The Three Healing Secrets
Your Doctor Probably Won’t Tell You

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Three Healing Secrets Your Doctor Probably Won’t Tell You

Discover the three secrets of healing most doctors don’t talk about that may be keeping you from optimal healing, health and well-being.

The traditional doctor doesn’t talk about the toxic burden that most of us carry in our bodies, the emotional roots of trauma and stress, or how the food we eat can lead to dangerous inflammation. All of these are causes for people not feeling good and getting sick that aren’t adequately addressed by mainstream. Food and mood-these are left out of the equation, replaced by drugs and surgery.

~Dr. Candace Pert

I worked at a large medical oncology practice for a couple of years and have a great deal of respect for the oncologists I have had the pleasure to know. They are passionate about what they do and care deeply about providing the best of what modern medicine has to offer for their patients. But, what most of them probably won’t tell you is how you can take an active role in your healing with integrative medicine. You are more than just a physical being-you are body, mind and spirit-and healing must involve the whole of who you are to be the most effective.
Unfortunately, standard medical care stops short of recognizing the interconnectedness of the body, mind and spirit in their treatment plans. Why? Because it’s not typically within the physicians realm of understanding or education. Doctors don’t learn about holistic and energetic approaches to healing, called integrative medicine, in their medical training, therefore it is outside of their comfort zone to share these types of healing modalities with their patients.

Savvy patients often need to learn about integrative healing options on their own and talk with an open minded physician who will support them in their choices for interweaving evidence based integrative healing practices into their treatment plan. If your physician doesn’t support mind-body healing practices, I recommend finding a new physician, or direct him or her to The Society of Integrative Oncology where they can find the latest research on all forms of complimentary therapies.

A patient’s mental state, level of stress and capacity for hope can have a great influence on their ability to overcome illness. If you want the best possible chance for healing and optimal immunity, you must participate in your own healing.

**Untold Healing Secret #1:**

**Mind is Medicine – The importance of the role of mind, beliefs, emotions and behaviors on health and wellness.**

Only when doctors have exhausted every possible physical cause of an illness, they might consider a mental or emotional cause. Historically, the mind-body connection had been largely dismissed by conventional medicine and it was taboo to intermingle the two. This began to change in the 60’s when people started to explore Eastern philosophies which focused on the mind and body as one. Today, integrative and evidence based therapies such as massage, acupuncture, meditation, and stress management techniques have become more accepted by the western medical communities and more and more patients are seeking complimentary and integrative medicine approaches to their health and wellness. The fact that a 2009 study by the National Institute of Health found that Americans spend upwards of $34 billion annually on integrative approaches clearly indicates that patients want to play a bigger role in their own health and wellbeing.

Science is catching up and evidence of the mind-body connection continues to mount. Thanks to pioneers in the mind-body arena like Dr. Candace Pert, author of *Molecules of Emotion* and Dr. Bruce Lipton, author of *The Biology of Belief*, we have a much better understanding of the influence the conscious and subconscious or unconscious mind has on the body, including our cells.
Southwestern University Medical School, Harvard Medical School and Stanford University Medical School have all released research indicating that wrong beliefs embedded in our cellular memory that make up our conscious and unconscious mind may be the missing piece of the puzzle in healing illness and disease in the future.

Other research done by the Institute of HeartMath revealed that suppressed anger or rage buried in our subconscious can literally cause damage to our DNA! Furthermore, the process of suppressing destructive cellular memories (through various coping mechanisms) creates constant stress which has an enormous impact on the immune system and the health of the body.

A review study published in the reputable Journal of Clinical Oncology reveals a strong link between stress and cancer progression. Decreasing stress and maintaining the functional integrity of the immune system and other physiological systems is therefore extremely important in helping patients adjust to cancer treatment, recovery, side effects and possibly metastatic growth.

In the Amazing Journey 6 Month Integrative Healing Program, one of the first things we work with a client on is individualized stress management. We teach several simple no-risk techniques that can be utilized to counteract stress and promote health and healing.

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**Untold Healing Secret #2:**

**Energy is Medicine -** Your core energetic state is with you all the time and affects your health and well-being.

But most people don’t know how to manage it. Your physical body is an energy system. The fact is your personal energy is actually measurable and has a huge influence on the quality of your life and health. There is so much potential in not only managing your energy and increasing your personal energy, but also in maintaining a healthy flow of energy. It is your personal energy that allows you to live the healthy life you desire and deserve.
There is scientific research and empirical data that supports this.

There are healing modalities that have been around for thousands of years throughout history. Different cultures have embraced these modalities and people have benefitted greatly by tapping into them to improve personal energy and enhance healing. Mostly practiced by Eastern cultures, energy work has been emerging in western cultures gradually and increasingly for several years now as mentioned earlier. As people are recognizing their own amazing power, they are adopting energy work as part of their integrative healing practices.

Examples of these energy healing therapies include Qi Gong, Chakra Balancing, Tai Chi, Meditation, Emotional Freedom Technique (EFT) and Reiki among others. They all work with an individual's energy for physical and emotional healing.

The most impressive studies I’ve seen regarding the energy of thoughts (conscious and unconscious) are those of Dr. Masaru Emoto, an internationally renowned Japanese researcher who has gained world-wide acclaim.

Dr. Emoto shows us just how powerful the energy of our thoughts are in his research with water. In his amazing study, Dr. Emoto visually captures the structure of water at the moment of freezing and through high speed photography he has shown the direct consequences of destructive thoughts and the thoughts of love and appreciation in the formation of water.

When a regular glass of water was exposed to a thought of love or even just a label saying love taped to the glass, the water crystals formed beautiful patterns, clear with
perfect symmetry. But when exposed to hate or anger, as shown below, the crystals were rough, cloudy and in a state of chaos.

Here is a 3 minute YouTube video that shows more pictures of water exposed to different emotions [http://youtu.be/tAvzsjcBtx8](http://youtu.be/tAvzsjcBtx8). Its absolutely fascinating! You can also read more in his book, The True Power Of Water: Healing and Discovering Ourselves.

### The message here is -

*If the energy of thoughts can do that to water; imagine what the energy of your conscious and unconscious thoughts can do to you!*

*Up to 70% of your body is made up of water!*

**Are You Stuck in the Lower Energy States?**

Of course, the best way for you to know is to look at your life right now. If it is not everything you wish it to be, then you are most likely operating from a lower energy state in the area of your life you’re not happy with and for the purposes of this report—your health.

It’s not your fault. You’ve been conditioned from a very early age from your families, the media and the society you grew up in to have certain thoughts, beliefs and ideas about who you are and what you can and cannot do. You’ve attached certain emotions to the meanings you have given these thoughts, beliefs and ideas. These emotions become cellular memories (stuck energy) and can affect your health and well-being. (Untold secret #1)

Energy healing therapy can help you connect to higher energy frequencies by releasing stuck energy from past traumas – physical, mental, emotional and spiritual. Although
these energies originate in the mind, they can get stuck in your emotions and body. These stuck negative energies can cause physical breakdown and disease in the body.

By learning simple energy healing therapies, you can release these unwanted negative energies. In the Amazing Journey 6 Month Healing Intensive we teach you how to release stuck energy allowing your energy to shift to a higher, more helpful vibration for manifesting the health results you desire through simple everyday tools that are fun and amazingly effective!

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**Untold Healing Secret #3:**

**Food is Medicine** - A healthy eating plan will help to provide the body with sufficient nutrients to ensure the level of nourishment required to support the body’s immune and repair functions.

Actually, most physicians would agree with this one. However, that’s as far as it goes with most of them. Again, nutrition education is not taught in medical schools, although I think it should be. There are multiple ways to improve your nutrition and those ways must be individualized to each person’s needs, desires, aversions and personality.

But... here are some general guidelines to improve your nutrition that are usually pretty easy to apply.

**Choose a Plant Based Diet**

Eating a plant based diet is one of the best ways to eat if you have cancer or to reduce your risk of cancer or disease. Aim for at least two-thirds of your meal or snack to come from a plant source, such as fruits, vegetables, beans, nuts and whole grains. Limit the amount of fish, poultry, meat, eggs and dairy products to only one-third of your plate. Aim for 7 to 11 servings of fruits and vegetables daily. More servings should be of vegetables than fruits.
When I ran a weight management program called Health and Diet, a big part of what I helped my clients with was making their diet a lifestyle change. It was important it worked for them in the long run and was not just a temporary fix to get the weight off. It works the same way when eating for health; it must be a lifestyle change.

When a person goes through the Amazing Journey 6 Month Healing Intensive, they learn to make lifestyle behavior changes and food choices that work best for them.

The Merits of Juicing

Juicing is great for people who have trouble getting in their recommended 7-11 servings of fruits and vegetables a day. I personally juice every day. Juicing provides more vitamins, minerals and phytochemicals than the whole form of fruits and vegetables.

Juicing may also help you eat fruits and vegetables that you do not want to eat. This may be the case if your illness or its treatment has changed your sense of taste or made it hard to swallow. You only need to drink ½ cup of juice (4 ounces) to equal one serving of fruits or vegetables.

Foods to Minimize or Avoid

- **Processed Foods** - Processed, pre-packaged, and fast food is low in nutrients. Avoid white flour, white bread, white sugar and white rice which are all examples of refined foods where processing has removed their fiber, vitamins, minerals and phytochemicals.

- **Reduce Meat and Other Animal Sourced Foods** - In addition to the unhealthy saturated fats found in animal foods, studies show that eating large amounts of red meat and processed meats can increase your risk for certain cancers.

- **Reduce dairy products** - Dairy and dairy products are a source of healthy fats, protein and a range of vitamins and minerals. However, despite the benefits, the suitability of dairy products for those with cancer especially has been questioned. Apart from the possible link between milk products and cancer, some people find that dairy foods can upset their digestion. This may be a particular problem following chemotherapy treatment. A dairy-free diet can provide plenty of calcium to support bone health as long as legumes, green leafy vegetables, nuts and seeds and whole grains are eaten regularly, also non-dairy alternatives are available such as rice milk, almond milk or coconut milk..

- **Avoid Refined Sugars** - Candy, “junk” foods and soft drinks are high in calories
and contain very few nutrients. These foods have high amounts of sugar, usually contain few vitamins or minerals, and have very little fiber. Avoid all sugary foods and use fruit (mostly fresh but also dried) to add sweetness to the diet. Honey, molasses or maple and fruit syrups can be used occasionally, if necessary.

Click Here for a video by Dr. Mercola on the dangers of eating sugar.

It would be impossible to share everything about nutrition and the best use of supplements here, but most people know their food choices directly affect their health, they just don’t know how to incorporate the changes necessary into their lifestyle.

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My goal with this report was to share some helpful insights and I hope you have found value in it. There is so much more I’d love to share with you! The Amazing Journey Coaching 6 Month Integrative Healing Program is designed to help you with the focus and path for allowing a permanent lifestyle change for optimal healing from a body-mind-spirit and integrative approach to health and well-being.

Although everything offered in this course is evidence based and risk free, it is still recommended you talk with your doctor about participation.

To your health and happiness,
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