohn's disease and underwent an emergency resection in 1956. President Eisenhower was later elected to a second term later that same year.

5. **Joe Rogan** - Joe Rogan, the American comedian and actor suffers from Crohn's disease. Joe was the host of the successful reality television series Fear Factor and a regular on the sitcom News Radio. Joe still enjoys success headlining comedy clubs.
6. **Shannen Doherty** - Shannen Doherty is an American actress who starred in the hit television series Beverly Hills 90210 and Charmed revealed in 1999 that she suffers from Crohn's disease.
7. **Stephen Frayne AKA Dynamo** – This street magician who even David Blaine considers as serious competition has wowed audiences from the Queen, through to Jay Z and Paris Hilton. With his own hit TV show and sell out shows you would never guess that he has been a sufferer of Crohns since a young child and often travels around the world in crippling pain to perform his shows.

What Is The Western View Of What Causes Ulcerative Colitis

The exact cause of the condition is unknown, but researchers believe there are a number of factors involved. These are listed below.

Genetic

It seems that the genes you inherit from your parents play a role in developing ulcerative colitis. Studies have shown that around 16% of people with ulcerative colitis have a close relative with the condition. Also, levels of ulcerative colitis are a lot higher in certain ethnic groups than in others.

Researchers have identified a number of possible genes that seem to make people more vulnerable to developing ulcerative colitis, though exactly how they do this is still uncertain.

Environmental

Where and how we live also seems to play a role in the development of ulcerative colitis. The condition is much more common in certain parts of the world - namely, urban areas in northern parts of Western Europe and America.

A number of environmental factors have been suggested, including.

air pollution

diet – the typical Western diet is high in carbohydrates and fats, which may explain why Asian people, who tend to eat a diet lower in carbohydrates and fats, are less affected by ulcerative colitis

hygiene – children are being brought up in increasingly germ-free environments, but it is possible that the immune system requires exposure to germs to develop properly (this is known as the hygiene hypothesis, and has also been suggested as a possible cause for the rise in allergic conditions such as asthma)

However, no factors have been positively identified.

Immune system

Some researchers believe that a viral or bacterial infection triggers our body's natural defense system against infection, the immune system.

The immune system responds to the infection by causing the inflammation associated with ulcerative colitis, but for some reason the immune system does not 'turn off' once the infection has passed, and continues to cause inflammation.

Other scientists think that no infection is involved and the immune system just malfunctions by itself.

A leading theory is that the immune system mistakes the 'friendly bacteria' found in the colon (which aid digestion) as an infection. So it tries to halt the spread of what it thinks is an infection by causing inflammation (swelling) of the colon. (Conditions where the immune system attacks healthy tissue are known as autoimmune conditions).

I agree with all of the above that yes it difficult to pinpoint an exact cause, and that it is different for everyone.

But if you have been diagnosed from having chronic Ulcerative Colitis then it is usually related to your immune system going wrong through an auto-immune disorder.

What Causes Auto-immune Disorders?

Again the conventional medical view is very vague. They simply do not know or don't want to try to understand. Especially with the certainty that a deeper knowledge of the cause could lead to potential cures. This would inevitably jeopardize the profit made by drug companies treating symptoms of diseases rather than just the causes.

From my own experience and having studied those of others who have overcome this disease without medication use long term. I personally amongst many other leading researchers and scientists believe that the primary cause of disease is STRESS.

Stress from both emotional and physical factors that I will go into more detail in the rest of this book.

There may well be a very strong genetic factor in your chances of getting the disease, but I firmly believe that with the right measure taken to manage stress in your life better, you can reverse the disease or at least keep the symptoms to a minimum without needing to be on long term medication.

What Happens During Stress?

First, it is important to understand the difference between the two different types of stress:

Healthy Stress, also known as Eustress:

This is beneficial stress inside the body that leads to positive outcomes when done in moderation.

Enjoyable exercise

Massage

Sauna

Roller coaster rides

Exciting project deadline

Unhealthy Stress:

Job dissatisfaction

Financial Worries

Lack of sleep

Steroid use

Diseases such as Diabetes

Smoking

Bullying

Divorce / Difficult break up of a relationship

Death of a loved one

Social dislocation / separation from normal communities, such as in Emigrant Asians, Native Americans and Aborigines in Australia who, together, have the highest rates of heart disease in the world.

What Happens During Unhealthy Stress?

Your body produces special hormones that serve important functions during a response. The release of stress hormones is controlled by the hypothalamus and your pituitary gland together, in unison.

Under stress: The hypothalamus signals your pituitary gland to release hormonal messengers to your adrenal glands to release adrenaline and cortisol.

This is known as the HPA axis.

You have two different divisions to your nervous system – sympathetic and parasympathetic, neither of which is under your conscious control.

Sympathetic deals with "Fight or Flight"

Speeds up your heart rate

Redirects blood flow away from your gut to your muscles

Stimulates your liver to release glucose, so higher blood glucose levels

Triggers the release of various blood clotting factors

Parasympathetic, however, does the opposite and relaxes you. It helps you to get ready to eat, digest and store energy.

These two nervous pathways govern homeostasis – your body's natural balance mechanism.

When you are under prolonged stress, this function goes out of sync resulting in all the major problems caused by long-term stress and a dysfunctional HPA axis.

Consequences of a dysfunctional HPA axis:

Cushing syndrome is one extreme example of a body under extreme stress causing the HPA axis to go completely out of sync and produces excess cortisol.

Result is:

Increased visceral fat

Diabetes

Heart disease

These are common character traits of people under stress these days with the visible potbelly, type 2 diabetes and other chronic diseases.

Depression is another example of an initiator of HPA axis dysfunction:

“There is compelling evidence for the involvement of the HPA axis abnormalities in depression.” Kunugi H et al Neuropsychopharmacology January 2006

Smoking is also proven to disrupt the HPA axis, although not as chronic in its effect as depression.

My Professional Experience With Stress and Disease:

I would like to refer back to my own experiences as a pharmacist when performing medicine use reviews on my patients.

What was interesting is with the patients who had one or more risk factors, such as high blood pressure or existing disease, nearly every single one of these patients complained of feeling under stress, either from an emotional trauma previously in their life, such as divorce, working long hours, not sleeping properly and/or eating the wrong foods.

What I did that I believe was different from what they were normally used to was that I actually took a little bit of time to listen to their problems.

Then, I offered solutions that gave them a feeling of self control again, rather than the helplessness and confusion many people get after they visit a doctor.

These days' doctors are so overwhelmed that they are often more stressed out than their patients, and so often resort to the easy escape route of handing out medication.

My Own Ice-On-The-Bruise Analogy For Medication

Medication merely acts like applying ice on the bruise. It never treats the cause or source of the problem. If you bang your head against the wall and you get a big swelling, you may need urgently need some ice to bring the swelling down to prevent any danger from the symptoms.

On the other hand, if you keep banging your head on the wall, it doesn't matter how much ice you apply, your bruise will just keep get bigger and bigger!

So by identifying the cause of your stress you can start working on a cure that is specific to you.

The source of this stress I believe from my own personal experience and my experience of helping others starts from something everyone has, our MIND and the way we perceive our environment.

Evidence For Alternative Ways To Reduce Stress Besides Medication:

We all get stressed, it's impossible to avoid completely, and a little bit of it can actually make us feel more alive.

But too much stress will make us sick. So it is important to try to find ways to cope with the stress we have to endure better.

Meditation

In a study, 50 Chinese students were given only 5 days of 20 minute training with the integrative body mind training method. The participants had significant improvements in the scores of Attention Network Test, as well as lower anxiety, depression, anger, and fatigue; higher vigor on the Profile of Mood States scale; a significant decrease in stress-related cortisol and an increase in immunoreactivity.

In 2005, researcher Sarah Lazer and others of the Massachusetts General Hospital found meditation actually changed the physical structure of the brain. They also found the pre-frontal cortex and the right anterior insula, regions of the brain associated with attention, are thicker in those who meditate in comparison to those who don't and the longer one meditates, the greater the density of these regions. Their research and other research studies also suggest that meditation may offset the thinning of these regions with age.

In another study, researcher Lutz and other researchers showed that regular meditation practice helps to keep emotional balance and well-being by improving attention and memory.

Music and Sound Therapy

Listening to music may benefit patients who suffer severe stress and anxiety associated with having and undergoing treatment for coronary heart disease.

A Cochrane Systematic Review found that listening to music could decrease blood pressure, heart rate, and levels of anxiety in heart

patients. The researchers reviewed data from 23 studies, which together included 1,461 patients. Two studies focused on patients treated by trained music therapists, but most did not, using instead interventions where patients listened to pre-recorded music on CDs offered by healthcare professionals.

This is just one of the methods for helping you to cope with stress better that has been proven in a clinical setting. There are many more that I will share with you later on in this book.

So, in my opinion, based on the overwhelming amount of evidence showing that chronic diseases caused by stress (i.e. heart disease) can be prevented, and in many cases even reversed, using many different treatments other than just medication, a more holistic approach is required.

A New Hope

“Whatever your age, your body is many years younger. In fact, even if you're middle aged, most of you may be just 10 years old or less.

This heartening truth, which arises from the fact that most of the body's tissues are under constant renewal, has been underlined by a novel method of estimating the age of human cells. Its inventor, Jonas Frisen, believes the average age of all the cells in an adult's body may turn out to be as young as 7 to 10 years.” New York Times, 2005

Did you know every 7 - 10 years every single cell of your body is replaced aside from a few brain and heart cells?

I know, pretty amazing right?!...

Your skin is replaced every 2 weeks, your liver is replaced every 300 - 500 days, your bones are replaced every 10 years and the surface of your gut has a life of only 5 days!

The quality of how your body regenerates is related to the quality of fuel you feed both your mind and your body.

“Researchers at Duke Medical Center tracked 2,800 patients who had been hospitalized with heart disease. Patients were asked to fill out a survey to determine how they felt about their medical diagnosis, treatment, and recovery. Ten years later, the group who answered the questions with a negative attitude saw 46 deaths per 100 people. But those with the most positive approach had 32 deaths per 100 subjects, when adjusted for factors like age and previous heart problems.”

“Our research shows better physical recovery and a higher likelihood of survival is linked to attitude—personal beliefs about their illness,” John C. Barefoot, the study’s lead author and professor emeritus in the department of psychiatry at Duke

This shows you have the power to change at any time in your life, if you really want to.

So, if you want to grow strong, vital and happy cells that help you get all the things you really want in life, then you need to feed your mind information and fuel that provides constructive, self-empowering thoughts!

Understanding Your Mind And The Source Of Your Thoughts

“What would be the first thing you would think of if I asked you where is your mind located?”

Almost everyone points to his or her head when asked this question. I used to think this too, but I am afraid this is completely wrong.

Your mind is actually the collective consciousness of every single cell in your body.

Don't believe me? Well, let me prove it to you...

“Did you know that every cell in your body is innately intelligent and can survive on its own outside of your body?”

But, inside your body, your cells shed their individuality to form a collective community of about 50 trillion cells. The functional units of life are your cells and when they become organized into communities, they become YOU!

According to Carolyn Bohach, a microbiologist at the University of Idaho (U.I.), along with other estimates from scientific studies, there are actually 10 times more bacterial cells in your body than human cells and there are over 500 species of bacteria living just in your gut!

Further research has shown that a large majority of these beneficial bacteria actually help us to function in a healthy way.

Deeper research from the scientists' part of the Human Genome project that aims to map out every human gene shows that around 40 genes in the human body are actually of bacterial origin!

So, really, you are a vast community of cells of both bacterial and human origin that all have a shared VISION of being who you are!

Dr. Bruce Lipton writes extensively about this in his best selling book: The Biology of Perception, as he is one of the pioneering research scientists into the new field of biology, known as “epigenetic.”

“By definition, a community is an organization of individuals committed to supporting a shared vision. Consequently, while every cell is a free-living entity, the body’s community accommodates the wishes and intents of its ‘central voice,’ a character we perceive as both the mind and spirit.”

“When the mind perceives that the environment is safe and supportive, the cells are preoccupied with the growth and maintenance of the body. In stressful situations, cells forego their normal growth functions and adopt a defensive ‘protection’ posture. The body’s energy resources normally used to sustain growth are diverted to systems that provide protection during periods of stress. Simply, growth processes are restricted or suspended in a stressed system. While our systems can accommodate periods of acute (brief) stress, prolonged or chronic stress is debilitating for its energy demands interfere with the required maintenance of the body and, as a consequence, leads to dysfunction and disease.”

“The principle source of stress is the system’s ‘central voice,’ the mind. The mind is like the driver of a vehicle. With good driving skills, a vehicle can be maintained and provide good performance throughout its life. Bad driving skills generate most of the wrecks that litter the roadside or are stacked in junkyards. If we employ good “driving skills” in managing our behaviors and dealing with our emotions, then we should anticipate a long, happy and productive life. In contrast, inappropriate behaviors and dysfunctional emotional management, like a bad driver, stress the cellular ‘vehicle,’ interfering with its performance and provoking a breakdown.” Dr. Bruce Lipton

“As Above, So Below”

In the ancient Vedic scriptures, there is a well known saying, “as above, so below.”

Strangely, they knew way back then the rules responsible for what happens on the deepest quantum level are exactly the same rules of physics, chemistry and biology that control everything from the individual at a cellular level right through to the most complex organisms.

A cell has its own versions of the very same biological components that make up a whole person.

Each cell has a digestive system, an excretory system, a respiratory system, a musculoskeletal system, an immune system, a reproductive system and a cardiovascular system.

A cell also interacts with other cells in its community via special SIGNALS, much in the same way we communicate with fellow members of our community through speech, language, art and music.

Just as we feel stifled and unable to perform optimally when we are forced into an environment that feels threatening or alien, cells react in a similar manner when subjected to unfavorable conditions.

Cells will only thrive in the right environment, a healthy environment.

In my case, the working environment I was in was so negative, alien and stress-inducing that my immune system actually started to attack itself and, at a relatively early age, I got my first taste of a life-threatening disease.

As soon as I left that environment and decided to move closer to my music partner, Dr Mishra, to do more of what I really love,....

I got better.

Not just better, but I became more successful, happy and wealthy than ever before in my life.

Knowing what I know now, I actually believe if I were to go back to my old job to work with the same managers, I would probably be able to handle the environment a lot better and possibly THRIVE.

I was stressed back then because of how my mind perceived the environment at the time.

Your beliefs and perception of life events can be changed by outside influences; these influences can go on to make dramatic changes to your life.

Many self-healing miracles, great feats of endurance and world records get broken all the time because individuals have changed their perception about the situation.

For example, mankind never believed the record for the 4-minute mile could be broken, but since it was surpassed by Roger Bannister in 1954, it has been broken many times, over and over, by other people.

Many people live in fear when facing chronic disease, holding the belief that this day could be their last, just because a doctor has told them they will never get better and may have only six months left to live.

Others facing similar circumstances choose to live a life full of love and gratitude and overcome their illness, or are at least at peace with their illness, and are enjoying every moment of life.

I was actually told by my gastro-intestinal consultant I would have this disease for life and my symptoms were so bad I would probably need fairly high doses of medication every single day!

As you can imagine, this horrified me! The fact I had also been reading various horror stories on the ulcerative colitis forums of many sufferers complaining of being housebound for years made me feel even worse.

The thought of never leaving my house and being stuck to the toilet seat for the rest of my life was incredibly depressing, as I'm sure you can imagine!

For a long time, I began to believe what the doctor told me was true and I remained sick and house-bound.

But then, something quite miraculous happened....

Deep down inside I knew this could not really be true; I still had so much to give in the world and a burning passion for music and helping others.

I remembered coming across a few stories on the forums of people who had recovered successfully from chronic illness.

I wanted to know more about their story and exactly how they did it.

I started to focus more on the positive stories of recovery, rather than the negative. Suddenly, I began receiving positive information in the form of books, people I attracted and communities of likeminded souls.

This new information gave me the belief and strength I could get well again and my PERCEPTION and BELIEF of my disease changed.

As mentioned earlier, a tiny cell can die in the wrong environment. But, by the forces of nature, it always tries to seek out a community that will help it to thrive.

“Quantum healing is healing the body mind from a quantum level. That means from a level, which is not manifest at a sensory level. Our bodies ultimately are fields of information, intelligence and energy. Quantum healing involves a shift in the fields of energy information, so as to bring about a correction in an idea that has gone wrong. So quantum healing involves healing one mode of consciousness, mind, to bring about changes in another mode of consciousness, body.” Deepak Chopra, Quantum Healing

The Human Brain

The human brain is quite a complex system consisting of many different, interconnected parts working harmoniously together under the right circumstances.

Here are the major areas:

The brain stem -responsible for biological functions like eating, breathing, sleeping, sex, instinct and reflexes

The limbic system - a set of brain functions primarily responsible for subconscious interpretation of stimuli from the five senses.

The neo-cortex - the primary center for your conscious, cognitive control

The more important areas to consider are the limbic and neo-cortex because they are responsible for processing the energy, or information, from your 5 major senses.

Research shows that these senses produce 11 million bits of information per second, which are all processed in the limbic system, but only 40 bits per second are passed on to the neo-cortex for conscious processing (thinking, planning, etc).

This means 99.9% of all information from our five senses is only subconsciously processed!

The limbic system controls the experience and expression of emotions, as well as automatic functions of the body.

By producing emotions (such as fear, anger, pleasure, and sadness), the limbic system enables you to behave in ways that help you communicate and survive physical and psychological upsets.

There is much debate whether your subconscious mind only resides in your brain.

Your limbic system is closely connected to your entire nervous system and receives signals from every major cell in your body. There is now

compelling evidence that your subconscious mind is really part of a much greater collective consciousness of your entire body.

Your True “Brain”

Experiments by Dr. Bruce Lipton showed the previously believed notion that DNA is the “brain” of the cell is actually wrong.

It has since been proven by many people that actually the tiny cell membrane that surrounds the cell is the true “brain” of the cell.

If you were to remove the DNA of a cell, surely it would die if it were the brain of the cell, just as if you were to remove the brain from your body, you would die instantly.

But, in experiments the cell would continue to function normally for many months.

“Could it also be true that what we perceive as the “brain” of our bodies that resides in our skulls is also not entirely true?”

You must have heard the expressions:

“My gut instinct.” or “Sorry, but my heart just isn't in it”

“Why do so many people say that?”

Howard Martin of the now famous HeartMath Institute writes:

“At HeartMath we’ve spent the last 15 years diligently studying the “heart” physically, emotionally and spiritually. Our researchers have been mapping the communication pathways between the heart, the brain and the rest of body while also studying the effects of positive emotions on health and performance. What we’ve learned is that the heart is the master controller in the human system capable of sending powerful, healing commands throughout the entire body. These signals from the heart have a dynamic impact on the nervous, hormonal and immune systems. They also influence brain function and have the ability to improve cardiovascular disease, hypertension, diabetes, psychological problems and more. In essence our old friend the heart may be the best healer of all.”

There is also a famous case of a young girl who received a heart transplant. The heart came from a girl who had been brutally murdered. The recipient of the heart started to get severe nightmares with torturous visions of being attacked and killed by someone. The girl told her mother, who took her to a psychiatrist.

In her sessions with the doctor, she accurately described the killer in her dreams. The doctor went straight to the police station where a police artist drew an exact portrait of this man. With this new information, the police were actually able to arrest the man for the murder of the girl whose heart was donated.

In recent years, scientists have also discovered the brain and gut actually talk to each other.

‘We all know our gut is sensitive to emotions: we have "butterflies" in our stomach, we feel nauseous in certain situations, and some experiences can be "gut wrenching". These are all visceral manifestations of anxiety, anger, sadness, and elation. Doctors know it is important to bear this in mind when treating gastrointestinal disorders that appear to have no obvious physical or infectious cause.’

“Our 30-foot long gut is embedded with cells of the enteric nervous system, the ENS, a complex system of around 100 million nerves that is often referred to as our "second brain". The ENS supervises the processes of digestion and stays in close contact with, and is heavily influenced by, the central nervous system (the CNS) which comprises the brain and spinal cord.” 2009, Medical News Today

“So, is our mind really just in our head?”

The ancient Taoist’s of Asia certainly didn’t think so.

They believed we actually have three minds:

“The Three Minds correspond to the Three Tan Tiens or major energy centers within the body. They can store, transform and supply energy to and from each other, the spinal cord, sexual organs and other major organs. The Upper Tan Tien is located within the Upper Brain, the Middle Tan Tien is located in the heart and the Lower Tan Tien in the abdomen.”

“In the Tao practice, we store energy in the Three Tan Tiens. The Three Tan Tiens correspond to the Three Minds, Upper, Middle and Lower.”
Grand Master M Chia

In Ancient Hinduism, it is also believed your mind has separate parts, an INNER MIND and an EXTERNAL MIND.

Your inner mind is associated with your autonomic nervous system, which regulates things like your heart beat, breathing and blood flow...all on autopilot, without needing our conscious thought.

This can be related to the Western idea of the “subconscious mind”.

Your external mind is associated with thinking and problem solving, which can also be full of worry and fear; this can be referred to as your “conscious mind.”

When you use certain meditations to quiet the mind in to a single focus, you can create an awakening of your inner mind, where the real magic talked about by the sages and rishis of India occurs.

When we experience the inner mind, we are calm, balanced, stable, very happy and above all the worries and humanly sorrows. The sense of 'being' or 'me' alone remains in the initial stages, and that also gets sublimated in the advanced stages of the experience. The Vedas confirm the above states of higher experiences. Thousands of practitioners have also witnessed the same state of realization. Dr. Sujit Chandratreya, Mind Power

The Vedas were very clear on their view of the mind-body connection and how your perception and belief of the world affects everything about you on the deepest level.

Through work of Dr. Bruce Lipton and other scientists, the connection of mind and body at a cellular level has been confirmed scientifically.

“A verse from the Veda says, 'What you see, you become.' In other words, just the experience of perceiving the world makes you what you are. This is a quite literal statement.” Deepak Chopra

How Your Mind Works

A WEAK mind has been directly linked to a WEAK immune system.

A STRONG mind has been responsible for some of the greatest human feats of endurance and recovery.

Those minds who know how to play the rules of the game to their advantage have gone on to become the worlds greatest leaders, teachers, artists and innovators.

Nikola Tesla 1856 – 1943

Nikola Tesla, who invented electricity and the science behind many of the greatest inventions our planet has ever seen, used to experience intense visions, where he felt he was being given divine knowledge. These experiences lead to his amazing discoveries that changed the world forever.

Phil Jackson, former head coach of the Chicago Bulls and LA Lakers

“The unbelievably prolific basketball coach, Phil Jackson has achieved what no coach had ever done. In 20 seasons, first at the Chicago Bulls and then at the Lakers, he has won 11 NBA championships. Robert Pirsig's celebrated philosophical novel Zen and the Art of Motorcycle Maintenance became a seminal influence, as did the spiritual practices of Native Americans. So too, did various prescribed substances, including the high-quality acid of which he partook in Malibu. Jackson has described that day as one of the most important of his life. Out of it grew a philosophy called "enlightened basketball," based on the conviction that the right mindset and a team spirit that overcame self were the keys to victory. The reasons for Jackson's phenomenal success as a coach were not unique to him. He protected his team and fostered an extraordinary spirit, taking the pressure off his players while instilling the belief that together they could achieve anything.

What set Jackson apart were his methods. What other coach would have held meditation and yoga sessions for his players, or given them special

books to read, and specially edited movies to watch?" writes Alex Corrigan Independent.co.uk

Dr Deepak Chopra

"Dr Deepak Chopra is, today, the leading exponent of holistic health, New Age spirituality and human potential. His 25 books, including Quantum Healing, Ageless Body, Timeless Mind; Creating Affluence; The Seven Spiritual Laws of Success, The Return of Merlin and The Path to Love have sold more than 10 million copies worldwide. His website, like his television serials, enjoys top popularity ratings; his celebrity clients include Demi Moore, George Harrison, Michael Jackson and Oprah Winfrey; his Chopra Centre for Well Being at La Jolla, California is a pioneer in mind-body health; his lectures are hugely attended worldwide. His teaching blends physics and philosophy, Ayurveda and modern medicine, timeless wisdom and personal insight with dynamic results.

In his early years as a medical doctor, he smoked cigarettes, drank alcohol, and consumed plenty of coffee on his way through long workdays. He was counseling his patients to change their self-destructive habits, but began to recognize that he could not make such changes in his own life. Then came that fateful day. Browsing in a used bookstore one Sunday afternoon in 1980, Chopra stumbled upon a book on Transcendental Meditation. Reading the book that evening, he told Rita: "This looks fantastic!"

The following day they enrolled for a TM class and, two months later, they took the advanced TM-Siddhi programme. "At first I did TM mainly to relax, but it changed my whole life—my diet, my work, my relationships with patients and other people," he says. "I became 10 times more efficient in my work."

He soon lost his taste for alcohol, and other self-impairing habits spontaneously fell away. His worldview began to change." Ajay Ahuja, PositiveLife

Your one mind is composed of three separate systems: the conscious mind, your subconscious mind and a higher level mind known as your “superconscious” mind, named by the great Austrian psychoanalyst, Carl Jung.

Conscious Mind - the thinking you that can express free will, be creative, make decisions and solve problems.

Subconscious Mind – the unconscious you that controls your autonomic functions, such as your heart beat, breathing, digestion and circulation. It is like a large database of programmed behaviors. When a change in your environment is perceived, your subconscious mind will pull out the stored program to play.

Some programs are derived from genetics; these are your innate instincts and they represent the influences of nature on your thoughts. However, the vast majority of the subconscious programs are acquired through your developmental learning experiences; they represent nurture.

Superconscious Mind – the collective consciousness of the entire universe. It is omnipresent and each human mind is an individual center of this one greater mind.

Ralph Waldo Emerson, the great American transcendentalist, referred to the superconscious mind as the “oversoul.”

He wrote, “We live in the lap of an immense intelligence that, when we are in its presence, we realize that it is far beyond our human mind.”

Emerson felt all power and possibility for the average person came from using this mind on a regular basis.

Napolean Hill, one of the greatest writers and researchers about success and achievement, referred to this power as “infinite intelligence”. He studied the lifestyles and minds of the most successful entrepreneurs of his time and believed they tapped into this source of power on a daily basis.

As scientists extend their research into quantum physics, it has become quite evident there are many layers of energy beyond our physical plane.

What we now know is that everything is energy, even our thoughts.

Everything that has been created as new in this universe by the great authors, artists, musicians, entrepreneurs and inventors is the result of the creative energy that lies within the superconscious mind.

But, there is still a lot of debate whether the superconscious mind is a separate level of mind or just another function of your powerful subconscious.

Additional theories add to its mystery. The great mystics and seers believe the superconscious mind to be a level higher than our human mind. This layer, or energy field, is known as the "infinite intelligence," or "collective unconsciousness," where we are all one and nothing is separate.

Information on this level is universal and can be accessed by anyone who chooses to seek it.

If you can tap into this energy, you can create great change and accomplishments that benefit the whole of mankind, collectively, beyond just yourself.

Have you ever felt driven by a force so great you felt you could go on and on for hours...where you forget to eat or even sleep, but still you don't feel tired, hungry or thirsty?

I know I have felt like that many times whilst composing music in a studio. I feel this way even as I write this now.

This happens because you are actually directly harnessing the energy of the superconscious mind.

This is what is meant by getting in to that state of "flow."

How Do You Tap Into Your SuperConscious Mind?

When your conscious mind is aligned with your subconscious mind, you can create a state of congruency and be able to channel energy and information from the superconscious mind.

“Have you ever walked into a room and sensed an immediate drop in energy or a strange feeling of paranoia or unexplainable fear?”

The more “in tune” you are to your emotions, the easier it is for you to sense the collective super consciousness of people and even other non-human, living organisms.

Imagine if you could tune in to a level even higher and tap into the collective consciousness of the entire universe!

If you are experiencing limitations in your life, then these are strictly due to the limiting beliefs you hold in your subconscious mind.

The way to overcome them is by aligning your conscious and subconscious minds with the superconscious mind.

You do this by being willing to let go of your own beliefs about yourself and the world around you and opening yourself to the information, the power and the love flowing into your center of consciousness directly from the superconscious mind.

During the first six years of your life, you have very little conscious brain activity and you unconsciously acquire all the behavioral patterns necessary to become a normal functioning member of your immediate society.

Using an EEG machine, you can actually measure your brain wave frequencies. During the first six years of your life, you are predominantly in “hypnagogic” theta and delta states.

In these state, you absorb large amounts of information and pick up behaviors from your parents and siblings simply through observation, without needing them to actively teach you things.

So, the models of behavior given to you by these early influences in your life are very important to the formation of your subconscious mind and how good a driver of your life it becomes.

During these years, you will download information directly from your parents, negative or positive.

If they fill you with praise, then you will become a more confident you, having a sense of confidence and security in your own abilities to grasp new things.

But, if they fill you with negativity by repeatedly calling you stupid and making you feel unworthy, you will grow up lacking in confidence and with feelings of insecurity ingrained in your subconscious mind.

In school, peer pressure, friends and teachers will further add to the ingrained beliefs you hold about yourself, negative or positive.

Fortunately, the hardwired habits of your past can be rewritten with much more EMPOWERING and CONSTRUCTIVE thoughts and behaviors.

How To Consciously Upgrade Your Mind

Your conscious mind is responsible for DECISION making, such as what book to read, what music to listen to and what partner to fall in love with.

On the other hand, the beating of your heart, your digestive functions, your breathing and circulation are all under the control of your subconscious, completely independent of your conscious mind.

Your subconscious mind also carries out your hardwired HABITS. Have you ever driven home from work, reached home and had the feeling, I just can't remember the journey here?

This is because you have repeated that same journey so many times that the activity of driving home has been hardwired into your subconscious and this takes over, meaning you are no longer consciously aware of the journey.

It is the same principle applied to learning to ride a bike for the first time - you have to concentrate like crazy, but after much practice, the process become completely NATURAL and you rarely forget how to do it.

The thought process involved in riding a bike has been hardwired into your subconscious mind.

An important point to remember is your subconscious mind does NOT get involved with determining whether your thoughts are good or bad, true or false.

It responds according to the NATURE of your thoughts or suggestions.

If you consciously assume something to be true, even though it may be completely false, your subconscious mind will accept it as true and proceed to bring about the consequences of your action.

Most peoples thought patterns go something like this...

Conscious Mind: "I want more money"

Subconscious Mind: “But people won't like me, money is evil, it's too much hard work and stress!”

Request cancelled, start the self-sabotage sequence

Conscious Mind: “I want to lose weight!”

Subconscious Mind: “Are you kidding? I love chocolates! I am fat and always will be!”

Request cancelled, start the self-sabotage sequence.

We self-sabotage the things we really want out of life because hardwired in our subconscious are old patterns of thinking that are usually built upon false beliefs.

For the same reasons, smokers continue to smoke, even though consciously they are aware it is doing more harm than good.

The habit of smoking has become hardwired into their subconscious minds.

At one point in their life, they consciously accepted smoking is ok. Over time, the repetitive action of smoking turns into a habit that becomes ingrained into their subconscious mind.

If you know a smoker, or are one yourself, I am sure you have noticed how they can flip out a packet, light up and continue talking without much thought required in the process.

This is because smoking has become a subconscious habit for the smoker and no longer requires any conscious thought.

A non-smoker on the other hand, would probably have to stop the conversation and think about every step required in lighting up a cigarette for the first time, not to mention the inner battle going on in their conscious thoughts deciding whether this is the right thing to do!

If you did not have a subconscious part to your mind, your conscious mind would be overwhelmed looking after all the various functions of

the body, protecting you from any incoming danger and coming up with new, creative ideas.

So, the separation of your mind into two parts was a very necessary thing in the evolution of the brain.

How To Reclaim Your Conscious Control

Your conscious mind acts like a “watchman at the gate” and its chief function is to PROTECT your subconscious mind from FALSE impressions.

This way, you can create constructive and harmonious habits to provide an easy, joyful and vibrant life.

This actually means your subconscious mind can be programmed or reprogrammed where necessary.

The hardwired negative habitual thinking can actually be replaced by more constructive thoughts.

If you imagine your subconscious mind as an operating system on a computer, you can erase the disk and start again with a far superior operating system free from bugs.

Another analogy would be to see your subconscious mind as a tape player that plays back old recordings of your habits whenever a request is made for them to be played out by your environment.

Using your conscious mind and becoming more consciously aware of your thoughts, you can begin to rewrite those old limiting beliefs and bad habits by recording new ones on to a new tape within your subconscious mind.

This is made possible by the amazing power of SUGGESTION and it is this process that holds the secret to unlocking your infinite subconscious mind power

Unlike your conscious mind that can respond to simple instructions, your subconscious responds best to FEELINGS and IMAGES

Through the careful selection of EMOTIVE words and phrases you can invoke feelings and images in your mind that begin to lay down new thoughts and beliefs in to your subconscious mind.

This combined with sounds and music can produce a very powerful subconscious rewiring effect.

It is the power of suggestions that explains the miracles of prayer and why so many practice it to this day.

When you pray, you are rewriting the matrix of habitual thoughts hardwired into your subconscious.

You are laying down new patterns by directly communicating to your subconscious through your conscious mind.

When prayer is repeated every night, a quantum shift occurs in the physiology of your mind and body.

It is widely accepted now that most chronic diseases are caused by a dysfunction in our immune system.

We also know our subconscious is responsible for the proper functioning of our immune system.

When I began the process of speaking directly to my subconscious every night just before going to sleep, which could be perceived as prayer, what I was doing was correcting the old, bad patterns that had formed as a result of STRESS and WORRY.

I would lay on my bed and repeat the following statement whilst MEDITATING to my own meditation music:

“I am whole, perfect, strong, loving, harmonious and happy”

In a matter of weeks, my subconscious had accepted the above statement as TRUE, my anxiety melted away and my health was restored back to normal.

Not only that, but I gained a new sense of CONFIDENCE and magical things started to happen for my business and relationships.

As I gained more energy from the reduced anxiety and stress, I started to exercise more, eat more healthily and, as a result, I became more attractive to people I met.

The positive effects of the INCANTATION lead to a chain of events that can only be described as miraculous!

In a few short months, I managed to quit my job I hated, cured myself of a debilitating disease and created a successful online business.

The Sacred “I AM”

If you look back to the statement I used, you will notice it begins with the words “I am”

The word “I” is the key that starts the engine of creation. The words “I am” are extremely powerful. They are statements to the Universe.

In the ancient Indian Vedanta the same statement is “Aham” and this is the same meaning in Hebrew as “Amen”

“Commands for manifesting exactly what you desire.”

You may be wondering, “What does the Universe have to do with all of this?”

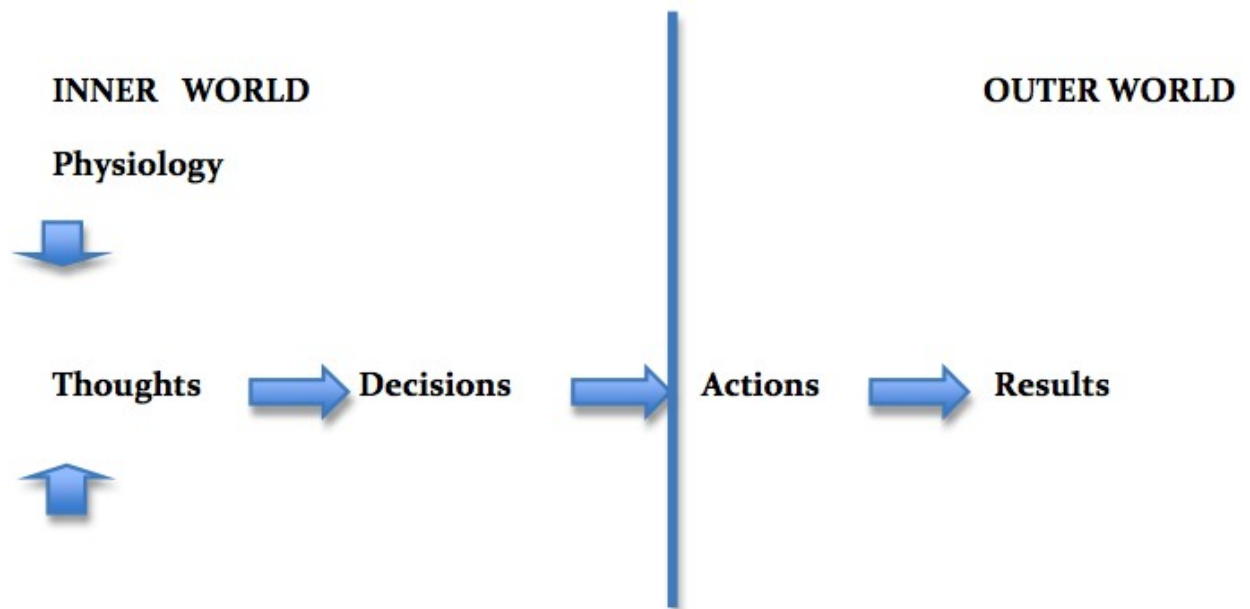
Scientists have, in recent times, revealed that the universe is made up of a singular energy that runs through all things.

Furthermore, we as human being have the ability to alter this formless, quantum soup of energy with our thoughts!

Every single thought that occurs in your mind is creative.

“The problem with trying to reprogram the subconscious is that we fail to realize it is playing behavioral ‘tapes.’ To understand why conscious awareness does not readily change subconscious programs, consider this instructive analogy: I provide you with a cassette tape, and you put it into your player and push the play button. As the tape plays the program, you realize that you do not like it. So, you yell at the tape player to change the program; you ask it to play something different. After a while of not getting a response, you yell louder and get angrier at the tape player because of the lack of a response to your request. Then, when it seems hopeless, you beseech God to help you change the program. The point is simple; no matter how much you yell at the tape player it will not change the program. To change a tape, you have to push the record button and then rerecord the program incorporating the desired changes.” Dr. Bruce Lipton

Your Inner World Creates Your Outer World!



Most people tend to focus on the results and when something goes wrong, they attempt again and again with the same old, bad, habitual thinking.

This is why, for many people, they go through life from one failure to the next, starting projects but never finishing them, going from relationship to relationship never finding true love, from one disaster to the next...and so on.

They try to change their circumstances: where they live, where they work, who they are with or they take on a new business opportunity or a new job...without changing their way of thinking and they end up experiencing THE SAME RESULTS!

There is a famous quote by T. Harv Ecker, the best selling author of The Millionaire

Mindset that goes ...

“Your very best thinking has got you as far as you have today”

If you want to progress to the next level in your life, you need to
UPGRADE your THOUGHTS!

The Cultural Hypnosis

“Culture is not your friend...the reason it's not your friend is that it's NOT YOUR CULTURE. It's something someone else made up. In more insidious terms it's ideas and memes that other people, some seeking to shape your thoughts on things have made up and passed along. Control Icons. “ Terence McKenna 1946 - 2000

The late great speaker, author and articulator of topics on the hidden mysteries of life, Terence McKenna, made a famous point that culture is ultimately disempowering to the individual.

It teaches you to CONSUME and not to create. Be a passive observer, rather than an EMPOWERED CREATOR!

We all have the power within us to create amazing things, but so few of us really do.

The majority of us in the western world live in a cultural hypnosis of urgent consumerism.

We are bombarded with marketing messages, advertising and slogans all day long telling us to buy, buy, buy things that, in reality, we probably don't really need.

We live in a “keeping up with appearances” community, where the “in crowd” is continuously striving to model after their would-be heroes, regardless of whether their lifestyles are sustainable or spiritually rewarding.

This keeps people locked into the habits of unnecessary spending and consuming and most of their creative time is spent serving the needs and wants of their corporate bosses.

All of which leads to STRESS, DEBT and an urge to seek out short-term pleasures to heal the pain of a life of uncreative monotony. Sound familiar?

Don't worry if it does; it is really not your fault!

Unfortunately, our economic system of perpetual growth is designed exactly in this way – to create a culture of consumption.

That is how the "rich get richer and the poor get poorer."

Most likely, YOU are being hypnotized by it every single day, and it is my job to get you out of that TRANCE!

Your Mind Serves To Protect You At All Costs

You must remember your mind serves to protect you, but sometimes this appears as completely counterintuitive.

You may start smoking or taking hard narcotics, even though you know its wrong, just so you fit into your current social circle.

You may buy an expensive car you know you cannot really afford and will only get you into deeper debt.

This is a very primitive survival mechanism designed to keep your SOCIAL STATUS high because, for many people, being in the "cool" group is their ingrained tribal instinct for making sure they are acceptable to the opposite sex.

This would ensure the survival and propagation of your GENES.

When you understand that your mind serves to protect your genes and ensure their replication, you can begin to control your thoughts to make sure you reach the highest potential possible.

Instead of looking for short-term acceptance into a low-grade social environment, you can visualize a much brighter and valuable future and your subconscious will do whatever it takes to make that future happen!

Your Physiology Becomes Your Psychology

When asked, “What is the number one factor that has influenced your success and productivity as an entrepreneur?” the multibillionaire Sir Richard Branson answered, “Working Out!”

I explained before that your mind is actually the collective consciousness of every single cell in your body.

If you do not use your body, your body starts to DEGENERATE.

If you feed your body junk and poisons, you start to kill the cells of your body and YOUR MIND!

If you study the top entrepreneurs and successful people in this world, they all work on optimizing their physiology on a daily basis because ultimately their PHYSIOLOGY influences their PSYCHOLOGY.

They know staying fit and healthy is the only way to ensure they enjoy optimum thinking with thoughts that produce their genius.

“Your motion becomes emotion” Anthony Robbins

Even just a simple 15 minute exercise routine each day is enough to get the blood flowing around your body to the cells that make up your collective consciousness.

You can change your physiology in many ways. Some people choose drugs. Many actors and musicians actually claim that it was their choice of drugs that influenced their work and moments of genius.

Unfortunately, this can also lead to habit-forming behavior that leads to great PAIN and even DEATH. That first hit that enhanced their performance becomes an addiction and many actors and musicians become dependent on it as their source of inspiration.

Their subconscious adopts the idea that taking the drug is good for them, especially when their raving fans shower them with admiration for doing so.

It can then become a negative, destructive habit where the drug literally “owns” their mind.

Many authors, actors, musicians, celebs, sports stars and high profile business people, who broke free from those negative habits associated with their culture, found a more safe and natural way to experience the same highs they got from stimulant drugs and alcohol.

Through the great work of people like Deepak Chopra, Shri Shri Ravi Shankar and many others, the practice of YOGA and MEDITATION has become widely accepted as a powerful system of optimizing your physiology.

“A study, published in the Journal of The Association of Physicians of India (JAPI), establishes the reversibility of heart disease through yoga. Study was done on angiographically proven CAD patients, of whom 71 formed the study group and 42 the control group. The results proved that the serum total cholesterol levels had reduced by 23.3%, disease had regressed in 43.7% and progression was arrested in another 46.5% of the patients. Some marked improvements were noticed in anxiety levels of patients. Controlled yoga, combining calming and stimulating measures, resulted in reduced serum cholesterol, LDL and triglyceride levels.”

There is NO greater state change than the regular practice of yoga and meditation.

I am a major evangelist of meditation as it helped me so much to reduce stress and rewire my thoughts.

One of the main components of my leading website, <http://AlphaMindSystem.com> is the use of MEDITATION.

Now for many people meditation can be a scary process. You may think that its a long boring routine that takes endless hours of practice. Well I thought that until I discovered brainwave entrainment, which is now a widely used technology for achieving deep meditative states in literally minutes.

Rather than taking years and years of deep meditative practice, the Alpha Mind System incorporates this modern breakthrough in audio technology that allows the users to reach DEEP meditative states after just a few uses.

Why Sound and Music Can Create A Safe Environment For Your Cells and You To Thrive!

From the dawn of the first civilizations, man has used music for not only celebration and enjoyment, but also as a powerful tool for healing and even tribal magic.

Music has since been used as therapy for many years and there has always been a belief amongst therapists that music and sound vibrations have a direct influence on our bodies at a physiological level.

Thankfully, in recent times, more and more research is confirming the magical effect music can have over your body and mind.

“Some of the most exciting and controversial research in the burgeoning field of alternative therapies has recently been introduced into Britain from France by Fabian Maman, a musician, acupuncturist and bio-energetician.

He recently told doctors and therapists at the Bristol Cancer Help Centre the results of initial research he has been conducting with the biologist, Helene Grimal (of the University of Gusseau), which illustrates the effect of sound on cancer cells.

In a sequence of slides of cancer cells photographed, at 60-second intervals, while being subjected to a precise series of sound frequencies, he showed that systematic destruction of the cancer cells occurred. Maman emphasized that healthy cells were not affected by such frequencies.” Guardian 1988

“A study conducted in Colorado State University in 1991: Twenty-four undergraduate women had to swing their arms and hit a target with an object on completion of the downswing. They played music during this and the researchers found that when the women coordinated their movements and swings with the beat, instead of going at their own rate, they had more control over their muscles and it also enhanced their mood and motivation.”

To understand how music and sound has such a profound affect on your mind and body at a cellular level, you must first understand the basic physics of how sound and music is produced.

We know that sound is made of waves, or vibrations, of ENERGY moving in the air at about 340m/sec.

Each sound has its own specific frequency and you can hear from 20 frequencies per second to 20000 frequencies per second.

These waves travel through the air and your ear picks them up, turning them into electrical signals that move to your brain for translating into what you perceive as sound.

So, whether the sound is passing noise, music, or a person talking, your brain does an amazing job of differentiating exactly what signal is what.

The term Cymatics was coined by Dr. Hans Jenny (1904 -1972).

In 1960, Dr. Hans Jenny performed groundbreaking experiments to show for the first time the effect sound has on materials.

He coined the phrase Cymatics to name this new field of scientific research.

For 14 years he conducted experiments that animated inert powders, pastes and liquids into life-like flowing forms that mirrored patterns found throughout nature, art and architecture.

To do this, he used single pure tones. What he observed is physical representation of the sound's vibration in the material world.

Hans Jenny has also pointed out in his research the resemblance between the shapes and patterns we see around us in physical reality and the shapes and patterns he generated in his investigations.

Jenny was convinced that biological evolution was a result of VIBRATIONS and their nature determined the ultimate outcome.

He speculated every cell had its own frequency and a number of cells with the same frequency created a new frequency that was in harmony

with the original, which in its turn, possibly formed an organ that also created a new frequency in harmony with the two preceding ones.

Dr. Jenny was saying that the key to understanding how we can heal the body with the help of tones lies in our understanding of how different frequencies influence genes, cells and various structures in the body.

"The more one studies these things, the more one realizes that sound is the creative principle. It must be regarded as primordial. No single phenomenal category can be claimed as the aboriginal principle. We cannot say, in the beginning was number, or in the beginning was symmetry, etc.

These are categorical properties, which are implicit in what brings forth and what is brought forth. By using them in description we approach the heart of the matter. They are not themselves the creative power. This power is inherent in tone, in sound." Hans Jenny

Through a process known as electroconformational coupling, resonant vibrational energy fields can alter the balance of charges in a protein. In a harmonic energy field, receptors will change their conformation. Consequently, cell membrane receptors respond to both physical and energetic environmental information. (Tsong, Trends in Biochem. Sci. 1989, 14:89-92)

Science has since proven that harmonic vibrational energy fields can actually alter the perception of your cell membrane and both sound and music are vibrational energy fields of specific frequencies.

So, if you listen to sounds and music you really love, that deeply resonate with you, they will have a resonant effect on your body, making your cells believe that the environment around them is safe, reducing stress and stimulating growth and repair.

Music is the a complex product of different sound frequencies interacting together in harmony, or even disharmony, depending on the music, often flowing rhythmically at a certain beat or tempo.

When you hear a piece of music that really resonates with you some amazing things can start to happen inside you.

Music does many things for the human body that has been shown in studies:

1. Masking unpleasant sounds and feelings
2. Slowing down and equalizing brain waves
3. Influencing your respiration
4. Influencing your heartbeat, pulse rate, and blood pressure
5. Reducing tension in your muscles
6. Influencing your body movement and coordination
7. Influencing your body temperature
8. Regulating stress-related hormones
9. Boosting the immune function
10. Changing your perception of space and time,
11. Strengthening your memory and learning
12. Aiding your productivity
13. Enhancing romance and even your sex life
14. Stimulating digestion
15. Improving your endurance
16. Giving you a sense of safety and well-being.

If you want to find out exactly in more detail how I became a pharmacist making music as medicine please visit my website and download my free book that explains in much more depth exactly how music and meditation can help you reduce stress and overcome chronic illness.

Get it here <http://www.AlphaMindSystem.com>

Stress Management Tips

1. It is really important that you find something enjoyable to do each day. This could be time with friends, music, a hobby or another stress reducing activity.
2. If you have financial worries, then it is time to start organizing finances and seeking advice if you need it.
3. If you have relationship worries, it often helps to find someone neutral to confide in.
4. If your job is continuously stressing you out, then you should look at other options or have a word with your boss.

You should not be shy of seeking help and advice on anything that is causing stress.

There are numerous charities, organizations and books on ways to solve any problem that you may have.

Could This Be The Biggest Cause Of Stress In Our Modern World?

“Researchers peering into the brains of those engaged in several tasks at once are concluding what some overworked Americans had begun to suspect: that multi-tasking, which many have embraced as the key to success, is instead a formula for shoddy work, mismanaged time, rote solutions, stress and forgetfulness, not to mention car crashes, kitchen fires, forgotten children, near misses in the skies and other dangers of inattention.” LA Times 2004

We live a world where it is not uncommon to be talking on the phone, whilst checking emails, having a conversation on Skype, cooking dinner and trying to take care of the kids all at the same time!

Unfortunately, this is not something that is very natural for our brains to handle.

Our ability to multitask arises from the pre-frontal cortex of your brain, which is found in the more recently evolved neo-cortex.

“When a human is assessing tasks, prioritizing them and assigning mental resources, these frontal lobes are doing most of the work, says Dr. Jordan Grafman, a neuropsychologist and chief of the National Institute of Neurological Disorders and Stroke at the National Institutes of Health.”

“Grafman says, that the prefrontal cortex is the part of the human brain that is most damaged as a result of prolonged stress, particularly the kind of stress that makes a person feel out-of-control and helpless. The kind of stress, say, that you might feel when overwhelmed by the demands of multi-tasking.”

“Such stress, Grafman says, also will cause the death of brain cells in another region — the hippocampus, which is critical to the formation of new memories. Damage there can hobble a person's ability to learn and retain new facts and skills.”

"Multi-tasking, almost by its very nature of course, creates stress," Grafman says. And long-term stress, in turn, is likely to make us less able to multi-task, he says. It's a humbling lesson in the limits we face, he acknowledges. "If you're multi- tasking, and it's very stressful," Grafman says, "you're not going to get better at it.", LA Times 2004

Psychologist Marcel Just at the Carnegie Mellon University has extensively studied multitasking.

He states that your brain is a marvel at multitasking and many things that happen simultaneously, such as breathing, your heart beat and digestion, would not be possible without this amazing power of your brain.

This is a quality of your subconscious mind. When a behavior is ingrained into your subconscious, it become automatic and frees up your conscious mind to focus on other things, such as eating lunch whilst reading a newspaper.

Unfortunately, this amazing power is not true of your conscious mind. Perhaps this is due to its tiny processing power compared to your mighty subconscious mind.

When your brain engages in several tasks that require conscious attention it “discounts” the attention applied to each by spreading its processing power across each of the tasks...that spells bad news for your productivity!

It has been shown in many experiments that people who multitask have bouts of forgetfulness and reduced short-term memory.

“Complaints of forgetfulness among women in their 40s and 50s are so prevalent that Peter M. Meyer, a biostatistician at Chicago's Rush University Medical Center, in the late 1990s conducted a study intended to gauge how deeply the hormone changes of menopause disrupt women's memory.”

“Instead, he got a lesson on women and multi-tasking. The tests of short-term memory and verbal memory stubbornly showed that women of this age, though they complained of forgetfulness, were not missing a step.”

“Their forgetfulness appeared to be a function of depression, stress and “role overload” — the multi-tasking of many roles at once — Meyer concluded.” LA Times, 2004

Gary Small, a neuroscientist and author of the book iBrain, warns that children who spend their formative years multitasking lose out on chances to focus on developing crucial, but slow-forming, interpersonal skills.

“With the weakening of the brain’s neural circuitry, controlling human contact, our social interactions may become awkward and we tend to misinterpret - and even miss - subtle, non-verbal messages,” he says.

Multi-tasking denies us essential pauses in our mental space.

“We need this time to develop our inner resources and grow neural connections in the cortex humanitatis - the part of brain that makes us civilized creatures”, says Daniel Siegel, associate clinical professor of psychiatry at UCLA Medical School in America.

“Trying to learn while doing something else, such as doing homework while watching TV, sends information to an inappropriate part of the brain”, explains Professor Russell Poldrack, a psychologist at the University of California.

“Using brain-scans, he has found if we multitask while studying, the information goes into the striatum, a region of the brain involved in learning new skills, from where it is difficult to retrieve facts and ideas. If we are not distracted, it heads to the hippocampus, a region involved in storing and recalling information.”

“There is a cost to the way that our society is changing. Humans are not built to work this way”, Professor Poldrack, University Of California says. “We're really built to focus.”

I feel the crazy multitasking I had to do at work was a big factor in getting my own stress-related disorder.

As a pharmacist, not only do we have to label, dispense and check prescriptions, but we also have to manage the store and the staff, answer the telephone and perform patient consultations-all at the same time!

I am sure many people can relate to my own scenario. I feel this modern day multitasking has been allowed to get out of hand for way too long.

What Is The Solution?

The first, most important thing to understand is we are just not designed to be conscious multitaskers.

Whether we like it, all multitasking, if not correctly managed, will lead to chronic stress.

Your conscious mind loves being able to focus on one thing at a time. If you try to do eight different things at once, it will take you eight times as long to complete any of those tasks!

In fact, this ability of narrow focus is what all the great geniuses shared.

David Shenk is the author of the famous book, *The Genius in All of Us: Why Everything You've Been Told About Genetics, Talent, and IQ Is Wrong*.

Shenk argues we have before us not a “talent scarcity,” but a “latent talent abundance.” Shenk states “the vast majority of us have not even come close to tapping what scientists call our ‘unactualized potential.’”

Shenk reveals science is revealing the attainment of “genius” to be the product of highly concentrated effort.

Shenk also cites some of history’s great achievers — Ted Williams and Michael Jordan, Mozart and Beethoven — as examples of individuals who worked hard, day and night, to master their chosen fields.

Malcolm Gladwell also seems to agree, at least in part, with this notion. In his recent work, *Outliers*, Gladwell looked at people who rose above the rest and achieved incredible success in their respective endeavors.

An interesting point Gladwell makes is all people successful in their respective fields all have one thing in common: they have spent at least 10,000 hours learning, internalizing and perfecting their crafts. That applies to all the top artists, musicians, writers and IT leaders. They all spent at least 10,000 hours or more doing what they do. That’s at least a solid five years or more of dedicated work.

Shenk concurs, saying the key to success is practice, practice, and practice for years and years. “You have to want it, want it so bad you will never give up, so bad that you are ready to sacrifice time, money, sleep, friendships, even your reputation,” he writes. “You will have to adopt a particular lifestyle of ambition, not just for a few weeks or months, but for years and years and years. You have to want it so bad that you are not only ready to fail, but you actually want to experience failure: revel in it, learn from it.”

Unfortunately, multitasking is something very difficult to avoid in our hectic, modern lives. However, it can be safely managed, so its damage to your health and productivity is minimized.

Here are some golden rules to help you manage your multitasking better:

1. **Do Not Multitask In The Afternoon** - Our body actually goes through a natural sleep cycle around 2pm. This is one of the reasons why siestas were introduced in Spain. Post-lunch tiredness added to the strain of multitasking, often causes overload.
2. **Set One Major Task To Be Completed Each Day** – If you are planning on starting a business, it is wise to focus on one major goal for your business, then chunk down all the tasks needed to be done to move your business forward by splitting them into one major task per day. If you have eight different business ideas and try to do them all, you will end up taking eight times as long to complete any of them, probably resulting in failure. The same goes for each area of your life, from your house hold chores to the workplace. Try focusing on one task at a time and complete it before moving on to the next. You can also only do two hours of productive work at a time. So, take regular breaks where you do something that requires very little conscious thought (like meditation) to recharge your brain.
3. **Turn Off Skype, Emails, Twitter and Your Mobile When Trying To Work** – Did you know that any interruption to your work will take you 20 minutes to get back into focus and productivity again? So, turn off all distractions. Otherwise, you will feel overwhelmed, stressed out and find it hard to get simple things done.
4. **Meditate Regularly** - Brain scans of non-religious Westerners who meditate show they have increased development in regions associated with memory and attention. Extensive research shows that meditation makes brains more efficient at paying attention, so there is more brainpower to spare for doing two tasks at once.

In Buddhism, your conscious mind has also been referred to as the "Monkey Mind."

The monkey mind jumps from thought to thought like a monkey jumps from tree to tree.

Rather than existing in the present moment, the monkey mind focuses on one thought after another; these thoughts distract us from existing in the present.

Meditation helps to allow your mind and thoughts to be brought into a point of single focus.

Laughter As Medicine

One of my father's close friends had suffered from ulcerative colitis but found an unusual method for curing it.

He told me that he would try to watch as many funny films and comedies as possible to try and stay happy and positive. I thought it was a bit strange at first, but after a bit of research I think he was definitely on to something!

In India there is this very strange activity known as Laughter Yoga. There actually is a new type of yoga that involves people gathering in groups, telling jokes and laughing their heads off!

Laughter Yoga Clubs were started by Indian physician, Dr. Madan Kataria in 1995 with just five people. Today, the Laughter Movement is widely accepted and has become a global phenomenon with over 6000 clubs in 60 countries.

Realizing the tremendous power of laughter and its efficacy as the best prescription for wellness, Laughter Clubs have brought smiles and laughter in the lives of many people suffering from physical and mental and emotional upsets.

Laughter has also been shown to reduce stress in a clinical setting by many different researchers:

PUBMED 2003: The effect of mirthful laughter on stress and natural killer cell activity. Bennet MP, Zeller JM

Experimental subjects viewed a humorous video while subjects in the distraction control group viewed a tourism video. Stress decreased significantly for subjects in the humor group, compared with those in the distraction group.

This research also showed that those subjects who were shown daily humorous videos had an improvement in the overall functioning of their immune system and that laughter can be used as a complementary therapy for those who suffer from auto immune disorders.

This again proves that you really do become your environment. If you surround yourself by things or people that are happy and make you laugh, you will get the benefits of your happy thoughts making happy cells in your body.

A Big Help From Your Little Friends

I explained earlier in this book that there actually more bacterial cells in the human body than there are human cells? I know sounds impossible but its true.

Most bacterial cells in our bodies actually live in harmony with our own body cells. They actually are responsible for a large part of your guts own immune system and digestive system.

There is a theory that UC is caused by your own immune system losing the ability to protect the walls of your intestine from harmful bacteria that causes the ulcers. Friendly bacteria however help regulate the immune system in your gut by killing harmful bacteria.

During periods of high stress many changes can occur in your gut and due to things you consume or simply your state of mind, the levels of beneficial friendly bacteria starts to drop. This means your unfriendly bacteria can do their worst and eat away at the walls of your intestine causing the ulcers.

Thankfully you can get hold of beneficial friendly bacteria known as probiotics as supplements you can take. Pro-biotics are also found in yogurts and there are many brands claiming to have high levels of these beneficial bacteria, but I still prefer to top up with supplements to make sure I get enough to keep those ulcers at bay!

“Maintaining remission of ulcerative colitis with the probiotic *Escherichia coli* Nissle 1917 is as effective as with standard mesalazine.”

The probiotic drug *E coli* Nissle 1917 shows efficacy and safety in maintaining remission equivalent to the gold standard mesalazine in patients with ulcerative colitis. The effectiveness of probiotic treatment further underlines the pathogenetic significance of the enteric flora.

Kruis W, Fris P, Pokrotnieks J, Lukás M, Fixa B, Kascák M, Kamm MA, Weismueller J, Beglinger C, Stolte M, Wolff C, Schulze J. PUBMED

Diet

My consultant actually told me that changing my diet would have little effect at controlling my symptoms. She could not have been more wrong and ignorant.

I tried so many different diets that were touted on the internet as the best thing ever for curing colitis or managing the symptoms. Most of them were so rigid and difficult to keep up, or simply made the diarrhea, cramping and gas problems worse that it was more stressful being on the diet. I began to believe my consultant until I read Dr Frawley's book.

Once I read Dr Frawley's book Ayurvedic healing it all became very clear to me why the previous diets were not working.

I am very very sorry but raw food diets just simply do not work for colitis. A raw food diet actually increases vata in your system so when I tried to eat more raw vegetables and fruits, it just passed straight through me. I had incredible cramps and the gas was terrifying for myself and others around me!

Spices, peppers and even garlic aggravates pitta considerably, so it is no surprise that we, sufferers of colitis need to avoid spices like the plague

Turmeric and ginger are ok and actually act as natural anti-inflammatories.

Bitter, cold and astringent foods like raw vegetables such as spinach and broccoli increase vata and can cause a lot of gas and cramping.

Warm, sweet and nourishing foods on the other hand are perfect for balancing both vata and pitta.

Fruits are good too, but some are better than others. As colitis can involve both constipation and diarrhea, some fruits will make the diarrhea worse and may even cause extra burning of your ulcers in the same way that spice does.

I absolutely love fruits, but I found eating more of them made my colitis worse, so unfortunately I had to limit the quantity I ate. The ones I found that were best through a bit of research and trial and error were:

Ripe banana (good for constipation)

Berries (strawberries, blueberries)

Mangos

Pears

The fruits I found that were bad news for my ulcers are:

Oranges

Tangerines

Pineapple

These were simply way too acidic and burned my gut severely.

We need slow releasing complex carbs, so things like sweet potato and butternut squash are great.

Avocado

Avocado is also very good and soothing for colitis. It offers around 20 different vitamins, minerals and phytonutrients

Wheat (avoid like the plague)

Wheat I discovered is one of the least digestible substances for all people, not just suffers of colitis. Wheat is grown on more land area worldwide than any other crop and is a close third to rice and corn in total world production. Wheat has been interbred many times over the years to make sure the crop can withstand harsh conditions. This means that the gluten in wheat is very hard and incredibly difficult to digest. This means that almost everyone is intolerant to gluten to a degree and for us sufferers of colitis, wheat is our worst enemy!

Thankfully I found some perfect alternatives to wheat;

Quinoa, hemp, oats and buckwheat.

Oats generally do not have the harmful ingredients that make people intolerant to gluten so can be usually eaten quite safely as part of a gluten-free diet.

Quinoa

Quinoa is actually one of the most nutritious foods on the planet. It contains a high concentration of protein with a balanced and complete amino acid spectrum. Quinoa originates from South America and the ancient Incas regarded it as being sacred, calling it the “mother of all grains”. Quinoa is now a stable part of my diet.

Hemp

Hemp is the name of the male plant of the infamous cannabis species of plants. Hemp contains very very low levels of cannabis meaning you will never get “high” from ingesting it, unfortunately!

Hemp has been cultivated for thousands of years and it has a mind-boggling number of different uses.

Due to the cannabis plant being outlawed, it is very difficult to obtain a license to grow hemp for industrial, medicinal and agricultural use even though the number of uses it has could potential solve the planet's poverty, food and fuel problems!

It a perfect food, very easy to digest, with an optimum ratio 3:1 of the essential oils omega 3-6 that is rarely found in nature. It has a full amino acid profile and high protein content. It is also packed with a wide spectrum of minerals and vitamins. Many body builders have now switched to hemp products as it is far healthier and more effective at muscle and tissue growth and repair, a good thing for us colitis suffers.

Hemp oil is also a natural anti-inflammatory and its medicinal uses has been featured in various cultures across the ages. In Victorian times,

hemp and cannabis were so highly valued that you could even pay your taxes with it!

Hemp can also be used to make paper, rope, fabrics, and even very clean fuel for engines. The list is endless.

Beef

When my colitis was at its worst, I went down from 10 stone to around 7 stone in weight. I was bleeding heavily and becoming very anemic. In Ayurvedic Healing, Dr Frawley says that in this case it may be advisable to eat meat broths or minced meat dishes made from beef.

Beef is actually very nutritious and when it is minced it is much easier to digest. So I started to eat small quantities of minced beef and quinoa a couple of times a week to help put some weight back on and get my energy back. Make sure you go for grass fed, organic, free range beef to make sure you are eating healthy and happy animals, as the meat from battery farmed cows is full of toxins and stress hormones from the cow, that can affect your own stress levels too.

I am sure there are many vegan/vegetarian alternatives that would be just as effective. Hemp based products such as hemp burgers that you can find online from various sources will also provide similar nutritional value to beef.

Eggs

I am a big fan of eggs as they are such a rich source of protein that you need to regrow the damaged cells of the gut. The yolk inside eggs is the nutritious centre of the egg and must always be consumed.

Pro-biotics, Yogurt and The Longevity Wonder, Kefir

Yogurt is great for cooling excess fire caused by pitta imbalance. Yogurt also contains millions of beneficial bacteria. I recommend getting a greek style probiotic yogurt that is great for having with some fruit and even some oats as a healthy breakfast or snack.

In addition to beneficial bacteria and yeast, kefir contains many vitamins, minerals, amino acids and enzymes. Particularly calcium, phosphorus, magnesium, B2 and B12, vitamin K, vitamin A and vitamin D. Tryptophan, one of the essential amino acids abundant in kefir, is well known for its relaxing effect on the nervous system. Because kefir also has an abundance of calcium and magnesium, also important minerals for a healthy nervous system, kefir in the diet can have a particularly calming effect on the nerves.

Like yogurt, kefir is a probiotic food, containing lactic acid bacteria. It is famous for its longevity properties as some of the oldest living people in the world, from Bulgaria and the northern Caucasus use it as a staple part of their diet.

Nobel Peace Prize winning scientist, Dr. Metchnikoff had a theory that the lactic acid bacteria (LAB) in the fermented milk were responsible for these populations' exceptional health and longevity. He believed that there was a connection between disease and the microorganisms in the digestive tract, and believed that bacteria in the fermented milk products consumed by these populations competed with the harmful microorganisms in their digestive tract. His studies regarding the contribution of LAB to the functions of the digestive and immune systems may have laid the foundations for the field of probiotics.

Kefir grains are weird looking white lumps that resemble something out of horror movie rather than something that should be healthy. You add them to milk and this causes the milk to sour and ferment producing a large quantity of beneficial bacteria. You can buy kefir grains and make your own beverage with it, or you can purchase ready made versions of the drink, however you have to be careful as brands may vary in concentration of the beneficial bacteria.

Do Go Nut's If You Can

I have read lots of people with UC say to avoid nuts. I on the other hand love them. Especially almonds. Almonds are considered the most nutritious of all nuts. They are high in minerals like calcium and magnesium. They have high quantities of vitamin e too that is important for your immune system. They are also a great source of essential oils

too. You should really chew your almonds well and only eat them raw. Sprouting almonds is supposed to greatly increase the concentration of vitamins e, c, b and a. It does take a bit of effort to do, and I quite honestly cannot say I have tried it.

Drinks

I used to love a cup of hot masala chai first thing in the morning. That was something I had to give up sadly due to the spice content of masala. I also avoided coffee as it is very vata aggravating.

I avoided fruit juices and fizzy drinks like the plague due to their high internal stress causing levels of sugar. I also found smoothies just went straight through me.

So it didn't leave much choice of things to drink. To be honest I just stuck to plain boring water most of the time. I would have a hemp-based smoothie once a day too (recipe below) that was very soothing and revitalizing.

Nutritional Supplements

There are a wide variety of supplements available on the market. Being the renegade pharmacist that I am, I don't believe in taking large quantities of supplements at all. I just feel these are nothing but expensive urine. Our gut is designed to digest and absorb food, not artificial vitamins packed in to small pills. It has been shown in many studies that a large majority of the vitamins in many well known multivitamin pills just pass unchanged in the urine.

There are people like Patrick Holford who are major promoters of supplements, but if you were to take the amounts he recommends and even follow one of his programs as I did, you will soon find out that you have to consume 2 -3 massive pills three or sometimes four times a day. I just can't see how this can be good for anyone's digestive system, let alone suffers of colitis. I am not dead against supplements, and I do agree that mass agriculture has diminished the natural levels of nutrition in many foods that we buy today, so it can help to top up with

supplements. I believe that you should try to find supplements that are from the most natural source as possible. So here is a list of the supplements I take that are also excellent if you have UC.

Hemp Oil

Hemp oil is made from ground down hemp seeds. The oil contains the most optimum omega 3 – 6 ratio found in nature of 3:1. Essential oils really are essential enough for vital cell growth, cell function and a strong immune system. Hemp seed oil usually comes in a little bottle and is very similar to olive oil in the way it looks, but it tastes much better in my opinion. I add it to salads now, but when I had UC I would just take 2 tablespoons of this a day on its own. You can also add it to smoothies, and I show you how to use it in the recipes provided later.

Vitamin D

I could write a whole book on just Vitamin D alone, but I will just give you the most important things to remember about this amazing vitamin.

Vitamin D has been shown by numerous studies now to be more than just a simple vitamin that the body needs. It is the only vitamin that is actually a steroid hormone and is essential for the expression of about 200 genes.

It has also been considered to be a prohormone in the synthesis of serotonin as low levels of vitamin D are associated to low mood. Our body naturally synthesizes vitamin D in the presence of sunlight and interestingly chronic diseases have been shown to be more prevalent in countries that have low sun exposure. So I highly recommend spending more time out in the sun, a good holiday break can really recharge your body like nothing else.

You can also get vitamin D from foods like fish, mushrooms, beef, egg yolk, milk, yogurt and kefir. You can also purchase it as a supplement, although I only recommend getting the vitamin D spray version of the supplements as it is absorbed so much better.

Hemp Protein Powder

Hemp protein powder is again cultivated from the drug free male plant of the cannabis species. This is rich in protein and contains the complete amino acid profile. It is also rich in complex carbs, essential vitamins, and minerals and like hemp oil has the optimum omega 3 -6 essential oil ratio. In essence it is the perfect food.

Ashwaghanda

Ashwagandha, one of the most vital herbs in Ayurvedic healing, known medically as an adaptogen, it has been used since ancient times for a wide variety of conditions, but is most well known for its restorative benefits. Ashwagandha contains many useful medicinal chemicals, including withanolides, (steroidal lactones), alkaloids, choline, fatty acids, and amino acids

It has been studied extensively by researchers over the years and has been shown to help with the following:

1. Strengthening of the immune system
2. Better ability to cope with stress.
3. Improvement in learning, memory and retention time
4. Reducing anxiety, worry and depression without drowsiness
5. Lowers cholesterol
6. Natural anti-inflammatory
7. Reduces brain-cell degeneration.

I still take ashwagandha religiously, it works like gang busters to take the edge off stress and I feel it played a part in my overall recovery from ulcerative colitis.

“Studies indicate ashwagandha possesses anti-inflammatory, antitumor, antistress, antioxidant, immunomodulatory, hemopoietic, and rejuvenating properties. It also appears to exert a positive influence on the endocrine, cardiopulmonary, and central nervous systems. The mechanisms of action for these properties are not fully understood.

Toxicity studies reveal that ashwagandha appears to be a safe compound.” Mishra LC, Singh BB, Dagenais S. 2000 PUBMED

My Magic Weapon, Colostrum

When I first began to really use the subliminal programming techniques from Joseph Murphy's book that I discussed earlier in this book, some amazing shifts started to happen for you. I started to pay more attention to things I would normally ignore or pass off as a scam.

One of the things I normally would have shrugged off was a newsletter I had signed up to a long time ago. The subject line of the newsletter was "What is 3x More Effective than Vaccines?" and it was a natural health newsletter run by David Wolfe. I never really paid much attention to it in the past until I got ill, as I felt the information was way too hyped up and not based enough on science.

I let my disbelief go for a moment, and thank god I did. That particular subject line grabbed my attention for the first time ever and I don't really know why. If I hadn't of opened this email I am not sure if I would be writing this to you right now.

This is how important this 'secret weapon' for fighting colitis really is.

Inside the newsletter was a video presented by Daniel Vitalis who is well known as natural health promoter. He talks about something called Colostrum. You may already be familiar with colostrum as it is actually what the first milk that a mother produces to feed her new born baby.

Colostrum actually works as a natural and 100% safe vaccine. It contains large quantities of an antibody called secretory immunoglobulin A (IgA) which is a new substance to the newborn. IgA protects the baby in the places most likely to come under attack from germs, namely the mucous membranes in the throat, lungs, and intestines.

Colostrum also contains high concentrations of leukocytes, protective white cells which can destroy disease-causing bacteria and viruses. This is one of the main reasons why a mother should always try to breastfeed her newborn baby. I used to ask young mothers who complained to me of their young children having lots of allergies and frequent colds and flu's if they breast fed, and there was a strong relationship between those who never breastfed and their child having frequent illness.

You may be wondering if I am actually going round trying to find new mothers to give me their colostrum, but I will like to assure you that I am not that gross!

Thankfully there is an alternative to human colostrum, and that is bovine colostrum produced by cows. The Ayurvedic physicians and the Rishis of India have been using colostrum for medicinal purposes since cows have become domesticated. So finding out about all of this urged me to give colostrum a go.

I researched that the best quality colostrum is known as 6 hour colostrum and should be extracted and freeze dried within 6 hours of the calf being born, otherwise the concentration of the active ingredients reduces considerably. Many companies online sell 24 or 72 hour colostrum that is probably very low in concentration of the good stuff. So I found and purchased some 6 hour colostrum in a powder form and began to take it morning and night. I then added it to some smoothies as recommended by Daniel Vitalis as the powder on its own doesn't taste that great.

I was still bleeding every day and getting cramping feelings, although my bowel movements had gone down to about two or 3 times a day before I started taking the colostrum. When I started taking first couple of days, I didn't notice much. But then the third day I noticed feeling less pain. After about a week my bleeding had completely stopped! I carried on taking the supplement every day for two months.

After that time I had no more symptoms of UC. I then decided to stop taking the Pentasa tablets completely as I was getting heart burn from them everyday, and did not particular want to cause a stomach ulcer as they can do. 9 months later I am completely fine with not a single bit of bleeding in all that time!

Call it a magic wonder cure or a stroke of luck? Who knows it seemed to do something quite magical for me, and I urge anyone to give it a go if you suffer from any disease, not just UC. Due to the incredible concentration antibodies and growth factors colostrum has, it really does have this ability to give you a 'new born' feeling.

This pdf is a very detailed study into the effectiveness of colostrum as a treatment for ulcerative colitis

www.ajcn.org/content/72/1/5.full.pdf

Probiotics

As I cannot always get hold of kefir and as I travel a lot I sometimes miss out on having access to yogurt. So I always make sure I get a daily dose of probiotics by taking a supplement.

The supplement I take is made by Holland & Barrett's and contains 3 billion live cultures as a combination of lactobacillus acidophilus, bifidobacterium BB-12, lactobacillus bulgaricus and lactobacillus salivarius

This seems to work like magic for me so far. I highly recommend that you do not buy cheap probiotic products, go for well known brands with good feedback from users.

My Typical Daily Diet Plan

So here is my typical daily meal plan that I still try to follow till this day. Even though I can pretty much eat whatever I like now except for a mega spicy curry, I would probably regret that quite a lot!

Rishi Hemp Smoothie (around 8 am)

(30 Mins After Waking Up:)

4 tablespoons of organic grade Hemp protein powder

½ a cup of kefir or natural organic probiotic yogurt

2 tablespoons of 6 hour colostrum

¼ cup of chopped strawberries

2 tablespoons of organic grade hemp oil

1 cup organic almond milk

Place all the ingredients into a blender and blend for two to three minutes to ensure all ingredients are properly mixed, then drink and enjoy!

Breakfast (around 11 am)

Bowl of oats cereal (preferably organic)

Almond milk or cows milk

Lunch (around 2 pm)

Quinoa (make with 2 cups of water/1cup quinoa cook just like rice, but helps to soak for 5 mins first, drain then boil for 15 minutes until light and fluffy)

Avocado

Steamed asparagus - lightly fried in oil with ginger (optional toppings)

2 soft boiled eggs (optional toppings)

Dinner (dinner 5 pm)

The Beefy Weight Gainer (not suitable for veggies)

¼ chopped onion (very vata calming when cooked) Fry gently till they start to go golden

200g minced beef or seasoned meatballs – add to onions cook for 7 minutes with oil

Tin of tomato and basil sauce (or make your own and avoid any pepper) add to beef after 7 minutes then cook for another 5 minutes

Quinoa (see above) add to rest once boiled, then cook for another 1 minute.

Yummy Big Veggie

Sweet potato wedges – chop into small wedges, drizzle a little oil and finely chopped thyme , oven bake for 20 mins Gas mark 6/200C

Hemp burgers (recipe taken from Jamie Oliver)

Ingredients

2 potatoes, mashed

fresh parsley

2 tbsp hemp flour

1 egg, beaten

1 red onion, chopped roughly

1/4 tsp salt

1 tbsp oil + 1 tsp butter for frying

Method Of Making The Hemp Burgers

Mix the first 7 ingredients well. Make burgers about half the size of your palm, roll in the breadcrumbs and fry on low heat in oil and butter mix from both sides for 10 minutes or until brown. serve warm with savory sauce made of sour cream or yoghurt, dill and cider vinegar. these burgers taste even better when re-heated.

Snacks

Eating the right snacks throughout the day can be a total symptom saver for colitis. Usually the cramping pain is caused by the gut being full of air. With colitis food does not stay in your gut very long and this can cause a large build up of gas in your bowel. So it really helps to make sure there is a steady supply of nourishing food going into your digestive system to minimize this gas build up and pain. So here are some snacks that are not only very good for you, but taste good too.!

Almonds – I usually buy a large bag of raw almonds and snack on them throughout the day, making sure I chew the almonds very very well. Almonds are so good for you, that I recommend keeping this habit even once you are better from colitis

Oat Biscuits – Oats provide slow release carbs that are perfect for colitis sufferers. Throw away your refined digestive biscuits and replace with oat biscuits instead, as these are much better for you, won't give you that sugar spike and will make you feel fuller for longer.

Probiotic Yogurt + Fruit – You can beat the soothing effect yogurt has on the digestive system. If you cannot tolerate dairy products, get yourself an alternative made from rice, almond or goats milk. There are plenty of options out there. Add some berries like blueberries or strawberries and you have yourself a delicious little pro-biotic snack!

Foods To Avoid With Safer Alternatives

Peppers + Spices – The only that I still cannot really eat is large quantities of spice or pepper. It is a shame because I love a curry, but now have to stick to kormas, no more madras! Boo hoo! If you want to get more of zing from your cooking, add ginger instead of chilies or peppers. Ginger is a powerful natural anti-inflammatory that may help soothe your digestive system, that tastes good too.

Wheat – the gluten in wheat is just too tough to digest for most people let alone us sufferers of colitis. So avoid like the plague. You can find gluten free alternatives made from much healthier sources such as quinoa or hemp flour for most things now from bread, through to tortilla wraps. You may need to find specialist stores online though, as your local supermarket may only stock cheap wheat based products with very low quality gluten free alternatives that are packed with refined sugar, so be careful where you shop!

Caffeine – This is a bit of grey area. I still have a coffee every now and then. I think in moderation caffeine is ok. In excess of say 2 – 3 cups a day it may cause you problems as caffeine is a well known gut irritant. If you really need a buzz, I would drink green tea instead. Green tea is packed with anti-oxidants, but it also contains an antioxidant called theanine. This has actually been shown to be a natural alpha brainwave producer, that produces a relaxed but alert mental state and also counteracts the side effects of caffeine. Until you are in remission I would avoid all potential irritants and stick to water with a bit of lemon or lime if you need some flavoring. Lemon and lime also has a high vitamin c and mineral content that is good for healing your gut. If you really like the taste of coffee and cannot live without, try going for natural coffee alternatives like Teeccino, seems to have good reports, but I can't say I have tried it myself.

Sugar – Sugar like caffeine is also a stressor to your body in high doses. In refined foods that are made in factories like ready meals and fast food restaurants, there is way more than normal levels of refined sugar from the addition of refined carbohydrates, usually for flavoring and preserving the food. Refined sugar in large doses is literally like a poison

to our bodies and should be avoided by everyone, not just colitis sufferers. Refined sugar based foods are also very low in fiber too and colitis sufferers will unfortunately get massive spikes and drops, quickly feeling hungry again with painful gas build up. However we still need a source of carbohydrates. So It is best to swap refined factory based foods for meals that contain slow releasing carbohydrates that stay in the gut for a long time, rather than passing through too fast. This is why I recommend learning to cook simple dishes using quinoa, buckwheat, hemp, sweet potato and oats.

Important Information

Eat A Healthy Portion Size

A healthy amount of food is when you are 80% full. It actually takes 20 minutes to register that we are actually full up. Most people overeat because they eat too fast and our hunger reflex gets upset. You should eat 5 small meals a day instead of 3 large ones. Eating more often can actually help you lose more weight too. This process improves our metabolism and digestion. It means we don't get sudden drops or highs in our sugar levels. This means we don't over eat and instead have a constant flow of energy that is vital. So eating little but often is the way to go. This means that the gas build up in your gut is also prevented reducing pain and suffering too!

Eat Consciously

If we eat in front of the T.V or whilst reading or working, we are not concentrating on the process of eating. Eating should be done in a peaceful environment where you are consciously eating. This way you really appreciate your food and you eat slower. Also the process of chewing actually releases stomach enzymes that digest our food. This is really important for good digestion.

Eat Organic When Possible

Make sure your food is from the purest and most natural source. This means it will have less harmful toxins such as pesticides and preservatives. Try to buy from the organic section only. If you are buying meat, then only get it from the butchers and make sure it is fresh. Fresh meat is much easier for our bodies to digest.

Exercise

Earlier I explained how important exercise and movement is for the overall health and well-being of your body.

I'll repeat again, if you don't move your body starts to degenerate and die.

Now one of the issues that we have suffering from colitis is a lack of energy and also the embarrassing prospect of soiling our pants whilst at the gym or at a swimming pool!

So what if I was to tell you that you could do a simple exercise routine that takes just 15 minutes a day, that would help you not only get some much needed exercise, but also help you detox your body and strengthen your immune system too?

This is the amazing power that Yoga has! Now WAIT, before you shut down in horror of the thought of doing something that only bendy people are supposed to be able to do, let me show you how simple and easy it really is.

I spent a long time trying to find yoga routines that were easier to manage and I came across a fantastic one by the famous Dr Oz. It is known as his AM workout

Here it is <http://www.youtube.com/watch?v=pvocDtK6NKs>

This makes simple yoga routines fun and easy to do.

Once you get used to this, you can begin to learn more advanced yoga routines that you can still do whilst at home.

I actually recently did the music for the first DVD by Madonna's yoga instructor James D'Silva. This DVD offers you some cutting edge yoga techniques that you can do from the comfort of your own home.

You can check it out here

<http://www.thegaruda.net>

My Alpha Mind System For Subconscious Reprogramming + Manifestation

Your subconscious mind responds best to feelings, images, and having specific goals.

If you consciously feed your subconscious mind the feelings and images of the things you really want to attract into your life, your subconscious mind will navigate you to your destination!

Step 1: Create Dream Life Targets.

Write down exactly the outcome you want to manifest and focus on the outcome.

In order for this to work with almost 100% guarantee of success, with little chance of manifesting anything dangerous, make sure what you want is of value to others, not just yourself.

The measure of your health, success and wealth in life is directly proportionate to the value you bring to other people.

For the universe to accept your vision of the future, it must accept that you are going to bring value to the universe.

If you want to manifest getting your health back in 6 months or less, write down exactly what value you would bring to people if you could get well again. What could you do with your new health?

Could you use it to inspire others to get well too, by reaching out them in the same way I have through a book, or website or video?

Could it help you to finally pursue the dream career or business that you always wanted to start but held back because you were too scared or unable to try in the past?

If you had your own business or dream career describe in great detail exactly what it would be. Be as SPECIFIC as possible.

If you want to manifest something material like a top-of-the-range sports car, think about exactly what that car would allow you to do, or what type of person would you need to be, to own such a car?

Would you be someone who writes a best-selling novel? Would you create an in-demand product, or just excel at your job and got that dream career as a result?

One useful exercise is to write down your own obituary. I know it sounds a bit of a weird thing to do, but try it.

“How would you want to be remembered by other people?”

I bet by doing this exercise you may find some of those material things you would normally want to manifest may be replaced by less selfish things that are more valuable to others.

When I was first starting out in the music business, I had a dream in mind to one day have a spiritual record label and media company that would produce music that would educate and inspire others.

The deeper I got into the music business, more and more temptations were thrown in my way and I got side tracked from my original dream big time!

I practically self-sabotaged every opportunity I had that was not congruent to my original wish-to the point I got very sick and ill, not to mention depressed and lonely.

It was only at this extremely low point I realized I had forgotten my original vision that, ultimately, would be much more value to others than my other business exploits.

It is amazing how the universe has guided me back to what I originally wished for because that is exactly what I am doing now and I feel far more rewarded and happy now than any other time in my entrepreneurial career.

The universe will guide you to your end result if your end result is of value to the universe, even if it means putting you through a lot of pain to get there.

It will almost feel like you are being guided by a divine force and it is this secret manifestation technique that forms the basis for discovering your “higher purpose”.

Rules

Focus on exactly what you want – Where attention goes your energy flows!

Visualize your outcome and try to see it as real as possible. Be specific to how you would feel, what you would hear and smell if you had reached your end result.

Use vision boards, dream boards, incantations, subliminal mind software and hang or post positive statements on your walls and computer desktop as much as possible.

Step 2: Reprogram Your Subconscious Through Meditation

By using special meditation, you can actually start to enhance your creative powers of manifesting and attracting the things you want into your life. Use this to gain inspiration for the future reality you would like to manifest.

Use “I AM” incantations whilst meditating every night for about 10 – 20 minutes before you go to sleep.

My favorite one is “I am whole, perfect, strong, loving, harmonious and happy”

Using my special Trypnaural brainwave entrainment technology, you will be able to have the best chance of moving into an alpha brainwave state where the power of the “I AM” suggestions takes maximum effect.

By doing this, your old habits will die away and your thoughts will turn into the things you really want in life.

Rules:

You must be relaxed and confident in the process of subliminal mind programming. You must say the “I AM” statements with pure conviction they are 100% true.

You must feel sincere gratitude for everything you already have in life before you start to meditate.

Through the feeling of gratitude you raise your energetic frequency and attract the corresponding wavelength of the future.

The only way to remove old habits is to replace them with good ones. So, repetition is key. You must make it a habit to practice meditation using the subliminal mind programs as often as possible, so it eventually becomes a hard-wired, natural process.

Step 3: Take Massive Action + Seize Every Opportunity For Growth

What? I have to do some work? YES! This is not a magic program where you sit back, relax and think your way to success.

That, I am afraid, is not the way things work. Anyone who tells you they can magically manifest any future you desire is a nut bag and should be locked up.

No, in all seriousness, none of this works unless you take MASSIVE ACTION upon all the amazing things that will start to happen to you.

Things such as:

1. Chance encounters with people who can help you move to the next level
2. New sense of energy and motivation - if you follow the methods outlined so far, your productivity will go up significantly.

3. Weird coincidences or strokes of luck. They are not coincidences or anything to do with luck; it is merely the universe opening its doors to your dream life that is coming more and more true.
4. New strategies, mentors, books, audio, videos filled with powerful life-transforming information will start to appear. It is up to you to act upon those special strategies, as they will no doubt lead to your inevitable success.
5. In my experience with my own health, as I began the process of subliminal mind programming, around one week later I received an email directing me to a video explaining this new food supplement called Colostrum. The benefits of taking this supplement seemed so compelling, I rushed out and ordered it. After only four days of taking this supplement my symptoms had pretty much vanished. I firmly believe it was due to a combination of the subconscious reprogramming and the chance encounter with this amazing substance. I am now enjoying a symptom-free life.

Rules:

Relax, have faith and detach yourself from the actual outcome. What this means is do not worry endlessly about whether the future will manifest itself how you want. Instead focus on enjoying what you have now. Live in the NOW! What this does is give you a sense of peace and keeps your energetic level high and attractive!

Energize your goals with passion. Have fun and live life to the MAX! Act, dress and behave like the successful people you most want to be like!

Always look to add more value wherever you are. Your income and happiness is directly proportionate to the amount of value you give to others whether it is in business or your personal life.

Once the money starts coming in from the value you are giving out, start to give at least 5% of your income to a charity of your choice. This is how you tithe your income to spiritual causes. Just try it and see what magic comes back to you! My friend who is a doctor began to tithe his income. He would get paid privately every time he was called out to do

assessments. One day, his regular standing order set up to transfer money from his bank account to the charity stopped sending money to the charity because the card had expired. He forgot to redo the payments and guess what? ...the number of call outs he got went down to once a month instead of once a day and so did his income

I will leave you with one more piece of information that is a fun acronym worth remembering...

I want you all to have the true power of G.O.D

What G.O.D stands for is:

G – Generate – generation of new ideas, concepts and creations

O – Operate – implementing new ideas, developing strategies, strengthening the strengths, taking action and managing outcomes

D – Destroy – Destruction of old bad habits, clearing the clutter, eliminating the negative and weaknesses from your thoughts.

We are all born with a unique set of genius skills.

If these skills are discovered and worked upon, they can lead to great value in our lives and in the lives of others.

Use this system to realize your maximum G.O.D potential and live the life of your dreams on your terms!

A Sure Fire Way To Release Negative Emotions

My uncle, the reiki master suggested to me a technique that I began to use that really does release negative emotions, but beware, it may freak people around you out!

We hold negative emotions like anger, frustration and hurt deep inside our heart and especially our gut.

"Holding on to anger is like grasping a hot coal with the intent of throwing it at someone else; you are the one who gets burned." The Buddha

My uncle told me that one of the best ways to release stress and anger is to scream it out at the top of your voice! He said, go out to the woods and find a big tree. A tree is completely grounded to the earth and can absorb any negativity from you and diffuse it, into the Earth. He also said if you go to a quiet forest, the added bonus would be that no one would be able to hear you! I know this all sounds a bit kooky, but give it a go, it works!

Another way to release the anger is to sing, even if you can't sing, just do it. Find your favorite song and just sing your heart out! One thing to bear in mind is that if you have a terrible voice, you may pass on the anger to those around you! So perhaps do it whilst in the shower or something!

Another powerful anger reliever is to go find a gym with a punch bag and beat the hell out of it, or get one for you house. If you are someone who gets annoyed and agitated easily, then take it out using your boxing gloves, instead of the people around you.

Chakra Meditations For Releasing Negative Emotions

There is are also special chants that can be used to release negative emotions, known as chakra chants

The word 'chakra' is derived from a Sanskrit word meaning 'wheel'; but a better translation would be a "spinning wheel".

Chakras are our energy centers. They are the openings for life energy to flow into and out of our aura. Their function is to vitalize the physical body and to bring about the development of our self-consciousness.

There are several types of chakra meditation. Whatever your the results you want to manifest, you can choose the meditation that is right for you.

Energy Information Centre's

Each chakra is a portal of the transference of energy from the universe to your body.

As I explained before, your mind is really a collective consciousness of every cell in your body. Over time your chakras can become block and flow of information can become affected, and that information is your thoughts.

So if you want access to pure thoughts that serve your health and well-being you should work on unblocking and balancing your chakras.

By opening your chakras you can allow the flow of the divine cosmic information that will guide you to completing your life ambitions with perfect health and vitality.

The seven chakras are located in line with the spine and correspond closely with your endocrine system that regulates the vital functions of your body.

The energy typically flows in through the front and out the back. Each chakra contains energy and information relating to specific aspects of your being.

Opening the chakras

Follow this guide below to learn how to do what I believe are the 3 most important chakra meditations for ulcerative colitis.

It is essential to have all of your chakras balanced, so just focusing on one chakra all the time can lead to many problems. It is also important to work from the ground up when opening your chakras.

So once you have mastered these three chakras, you can learn how to balance the rest.

First find a comfortable, peaceful place where you can do your chakra meditations free from any distractions. Sit down in a comfortable position with your legs crossed or folded underneath you. Keep your back straight and rest your hands on your knees.

Perform each for a length of about 7 long breaths and chant the associated sound multiple times per breath (around 3 per breath).

In chakra meditation chants, the “a” sounds like “ah” and the “m” sounds like “mng”.

You can chant a long to the samples with each chakra meditation

Root Chakra

The first chakra is the energy and information center relating to survival as spirit in body.

The root chakra includes information about belonging to a group, fear and security issues.

As a spiritual being, you have your own unique survival information. Along your journey, what you need to do to survive will be different than what others need to do.

Issues which relate to blocks in the first chakra include problems with finances, not taking care of yourself, and unfounded fears.

Chant sound = Lam

To open the root chakra through chakra meditation, lightly touch your thumb and index fingers, palms up, leaving the rest of your fingers loose. Focus mentally on the root chakra, the spot between the genitals and anus, and chant the sound “LAM”. You may also choose to focus on the base of the spine.

Solar Plexus Chakra

The third chakra is the information center for energy distribution and personal power.

The solar plexus chakra is also the seat of the ego identity, who your ego/body-mind thinks you are.

As spirit, you communicate with your body through a wide range of emotions. Many issues are rooted in emotional blockages in the second chakra.

Issues which relate to blocks in the third chakra include low or erratic energy levels, playing power games, and not being your authentic Self.

Anger gets held in our guts and as sufferers of colitis we should do daily chants to unblock and revitalize the solar plexus chakra.

Chant sound = Ram

Open the solar chakra through chakra meditation by placing your hands in front of your navel, slightly below the solar plexus with your fingers pointing away from you. Allow your fingertips to touch, keeping your fingers straight and cross your thumbs, the right over the left. Focus your

mind on the solar plexus chakra, the spot on the spine slightly above your navel, and chant the sound “RAM”.

Opening the Heart Chakra

The fourth chakra is the energy center for love, validation, and your ability to be at peace.

The fourth chakra is the information center for what you love...what you're in affinity with, what you're magnetically drawn to. The fourth chakra relates to validation, your sense of self-worth, and self-love.

The heart chakra is also about your ability to be at peace with people, places and objects. Issues relating to blocks in the fourth chakra include losing touch with what you love, feeling unworthy, and not forgiving yourself or others.

Usually people who have chronic disease, they have blocks in their heart chakra, because they have lost their sense of purpose and love for what they do.

This is why it is essential for us to rediscover our passion and the disease is really a wake up call that will eventually guide to exactly what that is!

If you know someone who suffers from colitis and you are reading this book. That person could really do with a lot of compassion and love.

Love is the best medicine!

Chant sound = Yam

To open the heart chakra with chakra meditation, lightly touch your thumb and index fingers, resting your left hand on your left knee and your right hand at the lowest tip of your breast bone. Concentrate on the heart chakra, the place on the spine level with the heart, and chant the sound “YAM”.

40 Day Sadhana

In Yoga there is a theory that it takes you 40 days of focus on one thing you want to change to make a lasting changing of that habit for life. Believe me this works.

I have helped numerous people lose weight, give up smoking, turn their health around and complete their business or life goals just by setting them a 40-day challenge.

What this means is that you just focus on one habit you want to change for 40 days. If you want to learn meditation, make sure you follow a strict action plan for 40 days.

After this time your new daily rituals turn into new habits that become a natural part of your daily routine.

This is how your subconscious mind turns activities into habits that you can effortlessly access, so the activity you want to do becomes an easy natural ability. Try it yourself and see!

Final Word

Congratulations, you made it to the end of the course! Did you know that only 2% of people actually make it this far, most people just leave the book to gather dust!

So well done if you really have read everything and made it this far. If on the other hand you have sneakily skipped through the entire book to read the final summary, then I urge you to go back and actually give your health and body, not just me, some respect!

I know that some of the information in this book may be a little difficult to grasp at first, and for many others it may seem a little kooky in places. I feel that there is something for everyone here, regardless of whether you are the more open minded or more skeptical type of person.

Even if you just manage 70% of the methods outlined in the book, you should start seeing results very soon and like myself you may go into full remission within 7 days of following this.

My brief summary of the list of must do things out of everything I have mentioned is as follows:

1. Probiotics – get a high quality supplement and take the maximum daily dose starting from today!
2. Colostrum – obviously scrap this if you are vegan or vegetarian but locate the best source of 6-hour colostrum that you can find and start using it immediately.
3. Find ways to manage stress in your life. If your job really sucks, now is the time to do something about it. If you are being bullied in a relationship get some help fast and fix it, or end the relationship for the sake of your health. Stop multitasking immediately, you will seriously suffer the consequences otherwise. Watch funny films, stand up comedy or do anything that makes you laugh out loud! Laughter is the best medicine!

4. Find something you are passionate about and love to do. I was very fortunate that I could turn my passion for music into a living. It may not be possible for you to do that straight away, but you can learn new skills, or go back to things you loved to do when you were younger. Make a list of things that really get you out of bed in the mornings! Take up a new hobby; learn to play the guitar, the piano, a new sport, and painting. I don't know what turns you on, but do something!
5. Change your environment and surround yourself with more positive and supportive people. I cannot “stress” the importance of doing this. We absorb so much energy from our surrounding, good and bad. Finding a new community online of likeminded people through Youtube and Facebook I believe changed my life for the good, it can for you too!
6. If you can get time off work and can claim some benefits to help you manage the bills, then use this precious time to really plan out the dream life that you always wanted. Speak to an occupational health advisor. My one was brilliant and ASDA gave me a lot of extra support and time off because of her recommendations. I used that time to build my own online businesses so that I did not have to go back to work, and you can do something similar with your time too, if you use it wisely! Being able to work from home is a godsend, and also means I don't have to go back to that horrible negative environment!
7. If you are holding on to any negative emotions like anger, regret, guilt, envy or hatred from events in your past, now is the time to forgive and forget. Not just the people or events you hold these feelings for, but most importantly, yourself. We all make mistakes, it is part of life and from these mistakes is how we grow! Use your past and even future mistakes as learning opportunities that you can also use to teach and inspire others.

The bottom line is to see your illness not as an illness, but as a gift that gives you the chance to make a complete 180-degree shift in your life for the greater good!

This shift in your perception about your suffering will be the catalyst for your eventual cure!

IMPORTANT LAST MESSAGE!

There is no such thing as a miracle cure for ulcerative colitis that involves popping a special pill or magic elixir. Shock horror, you actually have to do some work!

My approach involves a change in lifestyle that is easy for most to manage if you take small steps every day. I firmly believe it is a lifestyle change for the long-term benefit of your health and should be stuck to for life, as there is chance the symptoms can come back if you don't.

So I highly recommend that you maintain this lifestyle, but do not stop taking your medication without seeking the advice of your doctor. It is also advisable to speak to your doctor first before you try out any of the treatment methods recommended in this book.

They will probably be very glad to see you making progress and if they feel confident that you can manage on your own, they should then hopefully take you off your long term medication, but please do not stop taking it unless they say it is ok!

Recommended Resources:

Books:

Here are some people with some golden nuggets of information that have truly transformed my perception of life and what is possible.

Tim Ferris - The 4-Hour Work Week

This book is an international bestseller on how one guy truly learned the art of the Internet lifestyle and then went on to break 4 world records with all the free time he had!

Jim Rohn - Success Equations, Financial Independence

Now this guy is the speakers, speaker on financial independence and motivation for business success. His teachings on changing your money mindset are invaluable. Unless you understand that money is not evil or wrong and that in the right hands it can do amazing good, you will never attract it and will always remain broke.

Napolean Hill - Think and Grow Rich

This was one of the earliest personal development books that became an instant hit and is credited to have kick started and inspired some of the greatest success stories of our time. The film, The Secret that you may have heard of borrows heavily from this book.

Tony Robbins - Awaken The Giant Within, Ultimate Edge

Tony Robbins is probably the most famous and honored motivational speaker. I went to a Tony Robbins seminar about 2 years ago and I was very skeptical before I went. I have to say it was the most remarkable experience I have ever had. In the last exercise we had to all right down our 10-year life plan. My best friend James Rushent (who forced me to go) wrote down that he will become one of the top new music producers in the UK, will tour the world with his new band, support nine inch nails and produce an album with The Prodigy. Now check this, every single thing has happened since Google a band called Does It Offend You Yeah,

and Google the producer credits to Prodigy's last album Invaders Must Die (they are the biggest dance music band in the world for those who don't know) Now this is the power of information and taking ACTION

Deepak Chopra – Quantum Healing

This is one of the first, and still one of the best books I have ever read on alternative healing. It is no surprise that he is one of the most well known speakers on alternative medicine and Ayurveda. I highly recommend any of his books.

Supplements:

Colostrum

There are many bovine colostrum products around on the market today. The problem with colostrum is that the longer the colostrum is left before it is freeze dried into a powder, the less effective it is. So it is important to find colostrum that has been processed as early as possible. There is only one source that I am sure is 6-hour colostrum and that has also been verified by an independent third party and that is TBR Labs

You can find out a lot more information about their colostrum products here:

<http://www.tbrlabs.com/pdf/Colostrum.pdf>

The Alpha Mind System

If you want help with reducing stress in your life using a simple technique that takes just 15 minutes a day, then I highly recommend that you visit my website and download the FREE book and sample of the audio technology that I have developed along side other medical professionals in the UK.

[Http://www.AlphaMindSystem.com](http://www.AlphaMindSystem.com)