



Preface

In my long journey to health, I have had to be patient as I have dealt with a seemingly endless barrage of illnesses. I have hope, though, that surmounting my latest health challenge will be the final mountain in this journey, partly because in that strange circular way of life, my latest mountain was also the first mountain.

I am a classic “canary in the mine,” with an extreme sensitivity to much of modern life. When I reached adulthood more than forty years ago, my body began rebelling by developing a host of chronic physical health problems. But my story really begins with depression as a young child. This depression, at times severe, continued for thirty years. I had crippling insecurities and low self-esteem. I developed addictive eating behaviors, including bulimia, and by my early twenties, I weighed two hundred pounds. By then, I also had rampant allergies, painful digestive problems, immune system weakness, and disabling joint and nervous system maladies.

I had begun my search for health in my teens, using standard Western medicine and psychiatric care. For years there was little progress, and by my twenties the physical complaints urgently demanded attention. Out of desperation I began considering natural health, but by then so many systems in my body were involved and the situation was so complex that I had become a difficult case.

For example, I had developed early on a case of *Candida* (yeast) overgrowth. This is a gut flora disorder that in severe cases can become

systemic, causing multiple symptoms and great distress. I would improve with diet changes and products or drugs to control the yeast, but within weeks I would be sick again because I had become allergic to whatever product I was taking. Because of this extreme reactivity, the doctors called me a “universal reactor.” Eventually, I became allergic to more than three hundred different foods. For many years, I was able to eat only by taking daily allergy desensitization drops and rotating all foods so that no food was repeated within a five-day period.

I tried many different natural-health approaches and doctors: special diets, nutritional supplements, herbs, Chinese medicine, chiropractic care, acupuncture, heavy-metal removal by intravenous and oral chelation, allergy desensitization, and more, but I was still going downhill. By my early thirties, I could barely eat anything and had lost eighty pounds, ending up a slim 120 pounds of unhealthy, depressed, and lonely misery. My immune system was so overworked and weak that the slightest nick in my skin would lead to an infection that would take months to heal. My liver was so overwhelmed that I had developed multiple chemical sensitivities (MCS); I could eat only organic food and could not tolerate drugs of any sort.

I had been getting bladder infections twice a year for ten years when I contracted an infection that I could not eradicate. Antibiotics had always cured my bladder infections in the past, so for six months I tried three different antibiotics known to be effective against the bacteria in my bladder. Each time, I got worse, ending up with more bacteria than I started with (as determined by lab tests), along with disastrous effects on my digestive system as the *Candida* yeast would flare up wildly. I also tried several different natural approaches, all with no success.

It was at this point that I decided to try homeopathy, a form of energy medicine that I had heard about but had avoided because my background of Western science training dictated that it couldn't possibly work. My first experience with it led to a seismic shift in my thinking.

My medical doctor had said that if I did not control the bladder infection, it would travel to my kidneys, and I would soon require a

kidney transplant or I would die. Under this threat, I decided to give homeopathy a shot. To my amazement, within hours of taking my first homeopathic remedy, my symptoms began to change. Within a few days, my problem was markedly better, and the infection was completely gone in one week. Remarkably, I also didn't get another bladder infection for fifteen years.

I felt that this turn of events could not be a placebo effect, because I had been sure the antibiotics would work, since they had always worked before, and I was sure the homeopathic remedy would not work. My mind opened to new possibilities.

Soon after this, I began working with Keith DeOrio, an innovative medical doctor who uses a wide range of natural approaches including homeopathy. I consulted with him monthly for many years, using and learning about homeopathy, nutritional products, specialized diets, and eventually whole body vibration—a powerful body, mind, and spirit therapy. It was all helpful, but I was especially appreciative of the homeopathy and whole body vibration; used in tandem, they are powerful in shifting a person's electromagnetic vibrational energy along with one's physical and mental health.

I went back to school and got a degree in natural health, specializing in homeopathy. By 2003, my health had improved enough that I could begin my own natural health consulting work.

When I look back at my life, I see a personal shift from one of the most miserable and least functional of people to a resilient and productive member of society. I owe much of this change to homeopathy and whole body vibration.

I have explored many avenues in my journey and have come to understand that one's energy is the key to one's health and overall well-being. Not dealing with your energy is like fighting the tide—it is an inexorable natural force. Rather than building dikes, breakwaters, and sand barriers to try to control the waters and protect your spot on the beach, if you move to higher ground, life will improve. Changing your energy helps you to change the very ground upon which you sit. It can shift your subconscious mind, changing

who you think you are and enabling you to let go of the negative energy that blocks the true, bright, and shining you.

Twenty-five years after starting on this energy-tuning path, my body and mind are a well of strength and vitality. I am grateful to homeopathy because I can see what it has done for me. Let me show you how this magical yet scientific method can help you, too.