



Natural Family Care





Master Your Health

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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

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ABOUT THE AUTHOR

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 plants to support humans for food and healing.

"Fruit trees of all kinds will grow along both sides of the river. The leaves of these trees will never turn brown and fall, and there will always be fruit on their branches. There will be a new crop every month, for they are watered by the river flowing from the Temple. The fruit will be for food and the leaves for healing."

- Ezekiel 47:12

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



Tips to Help Take Care of Your Health at Home... Naturally!

Natural family care

1. The process of taking care of first-aid types of _____ symptoms _____ in the home that may come up acutely or chronically by attending to the root cause of the problem and supporting the body.
2. The preventive _____ lifestyle _____ actions that support the body in its own healing and minimizes most health problems from happening in the first place. These lifestyle factors also equip the body to heal and attend to health challenges more efficiently.



The primary purpose of 509 is to help you identify the many ways that you can address and resolve most of the health problems and symptoms that may come up in your household. The goal is to be able to:

- Reduce unnecessary doctor visits
- Reduce medical costs
- Reduce insurance premiums and claims
- Replace potentially harmful prescription and over-the-counter drugs with safer, natural alternatives
- Understand natural healing and resolutions to everyday health issues that may occur

The front lines of natural family care begin with:

1. Understanding that the vast majority of disease is preventable, reversible and in most cases, unnecessary.
2. Sourcing your food from the most unprocessed and most nutrient-dense places possible.
3. Making sure to consume adequate amounts of essential nutrients to strengthen your body and optimize its ability to heal itself.
4. Reducing and eliminating the foods that challenge the body's health and lack nutrients.
5. Reducing the environmental exposures to toxins and waste that can break down your body's defenses and interrupt normal functioning of systems.
6. Getting adequate physical activity in your daily lifestyle.

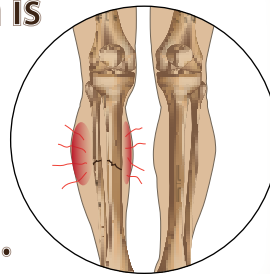


Every lesson up to this point has been vital to building the foundation of your preventive natural family care routine! That means it has been focused on the things that you will do every day to build a strong body and strong defenses, as well as fast healing when unforeseen symptoms occur.

Listen to Your Body's Communication System

Decode symptoms as a beneficial signal that will guide you toward an answer.

The pain is **NOT** the cause of your problem.



The symptom is not the cause nor the disease.



The symptom is the sign or signal that our body sends us to help us _____ resolve _____ the primary problem or tell us to stop the behavior causing the problem.

Your body is not _____ broken _____ when you experience symptoms! It is actually responding exactly the way it is supposed to.

There are only two teams to be on when approaching your health

1. You believe that disease and symptoms are _____ inevitable _____ (i.e., genetic, by chance, bad luck). You have lost your power in your health or never had any power in the first place. Nothing that we have talked about up to this point matters to you.
2. You truly believe that symptoms and disease are preventable and that your daily choices _____ influence _____ your health and healing. Your body is capable of great health and your capacity to experience _____ vitality _____ is almost unlimited.

If you are on team #2, then symptoms become a very _____ valuable _____ part of your health and healing. Team #1 should leave now and not waste any more time.

Example of Symptom vs. Cause of Symptom

Symptoms of attempted recovery can be experienced when the body is unable to get rid of the waste in a particular area. Earaches are a good example of this. Leo Galland, M.D., author of *Super Immunity for Kids*, says that up to 70% of earaches suffered by children involve no bacteria in the ear at all. The pain (symptom) felt is the result of inflammation in the glands located under the jaw. This inflammation is caused by the glands' inability to remove

its waste. Pain in the ear is common in children who have poor digestion, and who do not have regular bowel movements.

How to Avoid Spreading Your Sickness or Elongating It

When you are sick, clean your bedding, especially pillow cases, hand towels and toothbrush every day. Use a clean cup with every drink. For babies, promptly get all soiled diapers out of the house, or wash them, and frequently wash pacifiers or other items they suck or chew on.

Also, using conventional medicines can _____ increase _____ the length of a sickness and slow recovery by interrupting the body's intended healing process, for the sake of covering up symptoms.



Your Guide to Natural Family Care

Herbal Treatments

Herbal treatment is the use of _____ plants _____ as medicines to restore and maintain health by keeping the body balanced.

This relies on the curative qualities of plants, flowers, trees and herbs to _____ stimulate _____ our own healing system when the body is ill. Herbs are used to:

- Alleviate disease
- Prevent recurrence
- Detoxify the system
- Support the immune system
- Maintain homeostasis – the state of being in perfect balance

Herbs can be in the form of capsules, tablets, salves, poultices (compresses), fomentations (wet cloth), baths, enemas, boluses (suppository) or teas.

These therapies are used to _____ build _____, maintain and repair tissue and cells. Every time you drink an herbal tea you are applying an herbal therapy and supporting the body's proper functioning.



Four basic classifications of herbs

Astringents (toning): These are herbs that contain organic acids, tannins in particular. They are typically used to contract, tone and tighten tissue.

Bitters (cleanse and loosen): These are herbs that contain alkaloids, saponins and related compounds. They are used for cleansing and for stimulating function of organs.

Mucilants/Demulcents (soothing): These contain mucilage (thick, glue-like substance) and are used for soothing, building and protecting.

Aromatics (move obstructions): These contain volatile oils and resins. These herbs are typically used to stimulate energy flow, to move obstructions and to cause the circulation to speed up. They also increase the potency of other herbs or medications a person may be taking.



See **Section 7: Natural Medicine Chest** in the *Reference Guide* for herbal recommendations for your home.

Homeopathy

"Homeopathy is safe. It does not interact with any medication. It usually does not produce side effects unless it is a healing response. These medications are great to keep in the medicine chest for use as needed."

- Dr. Leslie Adams, M.H., Pharm.D. Balance Rx Integrative Pharmacy, Pleasant Hill, IA.



Remedies are used for the purpose of retraining the body to better absorb and utilize nutrients from vitamins, minerals, amino acids or other nutrients.

This is done by mixing a base substance with nine drops of distilled water, alcohol or lactose sugar. Or, for a more potent remedy, one part is mixed with 99 parts of the water, alcohol or lactose sugar. Then one part of this is taken out and mixed with another nine or 99 parts of the water, sugar or alcohol. This process is repeated anywhere from three times to several thousand times.

The standard levels of potentization include 3, 6, 12, 30, 200, 1,000, 10,000, 50,000, 100,000 or 500,000. These are marked "C" or "X," depending on whether they were diluted with nine parts or 99 parts of the water, alcohol or lactose.

Homeopathic potencies and their work with the body

The primary difference between potencies of the same remedy is not only how they were made (dilutions) but more importantly, the level at which they elicit a response in the body. For example, a 6x potency of a remedy will work at the peripheral level, i.e., the peripheral nerves, or the skin.

Examples of these include: Arnica 6x, a trauma remedy, which works on trauma at the skin level; Hypericum 6x, a nerve trauma remedy, works on trauma to the nerves in the fingers and toes; and Ferrum phos. 6x works on the tender, peripheral area of swollen glands.

The 30c potency of a homeopathic remedy, depending on the remedy, works a little deeper, on the peripheral blood vessels and thin muscle tissue. A more diluted "c" potency, such as a 90c, will work at the level of the tendons, and the 200c potency will work on deeper muscle, nerve and bone tissue.

Acute illness

An acute illness is an illness that is short-lived, meaning it should clear up within 1-3 days. Acute illnesses are caused by bacteria or viruses, both of which your body was designed to eliminate within a short period of time.

Homeopathy experiences its most _____ successful _____ results when used for acute illness.

Besides food, it is also the _____ safest _____ and most successful form of medicine to use for acute illness.

Usually _____ more _____ than one dose of a remedy is needed to assist the body in eliminating viruses or bacteria. When taking homeopathy for an acute illness, results should be seen within 10-15 minutes. If no changes occur, try taking a second dose.

If positive results are noted but symptoms then _____ return _____, the remedy should be repeated. Remedies for acute illness are often taken 3-6 times, 6-8 minutes apart for best results.

Other reasons for poor results include severe dehydration, a ruined remedy, or in the case of a chronic illness, an immune system that is too weak to respond.



If no change occurs after the second dose, consult your homeopathic book for a different remedy that more appropriately matches your symptoms.



Chronic illness

As stated earlier, homeopathy provides no nutrients to the body. It works by gently stimulating a _____ positive _____ response that will in turn promote healing of _____ weak _____ or damaged tissue. If the body is too weak to elicit a response, homeopathy will not help.

In the case of chronic illness, it may be necessary to _____ build _____ up the reserve nutrients in the body before homeopathy is implemented. A response to homeopathy can then be expected, although results will be gradual, as the body is able to heal.

Watch for differences in the usual way of responding to life's situations, such as the response to stress, differences in sleep patterns, also elimination of food sensitivities, allergies and fears.

Improvement in concentration and learning disabilities may also occur. While some changes may be noticeable right away, more improvement will be noted over time.

Visit www.boironusa.com for more homeopathic remedies and what they are used for, or visit your local health food store and speak with a qualified professional.



See Section 7: Natural Medicine Chest in the Reference Guide for more information about homeopathy and recommendations for your home.

Aromatherapy

What is aromatherapy?

The word aromatherapy means “treatment using scents,” otherwise known as essential oils. It refers to the use of essential oils in holistic treatments to improve health and emotional well-being and restore balance to the body.

Essential oils are aromatic essences extracted from plants, flowers, trees, fruit, bark, grasses and seeds with distinctive therapeutic, psychological and physiological properties, which improve and prevent illness.

Essential oils are used in a variety of ways, most of which you can do at home. Here are some of the ways that oils can be used:

- Inhalations
- Diffusers
- Vaporizers
- Massage
- Baths and showers
- Compresses

Inhalations - can be direct inhalations or steam inhalations. One or two drops of your chosen oil on a handkerchief and you can inhale the oils while at work or traveling. A couple of drops of a relaxing oil on a tissue inside your pillow helps you sleep. Steam inhalations with three or four drops in a large bowl of hot water help clear congestion or catarrh.

Diffusers and vaporizers - release scent of essential oils into the air, providing natural fragrance, while distributing their therapeutic benefits. Diffusers can be electrical, burners that use candles, or a simple ceramic ring that is warmed by a light bulb.



Massage - the most common form of treatment used by aromatherapists, simply because it is so effective. The combination of touch and the therapeutic benefits of the oils improves circulation and releases trapped energy from tense muscles. The fragrance also promotes a feeling of well-being.

The essential oil is diluted in a vegetable carrier oil such as grapeseed or sweet almond oil. Aromatherapists recommend proportions of five drops of essential oil to 5ml. (1 tsp.) of carrier oil for adults; half the strength for children under three. For newborn babies it is best to avoid essential oils altogether.

Baths - any oil can be used. Choose your scent and add up to eight drops for adults, four for children over two and stir through the water with your hand.

Showers - any oil can be used. Choose your scent and add up to eight drops for adults, four drops for children over the age of two. Drops can be put in the corners of the showers and will be released by the steam.

Compresses - help relieve bruising, skin problems, and muscle and menstrual pain. Use 1-2 drops of oil-like lavender in a bowl of warm water. Soak a piece of cotton in the water and wring out so it does not drip. Put the cotton over the area to be treated and cover with a warm towel. Leave at least two hours.



See Section 7: Natural Medicine Chest in the Reference Guide for aromatherapy recommendations for your home.



Make your own family home care kit. Start by purchasing the things you think you will need first for ailments you experience in your home. Start by taking things off the lists provided, or do some research of your own to determine what you might need. These are all suggestions, and it is up to you to determine what your family will need.

- ☐ Ace bandages
- ☐ Band-aids
- ☐ Activated charcoal (pull toxins from your body)
- ☐ Ear candles (ear aches and pressure in ears)
- ☐ Enemas, herb extracts and teas (bowel movers)
- ☐ Epsom salts (reduce swelling of sprains and relax muscles)
- ☐ Gauze pads
- ☐ Essential oils from the Natural Medicine Chest reference guide (and any extras you may need)
- ☐ Herbs from the Natural Medicine Chest guide (and any extras you may need)
- ☐ Have healing foods in the house from the guide
- ☐ Homeopathic remedies from the Natural Medicine Chest guide (and any extras you may need)
- ☐ Raw honey (burns, cuts, bee stings, and bug bites)
- ☐ Hot pad
- ☐ White onion (antibacterial and antifungal properties)
- ☐ Salves to support healing
- ☐ Tape: To pull things together, hold things together
- ☐ Teas

Read through *Section 7: Natural Medicine Chest* in your *Reference Guide* and look for *homeopathic* and *naturopathic* replacement for your over-the-counter drugs.

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What Should I Do Next?



Answer Key

symptoms	valuable	weak
lifestyle	increase	build
preventable	plants	extracted
unprocessed	stimulate	Essential
essential	build	
challenge	encourages	
exposures	own	
physical	healing	
cause	remedies	
disease	retraining	
resolve	successful	
broken	safest	
inevitable	more	
influence	return	
vitality	positive	



Discussion Questions

1. Workbook Page 9-1: Review the two main steps to natural family care and the purpose points of the lesson. What points stick out to you regarding how you address your health now and the health goals that you have?
2. Workbook Page 9-2: What points described as the front lines of natural family care do you feel you are doing a good job with? What areas do you feel you need to improve on?
3. Workbook Pages 9-2 through 9-3: How would you describe a symptom now? Can we see how symptoms are intended to be a beneficial sign or signal and how they are not the actual cause of the problem?
4. Workbook Pages 9-3 through 9-4: Read the "Example of Symptom vs. Cause of Symptom" section. Does it surprise anyone that an earache is rarely an ear infection and is actually commonly caused by poor digestion and poor elimination of waste?
5. Workbook Page 9-4: What are the five things that herbs are used to do?
6. Workbook Page 9-9: What over-the-counter drug might you be able to replace with a homeopathic remedy in your house?
7. Workbook Page 9-10: Has anyone ever used aromatherapy in their home to alleviate a symptom? How does it work for you?

Life-long health
begins now!



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