

HEALTHYFORLIFE



# Your Environment





**Master Your Health**

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**1st Edition**

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- From a Declaration of Principles jointly adopted by a Committee of the American Bar Association and a Committee of Publishers and Associations.

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Dear Healthy for Life U participant,

All of us at Healthy for Life U would like to begin by saying, **welcome!** The first step in transitioning into the world of healthy living is choosing to invest your time in learning. Congratulations on making that choice!

The passion we have at Healthy for Life U was sparked by circumstances that many of you can relate to. We have had struggles with health problems and have endured the loss of loved ones. In most cases, these problems and losses could have been **pre-vented**. These circumstances inspired us to research and learn more about the body, and motivated us to discover the truth. It is in loving memory of those we have lost, and our compassion for those who struggle with health problems, that we created the Healthy for Life U Master Your Health. The course will empower you with knowledge about the wonderful creation of the body and the amazing intelligence with which it was designed, giving our bodies the ability to heal themselves. Created in the image of God, we have the potential to experience great health and the richness of life God desires for us.

The Healthy for Life U team has years of experience in medical, lifestyle, supplementation and whole food education. We have spent years working with patients and clients, seeing **amazing** results with health improvement and disease resolution.

We couldn't be more excited for you! Whether you are seeking to learn more about health and healing or working to resolve health issues currently affecting your body, this course **will** be of great value to you. Healthy for Life U will help you build a strong foundation of health for you and your family!

The Healthy for Life U team

**Jacob C. Velie****National Integrative Health**

## ABOUT THE AUTHOR

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My personal passion for health started when my mother was diagnosed with acute leukemia when I was 7 years old. After four years of treatments and fighting, my mother passed away in my father's arms, on the edge of her hospital bed, as I looked on.

After her death, I became interested in the human body, health and disease. Throughout my childhood, I was also morbidly obese, weighing almost 290 pounds as a high school senior. These factors drove me to seek further information about the body and research how it really worked. Even though I participated in strength training, track and played football, my weight was out of control and I didn't feel well. I was told I would be heavy for the rest of my life because my family was heavy. I have since developed my own program based on research and lost nearly 100 lbs. in five months. I have been recognized nationally by the President's Council on Fitness, Sports and Nutrition.

Driven by my experience and success, I studied to become a personal trainer, and committed my life to helping others achieve the same physical and mental transformation. My background in physiology, personal training and self-studies in cellular biology, nutrition and dietetics, neuroscience and biophysics has served me over my 11-year career in health education, clinical health consulting and clinical administration.

I have had the pleasure of working with many physician groups, universities, companies and families around the country. Most recently, I spent five years as the founder and CEO of Preventive Health Group, an integrative medical clinic in Des Moines, Iowa, that practiced family medicine, physical medicine, rehabilitation, lifestyle education and psychotherapy. The clinic served as an internship and experiential learning location for medical and pharmacy students, as well as an educational center for graduating nurses and students.

The knowledge and experience I have gained in my personal and professional life has been built into the Healthy for Life U curriculum. This course is the culmination of years of experience, research and learning from mentors. It's exciting to see the amazing results in thousands of families and individuals around the country. I pray this experience changes your life as it has so positively changed mine.



God created the earth and everything in it to support His human creation.

*And we know that God causes everything to work together for the good of those who love God and are called according to his purpose for them.*

- Romans 8:28

*Then God blessed them and said, "Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground."*

- Genesis 1:28

Tyndale House Publishers. (2007). Holy Bible: New Living Translation. (3rd ed.) Wheaton, Ill.: Tyndale House Publishers.

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### The Science of Your Surroundings

Environment is one of the most commonly \_\_\_\_\_ overlooked \_\_\_\_\_ areas of our health.

Most of us have never been told that we need to consider the \_\_\_\_\_ relationship \_\_\_\_\_ between our body and our surroundings when trying to maximize our health and resolve health problems.



#### Definition

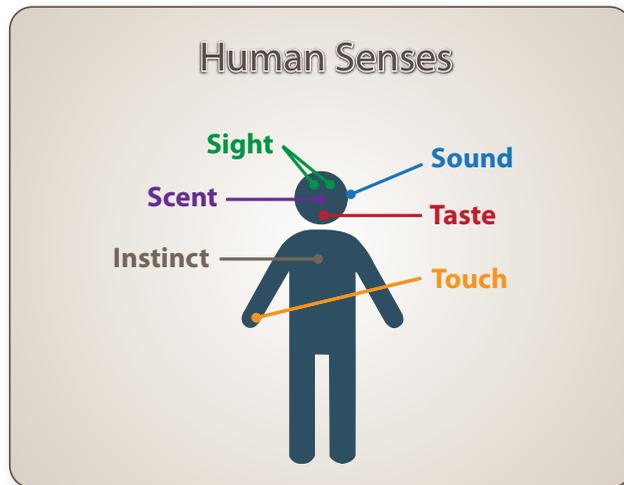
#### environment

1. The circumstances or conditions that surround one; surroundings.
2. The totality of circumstances surrounding an organism or group of organisms:
  - a. The combination of external physical conditions that affect and influence the growth, development and survival of organisms.
3. Ecology of the external surroundings in which a plant or animal lives, which tend to influence its development and behavior.

### The Interaction: How We Read Our Environment

We interact with our environment through our \_\_\_\_\_ senses \_\_\_\_\_. Like radio frequencies, your body receives energy and frequency in the following ways:

- Taste
- Sound
- Touch
- Sight
- Scent
- Instinct (feeling)



All of these forms of 'sense' bring in different types of \_\_\_\_\_ information \_\_\_\_\_ or feedback to help our body decide how it needs to adapt and adjust to its surroundings. These frequencies also nourish and support the body and its energy.

The stimulus that we sense is called \_\_\_\_\_ frequency \_\_\_\_\_ or \_\_\_\_\_ energy \_\_\_\_\_.

All of our senses are programmed to detect frequencies and transmit them to the brain to process the information and communicate it to the rest of the 100 trillion cells. We then \_\_\_\_\_ act \_\_\_\_\_ on this information, based on what we have been taught about the world and how the energy makes us feel.

### **What are the different types of energy in our environment?**

1. Chemical- nutrients, elements or synthetic substances
2. Electrochemical- combinations of chemicals that store and produce energy
3. Electromagnetic- light
4. Kinetic- movement
5. Thermal- heat
6. Potential- any mass with potential for converting kinetic energy
7. Electrical- an energy current
8. Sound- waves created by kinetic energy
9. Nuclear- sun or matter that uses itself to produce energy



**Interesting facts about the immense amount of energy around us:**

It would cost more than a million dollars to buy the energy stored intrinsically in a single penny at our current (relatively cheap!) electricity rates.

- New Mexico Solar Energy Association.

Each cell in the human body generates 7 watts of measurable power. Take all 100 trillion cells and multiply that by the 7 watts each of them produces and you realize that your body is carrying the relative energy of 700 trillion watts.

- Dr. Bruce Lipton, Cellular Biologist, *Wisdom of Your Cells* lecture.

**The Body and Its Energy Makeup**

Your body \_\_\_\_\_ responds \_\_\_\_\_ to all of these different forms of energy and uses them in different ways. You use sound waves to navigate your environment and communicate; you use UVB rays from the sun's nuclear energy to synthesize Vitamin D in your skin, etc. Whether or not you can consciously detect it, doesn't mean the energy isn't present, nor does it mean that your body isn't reacting to it.

**What energy primarily makes up the physiology of the human body?**

1. Potential
2. Electromagnetic
3. Chemical or biochemical
4. Kinetic
5. Thermal

The body's energy \_\_\_\_\_ flows \_\_\_\_\_ in a positive, negative, neutral and oscillating frequency pattern, just like an electromagnetic current or mol-

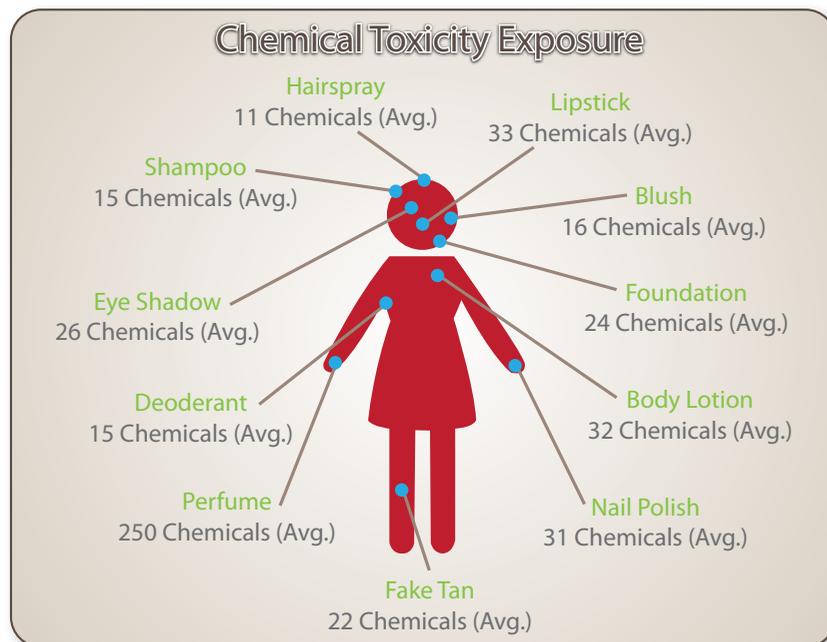




### Possible chemical toxicity exposure

Here is a list of the various things in the average home that you need to be aware of regarding their destructive effect on the body and its functions.

- Treated flooring (carpet, etc.)
- Food (any non-whole food)
- Hygienic products (deodorants, antiperspirants, toothpaste, etc.)
- Artificial fragrances (home and body)
- Cleaning products
- Laundry products
- Beauty and cosmetic products
- Soaps and lotions
- Sunscreen
- Contaminated water
- Drugs and pharmaceuticals (including over-the-counter)
- Storage containers (food and other goods)
- Food wrapping and packaging
- Paints and chemical colors (VOCs - volatile organic compounds)
- Lawn chemicals
- Fabrics
- Aerosols







**Electromagnetic (radiation) exposure:**

- Artificial lighting
- Electronics (TVs, radios, cell phones, computers, etc.)
- Microwaves
- Anything that plugs in
- Medical imaging (x-rays, CT scans, PET scans, MRIs, etc.)

**Other forms of destructive frequency are:**

- Fear (in all forms)
- Negative emotions (all forms)
- Stress and worry (negative stress is called distress)

*“So don’t worry about tomorrow, for tomorrow will bring its own worries. Today’s trouble is enough for today.”*

- Matthew 6:34

Tyndale House Publishers. (2007). Holy Bible: New Living Translation. (3rd ed.) Wheaton, Ill.: Tyndale House Publishers.

**Interesting Reading**

Here is an excerpt from a book called *Are You Radioactive*, written by Linda Clark, M.A. and published in 1973. Seems that we have known about these types of effects for a while...

*“Time Magazine publicized it in an article in the ‘70s, after two Air Force physicians discovered that there were no other explanations of symptoms of thirty children who were complaining of headaches, insomnia, nervousness, continuous fatigue and vomiting. The doctors finally learned that these children watched television from three to six hours on weekdays and six to ten hours on weekends.*

*When parents cooperated with the request for total abstinence from TV, results were dramatic. In twelve families where the rule of total abstinence was enforced, symptoms disappeared in two or three weeks. In eighteen families where parents cut TV viewing to two hours daily, the symptoms did not disappear for*





Examples of complementary frequencies that help the human body are:

- Herbs
- Essential nutrients
- Essential oils
- Botanicals (plant-based solutions)
- Frequency that matches healthy body frequency
- Energy medicine (chiropractic, acupuncture, reflexology)
- Homeopathic remedies
- Love (in all forms)
- Positive thoughts
- Positive stress (eustress)

### Keep It Simple... Simple Steps to a Healthier Environment

1. Make the changes covered in the previous lessons regarding nutrition, meal planning and essential supplements.
2. Replace and discard toxic household items that you use frequently:
  - a. Cleaners
  - b. Dish soaps
  - c. Laundry soaps





### Household Cleaner Substitutes

Here is a quick reference list that may be helpful to sum up what your new cabinet will look like:

#### Typical Cleaners - Non-Toxic Substitute

All-purpose cleaner - **Vodka**

Bleach - **Seventh Generation chlorine-free bleach**

Carpet cleaner - **Vodka**

Dishwasher Detergent - **Seventh Generation**

Deodorizer - **Aura Cacia room sprays/plug-ins**

Disinfecting wipes - **Mrs. Meyers**

Drain cleaner - **Earthworm drain cleaner**

Floor mopping detergent - **Vodka**

Floor wax - **Eco-House #315 liquid beeswax wood finish**

Furniture polish - **Olive oil**

Glass cleaner - **Vodka**

Grout cleaner - **Marble Maverick tile & grout cleaner 100% natural**

Liquid dish washing soap - **Seventh Generation**

Metal cleaner - **See recipes online**

Oven cleaner - **Vodka**

Scouring cleanser - **Mrs. Meyers surface scrub**

Silver polish - **See recipes online**

Soap scum remover - **Mrs. Meyers surface scrub**

Stain stick/remover - **Sun & Earth Natural On The Spot!**

Tile cleaner - **Seventh Generation shower cleaner**

Toilet cleaner - **Seventh Generation**



Please refer to *Section 5: Natural Home Cleaning* in the *Reference Guide* for more ideas on products to use and cleaning recipes that you can make at home. Also check out *Section 6: Natural Personal Care* for safe personal care products.





### Discussion Questions

1. Workbook Pages 7-1 through 7-2: Review all of the senses. Think about how all of these senses bring information into your body and how they help you navigate your environment. Give some examples of how they help you survive in daily life.
2. Workbook Page 7-3: Read the *interesting facts* about the energy in our environment. Do these facts about the energy in and around us surprise anyone?
3. Workbook Page 7-5: Look at the list on page 7-5 and pick out some of the products that you use most on a day-to-day basis. Do you think that the use of these products could be causing some of the health problems that you may be experiencing? Could they keep you from reaching your health goals?
4. Workbook Page 7-6: Which one of the statistics surprised you the most? What about the statistic surprised you?
5. Workbook Pages 7-7 through 7-8: Read the “Interesting Reading” section. Does it surprise anyone to learn how watching TV, an environmental factor, can affect our health?
6. Workbook Page 7-9: What is the most powerful complementary frequency known to man? Why do you think love is such a powerful force in our seemingly “physical” world?
7. Workbook Pages 7-9 through 7-10: Review the four action steps that you can take to dramatically increase the health of your environment and reduce the challenges to your body. What are some things that you can do this week?
8. Workbook Pages 7-9 through 7-10: In the “keep it simple” section, what are some products that you may stop using now? How can you begin to adjust your in-home hygiene and cleaning products.

Life-long health  
begins now!



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