

**PART THREE**

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**REGENERATE  
RX**

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**A FOUR-PHASE PROGRAM  
FOR TRIGGERING  
YOUR BODY'S  
RADICAL RESILIENCE  
MECHANISMS**

**PHASE 1**

**INDUCTION**

Apples and Clean Water Mono Diet  
(1-3 days)

**PHASE 2**

**RE-ENTRY**

Establishing Ancestral Diet Patterns  
(2 weeks)

**PHASE 3**

**SUPPLEMENTATION**

Nourishing Your Regenerating Body  
(2 weeks)

**PHASE 4**

**MIND/BODY HEALING**

Detox and Intentional Movement Techniques  
(for life)

**T**he Regenerate Rx program will help you take the information in this book and translate it into immediate action. My hope for you is that it will produce a direct experience of the profoundly regenerative forces that permeate not only your body but the entire universe. You're invited to take a quantum leap with me. You will eschew the automatic and mindless eating patterns of our age by eating *only organic apples*. This mono-diet (between one and three days) will jump-start your new life through a courageous act of radical simplification. This can release an incredible amount of psychic and physiological energy that you would otherwise subconsciously allocate, all day long, to planning, acquiring, preparing, eating, cleaning up, and digesting your normal meals. You'll also get a chance to utilize the untapped power of your body. You will learn to access nourishment both from a "cosmic source" (the quantum vacuum) and an earthly one (the incredible variety of foods and physical substances the Earth provides).

Until we have the experience of toggling between them, we won't know that we don't need to eat "three squares a day" every day of our lives to be healthy and happy. By experiencing a direct connection to a cosmic and limitless source of nourishment, you will know a type of lightness, joy, and vitality that was hitherto unknown.

The program is simple in design and principle. First, it focuses on removing and detoxifying the elements interfering with your body's immense capability for regeneration. Second, you will learn to eat, move, and think in a way that further activates and optimizes your ancient, built-in regenerative processes.

## REGENERATE

Phase 1 (Induction) of eating only apples lasts one to three days, depending on how long you can comfortably sustain it. Phase 2 (Re-entry) nourishes your body with the ancestral dietary template by removing the processed and toxic foods most of us have been eating since we were first introduced to solids. Once this new dietary pattern has been in place for two weeks, you can start Phase 3 (Supplementation) by adding core supplements. In Phase 4 (Mind/Body Healing), you will develop sustainable lifestyle practices for detoxification (inside and out), intentional movement, and emotional healing.

# INDUCTION

## Apples and Clean Water Mono Diet (1-3 days)

**E**volutionarily, an apple is a perfect whole food, with all the nutrients and information you need to nourish, cleanse, and lighten your digestive burden while invigorating your microbiome. Apples also contain extremely rejuvenating plant stem cells and EZ water, dissolved oxygen, and other nutrients that don't require elaborate digestive processing to nourish you deeply. This seemingly radical move toward dietary simplicity will be a profound reset of your entire metabolism, helping your body to clean house while being deeply nourished. You'll find a similar reset and opening in other areas of your life, as you will have an abundant amount of time once dedicated to acquiring and preparing food that is now entirely yours to fill with new creative ventures.

For one to three days, you can eat any variety of organic apples; get rid of the seeds, but don't peel the skin, which contains astringent properties that cleanse your epithelial tissues for healthy oral, gut, and cardiovascular health.

Apples' structured biological water will nourish and infuse your tissues with both energy and information, and their pectin will enhance detoxification by drawing out bile and accumulated toxicants. Additionally, like all living foods, the apples have a complex and health-promoting microbiome that will reseed and reinvigorate your own microbiome. There are no restrictions on how many apples you can eat. Let your appetite (or lack thereof) be your guide. When you get hungry, just eat one. It's that simple. Drinking plenty of clean and pure water alongside the apples is equally essential. Spring water is best, but you can fortify purified filtered water with minerals, such as a pinch of Himalayan sea salt or trace minerals from the Great Salt Lake in Utah, to alkalize and restructure the water.

### **Water Is a Crucial Detox Factor**

Since water makes up 99 percent of the molecules in your body, what you drink can be a major source of regeneration and enhanced detoxification. Aim for an ounce of water daily for every two pounds of body weight. But use your body's feedback when in doubt. If your pee is discolored, you could probably drink more. If it's clear, you should be good. Ideally, each day you should drink some EZ water, which has a molecular structure of  $H_3O_2$ . Water that comes from underground springs is a good source, and sunlight-infused water in a glass container will also be charged up. Avoid regular bottled water, and if you absolutely must drink municipal or city water that contains a highly toxic form of fluoride, try to use a reverse-osmosis filtration system.

While this phase of the diet omits protein and fat, your body will take what it needs by degrading its own less-than-healthy components and reusing what it can in a process known as “self-eating,” or autophagy. Autophagy is your body’s ancient system of cleaning house. In an elegant process, your body will disassemble poorly functioning, diseased, or worn-out cells and use what remains to make new cells.

Alcohol is not allowed in this phase, and coffee is not recommended. But for those who believe they have a physiological dependency, a cup of coffee (always organic) in the morning is allowed.

At first you will experience “hunger,” but this sensation is oftentimes just a reaction to the body reorienting itself. This mono detox can have a laxative effect on some people but be binding to others. Remember to drink plenty of water, which can help the cleanse and provide an additional source of energy.

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PHASE TWO

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## RE-ENTRY

### Establishing Ancestral Diet Patterns (2 weeks)

The goal of Phase 2 is to strip your diet of the degenerative effects of the Western Pattern Diet and start rebooting your body with a naturally regenerative, ancestral diet of 100 percent organic and non-GMO foods, including fruit, vegetables, good fats, grass-fed or free-range meat and chicken, and wild fish. This Re-entry phase will restore your body's ideal operating system in a way that is perfectly matched to your biological hardware.

During and after the apple mono-diet, you will likely feel a little natural expansiveness or a lightness of being. From the Latin word *frui*, the word *fruit*, after all, literally means “enjoy.” Phase 2 helps you to transition eventually back into a more standard diet of raw and cooked whole foods at your own pace, but take these two full weeks to establish this new pattern. Think about it in terms of the elimination of processed and evolutionarily incompatible industrial foods and replenishment with organic, whole, information-dense foods.



*To transcend the Western Pattern Diet, you will need to eliminate the following:*

- All gluten-containing products, including wheat, rye, barley, kamut, and spelt
- Cow dairy products
- Soy (unless organic, which is permissible in small amounts)
- Sugar, sugary products, and sugar-containing foods, including high-fructose corn syrup, or “fruit sugar”
- Mercury-laden fish, farm-raised fish, and shellfish
- Any synthetic or processed product containing man-made chemical ingredients or processed food isolates such as hydrolyzed yeast protein
- Food with additives, flavor enhancers, artificial colors, or preservatives (other than natural ones such as vitamin C)
- Microbiome-disrupting foods such as grain-fed meats, oxidized and genetically engineered vegetable oils, hybridized wheat, and glyphosate-laden food crops

**Bottom line: When in doubt, don't!**

## **For the Advanced Health Enthusiast**

If you are an advanced health enthusiast, in Phase 2 you can move directly to a *grain-free diet, which excludes rice, oats, and corn*. Eliminating legumes and nightshades (tomatoes, eggplant, hot sauce, chili, peppers, tobacco) is also recommended. If desired, you can include some pseudograins, such as quinoa, amaranth, and millet; and remember, sweet potatoes can make for a wonderful, nourishment-packed alternative to other carbohydrate sources that is slow-burning and exceedingly rich in carotenoids and minerals.

The goal of the Re-entry phase is to move from the simplicity of apples to an ancestral diet of foods that preceded the industrialized food era. All processed, packaged, artificially enhanced or preserved, nonorganic foods and food ingredients are off the table. The natural consequence of this restriction is that you will be forced to eat a diet of whole and wholesome foods teeming with vital energy and information. Initially, you will remove gluten-containing grains and cow's-milk products (except butter, which is okay). Advanced health enthusiasts, or those working with serious disabilities and who want to accelerate their healing more rapidly, will remove all grains from the outset. You will be eating cooked food but should always have something raw with each meal, even if it's only a sprig of parsley, squeeze of lemon in your water, or slice of apple.

A major thrust of the Re-entry diet is to transition from nutrient-poor, starchy foods, which form the centerpiece of the agrarian, grain-based diet, to foods our ancestors would have consumed by foraging or hunting. You'll be adding in more high-quality fats, such as avocados, omega-3-rich flax, pasture-fed

eggs, wild fish, and grass-fed meats. Increasing your consumption of good fats is the solution to end the vicious cycles of endless carbohydrate cravings caused by eating high-glycemic, insulin-releasing sugary and starchy foods. Keep in mind that as you remove the addictive foods you may have been eating to cover up difficult emotions, some of these feelings may come to the surface to be released. Embrace those challenging feelings and transform them by incorporating some of the lifestyle practices in Phase 4.

I'm sure you are wondering if, having moved from the Induction to the Re-entry phase, you can resume consuming coffee, caffeinated beverages, and alcohol. Coffee is okay, but only if it's organic and consumed in the morning. Caffeinated beverages like green and black tea are fine, but not in the late afternoon or evening. Alcohol is not allowed in the Re-entry phase but can be added in moderation (one to three drinks a week) after two full weeks of consistent ancestral-based eating. I ask, however, that beverages be gluten-free (which excludes most beers) and low-sugar (cocktails, if you must imbibe, should be crafted in accordance, without sweeteners) and that the wine be natural or organic (no sulfites added), with a preference for resveratrol-rich varieties like pinot noir. In this phase, I also encourage you to include homemade chicken broth, the perfect regenerative food, especially when you transition from eating raw fruit and vegetables to cooked food.

## WHAT TO EAT

### FRUITS, VEGETABLES, SEASONINGS, AND SWEETENERS

A foundational principle of Regenerate Rx is that raw plant foods contain regenerative stem cells (known as meristematic cells), which transmit immense vitality when consumed. Also, remember to add a raw fruit or vegetable to each meal. All fruits and vegetables should be USDA-certified organic and, when available, be of higher standard, meaning locally grown and biodynamic. For more information about biodynamic food, visit [www.demeter-usa.org](http://www.demeter-usa.org).

- All fruits, including but not limited to apricots, avocados, bananas, cherries, coconuts, dates, figs, grapefruit, grapes, guava, honeydew and cantaloupe melons, kiwis, lemons, limes, loquats, lychee nuts, mangoes, mangosteens, oranges, papayas, passion fruit, peaches, pears, pineapples, plums, pomegranates, raisins, star fruits, tomatoes, and watermelons—fresh, seasonal, and local fruit is preferable, but frozen is acceptable if it doesn't have added sugar
- All seasonal fresh or sugar-free frozen berries, including but not limited to blackberries, blueberries, cranberries, currants, elderberries, lingonberries, mulberries, raspberries, and strawberries
- All leafy green vegetables, including but not limited to arugula, chard, chicory, dandelion, endive, lettuce, spinach, watercress, and purslane

## REGENERATE

- All cruciferous vegetables, including but not limited to broccoli, bok choy, brussels sprouts, cabbage (red, purple, white, chinese, napa), cauliflower, collards, horseradish, kale, and mustard greens
- Olives (green and black) and capers
- All root vegetables, including but not limited to beets, carrots, daikon, radishes, parsnips, and turnips
- All dry or fresh legumes, including but not limited to adzuki beans, chickpeas (garbanzos), green and wax beans, lentils, mung beans, snap peas, snow peas, soybeans (in moderation, preferably fermented), and sugar peas
- All sprouts, including but not limited to alfalfa, broccoli, and mung beans
- Garlic and onions, including but not limited to chives, leeks, scallions, and shallots
- All members of the squash family, including but not limited to pumpkins and zucchini
- All other vegetables, including but not limited to artichokes, asparagus, bell (sweet) and chili peppers, celery, cucumbers, eggplant, plantains, prickly pear cactus, and rhubarb
- All tubers *except* white potatoes, including but not limited to sweet potatoes (all colors), taro, yams, and yucca (cassava)
- All mushrooms
- Dulse, kelp, nori, and other sea vegetables, preferably from the Atlantic Ocean, such as the Maine coast, which has less nuclear fallout than bodies of water such as the Sea of Japan and the Pacific Ocean

- All tree nuts, including but not limited to almonds, brazil nuts, macadamias, pecans, pine nuts, pistachios, and walnuts, as well as cashews (which are technically seeds) and peanuts (which are actually legumes)
- All edible seeds, including but not limited to black seed, chia, flaxseed, hemp, pumpkin (pepita), sesame, and sunflower
- All herbs, both fresh and dried, including but not limited to basil, bay leaf, cilantro, dill, marjoram, mint, oregano, parsley, peppermint, rosemary, sage, spearmint, tarragon, and thyme
- All spices, including but not limited to anise, black pepper, cardamom, cayenne, cinnamon, clove, cumin, fennel, fenugreek, ginger, saffron, turmeric, and curry powder mix
- Natural sweeteners, including but not limited to raw honey (and propolis and pollen), unprocessed maple syrup, unsulfured organic molasses, xylitol (if from birch trees), and stevia
- Pseudograins, including but not limited to amaranth, buckwheat, and quinoa
- Fermented foods, excluding cow's milk products (goat's milk is fine), and keeping in mind that none should be consumed with any added sugars; miso paste, natto, and other fermented soy products; kimchi, wasabi, coconut kefir, and beet kvass
- Seasonings, including but not limited to mustard (without sweeteners), real vanilla, tamarind, and vinegar (all kinds, preferably unpasteurized)

## FATS AND OILS

All oils should be cold-pressed and organic. Varieties include the following:

- Avocado oil
- Extra-virgin coconut oil (to eat or to cook)
- Extra-virgin olive oil (for dressing, not cooking)
- Ghee (for cooking)
- Goat butter
- Macadamia nut oil
- Pumpkin seed oil
- Red palm oil (wild-harvested, ethical variety)

## MEAT, POULTRY, AND EGGS

- All red meat and pork, which should be free-range (pastured) and/or grass-fed
- All poultry, which should be free-range (not just cage-free but organic and pasture-raised, if possible)

## FISH AND SHELLFISH

- Only fatty fish (cold-water) and shellfish that are wild-caught and low on the food chain, including anchovies, sardines, herring, trout, Pacific and Alaskan salmon, oysters, and shrimp; see [seafoodwatch.org](http://seafoodwatch.org) for information on different fish species and what's safest to you and to the environment, and avoid all farmed and GMO fish, such as AquaBounty salmon

## BEVERAGES

- Coconut milk
- Coconut water (organic)
- Coffee, organic and preferably sustainably grown (do not drink coffee in the afternoon)
- Green tea, black tea, herbal tea, rooibos, matcha
- Organic goat's milk

## TREATS

- Cocoa/chocolate (72 percent cocoa or more only), organic and fair-trade
- Gluten-free grains such as black rice, wild rice, brown rice, basmati rice, rice bran, sorghum, millet, oats (in extreme moderation), and corn (non-GMO)



## A REMINDER ON FOOD QUALITY

A basic premise of the Regenerate Rx program is that your microbiome is the primary driver of your health and well being. Since most cooked, preserved, and irradiated foods come from poor-quality soil and are not cultivated to support your microbiome, your best option for regenerative benefits is to eat locally sourced, organic, and/or fermented foods. Don't skimp on quality; you'll taste the difference and feel it in your body.

You are literally constructed from the things you eat, drink, and breathe. Of the three, you are in full control only over what you eat and drink. Eating quality food removes interference within your body and sends signals that turn gene expression on and off in just the right way that is appropriate for your individual constitution. Quality refers not just to taste and avoidance of chemicals but also to the kind of information conveyed: if food is produced from GMO seeds, sprayed with agrochemicals, grown in synthetic and factory-farmed, animal waste-amended soil, and then processed and irradiated, the biological information it contains will be distorted and will send harmful messages to your cells, interfering with your life energy and the optimal expression of your genome.

## WHEN TO EAT AND HOW MUCH

*What* you eat after you eliminate Western Pattern food staples is key, but equally important is timing of meals and portion size. If possible, have your last meal of the day before the sun goes down to remain in harmony with our natural ancestral cycle. If you must have a snack, the true test of whether you are truly hungry or just looking for a distraction is to eat an apple. Most of us eat habitually, but if you're not hungry for breakfast, which is *not* the most important meal of the day, skip it. Technically, the first meal of your day could be at 1 P.M. It can still be called breakfast because you are

literally breaking the fast. There is no need to label this intermittent fasting when it could be termed “listening to your body.”

Do have healthy snacks like a few almonds, a piece of grass-fed jerky, or a piece of fruit handy for when hunger strikes. Eat slowly, mindfully, and without the distractions of watching television or using other electronic devices. You’ll notice that giving your full awareness and allowing for sensual enjoyment when you eat will nourish you and optimizes digestion far more deeply than when you eat mindlessly. Developing healthy eating practices and increasing your intake of fruits, vegetables, and healthy fats will deliver the biological information and energy needed to optimize cellular regeneration. And when you are no longer eating for hunger but as a source of distraction, entertainment, or self-medication, do eat less—those who do so live longer. Here are some daily eating practices to embrace:

1. Eat something raw with each meal. (It is worth repeating that only raw food contains plant stem cells known as meristematic cells, which powerfully contribute to your life energy and longevity.)
2. Be mindful and take joy in eating.
3. Remember: fat is your friend and the key to deeply satisfying your appetite and cravings for sweet things. Incorporate healthy oils for cooking and dressing vegetables. Add whole food sources of fat, such as coconut, avocado, olives, certain cold-water fish, nuts, and whole eggs with the yolks, to your diet.
4. Eat or drink something fermented daily to support the healthy bacteria in your microbiome.
5. Don’t get overly fixated on eating three square meals a day. Replace at least one meal a day with delicious and highly therapeutic smoothies made from superfoods and regenerative plant extracts. You’ll feel more deeply nourished and energized this way.

6. Increase your dietary fiber in the form of microbiota-accessible carbohydrates or prebiotics. Prebiotics are a special class of fiber that resists hydrolysis by gastric acidity and mammalian enzymes and is instead selectively fermented by the intestinal flora, augmenting the growth or activity of flora that confer a health benefit to the host. Prebiotics include Jerusalem artichokes, onions, garlic, leeks, asparagus, green bananas, cocoa, jicama, almonds, blueberries, carrots, cassava, pumpkin, and taro.

In this phase you are likely to experience a number of positive changes. First, the constant craving for quick-fix energy boosters, from caffeine to sugary or refined carbohydrate-rich snacks, will start to fall away. As your body becomes better fat-adapted, many of your past “comfort” foods will lose their addictive appeal. With this, your entire system will receive a signal of safety and deeper nourishment that it may not have experienced since back when you were a baby. When we rely on the neuroendocrine roller-coaster of high-glycemic foods followed by insulin releases and subsequent blood sugar crashes to power ourselves through the day, we are whipping our adrenals and following a fight-or-flight pattern that is deeply compromising to our health. As your general stress levels taper off, you may also notice your sleep improve, which can create an incredible enhancement in your regenerative capabilities. In addition, since many of the foods in the ancestral diet require you to acquire and prepare them yourself, you will be benefiting profoundly from the “medicine” of self-care. When you nourish yourself, your soul will heal just as much your body.

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PHASE THREE

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# SUPPLEMENTATION

## Nourishing Your Regenerating Body (2 weeks)

**E**ven with a concerted effort to buy organic food, given the current universal problem of poor and declining food quality, it is often advisable to supplement your diet. While the Regenerate Rx philosophy prioritizes supplementing in culinary form rather than with a pill or tablet, in this phase, you will be encouraged to add a few core supplements to your regimen. Some of these supplements function as nutritional insurance against so many of the chronic diseases that inevitably proceed from the modern lifestyle. It is my belief that something as seemingly insignificant as a pinch of turmeric (or a capsule, when taken as a supplement) can contain biological information so indispensable for the health of your body that its regular use could profoundly alter your entire life's health destiny.

But the key is not to take excessive doses, nor dozens of different supplements. Research bears out that smaller doses are sometimes more therapeutic than larger ones! If you are trying something new, introduce it slowly, and don't add anything else

for at least three days so your body has a chance to adjust. Your body is wise and knows what's good for it or not. You just have to listen carefully. My suggestion is to pick no more than two of the featured regenerative substances below to try over the next two weeks.

## SPECIAL PLANT ALLIES/REGENERATORS

- **Turmeric**—A golden-hued spice and longtime culinary cornerstone of Chinese, Indian, Iranian, Malaysian, Polynesian, and Thai cultures, turmeric promotes tissue regeneration, targets cancer stem cells, and fights inflammation and tumor formation. Although turmeric can easily be incorporated into marinades, salad dressings, or smoothies, the lightly spiced drink known as “golden milk,” prepared with warming spices such as cinnamon and ginger along with turmeric, coconut milk, and either raw honey or maple syrup to taste, has been revered since ancient times for its healing properties. Turmeric is a good spice for cooking, and a pinch of it can be added to a smoothie. The fat-soluble compound in turmeric known as alpha-turmerone has neural stem cell–regenerating properties,<sup>1</sup> which is why fat-based culinary applications using the whole root powder like curry are exceptionally beneficial for regeneration. When using it in culinary form, a teaspoon a few days a week is sufficient. If you are looking to get a more regular and consistent dose, I recommend using 500 mg daily of a broad-spectrum extract (containing all three water-, fat-, and alcohol-soluble forms).
- **Resveratrol**—The best sources of this incredibly regenerative compound can be found in a broad range of commonly consumed foods, including

blueberries, cocoa, cranberries, grapes (organic and wild for higher concentrations), and peanuts, but you can use a 100–250 mg supplement daily to ensure you are receiving a consistent dose within a therapeutic range.

- **Black seed**—known in ancient Middle Eastern times as a veritable panacea, this versatile seed has been studied for its ability to kill MRSA, prevent chemical weapons toxicity, relieve joint pain, and stimulate regeneration in the beta cells of Type 1 diabetics. It can help soothe the nervous system and provides a natural anti-inflammatory alternative to NSAID drugs and aspirin. I prefer a teaspoon of cold-pressed oil taken in the evening before bedtime, as it has relaxing properties that can help you sleep.
- **Cannabidiol (from cannabis or hemp)** —CBD is the only supplement that has an entire body system (the endocannabinoid system) named after it. Hundreds of peer-reviewed studies show CBD’s value in dozens of health conditions, most notably nervous system disorders. I take a liquid form containing 60 mg per serving in the evening before bed, in order to help me relax and take full advantage of the regenerative opportunity of a good night’s sleep.
- **Flaxseed**—A mucilaginous seed similar in appearance to the mucus-secreting epithelial cells in the human digestive tract that it protects (a poetic example of “like cures like”), flaxseed has been found to be particularly effective at inhibiting the growth of breast and prostate cancers, which are also epithelial tissues in type.

One of my favorite ways to use flaxseed is by adding a teaspoon or two to smoothies or putting a few pinches into cooked recipes, such as paleo

pancakes. If you can eat at least a tablespoon a day, it also has a highly beneficial effect for elimination, as it is a natural laxative but can also provide bulk if the opposite is a problem.

- **Pomegranate**—Technically a berry and the fruiting ovary of the pomegranate plant, this extremely therapeutic food has the ability to support human hormone health by providing bioidentical steroid hormones (such as estrone and testosterone) normally found within the mammalian ovary. This translates into rejuvenating effects in women, including reducing complaints related to hormone insufficiency, as well as increasing bone strength and quality. It has powerful artery-cleaning and healing properties and potent anticancer and anti-infective activity. A glass of its juice a day can have transformative health effects. Remember that the whole food is always more therapeutic, so eat pomegranate seeds, which make a great snack or garnish for main dishes and green salads.
- **Fermented food**—Between the hard-and-fast dichotomies of cooked and raw and dead and alive is this beautiful category called fermented foods. These living foods contain a wide range of additional vitamins and therapeutic compounds that are a by-product of the amazing alchemical activities of the probiotic bacteria found within them. Whenever possible, consume fermented food like kimchi, sauerkraut, kombucha, and coconut yogurt daily as an ongoing support in restoring, regenerating, and maintaining your microbiome.
- **Ginger**—This widely used spice and folk medicine has a vast range of health benefits, particularly targeting cancer stem cell activity, reducing

inflammation, and helping to address metabolic syndrome–related disorders and full-blown Type 2 diabetes. I like to include it as a culinary spice in curries, stir fries, and soups but will also add the fresh variety, grated, to a drink or a smoothie. A “shot” of several ounces a day boosts my circulation and energy levels, especially on the days I feel I need it. For convenience, a supplement containing 500–1,000 mg of organic ginger powder is an excellent way to take it (best in the middle of a meal with water).

- **Biomelanin (Chaga)**—Chaga mushroom is one of nature’s best sources of the highly protective, dark melanin pigment, which has been used in traditional medicine to fight cancer. Biomelanin has unique properties and may help to protect against harmful electromagnetic radiation in the environment. As Chaga is neither commonly available nor regularly used in culinary practice, I prefer taking a supplement of 500 mg a day for general protection.
- **Chlorophyll-rich foods**—The plant pigment chlorophyll is essential for supercharging your mitochondria and enables them to extract sunlight energy from the environment similarly to plants. Choose foods that are replete with magnesium-based chlorophyll (therefore green), such as broccoli, chard, chlorella, collards, kale, and parsley. Sometimes I will take a supplement form (either pill or liquid extract) of chlorophyll concentrate containing 100 mg per serving, or chlorella tablets (500 mg a day) with broken cell walls in order to take advantage of their heavy metal–chelating properties.
- **Magnesium**—Fundamental to the function of thousands of biological pathways and hundreds of enzymes within the body, magnesium is essential to



extracting energy from mitochondria in the form of magnesium-ATP chelate. Taking a supplement, such as magnesium glycinate (200–400 mg a day), can go a long way toward replenishing your stores. If you ingest too much, it will have a mild laxative effect, so you can taper down your dose. If the laxative effect is what you desire, take magnesium citrate or magnesium oxide, which are great stool softeners and laxatives.

- **Ginkgo biloba**—The only plant known to have survived the atomic blast at Hiroshima, ginkgo biloba is so ancient a species that it is described as “a living fossil.” A growing body of research shows it may confer life-extending properties on those who take it, but make sure your supplement brand removes the naturally occurring antivitamin known as ginkgotoxin (4'-O-methylpyridoxine), which is structurally related to B<sub>6</sub>, or make sure you have adequate B<sub>6</sub> in your diet or supplement regimen. I find a 60–120 mg dose range most therapeutic.
- **Aloe vera**—A succulent plant species originally from the Arabian Peninsula, aloe vera is now used throughout the world for dermal and digestive issues. It has a deeply soothing gel that can greatly increase hydration in your tissues, especially your skin. I prefer the Lakewood aloe gel, which comes in a glass jar and is preserved only with vitamin C, and take one to two ounces a day as a therapeutic dose.
- **Fish oil**—A high-quality fish oil consumed daily in a 1–3,000 mg dose will go a long way toward compensating for the widespread dietary deficiency of omega-3 rich fatty acids, particularly DHA and EPA. I prefer liquid forms in stored glass, preferably flushed with nitrogen to prevent rancidity (e.g., Carlson's cod liver oil).

- **Red and American wild-crafted ginseng—**  
A powerful longevity promoter, ginseng has been known since ancient times to enliven, invigorate, and extend life-span and quality of life. Wild-harvested and organically produced forms are best, with mountain-sourced forms being highest in life energy. A dose between 250 and 500 mg is well within the therapeutic range.
- **Olive leaf—**An incredibly rich source of vital antioxidant and genome-supercharging biomolecules, such as oleuropein and tyrosol, olive leaf captures many of the same benefits as high-quality olive oil, but you only need to take a small amount daily. It also doubles as a protective shield against opportunistic, pathogenic bacteria and viruses. There are manufacturers of broad-spectrum olive leaf extract, as well as capsule forms. In either case, a dose range of 500 mg will generally have a significant therapeutic impact.
- **Vitamin C—**One of the most compelling discoveries in modern nutritional science is that vitamin C can help to regenerate your steroid hormones,<sup>2</sup> as well as reduce the toxicity of hormone metabolites. All sources of vitamin C—which are most concentrated in fruits and vegetables—are optimal for your health, but if you feel you are not getting enough, you can add 1,000 mg a day from a food-extracted source, such as amla, camu camu, or a supplement from a whole-food vitamin manufacturer.
- **Sulforaphane-rich (cruciferous) foods—**Few foods carry as much detoxifying and regenerative power as cruciferous vegetables. These veggies, from cabbage to kale, but especially their sprouts, contain a sulfur-containing biomolecule that has over 100

evidence-based health benefits. They are most useful for the health of the liver (enhancing detoxification of fat-soluble toxicants), preventing cancer, and regenerating neural stem cells.<sup>3</sup> Broccoli sprouts are the most concentrated sources of sulforaphane known. For convenience, a supplement form can be used. A dose as low as 100 mg can have a potent therapeutic effect.

*Note: for research on these regenerative compounds, visit the GreenMedInfo.com database, which contains thousands of studies supporting their benefits for hundreds of different conditions.*

The list above is by no means exhaustive. There are an incredible number of plant and mineral allies you can work with on your healing path. Many of them are common foods and spices whose regenerative properties are seldom appreciated for their full power. Given all the amazing options, you might wonder how to find the ideal supplement to use specifically for you. You can start with your intuition and follow your senses by consuming more of what naturally appeals to you. If you are more left-brained, you can also use the accumulating body of research I've amassed on GreenMedInfo.com to find clues on how to best individualize your program. There you'll find about 2,000 natural substances that research has shown to have potential therapeutic value in over 3,000 conditions. If you are suffering from arthritis, for instance, you can view the arthritis topic page and see which of the 600 studies indexed on the topic appears most compelling. And keep in mind that the database also contains guidance for several hundred therapeutic actions, including yoga, energy work, and acupuncture, which provide "energetic" supplementation and which we'll discuss in greater depth next.

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## PHASE FOUR

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# MIND/BODY HEALING

## Detox and Intentional Movement Techniques (for life)

Once you've eliminated many of the degenerative ingredients and foods of the Western Pattern Diet, returned to the staples of the ancestral diet, and introduced supplements to fight inflammation, support cellular regeneration, and protect against initiation of chronic disease, you should be feeling an entirely new baseline of health emerge: one lighter, more energized, and with a growing sense of increased resilience at your core. Phase 4 is all about shifting your focus to sustaining and enhancing your new-found and newly felt sense of health and wellness by doing the following:

1. Establishing a detox routine for your body and home
2. Following intentional movement practices and connecting with nature's rhythms

3. Engaging in stress reduction and emotional healing techniques that will transform difficult emotions that underlie your food addictions and physical health issues

In Phase 4, you will learn to really enjoy your newfound bedrock of physical health by expanding on practices that encourage sustainable patterns of emotional wellness, enthusiasm, and resilience. The point is not simply to be physically fit and functional but to cultivate a sustained experience of feeling alive and well. Joseph Campbell once rightly said, “People say that what we’re all seeking is a meaning for life. I don’t think that’s what we’re really seeking. I think that what we’re seeking is an experience of being alive, so that our life experiences on the purely physical plane will have resonances with our own innermost being and reality, so that we actually feel the rapture of being alive.”<sup>1</sup>

Indeed, the word *health* is deeply connected etymologically with the words *whole* and *holy*—an indication that beyond the physical alone, true health integrates the psychospiritual and emotional dimensions as well.

Part 4 contains a range of techniques that will help you attain this spiritually integrated vision of health, which you can engage with one at a time or simultaneously, depending upon your priorities and challenges.

## 1. ESTABLISHING A DETOX ROUTINE

Detoxification need not involve elaborate protocols, laxatives, or a general comportment toward the body as being toxic and in need of purging. Detoxification is actually already occurring in every cell of your body, with every moment. We simply need to stop adding an excessive burden of biologically incompatible foods and toxic chemicals to it and gently support its ingeniously designed systems for eliminating wastes naturally, which include actions as simple as drinking enough water and moving daily, as you shall see.

## HEALTHY BOWEL MOVEMENT

The body was designed, from the inside out, to move. The peristalsis (rhythmic contractions) of our intestines, which ensures the proper regularity and flow of our lymphatic system essential for detoxification, requires our daily movement. A change in our eating patterns can cause neurobiological rewiring, whereby habitual cravings and patterns of consumption will be neutralized and overridden by the world's most glorious inner pharmacopeia—your own brain and endocrine system. Daily movement will facilitate moving toxins and toxicants through and out of the body while breaking the cycle of addiction. The sensation of pleasure or stimulation from food will no longer act as a surrogate for deeper emotional needs or unresolved desires.

A simple bowel cleanse can kickstart the process. And that doesn't mean you will need to employ elaborate cleansing kits or heroic protocols; sometimes the best approach is simply selecting foods that have both nourishing and eliminating properties. These foods include most fruits and vegetables, nature's best cleansers and nourishers. In addition, eliminating wheat, dairy, corn, and soy, which are all used to produce industrial adhesives, will, in most cases, greatly reduce constipation.

You can also enhance elimination with the following:

- Magnesium citrate (100–200 mg a day and increasing by 200 mg a day until you have bowel tolerance, i.e., until you have regular, nonstraining bowel movements)
- Papaya (always choose organic because most conventional papaya is genetically modified and contains pesticide residues)
- Ground or milled flaxseed (three tablespoons a day)
- A bowel cleansing formula with psyllium in combination with plenty of additional water both during and after supplementation, as psyllium can absorb up to 100 times its weight in water

- Clean water (preferably spring water packaged in glass, but reverse osmosis filtered water with minerals added in will work)
- A good probiotic that was ensured to have been refrigerated while shipped to the store you are buying it from (heat can kill these strains) and/or fermented food

One of the most powerful testimonies to the power of bowel cleansing for tissue health is the book *Tissue Cleansing through Bowel Management* by Bernard Jensen. Ever since I was an infant, I struggled with constipation, and as a teen, I suffered from body-wide psoriasis. Jensen's work showed me that both linked conditions (constipation and psoriasis) can be placed into remission through the body's cleansing out of impacted stool, as well as accepting and releasing the pent-up emotions that sometimes come up. The concept is simple. Undigested processed-food components and toxic compounds, consumed over decades, accumulate and line the inside of our intestinal tracts. The use of psyllium, bentonite clay, and bowel-evacuation technologies like coffee enemas and Colema Boards help to dislodge and remove this highly toxic stool. These methods can help, as they did in my case, resolve psoriasis in a way that no medication can accomplish. I also felt that by making the effort to really take my healing into my own hands, I was able to confront and then release a layer of morbidity held in my gut, after which I felt an incredible sense of lightness and joy that I can still remember vividly 30 years later.

### **Additional Bowel Movement Support Mechanisms**

- Daily run (use zero-drop shoes; i.e., the heel is the same height as the ball of the foot)
- Daily walk (especially after a meal, a walk can greatly facilitate digestion and elimination)
- Daily yoga (it's not just about the physical benefits; it's about learning to get comfortable with your discomfort, which has positive, wide-ranging effects in all other areas of your life)
- Sweating (e.g., through saunas in higher latitudes, infrared technologies, and consumption of fresh ginger)
- Skin brushing (a process of using a brush with stiff bristles to exfoliate dead skin cells and enhance blood flow)

### **A WEEKLY DIETARY DETOX THAT WORKS FOR YOU**

Once a week, practice a form of caloric restriction, even if it is only skipping breakfast one morning. Don't do it if you are truly feeling hunger; rather, refrain from eating strictly out of habit. If you are intentional about it and you aren't feeling deprived by your own inner disciplinarian, it will enable your digestive organs to rest so your body can focus on cleaning house and regenerating internally.

If you like how you feel from the practice suggested above, you may want to work your way up from the one-day mono detox with apples to more advanced fasting techniques. If you don't feel like



you are able to do an advanced fast, a mini-fast between dinner and lunch the next day will still be helpful.

Consider the concept of breakfast as “breaking the fast.” Simply not eating for 12 hours, from dinner to breakfast, is a form of fasting, and breaking fast every morning is actually a normal part of our daily metabolic cycle. Since it was normal to experience cycles of feast followed by famine in ancestral times and life forms have adapted to the cycle of the seasons for millions of years, our bodies have likely evolved to benefit from occasional days without eating. And because our bodies have alternative sources of energy and matter available directly from the quantum vacuum, fasting can be defined as an act of intentional self-deprivation that reorients our bodily needs toward a source of sustenance that is invisible but no less real.

But fasting within the Regenerate Rx program is more than a way to simply obtain sustenance without food. It is a powerful source of transformation that produces extreme resilience. Scientists at the University of Southern California have found that after three days of water fasting, the body flips a regenerative switch. Stem cells begin to produce new white blood cells, thereby creating an entire new immune system.<sup>2</sup>

### **Fasting Progression**

For an optimal fasting experience, start by practicing it one day per week, preferably on a weekend, and then, when you have confidence in your body’s ability to maintain itself without food for a day, move to 2 or 3 days per week for a complete immune system regeneration. You can “fast” by avoiding food consumption for at least 8-12 hours a day, engaging in a one-day apple fast, a one- to three-day raw food fast, or a one- to three-day water fast.

Fasting is a time for deep rest. Reduce the activities and responsibilities in your schedule as much as possible within this window. This time without distractions will open you up for deep insight and a renewed sense of commitment to self-care. A deliberate fast is a way to engage intentionally and mindfully with the process of investing and caring for yourself in a way that will result in deeply reinvigorated physical and mental health.

Detox plans don't have to be brutal. Although a water fast can be a profoundly healing option for those who are ready for an advanced program, you do not need to go without food for long periods to experience detoxification's benefits. Below you'll find three detox plans. They range from short and simple to longer and more challenging. Choose the one that is right for you. When you're done with your detox, return to the ancestral diet to maintain your hard-won gains and to continue to experience their perpetual and ever-expanding dividends.

### **The Three-Day Raw Foods Detox**

If you are ready to venture beyond the Apple and Clean Water Mono Diet, continue for another day with just apples, or proceed to a less restrictive diet by incorporating raw fruit and vegetables for three days. Graze on fresh fruit and vegetables in the amounts you desire. Fruits and vegetables with seeds are sometimes called "perfect foods" because they are designed by nature to be consumed by animals that have an ability to disperse their seeds. The flesh of the fruit and vegetables will provide essential biomolecular and informational support to your body, in addition to live enzymes, structured water, and bioactive phytonutrients, which gently modulate our gene expression and nudge our physiology toward homeostasis.

Shopping ahead is key. Stock your fridge so that you don't fall back on cooked options. If you are going to be away from home, take with you readily available raw snacks.

Temporary effects of this diet can include bloating and gas, which normally resolve within a day as your microbiome and elimination processes adjust. And as with the Apple and Clean Water Mono Diet, you can expect to feel joyful and light, and pain, inflammation, and extra pounds may melt away.

## The Water Fast

Water fasts can be more intimidating than mono-diets. The idea of food deprivation, however short-lived, can inspire primal fear in some, but once you try it, you will realize that your body is incredibly resilient and healthy and revitalized when cut off from the often subpar and toxic foods we consume. That said, for those with chronic health conditions (especially if you are on medication), a water fast should only be done under the supervision of a health-care provider. Those without these constraints need only listen to their bodies (and their inner physicians) to embrace this challenge as a rich opportunity for resetting and regenerating their health.

To get the complete effects of a regenerated immune system, you will need to fast for three days. I highly recommend building up to a three-day water fast over three weeks. During the first week, take a one-day water fast. During the second week, fast for two days. By the third week, you'll be ready for the full three-day fast. During the buildup period, you'll gain experience navigating the break-the-fast phase. After a day (or two or three) of fasting, you should break the fast with a very simple raw food, such as berries or avocado. For lunch, move on to something basic but cooked, like a sweet potato or quinoa, including a pat of butter (goat butter is easiest to digest and least allergenic).

To help enable the successful completion of this fast, plan to do it on a weekend or during vacation, and recruit the support of a partner if you have other responsibilities, such as taking care of children.

Expect some listlessness and fatigue in the beginning stages. But after three days, your less-than-healthy tissues throughout your entire body will have undergone autophagy, and your immune system will be completely regenerated. You are likely to feel a renewed sense of lightness, and energy levels that well up from deep within the core of your being. You may experience a remarkable feeling of satiety and sustained energy, as well as a clear-headedness that comes from the fact that fasting can sometimes stabilize your insulin and blood sugar levels.

## DETOX FROM CHEMICALS IN TOPICAL AND CLEANING PRODUCTS FOR YOUR BODY AND HOME

Our home and body products expose us to man-made toxicants that include over 80,000 chemicals registered with the EPA. I strongly recommend investing in home, cosmetics, and personal care products that do not contain petroleum derivatives. The first toxicants to target are frequently found in the following:

- Chemical cleaners and detergents
- Petrochemical-containing body care and cosmetics
- Over-the-counter drugs
- Fluoride-containing toothpastes
- Synthetic mattresses

Be especially aware of sunscreen, certain varieties of which can deliver an array of disruptive and degenerative chemicals directly into your body. To avoid sunburn, consider these topical and dietary protections:

- A petrochemical-free, nanoparticle-free titanium dioxide or zinc oxide-based sunscreen
- Coconut oil (SPF 7)
- Olive Oil (SPF 7.5)
- Castor oil (SPF 5.6)<sup>3</sup>

For the best sunburn remedy, apply the gel of the aloe vera plant, which, in addition to its healing role, is the best natural antiaging topical agent for your body. If you have access to an aloe plant, scrape the gel from the leaves and make sure to drain the red “latex,” which can have a laxative effect. Or you can use a store-bought product such as Lakewood Organic Pure Aloe Gel.

## 2. INTENTIONAL MOVEMENT PRACTICES AND CONNECT WITH NATURE'S RHYTHMS

Sitting has been called “the new smoking” for a reason. Without daily exercise, metabolic waste products, toxins, and chemical toxicants can't move out of your body. Daily exercise will restore balance in your body and your nervous system and connect you to nature and its energetic rhythms and electromagnetic fields. That's the reason why Regenerate Rx posits that strenuous activity of at least 30 minutes every other day is essential to promoting radical resilience. A study published in *Advances in Experimental Medicine and Biology* showed that exercise induces a wave of gene-altering microRNAs, providing a molecular explanation for the incredible benefits of exercise for the heart.<sup>4</sup>

When you consider our sedentary lifestyles and the very limited, mechanistic, routine ways in which we engage in movement, it is no wonder that so many of us are left feeling tired, depressed, and powerless over our bodies and our destinies. Exercise affords an opportunity to retake the reins and move with intentionality and deliberation. It may be as simple as just setting a goal and striving in a very real, physical way toward accomplishing it. This is the spiritual heart of exercise and why it can generate a visceral sensation of deep empowerment and self-efficacy.

## **How I Learned to Love Running**

It took me a long time to begin a daily exercise program. As a child, I was far from athletic. Having struggled with severe respiratory challenges from asthma and a chronically inflamed hip and shortened right femur, I lacked vitality, had a limp, and was overweight. I had dabbled in various forms of athletics as a teenager and adult and eventually suffered a chronic back injury from lifting weights, which prevented me from doing strenuous forms of exercise requiring greater range of motion.

Finally, at the age of 44, I took up regular running. I found that jogging worked well for me, given that it only required I keep my back upright. Admittedly, it did not take me long to fall in love with this arduous but often joyous form of deliberate movement. I also discovered Christopher McDougall's *Born to Run*, which argues that our bodies are designed for and capable of running hundreds of miles, which our subsistence hunter ancestors had to do to catch their prey. The prey had to die of exhaustion before the human predator could eat!

I decided to try running longer distances and trusted that my body would support me. Now I am an avid half-marathon runner and completed a full marathon just for this book, in order to prove that it is possible to become fit at any age. The discomfort of a hard run is more than balanced by how good I feel afterward. In many ways, distance running has shown me that suffering and joy are two sides of the same coin. If you persist beyond what you thought your limitations were and succeed, you can build the confidence and resilience that is your birthright. What I love most about running is that it strengthens and enlivens both my spiritual and my physical hearts.

There are many forms of intentional movement that produce physical and mental benefits, and you should find what works for you. Engage in conscious movement of any kind, from high-intensity interval exercise to dancing to yoga. Intentional movement will help you retain muscle and keep lean, but even more crucially, it will help to clear out your lymphatic system. The lymphatic system doesn't have a pump and thus cannot detoxify without movement. Moving also enhances elimination (bowel movements), which is necessary for cleaning house. And sweating expels persistent accumulated toxins and chemicals that damage and kill cells. Saunas are not a substitute for exercise, but they also confer the deeply cleansing benefits of sweating.

In addition to more strenuous forms of exercise, remember to regularly connect with nature. Spending time outdoors is essential in supporting health. Air, sunshine, and grounding are intensely therapeutic and regenerative, especially when combined with an intentional movement practice. Exposing your body to the whole spectrum of light from sunrise to sunset helps to restore circadian rhythm. Practice natural photobiomodulation by being unencumbered by sunscreen, extensive clothing, and sunglasses (being careful not to overexpose yourself during the most intense mid-day hours). Consuming chlorophyll daily will provide you with sunscreen protection internally and will enable your body to harvest sunlight for enhanced mitochondrial function. Grounding will help to discharge electromagnetic flux within the body.

Intentional movement and contact with nature help to establish healthier sleeping habits. To support these benefits, minimize all contact with electronics after dusk. Wearing blue-blocking eye-wear to shield against light pollution from self-luminous devices has been shown to improve sleep efficacy, sleep latency, and melatonin production.<sup>5</sup> Try to sleep in an electronic device-free, darkened room, preferably on a natural mattress. You can also use an eye mask if there is ambient light. Most people attain the best sleep by getting somewhere between seven and nine hours of it. When your body tells you it needs rest, it's wise to listen.

Lastly, develop a breathing practice or exercise involving significant exertion to pull in the energy (a.k.a. prana, chi, or shakti) of the environment and/or quantum vacuum. Early morning meditation or prayer is essential in setting up a baseline of stability within your nervous system that will carry you through the day with greater equanimity and resilience. Simply being aware of your breath will enable you to focus on being present. Sometimes a commitment of 10 minutes a day, divided between morning and night, helps to soothe and deescalate emotional distress. Setting a clear intention will help you to declutter your mind and realize your objectives and dreams with consistency. Meditation is also a form of psychic metabolism, without which life's many experiences, including the difficult ones, may never be digested and can manifest somatically as stomach and other bodily complaints.

### 3. MIND/BODY HEALING TECHNIQUES

As you move through this program, the emotions that may come up are the raw material for your alchemical transformation. Without anger, sadness, grief, fear, or anxiety surfacing, your self-reclamation of this transformative potential would have a low ceiling. The good news is that once they are released and metabolized, your autonomic nervous system will come back into balance. But without using the proper tools to identify, accept, and transform them, they will likely return to their subconscious expression.

Identifying and expressing emotion rather than suppressing it under the facade of positive thinking is an essential part of mind/body healing. Evolutionarily, emotions serve a purpose by helping you learn and survive. According to Candace Pert, it is not the emotions we should control but our response to them. "Anger, grief, fear—these emotional experiences are not negative in themselves," she wrote. "In fact, they are vital for our survival. We need anger to define boundaries, grief to deal with our losses, and fear



to protect ourselves from danger.”<sup>6</sup> Likewise, spiritual luminary Eckhart Tolle encourages us not to resist our pain: “Surrender to the grief, despair, fear, loneliness, or whatever form the suffering takes. Witness it without labeling it mentally. Allow it to be there. Embrace it. Then see how the miracle of surrender transmutes deep suffering into deep peace.”<sup>7</sup>

It’s so easy to fall headfirst, flailing and somersaulting down the bottomless abyss of self-pity. The reverberating chorus of “Why me?” can become a broken record player of negative self-talk, limiting beliefs, and a mind-set rooted in scarcity and what-ifs. To lose yourself under this weight is to become trapped, buried, and eventually broken.

However, allowing yourself to feel the tantrum, the tears, and the turmoil that are always buried beneath the surface of your ego’s relatively limited awareness can help to heal and transform these crucially important parts of yourself. My wife, Kelly Brogan, M.D., wrote an entire book on this topic called *Own Your Self*, which I highly recommend. She shows you how the life-shattering, compass-changing, direction-altering magnitude of your experiences can be illuminated and how your maladaptive ruminations can be transformed into a cathartic release. But in order to do so, you have to pick yourself up, dust yourself off, and find the personal invitation and profound symbolism embedded within every symptom.

The robustness of this shift requires that we take radical responsibility for our well being and address all three of its pillars—mind, body, and health. To manage your mind-set and mitigate your stress, try out the following:

1. **Emotional Freedom Technique (EFT).** Sometimes described as a “psychological acupressure technique,” EFT helps to manage the impact of difficult emotions through diaphragmatic breathing, mantras and affirmations, visualizations, and heart rate variability training tools. Also known as “tapping” and energy medicine, EFT is related to reiki and Eastern

traditions such as yoga, tai chi, qigong, and meditation, which can also provide relief.

2. **Aromatherapy.** Botanical agents provide a natural buffer to stress-induced pathophysiological changes and act as adaptogens that improve the body's ability to cope with and counteract stress. When organisms are confronted with stress, these substances enable them to avoid stressor-induced damage.<sup>8</sup> When used in concert with mindfulness techniques and an evolutionarily appropriate diet and lifestyle, adaptogens can course-correct our physiology and better contend with a barrage of never-ending stress. When inhaled, essential oils, such as patchouli, can reduce the activity of the sympathetic nervous system by up to 40 percent, and rose oil can reduce epinephrine (adrenaline) concentrations by up to 30 percent.<sup>9</sup> Orange and lavender oils have been found to significantly reduce anxiety and improve mood,<sup>10</sup> and aromatherapy with lavender, ylang-ylang, and bergamot has been found to significantly reduce psychological stress and serum cortisol, in addition to lowering blood pressure of people with essential hypertension.<sup>11</sup> Even the very brief exposure of five minutes to the aroma of lemongrass has been proven to mitigate tension and promote recovery from anxiety-provoking situations.<sup>12</sup>
3. **Therapeutic Massage and Deep Bodywork.** Therapeutic touch, including deep tissue massage, can go a long way in compensating for the inevitable stresses of modern living. For even deeper support, try myofascial release, Rolfing, and Amana, which can help us work through deeper emotional blocks and triggers that are locked as stagnant and obstructed energy in our physical bodies. Sometimes chronic pain and immobility are symptoms of an

unexplored inner life calling out to be understood and loved. Deep childhood traumas, for instance, can manifest themselves in common medical complaints, as Louise Hay taught us many years ago in *You Can Heal Your Life*.

4. **Yoga and Meditation.** The ancient Indian practice of kundalini yoga balances your chakras and meridians by activating your energetic or ethereal body while also awakening the full potential of your physical body, including the nervous and glandular systems.<sup>13</sup> Sounds and chanting are believed to activate meridian points in your palate that connect to your hypothalamus and pituitary glands. Candace Pert has endorsed the ancient techniques of kundalini yoga as a means to restore a state of mind-body harmony.

Meditation is another means of deriving immense mind-body benefits. An article in the journal *Psychiatry Research* showed that mindfulness techniques such as meditation are so powerful that they can even change the structure of the brain itself. Mindfulness-based stress reduction mitigates stress-induced pathophysiological changes by enhancing gray matter concentration within the hippocampus, the posterior cingulate cortex, the temporoparietal junction, and the cerebellum—the brain regions involved in memory, learning, emotional intelligence, perspective taking, and self-referential processing.<sup>14</sup> In addition, a meta-analysis published in *National Reviews in Neuroscience* found that mindfulness meditation consistently altered tissue morphology in six brain regions, including the anterior and posterior cingulate, amygdala, insula, prefrontal cortex, and striatum.<sup>15</sup> Meditation can also modify the parts of our neural circuitry that regulate self-awareness, emotional processing, and present-moment awareness.<sup>16</sup>

## The Mindfulness/Resilience Connection

Mindfulness rituals improve the functioning of our nervous system, which coordinates our stress response and talks to our immune system in a lively two-way conversation. Meditation in all its incarnations—from a guided audio practice to yoga to tai chi to the flow state that comes from pursuing creative endeavors or our passions—quiets our “monkey mind” and optimizes bodily harmony. Through this natural technology, we can send top-down signals of safety throughout the body to allow for regeneration.

- **Journaling.** Sometimes simply putting pen to paper for five minutes each day, especially first thing in the morning or before bed in the evening, will help one identify feelings that were not fully conscious yet contributed to choices, experiences, and circumstances.
- **Homeopathy.** Under the guidance of a trained homeopath, this safe form of informational medicine uses exceedingly small doses of natural substances and can be customized to any individual’s emotional and psychospiritual constitution.
- **Plant Medicine.** Under the guidance of a skilled and experienced medicine man, woman, or person, psychedelic agents such as psilocybin or ayahuasca can have lifesaving and transformative power. Denver, CO, and Sonoma County, CA, are some of the locations that have legalized the use of certain psychedelic plants for adults 21 and older.

- **Counseling.** Let's face it: without the help of others, none of us would be here today. A skilled, compassionate, professional counselor who can provide witness and support to your process will enable you to resolve some of your greatest challenges.

## FINAL WORDS

The writing of this book was something of a journey (as I imagine has been the reading of it), and I want to sincerely thank you for joining me. When I look back at the path I've taken to get here, I am simply amazed at how much support I have received from sources known and unknown, delivering me through many physical and psychospiritual trials and tribulations to produce the book you are holding in your hands. From the regular, life-threatening asthma attacks I experienced as an infant to the lung-expanding marathon I ran last year, I am shown each and every day how profoundly resilient and regenerative is this miraculous technology called the human body, no matter how often we take it for granted.

We now find ourselves on the precipice of an amazing age of deep insight, where the full wisdom of the ancients, long encoded as remnants in myth and symbol, and leading-edge science in the New Biology and New Physics are coming into greater agreement and mutual validation of one another. I can only pray that by helping to uncover and share some of these insights that I have, in some small part, helped you find your way to a life of renewed vitality, insight, health, and joy so you can focus on what matters most in your life. At the very least, I hope you will walk away with greater confidence in just how amazing your body's immense regenerative potential and resilience really are. The best possible outcome I can imagine is that you will learn, as I have, to experience deeper awe and gratitude for what already is: this miracle of our incarnation and the planet that continually nourishes and supports everything in our lives.