



Your Path To Vitality

Inherent Wellness Inc.

Table Of Contents

<u>Introduction</u>	3
<u>Fish Tank</u>	4
<u>Common Cause</u>	5
<u>Acid-Alkaline Balance</u>	6
<u>Healthy Blood & Circulation</u>	7
<u>Great Lymphatic System</u>	8
<u>Cellular Hydration</u>	9
<u>Intestinal Health</u>	10
<u>Herbal Medicine</u>	11
<u>Problem with Protein</u>	12
<u>Mucus Free Diet</u>	13
<u>Detoxification</u>	14
<u>Healing Symptoms</u>	15
<u>Focusing on Fundamentals</u>	16
<u>Lifestyle Choices & Stress</u>	17
<u>Personal Responsibility</u>	18
<u>Doing What it Takes</u>	19
<u>Taking Action</u>	20
<u>An Invitation</u>	21

Introduction

This short handbook offers an alternative approach to optimize one's health by introducing important paradigm shifting concepts that will bring clarity and provide support to anyone looking to optimize their health.

Perhaps you are here because you're curious? Maybe you are dealing with a health issue and searching for a solution? Or perhaps you feel pretty good and looking for a way to enhance your physical and/or cognitive performance?

Regardless of your personal situation or goals, if you are receptive to a new perspective and ready to take action, then you are encouraged to continue reading.

Please note that the principles enclosed are introductory in nature and do not exhaustively elaborate on the subject matter. The opinions expressed are intended for education purposes only, should not be interpreted as medical advice and do not take the place of a trained medical physician.

Please consult your doctor before starting or stopping medications you may be taking or should you decide to adopt any of the suggestions outlined within this document.

Please contact us when you have read this document to learn more about how you can enhance your wellness and vitality.

Fish Tank

Think of your body as a fish tank that holds all of the fluids that allow for the transportation of nutrients, oxygen and waste materials.

Just like a fish tank, it is very important to maintain the balance of these internal fluids so that your cells (the fish) can survive. This is called homeostasis.

Imagine you connect your car's exhaust pipe to the air intake for the fish tank pump. Very quickly the water will become filled with toxins which will acidify the water and lower the pH thereby threatening the health of the fish.

Now imagine adding too much of the wrong type of food causing the accumulation of further wastes and toxins.

Under these conditions, that of congestion, the fish are unable to digest, absorb and assimilate nutrients leading quickly to the alteration of the fluid environment due to the buildup and putrefaction of the toxic waste that has accumulated.

Applying this analogy, the result of this situation in the human body is the accumulation of metabolic wastes and acids which contribute to the damaging of your cells and tissues.

The problems we encounter with our health are most commonly associated with a lack of elimination and accumulation of wastes. The body has become like a stagnant pond.

Common Cause

Regardless of the health challenge or symptom experienced, the underlying causes for health ailments are commonly associated with two main things:

- (1) Systemic acidosis; and
- (2) Toxicity due to the congestion of the elimination pathways of the body

These two situations go hand-in-hand to create the internal environment that breeds a wide range of problems that can cause cellular damage, tissue degeneration, inflammation, pain and discomfort.

Conventional wisdom, also called western medicine, calls this disease and only responds by treating and

managing symptoms with drugs and surgery.

The problem is that suppressing symptoms with a pill does not bring relief, often leading to unwanted and dangerous side effects.

Taking the conventional approach will indeed work in the short term and the symptoms can be controlled. However, the dependence on medications can quickly lead one down a dangerous path.

The good news is that symptoms can be alleviated by shifting one's paradigm, focusing on the fundamentals and working to resolve the underlying causes for pain and discomfort.

Acid-Alkaline Balance

It is very important for the acid-alkaline balance to be optimal throughout the body. While some areas such as the stomach are acidic, the majority of the body is alkaline dominant, especially the blood.

When the body becomes too acidic a variety of physiological responses will be initiated to help maintain homeostasis. Three of these are:

1. Edema
2. Cholesterol
3. Mineral Absorption

Unfortunately, these acid buffering mechanisms can bring unwanted health complications.

Edema can bring pain, swelling, and poor

circulation. Lipids act like a sponge retaining wastes and toxins while elevated cholesterol can lead to various cardiovascular complications. Leaching of base minerals will lead to tissue weakness and bone degradation.

Not only can acids develop as a result of the food consumed, they are also generated through cellular metabolism throughout the entire body.

Just like a car engine that produces toxic exhaust, so do all the cells in the body which produce wastes that are toxic to the body. These cellular byproducts can accumulate in the body and cause damage to the surrounding tissues.

Healthy Blood & Circulation

Blood is literally the river of life and it provides the transportation highway for the movement of nutrients, oxygen, hormones and other chemicals required to sustain life.

The blood also helps eliminate a variety of waste materials which are toxic and harmful to the human body.

The body must receive the necessary building blocks required to create healthy blood cells that can perform their important role effectively.

For these reasons, it is very important for the blood to be healthy, free of pathogens, excessive undigested food wastes and other things that can prevent the efficient flow of

blood throughout all the areas of the body.

While it is important to have healthy blood, it must also be transported throughout the body efficiently and without any impediment so as to deliver the life sustaining oxygen and nutrients to all of the cells of the body. This is called circulation.

As we age, our circulation decreases and brings with it the onset of many symptoms of illness and discomfort.

In fact, it is the microcirculation that is the most important. These are the smallest blood vessels of the body that supply this life-sustaining blood to all of the organs and tissues.

Great Lymphatic System

The lymphatic system is an often over-looked system of the body when it comes to health maintenance and healing.

In fact, the lymphatic system can be considered to be one of the most important and integral system of the human body. The lymphatic system plays an immune function and acts like a sewer system by collecting and eliminating metabolic wastes from the body.

Interestingly, while blood comprises of about 25% of the fluid in the human body, it is the lymph fluid that surrounds all of the cells of the body and represents about 75% of the fluids in the body. When the lymphatic

system is compromised by the accumulation of excessive acidic wastes, it cannot perform its function.

Mucus is produced and this leads to the development of coagulation and obstructions which can clog up the elimination pathways of the body.

Basically, the body's sewer system becomes plugged and backs up into the rest of the body causing a variety of symptoms ranging from allergies to chronic pain and even the development of more serious situations that damage and compromise the cells of our body.

Cellular Hydration

About 75% of the body is comprised of water, which serves as the basis for all fluids throughout the body and helps transport nutrients, remove wastes, cushions joints, supports digestion, transmits signals, regulates temperature, transports hormones, and hydrates tissues.

Water is a large source of energy and it is important for it to be efficiently transported into and out of all cells of the body.

Unfortunately many people are unaware that they are very dehydrated.

Dehydration occurs when the water used each day (metabolic activity) is not replaced as fast as it is eliminated.

In fact, many foods consumed are dehydrating as are many of drinks such as coffee and alcohol due to their diuretic effect which creates a net-loss effect.

Common signs of dehydration include fatigue, constipation, skin problems, joint pain, elevated cholesterol, digestive disorders, and premature aging to name a few.

Enhancing the quality and properties of water consumed will help improve hydration at the cellular level thus helping the body maintain balance, function, facilitate healing and regeneration.

Intestinal Health

The health of the intestinal tract is crucial for both the absorption of nutrients and also the elimination of wastes from the body. Nutrient absorption occurs through the microvilli of the small intestine while elimination occurs mostly through the colon.

Consumption of acidic and denatured foods brings the production of mucus and over time the development of mucoid plaque.

The production of mucus and development of plaque are the body's response and coping mechanism and to protect itself from the bombardment of damaging foods.

Unfortunately, plaque will build up along the

intestinal walls blocking nutrient absorption and clogging elimination pathways.

When we consume certain foods, this slows digestion and the accumulation of waste along the bowel walls will cause further interference.

Inflammatory bowel conditions can develop and symptoms can range from minor gas and bloating to more serious ailments.

It is critical to support bowel health by consuming the correct foods and embarking on regular cleansing to ensure our body's nutrient absorption and waste elimination pathway is functioning optimally.

Herbal Medicine

Taking medications and supplements may help relieve symptoms or enhance performance temporarily but this will not resolve the problem or provide lasting results.

Rather than depending on supplementation we recommend correcting the problem by utilizing herbal medicine to stimulate certain actions and enhance natural physiological pathways to cleanse, detoxify and thus allow the body to regain balance.

Once this is followed, the nutrients we consume will be able to be more efficiently delivered to the cells and tissues.

What types of herbs would be used? We use a variety of western herbs that are chosen for their known affect on

specific tissues of the human body.

For example, some herbs have a calming effect to reduce over-activity, while others help stimulate function when an area of the body is under-active.

Milk thistle is a herb commonly used for liver support, dandelion root and celery seed for the kidneys, nettle leaf promotes circulation, cleavers support the lymphatics, yellow dock cleanses the blood and lymph, while black walnut has many uses such as anti-pathogenic properties.

These are just a handful of herbs we offer in specialized formulations that are developed to support healing.

Problem with Protein

Common nutritional guidance suggests that protein is of utmost importance and that we always must ensure we get enough protein in our diet.

The problem is that the protein dense diets that we have become accustomed can contribute detrimental effects and hinder the healing process.

Our body cannot use these proteins, so must break these proteins down into amino acids and then repackage these amino acids into new protein structures that serve endless functions in the body.

The issue is that digesting proteins will generate excessive acidic byproducts and metabolic wastes,

which are sources of inflammation.

These acidic byproducts can accumulate in the tissues of the bowels and kidneys which are crucial elimination pathways that need to function optimally to help maintain balance.

Adding to the problem is the body's production of mucus to buffer acids, leading to further tissue obstructions.

While proteins (amino acids) are important tools for our body, it is important to understand that for healing processes to occur, one must reduce or eliminate protein all together. This temporary reduction will reduce stress and inflammation so that healing and cleansing can occur.

Mucus Free Diet

Have you considered how foods consumed may be contributing to the development of undesired symptoms of illness?

Dietary adjustment is an important first step to creating the internal environment within which the body can heal and regenerate.

It is recommended to consume foods that offer healing and cleansing qualities and are less acidic, therefore less mucus forming.

Mucus formation is the body's buffering response to acids and other metabolic wastes. The problem is that excess mucus prevents cells from functioning and blocks the

metabolic pathways.

What is the mucus free diet? It's the gradual and progressive move away from denatured, processed, refined, and mucus-forming foods toward foods that do not create any mucus.

Why do this? Mucus forming foods decompose into slimy substances in the body and eventually will make it hard for cells to obtain nutrients, eliminate wastes and even breath.

Removing these mucus free foods will provide an environment within which the body can detoxify, rebalance, heal and even regenerate.

Detoxification

Detoxification may elicit a wide array of thoughts and assumptions. Some envision inconvenience while others foresee discomfort.

While some of this may arise when in a situation that requires urgent action, most people working on their health do not need to take an aggressive approach.

We recommend a gradual approach to support the body's natural physiological functions to cleanse.

Elimination of waste from the body must be done for healing to take place. To open up the body's elimination channels it is necessary to make dietary changes, incorporate herbal medicine, leverage tools that

enhance circulation and adjust lifestyle habits such as improving sleep and reducing stress.

Why detox? Well, when renovating a house, it is always best to remove everything down to the wooden studs before painting on top of damaged walls or adding a floor to a weak foundation.

In a similar way, you must remove that which does not belong in the body before rebuilding the tissues.

Detoxification is part of the healing process. Be mindful that it has likely taken years or decades for the problem to develop, so while necessary, it's going to take some time to unwind and rebalance.

Healing Symptoms

The path to wellness is not always easy and requires some degree of perseverance.

Society has become accustomed to masking unwanted symptoms with medications. While great tools for acute pain and trauma situations, this approach does not work or solve anything chronic.

For true healing to occur one must take the steps to cleanse and be prepared to navigate healing symptoms that may include runny nose, sore throat, or other cold/flu symptoms to name a few. These arise when the body releases dissolved waste, toxins, debris, mucus and other poisons that were stored in the tissues.

The onset of healing symptoms isn't ideal but these are a necessary part of the healing process. The good news is that these are temporary and will lessen over time.

While this approach is meant to cleanse the body, you may experience feelings of fatigue and even experience fluctuating emotions from time to time. Its best to go with the flow, be mindful of your progress and focus on your goals.

If detoxification is too strong then slow the process by simply adjusting the dietary and herbal protocols accordingly. The key is to listen to your body and take a gradual approach.

Focusing on Fundamentals

Improving health and vitality can be achieved by getting back to basics.

An effective approach is to support the body's natural ability to heal within by optimizing microcirculation and supporting elimination.

Focusing on these fundamentals provides the internal environment within which the body can rebalance. Yes, the body seeks balance and will do so if given the opportunity!

To remove the guess work consider working with someone who specializes Live Blood Analysis.

Live Blood Analysis is a qualitative assessment technique that provides an opportunity to evaluate the health and

vitality of the blood which is an important foundation of well-being.

Visually assessing the blood in it's live unaltered state helps to identify areas of imbalance and sensitivity causing unwanted symptoms of ill health. This approach helps hone in on the underlying issue at hand and informs the best course of action.

In all cases, specific dietary adjustments and herbal medicine protocols should be used to heal, reduce inflammation, improve circulation and enhance elimination pathways allowing the body to remove obstructions and other things preventing a balanced state.

Lifestyle Choices & Stress

The topic of lifestyle choices and stress is an important factor that affects everyone in unique ways. Admittedly this is a complex topic and one page cannot scratch the surface.

I am touching on this subject to acknowledge it's importance and to serve as a reminder for the reader to consider the role and impact of their lifestyle, emotions, relationships, stress and mindset on their health.

It's more than just the food we eat that has an effect on our physical body. The mind, body and spirit (depending on your personal beliefs) are all connected.

Stress specifically can have detrimental impacts on wellbeing

and can cause or be associated with a wide array of illnesses. Indeed, it's generally understood and has becoming more common to hear of the impact that stress has on our health.

If you are interested in learning more about this subject matter, you can look up *Gabor Mate MD* who has spent many years working and more recently writing about the topic of stress and trauma and the hidden impact on health.

If you are seeking relief and cannot find a solution, you may want to consider reflecting on your situation and what might be silently simmering under the surface. Likely it's part of the puzzle and requires your attention.

Personal Responsibility

The secret to healing is that the solution already resides within and you must take personal responsibility to improve your situation. Stop waiting for others, take action, and make it happen! Here are five keys for success:

1. **Commitment:** A personal decision is required. How bad do you want it? Willing to do what it takes?
2. **Time:** Improving health must be given priority. Willing to put yourself first and dedicate the time?
3. **Resources:** Financial resources are required to obtain the tools. Ready to invest in yourself? Do you have the capital required?

4. **Support:** Obtaining help from those with knowledge and experience. Are you ready to work with someone who can offer guidance and direction?
5. **Patience:** It is crucial to understand that healing takes time. What are your expectations? Are you ready to take the long way 'round?

Healing is not an easy path but is a rewarding journey that offers an opportunity for personal growth in ways you may not expect.

Take a moment to reflect on what might be holding you back from realizing your potential and achieving your goals.

Doing What it Takes

Those who successfully resolve health concerns understand that it takes a personal decision, courage and determination.

Before beginning on this healing journey, visualize what you would like to achieve.

Simply close your eyes and imagine your health goals and aspirations.

- What does success look like for you?
- What do you want to achieve?
- Pain free? Weight loss? Better sleep?
- More energy? To generally feel better?
- Would you like to enjoy more time with family and friends, hobbies, activities or travel?

I was dealing with some chronic life-altering health challenges a few years ago. As I wasn't achieving results, the health practitioner I was working with asked me... 'how bad do you want it?'

Without hesitation, I knew that I wanted to improve myself more than anything else. I was sick and tired of feeling sick and tired. I decided in that moment that the only option was to apply myself and make changes in my life. So that's what I did, and never looked back.

So, how bad do you want it?

Are you willing to do what it takes?

Taking Action

Thank you for taking the time to read this short booklet.

The previous pages have touched, although briefly, on a number of health-related concepts.

Some of these topics might be familiar, while others could be new or even found to challenge long standing beliefs or understandings.

Perhaps something has caught your attention and you are now curious to learn more?

It is also possible that none of this has resonated with you, which is fine too.

Maybe you need to reflect on this a bit more before taking action?

I decided to create this

resource to offer an introductory overview of some of the key concepts that are foundational to overcoming health challenges and even offer benefit for anyone looking to improve their performance and overall vitality.

Having navigated a myriad of health issues throughout my life, I have found relief by casting aside the conventional approach, that of treating and managing symptoms. Instead I decided to take an alternative path and apply the principles you have just read.

Yes, this approach works and I invite you to consider this opportunity to take action.

An Invitation

My name is Byron and I offer you an opportunity to optimize your vitality!

I help empower clients to take responsibility for their health, return to basics to resolve the underlying causes for their feelings of ill health and support their body's natural ability to heal. Yes the body seeks balance and can heal when we provide the conditions to do so!

Healing does not have to be complicated and is simpler than many realize. Focusing on the fundamentals and supporting the body's natural processes will lead to miraculous improvements.

Are you looking for a fresh approach that works and are you ready to take action to



improve your situation? I would be pleased to support you to revitalize your health and well-being!

You may be asking yourself, 'ok, great, but now what?'

Please visit my website for more information and contact me to schedule an appointment.

inherentwellness.ca