

# **A Different Approach...**

**By Combining Energy Psychology (Spirit),  
A Little Common Sense (Mind), and Some  
Whole Food Nutrition along with Clean Water (Body)**

Butterflies represent "Change" -  
when we choose to leave who  
we are today and become who  
we wish to become tomorrow  
,



we are able to gain a wee  
taste of the "Change" a  
Butterfly experiences as  
they go through life. Wow!!!

**We Can Assist Our Spirit, Mind, and Body In  
Regaining Its Balance.**



# "A DIFFERENT APPROACH...

To Restoring Your Health And Improving Your Circulation.

by. Bill Cooper.



*"There is only one disease: Constipation.  
There is only one cure: Circulation."*

*Christian Northrup, M.D. 2004*

This journey started several years ago while I was reading a publication titled; "Scientific American". In it was a series of articles on cellular activity. One study I read caught my interest; it was directed towards answering the question; "How long can an individual cell live and remain healthy?" I was startled to learn a team of scientist had managed to keep a single cell alive and healthy for eighteen years with 'no' signs of aging. The only reason the study was stopped was because of the fact that someone forgot to feed the cell one weekend and it died. Learning about these facts and realizing the implications - I began to question almost everything I had been taught as I was growing up. Things like; your joints wear out; you get weaker as you age; your bones break easier as you age; your teeth rot and have to be removed as you age; the list goes on and on. Today, I know there is not one word of truth in any of this thinking. Fortunately, I had the good sense to ask myself: "What if I started paying better attention to my diet? Would my body be better able to heal itself?"

Since I had already begun to doubt the infallibility of western medicine because of being married to a hypochondriac who became addicted to painkillers prescribed to her by her doctors (with no positive results and I feel helped to lead to a broken marriage), As a result of this experience, I had no desire to learn these ways and to duplicate traditional western ideas and/or theories. I felt my only option was to continue my studies at

This picture was taken by Don Jones in June of 1995 as I was nearing the finish line in a 10 mile run through The Garden of the Gods Park in Colorado Springs, CO. It was the first leg of the Triple Crown of Running; the second leg was a 10k in July; followed by a run up Pikes Peak (14.2 mi. with an elevation gain of 7,842 ft) in August of 1995. I received a second place medal for my performance in my age group (sixty-five and over). I turned 67 in July of that year.

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home (Reading List available) .The introduction that follows will give you more details about me and my work as it has evolved to the present time It may pose more questions than answers for you. That is perfectly acceptable as I offer an invitation to you to ask for as many questions as you like. I firmly believe that questions are the driving force of knowledge and there is no such thing as a “dumb question”. What follows in the rest of this paper is an outline of the process and methods I have been developing during the past twenty-five years that have proven successful in helping many people regain a significant degree of their health and balance .

Do I have all of the answers? I seriously doubt that I am that capable; however, I am certain that I can offer you enough information (a readinglist available), suggestions and tools, that they may enable you to find your own answers.

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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**Introduction**

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### **First, I would like to introduce myself and my client:**

**Bill is a life long student** of philosophy/psychology and a retired steelworker (30 years) from CF&I Steel (1955 to 1985) in Pueblo Colorado. He entered USC (University of Southern Colorado) two years earlier and had earned some of the credits that were required to get his degree in psychology. When he moved to Colorado Springs, he enrolled at CU (Colorado University at Colorado Springs). It was at this place of learning that he discovered there was "zero" tolerance for any studies outside the norms of present-day accepted practices in philosophy, psychology, psychotherapy, microbiology, and/or nutrition. These standards were set in place by his instructors (professors) and were enough reason for him to resign himself to the fact that a degree in any of these subjects was not something he was willing to achieve.

The duration and type of work he did in the steel mill had taken a fairly heavy toll on his health. Because of this, his primary concern was continuing his studies and learning what changes were needed to help him regain his sense of physical well-being. As a result, he spent a lot of time following false trails (and looking for short-cuts) that led him astray of the goals he sought; however persistence and determination paid off for him. In his first ten years of retirement (1985-1995), he successfully completed in the Triple Crown of Running in Colorado Springs (which included running 14.2 miles to the top of Pike's Peak), and winning second place in his age group. It was at this time that he chose to start this business with the goal of helping others restore their physical health and well-being just as he was in the process of doing.

For some reason, at that time physical stamina was his only concern. While he was still at the steel mill, he could do his job. He also knew that for a man of around fifty-five years and accustomed to physical labor, he should be able to do much better. As a kid (14 to 16), he had worked in the fields outside of St. Louis, during the summer, along side men in their seventies bucking hay, so he knew he was capable of doing more and feeling better. This knowledge was a force that kept driving him to find a better understanding of what is involved in total health and well-being.

Bill had also gone to several self-improvement events and workshops completing all the exercises they offered. Still, he felt at some level, he was still avoiding facing significant emotional concerns. He chose classes in NLP and had several sessions with traditional psychotherapist who he met during this time; however, nothing seemed to stick. The questions were still there.

He felt he had found many of the answers, yet there were days when something seemed out of place. He knew from his studies in psychology, that peace of mind was an important factor. There were days when he felt this was working and there were other days when he was restless and unsettled. Why? What had he overlooked? His strength, and endurance were up, his weight was down, and in that respect he felt better than he had in quite a while. During this time he had also gone through two relationships that almost resulted in commitment, but things did not work out. Why?

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While searching the Internet during this time (something he spent a lot of time doing), he found the EFT (energy psychology) website ([www.emofree.com](http://www.emofree.com)). As he studied this new approach to psychotherapy, he realized he had found more of the answers to the questions that were troubling him with respect to his ability to have a meaningful relationship with another person. Several intense weeks of study were to follow with some very reveling, challenging, and even comforting lessons appearing.. Past situations were beginning to fit into place. His ability to understand the importance of emotions and how they were related to physical well-being were becoming clearer. It was also a time when he began to fully understand that there is no such thing as the mind and the body, they are actually one entity (mindbody). This understanding is the basis for what his work has become today.

**Janet Kolinski is an RN** who works as a company nurse for a large corporation here in Colorado Springs. Janet is also a skeptic and as such, questions everything. She is in her mid-fifties and has some serious heath and emotional concerns, she is about thirty pounds overweight, struggles with sweet craving, is coping with bouts of depression, and low energy. She used the term "difficult", to describe her relationship with her husband.

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**In this paper,** I've jumped ahead to the present time to share with you the results of my work to date. The following is a dialog between, Janet Kolinski, RN, and myself. You will find some gaps in this dialog to protect her privacy and for the sake of brevity. We are discussing "A Different Approach..." for her in her attempt to regain her health. Janet learned about my work from a friend. She has come to the office for her initial session to learn what I have to offer, the cost, and how my program works before she commits to trying this approach.

### What Is Involved In Improving Circulation ?

Briefly, my approach to improving circulation includes four modalities; Emotional Freedom Therapy (EFT) for learning new ways to cope with the emotional aspect of ourselves; Applied Kinesiology (AK) for learning various techniques to help improve circulation in the body; Physiology/Exercise to help improve the oxygen level and muscle tone in the body; and Whole Food Nutrition to help restore nutritional balance (realining the acid - alkaline balance that can help to improve digestion and regularity).

### The Interview and Subsequent Session...

**Bill:** Good Afternoon Janet, and thank you for having the questionnaires completed and arriving on time for your appointment.

**Janet:** Your welcome. I'd like to ask where you got the questionnaires?

**Bill:** Good question. I got them partly from my studies; some of the questions were suggested to me by previous clients; and some from the Internet.

The questionnaire focuses on four modalities (Emotional Freedom Therapy [EFT], Applied Kinesiology (AK), Physiology/Exercise, and Whole Food Nutrition. My reason for focusing on these areas is to gain some understanding of the condition and function of a person's health and balance. It has proven to be a valuable tool.

The "Preliminary Questionnaire" takes a snapshot of what is going on when you first awake in the morning. This can be a treasure trove of information at a time when the body is attempting to communicate important information to you regarding your health and well-being. This questionnaire was introduced when I found myself repeatedly asking these same questions during the initial interview. These questions give a general view of what is going on with you in the morning. They will be followed by more questions to narrow things down to specifics as the process continues.

This questionnaire has also proven to be an effective benchmark of where you are when you first begin the program. In a few months you can ask to fill out the questionnaire again; then compare and measure your progress.

**Janet:** I'm not sure I'm ready to commit to doing this program yet. I'd like to know more about what is involved as far as dietary changes are concerned; and what supplements you recommend.

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**Bill:** After going over your questionnaire, I can only see what I consider some minor changes I'd suggest with your diet. I'd much rather work with you and explain some of the facts I've learned regarding our food supply; then you'll be in a position to make intelligent choices for yourself. As for supplements, again I find it's a matter of education. When you are able to learn how particular supplements work in your body, you'll be better able to choose the ones you feel are best.

**Janet:** Good, I like that approach.

**Bill:** Very well; May I ask a question?

**Janet:** Yes.

**Bill:** What is your most important concern with respect to your overall health; what brought you to see me today?

**Janet:** Well, I'm not able to lose any weight and keep it off. That is probably number one. Also others have told me you may have suggestions that can help me have more energy.

**Bill:** Thank you. that gives me some idea of where to start in helping you understand what I do in this work. Do you feel your weight problem, the low energy concerns, the cravings for sweets, and the the depression have anything in common?

**Janet:** Well, I can see where the cravings and being overweight have a connection. I don't think it has anything to do with my bouts of depression or low energy.

**Bill:** You said you have tried to lose weight several times and had no success. Is it possible there is a psychological reason for all the concerns you have; the cravings, the depression, the low energy, and your relationship with your husband? The reason I say this is because I feel it is possible this can be indicative of a "poor self-image".

**Janet:** Wow! What a switch - I want to understand how in the world you think the work you do is going to help me with my "poor self-image". I'm sorry, I don't mean to sound rude; however, you jumped from asking me about my concerns of being overweight and struggling with cravings, to questioning my self-image. I don't understand the connection.

**Bill:** I should be the one apologizing; I'm sorry for my error in trying to hasten the process. Let me explain: One of the basic tenets of my work is this: "**Perception controls behavior**". In other words at some level, what you perceive to be true is creating your reality.

**Janet:** Well all I can say is; "I'm lost". Of all the time I've spent in the healing arts, I've never heard anyone make such a statement. I hope you have studies and material to substantiate these words because right now, this is starting to sound like some sort of voodoo magic to me.

**Bill:** I understand why you feel the way you do. I remember having similar feelings when I started

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studying the energy psychology techniques. What I was learning seemed to work very well; however, I couldn't find anyone who could give me a straight answer as to why it worked. I was unable to let go of the question; how is it possible to alter ones belief and habits acquired over a life time with just a few minutes of tapping? Slowly, I began to realize that something was going on in my bodymind that is very powerful.

If it is all right with you, I would like to digress from this part of the discussion for a few minutes. I want to share with you, some of the facts I have learned to date that have enabled me to understand the mechanics involved in this work at the cellular level.

**Janet:** Please do, as I have no idea at this point where you are.

**Bill:** Thank you.

First, lets talk briefly about how we retain information. I hasten to add that this is a general overview. A lot of detail is being omitted for the sake of brevity.

- The hindbrain is the main storage area for the autonomic memory processes; other categories are stored in the body. (19-21)
- The pre-frontal cortex is where reasoning, thinking, planning, visualization, and perception take place. These processes are thought to take place in the pre-frontal cortex; however, some of the new research being done today is questioning this concept. (19-21)
- Portions of our short-term memory are stored in the mid-brain. (19-21)
- Our long-term memory (sub- conscious mind) is stored in various places throughout the bodymind. (1)

This being a true physical fact clearly indicates that our mind and our body are one. This also puts to rest, the mistaken belief that the head can lead the body.

Now it's time to cover some of the more interesting facts about the human cell and the similarities that exist between the a cell and the body. My reason for doing this is simple; our health starts at the cellular level.

- There are 50 to 70 billion cells in the body. (20)
- They are never static; they are always vibrating and when the body is in a balanced state they display a harmonic frequency. (20)
- Each of our cells contain all the basic systems necessary for life. An individual cell can maintain life when it has been separated from the body provided it has a controlled environment and is able to receive nutrients,etc. (20)

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- It is possible for a human cell to live and function normally after it's nucleus has been removed (allopathic medicine states the nucleus is the brain of the cell). (1)
- All of the cells follow one voice (the subconscious and/or the conscious mind). (1)
- Cells receive stimulus from electrochemical and electromagnetic sources. They also respond to ligands (chemical molecules). It is from these sources that the cells know what to do, what not to do and/or what to undo. (1)
- The cell receives this information through specific receptor sites located on the surface of the cell. (1)

○ Stimulus from a single receptor site can trigger and coordinate several different functions in the cell by using a redundant networking system. (1)

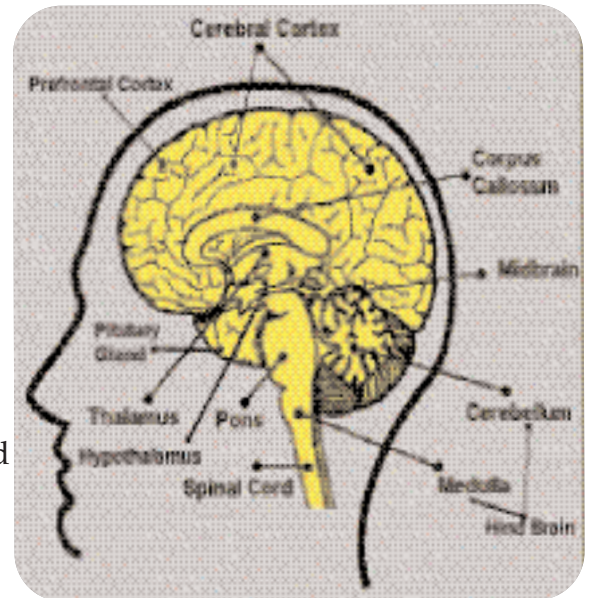
○ Stimulus is directed to the cells via the nervous system; from the five senses; the conscious mind and the subconscious mind; from electromagnetic waves and from ligands (chemical molecules). The cell can also receive stimulus from the blood and fluid in the tissue surrounding the cell. (1)

This summarizes the collection of facts I have gleaned from my studies. When I put them all together, I get a very different picture of cellular health than what is offered by many sources in western medicine. Even more exciting is the possibility that these studies can help to substantiate that the body does have the inherent ability to heal itself when it's given the proper nutrients. NMR (no medication required); Of course, this is just my opinion as I'm not a doctor of medicine.

Since the cell can also receive stimulus from the blood and fluid in the surrounding tissue, I am reminded of an important tool you can make use of, if you like; that is using some form of colon hydrotherapy.

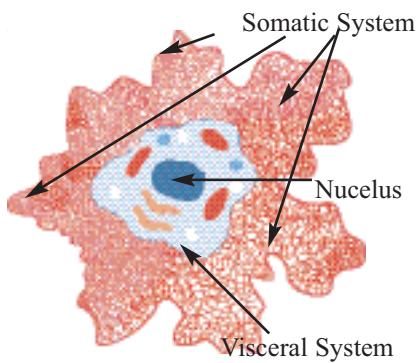
Colon hydrotherapy can improve digestion and in turn, strengthen the immune system. It can be applied in the form of enemas or colonics (colonics are said to be more effective than an enema). There are important guidelines to observe using either these techniques because of the delicate nature of the colon. When performed properly, they can accelerate the detoxing process which in turn, will enhance your body's ability to absorb nutrients. I have included suggestions on how to follow either of these procedures in the program (Note: The guidelines I offer are for educational purposes only. If you have any questions or concerns regarding the use of these techniques, please check with your health care provider).

**Bill:** Do you have any questions at this time?



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**Janet:** Oh yes; however, they can wait as I need more information before I can form my questions sensibly. I do want the guidelines for using hydrotherapy. It has been quite some time since I've studied the use of these procedures and I'm sure there have been many improvements in both the equipment and the techniques. You are right. I will include them along with the other information I have promised to share with you.



<b>Somatic System</b>	<b>Visceral system</b>
Physical Support	Digestion
Musculoskeletal System	Excretion
Connective Tissue	Reproduction (nucleus)
Immune System (external)	Dual Nervous System
	Immune System (internal)

Note: Something that is not discussed often is the strikingly similarities found in a single cell and in the body. Both have a somatic system and a visceral system.

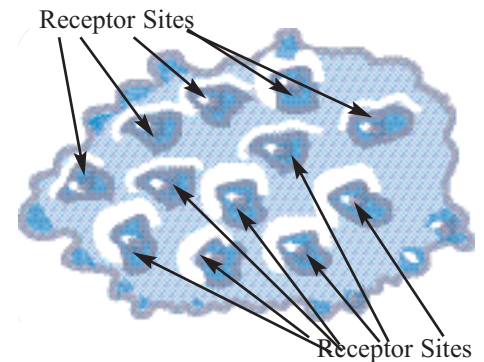
Now I'd like to return to my earlier statement: **"Perception Controls Behavior"**. That means that however you feel or perceive a given issue; be it a thought, a feeling, a law, or a belief, it may be controlling your behavior towards that subject. An example I like to use is this question - "What does it cost me to be angry? Angry with another person who... or because of what happened when; or because I was left out of...?" I didn't have the resources then that I

have today, so I accepted what was going on and focused on resolving my anger as best I could. I actually stored it along with other anger I was not willing to let go. Not understanding how these techniques worked did bother me. With this motivation in place, I had a strong desire to keep digging until I found some answers that helped explain the process.

In this work I have studied research in microbiology; consciousness research; and Applied Kinesiology. All of this groundwork has enabled me to gain some basic understanding of the mechanics involved as in how an individual cell responds to either a negative or positive stimulus. Each cell is able to capture a significant portion of an incident or event; this process involves all five senses. Understanding this process and its implications is what I needed in order to develop a practical and effective therapy. Now I can share this knowledge with you knowing it is possible for this therapy to encompass all the related aspects of a your concerns.

One of my main areas of interest during this phase was learning the mechanics of how the bodymind responds to stress and what could be done in order to reduce a person's stress level. I've found that just by going through a simple tapping routine on specific energy meridian's, many of the stress factors most people deal with can be eliminated. These studies have given me a clearer picture of how this energy work makes these small miracles possible.

With these new tools in my bag, I have a program that is complex, yet simple and does not exclude any aspect of the bodymind. It also gives you the option of choosing the level of change you wish to create in your life. It's my belief that it's not possible to help a person when you only focus on one aspect of their bodymind and disregard the other areas; however, I've also learned that there are



There are actually thousands of specific receptor sites on the surface of each cell.

Note: Receptor sites are often referred to as lock and key sites, indicating they are fixed. Nothing could be farther from the truth. The cell is constantly vibrating in harmony to some unknown rhythm (dancing) and the receptor sites have the ability to alter their molecular shape to allow other signals to enter the cell.

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people who want to choose change in their life at a slower pace. When this is the case, I'm ready and willing to respect their choice. This is why I say; "You are in the drivers seat; you are the boss in this program".

I'm sorry for taking so much time in explaining how this all got started; however, this work is fascinating to me and I get carried away sometimes.

**Janet:** No need to apologize; what you've said has helped me understand some of your goals and how you intend to proceed. I might add that it has also undermined and/or brought into question a considerable portion of my medical training: However, I'm comfortable with that because all the advice I received before coming to see you didn't help me.

**Bill:** Now back to my earlier statement: "**Perception Controls Behavior**". Has what I've said helped make this statement any clearer?

**Janet:** I have a sense of where you look for your information; however, you have failed to give me any idea of how it works or even why I should think it will work for me. I'm still trying to tie together my concerns with the new information you've provided on the cell.

**Bill:** OK, My reason for going to the cell is based on the belief that everything our bodymind does, has its roots in the action of a single cell. Science has proven, fairly conclusively, that all physical disease begins in a single cell. Today, this is something they (the researchers) have the ability to measure. I feel that if this is true, then all emotional discomfort starts the same way because I'm still convinced that it's not possible to separate physical and emotional issues. I might add that some of the discoveries that have been made in the last couple of years continue to substantiate this theory. (14-20)

**Janet:** Perhaps you can give me some sort of outline as to how this work will progress, then maybe I'll be in a better position to make a choice.

**Bill:** Alright. Are you interested in what habits you will be developing in this program or are you trying to grasp what will be going on in your bodymind as we proceed through the program?

**Janet:** Both really. I don't want a lot of detail, just an overview of what to expect.

**Bill:** Good. I'll try to be brief. First, I'll outline the parts of the program you will be asked to follow; this includes making some changes in your diet; being willing to do some simple physical exercises; learning some techniques in deep breathing and relaxation; and learning some of the energy techniques I use on specific locations in your energy meridians.

All of these procedures are designed to help you start creating change in your bodymind. Consider this; ever since you were a few days old, you have been storing information in your subconscious. Some of this information is helpful and has served you well. There is other information stored in your subconscious that is not helpful. It's also possible some of this information is producing a considerable amount of stress in your life. My goal is to teach you how to locate and

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recognize these elements that are not helping you. You'll also learn how to replace the questionable information with material that is positive and helpful. In doing this, you will be able to remove energy blocks in your energy meridians that may be preventing you from being in balance.

**Janet:** That's it.

**Bill:** Yes, that's it. It does sound simple and it is; however, we all resist change and that is where the work begins. The reason change is such a challenge is the fact that the memories and habits we want to change are stored in the subconscious; it is not possible for the subconscious mind to imagine or visualize the benefits of change. Almost everyone starts out with a bang. That's OK; however, I encourage you to keep in mind that this is not a race; you are in complete control of your progress. My job is to help you stay on track and focused on your goal of achieving balance. There are a lot of details I'll share with you as we move through the first phase of the program. One thing I want to emphasize is the fact that there is no wrong way to do the program. By that, I mean if and when you happen to get some part of a process backwards or you omit it altogether, it is not going to cause you any problems. The process may just not work as well as it would have when you followed the correct steps.

Also, a situation may arise that suggests you could benefit from some new therapy that is still in the early stages of testing; when this happens, I'll share with you the new techniques as they become available.

**Janet:** So you feel my cravings for sweets, my depression, and my concerns in my relationship with my husband, my concerns about my weight and lack of energy are all connected to energy blocks?

**Bills:** To some extent, Yes. Another way of stating the facts in your case is this; your perception is driving the show.

**Janet:** Well, I can see where the cravings and being overweight have a connection; however, I'm not so sure I understand how my bouts of depression or low energy are related.

**Bill:** You said you have tried to lose weight several times and had little success. There is a reason for this and it's possible that it's tied to all the other concerns you have; the cravings; the depression; being overweight; and your relationship with your husband. Each of these concerns are shaped in your mind by your perception.

**Janet:** I'll have to admit, I get down on myself for being overweight, or sometimes one of the doctors will make a comment about my weight that bothers me. I feel they are trying to help me by bringing it to my attention; they just don't realize how much I've tried to lose the weight without any success. I realize they are several years younger than I am. Just wait till reach my age, then we'll see how skinny they are.

**Bill:** Are you angry with the doctors, Janet?

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**Janet:** No, not really; they do their best to treat me well. It is just the fact that I do not think they understand how much I have to do to keep up with their demands. Plus the fact that we have been short handed for some time now. Do you think I sound angry with them?

**Bill:** Yes, I do. However, it is possible you are just angry period. Is that a possibility?

**Janet:** I guess it is. My husband has made the same statement and so have some of my friends. I do not understand where it is coming from.

**Bill:** It could be coming from your subconscious. I can understand your frustration because I remember being in a similar place not to long ago. Here is a partial list of what my perception was of myself at one time:

- I've never completed my formal education (that means I'm not very smart).
- I've never been able to maintain a long-term relationship (that means I'm not somebody who people want to be around).
- I've always had a short temper, which has caused me a lot of grief (That must mean I've never been willing to grow up).
- I've never been successful in business (that means I'm not very ambitious or well organized).

All of these perceptions shaped me; however, none of them were true because I've been able to turn all of them around to some extent using the same techniques. I know they will work when you are willing to follow the suggestions. In fact, I am willing to guarantee the results, or you will get a refund of all the money you paid for therapy, provided you agree to put into practice my recommendations and do your best to create change in your life.

**Janet:** So you're telling me all my problems are in my head.

**Bill:** Not at all. Your problems are not in your head, they are part of who you are today. As I said before when I gave you the outline of what we would be doing in this work, you have been storing information since you were a baby. Much of that information was stored during your first years of life and it's likely that some of this information is not helpful to you today. This therapy is designed to help you locate the material that may be suspect, examine it and if it is part of what is causing the energy blocks, replace it with positive material. (See comments at the end of this article on my definition of bodymind.)

**Janet:** That seems to make good sense to me; however, I'm still going to have to change my diet?

**Bill:** This is entirely up to you. It's possible you can make some progress without changing your diet. However, I feel that if you want to move on to a new place in life, you're going to have to be willing to start by changing some of the habits you have in place today.

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**Janet:** What I've heard so far makes me want to do the program, but I still have one other concern I must address.. I am a Christian and I believe in Jesus Christ as my savior. I will not do anything that is contrary to my beliefs as a Christian.

**Bill:** I respect your beliefs, just as I respect the beliefs of all religions and if you feel I am making a suggestion that is contrary to the tenet of your doctrine; it then becomes your responsibility to point this out to me. We can always choose another way for you to reach your goals.

**Janet:** I have one more question. Are you serious about guaranteeing my satisfaction with this program? I've never heard of a psychotherapist or nutritionist offering anything like that before.

**Bill:** Yes, I'm serious. I feel this is important because I feel it raises the bar a notch and helps each of us create a more positive work place.

**Janet:** OK, you have my attention. I had no idea you would offer to guarantee your work in this program. What's next?

**Bill:** Before we continue, I have a question for you.

**Janet:** OK

**Bill:** I have stated; "I will guarantee my work". I feel you may have put the emphasis on "my" when in truth this contract puts the emphasis on "our work". I feel it is important for you to understand this work involves both of us. The changes will not happen if I am the only one doing the work.

There is one more consideration I want to share with you; I know from experience that this work involves certain risks. These risks will show up as change in the way you live your life on a day-to-day basis. For some people, this can be very threatening. If and when these feelings come up for you, please speak up or call me so we can deal with them. Experiencing this feeling of what I call "Identity Crisis" is not unusual. I can remember experiencing the same thing. What is driving these feelings? In a word, fear. Fear of change and it is a real fear; it is also not something to be ashamed of. The sub-conscious always resists change because it is unable to imagine or visualize what positive changes may bring. It wants everything to stay the same, just as it was yesterday. At the same time, the only way a person can truly change the direction of their life is by moving into these so-called "unknown areas". (25)

**Janet:** Thank you. I'm beginning to realize how much work I have to do; if this is going to be successful. I must ask if you'll be there for me when the going gets tough and I want to stop?

**Bill:** Yes, this is the most important part of what I do. It's also important to me because I remember how much I longed for support as I was working through these same fears; I had no one to turn to or call for help. My only option was to pray. It worked, and I must add that

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it has been worth every step of the way because where I am today is a very beautiful place.

**Janet:** OK, I'll do it as long as you promise to help guide me. I'm willing to give it my best shot because I want to be in this place where you are. You never seem to get upset; you're always calm and you smile a lot. I like that.

Appointments for two more sessions were made which makes a total of three sessions to get the program started. At the end of the third session and during the review, we'll have an opportunity to learn if any more sessions are needed. I have found that three sessions are usually all the training/instruction a person needs to get things on track. The cost per session can be found in the Rate Schedule at the end of the book. The first session will last two hours.

**Bill:** The first part I'd like to cover are the options you have with respect to your diet. One thing I want to emphasize in making changes in your diet is this; don't let yourself go hungry. The reason I say this is because of the fact that when people allow themselves to go hungry, the body gets the message that there is a food shortage. When this happens, the body starts storing fat. Remember, the body's prime interest is in survival. Another thing that is important is the amount of water you drink every day.

Clean, distilled water is very important. Try visualizing your body as if it were a large tube. Now picture this tube only partially filled with water. This is where many people are with respect to hydration. At that rate, a person may be at least 20 to 25% low on water. If you were to run your car that low on water, you could over heat the engine and blow a head gasket. Proper hydration in the body works on the same principal. Water acts as a coolant and can help the body maintain a normal core temperature. Do you have any questions at this time? (5-23)

**Janet:** No, please continue.

**Bill:** Next, I have a Food Guide I'll give you before you leave. It will show you a list of the food choices that may give you more variety in your diet. The goal with this food guide is to help reduce or eliminate some of the processed/packaged food in your diet. I also want to encourage you take soft drinks, coffee, tea, and alcohol out of your diet for the time being. Please don't think I expect you to make all these changes overnight. This is a process that will take time. You're in the drivers seat. Listen to your body; it will help you set the pace.

**Janet:** If I understand you right, I'm not going to drink anything but water. Is that what you are saying?

**Bill:** Yes. And I prefer that it be distilled water.

**Janet:** On this food list, what foods are included?

**Bill:** You will find that the items in this diet are composed of organic meat (when possible) and/or vegetable protein (grains); lightly steamed vegetables (such as carrots, cabbage, turnips, beets, onions, garlic, red peppers, yellow peppers, and zucchini). It's not an exotic diet; however, it

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can give your body an opportunity to become free of the energy toxins that may be adding to your health concerns.

**Janet:** And how long do you expect me to stay on this diet?

**Bill:** I like to encourage people to stay on the diet as long as they can. Normally this is from three to six days at the start. At some point, your sugar cravings may become intense. I don't want you to go that far. When the cravings start piling up, it is time to take a break and have what I call; "*a binge day*". At this time I encourage you to eat anything you want and as much as you want. It's also important to keep in mind that the binge day is a day you want to enjoy. Being in a positive state of mind on this one day is very beneficial.

In practice, I've found that each time the "*binge day*" comes around, it is less enjoyable. You'll reach a point where you don't have any desire to take a whole day off. You'll just go off for a meal. Eventually, the cravings disappear altogether. I'll also teach you some exercises using energy meridian techniques to help you with your cravings. Do you have any questions at this point?

**Janet:** Yes, what supplements do you feel I'll need as I start?

**Bill:** I'd suggest you start with Acidophilus, Food Enzymes, and 3% food grade hydrogen peroxide.<sup>(5-25)</sup>

**Janet:** I'm familiar with acidophilus and food enzymes. They help with digestion; but I'm a bit taken back by your suggestion; I add hydrogen peroxide to my diet. I've never thought of it as something I'd ingest. We use 3% H<sub>2</sub>O<sub>2</sub> as a disinfectant and for cleaning mouth injuries and in cleaning small wounds.

**Bill:** I'm not surprised by your reaction. I have an excellent paper on the benefits of using H<sub>2</sub>O<sub>2</sub> in the kitchen, in the bathroom, and in your drinking water. This is not something you have to decide on today. Take the paper home and read it. Then you'll be able to make an informed decision.

**Bills:** Do you have any more questions at this time?

**Janet:** Not really, I am feeling a little overwhelmed by all the changes you are asking me to make. I'm also wondering how I'm going to eat lunch and still get my work done. I'm sure that if I increase the amount of water I drink, I'll be spending more time in the bathroom and I don't know how that is going to go over at work.

**Bill:** Do you get a lunch period or do you just eat on the run?

**Janet:** I'm supposed to get a lunch period; however, since we've been short-handed I've been eating when I can and trying to keep up with the work as it comes in.

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**Bill:** I think it may be time for you to have a meeting with your supervisor and explain to him/her that you are enrolled in a program to improve your health. If you are going to make this happen and become an even more productive employee, you are going to need some support while you work through these changes. It doesn't make any sense to me for you to sacrifice your health just to make things more convenient for others. Is this a possibility?

**Janet:** Yes, I guess so. Are all these changes in my diet to help me lose weight?

**Bill:** Yes. Making these changes in your diet will help; the changes are also going help you reduce the amount of processed sugar there is in your diet. This will not only help you lose weight, it's also going to help you reduce the amount of candidiasis infestation you have in your intestine. In turn, you will also be reducing the amount of energy toxins you have in your body. It's possible the energy toxins are responsible for much of the depression and frustration you are experiencing.

**Janet:** What makes you think I have candidiasis? (5)

**Bill:** On the questionnaire you indicated you have a craving for sweets. You also said you have concerns with dandruff and yeast infection from time to time. Is this correct?

**Janet:** Yes.

**Bill:** These are some of the classic signs of candidiasis. (5)

**Janet:** OK, Now I'd like to know what energy toxins are?

**Bill:** Energy toxins can be any one of the more than thirty thousand different chemicals on the market today. These chemicals are found in processed/packaged food, dairy, cheese, ice cream, yogurt, chocolate, caffeine, herbs, natural flavorings, black pepper, spices, refined sugar, coffee, tea, soda pop, wheat, corn, soy products, H.F.C.S (high fructose corn syrup) any form of alcohol, and treated/filtered water, (Energy toxins can also be found in organic packaged foods found in the health food store).

They have shown up in soaps, cleaners, bath soaps, shaving cream, perfumes, cosmetics, towels, bedclothes, blankets, clothing, houses, lawns, automobiles and the exhaust they produce, to name just a few. This is one of the main reasons for my suggestion to use a diet that excludes as much of the processed/packaged food as possible and eliminate all the drinks except water. By doing this, you'll be giving your body a break from the onslaught of chemicals found in processed/packaged foods and drinks. This gives your body an opportunity to recover to a point where it can help guide you in your future food choices. The same foods, perfumes, cosmetics, towels, bedclothes, etc. don't affect everyone. This is something you'll have to experiment with one item at a time and I can teach you the techniques you will need to do this.

By staying on this program for a reasonable period of time, you will notice positive changes in the way you feel. This is especially true when you first wake up in the morning. Once

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you've reached this point, it may then be possible to re-introduce some of the foods you'd like to have back in your diet. Choose one food at a time; let your body tell you exactly how it feels about this food. Believe me, you will know in a very short time what foods will work with your body and the foods you may choose to avoid.

**Janet:** OK, I think I get it that the energy toxins have to go. I also understand why they have to go; because they are toxic. That makes sense. What I haven't got yet is this; what changes occur when the energy toxins are reduced/eliminated from my body?

**Bill:** As long as these energy toxins are present in the bodymind, it's possible for them to trigger a condition known as "Psychological Reversal".

**Janet:** So, what is psychological reversal?

Psychological reversal is a condition that inhibits the body's ability to heal. This occurs when like polarities meet at a junction point. One example of this condition would be a broken bone that refuses to heal (the polarity on both sides of the break are either positive or negative [called a green stick fracture]). A whole range of emotional conditions can also cause psychology reversal. Example, repeated or habitual negative criticism from a parent, a spouse, or someone of higher authority, this may also happen with someone you admire - idolize. Psychology reversal can also be brought on by the presence of energy toxins in the form of various chemicals you use or foods in your diet. Would you like to test to see if you are psychologically reversed for losing weight? (29)

**Janet:** Yes

**Bill:** All right, stand up and extend your right arm out away from your side. I'm going to ask you a couple of test questions so we can both see where you show up weak and where you show up strong. Have you done muscle testing before?

**Janet:** Yes, when I was seeing the chiropractor after a fall about a year ago.

**Bill:** I'd like for you to say your name is Henry.

**Janet:** My name is Henry.

Bill pushes down on Janet's wrist to see how she will test. She tests weak.

**Bill:** You tested weak, your name is not Henry. Now I'd like for you to say; my name is Janet.

**Janet:** My name is Janet.

Bill pushes down on Janet's wrist again. This time she test strong.

**Bill:** Now say; you want to be thin.

**Janet:** I want to be thin. Bill pushes down on Janet's wrist again. She tested weak. Janet looks at Bill with a confused look on her face.

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**Janet:** I tested weak, that's not true. I do want to be thin. I don't think you are doing the muscle testing properly.

**Bill:** There was a time when I'd agree with you because I didn't fully understand how the body responds to muscle testing. Today I must agree with the muscle testing, you don't want to be thin. Let me put it this way; perhaps intellectually, you want to be thin. Is it possible that emotionally you have some fear or concern over being thin?

**Janet:** When you put it that way, it's possible I do have some concern about being attractive. I'm afraid people will think I'm trying to be someone I'm not. After all, I'm passed fifty years old and I am married.

**Bill:** OK, would you like to be younger and not married?

**Janet:** No. I have a good marriage. What are you trying to say?

**Bill:** I'm trying to help you see that one of the reasons you are having a problem with losing weight is that you are psychologically reversed and as long as this condition in place, you will not be successful in your attempt to lose weight. I don't question the fact that you have a good marriage. I do question whether you really want to lose weight and become the attractive woman you were when you were younger. Is there any truth to that?

**Janet:** It's possible. You see, just after I finished nursing school, I went to work at a manufacturing plant on the east side of town. The production floor manager was my immediate supervisor because of some changes going on in upper management at the time. Unfortunately, he thought he would be able to do as he pleased with me since I was new on the job and fresh out of college. My job was to get the nurses station organized and start getting caught up on the pile of paper work that had accumulated since the last nurse left, as well as the normal emergencies. This meant I was stuck in the office most of the time and he would come around and harass me trying to get a date. To make a long story short, I turned him in to the human resources manager and got him fired. He claimed I encouraged him by the way I moved my figure while I was talking to him.

**Bill:** Is this a possibility?

**Janet:** No, I don't believe so, there was no way I would have done that to him. He was married!

**Bill:** Well, I believe we have our first issue to tap on using EFT. At this point I'm going to show you some of the techniques used in EFT. I'll also give you a guide you can use for reference when you get home. One of the important things I'll be asking you to do is be very religious in the way you practice EFT. (25)

**Janet:** I don't understand. Can you explain what you mean by being religious?

**Bill:** Of course; I meant to say consistent. In practicing EFT, having some type of a schedule that

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allows you to take a few minutes to address issues as they show up is effective. Doing this several times a day increases the effectiveness of the therapy. A complete round of EFT may take about 50 seconds; once you become familiar with the routine, it will even be faster. Before we start on the issue with the production manager, I'd like for you to give the incident a value. This can be any value on a scale of one to ten, ten being the highest degree of anxiety and one being "no anxiety". Are you ready to start? (22-24-31)

**Janet:** Do you want me to do that now?

**Bill:** Yes, please.

**Janet:** Eight.

**Bill:** Oh, that's pretty high. So this is something that has stuck with you for some time, right?

**Janet:** Well, if you'd have asked me yesterday about it, I'd probably said it was no big deal; however, a lot has changed in my awareness since yesterday. So I guess you're right, it is something that has stayed with me for a long time.

**Bill:** I'm bringing this out because I want you to be aware of the fact that emotions don't have any sense of time. If it happened yesterday or forty years ago, it is still something that has to be addressed.

We did two complete sequences of EFT before she could notice the value of her anxiety coming down. As we were working on this particular memory, other memories started coming into her mind. I encouraged her to make note of them. Just jot down something that would help her bring the memory back to the present, and then go back to the incident we were working on.

This is termed; "Switching Aspects" and it happens frequently. It is not a habit you want to allow. Switching aspects can be detrimental to the EFT process. It's not unusual for a person to lose their train of thought and forget what they are working on at the time. It's also possible to lose track of the memory that popped up if you don't make a note of it.

After completing the work on the original concern, I had Janet pick out two of the memories that came to her mind as she was working on the previous concern. Then we worked on them until their value had gone down to a one or a zero.

**Bill:** How do you feel now?

**Janet:** That's amazing. I'm not sure how to describe the way I feel. I can say I feel more at peace with myself. I feel more relaxed and breathing seems to be a little easier. I'm surprised. I didn't have any idea things would start changing this fast.

**Bill:** Not everyone experiences change this quickly. I've seen it happen several times, and I'm slow to share this possibility with everyone because I don't want to raise a person's expectation and then have him/her learn it is not going to happen to them quickly. Now I'd like to work on one of your carvings. What is the one item you want/crave on a daily basis?

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**Janet:** That's easy. Cookies!!!

**Bill:** Great, I just happen to have some chocolate chip cookies I made a few days ago.

**Janet:** You mean you eat cookies?

**Bill:** Of course, I don't eat them like I use to. I have one or two cookies and that's all. In the past I would have one or two dozen at a time. Here is my plan. I'm going to the kitchen and bring back a chocolate chip cookie. I want you to smell it and bite a small piece of it off to raise your anxiety level as high as possible. Then I'll ask you to put the cookie down on the table and keep your eyes on it while we do a sequence of EFT. Be sure to note the value of your anxiety factor before we start on the sequence. Any questions?

**Janet:** No, I'm ready, bring on the cookies!

I brought out one small chocolate chip cookie for her to work with. She actually did fairly well. It took two sequences to bring the value of her anxiety factor down to a one. She didn't even want to eat the cookie after the second round. I was happy to see it was working that well for her. I explained to her I had no way of knowing how long these rounds of EFT last. My main goal was to teach her how to handle the situation when she was by herself.

I shared my experience with ice cream with her. That was my big craving and I had that craving from the time I quit eating ice cream almost everyday (early 1980's) until I started using EFT to release the craving (July, 2002). Up until the time I was able to use EFT, I'd get along about one month and then I'd go and get a pint of ice cream. Sometimes it didn't really taste all that great, but I always felt so much better once I'd had the ice cream. That is why I felt it was worth it to break my diet; however, the next morning when I woke up with congestion in my sinuses and a backache, I'd change my mind and promise myself, no more ice cream. That went on for over twenty years. It probably would still be a battle I'd be fighting if it were not for EFT.

**Janet:** I didn't ever think I'd turn down a chance to gobble up a chocolate chip cookie; however, the second time I tasted it, it just didn't taste that great.

**Bill:** I know what you mean. I have reached a point where I can have one and enjoy it; I don't have to clean out the jar as I normally did in the past. Now I'd like to address some of the issues you may have in your relationship with your husband. But before we start on that, do you have any questions on what we've covered so far?

**Janet:** Yes, I have one I've been waiting to ask you. How do I know if a concern that comes to my mind is something to use EFT on?

**Bill:** There is no particular criteria a concern must meet before you consider addressing it with EFT. I have case histories of people using EFT on almost everything imaginable. If you think of it, or it just comes into your mind and you feel some anxiety building as you think

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about it, make a note of the value and proceed using the EFT sequence. If it is a pain or discomfort, such as a headache, or perhaps an old injury, I encourage you to use the EFT sequence to see if it helps relieve the pain. Pain is something I'd like to spend a moment on as I feel it is an area of great importance in therapy and a subject I've studied fairly extensively.

At one time I was an active long-distance runner. On an average, I'd run from twenty-five to forty miles a week. Training for a marathon or Pikes Peak could bring that up to fifty miles a week. With my average pace of just over ten minutes a mile, running a marathon required me to run for over four hours on race day. It also requires about three months of training to be prepared for race day. I can say without fear of contradiction; "That is a recipe for a tremendous amount of pain." In training for all of the races I've completed, I've had an opportunity to learn how to avoid being in pain as much as possible. So what causes muscle and/or headache pain?

Almost all muscle pain can be attributed to tension in the muscle. Most headaches are caused by tension and/or dehydration; they can also be brought on by malnutrition. Many times, this tension may be the result of a lack of oxygen in the blood stream (low levels of Vitamin C). It can also be caused by stress. Now the question becomes; "How can one tell the difference?" I realize this may sound a bit intimidating; however, it is not as difficult as it may seem. 1) When you're drinking enough clean water every day, 2) when you are not eating excessive amounts of processed foods, 3) when you are taking the proper amount of supplements to help support good digestion and regularity, 4) when you are doing some exercise every day, and 5) when you have a sound, well planned system of relaxation in place, most of the causes of muscle pain are removed. The remaining that are areas possible contributing to pain becomes lack of oxygen and/or stress. Deep breathing exercises will help in both cases. When stress is extremely high, EFT can be used to minimize and/or remove the cause of the stress.

I apologize for the side trip into the subject of pain, I guess it's a subject I've always found interesting. Also, I have a paper on stress to share with you. Please help me remember to give it to you before you leave. (24-25-31)

**Janet:** OK. I found the story interesting and I still marvel at anyone who can run for four hours without stopping.

**Bill:** Back to your concerns; reaching back into your childhood can be another source of negative emotions. Some of them can even qualify as the energy toxins you may be coping with. I can remember finding there were things that happened to me while I was still in grade school I was able to resolve. Some of them happened sixty years ago and I could tell the difference when I was able to release them. Again, emotions don't know how to tell time and they don't go away with time; they just get repressed.

**Janet:** I'm confused, I thought energy toxins were chemicals we find in our food supply and in the chemicals we use in the house or at work. Did I miss something?

**Bill:** I don't think so; however, it may be time for more details. You're right, energy toxins can be our food supply and in household or workday chemicals. Energy toxins can also come from negative criticism. When this happens constantly, day after day over a long period of time, or when a negative thought is brought on during a very stressful incident, these are stored in the subconscious. Where they are stored is something that's becoming better understood.

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They can be in an organ such as the small intestine or in the large intestine (colon). They can also account for some of the chronic disease present today. I believe as the research continues, we are going to learn that groups, or clusters of these energy toxins will be found in almost every conceivable area of the body. Does that answer your question?

**Janet:** Yes, thank you.

**Bill:** Now I'd like to touch on some of the issues you have with your spouse. Are you ready to do some work in this area?

**Janet:** I think so; still I'm wondering how I'm going to change him when he's not even here.

**Bill:** Actually, it was not my plan to change him. Instead, I'd like for you to explore some of the ways you may be able to make changes in the way you communicate with him. This may enable him to be more open to your suggestions.

**Janet:** Are you telling me I don't know what I'm talking about when I say, he's stubborn?

**Bill:** Not at all. What I am saying is this; often times, there are different ways to deal with a communication problem. I'd like for you to give me a recent example of a time where you feel your husband failed to pay any attention to a request you made of him. Can you do that?

**Janet:** Oh yes! I've told him for several days the storm door on the back porch needs adjusting so it will close by itself. Every time I have to go out in the back yard, I have to close the storm door by hand because if I don't and the wind comes up and it will get blown off the hinges again.

**Bill:** OK, that sounds like a reasonable concern. Lets look at how this plays out. When did you first say anything to him about the storm door?

**Janet:** It was six days ago today.

**Bill:** Do you remember what you said to him the first time and do you remember how you said it?

**Janet:** Yes, we were eating supper. I had noticed the storm door was not closing that afternoon, so I said to him; "Henry, the back storm door won't close by itself and I want you to adjust it so the wind won't blow it off the hinges again like it did two years ago.

**Bill:** Does what you said sound like a command?

**Janet:** I guess it does.

**Bill:** This is just an observation on my part; please don't confuse it with criticism. I get the sense it was a firm command and you expected him to fix it immediately; am I correct.

**Janet:** Yes, because...

**Bill:** (interrupting her as he held up his hand) I understand, you were concerned about losing another

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storm door. Right?

**Janet:** Yes!

**Bill:** Where is your anxiety level right now Janet?

**Janet:** It's close to a ten. I feel you're making fun of me.

**Bill:** Is it that you feel I'm making fun of you or is it that I'm trying to help you see what may have made your husband resist complying with your request because of the way you addressed him?

**Janet:** I'm not sure I understand what you're trying to say. This all happened on Monday, I'd had a rough day at work and I was tired. Maybe I was cranky; anyway the last thing I wanted was to have to replace that damn storm door again.

**Bill:** OK. Now I'd like for you to put your feet flat on the floor, close your eyes, lean back in the chair and take a deep breath. Let it out; deep breath again; let it out. Now I'd like to do a sequence on anger. Is that OK with you?

**Janet:** I guess so. Were you trying to get me upset?

**Bill:** No Janet, it was not my intent to upset you. However, I do remember talking to you about the level of anger you seemed to have when the session started. Is it safe to say you're unable to let go of this anger? Is it possible you're angry all the time?

**Janet:** Yes, I guess it's possible and I don't understand why. What can I do about it?

**Bill:** Using these techniques will help you regain control of what I suspect you're feeling. Would you like to tap on the anger you are feeling right now and see what comes up for you?

**Janet:** Yes, please.

**Bill:** Are you feeling all right Janet?

**Janet:** Yes, I think so. It's just that a lot of things are coming up for me and I don't want to make a scene.

**Bill:** Would you like to talk about what's coming up for you?

**Janet:** No, I'd rather do the tapping thing and see what happens.

**Bill:** Pick a specific scene that fits what you're feeling now. Let me know when you're ready.

**Janet:** OK, I'm ready.

We did two sequences before Janet started to regain her composure. Then we talked at length

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about some of the events she felt were triggers for the anger she was feeling. We tapped on them and were able to bring her level of discomfort down considerably. This is not an unusual situation. Anger is a difficult emotion to deal with - I was happy to see her face begin to relax before the session ended. I wanted her to understand the options she now had and how to use the tools she was learning. I also gave her a copy of the relaxation CD (Letting go of stress).

As the session was ending, Janet agreed to speak to her husband about the storm door and perhaps she would apologize to him for the way she spoke to him the other day. I feel it's amazing how we can shift when we are able to see how we may be sabotaging our self in our communications with others, especially those who are close to us.

I called Janet a few days after the first session to learn how she was doing. She said she didn't like the diet at all; however, she was staying closer to it than she ever thought she'd be able to when she learned what was involved. Her husband has taken to eating out more all of a sudden. I guess he'll have to see some results before he's willing to make so many changes. Two weeks later, I saw Janet for the next session. She came in with a smile on her face a mile wide proclaiming she had lost all most seven pounds and she could notice her clothes being a little loose on her. I could see Janet was going to do well with the program.

The last time I heard from Janet, she was down twenty pounds and only had about ten or twelve more pounds to go. She has started to re-introduce different foods into her diet. She said she was a little frustrated because ice cream no longer had a pleasing taste for her. That didn't surprise me a bit.

### Some closing thoughts:

I'd like to point out that Janet, in spite of her initial reluctance to enter the program, did so with remarkable enthusiasm. Being willing to participate at this level is certainly one of the reasons she is being so successful.

I'd also like to share with you a remark that Rockefeller made when a new hospital (Mayo Clinic) he had funded was about to open: "I just hope they can 'fix' my stomach to where I can enjoy a good steak again". In spite of all his wealth, he had never learned the importance of good digestion and at one time was restricted to only eating foods that had been pulverized (baby food).

On the subject of constipation being the cause of all "illness" and circulation being the "cure" for all disease, I have had some people challenge this contention. I do not question their sincerity in this regard; however, I do question their ability to understand the primary working and the importance of the digestive system and the elimination system. Everything we ingest must pass through the digestive system and the regulatory system. Not everything we ingest can be assimilated by the digestive system or even pass through the elimination system. That means that it is possible to overload these systems. When this happens, the body, whose primary purpose is survival, may take some extraordinary measures to this end. The consequences of these measures may lead to some rather unusual health issues. I have found that when these habits are eliminated or even curtailed, seemingly miraculous cures take place. The basic understanding I find in this sequence of events is the fact that when we respect the body and treat it in a responsible manner, the rewards are magnificent. (5)

When you are ready to learn how this program can work for you, I invite you to give me a call or e-mail me so we can explore the possibility of working together (phone 719-291-2317 or e-mail [billcooper@dancingalgae.com](mailto:billcooper@dancingalgae.com)).

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### On the subject of the Bodymind:

I grew up being taught that we have a mind and a body and they occupy two distinct areas of our being (allopathic medicine's view of the body). Our mind dwells in our head and the body extends from our ears to our feet. At one time, I tried to make this principal work; and the more I learned, the harder it became for me to accept this idea as having any true basis in fact.

Today, I don't give this explanation any value whatsoever because scientific research has proven otherwise. A person, who lives in their head and treats their body as an extension of themselves, lives in their ego (please don't mistake this for a criticism - research is also proving scientifically that living in this manner can prevent the bodymind from ever being in balance). When I was willing to start working towards letting go of my ego, I found it increasingly easy to be in balance. I was also better able to create a happier, more positive, more altruistic, and more humble understanding of the magnificence of life. Do I still have "bad days"? Oh yes! The difference now is this; I know how to let them go.

In closing, let me say this: The bodymind is and always has been actually one entity. Much of the mainstream medical community has not been willing to let go of their belief (dogma) that the body is composed of parts (Newtonian Physics). The results of this action can be seen almost everywhere you look today (healthcare cost are one of the fastest growing parts of our economy). I propose that it's time for individuals to take responsibility for their health and well-being. Education is the key. It is not hard to learn. It is sometimes difficult to accept. And the most strenuous part of the challenge I found in this experience is being willing to change. I can also state honestly, that the beauty of what awaits you on the other side is worth the journey.

Thanks again for your time and for being willing to read this account of what is possible.

Sincerely,

*William E. "Bill" Cooper*, EFT CC, TFT, Ph W

Nutritional Psychotherapist

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3. *Enzyme Nutrition*, by E. Howell, M.D.\*
4. *Food Enzymes*, by Humbart Santillo, MH, N.D.\*\*\*
5. *The Choice Is Clear - One Vital Element You Good Health*, by Dr. Allen E Banik\*
6. *Body Ecology Diet*, by Donna Gates\*
7. *What Your Doctor May Not Tell You About Menopause*, by John R. Lee, M.D.\*\*\*
8. *The Miracle Nutrient - Coenzyme Q-10*, by Emile G. Bliznakov, M.D.\*
9. *If Life Is A Game, These Are The Rules*, by Chérie Carter-Scott, PhD.\*\*\*
10. *Why People Don't Heal And How They Can*, by Caroline Myss, PhD.\*\*\*
11. *Essential Fatty Acids In Health And Disease*, by Edward N. Siguel, M.D. PhD.\*\*\*
12. *Smart Fats*, by Michael A. Schmidt, M.D.\*
13. *Fats That Heal, Fats That Kill*, by Udo Erasmus, PhD.\*\*\*
14. *The Healing Miracles Of Coconut Oil*, by Bruce Fife, N.D.\*\*\*
15. *Alkalize Or Die*, by Theodore A. Baroody, N.D., D.C., PhD.\*\*\*
16. *Silent Clots*, by James R. Privitera, M.D.\*\*\*
17. *The Oil Protein Diet*, by Johanna Budwig, PhD.\*\*\*
18. *Sunlight*, by Zane R. Kime, M.D., MS \*\*\*
19. *The Biology Of Belief*, by Bruce Lipton, Ph. D (Video Lecture) \*\*\*
20. *The Psychology Of Change*, by Bruce Lipton, Ph. D (Video Lecture) \*\*\*
21. *Silent Clots*, by James R Privitera, M.D. & Alan Stang, M.A \*\*\*.
22. *Eat, Drink, and Be Healthy*, by Walter C. Willett, M.D. \*\*\*
23. *Bio-oxidative Medicine*, by Ron Kennedy, M.D
24. *NeanderThin*, by Ray Audete \*\*\*
25. *Tapping The Healer Within*, by Roger J. Callahan, Ph.D.(TFT) \*\*\*
26. *Stop The Nightmares Of Trauma*, by Roger J. Callahan, Ph.D & Joanne Callahan, MBA.(TFT) \*\*\*
27. *Younger Next Year*, by Chris Crowley & Henry S. Lodge, M.D. \*\*\*
28. *Why People Don't Heal & How They Can...* by Caroline Miss Ph D \*\*\*
29. *Psychological Kinesiology*, by William F. Whisenant, Ph D \*\*\*
30. *Chemotherapy Heals Cancer And The World Is Flat*, by Lothar Hirneise
31. *The Manual - How EFT Works*, by Gary Cgaig,(www.emofree.com) This book is free.

\*We have these books in stock.

\*\* Out of Print, can be found in used bookstores.

\*\*\* Amazon.com

Updated – May 2010

**Note on the references;** not all of these books provided actual facts. Many of them served as help in providing me with the background necessary to approach this work in a comprehensible manner.

## **A Different Approach...**

*Notes, - Questions To Ask...*

The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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