

Dr. Kasdorf's Health Secrets for Feeling & Looking Great

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♥
Homeopathic Remedies

♥
Herbal Formulas

Gemmotherapy

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Dietary Supplements

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Hormone Treatments

♥
Bodywork

Bowen Bodywork

CranioSacral Therapy

♥
Lifestyle Changes

♥
**Meditation in the
Ishaya Tradition**

♥
In-Office Thyroid Test

Secret #1

The first and biggest secret I have to reveal is that your health is not a secret when you know how to listen to the signals from your intuition and your body and know and honor Natural Law.

If I listed a bunch of do's and don'ts here, first of all, you would possibly rebel at the ones you are not currently doing. Let me assure you that making life changes are a whole lot easier than you think. Secondly, there is no such list for everyone as we are all different. However, there are some common principles of health which can guide us.

What is health?

Being healthy is not just getting a blood test result that says everything is in the normal range. It is much more personal than that. Your health is your adventure, and I can provide guidance along the way.

Health always falls within the context of the way we think about ourselves, our relationships to other people, our relationships to nature and human-made things around us, our relationship to the planet we are living on, and what we are doing here.

Feeling & Looking Great

Looking great comes from the inside out; it comes from feeling great and

the actions that come from that. Feeling great requires a perspective of life that is not what the mainstream tells you. It is not fitting a certain image of what you should look like, own, or where you should be seen. It is about your inner vitality when you are on your path, your adventure, fulfilling your purpose in this world.

Health Is Our True Default Mode

Consider this. Life is an adventure and health is our true default pattern. The part of us that knows that default pattern, known as our Vital Force, is guiding us on the adventure, which we can listen to, if we can hear it and want to listen to it.

Otherwise everything is just a random occurrence, and things just happen to people. Or we blame it on our heredity, bad genes.

In our adventure, we started out with a unique variation of that default pattern. Over time we had some experiences which have blunted or confused our innate self-righting mechanism to bring us back to that default pattern. This is when things get interesting.

How to Keep the Balance

There are several ways to help keep the balance and allow our self-righting mechanism a fair chance at doing its job. They come back to our

relationship with the planet, because as beings made from the elements of the planet, and living on her, we participate in her cycles.



The body loves routine, because having something become predictable gives it a sense of security. So, to establish your own cycles:

- Go to sleep and rise at the same time every day.
- Eat at close to the same time every day.
- Eat a similar balance of foods every day
- Keep activity levels similar daily.
- Alternate times of focused activity with times of deep rest

If you say that you could never do this, then this is precisely what your adventure is about. When you do stick to a routine, you will get clearer signals from your guidance system.

What is more, honoring Mother Nature, the planet we borrowed our bodies from, live on, and give our bodies back to, has to do with interacting with the elements of our natural environment. That means:

- Eating foods that were around before so-called civilization - unprocessed and always some live foods
- Drinking plenty of pure vital water
- Spending time outdoors, soaking up the sun light, fresh air, trees, rocks, water, and so on
- Being in touch with the earth's and cosmic energies and staying away from artificially created electromagnetic fields, as from wireless technology, especially when sleeping

Why Bother?

This may be everything you heard before, but now I want you to understand what it is for, and why it is worth doing. All this helps our self-righting mechanism bring us back to our default pattern of health. Establishing new habits take attention, but once they are formed, you do not have to think about it anymore, and you will not want to do without them.

Get help in learning to listen to your body and desires, and develop discernment. See many of my blog posts on DrCherylKasdorf.com. There are plenty of other

resources like are listed on my page *Dr. Cheryl Recommends*.

How to Deal with Symptoms

When you get your body and intuition signals loud and clear, then they must be put in a context.

All symptoms that you get are your body's attempt at self-righting. Understood in that context, there is no reason to suppress them. Instead, in Natural Health, we accompany the body in its effort.

This means that we make a fever efficient, so that the immune system can efficiently do its job, and get it over with, rather than bringing it down with aspirin or Tylenol. It means not putting cortisone cream on a rash to suppress it or freezing off a wart, but instead making more efficient the body's elimination through its normal routes – liver, colon, kidneys, breath – instead of the skin.



This is different than just letting Nature take its course. We don't just let the infection rage, or blood sugars stay high. We don't just ignore what our body is telling us, like suffering with indigestion, or constipation, or pushing hard when we feel tired.

When we understand what the Vital Force inside us is attempting to do, we can assist it. This entails a precise understanding of Natural Law and familiarity with natural means to honor that law and which are capable of communicating with the Vital Force, such as I have undertaken in my medical training.

This is precisely why just taking supplements or using herbs may not get you where you want to go in your health. What is the underlying therapeutic purpose in doing it? And are you communicating with the deep

Vital Force which is directing everything?

This brings me to my last - and greatest - health secret revealed.

My Greatest Health Secret Revealed

It **is** possible to re-write your health history if you so desire and follow the know-how that has been handed down to me in my medical education.

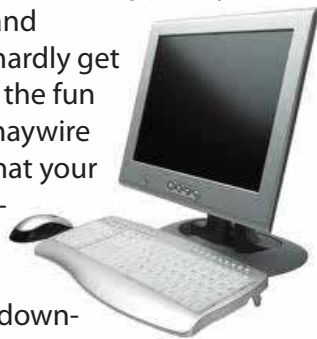
If you think that illness is something that just happens to you, then read no further. This is not for you.

However, if you are tired of chasing your symptoms with over-the-counter drugs, prescription drugs, surgery, or even herbs, nutritional supplements, mind-body healing techniques, or even homeopathic remedies, then read on.

Most likely you have been overmedicated throughout your life and rarely given the opportunity and exact stimulus to heal naturally. As a result, your innate health-maintaining mechanism is blunted and confused.

Now, it has taken years, in fact, your whole life to develop chronic health problems. Or you may be one of those who have had them from birth.

You are like a computer which is running poorly, and it takes a lot of time, energy, and money to get it to work. You hardly get anything done with it, and all the fun computer games have gone haywire too. It is unrealistic to think that your chronic symptoms will evaporate overnight with the right drug, procedure, or herb and not ever come back. Just like downloading something new or manipulating files on a computer will not get it to run without glitches.



Homeopathic health programs according to Individual-

ized principles as Dr. Kasdorf practices has the promise of getting your computer to run smoothly by first getting the hardware wiped clean and updated, so eventually the operating system can be re-programmed to run in a coherent, self-maintaining way.

What digital computer can do that – self-maintain? That is the wonder of human health.

Along the way you will experience ever-increasing levels of health, and even a significant difference in the first month.

And it may take 1 – 2 years of homeopathic programs before your system is ready to be re-programmed. It is well worth the time if you have the desire to have vibrant health – what else can compare to the thrill of a day well lived?

Imagine living a year in which you don't dread a season because of how you expect to feel. Imagine waking up with energy and vitality to meet the day and the clarity of mind, balance of emotions, and security of purpose to sail through and enjoy the day.

At this level of health, acute illness such as a cold or the flu becomes a barometer of imbalance in your lifestyle, telling you to slow down, take a rest, or remember how your body wants you to eat or sleep. Once recognized, and you listen and make the changes required, and accompany the illness with natural remedies, the initial symptoms of the cold or flu resolve quickly – in hours or a few days.

When things happen in life, you will have the ability to respond appropriately, not with deteriorating health. Anything else that appears as an illness is what your Vital Force has chosen to experience, which can happen with acceptance and ease.

If this describes you, with the desire to live in vibrant health, and you are ready to follow an individualized program, then contact Dr. Cheryl Kasdorf for more details and to get started right away.

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