Don’t Accept Less in Your Quest for Genuine Health

My husband and I recently contracted to have some work done to the outside of our house. Winter is just around the corner, and several places on the roof needed repair.

The contractor came that first day, sun shining, full crew and eager to start, but they did not finish. After that first day, they never returned, despite the fact that the job was incomplete. We paid them a large portion of the agreement at the end of that first day and haven’t seen them since. Paying without completion of work was probably the problem, but that’s the subject of another story.

As I write this, it’s day 18 (but who’s counting?) after the project began, and the last little bit that will complete the roof repair remains elusively incomplete. I am beginning to accept that the work may never get done. I’m already past the stage of being angry with the contractor. I’ve begun to creep into the “oh-well-I-guess-I-have-to-learn-to-live-with-it-as-it-is” stage.

How many times have you had to lower your expectations? Accept that there is no other alternative but to acquiesce?

Unfortunately, I suppose it may very well be a valid outcome for those that routinely accept governance by our situation, particularly when it comes to our health.

But for you and me, lowered expectations is the least

rational response I can think of. It only makes sense if you wish to surrender control of your life to circumstances. This is a fundamental choice that belongs exclusively to us.

Likewise, we flounder in the wake of a trend where the GI tract has been disturbed by drugs of commerce to a steroidal level. I call it the post-modern medicine syndrome: we are in a post-antibiotic, post-birth control pill, post-steroid, *post-health* phase of human health. Two generations have now suffered in this climate of drug-induced illness, which actually has a name. It's called iatrogenic disease.

I know that for many of you this information is not new. Many are working to achieve that seemingly elusive genuine health. I know because it makes up probably 95% of the clients/students with whom I work on a day-to-day basis.

Granted some circumstances may very well make it harder to finish that goal and reach a state of genuine health.

Indeed, I experienced long-term chronic illness in the form of food allergies, chemical sensitivities, chronic fatigue, headaches, anxiety and asthma and, as a child, severe eczema. And early on, I figured it had something to do with what I was eating, but oh, how long it took to get answers.

My sad little diet left me with only eight foods that I could safely eat, and that list was shrinking instead of growing. I foolishly took an over-the-counter drug called 222s (mostly codeine) for the headaches and fatigue – daily! And plenty of antibiotics and such.

That was back in the early 1980s, and it took me years to figure all this out, but I worked on cracking the code as though my life depended on it – because it did! I actually felt I had no other choice.

And now as a mother, I can proudly say I have raised my three boys to adulthood without a single antibiotic or

Tylenol.

So, you may be standing at a crossroad. Do you accept a life of lowered expectations of health? Do you assume that you ought to eliminate even more foods and situations from your and your family's diet and life? Do you tighten the screws so that there's no room for opportunities and normalcy in your family's life because of ill health? Of course not! This fundamental choice belongs to you.

Dr. Natasha Campbell McBride, founder of the GAPS diet, reports that more than foods need to be adjusted, more than enzymes taken for life. She advises that homeopathy should also be utilized in order to find the satisfying cadence and an end to gastrointestinal and associated ills.

So, if you are serious about your desire to finish the project, complete that last niggly percent of ill health that remains despite your nutrition efforts, and instead return to genuine health, you need to equip yourself. You need the tools that I have personally employed to avoid accepting a life of lowered expectations. You'll need the specific homeopathic protocols to get rid of a compromised lifestyle.

Should this be your goal, my newest, live, online webinar course will give you specific homeopathic remedies … not the usual constitutionally based paradigm, but honed in, razor-sharp protocols that I have been teaching to my clients one on one. I'll share the exact remedies that I learned via my own experience of allergies gone wild, plus those that I learned from the world-famous Banerji Protocols.

I know of no other guide like this one. Take a serious look at my extended message and watch this informative short video, *Good Gut, Bad Gut: A Homeopathic Strategy to Uproot Seemingly Unrelated Illness in Body and Mind.*

I'm excited about teaching you this. I hope you take

advantage of this life-changing course.