

A TO Z

**WELLNESS
GUIDE**



BRAVE HEART OATH

"I am **Love**, I am **Healed**, I am **Brave Heart**. **Today and every day** from the moment I rise until I gently close my eyes, I will **trust, honor, respect, protect, forgive** and totally **love myself first and foremost** before anyone else or anything else so help me God. Because I **am, I can, I am Healed, I am Brave Heart.**"



PRACTITIONER OATH

"Today and every day I **promise** to teach **the perfect day** to my patients on an **emotional and physical level** from the moment they rise until they gently close their eyes.

I **promise** to teach my patients to **totally trust, honor, respect, protect, forgive and love themselves** first and foremost before anyone else or anything else so help me God. Because I **am, I can, I will** unleash their **Brave Heart.**"

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DISCLAIMER

This information is not intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. The contents of this document are based on Dr. Darrell Wolfe's experience and research. Dr. Wolfe encourages everyone to do their own research to make their own decisions for their health and well-being. If you are pregnant, nursing, taking medication, or have a medical condition, consult your health care professional before using products based on this content.

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

INTRODUCTION

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TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[Break Free From the Herd or Meet the Butcher - Doc Of Detox Show](#)

[The Holy Grail of Healing - Doc Of Detox Show](#)

[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

A NEW WORLD VISION, A NEW WORLD PRACTITIONER

Understand this, true health and REAL healing is much different than we've been taught. People are fed their health information by the food industry, which pays no attention to health, and are treated by the health industry, which pays no attention to food and both of these are supposedly regulated by the government, which pays very little attention to both.

Make no mistake, physicians and surgeons are the best there is for emergency care but these guys do not practice real health care... Only nature heals. Hippocrates stated, 'If you are not your own doctor, you are a fool'.

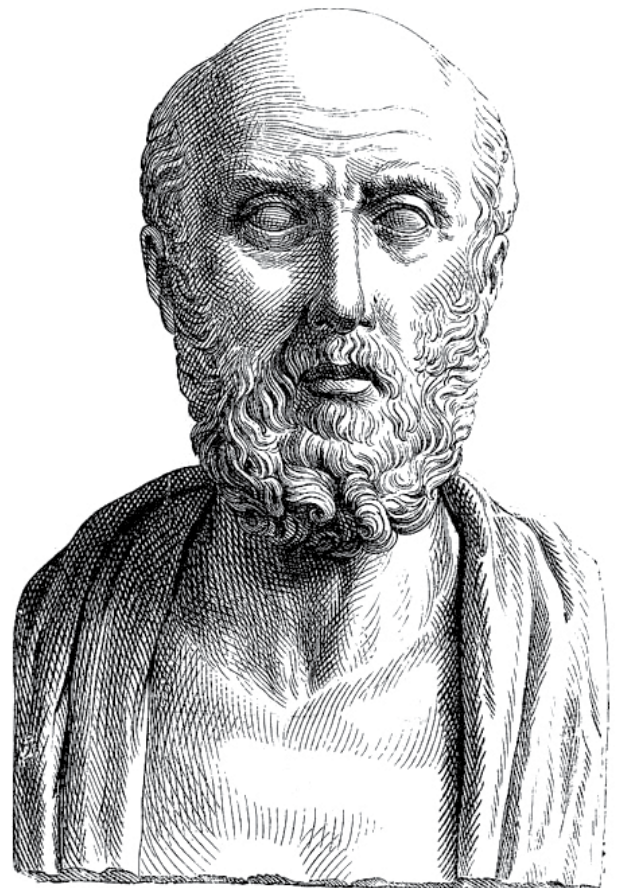
When it comes to medical health care, profits are generated by creating a society of chronic disease. You don't become the leading cause of death in North America for no reason. Taking personal responsibility for the health care of your body is regarded today as a rebellious act by those we have put into power.

The truth about real health care is found in the teachings of Hippocrates, the father of medicine, and those like him. At one time the medical system believed in the 'Hippocratic Oath' and today all that's left is the 'Hypocrite'.

When you dishonor your body you dishonor your creator. Our health care does not need a revolution, health care needs an evolution. Health and morality are very hard to find in this corporate climate. For health care to change practitioners must change.

For health care to evolve, practitioners must evolve and for this to happen we must grow consciously. Medical care is not health care. True health care is knowing how to totally care for and love oneself.

As practitioners, the results of our successes should be measured by the success of our patients. The greatest medicine of all is to teach people how not to need medicine. It has been over 100 years of misinformation and disempowering therapy, **read 'Medical Mafia' in the Doc of Detox library** to get the full story.



HIPPOCRATES

Medical health care and natural health care professionals have placed themselves on a pedestal, making the majority of the population feel imprisoned by their body and its ability to self heal. As a practitioner, to continually focus on treating is... mistreatment.

The word “doctor” means “to teach”... So the title “doctor” is actually a latin-derived word referring to anyone who is recognized to have acquired sufficient knowledge in a subject to be a teacher of the subject.

So, to prove my point, you can be a doctor of medicine, music, literature and yes, natural health. We must become our own doctor when it comes to our body, but to do this we must acquire sufficient knowledge in the art of honoring, respecting, protecting and loving ones body in alignment with nature’s laws not man’s rules.

To be a physician or surgeon does not mean you are a doctor in the true sense of the word, because as I stated earlier, doctor means teacher. I truly believe that unless the patient wants to become their own practitioner in today’s climate **their health is at risk.**


We have been ruled, schooled and fooled when it comes to the potential of the human body.

To restore the health of our civilization, the power to heal cannot be left in the hands of the few but must be placed in the minds of the many. We cannot heal with the same mind that has created the sickness.

So this is why we must usher in a new era... a new world... one that empowers the unseen practitioner within each and every one of us. We were created to create not mutate.

Forget man’s rules and reclaim your God given right of Universal Law to unlimited healing.






A New World Practitioner recognizes that every human being has been gifted with the power to heal. A New World Practitioner will focus on training their patient/client, not just treating them, because just treating them has led us to where we are today - the collapse of a healthy human race.

A New World Practitioner will always first look at the condition their patient/client is in before the condition they have, otherwise, what they think and how they act dictates their reality map.

A New World Practitioner will search for the true root cause of illness, not just focus on the symptoms of their patient/client as most practitioners have been programmed to do.

A New World Practitioner will educate, enlighten and empower - not overpower the patient/client using fear tactics to make the sale. A New World Practitioner will create the Perfect Day on an emotional and physical level for themselves, their family, and their patients/clients.



Without an effective whole-body approach, patients/clients will continue to only have partial success. For a successful outcome, **natural health practitioners must step outside the box** of the so-called 'normal health practice' that most have been unconsciously programmed for.

Practitioners must continue to evolve if they wish human health to evolve and this is what we call a New World Practitioner. A New World Practitioner does not practice alternative health, they practice traditional health, which is not man's way but nature's way.

Whether you are already a health professional or have always wanted to become one understand, your potential is only limited by your beliefs. From doctors to nurses to the general public we all have the potential to be health professionals; **do not let limiting beliefs stop you from your passion and purpose.**

Our doors are open to all our brothers and sisters who want to take their power back. Come and experience our Whole Life Coach Certification and let it transform and expand your mind through total self-awareness, total self-empowerment, total self-care and total self-love.

We have created the most profound program with our Whole Life Coach Certification when it comes to rewiring the brain for permanent change combined with the most powerful bodywork therapy to date, known as 'Wolfe Non-Surgical Deep Tissue Therapy'. My team will teach, train and guide you, step-by-step, how to make the impossible - possible.

Where other treatments and training end, ours just begins. I can't even imagine the tsunami of sickness we are facing if we do not learn to grow consciously - you cannot do better until you know better. To have things change you must become that change.


Let me ask you a question. With all the so-called medical breakthroughs and the hundreds of thousands of natural health practitioners that practice in North America, why are we one of the sickest nations on the planet and headed towards our fifth extinction?

Nine out of ten people have a chronic illness or disease today; what's wrong with this picture? One out of every two of your friends or family will experience cancer in their lifetime unless they awaken. 80% of the population is overweight or obese.

80% of the population is also pre-diabetic and **92% of the population is experiencing an autoimmune disease** at this very moment. What does this say about the majority of health care whether medical or natural? It's not self-empowering, because it's not self-care, it's health care.

Unless we are teaching and training ourselves self-care, self-love, self-respect, and self-discipline then I believe we are the root cause of the problem.

If our current healthcare model is so effective then why are our friends and family suffering? Because cut, poison and burn has been made to seem to be the only option. Before man there was only nature.

A lush green forest with a dirt path leading through trees. The path is covered in moss and ferns, and the trees are dense and vibrant green. The lighting is soft and natural, suggesting a peaceful and healthy environment.

We must return to our roots, which is the healing power of Mother Nature, understand science is not going to save us. Understand, the phrase 'this a scientific breakthrough does not mean it's a health break through'.

If you continue to turn your back on Mother Nature for man-ipation you will never have the tools to thrive in this world.

Total healing is and only can be a personal take action experience if you wish to have it for a lifetime. The reason why there is no integrity in healthcare today is because the majority of people that are in health care have lost their way and their integrity without even knowing it.

Until we know that we have been asleep we can never awaken. A health practitioner can only give what he or she is, they cannot give what they are not. If we wish to see things different then we must BE different.

The quality of the therapies and treatments given will always match the quality of the beliefs of the practitioner. And the quality of the treatments accepted by the patient/client will always match the love, honor and respect they have for themselves.

Every practitioner's ability to treat is and always will be limited by his or her beliefs.



A New World Practitioner understands that the only true growth is conscious growth, which has no limits.

A New World Practitioner will teach their patients/clients that they are worthy of total love, total forgiveness and total healing.

A New World Practitioner completely understands how the emotional being and the physical body affect each other for creating the perfect health for the perfect body.

A New World Practitioner understands that we must create new pathways in our brain, otherwise new belief systems first and foremost, if permanent healing is to take place and stay in place.

A New World Practitioner understands the only true growth is conscious growth because where the mind goes the body follows.



All our courses, certifications, and Personal Treatments & Training **are built around these self-empowering philosophies**. Break free from this herd mentality and unleash your potential by rewiring... your brain.

Understand, your brain is involved in everything you do. How you think, feel, act and your habits are all controlled by your brain.

Your brain is the organ of judgment and personality but the quality of its intelligence and decisions are based on the quality of the prominent beliefs stored within this reality map known as your subconscious mind.

So where's your focus? Because where your focus goes... grows, whether it is healthy or not does not matter to the subconscious. You must become conscious of this fact if you wish to take your health back. When your brain works right, you work right.

When your brain does not work right, you won't work right either. To have success, you need a healthy brain. If you wish to change your reality then you must change parts of your personality.

Ask yourself this, **'do your beliefs support self-healing?** Not healing... but self healing.' It's a well known fact that a sick mind creates a sick body.

But understand this, you're not sick, your beliefs are because they are not yours, because why would you hurt yourself unless you were unknowingly programmed to do so. Unless you're willing to take an honest look at your personality you will never change your reality.

Do you believe deep down inside that you deserve to heal? If you have beliefs of unworthiness, all healing will only be temporary at best. Do you realize you have 60,000 to 70,000 thoughts a day? Do you also realize that you repeat 90% of these thoughts each and every day?

Repeating thoughts is not the problem, repeating negative thoughts... is. With the majority of the population 70% of their thoughts are negative, so, if you take a look at the mental and physical state of the average man and woman you will see that this holds true.

Where do you think the word 'adulterated' comes from? **Welcome to the Family Curse**. Understand, if you repeat something long enough and strong enough, no matter if it's good for you or not, it will be accepted by your subconscious as the truth.

Remember, your thoughts make and shape every part of you. So what creates your thoughts? I'll tell you, **it's the perception you have** of yourself and the world around you.

We were created by our creator to create and this is how this process works. Understand this, the process of creation can either work for you or against you depending on if you are a conscious creator or an unconscious one.

It is important to never forget that **everything visible has been created by the invisible**, your thoughts are everything. You can't hold them in your hand but know this they are the blessing or your curse.

Depending on your thoughts, you will either have a negative or positive image about yourself. Remember, all creation starts with an image.

First, we have an image, then a thought, which creates an emotion, which creates a frequency, which will either create a positive or negative result.

If your thoughts create a negative frequency or experience it will cause the brain to trigger the release of negative hormones and chemicals in the body called histamine, adrenaline, and cortisol.

The short form is H-A-C, otherwise HAC. Have you ever tried to 'HAC' something up that you could not digest. No one can digest fear but I guarantee you this, if you do not master fear, it will master you.

Fear is a negative entity that lives within all of us and if you continually feed it, it will feed on you until there is nothing left of you. Beliefs are living things so understand this fact, whatever you feed will only get bigger so watch out what you are feeding because it may just eat you alive.

Welcome to the herd, welcome to a world where fear is the most experienced and promoted e-motion. Remember everything has a frequency, so watch out what you put out there.

So now you know a thought is not just a thought, it's the conductor. So what happens when you create a positive thought, frequency or experience, it triggers the brain to release positive hormones and chemicals like **dopamine, oxytocin, serotonin, and endorphins, which stand for 'DOSE'.**

So are you getting your daily DOSE of gentle loving chemicals and hormones that heal? To put it simply, positive emotions create the healing and negative emotions create the dis-ease.

HISTAMINE

ADRENALINE

CORTISOL

DOPAMINE

OXYTOCIN

SEROTONIN

ENDORPHINS

Emotions of love can create a baby and emotions of hate can create a tumor. There are only two master emotions; love or hate. So let's review the domino effect of all your creations.

Images create thoughts... and thoughts create emotions... which creates the experience... which creates the frequency... that releases the chemicals and hormones from the chemist... which is your brain.

The chemicals and hormones released by the brain create the physical matter, so choose your thoughts wisely my friend because as I said earlier the invisible creates physical but what I should have said is everything physical has been created by the invisible.

As Einstein stated, 'E=mc²', which means energy creates mass or simply put, where the mind goes the body must follow; so, become a conscious creator.

The conscious mind is the CEO in charge of creating all things new. It only lives in the present moment where all new thoughts and

only true healing can take place. Your point of power can only be accessed in the present moment.

The majority of the population are only in the present moment 2 to 5 percent each day.

Unless we become conscious of the conscious mind we will live a life of continual struggle doing everything else and being everyone else because most of us have become a prisoner of the subconscious mind.

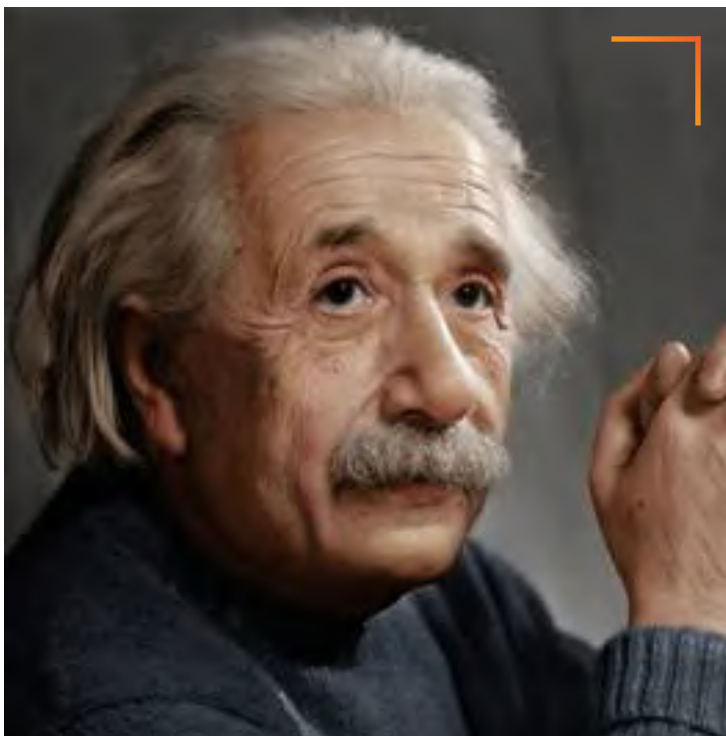
The subconscious mind hates anything new, loves the past and fears the future. Does this sound like anyone you know? So let's talk about the protector and storage container of prominent programs, your subconscious.

Welcome to the editor, otherwise the stubborn subconscious mind, where all prominent thoughts are stored and protected, whether good or bad and new ones are rejected.

The subconscious mind hates the present moment, the future and anything new but loves to wallow in the past and play life's so-called failures over and over again like a broken record making you feel like the life you're living is as good as it gets.

Your subconscious does not care if you are creating a strategy to save your life because it believes its saving your life by stopping you from changing anything in your life.

If your wish is to change anything in your life then you must master the art of repetition along with taking massive personal action because this is your only weapon against the stubborn subconscious mind.



You will never fix a problem or heal a disease with the same mind that created it, this is law. Unless you're willing to change parts of your personality you will never create a new reality. Unless you change... nothing else changes.

Now let's talk about the autopilot - the autopilot is known as the unconscious mind, which is the 50 trillion cells that make up your body. This is where the saying, **'issues in your tissues' comes from.**

Most people do not realize that **repetition is the art of mastering anything and everything.** Any thought repeated and experienced enough will become a prominent thought within the subconscious, which then becomes a habit.

Habits are carried out by the unconscious mind without any thought... like putting your pants on, brushing your hair, going to the bathroom, making coffee... you get the picture.

Thoughts become experiences and when experiences are repeated enough they become habits, which are programs that become infused into all your cells.

This is how habits are performed by the body on an unconscious level. Habits are never a problem unless they are creating negative issues in your tissues.

How you perceive and process your emotions will decide the quality and location of your blood, your emotional state of being and the health of your tissues, joints and organs.

Remember perception is everything: Health care or self-care. Self-hate or self-love. **There are only two emotions, love or hate.**

Perception orchestrates chemistry and that chemistry is orchestrated by your brain. When at peace, your body will be in a parasympathetic state, a state of love and healing.

In this state, your body will be releasing a love potion of hormones and chemicals such as dopamine, oxytocin, serotonin and endorphins which stand for your daily 'DOSE' of the self-love drug Vitamin L.

When at war with oneself otherwise in a state of fear, your body will be in what is known as the sympathetic state of... **fright, flight, fight and freeze**, which is a habitual unconscious state of... fear, doubt and worry, which leads to all dis-ease.



In this state, your body will be continually releasing acidic hormones and chemicals such as histamine, adrenaline and cortisol. Every time that you're in a sympathetic state your body thinks you're being chased by a tiger.

This sympathetic state of being occurred 3 times a month 75 years ago. This fight, flight and fright response now occurs 17 times a day for most of the population.

This state is caused by the illusionary fear that we are force fed day in and day out by the media, medical system, corporations and yes, even religions who wish to control our bodies and own our minds.

Being in a sympathetic state of fear creates inflammation, crystallization, internal scar tissue formation, displaced calcium and mutations such as fibroids, adhesions, cysts and tumors.

Until you learn to become the master of your own mind... your body will be mastered and man-ipated by others and you will suffer life threatening issues in your tissues throughout your whole life. Remember, where your mind goes your body must follow without question... this is the law.

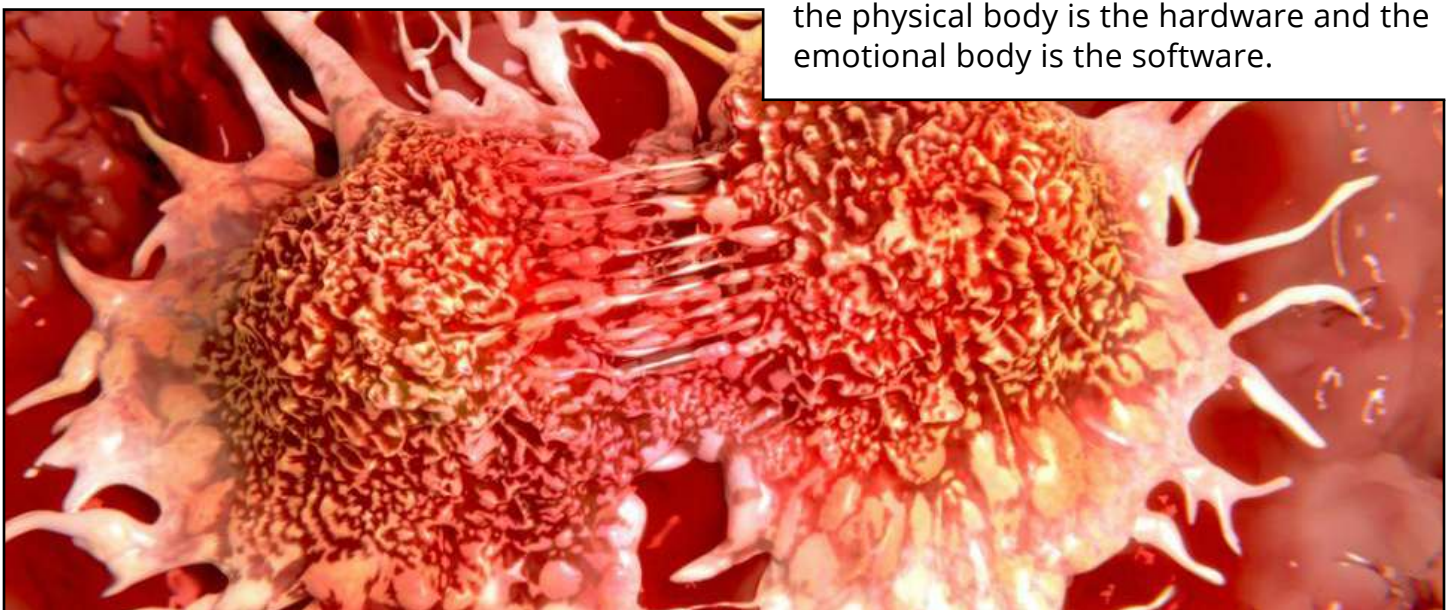
Until you awaken the inner power that lies within you... you will never realize that you have been unconsciously programmed to self-destruct; welcome to the program, welcome to the herd, welcome to the harvest.

When we finally awaken to the fact that all healing begins and ends with self-healing and that it can only be turned on by total unconditional love for oneself, then and only then, will we begin to heal our world.

Love is not the answer, because if it was we would be there already. Total self love, total self healing, total self forgiveness... **this is the law.**

Understand this, all diseases are physical blocks that begin as an energy block, otherwise, a negative emotion that could not be properly processed through the heart with love so it becomes a trapped emotional issue caught in low integrity tissue; like attracts like.

Negative thoughts become issues in the tissues. This is where the equation $E=Mc^2$ comes into play, otherwise, energy creates mass and in the case of negative energy it creates... '**mass destruction**'. Understand, the physical body is the hardware and the emotional body is the software.



Corrupted software infects the hardware. The visible is always created by the invisible, energy creates mass. The medical system even calls an abnormal growth a mass, go figure.

Corrupted emotional energy creates corrupted tissues, otherwise dis-ease. In my opinion, the medical system is the definition of contradiction.

On one hand, they refuse to look at the human body as an electromagnetic light energy body, meanwhile almost all their testing equipment is based on testing the electromagnetic light energy body, not the physical body... go figure.

The medical system is the reason why the majority of the population only focus **on less than 1%** of what they truly are, that being the physical body.

The day that you finally accept this scientific fact that the majority of what you are is a light energy body first and foremost, you will set yourself free from the invisible belief system otherwise B.S. that has enslaved mankind for over a century.



This enslavement is the dysfunctional belief system that life begins, ends and revolves only around physical matter. This archaic way of thinking pulls our focus into the physical, when actually all disease, pain, and suffering is emotional first and foremost because we are energy beings, having a physical experience.

Everything visible is created by the invisible, your images, thoughts, beliefs and your perception of yourself and the world around you. You are the architect so understand, where your focus goes disease or vitality grows.

A sick mind always comes before a sick body with limiting dysfunctional beliefs being its main fuel. Every disease in the human body is first created by an emotional block before it ever becomes a physical block.

When you're diagnosed with a disease otherwise a chronic symptom, which is a physical block within the body, it always starts as a trapped negative emotional block that cannot be properly processed due to subconscious limiting beliefs.

This emotional block that has now transformed itself into a physical block will find its home in inflamed low vibrational tissues, organs, or joints creating a physical energy block that will disrupt the normal flow of blood, lymph and energy.

The amount of energy you have or don't have **dictates your health or the lack of it.** We have all heard the saying, let go and go with the flow. Nowhere else is this statement more important than in the human body.

The flow of your blood, lymph, and your energy system, which people call "Chi, aura, energy or spirit" slows down with every physical block that you create.

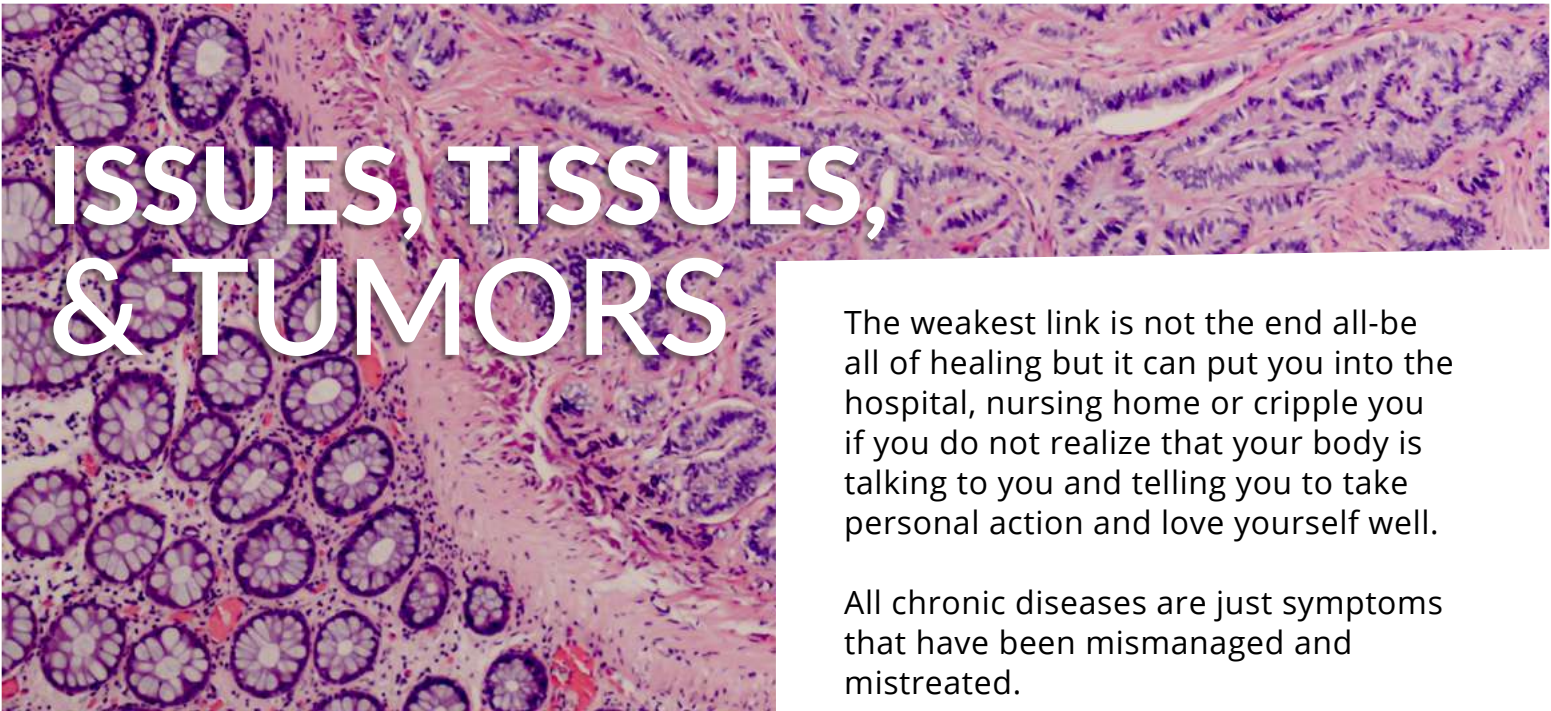
Let's compare this to a river; but in this river we have beaver dams along the way, so it's only logical that the more dams in the river, the slower the flow and the more congested and contaminated the river becomes as the pressure builds.

So understand, that resistance in the human body causes pressure, like high blood pressure, arrhythmia, heart attack, lung conditions, organ malfunction, headaches, constipation, pain, swelling and cancer... just to mention a few.

Blocked energy creates pressure. How's your blood pressure? Do you feel under pressure? Understand that when you have a disease you don't have one block within your body, you have many blocks.

Very few people will ever return to vital health because practitioners just don't get it, it's called whole body healing not partial body healing. To focus on just the tumor, fibroid, joint problem or just a body part is only part of the story.





ISSUES, TISSUES, & TUMORS

Until we learn the art of honoring, respecting, protecting and forgiving ourselves first and foremost, our health will always be in jeopardy.

Take back your god given potential to love, health and happiness.

Understand this, all chronic diseases are complex diseases. An unmanaged disease can cause up to 10 to 30 physical blocks in your body.

So, to focus on one part of the body... and not the whole body... when dealing with a chronic disease, means you are going to deal with this illness or even something worse throughout your whole life.

The part of the body that we call the disease is just the weakest link in the body breaking down.

It's called body talk, a language that most people do not understand because they have never been taught.

You know the saying, 'the straw that broke the camel's back', well this time it's no camel, it's your body's weakest link.


The weakest link is not the end all-be all of healing but it can put you into the hospital, nursing home or cripple you if you do not realize that your body is talking to you and telling you to take personal action and love yourself well.

All chronic diseases are just symptoms that have been mismanaged and mistreated.

The medical system chases symptoms like a dog chases its tail. They never seem to catch the true cause; how convenient for repeat business.

They market this approach so well that most of the natural health industry practices this same protocol.





Understand this, disease names are only good for communication but they mislead and distract you from your true healing because the answer lies in the cause, not the symptoms.

Most practitioners do not understand that physical blocks like adhesions, fibroids and tumors are nutritional energy blocks that will eventually starve you.

These physical energy blocks must be gently taken apart and eliminated in a loving way or they will eventually take you apart by stealing your nutrition and undermining your immune system.

An adhesion, fibroid or tumor is like a chunk of ice.

How do you get rid of a chunk of ice? Well, you raise the temperature and melt it.

The first step is using Wolfe Non-Surgical to lovingly pull the fibers apart because these physical blocks have the consistency of beef jerky.

As the fibers pull apart lymph, blood and energy flow increases along with the temperature in and around the area.

This increased flow and temperature dissolves the crystallization and transforms the fibrous scar tissue back to healthy connective tissue thus restoring the ligaments, tendons, muscles, organs and joints back to their original healthy state.

So, let's pull the fibers apart whether we are talking about arthritis, a knee replacement, hip replacement, spinal surgery, fibroid, adhesion, surgical scar or tumor, it's all the same... issues in your tissues.

Let's pull them apart gently and lovingly, raise the temperature, raise the vibration and heal the body.

Remember, with every physical block created you will suffer with more pain because you are blocking and disrupting the natural flow of the visible and the invisible.

THESE ENERGY BLOCKS ARE THE DISEASE.

An example of this is crystallization, calcification, internal scar tissue, blood clots, cysts, pimples, adhesions, fibroids, tumors and everything else that creates discomfort within the human body.

Never forget, pain is your body's GPS; it's your guardian, it's your friend to the end, so respect it and listen to it.

In today's society pain is a gift or a punishment, **it all depends on your Belief Systems**. Do you want to be a physical victim or an awakened spirit?

Pain is the most accurate diagnosis. Pain is the protector for those who are conscious. Pain is an alert system to get your attention and focus. Where your focus goes energy flows.

Pain is the greatest healer when you learn to master it through self-awareness, self-love and self-care.

The more peaceful the heart and mind are, the greater the healing. We must learn to mind our own business and stay mindful of our breath.

Just know this, you can't have a healing crisis unless you have issues in your tissues. The pain you experience is the pain you must release on an emotional and physical level.

God created the vehicle called your body but only you hold the key to turn on self-healing and this key is called self-care.

All healthcare systems that do not empower self-healing have been created to create the illusion of healing;

this is the 'disease of business' or should I say, 'the business of disease'. When you put your faith in mankind the body takes the

backseat or may even become obsolete. Self-healing is the only way, it's nature's way.

We will continue to create emotional blocks within our body until we understand that the true definition of disease is an unconscious subconscious dislike for one's self programmed into us through societies man made systems.

The more toxins and negative emotions that we take in, the more fat cells, internal scar tissue, adhesions, fibroids and tumors our bodies must produce.

What people do not realize is that scar tissue stores more toxins than fat, but tumors store even more toxins than scar tissue.

You will continually have to detox the visible, otherwise the physical, until you learn the art of detoxing the invisible, otherwise, **the dysfunctional beliefs that block your emotional potential**.

You can remove the tumor but did you remove the belief that gave it life in the first place? We must learn to master the three T's – this being toxins, thoughts and traumas.

That brings us to stress, the invisible injury that causes almost all dis-ease we suffer from today.

Can you believe that even the heart association does not even recognize stress as a factor when it comes to heart health.

Again, we see Big Pharma playing the puppet master. Look... whether we're talking about the heart or any other part of the body, stress creates more inflammation and internal scar tissue formation in the body than any diet.

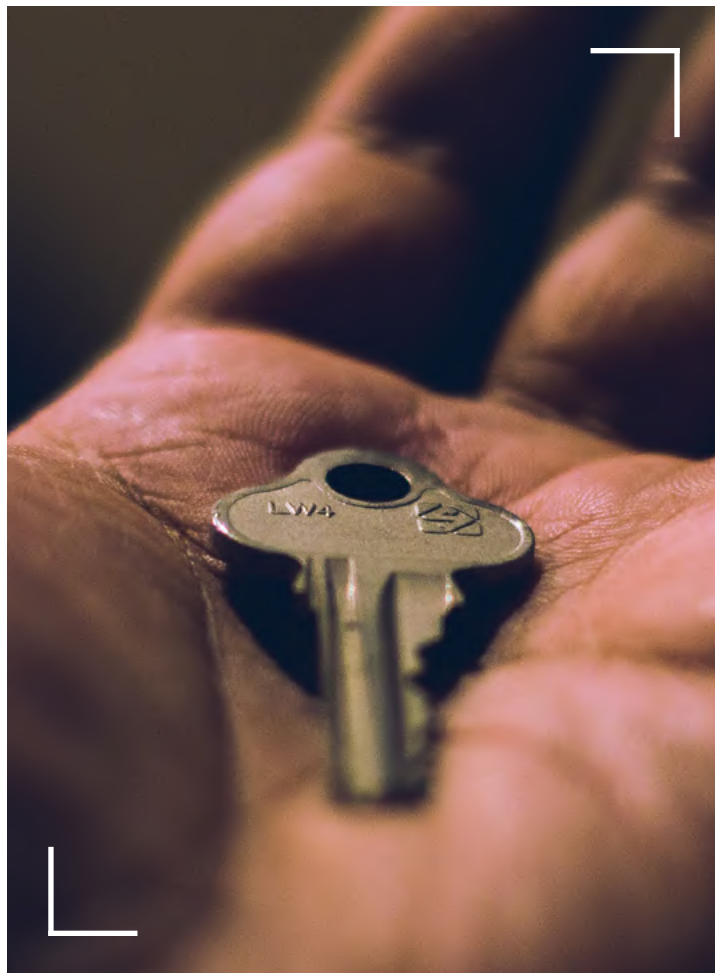
The medical system and even the natural health system do not recognize scar tissue until it becomes an adhesion, fibroid or tumor.

Both of these systems do not have what I would call a successful plan of action. Scar tissue is the issue when it comes to your physical well-being.

If you do not untie these invisible bonds that bind you on an emotional, physical and energetic level, your human potential will remain blocked on all levels

When it comes to issues in the tissues you now have a choice, drugs, surgery or Wolfe Non-Surgical Deep Tissue Therapy.

Without gentle loving destruction of these obstructions or blockages you won't have healthy construction, or in other words, a true healing.



Whether we're talking about performing a Wolfe Non-Surgical heart release, pelvic clearance, breast lift, hip, knee or spinal restoration, these physical blocks must be removed so that the proper blood, lymph and energy flow returns to the area of concern so that the tissues, joints and organs are restored back to their original state of vitality.

If you remove these physical blockages you increase circulation.

If you increase circulation, you increase energy, which then increases temperature, which turns on your built-in mechanism of self-healing.

For healing to take place we must transform the scar tissue back into connective tissue, melt the crystallization and return the displaced calcium to where it belongs... your bones.

One of the biggest hurdles for practitioners, still to this day, is finding a successful method to return the displaced calcium that is in the tissues, organs and joints back into the bones where it came from.

We are now able to restore the displaced calcium back to the bones with SAC Ionic Calcium... one of the biggest nutritional breakthroughs of the last century.

This treatment has the ability to return bones back to their healthy state no matter what the age the patient/client is.

Go to the Doc of Detox Library and click on the: **SAC ionic calcium Guide to read our 30 page overview and watch, 'The Truth About Calcium' and 'The Science About SAC Calcium'** and then call me directly at **855-900-4544 ext. 5** for your free consultation with SAC Ionic Calcium Therapy.

BLOOD CALCIUM

Never forget the main reason calcium gets pulled from your bones is to keep your body PH alkaline.

Balanced blood calcium is critical. Your body will always give up bone calcium to protect your life.

We know that inflammation, internal scar tissue formation, and displaced calcium are the major causes of joint problems, premature aging, autoimmune diseases, physical limitation and yes, even cancer.

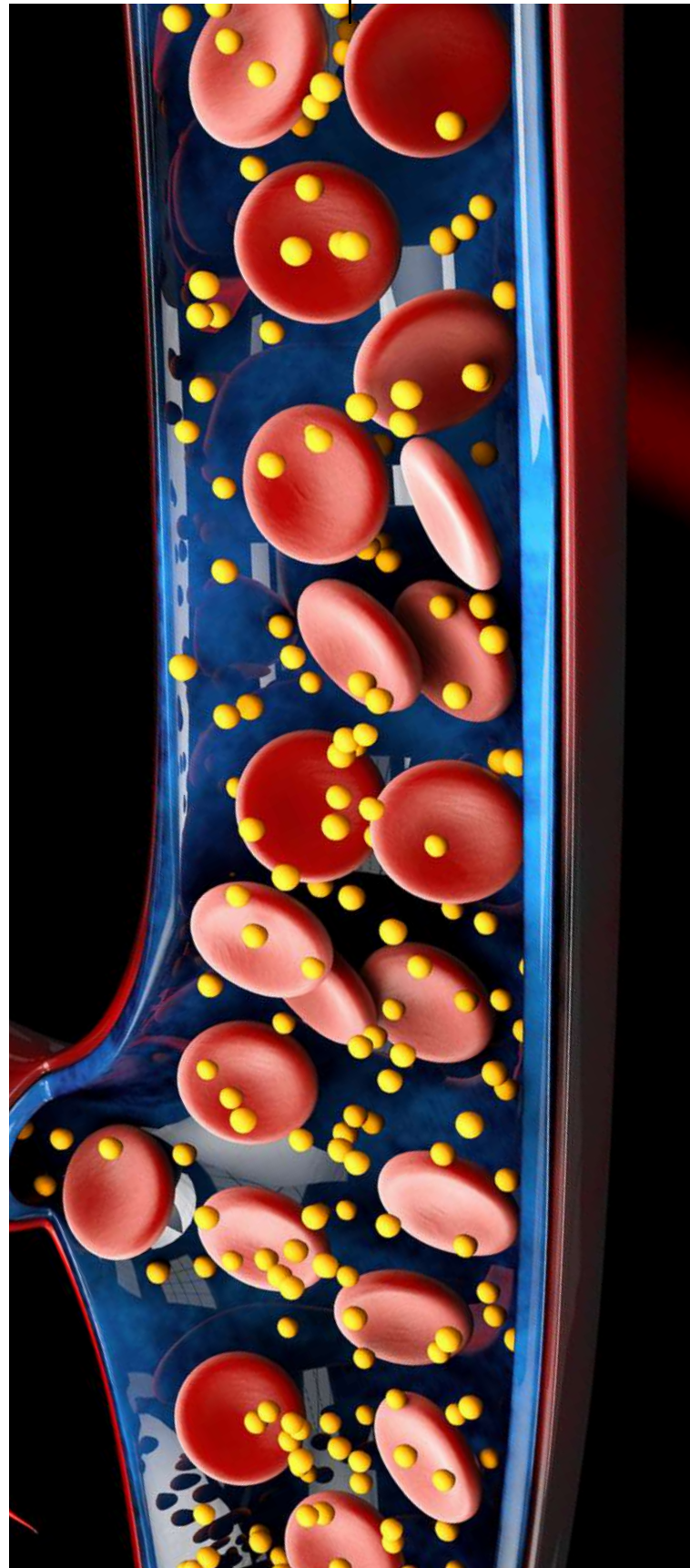
No matter what the injury, surgery, disease or chronic condition you may experience within your body, we must always go in and clean up the excess build-up of internal scar tissue, crystallization and displaced calcium that occurs during the body's natural healing process.

What I'm saying is, due to this overcompensation during the healing process we must go in with **Wolfe Non-Surgical Deep Tissue Therapy** and lovingly remove the physical blocks that naturally occur with every accident, injury, disease, condition, disorder or trauma.

To completely restore the joints and tissues we must remove the invisible blocks that bind us. What I just shared with you is the master key to staying vibrantly healthy throughout your whole life.

Yes, we get older but you don't have to feel old like the majority have been taught.

Just know this, your body will always overcompensate with laying down excess scar tissue, crystallization and calcium to protect any weakened, diseased, injured or highly acidic area and it will do this even more so, when it comes to surgery.



Nothing creates more scar tissue problems in the body than surgery, so beware of the invisible bonds that will eventually strangle your tissues, muscles, joints and organs.

Understand there is a major problem in healthcare today with practitioners not understanding the body's natural healing process of overcompensating with scar tissue and displaced calcium to protect and support the healing process of an injury, disease or damaged tissue.

Where the problem lies, **is body workers**, therapists, nurses and even doctors think that after the injury is healed, their job is done.

So now, because of the lack of understanding that most health professionals have on this topic of the body overcompensating when healing, the majority of the population is left with physical blocks within their joints, tissues and organs that were supposedly healed but later in life will haunt them and eventually even cripple them as we see with the increase of canes, walkers, wheelchairs and nursing homes.



These physical blocks created by the natural healing process of the body, if not removed, will create stiffness, pain, infection, stagnation, inflammation, internal scar tissue, fibroids and even tumors, which we continually see in our practice.

You can't do better for your patient/client until you know better.

Just know this, we have been programmed to believe that all of this is a normal part of aging... and this my friend is why grampa's, 'stiff as a board' and grandmas, 'in a wheelchair' and nobody gives this a second thought... not even healthcare workers. Now there's a scary thought.

If these physical blocks are not removed and the tissues are not restored back to their original healthy state then blood, lymph, and energy flow **will continue to be compromised**, along with the quality of life.

During the body's natural healing process... and even after the injury, disease or surgery has supposedly healed, practitioners must go in with Wolfe Non-Surgical Deep Tissue Therapy to remove the buildup of scar tissue, crystallization and displaced calcium or the body will never truly be healed and there will be complications in the future.

This one amazing step of utilizing Wolfe Non-Surgical is revolutionizing the way we look at bodywork and how it's the key to healing.

How could something so obvious go unnoticed for so long? I will tell you why, it's called unconscious programming.

You would think that practitioners would realize that if their patient/client is coming back with the same issue or needing surgery in the same area then the cause has never been dealt with properly, which is and always will be the issues within their tissues, not their bones.

I promise, within your first treatment of Wolfe Non-Surgical Deep Tissue Therapy, your belief will be restored about the amazing healing powers of your body.

Wolfe Non-Surgical Deep Tissue Therapy releases and awakens the supposedly dead nerves that are being strangled, irritated and inflamed by the internal scar tissue and displaced calcium within your joints, muscles and spine.

The medical system along with natural healthcare are of the opinion that the nerves that are hard to see on x-ray are dying or dead already.

This is false, the fact is, they calcify and get all wrapped up and choked off with scar tissue, which cuts off the nerve transmission, otherwise the energy flow.

This same mistake is made by doctors who say there's no cartilage left in the knee or the hip and that it's bone on bone. Well, I can tell you this... the cartilage and tissue is still there, but it's cemented to the bone, but only until we go in with Wolfe Non-Surgical to restore the joint and its tissue.

Remove the calcification and restore the scar tissue back to its original state of healthy connective tissue and you will automatically restore the flow and the life force to the so called dead nerves and worn out joints.



Even though it is a normal occurrence to see people today limping, furnishing a cane, walker, wheelchair or scooter, understand this, it is a normal occurrence for us to see our patients/clients wake up to the fact that after just one Wolfe Non-Surgical Deep Tissue treatment along with following the Perfect Day protocol they finally realize that their body can and will totally heal itself - no one has to remain a victim, you now have a choice for maybe the first time in your life.

True health has always been a joint effort between you and your body, take massive personal action, stop attacking it with drugs and surgery and you will heal. All therapies have their place, but unless you open up and transform the internal scar tissue back to healthy connective tissue, eliminate the crystallization and replace the displaced calcium back to the bones then the therapy is only temporary at best.

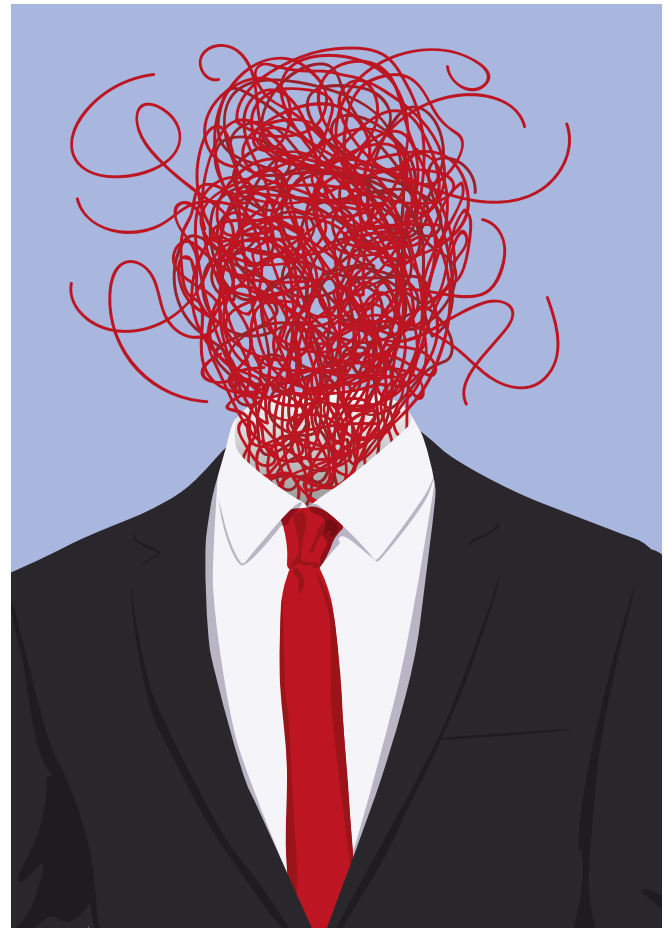
Where other therapies fail, Wolfe Non-Surgical Deep Tissue Therapy succeeds.

Wolfe Non-Surgical Deep Tissue Therapy is the antidote to the needless surgery and the implant obsessed approach that the world has now bought into.

Why make surgery your first choice? Why not give your body a chance to heal naturally. God does not create junk man does?

We offer all our patients a money-back guarantee that their first treatment will outweigh all other treatments and therapies that they have received up until this point.

Your body has not forgotten how to heal; your mind has.



Let's now talk about the wholly grail of healing, which is your abdomen and pelvis. Let's talk about a healthy person, and I do mean a healthy person, not today's definition of a healthy person. You will find in a truly healthy person that the surfaces of the abdominal and the pelvic organs are slippery and move easily past one another as this person goes about their daily activities pain-free and with energy.

For most people, they have quite a different day in store for them; because of the inflammatory lifestyle that the majority live, adhesions, which are bands of scar tissue, will form anywhere and everywhere in the abdominal and pelvic area restricting and tying this person up in knots.

For all of you who are going for surgery just know this, surgery causes more adhesions than anything else... but abdominal and pelvic surgeries create more adhesions than any other surgery.

For before and after surgery care, please consider reading, watching or listening to: The Perfect Day guide, Fasting for Perfect Health guide, and the **A to Z Wellness guide** on the docofdetoxylibrary.com because surgery is no longer the only option.

Total elimination of the inflammation and adhesions through a non-inflammatory lifestyle such as the Perfect Day Diet, Advanced Water Fasting and Wolfe Non-Surgical Deep Tissue Therapy is the most effective way to reverse and prevent the continual formation of adhesions and to prevent further surgery.

An adhesion is an internal scar that forms in the body after any and all surgeries. Scar tissue adhesions cause tissues and organs to stick together like glue.

Understand that external and internal scar tissue and adhesions do not stretch; they pull, they tear easily, they grow roots and they attach themselves eventually choking off your organs, tissues, and joints.

Adhesions cause chronic constant pain, fibroids, cancer, endometriosis, and infertility. Infertility is becoming an epidemic and this is why we have created a 7-day training called, 'The Perfect Pain Free Pregnancy Personal Treatment and Training; which by the way is one of our most popular trainings for couples wishing to become pregnant or already are.

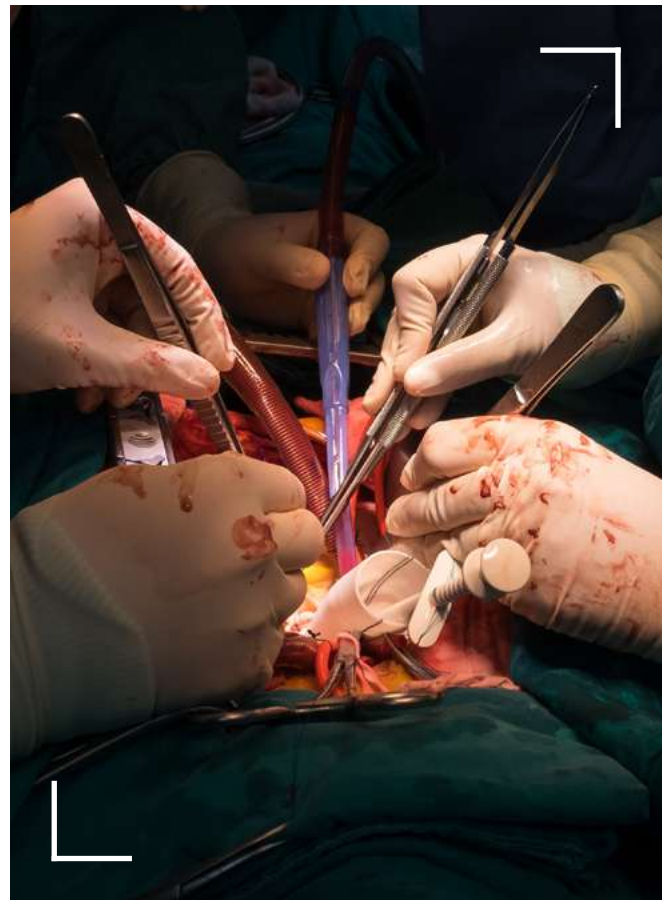
Let's now talk about a scar tissue issue that 20% of North American women are afflicted with.

This condition is known as Endometriosis. Endometriosis is a medical condition that occurs when the lining of the uterus, called the endometrium, grows in other places, such as the fallopian tubes, ovaries or along the pelvis.

When that lining breaks down, like the regular lining in the uterus that produces the menstruation, it has nowhere to go. To this day the medical system is still claiming ignorance that they have no idea what causes endometriosis.

But my hope is that you are beginning to understand that the top four causes of endometriosis are constipation, leaky gut, surgery and inflammation.

This is a scar tissue issue created by misinformation about inflammation. So, what do you think are the three top surgeries for North American women?



The number one surgery performed in North America is the Cesarean Section; there are over 1.3 million C-sections performed every year.

And did you also know, some women have had three or four c-sections in a row.

Do you realize the massive amount of internal scar tissue this creates? Well, it's debilitating and can even become life threatening.

The second most prominent surgery performed is the Hysterectomy, otherwise the removal of a woman's womb, which is her ovaries and uterus.

This is also called the pelvic clearance and in most cases never needs to happen when a woman takes massive personal action by reclaiming her beautiful body and implementing the Perfect Pelvic Protocol.

The third most prominent surgery performed on a woman is a Myomectomy, or the removal of a benign fibroid or scar tissue mass from her uterus.

This surgery is performed due to pain, bleeding and/or infertility. The main cause of all three of these surgeries is... we are a constipation, inflammation nation that is continually being fed mis-information.

These three surgeries make up most of the surgeries that women are forced to endure, due mainly to a broken system where women are sold off by the pound.

Over 33 million women in North America suffer from chronic pelvic pain.

Why have women accepted this nagging and even excruciating pain as a normal way of life.... I'll tell you why... programming. We are all programmed to serve the needs of corporate America.

Stabbing pain in your pelvis is not normal, prolapse, urine leakage is not normal, painful love making is not normal.

Doctors have been programmed for pain, welcome to healthcare. Pain killers, muscle relaxants, feeling helpless and depressed have become a way of life for almost half of the female population.

Understand you are not alone, 50% of all women have pelvic organ prolapse. One out of three women suffer from sexual pain. The truth is 49% of all women leak urine.

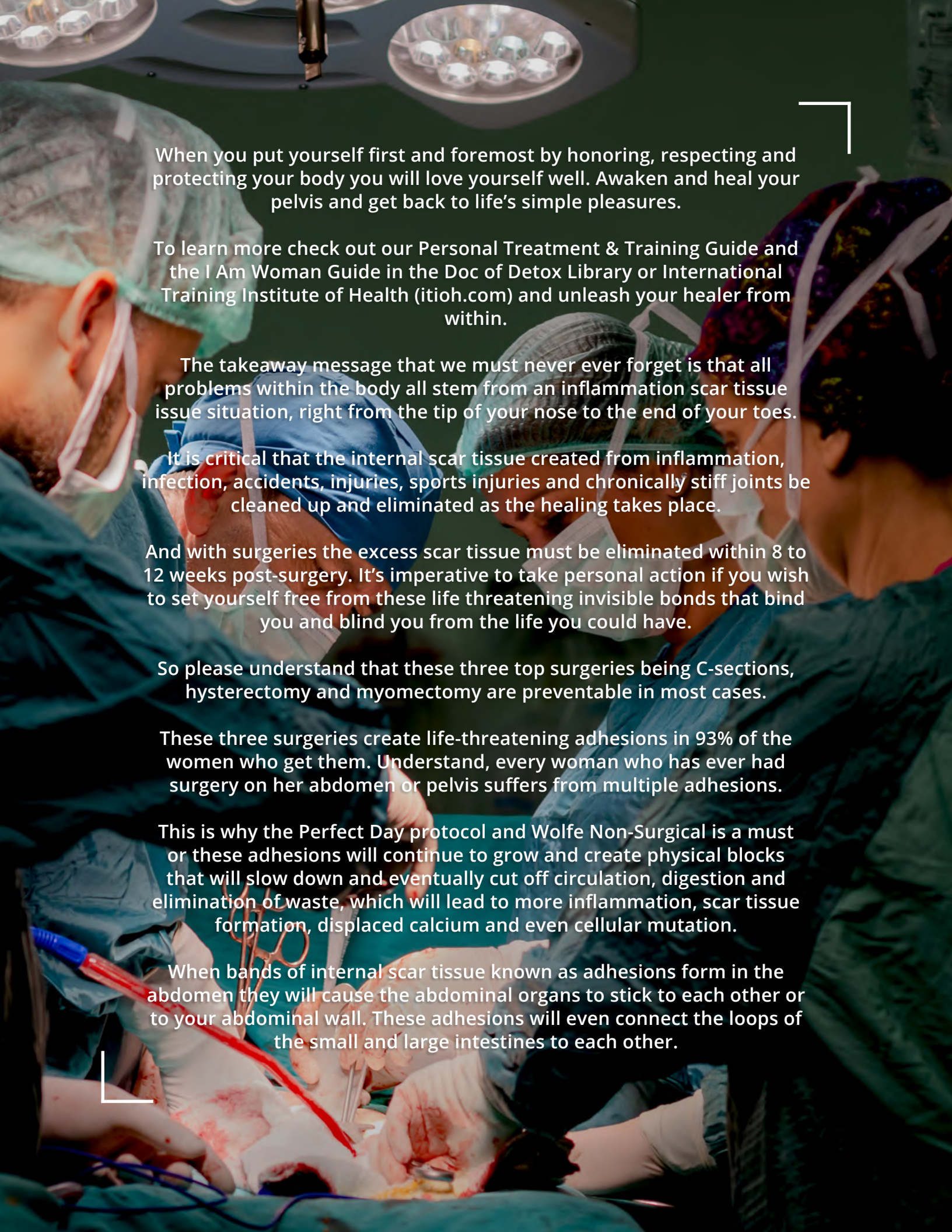
Just because this is becoming normal with most women does not make it natural. Do not accept this, you're not broken, you have been betrayed by a healthcare system that does not work for women.

No matter how desperate you feel, just know that we have turned thousands of women around just like you and worse. **Do not give up on you.**

You do not need surgery, you do not need pills, you do not need to be stitched or have botox injected into your vaginal wall... just know, you've been set up; you're not broken, the system is.

You can take back total control of your abdominal pelvic region when you welcome our Perfect Pelvic Healing Protocol into your life, you can finally throw away your 'panty liners' and 'Depends' forever.

Never feel out of balance again... we can help you take your power back and keep it for a lifetime. Unleash your feminine power. Within weeks you will feel and be whole again. End the confusion that your doctor suffers from.



When you put yourself first and foremost by honoring, respecting and protecting your body you will love yourself well. Awaken and heal your pelvis and get back to life's simple pleasures.

To learn more check out our Personal Treatment & Training Guide and the I Am Woman Guide in the Doc of Detox Library or International Training Institute of Health (itioh.com) and unleash your healer from within.

The takeaway message that we must never ever forget is that all problems within the body all stem from an inflammation scar tissue issue situation, right from the tip of your nose to the end of your toes.

It is critical that the internal scar tissue created from inflammation, infection, accidents, injuries, sports injuries and chronically stiff joints be cleaned up and eliminated as the healing takes place.

And with surgeries the excess scar tissue must be eliminated within 8 to 12 weeks post-surgery. It's imperative to take personal action if you wish to set yourself free from these life threatening invisible bonds that bind you and blind you from the life you could have.

So please understand that these three top surgeries being C-sections, hysterectomy and myomectomy are preventable in most cases.

These three surgeries create life-threatening adhesions in 93% of the women who get them. Understand, every woman who has ever had surgery on her abdomen or pelvis suffers from multiple adhesions.

This is why the Perfect Day protocol and Wolfe Non-Surgical is a must or these adhesions will continue to grow and create physical blocks that will slow down and eventually cut off circulation, digestion and elimination of waste, which will lead to more inflammation, scar tissue formation, displaced calcium and even cellular mutation.

When bands of internal scar tissue known as adhesions form in the abdomen they will cause the abdominal organs to stick to each other or to your abdominal wall. These adhesions will even connect the loops of the small and large intestines to each other.

They will also attach the intestines to the inner lining of the abdominal wall, peritoneal lining or with other organs within the abdominal cavity such as the liver, gallbladder, uterus, fallopian tubes, ovaries and urinary bladder.

Adhesions in the abdomen and pelvis always become a web of destruction for all tissues, muscles and organs in this area of the body.

Abdominal pain and other symptoms of intestinal obstruction are by far the most common symptoms of adhesions. Laparoscopic Lysis is the medical system's way of dealing with abdominal adhesions but guess what?

This surgery creates even more adhesions, **which leads to even more abdominal surgeries.**

The continual growth of these adhesions can cause moderate to severe bowel obstructions by constricting, twisting or pulling your intestines out of place. These adhesions can partially or completely block food or stool from successfully moving through the intestines.

I can tell you first hand, that over the last forty years of being in practice that once your bowel movements and urination become constricted because of scar tissue and/or adhesions the quality of your life will also be cut off.

For those that are suffering with a chronic illness this scar tissue issue is the tipping point of disaster.

If you were to ask the tens of thousands of women who have had cesareans, tummy tucks or the bowel cancer patients who now wished they understood the downside of surgical adhesions and what the upside of gentle daily cleansing, creating the Perfect Day and Wolfe Non-Surgical is, what do think their answer

would be today if they were granted full disclosure... and if they were given options?

You can't tell me that we have freedom of choice in this country when the Medical System is the leading cause of death in North America. Welcome to the herd... welcome to the harvest.

Adhesions are one of the main reasons why we see bowel cancer rising at such an alarming rate in the female population.

Your best line of defense is the **Perfect Day Diet**, gentle daily cleansing, Advanced Water Fasting, the Ultimate Coffee Enema, Wolfe Non-Surgical abdominal lift and pelvic restoration to prevent and eliminate the inflammation and the internal scar tissue formation.

For more information on scar tissue formation and how to prevent it go to docofdetoxlibrary.com and watch, read or listen to: Cancer Is An Inflammation Scar Tissue Issue and I am Woman.



I have seen in so many patients/clients that when partial or complete obstruction occurs in their bowels, their health declines so fast in such a short period of time.

Did you know you can measure a person's health by their bowel movements and urination? The typical symptoms felt from obstruction are abdominal discomfort around the belly button or the umbilicus.

It begins with a cramp, then spastic contractures and is followed by **distension of the abdomen**.

These symptoms are worsened by eating and with prolonged obstruction, nausea and vomiting may occur.

One of the most powerful but simple techniques you can do to heal the gut is **Belly Button Therapy**; check it out at the Doc of Detox and make sure you watch: The Holy Grail of Healing on YouTube for the most powerful take action abdominal and pelvic strategies.



The most common cause of abdominal adhesions is abdominal surgery, other causes are abdominal infections such as peritonitis, inflammatory conditions such as appendicitis, colitis, leaky gut, Crohn's, IBS, SIBO, abdominal trauma, radiation, and of course constipation. The main cause of the 3rd most prominent surgery performed on North American women is a myomectomy, which is caused by the conditions I have just mentioned.

A myomectomy is the removal of adhesions or a benign fibroid or scar tissue from the uterus. This surgery occurs due to pain, bleeding or infertility, which are all chronic health problems that are caused by a healthcare system that does not work for women, it works for the surgeons, Big Pharma and the implant industry. The main cause of infertility is caused by adhesions involving the fallopian tubes that result in kinking and obstruction of the tubes, thereby preventing the eggs that are released from the ovaries from reaching the uterus.

How could it be, that the main cause for these adhesions, being a dysfunctional large intestine, is so overlooked even though it sticks out like a sore thumb in most people.

I will tell you why... we have been programmed to disrespect the body but mainly the holy grail of immunity, your large intestine. Just know that infertility is reversible, but to do this it is not a medical breakthrough you need, it is creating the Perfect Day and removing the inflammation and scar tissue that has created the physical block of infertility.

Please check out the Personal Treatment & Training guide in the **Doc of Detox Library**.

And then there are the adhesions and internal scar tissue created by implants such as stents, mesh, rods, pins, plates, screws and any other device they can invent.

Whether it's **the hip, knee, spine, breast or anywhere else in the body** these implants are foreign invaders that are continually giving off toxins, which compromises your immune system 24/7.

All implants and surgeries create massive internal scar tissue and adhesions to wall off and protect the body against the implant.

The problem is, this overcompensation of internal scar tissue formation, crystallization and calcification will continue to grow and create a physical block that will actually turn on you and create a domino effect of disease and more surgery.

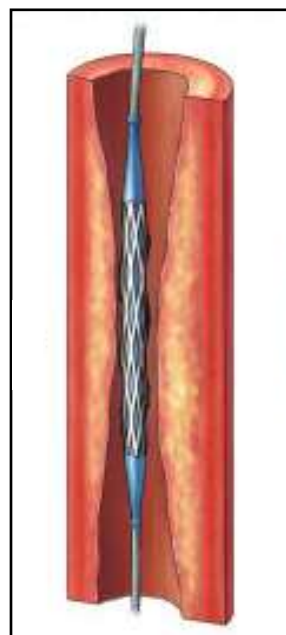
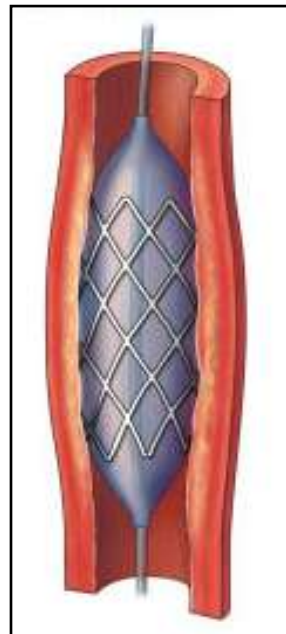
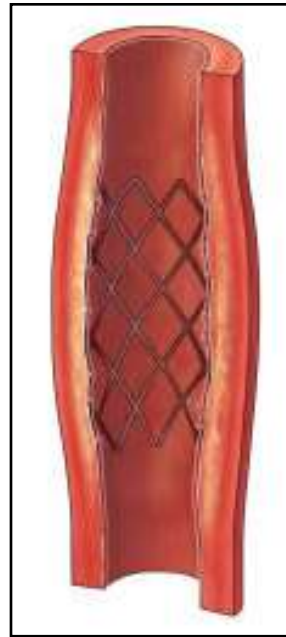
These blockages, formed by adhesions, attract and store heavy metals, chemicals, toxins and pathogens because this is a low vibrational tissue prone to dis-ease and eventually cancer, because like attracts like.

For those women with breast implants check out, '**Breast Implant illness and Healing by Nicole**'.

This is a women's support group on Facebook. For all the women out there just know this, there has been a major increase in lymphomas due to breast implants and adhesions caused by surgery.

Lymphoma is cancer that begins in the **infection-fighting cells** of the immune system, called lymphocytes.

These cells are in the lymph nodes, spleen, thymus, bone marrow, and other parts of the body.



**CORONARY
STENT**

There are two types of lymphoma; Non-Hodgkin lymphoma is what most people get. To be successful in healthcare we must always search for the root cause of every disease; not focus on the symptoms found downstream, this is the madness found in mainstream healthcare today that feeds Big Pharma, Surgery and the Implant Industry.

Understand, any foreign object put into the body will turn on an autoimmune response, otherwise an autoimmune disease, that can range from low-grade inflammation to stage four cancer.

Understand that when it comes to breast implants or any other implant your doctor can hide the scar, but the adhesion is the invisible silent threat that must be dealt with, with Wolfe Non-Surgical, or it will eventually deal with you.

The more you research you will understand that **cancer gets its foothold in and around scars and adhesions** due to a choking off of blood, lymph and cellular circulation to this area.

You will find in the case of fibroids, adhesions or tumor removal, there is a large recurring incidence of cancer because of the scar tissue formation created from the surgery. One should always take action to remove these adhesions in a loving and non-invasive way.

Go to ITIOH.com and check out Wolfe Non-Surgical Deep Tissue Therapy and our Personal Treatment & Training. Always ask your doctor what the risks and complications are before you opt in for any surgery but especially for abdominal, pelvic or breast surgery.

How long will it take to heal? What are the signs and symptoms of adhesions forming after surgery? Also ask your doctor what he can do about adhesions, which in most cases is absolutely nothing.

History has taught us that we must do our own research and homework, do not trust the professionals; trust in god, trust in yourself, trust in nature. You must take massive personal action to respect, protect and honor your body because in healthcare today your life depends on it.

And for God's sake get a second opinion. Love your body and you will love your life. How you master your thoughts will be how you live your life... survivor or thriver... victim or hero... reaction or take action.

Understand this, cancer is the end stage of low-level love for oneself and constant inflammation; this is why 1 out of every 2 people will experience cancer in their lifetime, as long as they continue to follow the herd.

Break free from becoming a statistic, but to do this you must change parts of your personality if you wish for a new reality. **Unconscious living is a killer.**

Western society does not have true answers for healing... telling your body to shut up and shut down makes for a dysfunctional relationship.

Who wants their pain managed? I want to master mine because pain is not the enemy, your dysfunctional beliefs are.

The greatest prison ever created is when you become stuck in a world of pain. Just remember, whatever you push... pushes back and whatever you fight... attacks.

Honor the spirit or dishonor the body, it's your choice... self love or self hate. Everything has a frequency; we must rise on all levels to heal.

Let's be clear about this, your government will never assist non-government regulated health; they are owned and managed by the corporate world. Insanity is believing that the medical system is the definition of healthcare.

What you think matters; you can't hold a thought in your hand but it's still the most powerful thing in this world. We must return to the old ways, not the medical way, not the alternative way, but the traditional way.

The old ways, the traditional ways are the only way because they are true, tested and proven. You must learn to honor and feed the greatest part of you... your spirit, if you wish to heal.

Remember, with every physical block you create you will suffer with more pain because you are blocking and disrupting the natural flow of the visible and the invisible.

Energy blocks create physical blocks, which become the disease. An example of this is crystallization, calcification, internal scar tissue, blood clots, cysts, pimples, adhesions, fibroids, tumors and everything else that creates discomfort within the human body, so watch out what you bury deep down inside.

Never forget, pain is your body's GPS; it's your guardian, it's your friend to the end, so respect it and listen to it.

In today's society pain is a gift that guides you or a punishment that enslaves you, it all depends on your Belief Systems. Do you want to remain a physical victim or become an awakened spirit?

Pain is the most accurate diagnosis on this planet. Pain is the protector for those who are conscious.

Pain is a built in alert system to get your attention that you are unknowingly mismanaging your body. Pain is the greatest healer when you learn to master it through self-love and self-care.

Where your focus goes, energy flows. The more peaceful the heart and mind, the greater the healing. We must learn to mind our own business and stay mindful of our breath because our true power is only found in the present moment.

The pain you experience is the pain you must release on an **emotional and physical level.**

You can't have a healing crisis unless you have issues in your tissues. God created the vehicle called your body but only you hold the key to turn on self-healing and this key is called self-care through total self-love.



SURGERY, IMPLANTS & ROBOTS

There's no denying that the implant industry has sold us on the convenience and efficiency of implants.

The surgical industry has sold us on its life saving techniques to cut it out instead of healing it.

This is not the problem because these two industries are great for when you need emergency care but when the belief in emergency care becomes part of your daily care your life becomes a 911 emergency.

Let me ask you a question. Does the implant and surgical industry still have a conscience? Does the implant and surgical industry have a heart?

Or are we dealing with a corporation with a ferocious appetite that puts profit before people to feed their bottom line?

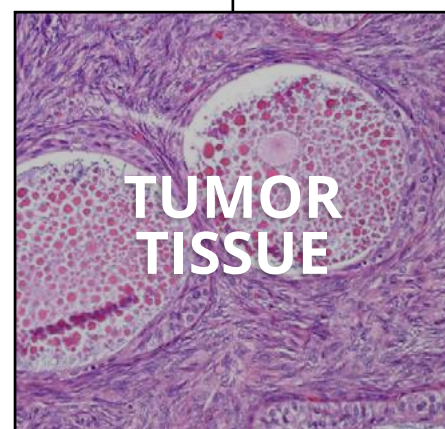
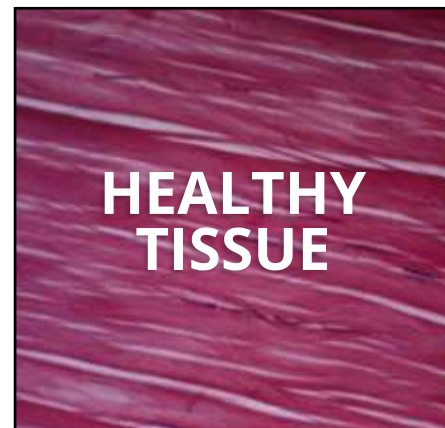
Understand, it's critical you **go in with both eyes wide open** when it comes to these two industries.

There is a big problem in healthcare today and that problem is that most people believe that a medical technological breakthrough is a health breakthrough... we could be no further from the truth. I will always opt for what God has created not what is man-made.

Why have we forgotten that our body can heal? I'll tell you why... programming. Welcome to the program. You need to get this, your health depends on it, you are a human being... **not their experiment.**

Artificial hips, heart valves, mesh, stents and implants are all modern medicine miracles but what happens when they don't work.

By unleashing these so called medical innovations we are creating more inflammation, internal scar tissue formation and cellular mutation within our bodies than we have ever created before.



A new technology does not mean innovation. And with all this new technology we have turned our backs on mother nature, which means most of us have signed up to live a life of pain and suffering.

According to a new study by iData Research, approximately 340,000 Coronary Artery Bypass Grafting surgeries are performed in the United States each year and this number is growing at an alarming rate.

And what about the 1.8 million cardiovascular stents implanted per year in the United States.

The truly sad part is the majority of these surgeries can be prevented and reversed through diet and lifestyle changes.

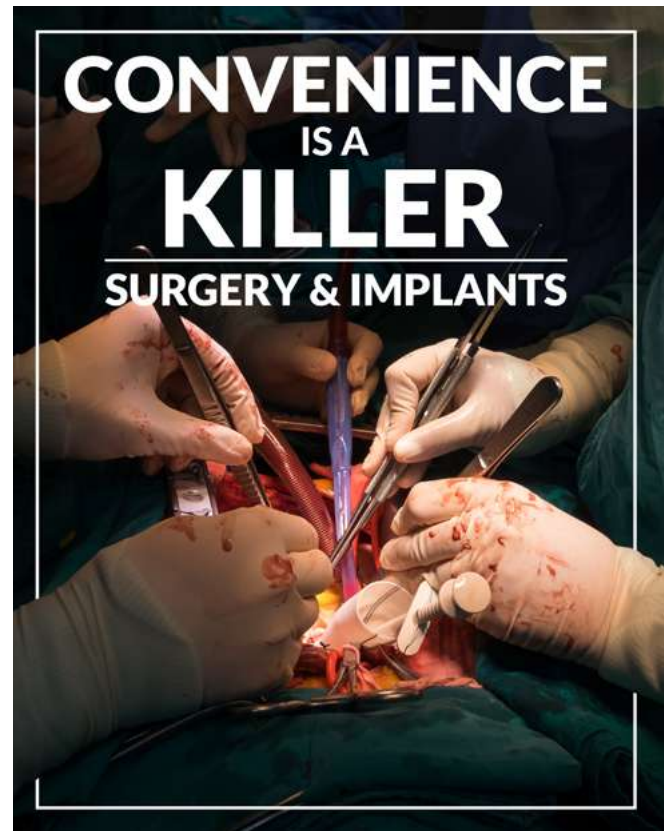
Americans undergo an average of 9.2 surgical procedures per lifetime. Do not kid yourself, surgery is big business now that we have unconsciously turned our backs on nature and forgot that the body is the greatest healer.

Here's something most do not know, the medical device industry has much more power over the government than even Big Pharma.

But understand this, **Big Pharma** is one of the main reasons why people believe they need surgery.

The problem is pharmaceutical drugs short circuit pain, inflammation and swelling, which is part of the body's natural healing process. When you make pain the enemy you go to war with your body, it's as simple as that.

Understand when you hijack the body's natural healing process for the promise of instant relief you short circuit the brain so even though you no longer feel the pain, the inflammation goes unchecked like a house on fire.



This emotional numbing out that we are all addicted to today because we have not mastered our emotions, translates into a life-threatening habit called instant gratification, which brings with it, even more damage to your body's tissues, joints and organs.

But what people do not understand, when they take these numbifying drugs is the inflammation still rages on, unsupervised silently destroying your body's **tissues, joints, organs** and its precious immune system.

The body's alarm system of pain and inflammation has been cut off from the brain from these wonder drugs.

So now this unsupervised inflammation in your body has free access to burn up the tissues, joints and organs, which leads to further internal scar tissue, crystallization, displaced calcium and cellular mutation that Big Pharma has always known is the end result of their so-called miracle cures.

Big Pharma teaches their physicians and surgeons that for every 10 years a person is alive another drug is added to their prescription care... so for example, a 10 year old would be taking 1 drug and a 60 year old would be taking 6 different drugs. To prove my point, **92% of the North American population is suffering from one or more autoimmune diseases** and to make matters worse they are unaware that they are being prepared and processed for surgery and the world of robotics.

Most people do not stand a chance in this arena of health deception.

They have no clue that the inflammation caused by this so called normal lifestyle that the majority unconsciously live their life by - day in and day out - is the number one root cause of the internal scar tissue that is constantly growing inside their joints, muscles, tendons, ligaments and organs that will eventually lead them to surgery.

This internal scar tissue issue is the main cause of premature aging, disease, cancer and yes, the crippling life that most of us have been programmed to accept. Just take a look around you at all the people with surgical implants, canes, walkers, wheelchairs, depends diapers and unnecessary emergency trips to the hospital.

How does it feel to live in crisis knowing life is only going to get worse and you're only healthy until your next check-up?

How does it feel to be part of the herd? But it does not end here, all this unchecked inflammation is causing unprecedented amounts of calcium to be pulled from your bones and dumped into your body tissues, organs and joints.

This will lead to fractures, osteopenia, osteoarthritis, osteoporosis, calcium deposits in the breasts, kidneys, gallbladder and other tissues, organs and joints within the body. If you do not understand and respect the law of nature and how your body works and that self-care is the only true healthcare then you may find that surgery might become your only option.

Let's talk about what happens when you do not understand the law of nature and how your body works.

Many women will experience their abdomen or pelvic area falling down and out at some point in their lifetime.

For men, it also occurs but not as often or as bad because they do not give birth so they do not have as many alarm systems as the female population.

We are finding that when it comes to prolapse and hernias **doctors are promoting the use of mesh instead of using suture.**



SURGICAL MESH

They used to suture but now people are forced to leave their province or state to get this procedure done because the medical device industry is trying to make mesh the only option. Mesh costs \$25 to produce and sells for \$2,000 per surgery.

All these mesh devices were cleared through the 5K pathway. What does this mean? Well it means that the FDA did not require human studies on any of the mesh devices.

How crazy is that? But the analysis by the FDA found that the most common adverse effects for surgical repair of hernias with mesh are pain, infection, hernia recurrence, scar-like tissue that sticks other tissues together, which chokes off proper circulation.

Mesh can also cause blockages in the large or small intestine and uncontrollable bleeding.

The primary function of surgical mesh is to support prolapsed organs from falling down and out due to lack of tone.

It is most commonly used in hernia surgery within the abdomen when an organ protrudes through the abdominal muscles.

Once you surgically put mesh in, it causes scar tissue that welds it into place, the mesh will then begin to shrink and push itself up against the tissues that it grows into.

The mesh creates a **stiff beef jerky like scar tissue**, which creates a hard inflexible object that becomes a physical block choking off the microcirculation to all surrounding tissues and organs in the area.

This physical block of mesh and scar tissue will eventually cause an inflammation crisis in all your pelvic organs, hips and vagina.

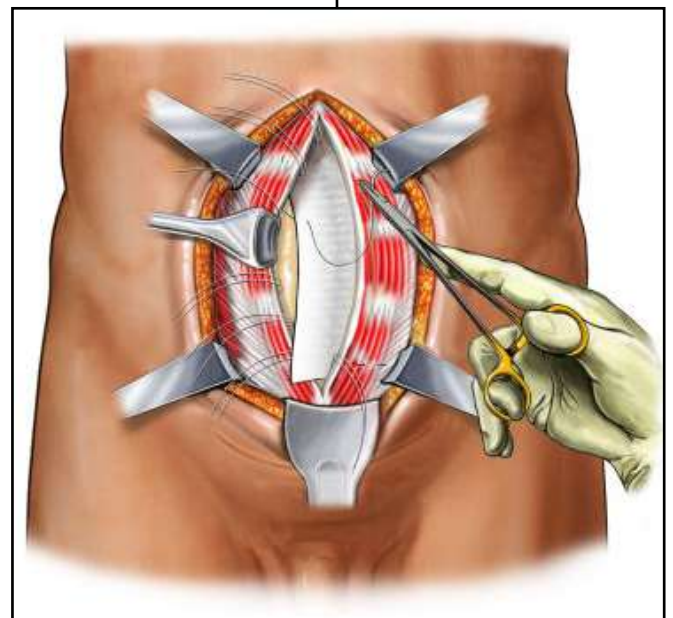
All your pelvic organs must continually move smoothly for maximum circulation to be consistent, but for most, their organs and tissues have become frozen cemented structures of scar tissue, crystallization and displaced calcium, which results in minimal blood and lymph flow and inevitably tissue disintegration in the surrounding areas.

This mass of mesh, scar tissue, crystallization and displaced calcium will cause a cascade of problems from the tip of your toes to the tip of your nose.

Most people that get mesh will never realize that **the mesh was responsible for the future diseases** in other parts of their body. Please take this to heart, once mesh has been surgically placed in you, you cannot remove it.

Once this mesh is installed into you, it will be a nightmare to get it out. It will be like trying to remove rebar from concrete.

SURGICAL MESH (HERNIA)



There are four states currently suing Johnson & Johnson for concealing the dangers of vaginal mesh.

Vaginal mesh has and can destroy not just your sex life but your whole life its a foreign object implanted into the wholly grail of the human body, otherwise known as your abdominal pelvic region.

Why would anyone put a foreign object in the most sensitive area for a man or a woman and not expect all 'cell' to break loose?

In the past decade mesh lawsuits have cost Johnson & Johnson 300 million dollars but during that time their total revenue exceeded **\$683 billion.**

Therefore, they have no problem playing the pain game; lawsuits are worth the risk, because there is no risk, it's just a part of doing business. And then we have the hip manufacturers that are forced to recall hip replacements containing cobalt because these devices cause nearby tissues to disintegrate.

But understand this, all hip implants have complications no matter what they are made from.

The medical device industry continues to recommend cobalt even though **they understand the human cost.**

Health and human beings have taken a back seat with the medical device industry because this disregard of human life increases their bottom line; they measure the cost of life by their profits.

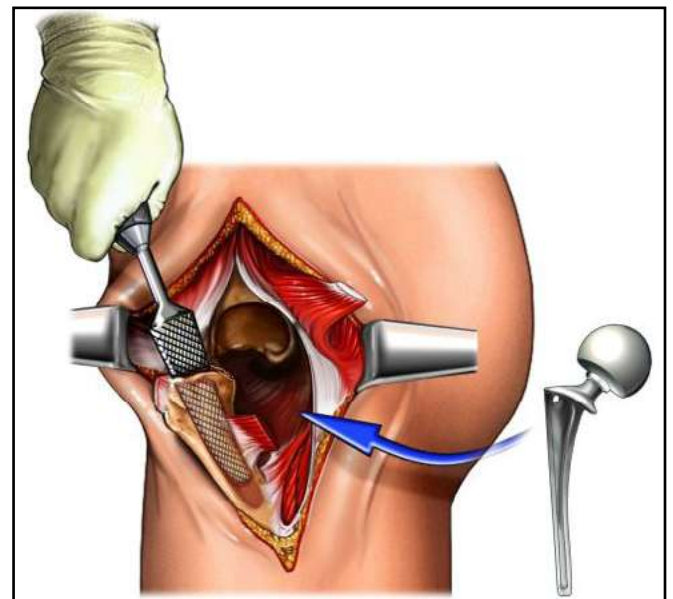
So where is the FDA, the supposed watchdog of safety? There are currently 10 million people that have hips, knee and shoulder replacements with cobalt.

The take home message today is that systemic cobalt poisoning from a hip replacement or any other joint is a common problem.

You can make a strong argument that everyone would be better off if we stopped innovating total hip replacement.

But understand this, every type of implant will have complications, end of story. If you don't take care of your body then who will?

You can no longer rely on the medical device industry or your government to do what's in the best interest of human health.



**HIP
REPLACEMENT**

The mission of the robotic medical industry is to get a robotic surgical device into every human being. You will regret becoming an implantee and most implantees will never realize that the disease they have gotten from the implant was actually caused by the implant.

This is a scary time to put your health or your life in the hands of a corporation's care because there is no longer anyone guarding the hen house.

Whether you wish to believe this or not **implants are foreign to the human body.**

These implants will invade the body causing an autoimmune response, which will unleash an attack on the implant and all the surrounding tissues leading to tissue disintegration.

If you have already been given an implant it's not the end of the world, but you will have to take massive personal action to protect your immune system and to remove the excess scar tissue because this implant is now a ticking time bomb.

In a written response from Johnson & Johnson they said "your assertion that our vaginal mesh and hip products have had a negative impact on the health of patients is untrue." By the way Johnson & Johnson is currently being sued by 65 thousand mesh and hip replacement patients.

Now let's talk about a supposed medical technological breakthrough robotic device called the da Vinci® Surgical System, which **allows surgeons to operate 7 feet away** from their patient.

By the way, the da Vinci® robot made 4 billion dollars in surgeries last year. They call it 'intuitive surgery'; I call it 'the blind leading the blind'.

People are getting surgery when they don't even need it and this is a very slippery slope we're on, as you will soon learn.



The story of how the robot came into healthcare is the story of what's wrong with medicine in America today.

Massive adoption of a new technology with little evaluation of the outcomes, where is the FDA again in this horror story.

The Da Vinci® Surgical System is a surgery that has terrible complications because it's a robot. The manufacturers are now saying that most doctors only need to have two or three surgeries to perfect it, but surgeons are stating that it takes **200 to 300 surgeries** before they are even comfortable with the da Vinci® surgical robot.

When they brought the da Vinci® Surgical System robot to the FDA they said they would give 9 weeks of training, which they did not do and the FDA never enforced it.

They only gave surgeons a half a day of training to allow a robot to decide your fate.

So now let's talk about the women who have had hysterectomies with the da Vinci® robot.

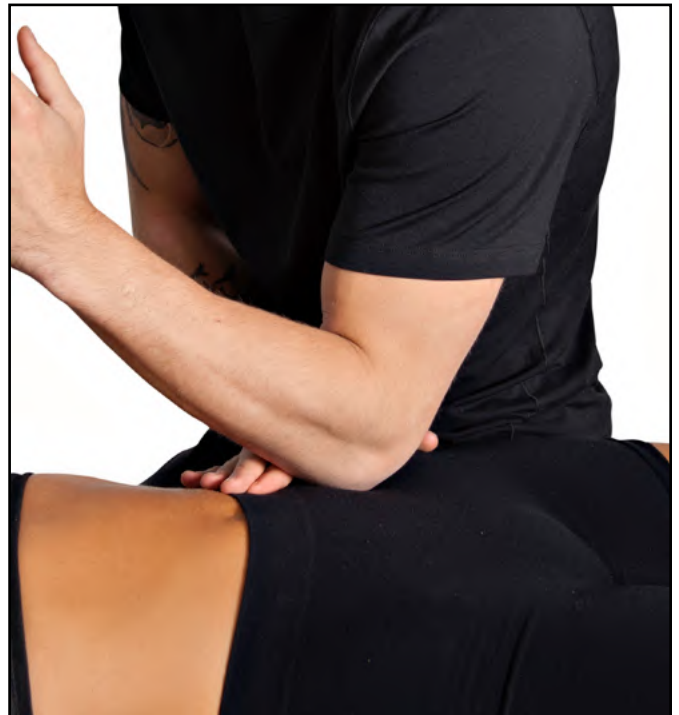
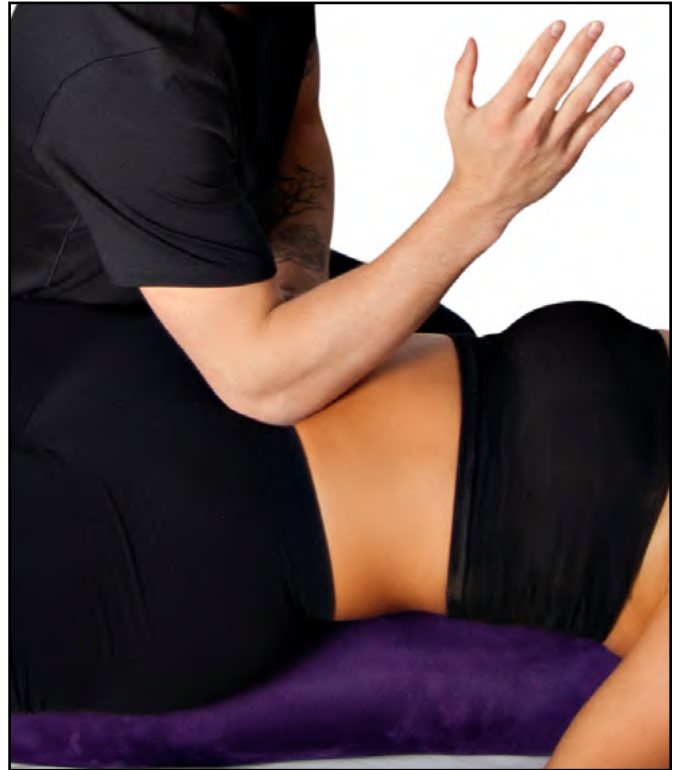
Remember earlier when I was mentioning things falling down and out in the abdomen, pelvis and vagina? Well hang on tight... real tight.

Some women have had up to 3 feet of their intestines fall out of their vagina after getting a hysterectomy with the da Vinci® robot.

Vaginal cuff surgery complications occur 3 to 9 times more often with the da Vinci® Surgical System robot.

Many women who have had hysterectomies with the da Vinci® robot have been unable to ever have penetration again because of the destruction that this device left behind in their vagina.

I can tell you that we have had many women come to us with this very problem and they no longer have to live with it once they embrace the Perfect Day Protocol and Wolfe Non-Surgical Deep Tissue Therapy.





Over 33 million women in North America suffer from chronic pelvic pain.

Why have women accepted this nagging and even excruciating pain as a normal way of life.... I'll tell you why... programming.

We are all programmed to serve the needs of corporate America. Stabbing pain in your pelvis is not normal, pelvic prolapse, urine leakage is not normal, painful love making is not normal.

Doctors have been programmed for pain, welcome to healthcare.

Pain killers, muscle relaxants, feeling helpless and depressed have become a way of life for almost half of the female population.

Understand you are not alone, 50% of all women have pelvic organ prolapse.

One out of three women suffer from sexual pain. The truth is 49% of all women leak urine. Just because this is becoming normal with most women does not make it natural.

Do not accept this, you're not broken, you have been betrayed by a healthcare system that does not work for women.

No matter how desperate you feel, just know that we have turned thousands of women around just like you and worse. **Do not give up on you.**

You do not need surgery, you do not need pills, you do not need to be stitched or have botox injected into your vaginal wall... just know, you've been set up; you're not broken, the system is.

But understand this, you must do your own research, trust no one, it's your body.

Many women have almost died because of this robotic procedure. This robot is not a human being, it has no heart, it has no feelings, it does not care... sounds like a corporation to me.

Intuitive surgery continues to advise surgeons to determine for themselves if they're ready to perform surgery with the da Vinci® Surgical System robot.

Intuitive my foot! This is like giving someone a loaded gun and they don't know how to use it.

I'm reaching out to every woman who is considering a hysterectomy or is suffering from ovarian cysts, bladder infections, fertility issues, fibroids, endometriosis, continual pain and every man that has prostate problems or bladder problems to rethink their options.

You do not have to live with these painful pelvic conditions, understand that you can take your life back, **it's your God given right**, your body knows how to heal given the right conditions.

You can take back total control of your abdominal pelvic region when you welcome our Perfect Pelvic Healing Protocol into your life, you can finally throw away your 'panty liners' and 'Depends' forever.

Never feel out of balance again we can help you take your power back and keep it for a lifetime. **Unleash your feminine power.**

Within weeks you will feel and be whole again. End the confusion that your doctor suffers from.

When you put yourself first and foremost by honoring, respecting and protecting your body you will love yourself well. Awaken and heal your pelvis and get back to life's pleasures.

To learn more check out our Personal Treatment & Training Guide and the I Am Woman Guide in the Doc of Detox Library or go to the International Training Institute of Health (itioh.com) and unleash your healer from within.

Do not make going under the knife your first option; give life a chance, give self-love, give self-care a chance and take massive personal action because this is an inflammation, scar tissue situation where displaced calcium and crystallization have come together to create a physical block, that only you can heal from.

We have had thousands of patients/clients, just like you or worse, turn their life around, so never give up on you, you're worth so much more.

Give your body a chance to heal by creating The Perfect Day... don't give in, let self-love win.

There is something terribly wrong with healthcare today. Take a look at the statistics or better still take a long look at your family

and friends with an open mind and ask yourself, is today's normal... natural.

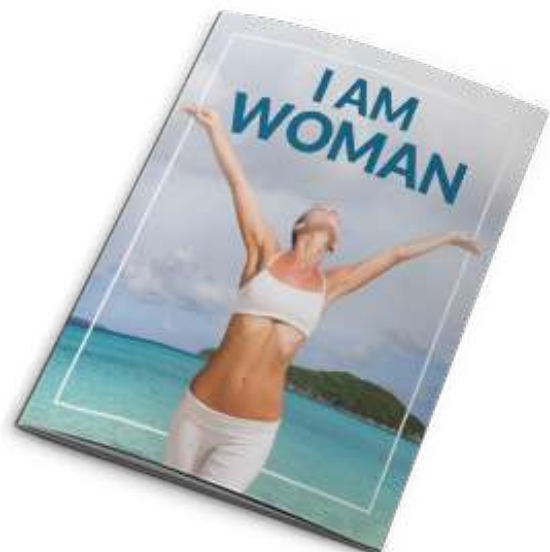
And to make my point that we have lost our logical mind, each year approximately 600,000 hysterectomies are performed in the United States, a little more than one uterus for every minute of the year.

100,000 men had prostate surgery last year in America and for why, because God created a faulty product? I think not.

Most people are not looking at the obvious. I believe that most diseases and yes cancers get their foothold from a poorly managed large intestine, which the medical system ignores and has no problem attacking more than any other organ in the human body.

What's up with this?

Mankind is not kind and as far as I'm concerned, cannot be trusted. Please read, 'I Am Woman, The Domino Effect of Unhealthy Living and The Medical Mafia in the Doc of Detox Library and discover what should come natural.



I think that we all can agree that putting untested medical devices on the market has proven that we are insane and as far as I'm concerned is a **blatant attack against humanity**.

Do you know that 98% of all the new innovative medical devices are untested?

To help you understand how the medical device industry has free access to everyone for over the last 10 years just know that 70 million Americans have been implanted with foreign objects, otherwise untested medical devices.

But to add even more fuel to this already raging fire, only 3 to 4 percent of all the complications from these medical devices are ever reported.

The rest are hidden from the public. Medical companies paid doctors more than 2 billion dollars in 2016 to keep them trustworthy.

Medicine is all about the 'business of health'... not about 'being in the health and wellness business'.

Welcome to the harvest, welcome to the latest greatest lifesaving, unhuman, untested medical device.

Just remember this, a scientific breakthrough in most cases, is not a health breakthrough.

And also know, that the biggest health breakthrough is learning to love 'you'... through and through; you are precious.

Here are some **safety precautions for human beings** entering the surgical device arena.

Research any device that will be used on you or put into your body. New is not necessarily better.

Get a second opinion for any risky or expensive procedure. Ask your surgeon how many procedures he or she has performed.

Have a friend or family member be your advocate while you're in the hospital.

To see if your doctor has been paid by a medical device company go to: openpaymentsdata.cms.gov.

It may be a hard pill for you to swallow but the fact is that almost all of the illnesses you will ever suffer in this lifetime can be reversed with you, by you, by implementing the Perfect Day guide, Fasting For Perfect Health and Wolfe Non-Surgical therapy into your life.

Understand this, doctors won't make you healthy, nutritionists won't make you slim, teachers won't make you smart, ultimately you have to take personal responsibility to save yourself by loving yourself.

Never forget that you were created by your creator to create an amazing life, so claim your personal God given right of self-healing and total self-love for yourself and your family.

Every family needs but one hero to light the way.

Get treated and get trained in the world's most powerful bodywork that cures the so-called incurable that you won't hear about from your doctor.

For almost 4 decades, I have (Dr. Darrell Wolfe has) devoted my (his) life to creating life-changing therapies, certifications and trainings, as well as, powerful personal take action strategies and tools for those who wish to become practitioners or those who wish to bring their health to the highest level.

We have taught everyone from Medical doctors, naturopaths, nurses, chiropractors and yes, the general public and anyone else that has the passion and drive to become a practitioner.

There is an unseen healer in all of us, do not limit yourself... **rise up and claim your life's purpose.**

Go to: International Training Institute of Health, otherwise itioh.com and together we will heal the world one person at a time, starting with ourselves.

We have people coming from all around the world and from all walks of life to our breakthrough trainings and certifications.

They're fun, enjoyable and they will transform you, so that you have the ability to live your dreams and become the light for others.

And when it comes to family, our **Personal Treatment & Trainings** are specifically tailored for the individual - we will treat, teach and train you in the most powerful body and mind work in our clinic, or the comfort of your own home!

This personalized training is for singles, couples, caregivers, families, and groups of all ages.

All treatment and trainings are tailored to your specific needs and requirements, come stay with us or we'll come to you.

Wolfe Non-Surgical Deep Tissue Therapy has proven itself to be the most effective form of bodywork therapy to reverse the underlying cause of chronic muscular and skeletal problems, injuries, sports injuries, muscle loss (atrophy) and **internal scar tissue formation** within the body.

However, the most impressive result from Wolfe Non-Surgical Deep Tissue Therapy is the instant pain relief, increased blood flow, increased lymph flow and increased range of motion, strength, mobility, flexibility and tone in just the first treatment.

Understand this, self-healing is the only way, for it's God's way.

What if we were programmed to make drugs, surgery and implants our first option instead of self-love, self-care, self-healing and self-awareness?

We'll let that end here and now.

Let's rise up to our uniqueness, there will never be another you.

Together, let's discover your passion and purpose and create an evolution of love that transforms our world... Thanks for joining me on this 3 part series - **Break From the Herd...** May you always be blessed.



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**JOIN US FOR OUR LIVE Q&A'S
MONDAY'S & FRIDAY'S AT 3PM PST**

**SEND YOUR QUESTIONS IN ON INSTAGRAM, FACEBOOK,
YOUTUBE, OR DOCOFDETOXSHOW.COM**

THE MOST ADVANCED THERAPY IN MIND & BODY HEALTH

Get treated, get trained in the world's most powerful bodywork that cures the so-called incurable that you won't hear about from your doctor.

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We have people coming from all around the world and from all walks of life to our breakthrough trainings and certifications because there's a hidden practitioner in all of us. They're fun, enjoyable and they will transform you so that you have the ability to meet your needs and the needs of others.

PERSONAL TREATMENT & TRAINING

Specifically tailored for you - we will treat, teach and train you in the most powerful body and mind work in our clinic, or the comfort of your own home! This personalized training is for singles, couples, caregivers, families, and groups of all ages. All treatment and trainings are tailored to your specific needs and requirements, come stay with us or we will come to you.

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PELVIC EXPANDER TECHNIQUE STEP-BY-STEP INSTRUCTIONS

The Pelvic Expander Technique is based on natural movements of the body. It is a simple way to improve your health and promote longevity by cleansing vital energy channels in the body, allowing smooth energy and blood flow. This, in turn, improves various acute and chronic conditions such as hypertension, diabetes, gynecological and prostate disorders, dislocations as well as pains caused by contraction, atrophy or degeneration of the functions of muscles, ligaments and tendons, which are the major contributor to premature aging and dis-ease. **Remember to initiate your Lion Heart Breathing throughout the exercise.**

STEP 1:

Sit on the edge of your massage table with your buttocks up against the Pelvic Expander. If you are using the ankle weight, strap it onto the leg that will be hanging down.

STEP 2:

Next, bring your other leg up in the air and strap it to the post, keeping it as straight as possible without causing too much of a strain. Know your limits, take baby steps and remember to focus on your breathing throughout the entire session.

STEP 3:

Recline back so that you are laying down with your head on a pillow and slowly bring weighted leg to the ground and focus on your Lion Heart Breathing and feel your breath in your pelvis, opening it up like a flower. You can hold the Pelvic Expander Technique for up to 40 minutes each leg.



STEP 4: Put hand in the Avacen and shine the Bioptron Polarized Fullerene Lens on your face for the duration of your session or however long you wish. You can shine the Bioptron on your abdomen or pelvis as well. When you are not using the Avacen in your session, do the whole body stretch by bringing your arms above your head and holding this position for the duration of the session. Repeat Steps 1-4 with other leg.



LENGTH & INTENSITY

There is no fixed standard, but doing the Pelvic Expander Technique 10-40 minutes each leg is recommended. The length of time will depend on the individual's health and tolerance. For those who are unhealthy, a 10-minute session can be a challenge. This technique should be practiced with baby steps when it comes to duration and intensity. But the general rule of thumb is the longer the practice, the better the efficacy and health benefits. **Remember to initiate your Lion Heart Breathing throughout the exercise.**

SYMPTOMS & REACTIONS

Pain, numbness, soreness, swelling, pain, itchiness, and yawning are some of the normal responses when you practice the Pelvic Expander Technique. These physical responses are signs of healthy energy being created in diseased areas. These responses are signs indicating that stagnation is now being cleared.

Other responses you may experience include dizziness, headaches, nausea, thick phlegm, running nose, burping, gas, and foul bowel movements and urine. All these responses are signs of stagnant, low energy and detoxification reactions. These symptoms and reactions are normal. As you continue to practice the technique, the symptoms will continue to improve and disappear as you gradually self-heal diseases and improve your health.

PELVIC ACTIVATION SQUAT

STEP-BY-STEP INSTRUCTIONS

The Pelvic Activation Squat is like the breath for the pelvis, it stimulates your metabolism and digestive organs, it activates your spinal fluid, and provides the best stretch to open up your pelvis like a flower. The Pelvic Activation Squat stretches the ankles, calves, hip joints, groin/hip flexors, glutes, and back. Remember to initiate your Lion Heart Breathing throughout the exercise. 2-4 minutes, each set.



STEP 1: Squat with your feet as close together as possible with your toes turned out. Try to keep your heels on the floor, otherwise, fold a towel to place under your heels for support.

STEP 2: Inhale and open your thighs by rotating your hips and bringing your knees out to the side. Exhale and lean forward with your core to fit between your thighs.

STEP 3: Press your elbows against your inner knees, bring your palms together, and resist the knees into the elbows. This will help to extend your core and lengthen your spine.

STEP 4: Hold the position for 2-4 minutes focusing on your Lion Heart Breathing the entire time. Then inhale, straighten your knees and return to a standing position.

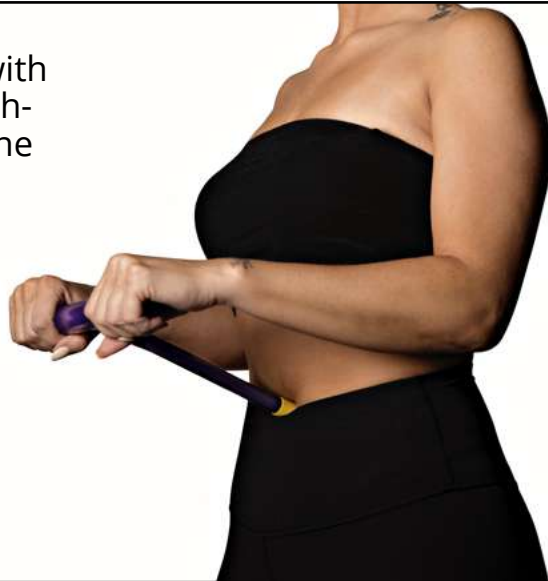


BELLY BUTTON THERAPY

STEP-BY-STEP INSTRUCTIONS

Belly Button Therapy is a quick, one-step, self-healing method that mindfully stimulates the belly button for gut and brain health, energy, and stress and pain relief. The belly button is an important reflexology point at the center of your body that stimulates your intestines and brain at the same time. You can experience immediate stress and pain relief plus get more energy by doing this for only 5 minutes 2x a day!

STEP 1: Stimulate your belly button with the belly button wand by pushing straight in toward the spine and penetrate for 1 minute.



STEP 2: Move clockwise. Stimulate the cecum (angling the wand down toward the right hip) and penetrate for 1 minute.



STEP 3: Stimulate the hepatic flexure (angling the wand up toward the right rib) and penetrate for 1 minute.



STEP 4: Stimulate the transverse colon (angling the wand up toward the sternum) and penetrate for 1 minute.



STEP 5: Stimulate the splenic flexure (angling the wand up toward the left rib) and penetrate for 1 minute.



STEP 6: Stimulate the sigmoid (angling the wand down toward the left hip) and penetrate for 1 minute.



STEP 7: Stimulate the rectum/bladder (angling the wand down toward the bladder) and penetrate for 1 minute.



An anatomical illustration of the human torso, showing the ribcage, lungs, and abdominal organs. The ribcage is white, and the lungs are pinkish-red. The abdominal organs, including the stomach, liver, and intestines, are shown in various shades of pink and red. A network of blue and red blood vessels and green nerves is visible throughout the torso. A central text box with a black border contains the text "ABDOMINAL CONDITIONS".

**ABDOMINAL
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

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Join us for our DocTalk Friday Live Q&A's on Facebook and Youtube, we know you have questions and we have answers. If you cannot make it to the live show, send us your question(s) beforehand on Facebook or support@itioh.com. We upload each Q&A to Youtube with all questions timestamped in the description within 24 hours.

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[The Holy Grail of Healing - Doc Of Detox Show](#)

[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

ABDOMINAL ADHESIONS

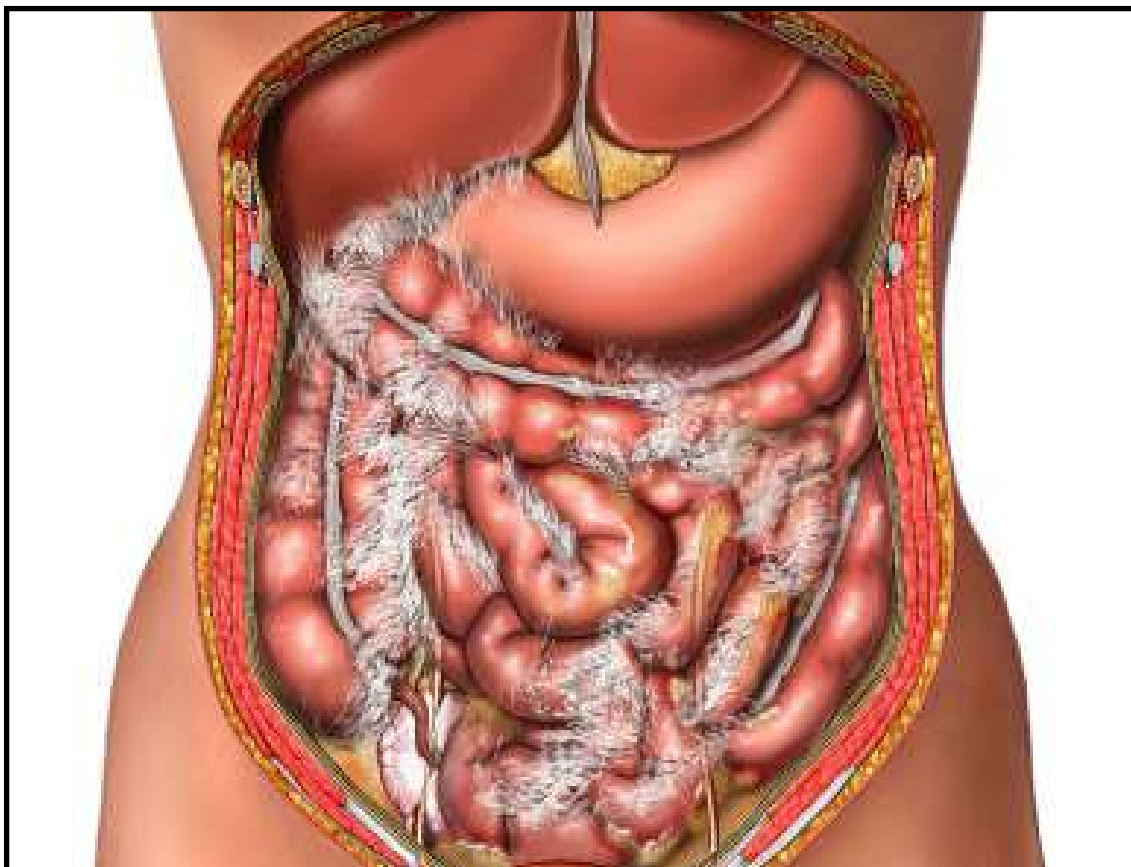
Abdominal Adhesions are bands of scar tissue that form between abdominal tissues and organs. Normally, internal tissues and organs have slippery surfaces, which allow them to shift easily as the body moves. Adhesions cause tissues and organs to stick together.

Medical View:

According to the medical system, **abdominal surgery is the most frequent cause of abdominal adhesions.**

The medical system treats abdominal adhesions with surgery. According to the medical system, **this is the only way to treat adhesions.**

There is **no medical after-care protocol** for abdominal adhesions.



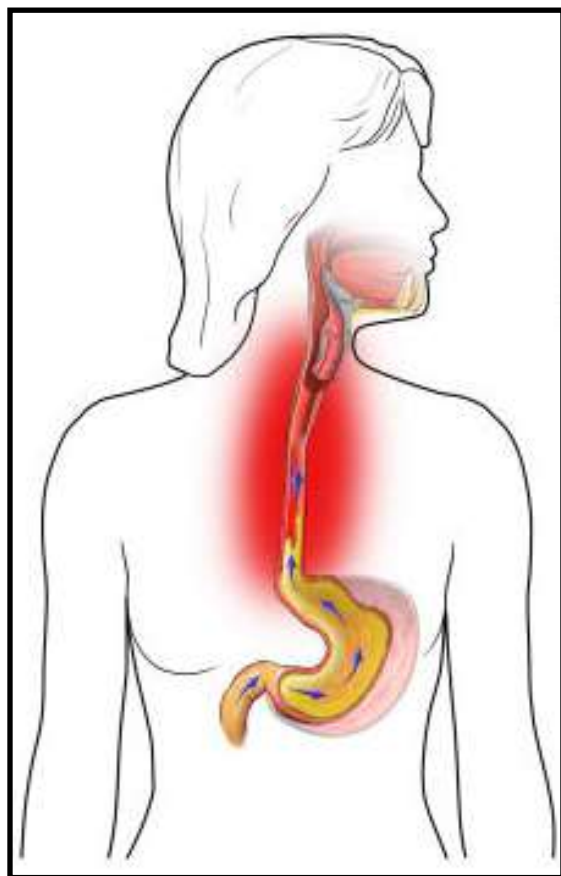
Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING **ABDOMINAL ADHESIONS** GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

ACID REFLUX

Acid Reflux is a common condition that features a burning pain, known as heartburn, in the lower chest area. It happens when stomach acid flows back up into the esophagus (food pipe).



Medical View:

According to the medical system, one of the most common **causes of acid reflux is a hiatal hernia, other causes include being overweight, diet, pregnancy, and medications.**

Medical treatments generally include **medications such as antacids, H-2 receptor blockers, surgery, and other procedures.**

For at-home after-care, the medical system will ask you to **maintain a healthy weight, elevate the head of your bed, take over the counter medications such as tums, and don't lie down after a meal.**

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ACID REFLUX GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

ANAL FISSURES

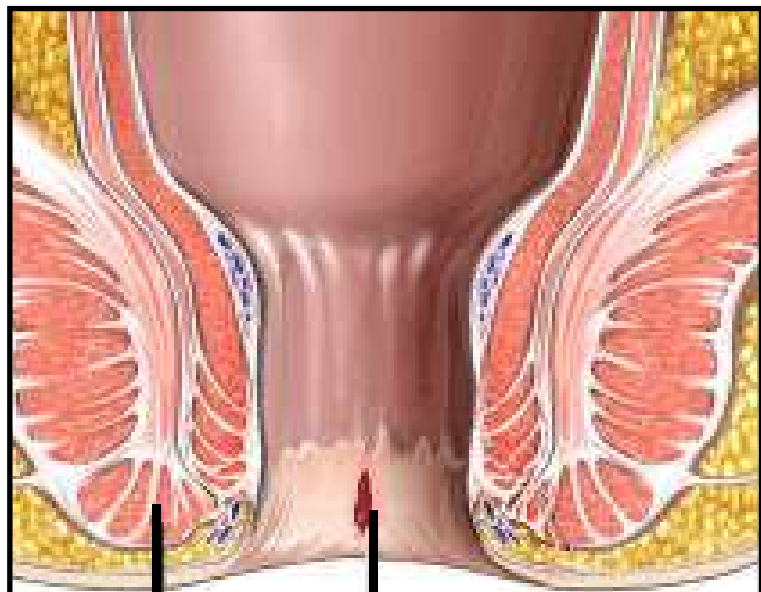
Anal Fissures are tiny, oval-shaped tears in the lining of the anus. The symptoms are similar to those of hemorrhoids, such as bleeding and pain after moving your bowels. Straining and hard bowel movements can cause fissures, but so can soft stools and diarrhea.

Medical View:

The medical system says **anal fissures are caused by passing large or hard stools, constipation and straining during bowel movements, chronic diarrhea, anal intercourse, and childbirth.**

The medical treatments include **pain medication, topical creams, and surgery.**

For at-home after-care, the medical system will suggest **drinking adequate liquid, adding more fiber to the diet and avoiding straining during a bowel movement.**



**SPHINCTERS
(MUSCLES) ANAL
FISSURE**

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
ANAL FISSURES GO TO:**

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

ANAL FISTULA

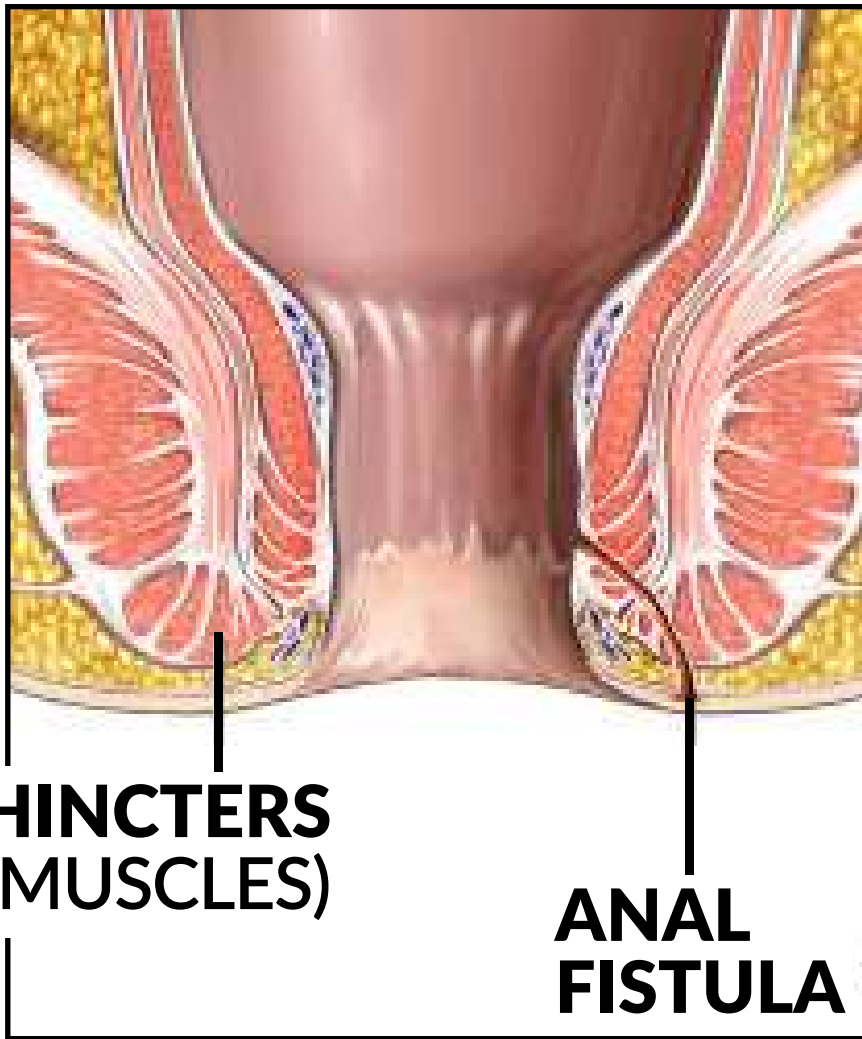
An Anal Fistula is an infected tunnel that develops between the skin and the muscular opening at the end of the digestive tract (anus). Most anal fistulas are the result of an infection that starts in an anal gland.

Medical View:

The medical system says the cause of **anal fistulas usually follows an infection that didn't heal the right way.**

The medical system **repairs the fistula with surgery.**

There is **no medical after-care protocol** for anal fistula.



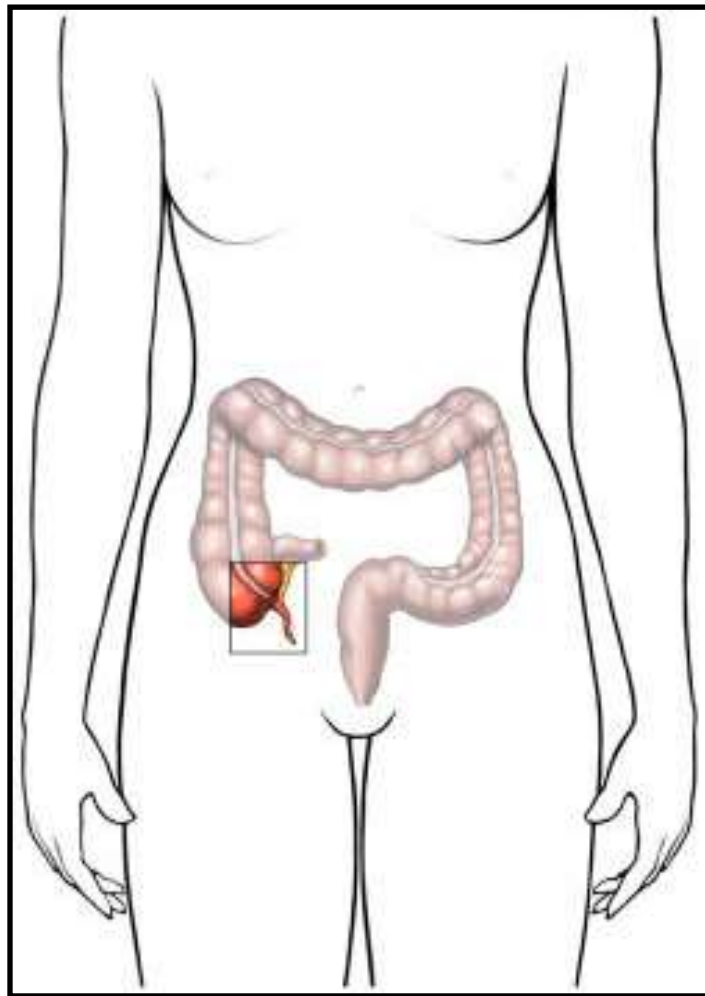
Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
ANAL FISTULAS GO TO:**

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

APPENDICITIS

Appendicitis is an inflammation of the appendix, a finger-shaped pouch that projects from your colon on the lower right side of your abdomen.

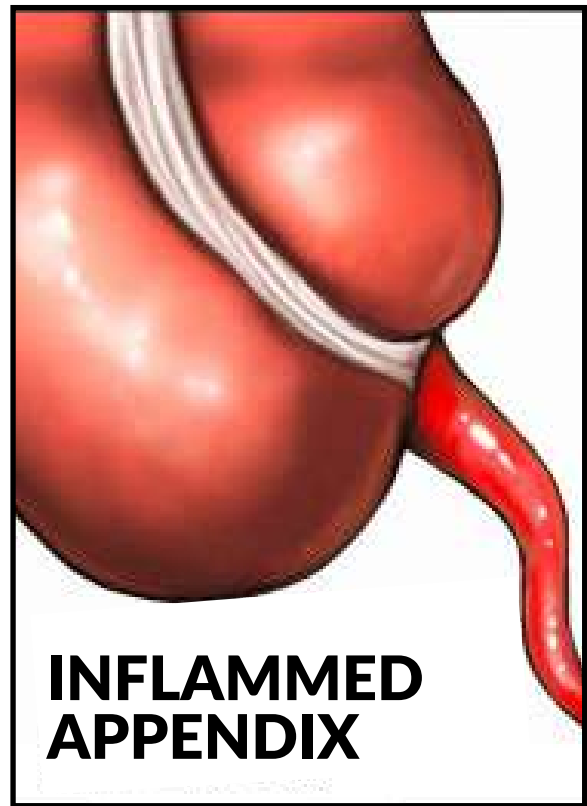


Medical View:

The medical system attributes appendicitis to **a blockage in the lining of the appendix that results in infection.** The bacteria multiply rapidly, causing the appendix to become inflamed, swollen and filled with pus.

The medical system **treats appendicitis with surgery.**

For after-care, the medical system will tell you to **avoid strenuous activities and rest.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING APPENDICITIS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

CELIAC DISEASE

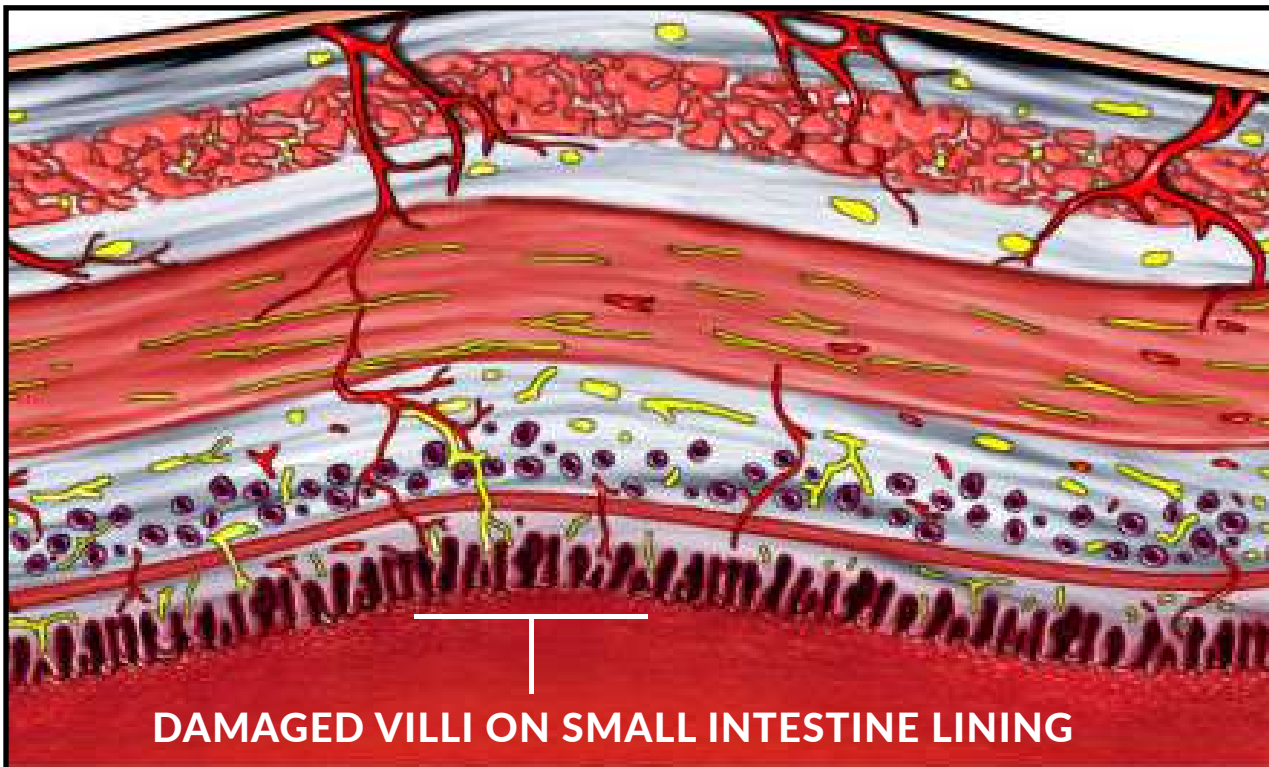
Celiac Disease is sometimes called gluten-sensitive enteropathy, which is an immune reaction to a protein called gluten. If you have celiac disease, eating gluten triggers an immune response in your small intestine. Over time, this reaction damages the lining of the small intestine and prevents it from absorbing nutrients.

Medical View:

The medical **cause of celiac disease is not known** but conventional medicine believes it is **related to your genes** along with **eating foods containing gluten and other factors**.

The medical system will **treat celiac disease** by telling you to **remove gluten from your diet and take medications to control intestinal inflammation**.

The after-care protocol the medical system suggests for celiac disease is to **continue with a gluten-free diet and anti-inflammatory medication**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CELIAC DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

COLITIS

Colitis is inflammation of the lining of the colon (large intestine) that causes abdominal pain, diarrhea and bloody stools.

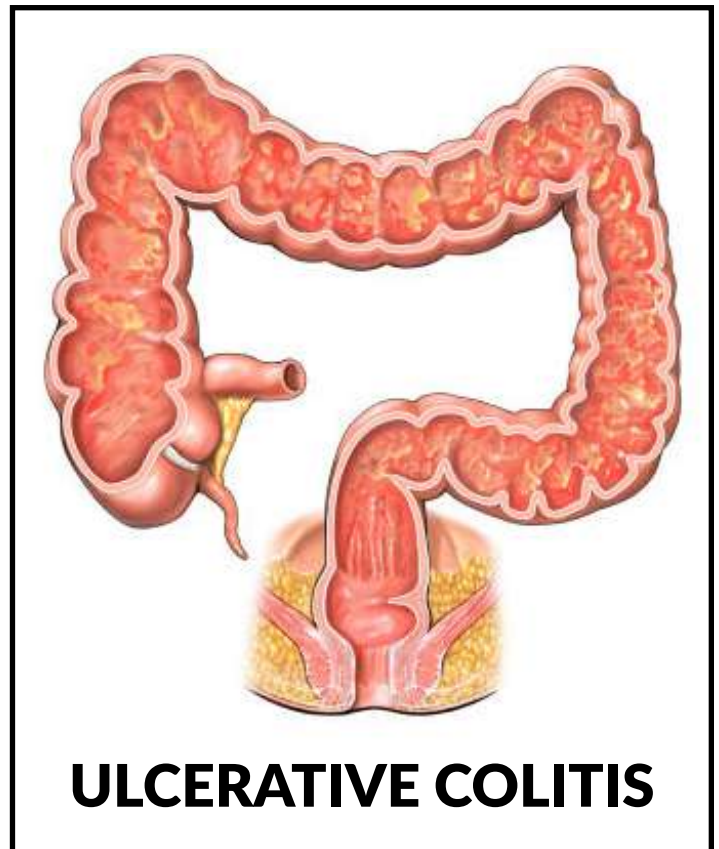
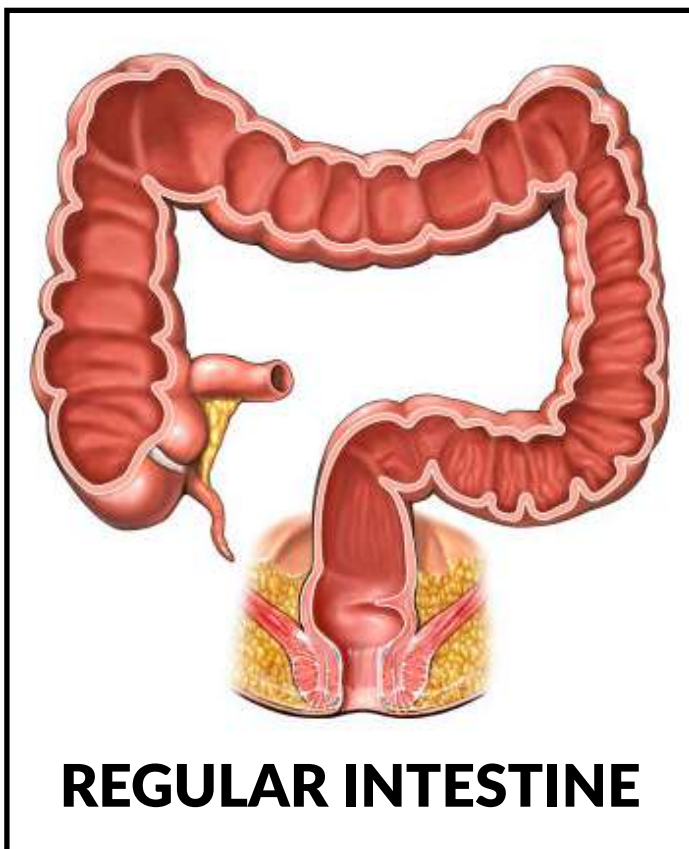
Ulcerative colitis is an inflammatory bowel disease (IBD) that causes long-lasting inflammation and ulcers (sores) in your digestive tract. Ulcerative colitis affects the innermost lining of your large intestine and rectum.

Medical View:

The medical system attributes colitis to **age, race, and genetics.**

The medical treatment for colitis is **antibiotics, pain medications, and surgery.**

For at-home after-care the medical system will recommend **talking to a dietician, limiting fiber intake and other problem foods.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING COLITIS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

COLON CANCER

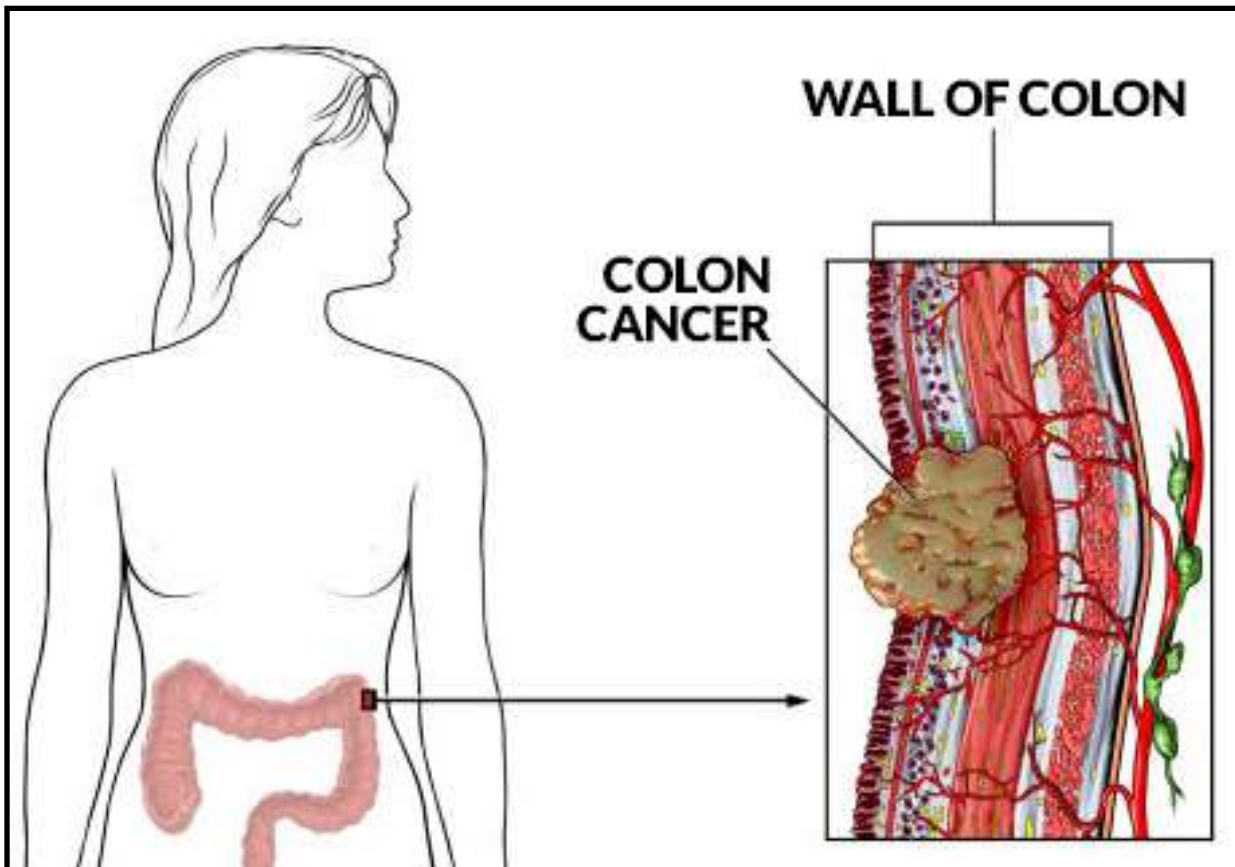
Colon/Colorectal Cancer is a malignant tumor arising from the inner wall of the large intestine (the colon). Risk factors for cancer of the colon and rectum (colorectal cancer) include colon polyps, long-standing ulcerative colitis, and genetic family history. Most colorectal cancers develop from polyps.

Medical View:

Doctors aren't certain what causes most colon cancers but believe **genetics, lifestyle and environmental factors play a role in the development of cancer cells**. In general, colon cancer begins when healthy cells in the colon develop changes (mutations) in their DNA.

Treatment for colon cancer involves **surgery to remove the cancer**. **Radiation** and **chemotherapy** might also be recommended.

The medical system suggests **routine follow-ups, tests and scans** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING COLON CANCER GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

COLON POLYPS

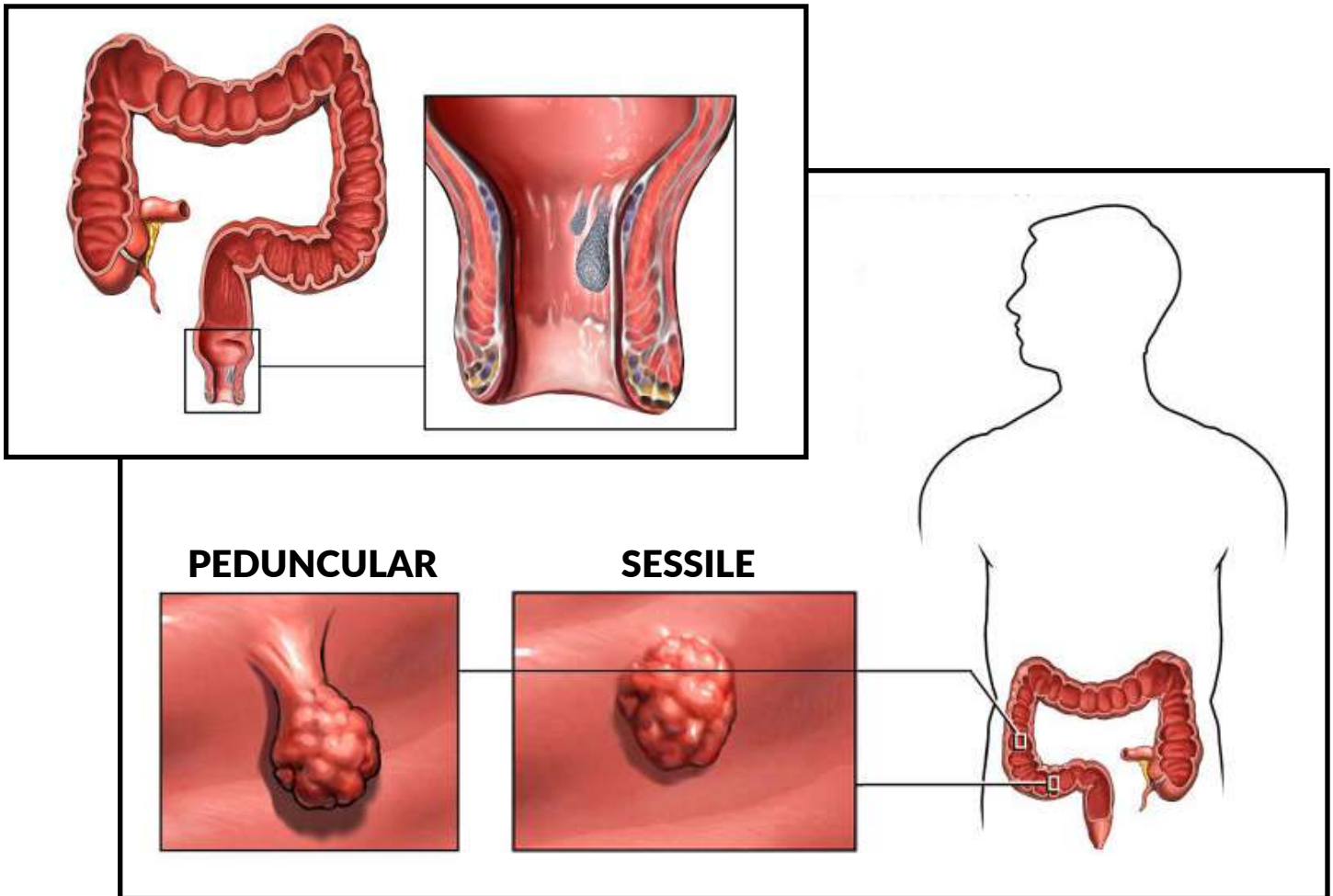
Colon Polyps are a small clump of cells that forms on the lining of the colon. Most colon polyps are harmless. Though over time, some colon polyps can develop into colon cancer.

Medical View:

The medical system says that colon polyps are caused by other **inflammatory intestinal conditions, age, family history, obesity, race, and type 2 diabetes.**

The medical system treats colon polyps with **minimally invasive surgery.**

The after-care the medical system suggests is follow-up screenings.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING COLON POLYPS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

CONSTIPATION

Constipation is generally described as having fewer than three bowel movements a week.

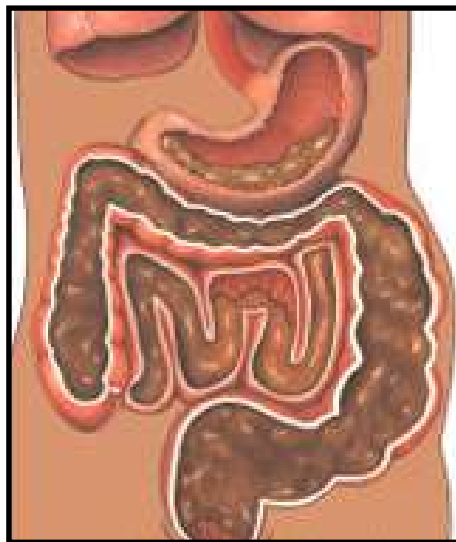


Medical View:

The medical causes of constipation include **dehydration, a low fiber diet, a sedentary lifestyle, certain medications and more.**

The medical system will treat chronic constipation with **fiber supplements, laxatives, stool softeners, and surgery.**

For at-home after-care, the medical system will generally recommend to **increase your fiber intake, exercise and eat a healthy diet.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CONSTIPATION GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

CROHN'S DISEASE

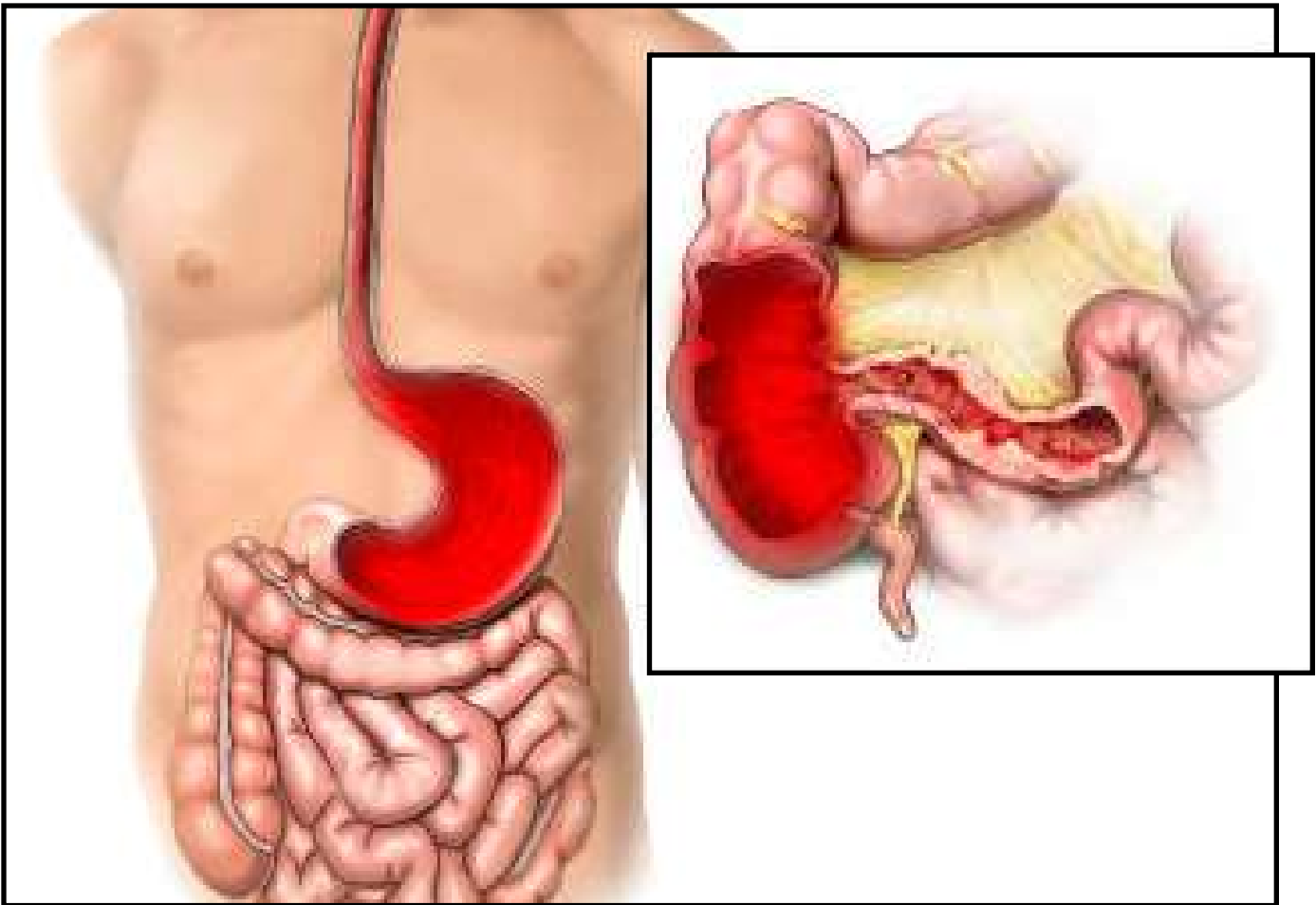
Crohn's Disease is an inflammatory bowel disease (IBD). It causes inflammation of your digestive tract, which can lead to abdominal pain, severe diarrhea, fatigue, weight loss, and malnutrition. Inflammation caused by Crohn's disease can involve different areas of the digestive tract in different people.

Medical View:

The medical system believes Crohn's disease may be caused by an **abnormal immune response as well as being hereditary**.

The medical system treats Crohn's disease with **anti-inflammatory drugs, corticosteroids, antibiotics, immunosuppressive drugs, surgery, and a colostomy bag**.

For at-home after-care, the medical system suggests **a low-fat diet, talking to a dietician, avoid smoking and limit alcohol**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CROHN'S DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

DIARRRHEA

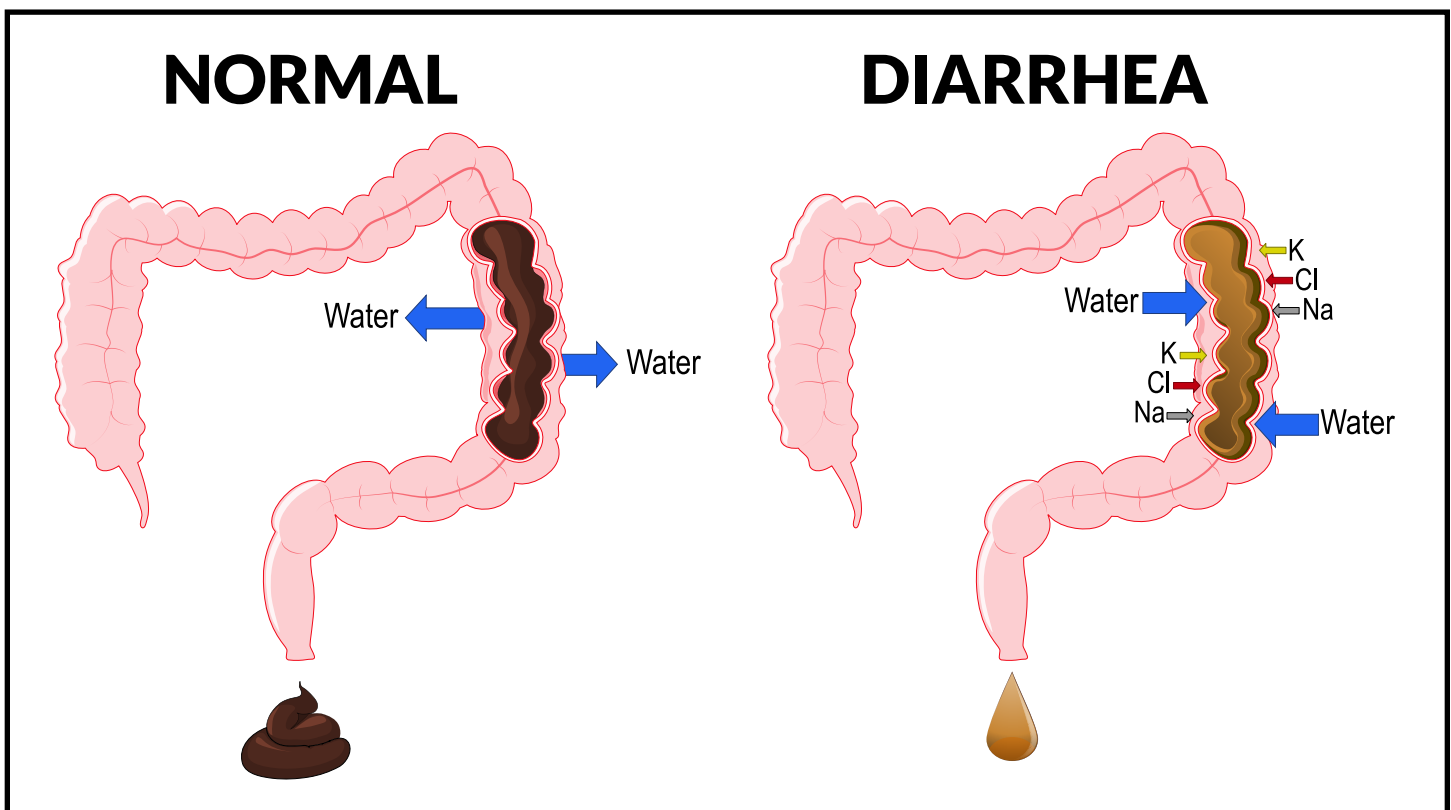
Diarrhea is a condition in which feces are discharged from the bowels frequently and in a liquid form.

Medical View:

The medical causes of diarrhea are **viruses, bacteria and parasites, medications, lactose intolerance, and other digestive disorders.**

Medical treatments for diarrhea include **antibiotics, treatments to replace fluids, and adjusting medications.**

The medical system will tell you to **drink more fluids and avoid foods that aggravate diarrhea** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DIARRRHEA GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

DIVERTICULITIS/ DIVERTICULOSIS

Diverticulitis is inflammation of a diverticulum in the colon, causing pain and disturbance of bowel function.

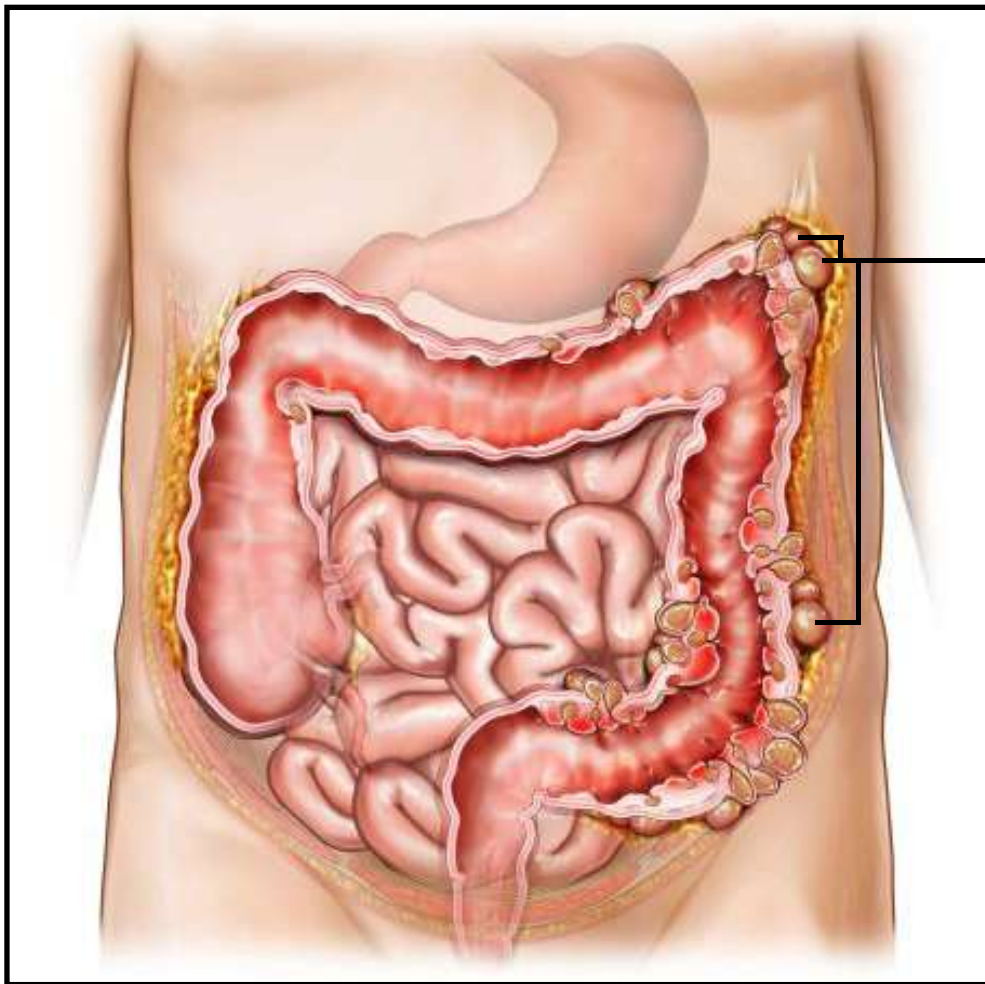
Diverticulosis is a condition in which small pouches called diverticula can form anywhere there are weak spots in the lining of your digestive system, but they are most commonly found in the colon.

Medical View:

The medical cause of diverticulitis and diverticulosis are **aging, obesity, a sedentary lifestyle, and certain medications** are all linked to the cause of developing these conditions.

The medical treatments for diverticulitis and diverticulosis include **antibiotics, pain medications, and surgery**.

The medical system will suggest **following a healthy diet, and maintaining a healthy weight** for after-care.



DIVERTICULA

Dr. Darrell Wolfes' View:

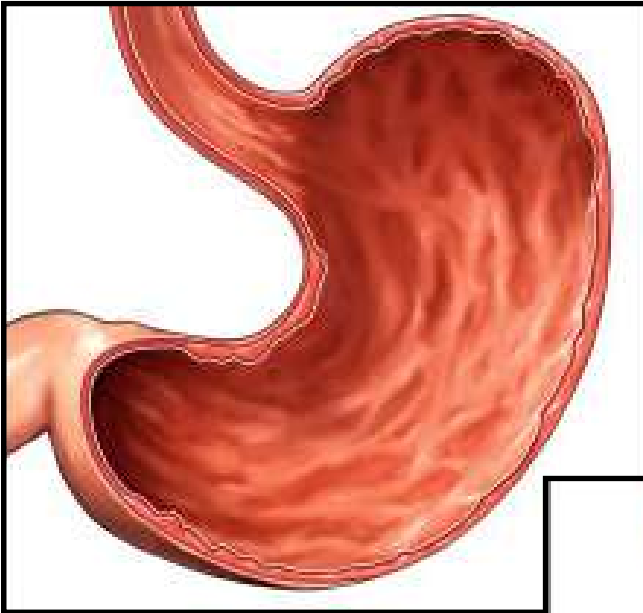
**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
DIVERTICULITIS/DIVERTICULOSIS GO TO:**

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

GASTRITIS

Gastritis is an inflammation, irritation or erosion of the lining of the stomach.

HEALTHY STOMACH



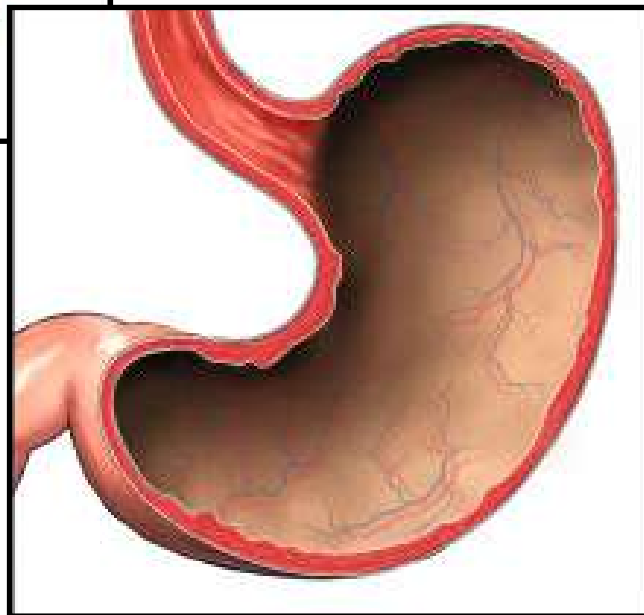
Medical View:

The medical system says that gastritis can be caused by a bacterial infection (H.Pylori). The medical system says the cause of gastritis is linked to **regular use of ibuprofen, older age, excessive alcohol use, bile reflux, stress, and autoimmune disorders.**

Medical treatments used for gastritis include **antibiotics to kill the bacteria, proton pump inhibitors and antacids.**

**Long-term use of proton pump inhibitors, particularly at high doses, may increase your risk of hip, wrist and spine fractures.*

For at-home after-care, the medical system will say to **eat a healthy diet, and avoid irritating foods.**



STOMACH SUFFERING FROM ATROPHIC GASTROPHY

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING GASTRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

GASTROENTERITIS (STOMACH FLU)

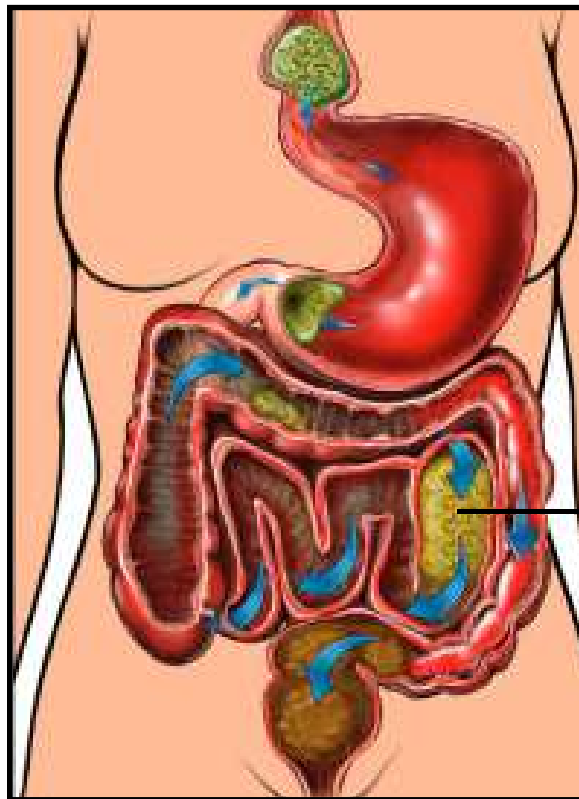
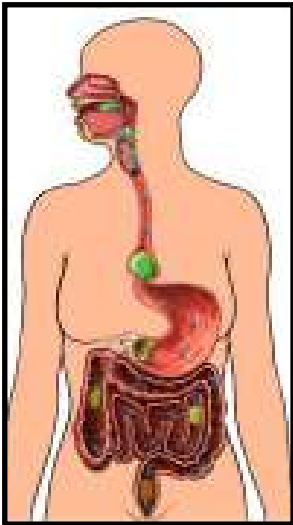
Gastroenteritis, also known as infectious diarrhea, is the inflammation of the gastrointestinal tract—the stomach and small intestine.

Medical View:

The medical system says the stomach flu is caused by a **contagious virus**.

There's often **no specific medical treatment for viral gastroenteritis**.

If you have the stomach flu, the medical system will ask you to **get plenty of rest, avoid solid foods until the stomach settles, and practice good hygiene to decrease the chances of contracting the virus**.



**INFECTIOUS
DIARRHEA**

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
GASTROENTERITIS GO TO:**

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

GASTROESOPHAGEAL REFLUX DISEASE (GERD)

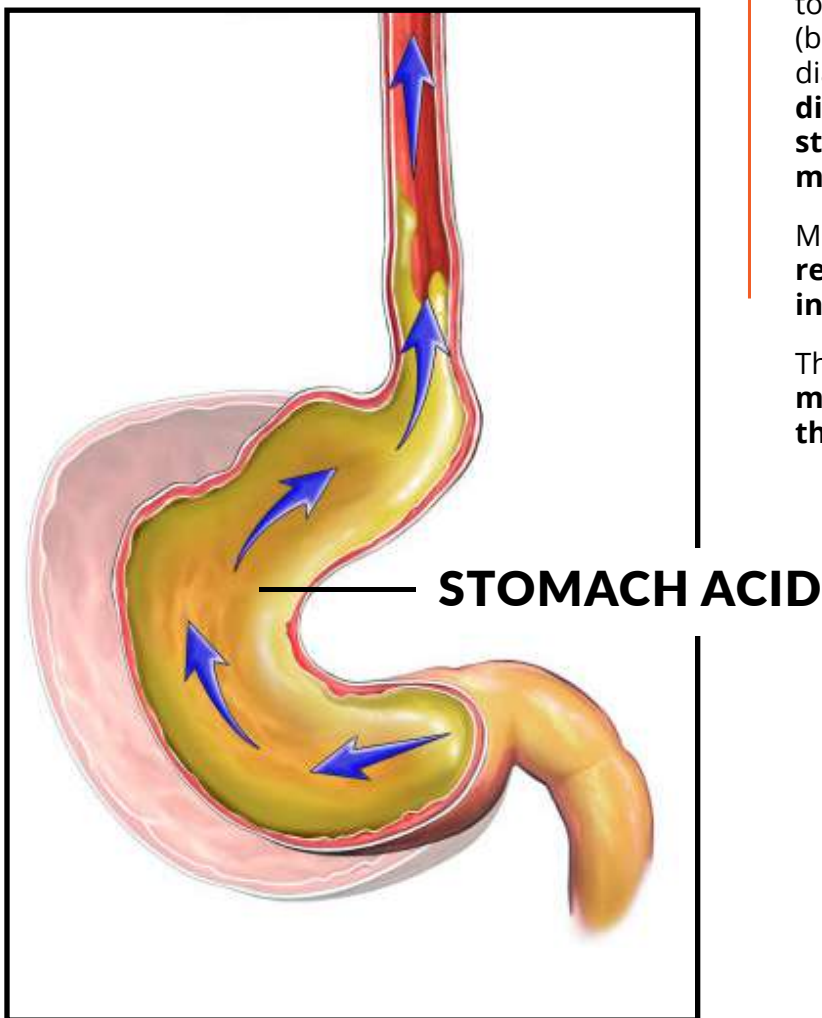
Gastroesophageal reflux disease occurs when stomach acid frequently flows back into the tube connecting your mouth and stomach (esophagus). This backwash (acid reflux) can irritate the lining of your esophagus.

Medical View:

The medical system says factors that contribute to causing GERD include **hiatal hernia** (bulging of the top of the stomach up into the diaphragm), **pregnancy, connective tissue disorders, such as scleroderma, delayed stomach emptying, smoking, and certain medications, such as aspirin.**

Medical treatments include antacids, **H-2 receptor blockers, proton pump inhibitors, in some cases surgery.**

The medical system's after-care for GERD is to **maintain a healthy weight, and avoid foods that trigger reflux.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING GASTROESOPHAGEAL REFLUX DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

GASTROINTESTINAL BLEEDING

Gastrointestinal Bleeding also known as gastrointestinal hemorrhage, is all forms of bleeding in the gastrointestinal tract, from the mouth to the rectum.

Medical View:

The medical cause of gastrointestinal bleeding can occur due to **inflammatory bowel disease (IBD), tumors, colon polyps, hemorrhoids, anal fissures, and proctitis** (a condition in which the lining tissue of the inner rectum becomes inflamed).

The medical system says that often, **GI bleeding stops on its own**. If it doesn't, treatment depends on where the bleed is from. In many cases, **medication or a procedure to control the bleeding can be given during some tests**.

For after-care, the medical system will suggest that you **limit your use of nonsteroidal anti-inflammatory drugs, limit alcohol consumption, and avoid smoking**.



INTESTINAL BLEEDING

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING GASTROINTESTINAL BLEEDING GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

HEMORRHOIDS

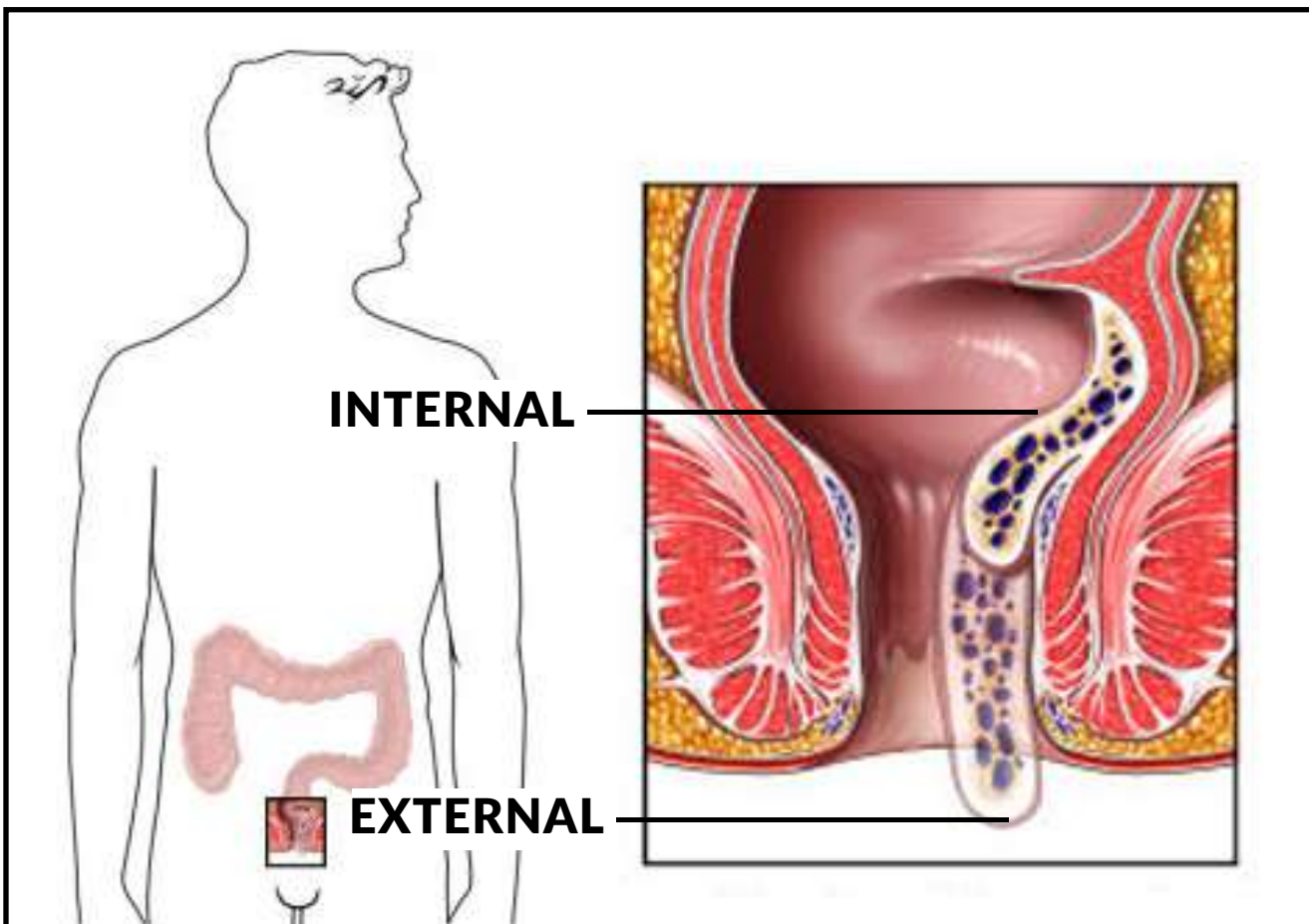
Hemorrhoids also called piles, are swollen veins in your anus and lower rectum, similar to varicose veins. Hemorrhoids can develop inside the rectum (internal hemorrhoids) or under the skin around the anus (external hemorrhoids).

Medical View:

The medical cause of hemorrhoids can be due to **straining during bowel movements, sitting for long periods of time on the toilet, chronic diarrhea or constipation, obesity, pregnancy, anal intercourse, eating a low-fiber diet, and regular heavy lifting.**

The medical treatments for hemorrhoids include, **hemorrhoidal stapling, hemorrhoid surgery, medications, and creams.**

The medical system will suggest that you **increase water and fiber intake** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEMORRHOIDS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

HIATAL HERNIA

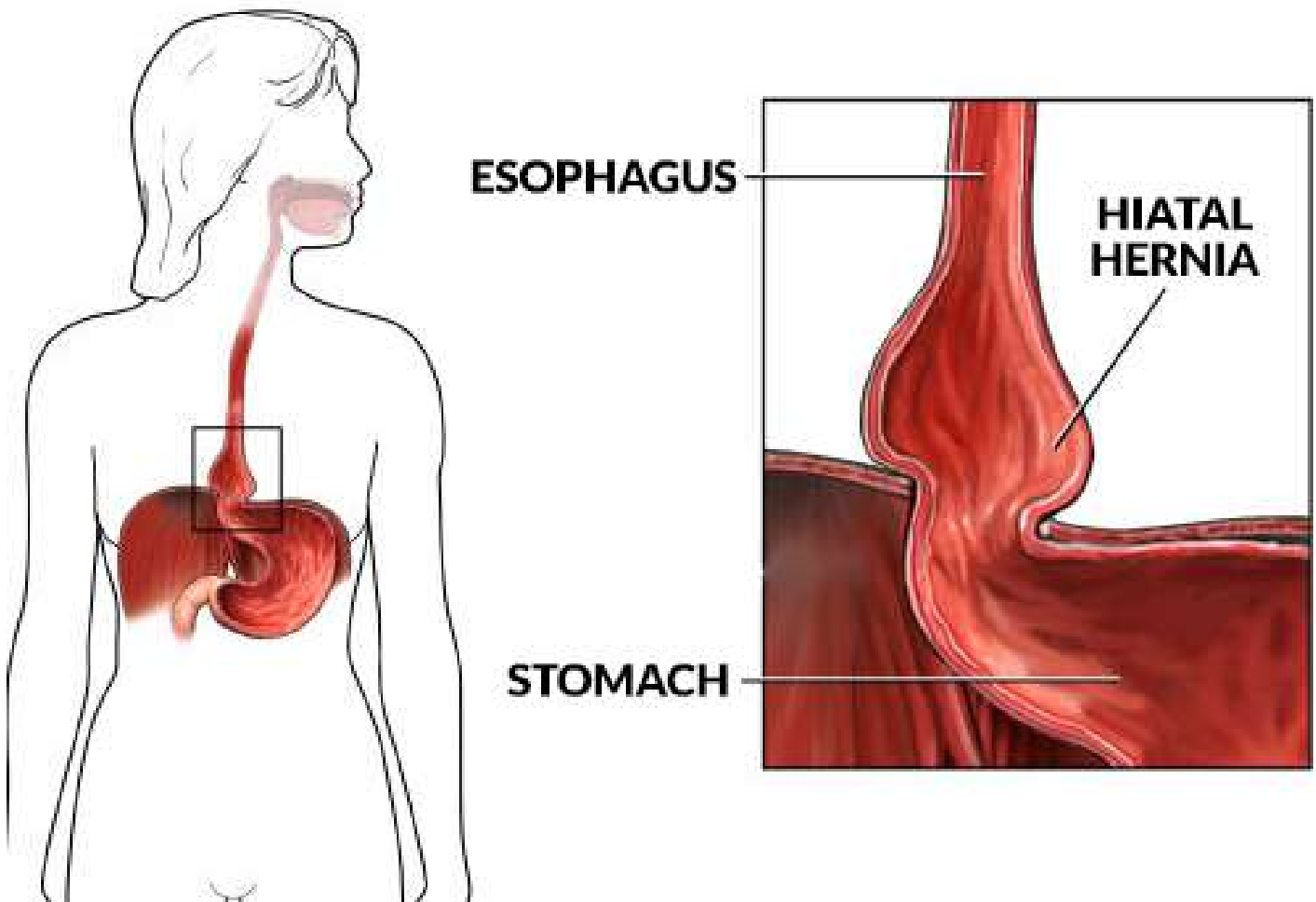
A hiatal hernia occurs when the upper part of your stomach bulges through the large muscle separating your abdomen and chest (diaphragm).

Medical View:

The medical system attributes hiatal hernias to **age, injury to the area, and persistent pressure to the area (straining for a bowel movement, heavy lifting, coughing).**

Medical treatments used include **antacids and surgery** for more severe cases.

For at-home after-care, the medical system will recommend **eating a healthy diet, maintain a healthy weight, avoid smoking, and limit alcohol.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HIATAL HERNIAS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

IRRITABLE BOWEL SYNDROME (IBS)

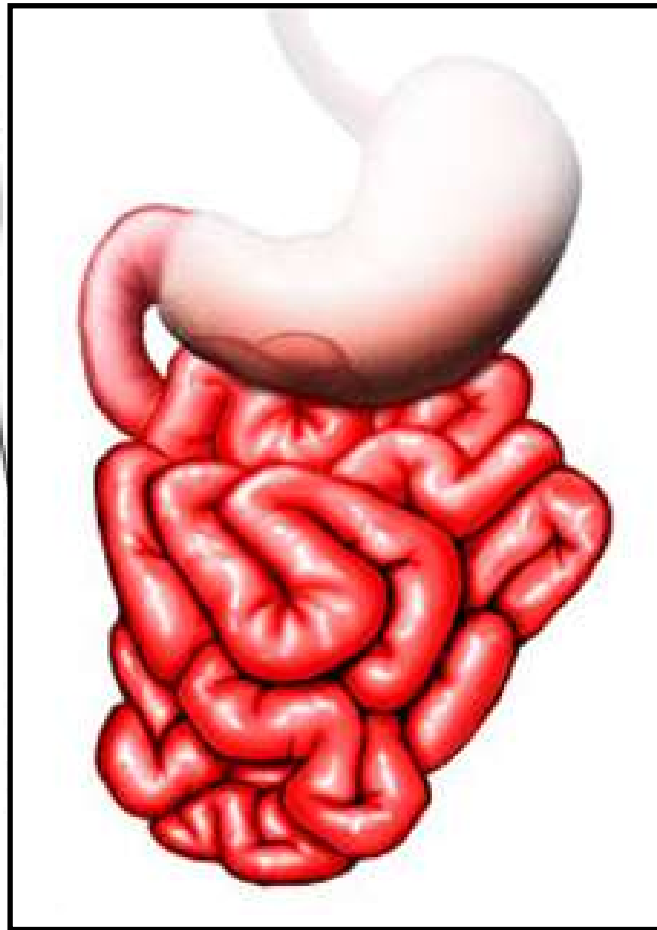
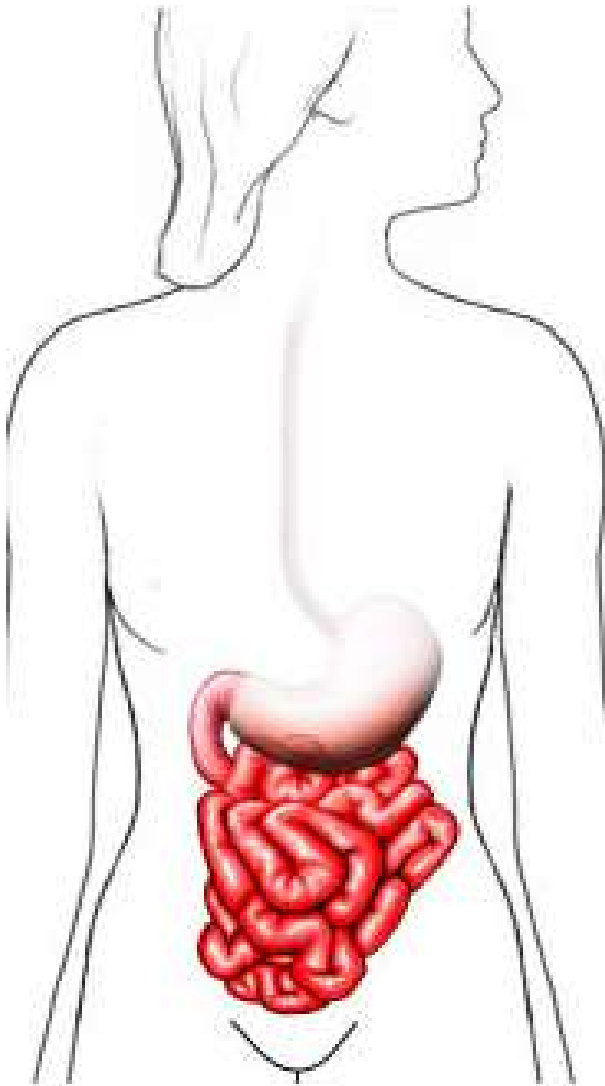
Irritable Bowel Syndrome is a common disorder that affects the large intestine. Signs and symptoms include cramping, abdominal pain, bloating, gas, and diarrhea or constipation.

Medical View:

The medical cause of IBS is **changes in bacteria in the gut, weak contractions in the intestine, inflammation in the intestine, and diet.**

Medical treatments for IBS include **laxatives, medications and avoiding trigger foods.**

The suggested after-care from the medical system is to include **a healthy diet, eliminate trigger foods, and exercise regularly.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING IRRITABLE BOWEL SYNDROME (IBS) GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

PARASITIC INFECTION

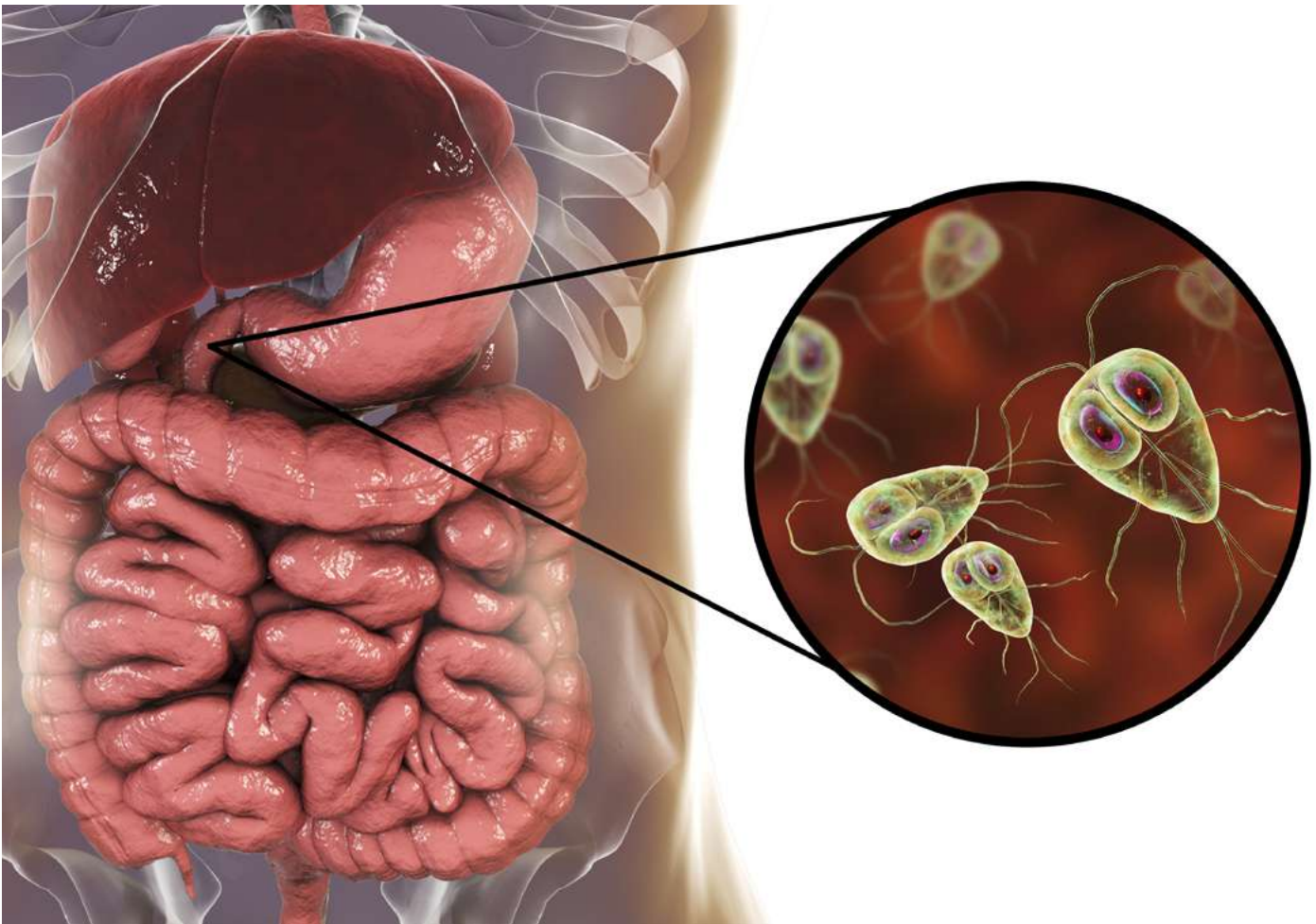
A parasitic disease, also known as parasitosis, is an infectious disease caused or transmitted by a parasite.

Medical View:

The medical system says that you can contract a parasite through **contaminated food, water or drink, sexual contact, and bug bites.**

The medical system treat parasitic infections with **anti-parasitic drugs.**

The medical system suggests preventative measures for after-care such as **washing hands frequently, practicing safe sex, and cooking food thoroughly.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PARASITIC INFECTIONS GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

PEPTIC ULCERS

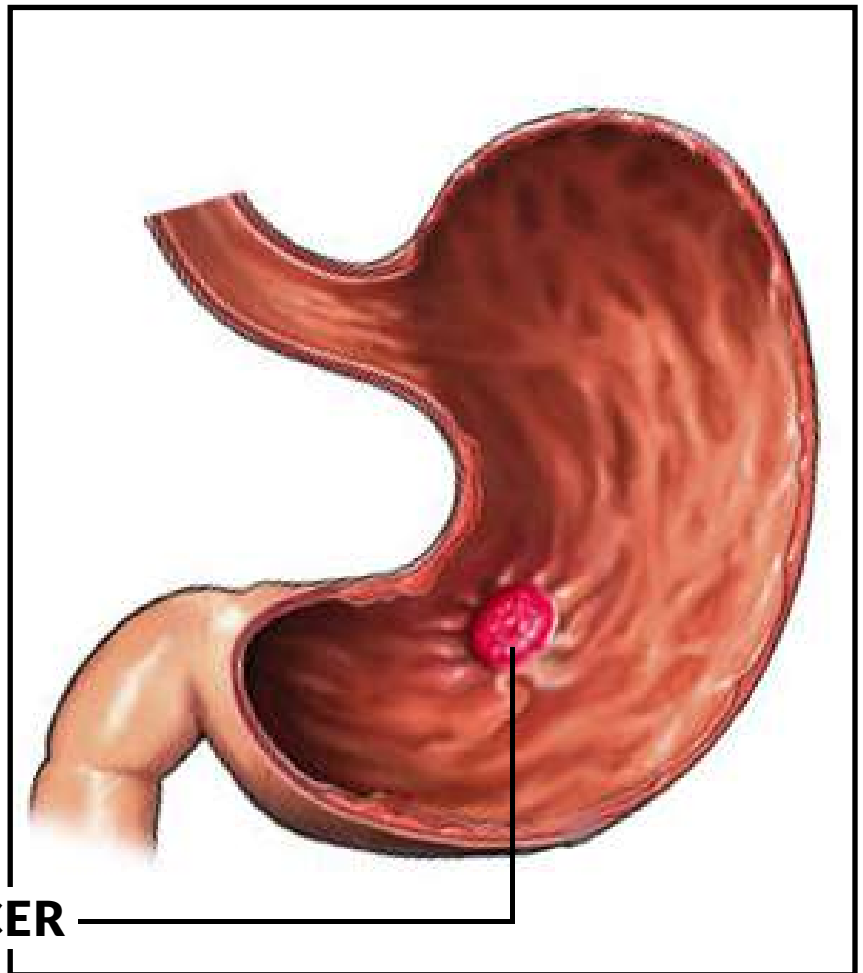
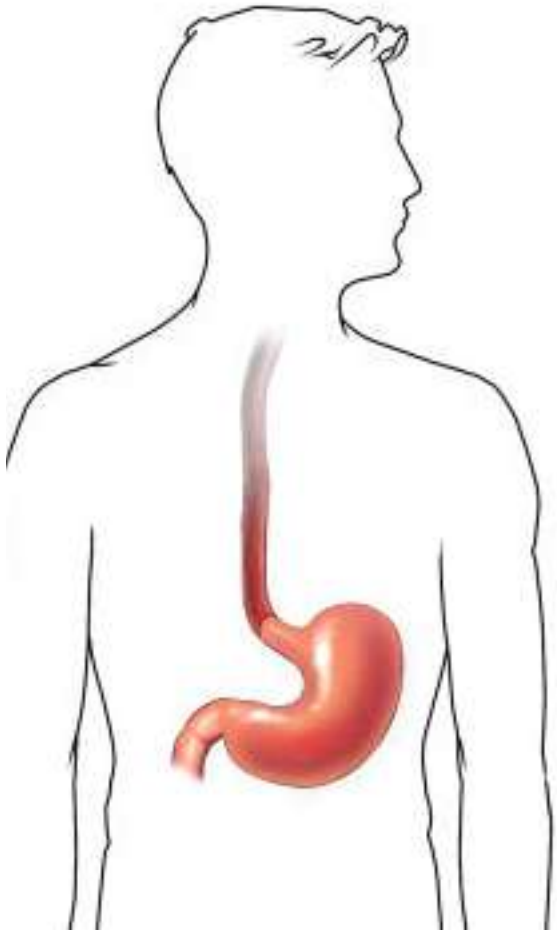
Peptic Ulcers are open sores that develop on the inside lining of your stomach and the upper portion of your small intestine. The most common symptom of a peptic ulcer is stomach pain.

Medical View:

The medical system says that peptic ulcers are caused by **a bacterium, regular use of pain medication, and other medications.**

The medical system will prescribe **antibiotics to kill H. Pylori, or antacids.**

For at-home after-care, the medical system will recommend choosing a **healthy diet, maintaining a healthy weight, quit smoking, if you smoke, and limit alcohol consumption.**



PEPTIC ULCER

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
PEPTIC ULCERS GO TO:**

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

PERIANAL ABSCESS

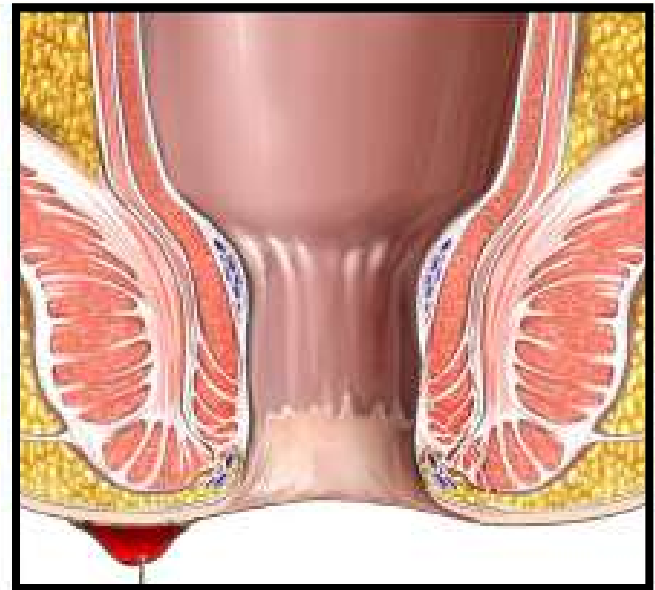
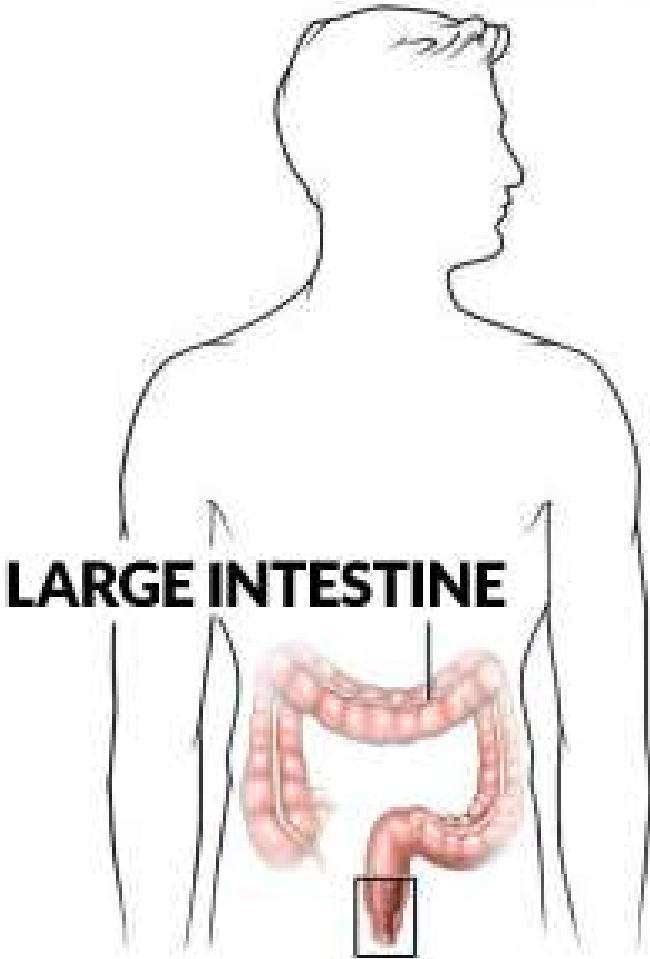
A Perianal Abscess is a shallow collection of pus under the skin surrounding the anus.

Medical View:

The medical system says the cause of anal abscesses are a result of **small anal glands**. Anal abscesses can occur due to **anal fissures, sexually transmitted infections, blocked glands, inflammatory intestinal conditions, anal sex, and medications**.

The medical treatments include **surgical drainage, antibiotics and pain medications**.

There is **no medical after-care protocol** for perianal abscess.



Dr. Darrell Wolfes' View:

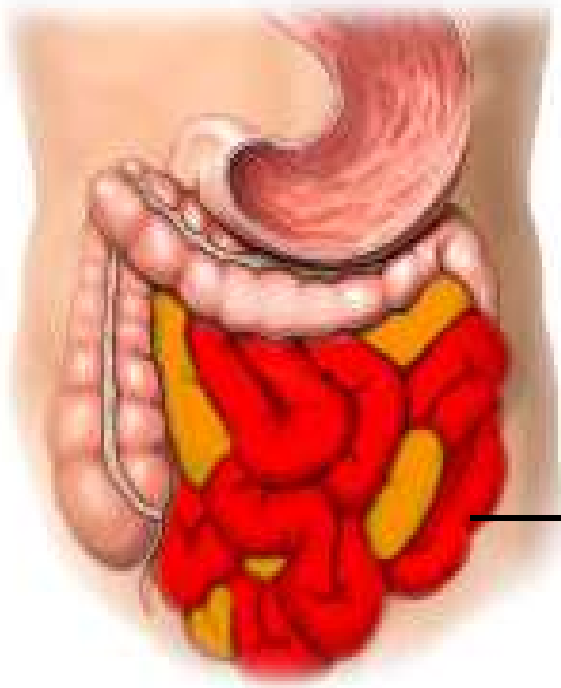
TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PERIANAL ABSCESS' GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)

S.I.B.O.

(SMALL INTESTINAL
BACTERIAL OVERGROWTH)

SIBO is a serious condition affecting the small intestine. It occurs when bacteria that normally grow in other parts of the gut start growing in the small intestine. It can also lead to malnutrition as the bacteria start to use up the body's nutrients.



Medical View:

The medical causes of SIBO are **low levels of stomach acid, a weakened immune system, the abnormally slow movement of the digestive system and more.**

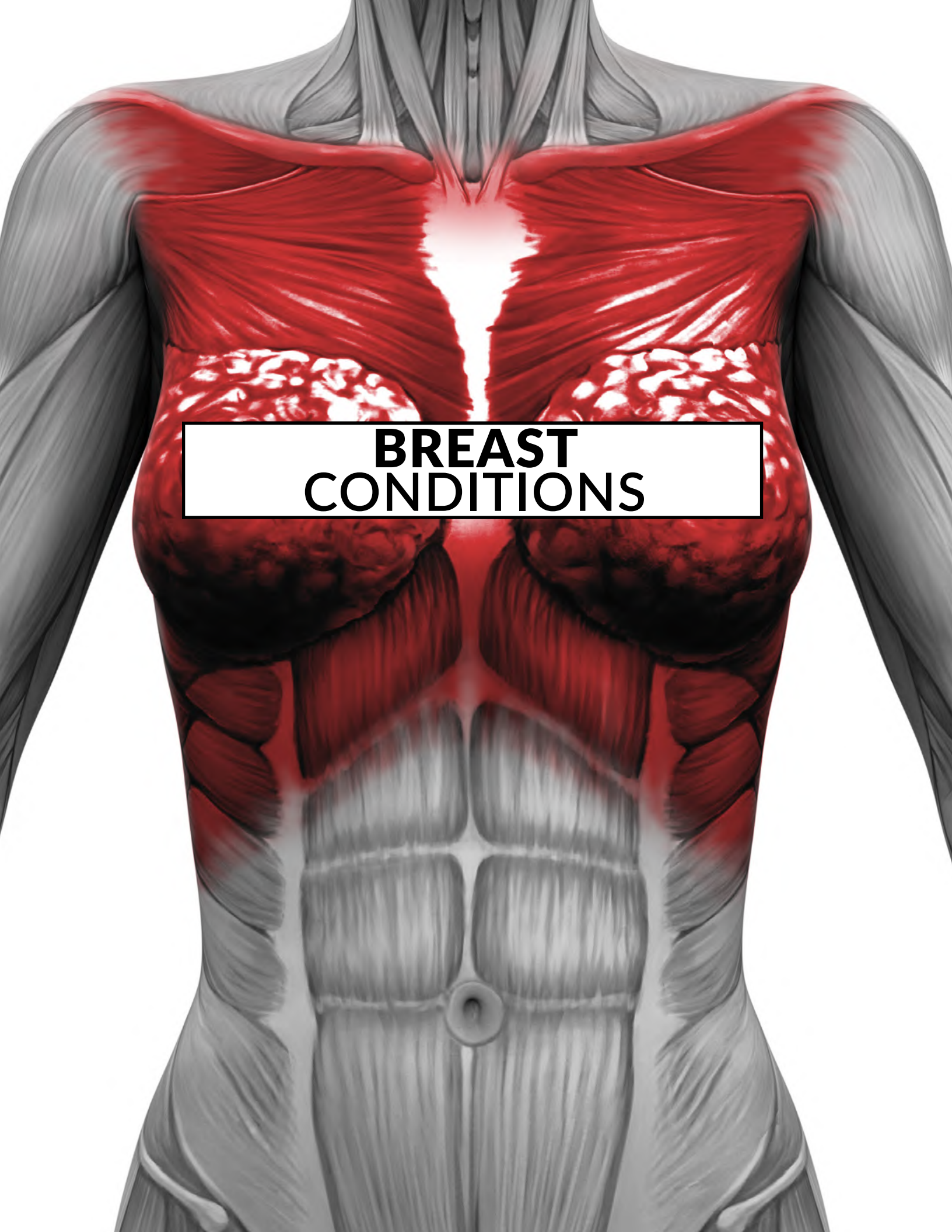
Medical treatments for SIBO are **broad spectrum antibiotic therapy and dietary changes.**

The medical system will suggest **healthy eating and exercise** for after-care.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING SIBO GO TO:

[A-Z Wellness Masterclass: Lesson 1 - Abdomen](#)



**BREAST
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

BREAST AUGMENTATION	PAGE 81
BREAST CANCER	PAGE 82
BREAST CYSTS	PAGE 83
BREAST INFLAMMATION	PAGE 84
BREAST LIFT	PAGE 85
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NIPPLE AND BREAST ITCHINESS	PAGE 91

Join us for our DocTalk Friday Live Q&A's on Facebook and Youtube, we know you have questions and we have answers. If you cannot make it to the live show, send us your question(s) beforehand on Facebook or support@itioh.com. We upload each Q&A to Youtube with all questions timestamped in the description within 24 hours.

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[The Holy Grail of Healing - Doc Of Detox Show](#)

[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

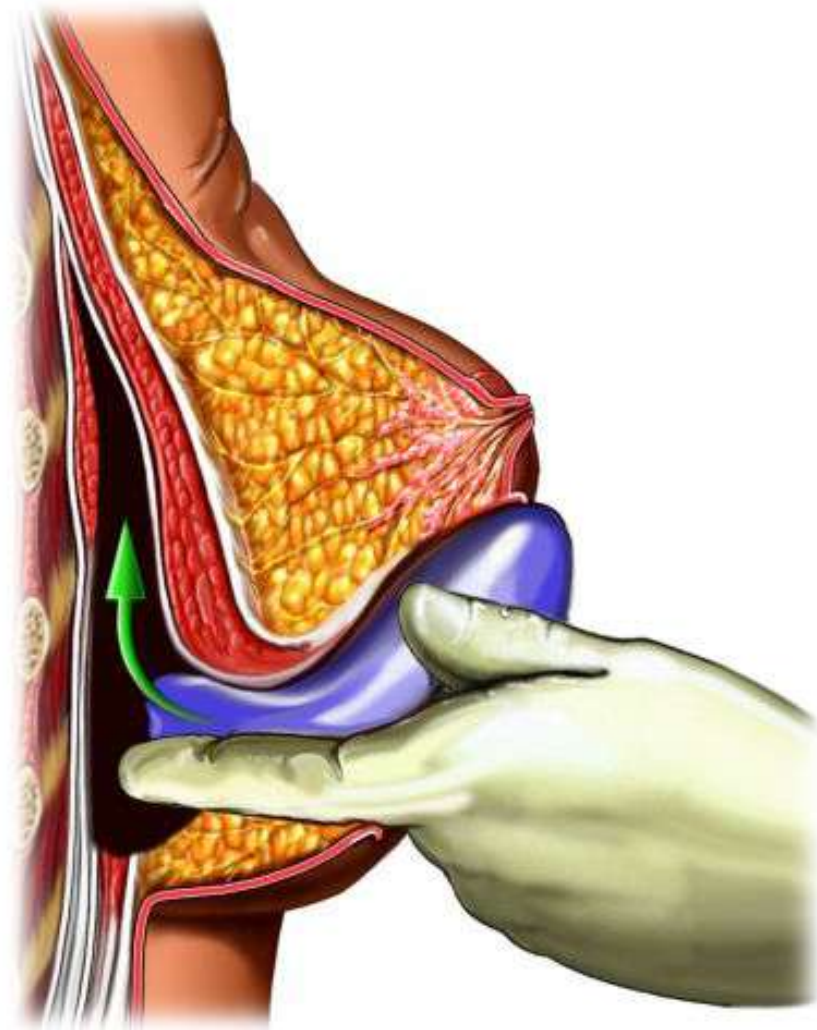
BREAST AUGMENTATION

Breast Augmentation is surgery to increase breast size. It involves placing breast implants under the breast tissue or chest muscles. One may choose to have breast augmentation surgery if they are unhappy with the size or shape of their breasts.

Medical View:

There are **several surgical options for breast implants** including under the muscle or over the muscle implants, with **incisions either under the breast, through the armpit or nipple** and there several options for implants including liquid silicone, gummy silicone, saline or fat transfer.

After-care recommendations include **rest and anti-inflammatory and pain medications**.



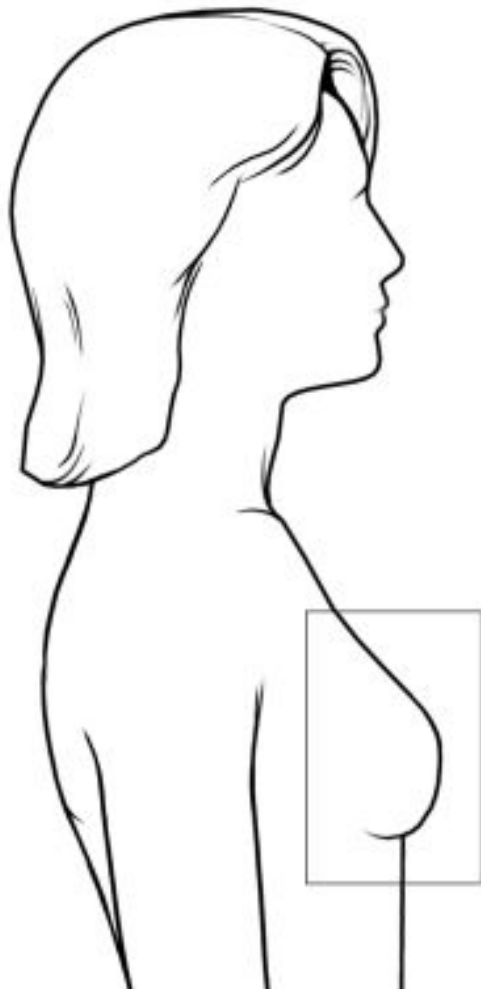
Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING BREAST AUGMENTATION GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST CANCER

Researchers have identified hormonal, lifestyle and environmental factors that may increase your risk of breast cancer.

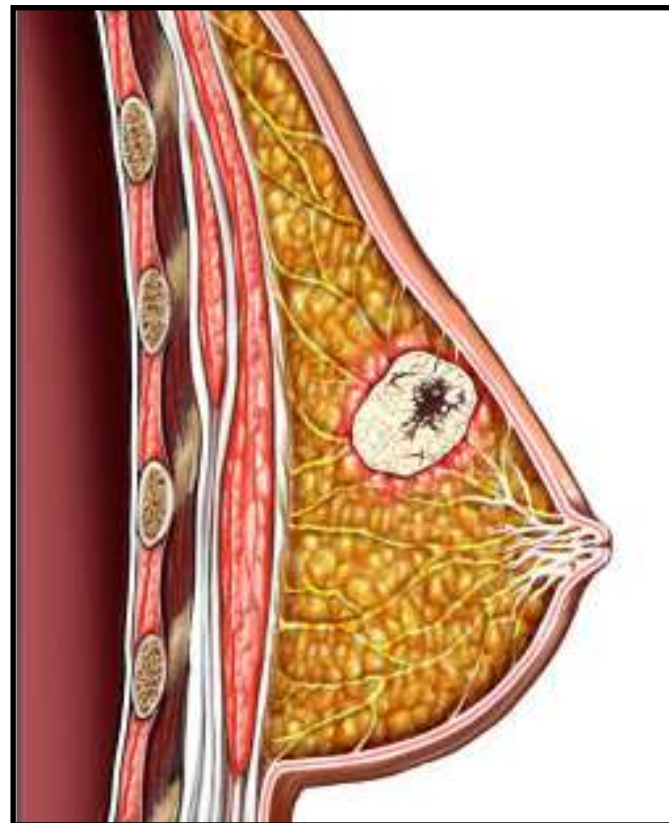


Medical View:

Doctors believe that it is likely that breast cancer is **caused by a complex interaction of a person's genetic makeup and your environment.**

A medical doctor determines your route of treatment based on type, stage, grade, size and whether the cancer cells are sensitive to hormones. A doctor also considers overall health and your own preferences. Most women **undergo surgery for breast cancer** and many also receive **additional treatment after surgery, such as chemotherapy, hormone therapy or radiation.**

Regular follow up screenings are part of the medical system's after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BREAST CANCER GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST CYSTS

A Breast Cyst is a fluid-filled sac within the breast. One breast can have one or more breast cysts. They are often described as round or oval lumps with distinct edges. In texture, a breast cyst usually feels like a soft grape or a water-filled balloon, but sometimes a breast cyst feels firm.



Medical View:

Medical experts say the cause of breast cysts is unknown, though some evidence suggests that **excess estrogen in your body**, which can stimulate the breast tissue, may contribute to breast cysts. Breast cysts develop as a result of **fluid accumulation inside the glands** in the breasts.

Conventional medical treatment options include **fine-needle aspiration, hormonal contraceptive, and surgery**.

The medical system **doesn't recommend anything for after-care**.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BREAST CYSTS GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST INFLAMMATION (MASTITIS)

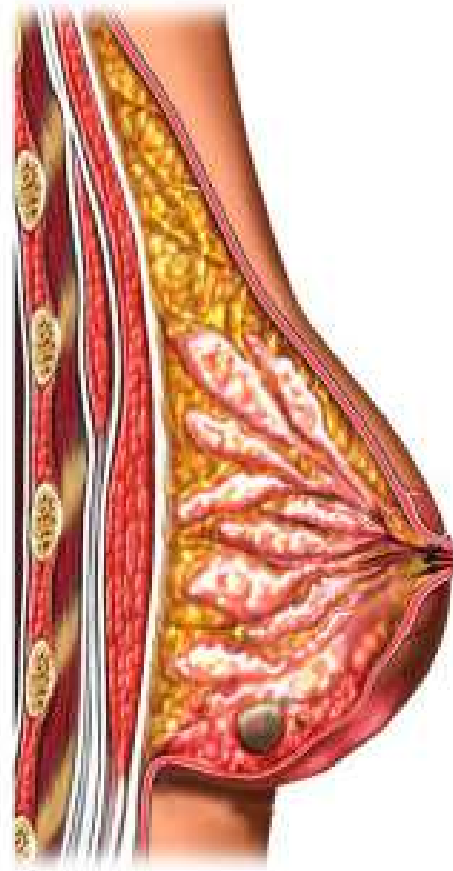
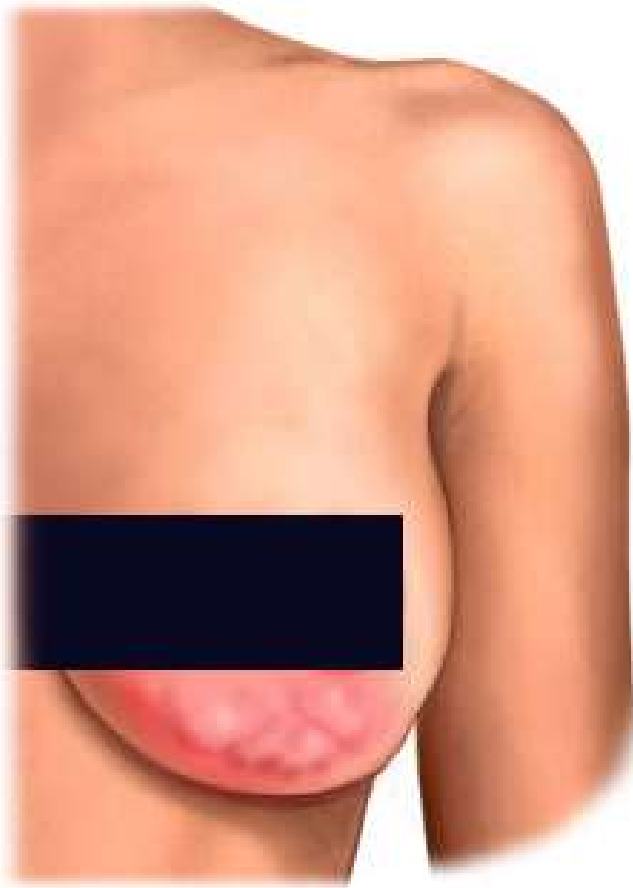
Mastitis is an inflammation of the mammary gland in the breast, typically due to bacterial infection via a damaged nipple or teat.

Medical View:

According to the medical system, a **blocked milk duct or bacteria entering the breast through the baby's mouth** can cause inflammation in the breast.

Antibiotics or anti-inflammatory medications may be prescribed by the medical doctor to treat someone with mastitis.

There is **no medical after-care protocol** for mastitis.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BREAST INFLAMMATION (MASTITIS) GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST LIFT

Breast Lift or mastopexy is the plastic surgery mammoplasty procedure for raising sagging breasts upon the chest of the woman, by changing and modifying the size, contour, and elevation of the breasts.

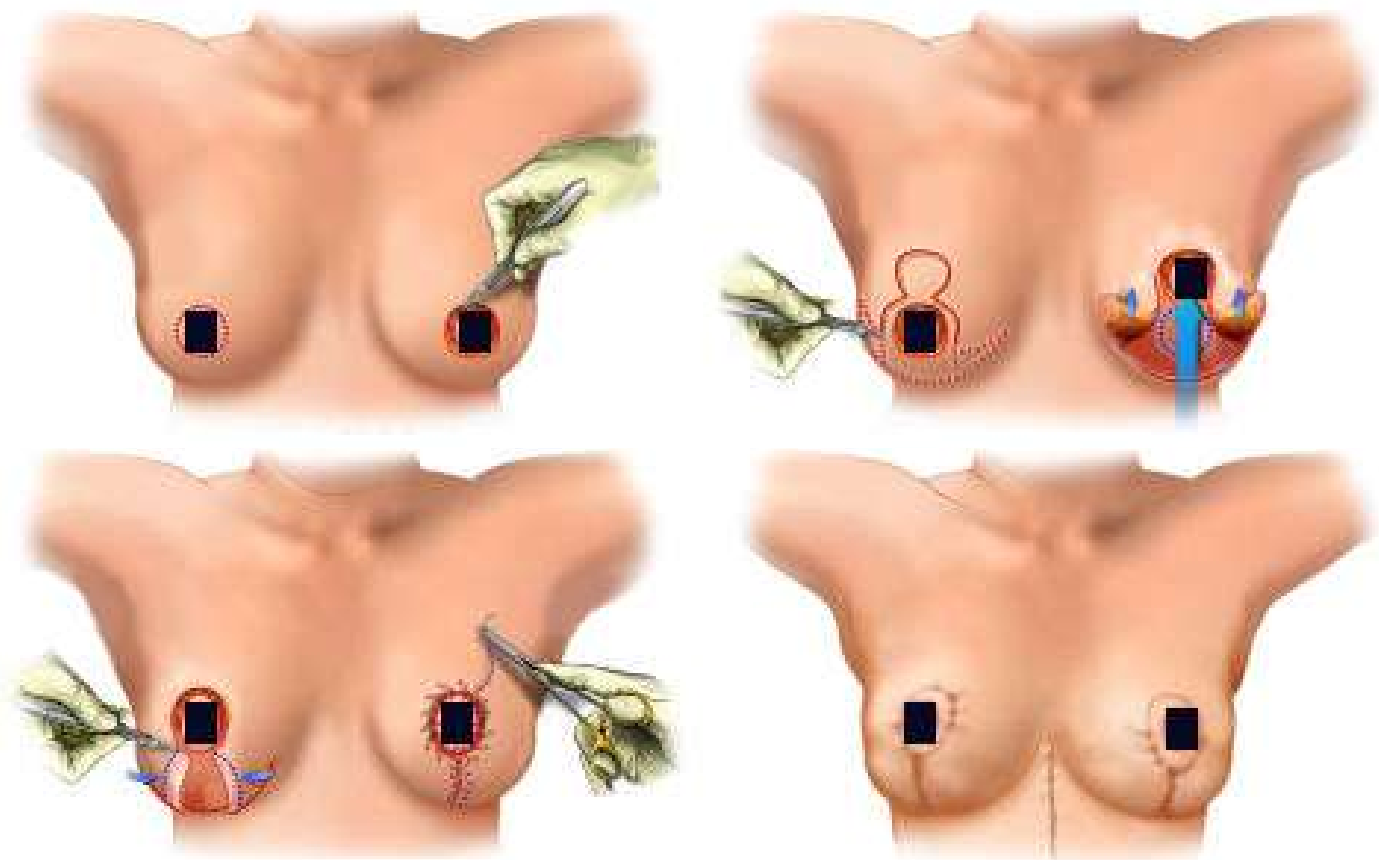
Medical View:

One may choose to have a breast lift after **pregnancy, weight fluctuations, gravity to reduce sagging.**

The medical treatment for a breast lift involves **surgery to remove excess breast tissue and lift the breasts.**

Rest, anti-inflammatories and pain medications are part of the after-care protocol.

SURGICAL BREAST LIFT PROCEDURE



SCAR TISSUE IS THE ISSUE

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING BREAST LIFTS GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST PAIN (MASTALGIA)

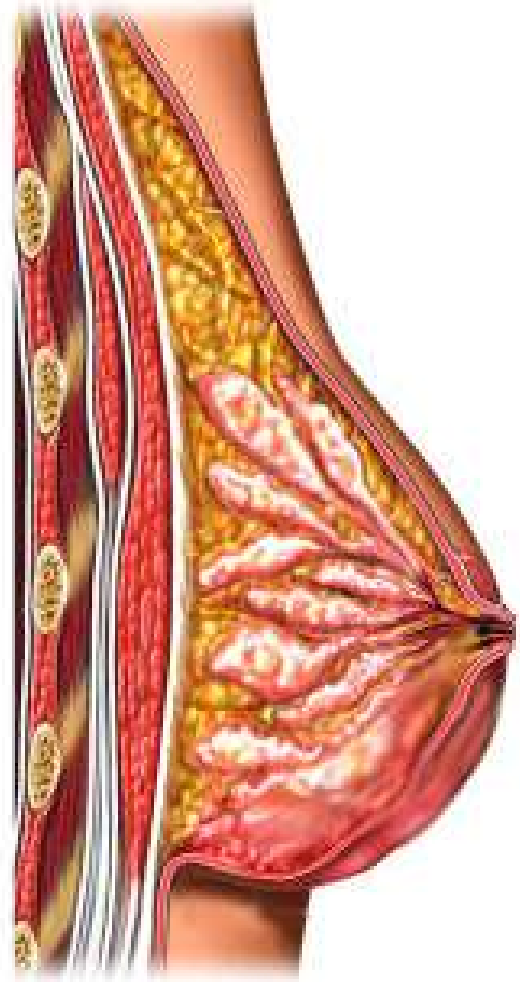
Mastalgia or breast pain is a common complaint among women and can include breast tenderness, sharp burning pain or tightness in your breast tissue. The pain may be constant or it may occur only occasionally.

Medical View:

According to the medical system, the cause of mastalgia is **related to reproductive hormones and certain medications (ie: birth control, antidepressants), breast size, and complications from breast surgery.**

Typical medical treatment options include **adjusting hormonal contraceptives and anti-inflammatory medications.**

There is **no medical after-care protocol** for mastalgia.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BREAST PAIN (MASTALGIA) GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

BREAST REDUCTION

Breast Reduction is a procedure used to remove excess fat, tissue, and skin from the breasts. If you have large breasts, you might choose to have breast reduction surgery to ease the discomfort or to achieve a breast size proportionate to your body.

Medical View:

Chronic back pain, chronic rash or irritation under the skin, poor self-image are all reasons one may decide to have a breast reduction surgery.

Breast reduction is **a surgery done through incisions and liposuction to remove excess fat.**

Rest, anti-inflammatory and pain medications are the general after-care protocol.



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING
BREAST REDUCTION GO TO:**

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

FIBROCYSTIC BREASTS

Fibrocystic Breast is a benign (noncancerous) condition in which the breasts feel lumpy. Fibrocystic breasts aren't harmful or dangerous but maybe bothersome or uncomfortable for some women.

Medical View:

The medical system states the **cause of fibrocystic breasts is not known to doctors** though they suspect that **hormones, especially estrogen play a role.**

Medical treatments include **anti-inflammatory drugs and oral contraceptives.** Rarely, **surgery may be needed** to remove a persistent cyst-like lump.

There is **no medical after-care protocol** for mastitis.



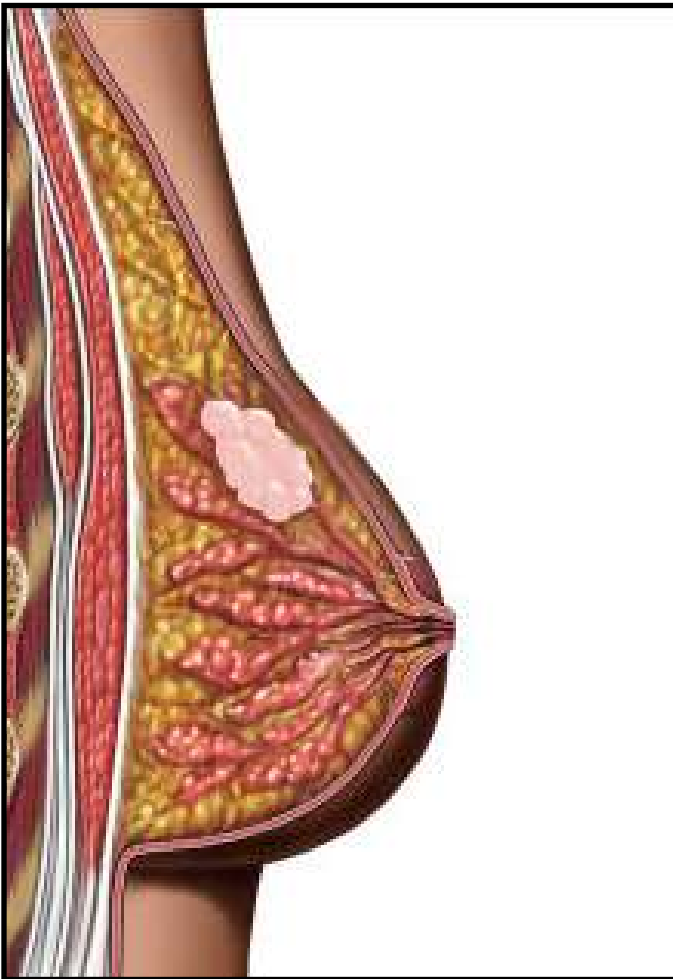
Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING FIBROCYSTIC BREASTS GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

FIBROADENOMAS

Fibroadenoma is the most common type of benign breast tumor, and most don't increase your risk of breast cancer. Although women of any age can develop fibroadenomas, they usually occur in younger, premenopausal women. A fibroadenoma typically has a well-defined round or oval shape and a rubbery-feeling and is painless. When you touch it, it's easy to move around under the skin as opposed to being stuck in one place.



Medical View:

The medical **cause of fibroadenomas is unknown**, but they might be **related to reproductive hormones**. Fibroadenomas occur more often during your reproductive years, can become **bigger during pregnancy or with the use of hormone therapy**, and might shrink after menopause, when hormone levels decrease.

In many cases, **fibroadenomas require no treatment**. However, **some women choose surgical removal** for their peace of mind.

The medical system **doesn't recommend anything for after-care**.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING FIBROADENOMAS GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

MASTECTOMY (RECONSTRUCTION)

Mastectomy is the removal of the whole breast. There are five different types of mastectomy: "simple" or "total" mastectomy, modified radical mastectomy, radical mastectomy, partial mastectomy, and subcutaneous (nipple-sparing) mastectomy.



Medical View:

One may decide to get a mastectomy as a way to **treat or prevent breast cancer**. Some women choose to **undergo breast reconstruction surgery after having a mastectomy**. The surgery requires (removal of the breast), and reconstruction to restore shape to your breast.

Medical after-care includes **antibiotics, anti-inflammatories, pain medications and rest**.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING MASTECTOMY (RECONSTRUCTION) GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

NIPPLE & BREAST ITCHINESS

Dermatitis/Eczema condition of the skin in which it becomes red, swollen, and sore, sometimes with small blisters, resulting from direct irritation of the skin by an external agent or an allergic reaction to it.

Medical View:

The medical cause of **nipple and breast dermatitis/eczema is unknown.**

Anti-inflammatory medications & creams are used when someone is dealing with breast and nipple dermatitis or eczema.

The medical system doesn't recommend anything for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING NIPPLE & BREAST ITCHINESS GO TO:

[A-Z Wellness Masterclass: Lesson 2 - Breast](#)

An anatomical illustration of the human ear and its surrounding structures. The ear is shown in a realistic, three-dimensional style with various shades of pink, red, and white. The ear is positioned in the center of the frame. To the right of the ear, there is a cluster of small, white, rounded structures, likely representing the parotid gland. Above the ear, there are several dark blue, branching structures, possibly representing blood vessels or nerves. The background is a mix of light brown and red, suggesting skin and muscle. The overall style is that of a medical textbook or a high-quality anatomical diagram.

**EAR
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

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TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[The Holy Grail of Healing - Doc Of Detox Show](#)

[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

TINNITUS

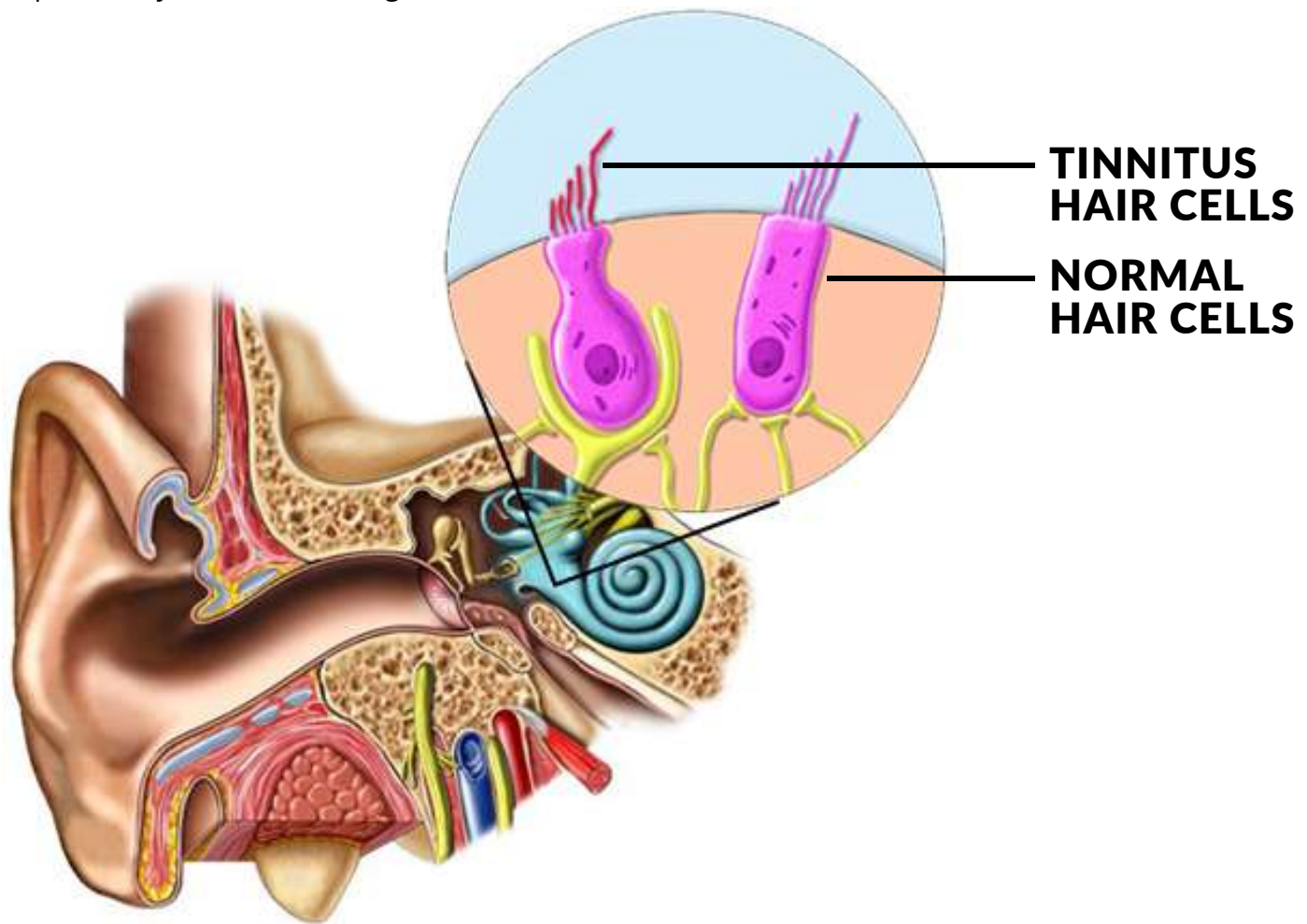
Tinnitus is the perception of noise or ringing in the ears. Tiny, delicate hairs in your inner ear move in relation to the pressure of sound waves. This triggers cells to release an electrical signal through a nerve from your ear (auditory nerve) to your brain. Your brain interprets these signals as sound. If the hairs inside your inner ear are bent or broken, they can “leak” random electrical impulses to your brain, causing tinnitus.

Medical View:

The medical system says the cause of tinnitus is **damage to the hair cells in the inner ear.**

Medical treatments include **ear wax removal and changing your medication.**

The medical system **doesn't recommend anything** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING TINNITUS GO TO:

[A-Z Wellness Masterclass: Lesson 3 - Ear](#)

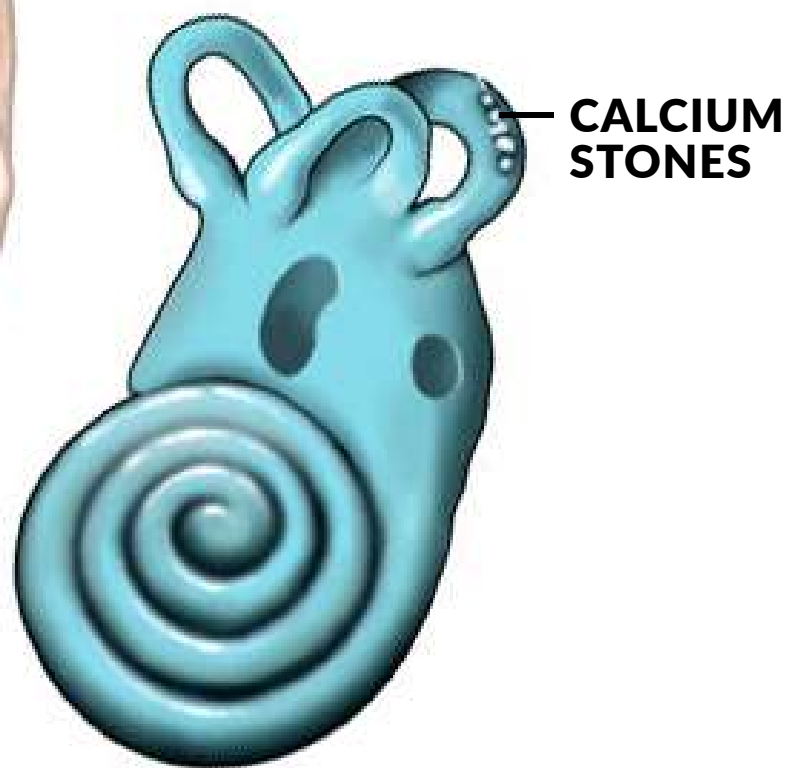
VERTIGO

Vertigo is a sensation of whirling and loss of balance, associated particularly with looking down from a great height or caused by disease affecting the inner ear or the vestibular nerve. Vertigo is caused by a problem in the inner ear. Tiny calcium “stones” inside your inner ear canals help you keep your balance. If you move your head in certain ways, the stones in the semicircular canal can move. Sensors in the semicircular canal are triggered by the displacement of the stones, which causes a feeling of dizziness.

Medical View:

The medical system treats vertigo with **vestibular rehabilitation** and they recommend a series of specific head and body movements to move the calcium deposits out of the canal into an inner ear chamber so they can be absorbed by the body. Other treatments include **medications and surgery**.

The medical system’s after-care protocol includes **vestibular and balance rehabilitation therapy** which is used to teach you exercises to improve your balance and strength.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING VERTIGO GO TO:

[A-Z Wellness Masterclass: Lesson 3 - Ear](#)

HEARING LOSS

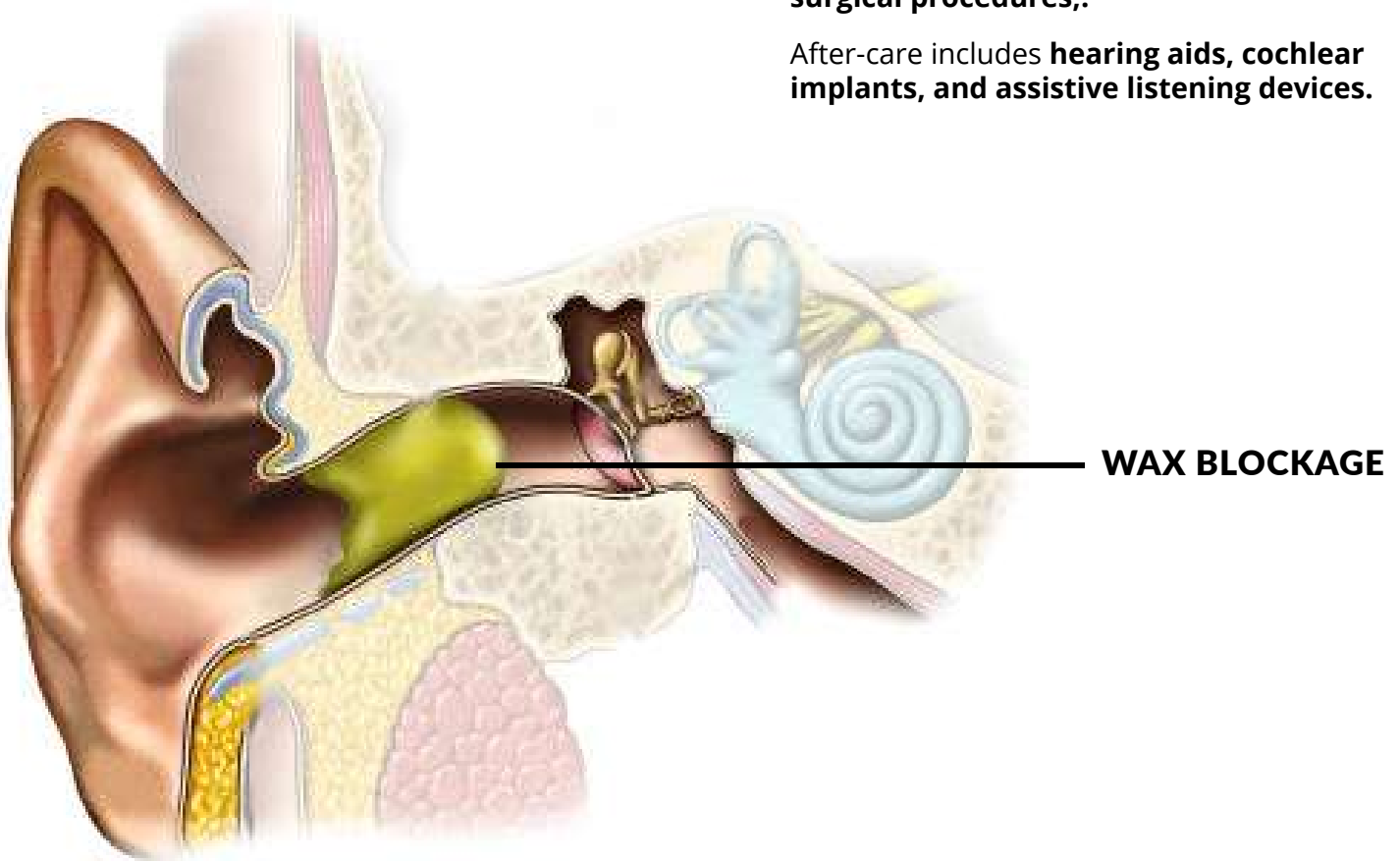
Hearing loss, also known as hearing impairment, is a partial or total inability to hear. A deaf person has little to no hearing. Hearing loss may occur in one or both ears. Hearing loss is diagnosed when hearing testing finds that a person is unable to hear 25 decibels in at least one ear.

Medical View:

Medical causes of hearing loss include **aging, injury, excessive noise exposure, viral infections** (such as measles or mumps), **shingles, ototoxic drugs** (medications that damage hearing), **meningitis, diabetes, stroke, high fever or elevated body temperature, Ménière's disease** (a disorder of the inner ear that can affect hearing and balance), **acoustic tumors, genetics, obesity, smoking, hypertension, and gradual build-up of ear wax.**

Medical treatments include **removing wax blockages, hearing aids, cochlear implants, assistive listening devices, and sometimes surgical procedures.**

After-care includes **hearing aids, cochlear implants, and assistive listening devices.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEARING LOSS GO TO:

[A-Z Wellness Masterclass: Lesson 3 - Ear](#)

**EYE
CONDITIONS**



IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

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MACULAR DEGENERATION

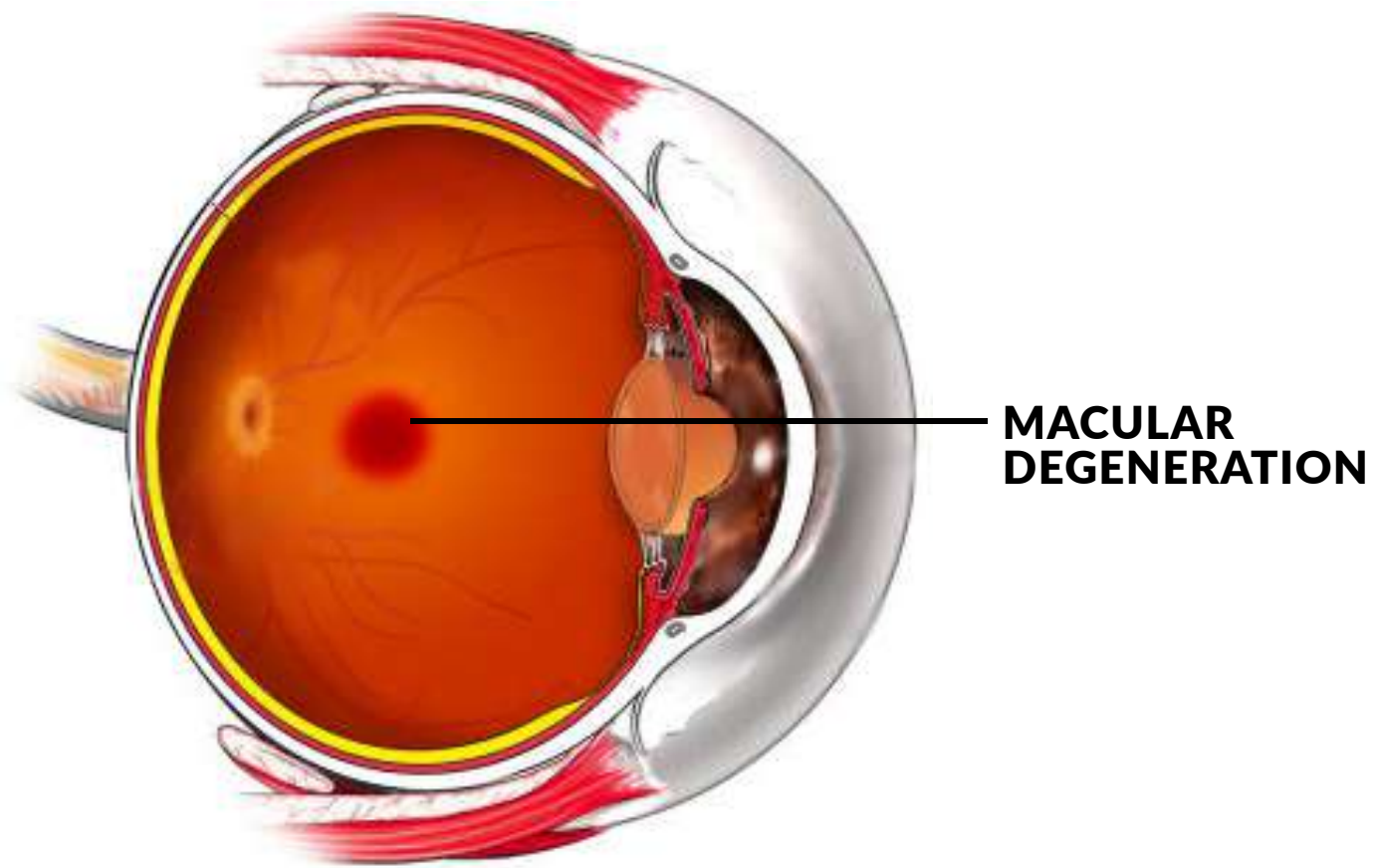
Age-related macular degeneration is a degenerative condition affecting the central part of the retina (the macula), resulting in distortion or loss of central vision. It occurs especially in older adults, in which case it is called age-related macular degeneration.

Medical View:

The medical system says **age, genetics, smoking, and obesity** play a role in the cause of macular degeneration.

There is no cure but the medical system says that these treatments can slow the progression of the condition. Medical treatments include **anti-angiogenic drugs (injecting the drug into the eye) and laser therapy.**

There is no after-care protocol for age-related macular degeneration.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING MACULAR DEGENERATION GO TO:

[A-Z Wellness Masterclass: Lesson 4 - Eye](#)

CATARACTS

If you're over 60 and your vision has gotten blurry or cloudy, you may have cataracts. It's a common condition in older adults, and it can be treated by your eye doctor.

Most cataracts develop when **aging or injury changes the tissue that makes up your eye's lens**. Some **inherited genetic disorders** that cause other health problems can increase your risk of cataracts.

Medical View:

Cataracts can also be **caused by other eye conditions, past eye surgery or medical conditions such as diabetes, and long-term use of steroid medications**.

For medical treatment, if your vision can be corrected with **glasses or contacts**, your doctor will give you a prescription. If it can't, and cataracts are a problem in your daily life, **you may need cataract surgery**.

After-care include **rest and possible medication**.



NORMAL LENS



CATARACT LENS

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CATARACTS GO TO:

[A-Z Wellness Masterclass: Lesson 4 - Eye](#)

DETACHED RETINA

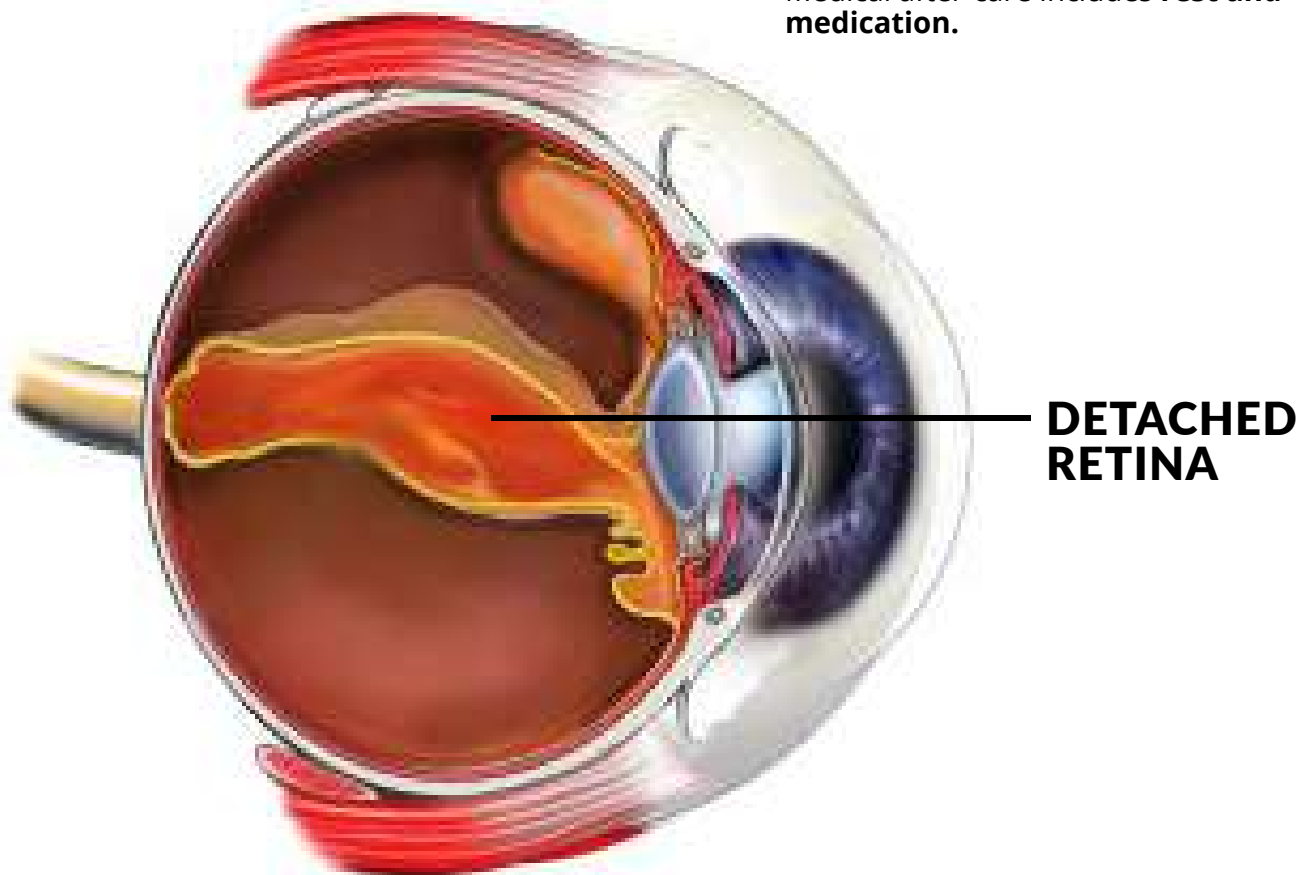
A detached retina is when a retina has become separated from the underlying choroid tissue at the back of the eye, causing loss of vision in the affected area.

Medical View:

The medical causes of a retinal detachment are **injury to the eye, blow to the head, eye diseases, eye surgery, conditions such as diabetes and excessive nearsightedness or myopia**. For unknown reasons, some patients may simply have areas where their retina is thinned.

The medical treatment is surgery. Depending on how and where the retina is detached, **there are multiple forms of surgery that can be done**.

Medical after-care includes **rest and medication**.



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING
DETACHED RETINAS GO TO:**

[A-Z Wellness Masterclass: Lesson 4 - Eye](#)

FLOATERS

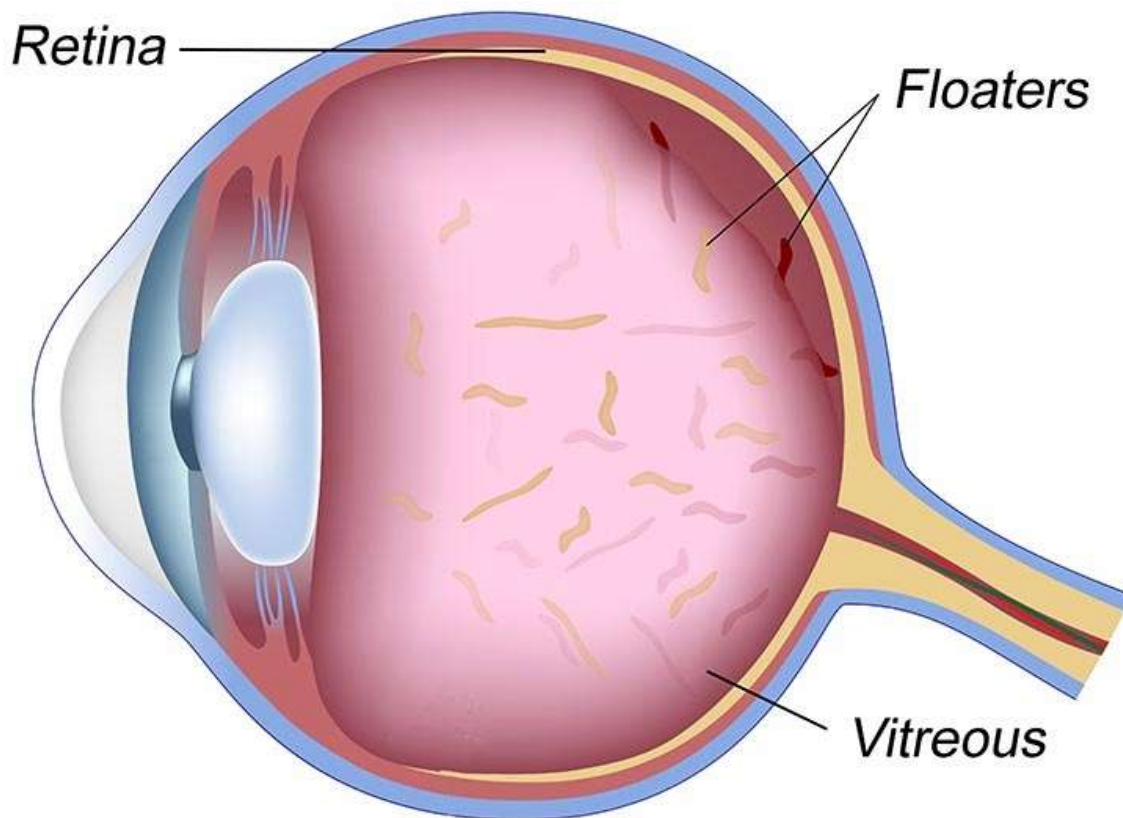
Eye floaters are spots in your vision. Most eye floaters are caused by age-related changes that occur as the jelly-like substance (vitreous) inside your eyes becomes more liquid. Microscopic fibers within the vitreous tend to clump and can cast tiny shadows on your retina. The shadows you see are called floaters.

Medical View:

The medical system says **age, eye inflammation, eye damage, medications** play a role in the development of eye floaters.

Because most floaters aren't harmful, doctors tend not to treat them directly. However, if the floaters interfere with a person's vision, doctors have a few options. The most common procedure is a **vitrectomy**, where doctors insert a hollow needle into the eye and remove the vitreous, replacing it with saltwater. This is an invasive procedure that may cause side effects such as bleeding and retinal tears.

The medical system's after-care protocol includes **prescription eye drops**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING FLOATERS GO TO:

[A-Z Wellness Masterclass: Lesson 4 - Eye](#)

GLAUCOMA

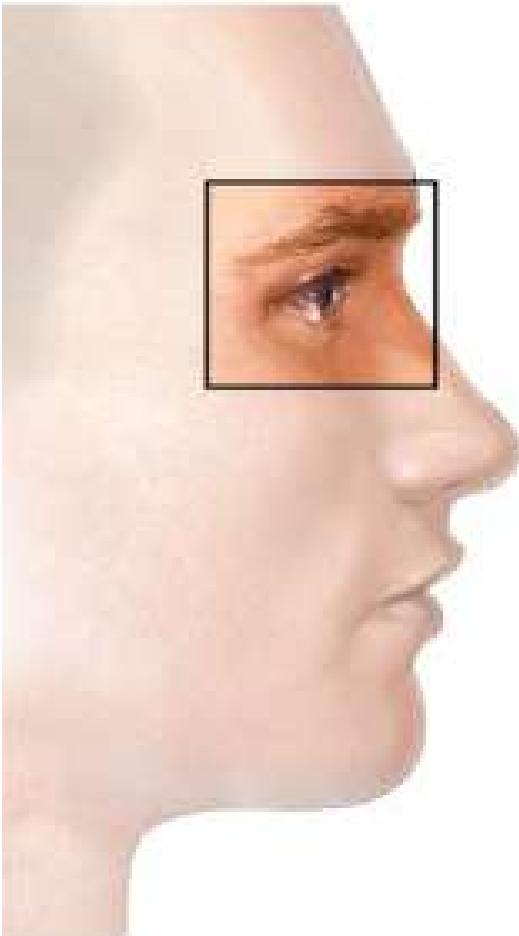
Glaucoma is a condition that causes damage to your eye's optic nerve and gets worse over time. It's often linked to a buildup of pressure inside your eye.

Medical View:

The medical system says it's **the result of an intrinsic deterioration of the optic nerve, which leads to high fluid pressure on the front part of the eye.**

Glaucoma is medically treated by **lowering your eye pressure (intraocular pressure).** Depending on your situation, your options may include **prescription eye drops, oral medications, laser treatment, surgery** or a combination of any of these.

Medical after-care includes **medications and rest.** During the rest of the recovery time, it's generally recommended that postoperative glaucoma patients **avoid strenuous activity.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING GLAUCOMA GO TO:

[A-Z Wellness Masterclass: Lesson 4 - Eye](#)

An anatomical model of the female pelvic region, showing a cross-section of the torso and pelvis. The model is color-coded to distinguish different tissues and organs. The uterus is shown in a reddish-pink hue, with fallopian tubes extending from its upper corners. The ovaries are depicted as small, bumpy, reddish structures. The bladder is shown in a light blue color, and the rectum is in a darker blue. The sigmoid colon is shown in a light pink color. The model also shows the skeletal structure of the pelvis, including the iliac crest, ischium, and pubis. The text "PELVIC CONDITIONS" is overlaid in a white box with a black border in the center of the image.

**PELVIC
CONDITIONS**

IMPORTANT!

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BACTERIAL VAGINOSIS & YEAST INFECTIONS

Bacterial infections in the vagina occur when the natural balance of pH and bacteria are disturbed and an overgrowth of bad bacteria, candida or fungus occurs. Symptoms include a foul “fishy” smell, discharge that may be white, dull grey, greenish, and/or foamy. Some women may experience discomfort like itching, irritation, and/or a burning sensation.

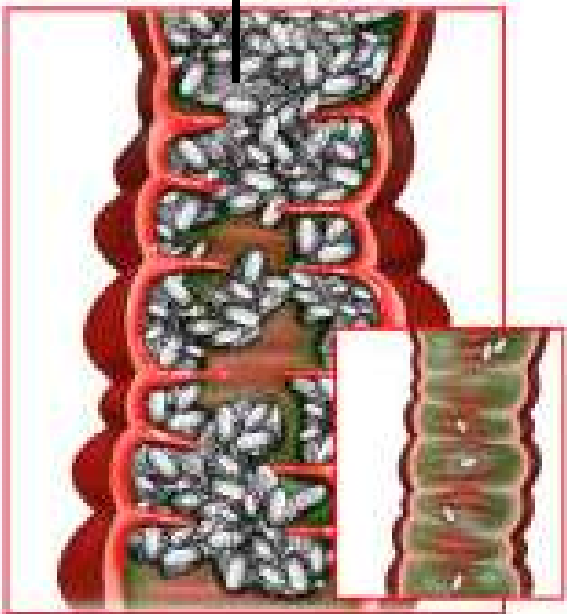
Medical View:

The medical causes can be due to an **overuse of antibiotics** destroy the harmful bacteria as well as healthy bacteria, when this happens the delicate balance is thrown off and an overgrowth of bacteria begins to occur. **Poor sexual and bathroom hygiene** can also increase the risk of bacterial infection.

Medical doctors generally recommend **internal and topical antibiotics, topical fungal creams and anti-fungal medications**.

The medical system will suggest **continuing with medications and will now suggest taking probiotics** to help balance bacteria.

BACTERIAL INFECTION



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BACTERIAL VAGINOSIS & YEAST INFECTIONS GO TO:

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BLADDER CANCER

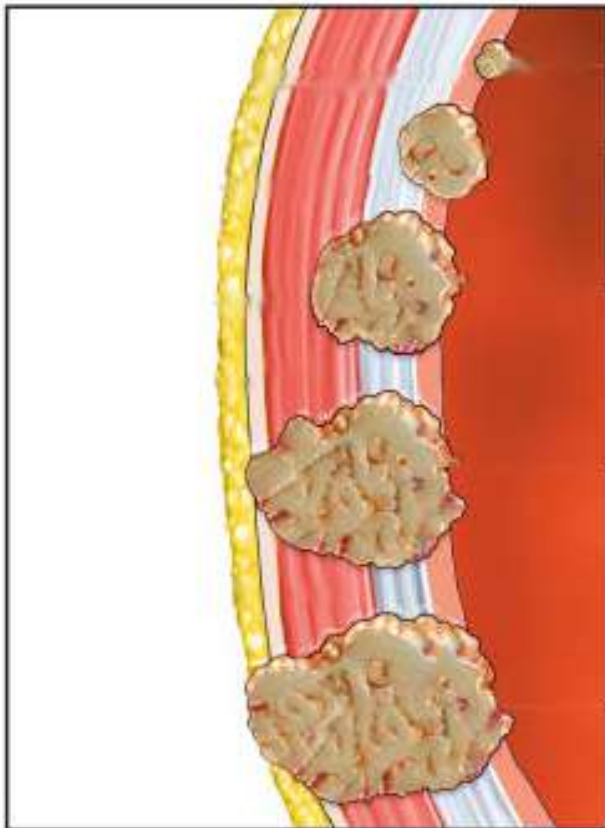
Bladder Cancer is a disease caused by an uncontrolled division of abnormal cells in a part of the body.

Medical View:

The medical system states that the risks associated with bladder cancer include **smoking, exposure to chemicals, past radiation exposure, chronic irritation of the lining of the bladder, and parasitic infection.**

Treatments used in conventional medicine include **surgery, chemotherapy, and radiation.**

Recommendations for after-care are **healthy diet and exercise, and routine follow-ups.**



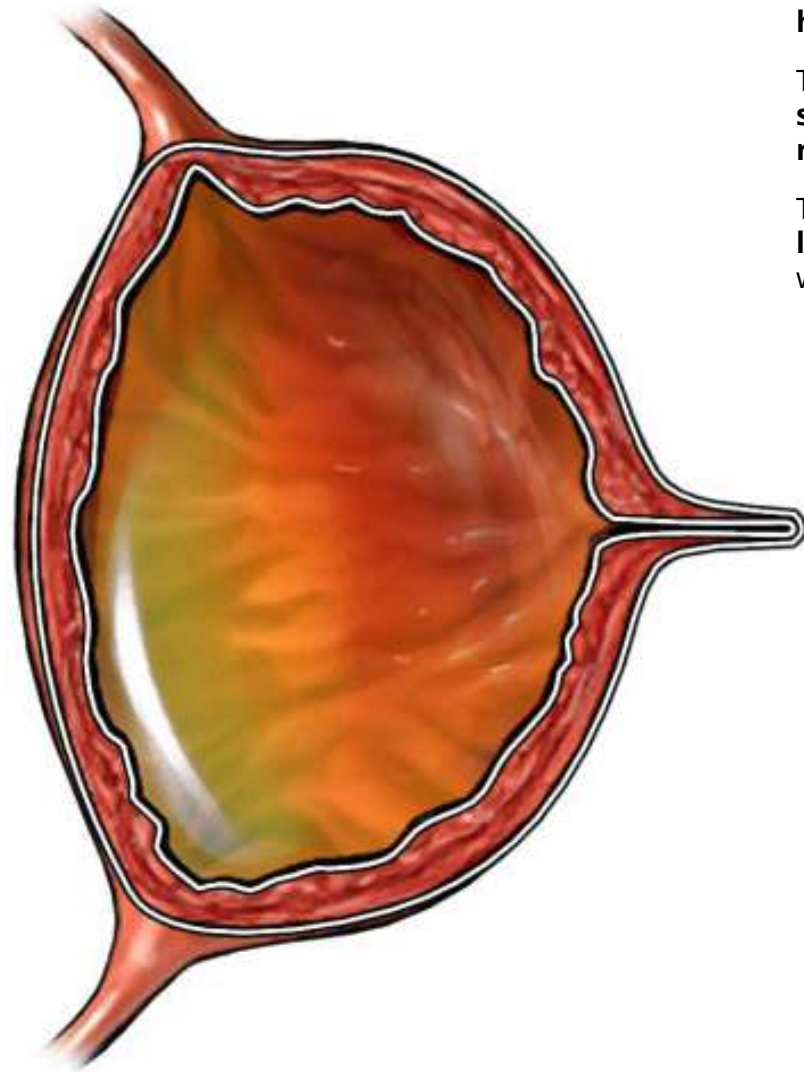
Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
BLADDER CANCER GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

BLADDER INFECTIONS

A urinary tract infection (UTI) is an infection in any part of your urinary system - your kidneys, ureters, bladder and urethra. Most infections involve the lower urinary tract - the bladder and the urethra.



Medical View:

According to the medical system, bladder infections are typically caused **when E. coli bacteria enters the urethra and begins to multiply in the bladder. This can be caused by frequent sexual intercourse, not urinating immediately after sex, not using condoms, wiping back to front after a bowel movement, diabetes, using a diaphragm or spermicide, taking certain drugs, exposure to radiation, ongoing use of a catheter, and irritating hygiene products.**

The medical system uses **antibiotics, topical steroid creams, and other medications to reduce burning and pain.**

The medical system will suggest **low dose, long-term antibiotics** will be used for people with chronic bladder infections.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BLADDER INFECTIONS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

BLOCKED FALLOPIAN TUBES

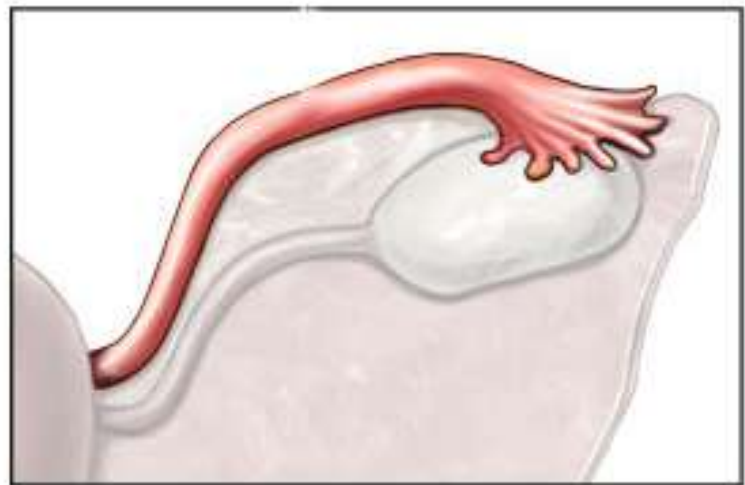
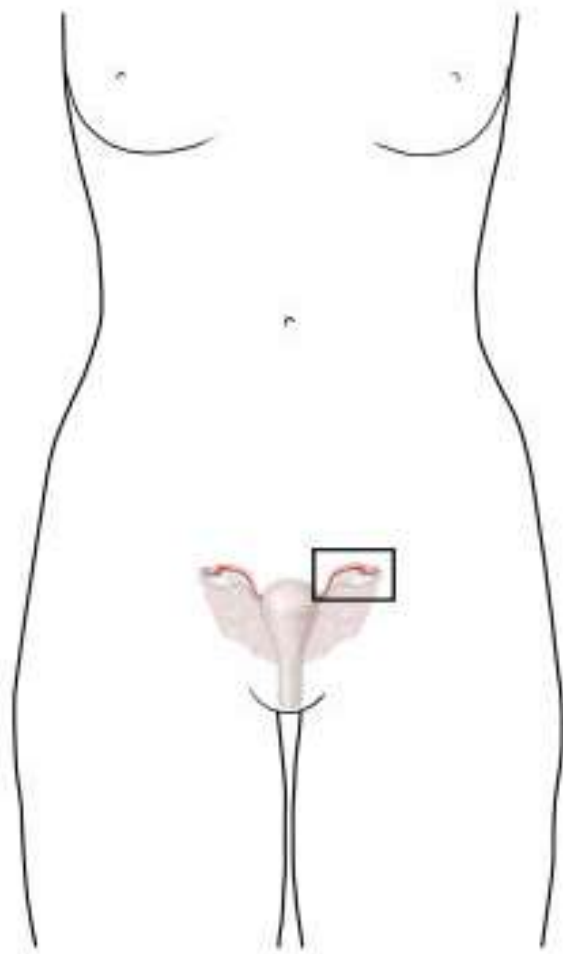
Blocked Fallopian Tubes are one of the most common causes of infertility issues. If a fallopian tube is blocked, the passage for sperm to get to the eggs, as well as the path back to the uterus for the fertilized egg, is blocked. Common reasons for blocked fallopian tubes include scar tissue, infection, and pelvic adhesions.

Medical View:

The medical causes for blocked fallopian tubes include **Pelvic inflammatory Disease, certain STIs, scar tissue from endometriosis, past ectopic pregnancy, fibroids, scar tissue from past abdominal surgery, pelvic adhesions, and infection.**

Medical treatments include **fertility drugs and laparoscopy surgery.**

The medical system suggests **maintaining a healthy weight, avoid alcohol and caffeine, and reduce stress** for after-care.



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
BLOCKED FALLOPIAN TUBES GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

CERVICAL CANCER

Cervical cancer is a type of cancer that occurs in the cells of the cervix — the lower part of the uterus that connects to the vagina.



Medical View:

According to the medical system, **cervical cancer is caused by various strains of the human papillomavirus (HPV)**, a sexually transmitted infection. When exposed to HPV, the body's immune system typically prevents the virus from doing harm.

Conventional treatment for gynecologic cancers includes **surgery, radiation therapy, chemotherapy, hormone therapy or targeted therapy**. Often times more than one treatment is used. The treatment used varies depending on many factors including the type, stage, grade, as well as age and general health of the patient.

For at-home after-care the medical system will recommend **exercise, maintaining a healthy weight and eating a balanced diet and regular follow up scans and tests**.

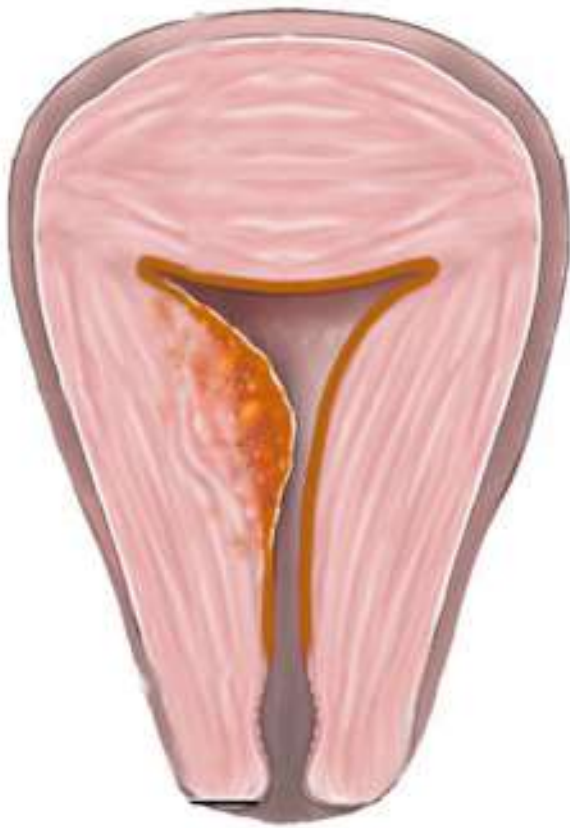
Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
CERVICAL CANCER GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

ENDOMETRIAL CANCER

Endometrial cancer begins in the layer of cells that form the lining (endometrium) of the uterus. Endometrial cancer is sometimes called uterine cancer. Other types of cancer can form in the uterus, including uterine sarcoma, but they are much less common than endometrial cancer.

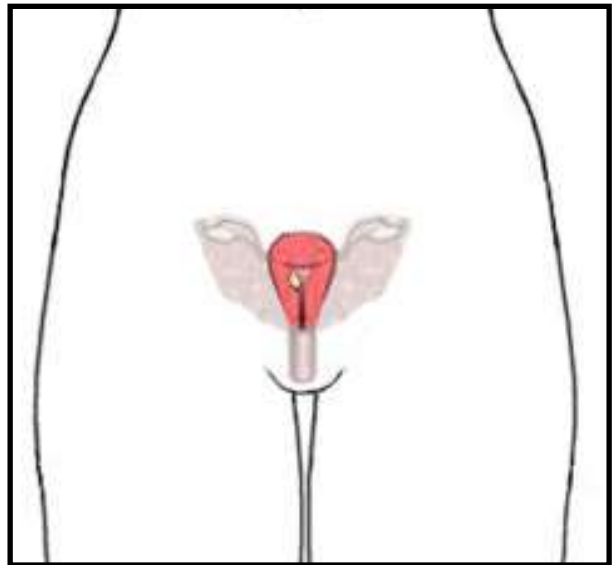


Medical View:

Doctors don't know what causes endometrial cancer. What's known is that something occurs to create changes (mutations) in the DNA of cells in the endometrium, the lining of the uterus. They suspect **genetics, age, weight and hormonal imbalances** to play a role.

Conventional treatment for gynecologic cancers may consist of **surgery, radiation therapy, chemotherapy, hormone therapy or targeted therapy.** Often times more than one treatment is used. The treatment used varies depending on many factors including the type, stage, grade, as well as age and general health of the patient.

For at-home after-care the medical system will recommend **exercise, maintaining a healthy weight and eating a balanced diet and regular follow up scans and tests.**



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
ENDOMETRIAL CANCER GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

ENDOMETRIOSIS

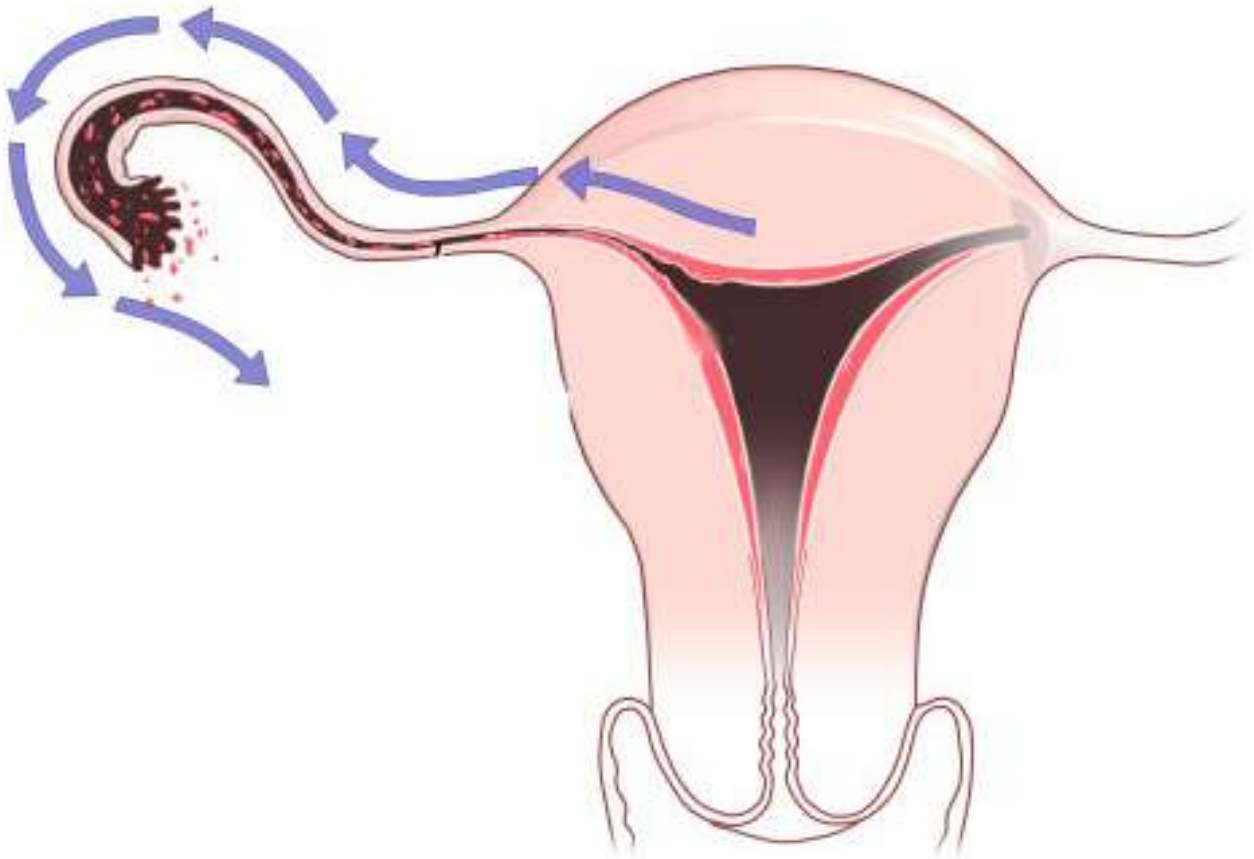
Endometriosis is a condition resulting from the appearance of endometrial tissue outside the uterus and causing pelvic pain. Because this displaced tissue has no way to exit your body, it becomes trapped. Surrounding tissue can become irritated, eventually developing scar tissue and adhesions — abnormal bands of fibrous tissue that can cause pelvic tissues and organs to stick to each other.

Medical View:

The medical system says endometriosis can be caused by a number of factors including **a retrograde period** (when a woman's menstrual blood flows back into her body during her period which causes displaced endometrial cells), **hormonal imbalances**, **surgical scars**, **transformation of peritoneal and embryonic cells**, and **immune system disorder**.

The medical treatment for endometriosis usually involves **medications or surgery** depending on the severity of the condition.

The after-care approach taken by the medical doctor is usually **hormonal contraceptives**, **hormone therapy** and **anti-inflammatory drugs**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ENDOMETRIOSIS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

ERECTILE DYSFUNCTION

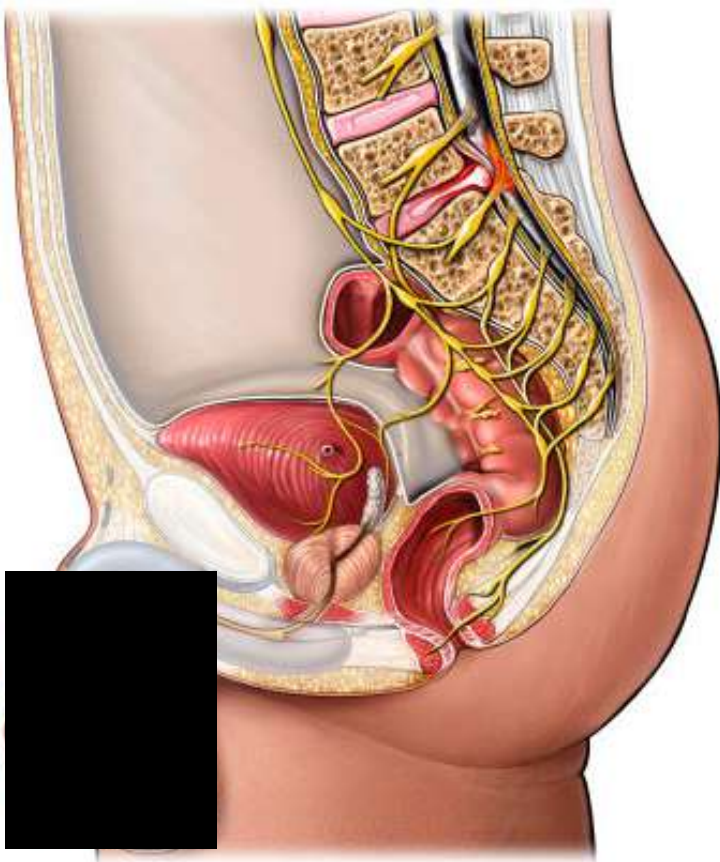
Erectile dysfunction (impotence) is the inability to get and keep an erection firm enough for sex.

Medical View:

According to the medical system, **mental health conditions** such as **anxiety and depression** can contribute to issues with erectile function. Other causes may include **chronic health conditions** (ie: obesity, metabolic syndrome, increased blood pressure, high insulin levels, body fat around the waist and high cholesterol, development of scar tissue inside the penis, alcoholism and other forms of substance abuse, and sleep disorders), **surgeries or injuries that affect the pelvic area or spinal cord.**

Medical treatment options include **oral medications like Viagra, injection medications, urethral suppositories, testosterone replacement, penis pumps, surgery or implants** to deal with this concern.

Medical after-care may include **psychological counselling** if someone is dealing with **mental health issues and/or ongoing medications.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ERECTILE DYSFUNCTION GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

FIBROIDS

Fibroids are abnormal growths that develop in or on a woman's uterus. Sometimes these tumors become quite large and cause severe abdominal pain and heavy periods. In other cases, they cause no signs or symptoms at all. The growths are typically benign, or noncancerous.

Medical View:

According to the medical system, **the cause of uterine fibroids is unknown**, but research and clinical experience point to these factors for higher risk of fibroids, **women of child-bearing years (when estrogen levels are higher), being overweight, hormonal imbalances and birth control containing estrogen.**

Medical treatments generally include **medications to regulate hormones and surgery to remove fibroids.**

For at-home after-care, the medical system will ask you to **monitor condition, pain medication, anti-inflammatory medications, and hormone medications.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING FIBROIDS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

INFLAMED PROSTATE

Inflamed Prostate or Prostatitis is swelling and inflammation of the prostate gland, a walnut-sized gland situated directly below the bladder in men.

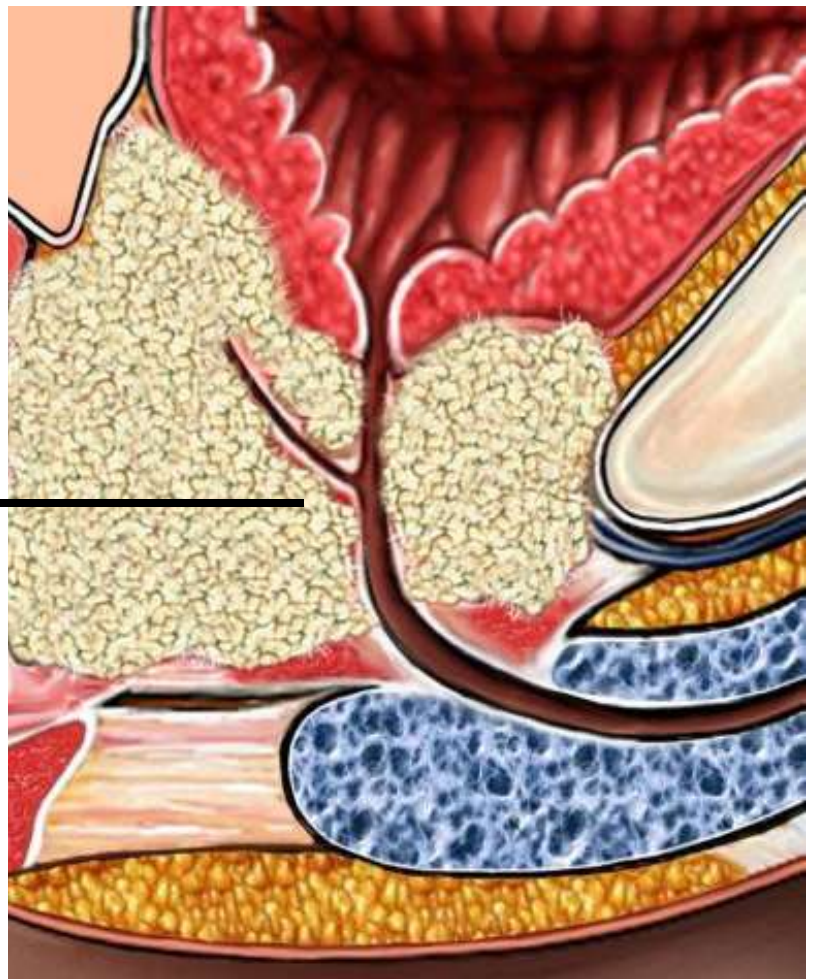
It can be caused by nerve damage from surgery or bacterial infection from urine seeping into the prostate, the immune system's response to a previous urinary tract infection (UTI), sexually transmitted infections (STIs).

Medical View:

Medical treatments include **medications such as anti-inflammatories, alpha-blockers, antibiotics** may be given and surgery may be required in some cases depending on severity.

The medical system recommends **a prostate exam once every year if you are over the age of 40** for an after-care protocol.

INFLAMMED PROSTATE



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING INFLAMED PROSTATE GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

INGUINAL HERNIA

An inguinal hernia occurs when tissue, such as part of the intestine protrudes through a weak spot in the abdominal muscles. The resulting bulge can be painful, especially when you cough, bend over or lift a heavy object.

Medical View:

Medical causes for an inguinal hernia include **a pre-existing weak spot in the abdominal wall, straining during bowel movements or urination, chronic coughing or sneezing, strenuous activity, and smoking.**

Medical treatment options include **a belt that can be worn to support the area, or surgery (laparoscopy).**

For at-home after-care general recommendations include the **use of a catheter to help with urinating and anti-inflammatory medications.**



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
INGUINAL HERNIAS GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

KIDNEY STONES

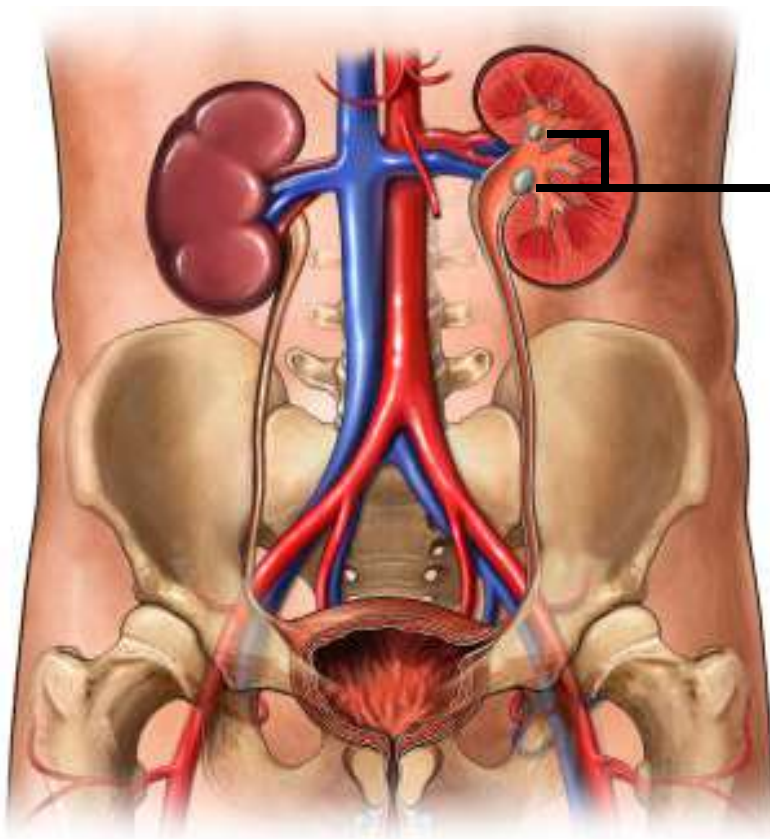
Kidney stones form when the urine becomes concentrated containing more crystal-forming substances, allowing minerals to crystallize and stick together. A perfect storm is created to form kidney stones.

Medical View:

Medical causes for kidney stones are linked to **genetics, chronic dehydration, high body weight, and digestive disorders.**

Conventional treatment options vary depending on severity. For less severe cases **anti-inflammatories and alpha-blockers may be used** (relaxes the muscles in your ureter, helping you pass the kidney stone more quickly and with less pain.) For larger stones, **surgery** may be needed (percutaneous nephrolithotomy involves surgically removing a kidney stone using small telescopes and instruments inserted through a small incision in your back).

Medications may be prescribed to control the amount of minerals and salts in your urine for an after-care protocol.



KIDNEY STONES

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING KIDNEY STONES GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

MENSTRUAL CONDITIONS

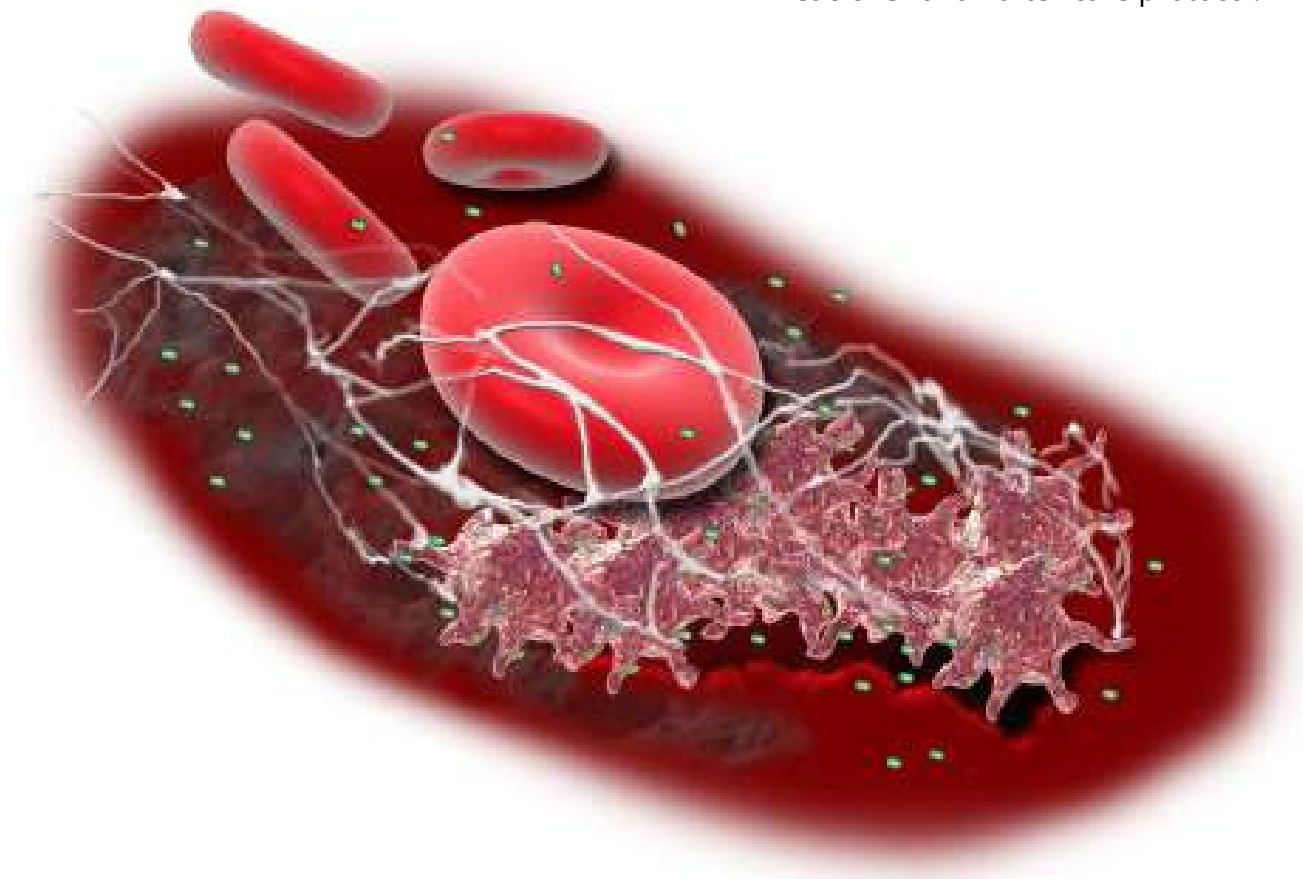
Vaginal Blood Clotting, Painful Periods, PMS, Menopause, Painful Sex

Medical View:

The medical cause of menstrual conditions include **hormonal imbalance, fibroids, endometriosis, adenomyosis (a condition in which the inner lining of the uterus breaks through the muscle wall of the uterus), and thyroid dysfunction.**

The medical treatment for menstrual conditions include **anti-inflammatory medications and oral contraceptives.**

The medical system will suggest **hormonal contraceptives and anti-inflammatory medications** for an after-care protocol.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING MENSTRUAL CONDITIONS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

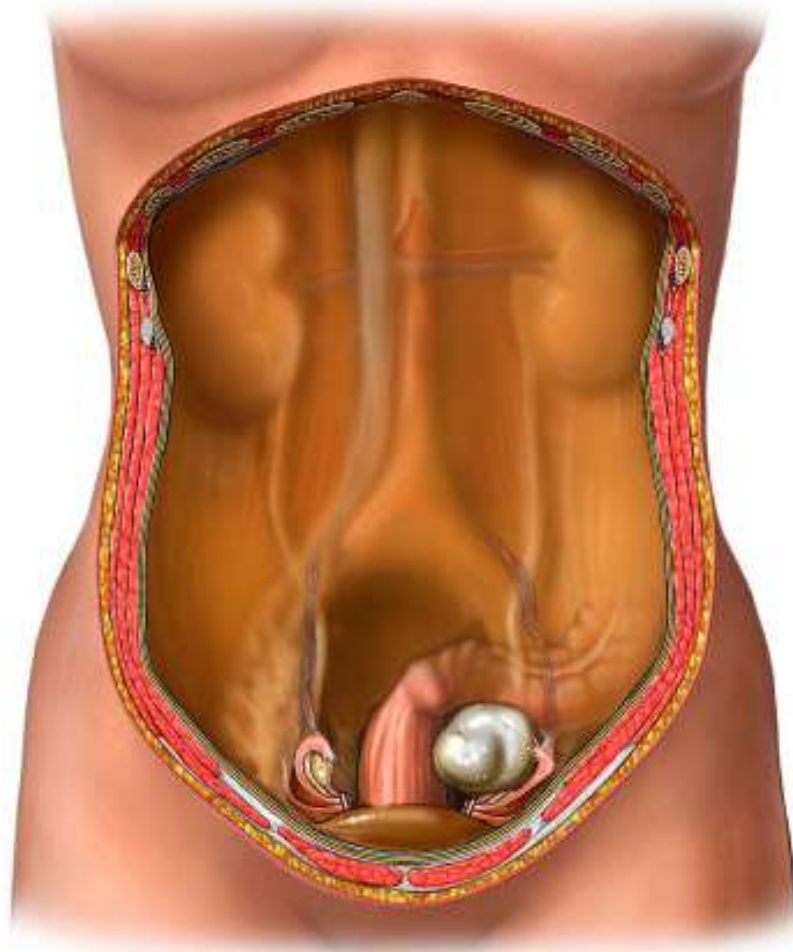
OVARIAN CANCER

Ovarian cancer often goes undetected until it has spread within the pelvis and abdomen. At this late stage, ovarian cancer is more difficult to treat. Early-stage ovarian cancer, in which the disease is confined to the ovary, is more likely to be treated successfully.

Medical View:

Conventional treatment for gynecologic cancers may consist of **surgery, radiation therapy, chemotherapy, hormone therapy or targeted therapy**. Often times more than one treatment is used. The treatment used varies depending on many factors including the type, stage, grade, as well as age and general health of the patient.

For at-home after-care the medical system will recommend **exercise, maintaining a healthy weight and eating a balanced diet and regular follow up scans and tests**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING OVARIAN CANCER GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

PELVIC ADHESIONS

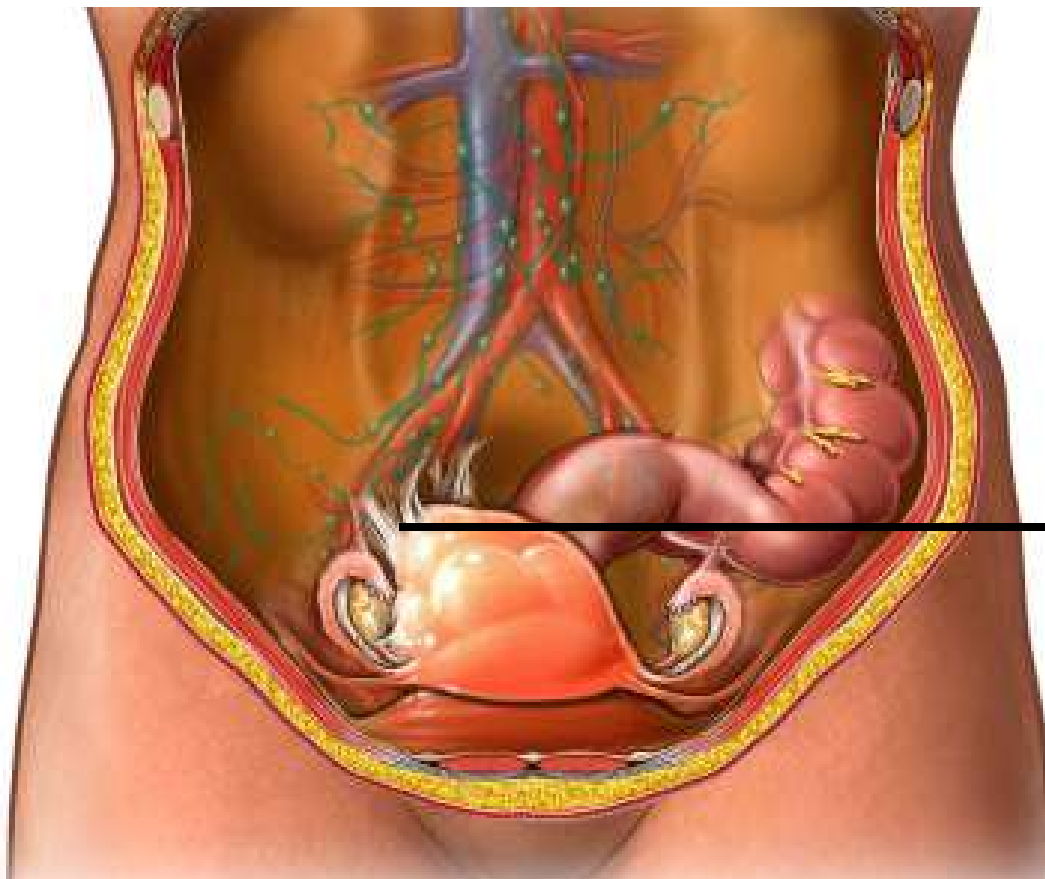
Pelvic Adhesions are bands of scar tissue that form between pelvic tissues and organs. Normally, internal tissues and organs have slippery surfaces, which allow them to shift easily as the body moves. Adhesions cause tissues and organs to stick together.

Medical View:

According to the medical system most often, **adhesions are the result of previous surgery**, but some can occur following **pelvic infection**, and many times they accompany more **severe stages of endometriosis**.

The medical treatment for pelvic adhesions is surgery. According to the medical system, this is the only way to treat adhesions.

There is **no medical after-care protocol**.



**ADHESIONS ON
BLADDER**

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PELVIC ADHESIONS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

PELVIC INFLAMMATORY DISEASE

Pelvic inflammatory disease (PID) is an infection of the female reproductive organs. It usually occurs when sexually transmitted bacteria spread from your vagina to your uterus, fallopian tubes or ovaries.

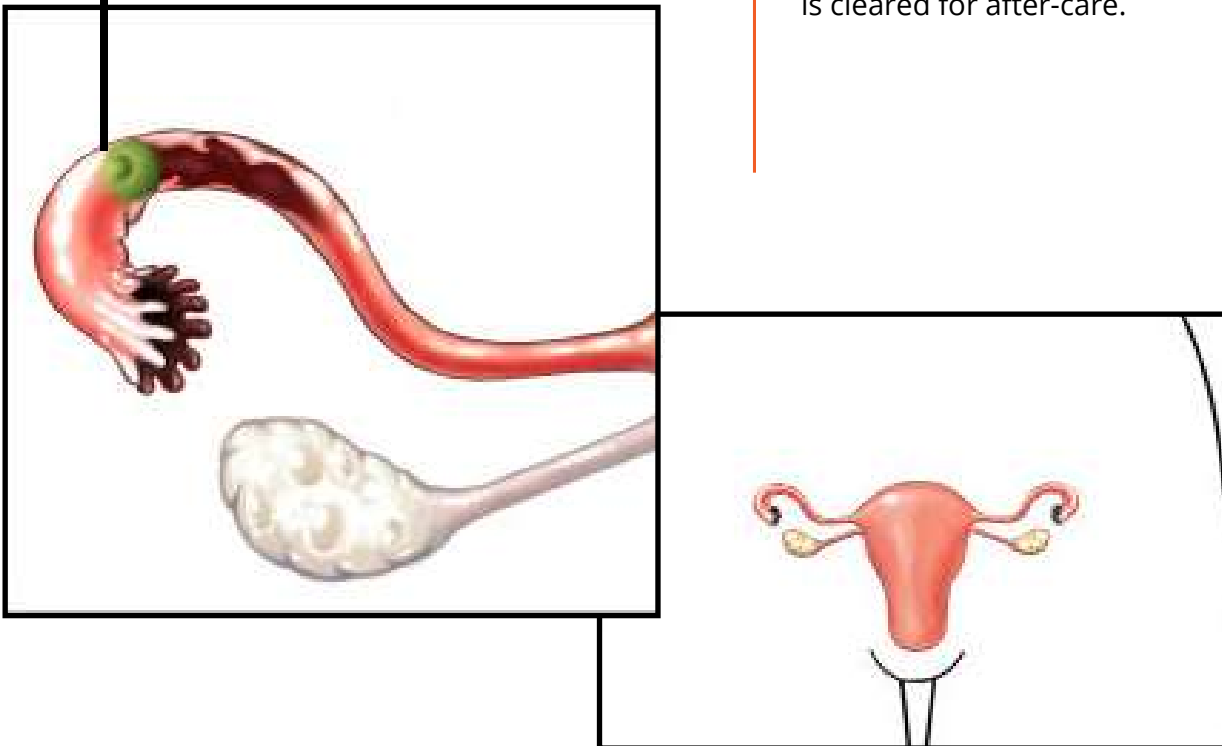
Many types of bacteria can cause PID, but gonorrhea or chlamydia infections are the most common. These bacteria are usually acquired during unprotected sex.

Medical View:

The medical system generally prescribes **antibiotics** for this condition.

The medical system suggest **practicing safe sex, temporary abstinence** until the condition is cleared for after-care.

FALLOPIAN TUBE INFECTION



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PELVIC INFLAMMATORY DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

POLYCYSTIC OVARY SYNDROME (PCOS)

The word “polycystic” means “many cysts”. PCOS is a condition that affects a woman’s hormone levels. Women with PCOS produce higher-than-normal amounts of male hormones. This hormone imbalance causes them to skip menstrual periods and makes it harder for them to get pregnant. In PCOS, many fluid-filled (a.k.a follicles) sacs grow inside the ovaries. These follicles containing immature eggs never mature enough to trigger ovulation. The lack of ovulation creates an imbalance of female hormones and a higher level of androgens (male hormones). The excess of male hormones creates changes in menstrual cycle ie: irregular, missed or heavy periods.



Medical View:

The medical system says **genetics** play a big part to blame for PCOS. **Excess androgens and excess insulin** are also contributing factors to PCOS.

The medical treatment for PCOS generally includes **anti-inflammatory medications, hormone therapy and surgery (hysterectomy)**.

Medical after-care recommendations include **hormone therapy, maintaining a healthy weight and exercise**.

Dr. Darrell Wolfes' View:

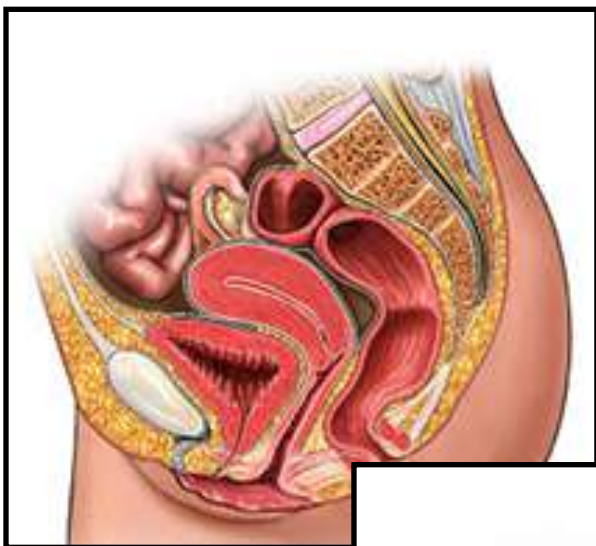
TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING POLYCYSTIC OVARY SYNDROME GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

PROLAPSED BLADDER (CYSTOCELE)

A prolapsed bladder occurs when the bladder wall bulges into the vaginal space. It results when supporting muscles and tissues for the bladder give way.

NORMAL BLADDER

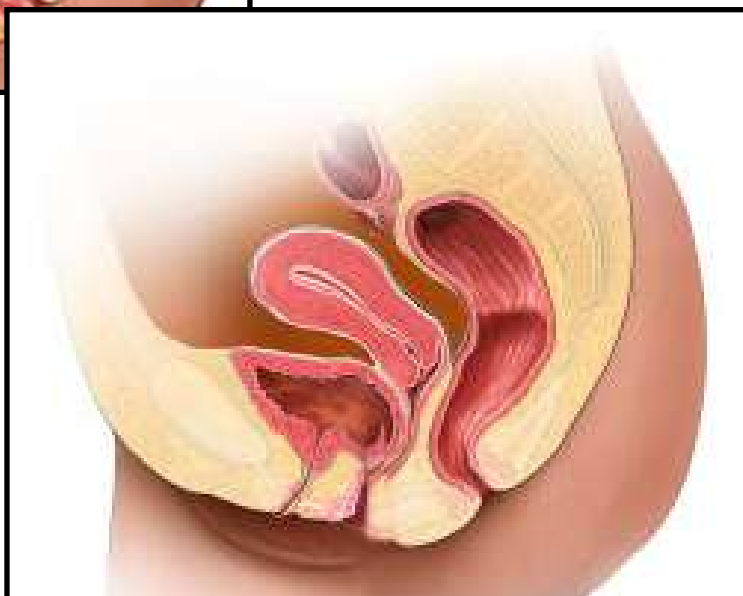


Medical View:

The medical causes of a prolapsed bladder include **aging, weak pelvic floor muscles and ligaments that support the bladder, previous pelvic surgery, obesity, heavy manual labor, childbirth, repetitive straining for bowel movements (constipation).**

Medical treatments include using a **pessary or surgery** for more severe cases.

Medical after-care treatments include **pelvic floor exercises and pessaries.**



PROLAPSED BLADDER

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PROLAPSED BLADDER GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

PROLAPSED UTERUS

Uterine prolapse occurs when pelvic floor muscles and ligaments stretch and weaken and no longer provide enough support for the uterus. As a result, the uterus slips down into or protrudes out of the vagina.

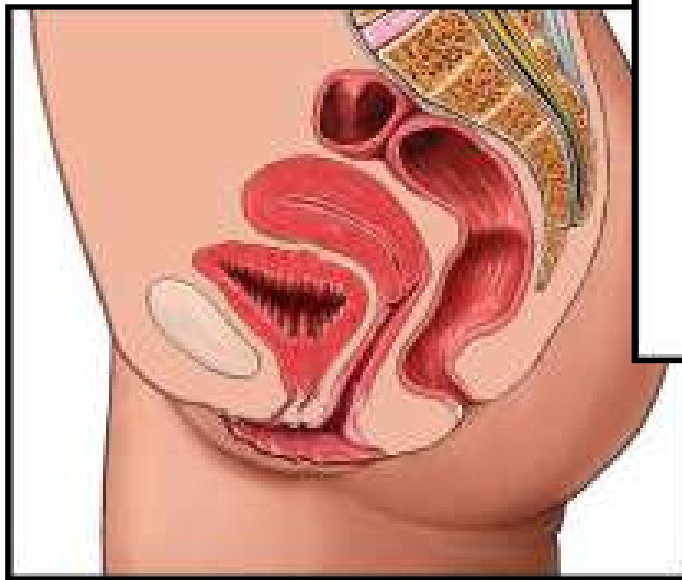
A prolapsed uterus can be caused by trauma to the pelvic muscles and supportive tissues such as pregnancy, difficult labor, being overweight, lower estrogen levels, chronic constipation or straining with bowel movements, chronic cough, bronchitis or repeated heavy lifting.

Medical View:

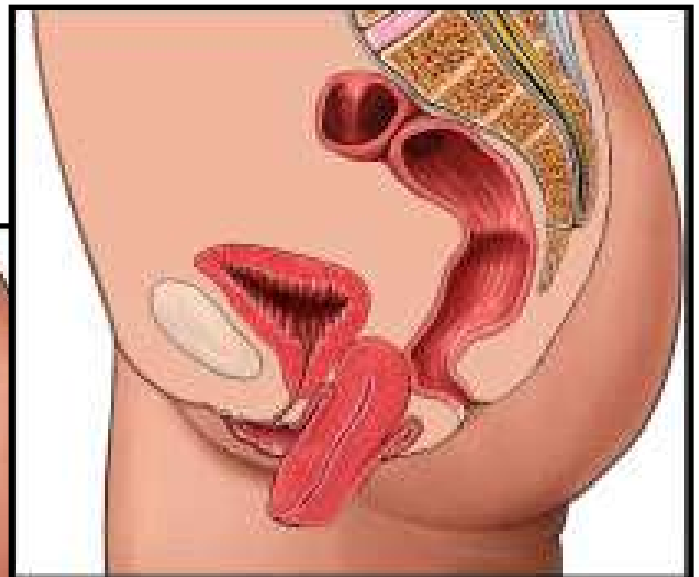
Medical treatments include using a **pessary and surgery**.

Medical after-care suggestions from medical doctors include **pessaries and pelvic floor exercises**.

PROLAPSED UTERUS



NORMAL UTERUS



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PROLAPSED UTERUS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

PROSTATE CANCER

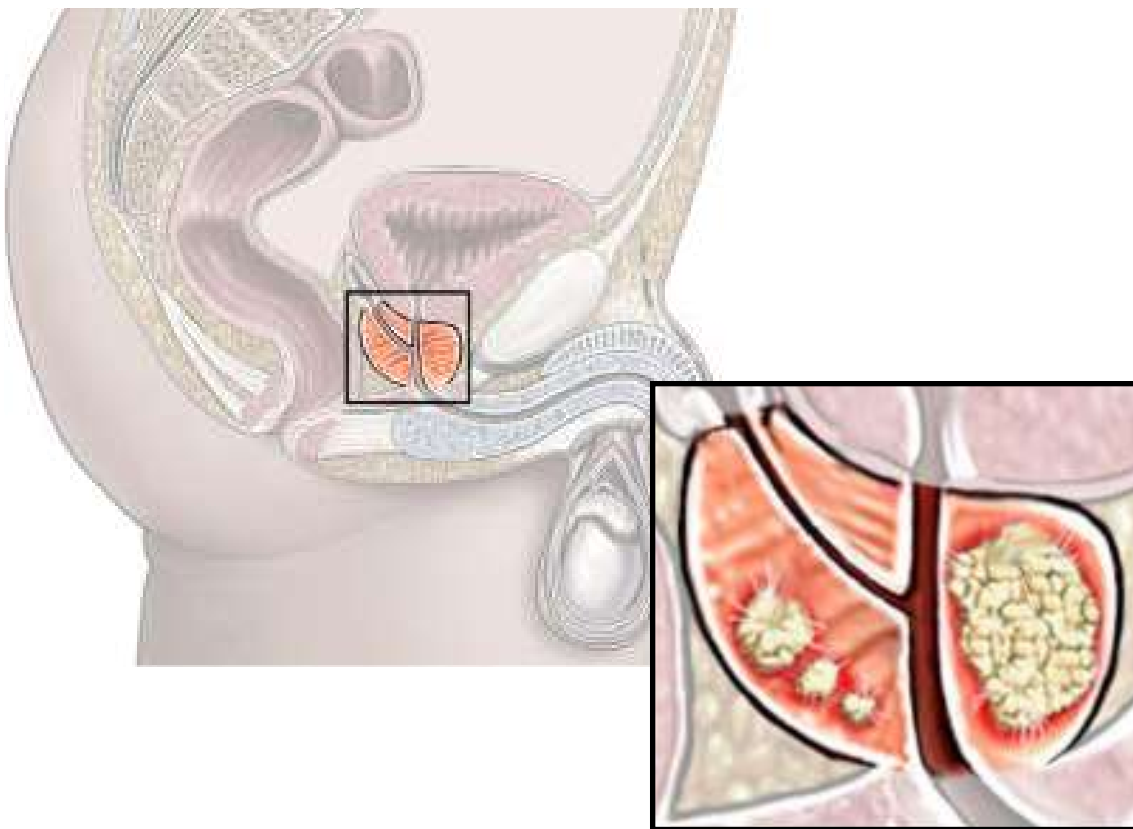
Prostate cancer is a disease caused by an uncontrolled division of abnormal cells in a part of the body.

Medical View:

The medical cause of prostate cancer has been linked to **age, race, family history, and obesity.**

Conventional treatment options available for prostate cancer are **surgery, radiation therapy, chemotherapy, corticosteroids, and hormone therapy.**

Medical after-care recommendations include **regular follow up exams and a healthy lifestyle.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PROSTATE CANCER GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

STERILITY

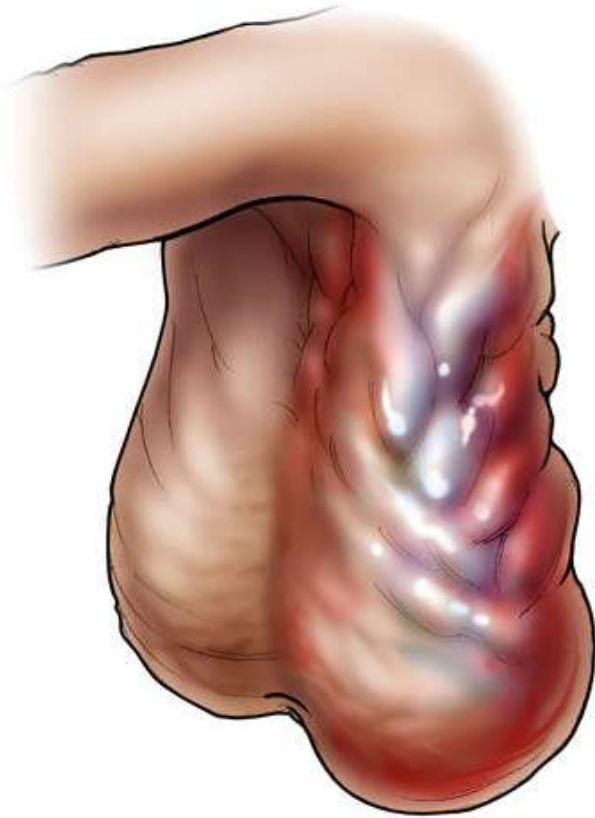
Sterility refers to a male's inability to cause pregnancy in a fertile female.

Medical View:

Medical causes of sterility in men can be due to **abnormal sperm production or function, problems with the delivery of sperm, over-exposure to certain environmental factors, varicocele** (a varicocele is a swelling of the veins that drain the testicle), **infection, ejaculation issues, antibodies that attack sperm, tumors, undescended testicles, hormone imbalances, defects of tubules that transport sperm, chromosome defects, problems with sexual intercourse, celiac disease, certain medications, and prior surgeries.**

Medical treatment options to correct sterility include **surgery, antibiotics for infections, and hormone therapy.**

The medical system recommends **a healthy diet and exercises** for at-home after-care.



VARICOCELE

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING STERILITY GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

TESTICULAR CANCER

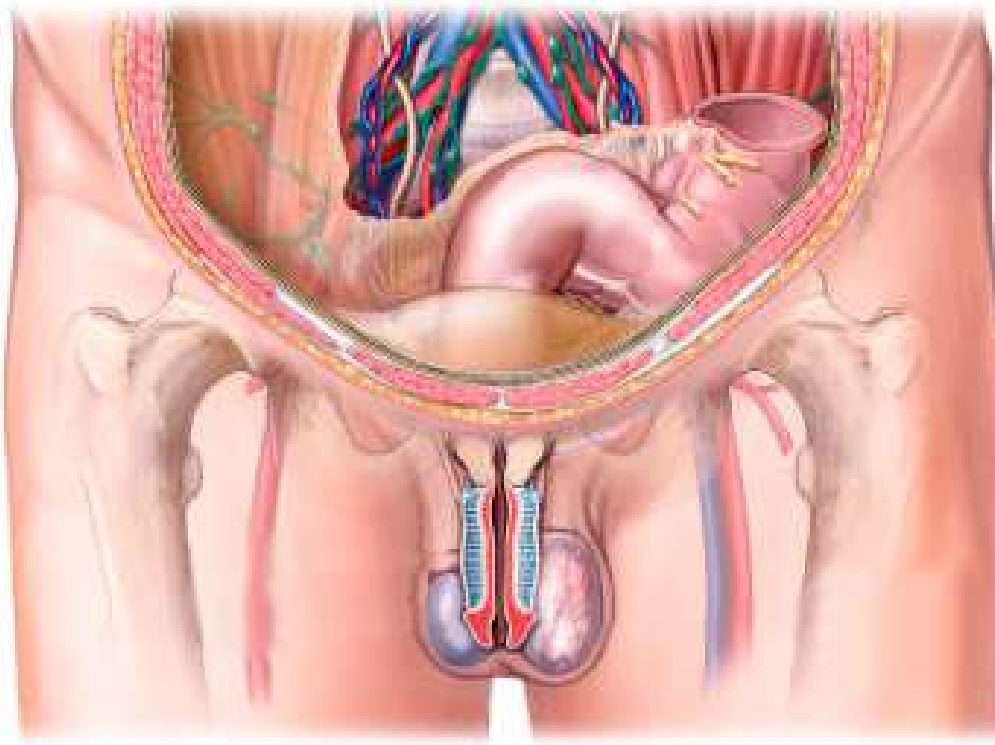
Nearly all testicular cancers begin in the germ cells, the cells in the testicles that produce immature sperm. What causes germ cells to become abnormal and develop into cancer isn't known.

Medical View:

Doctors know that **testicular cancer occurs when healthy cells in a testicle become altered**. Healthy cells grow and divide in an orderly way to keep your body functioning normally. But sometimes some cells develop abnormalities, causing this growth to get out of control, these cancer cells continue dividing even when new cells aren't needed. The accumulating cells form a mass in the testicle.

The options for treating your testicular cancer depend on several factors, including the type and stage of cancer, your overall health, and your own preferences. **Chemotherapy, radiation and surgery** are the main conventional treatments.

Regular follow up scans are recommended for medical after-care.



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
TESTICULAR CANCER GO TO:**

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

URETHRAL STRICTURE

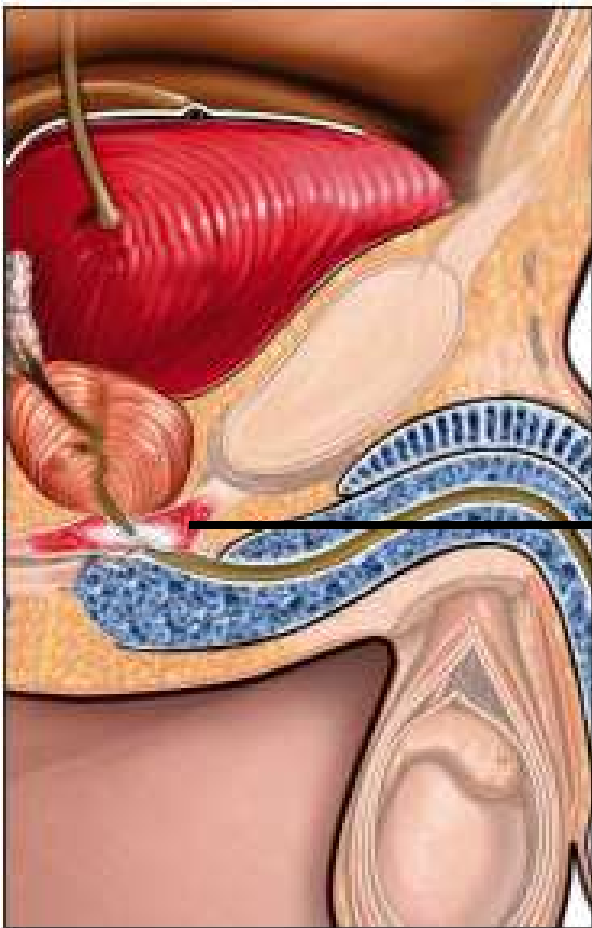
A urethral stricture involves scarring that narrows the tube that carries urine out of your body (urethra). A stricture restricts the flow of urine from the bladder and can cause a variety of medical problems in the urinary tract, including inflammation or infection. Urethral strictures are much more common in males than in females.

Medical View:

Medical causes of urethral strictures include **trauma or injury to the urethra or pelvis, an enlarged prostate or previous surgery to remove or reduce an enlarged prostate gland, cancer of the urethra or prostate, sexually transmitted infections, radiation therapy, and more.**

Medical treatments may include **catheterization, dilation, urethroplasty, endoscopic urethrotomy, implanted stent or permanent catheter.**

There is **no recommended after-care** from the medical system.



URETHRAL STRICTURE

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING A URETHRAL STRICTURE GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

URINARY INCONTINENCE

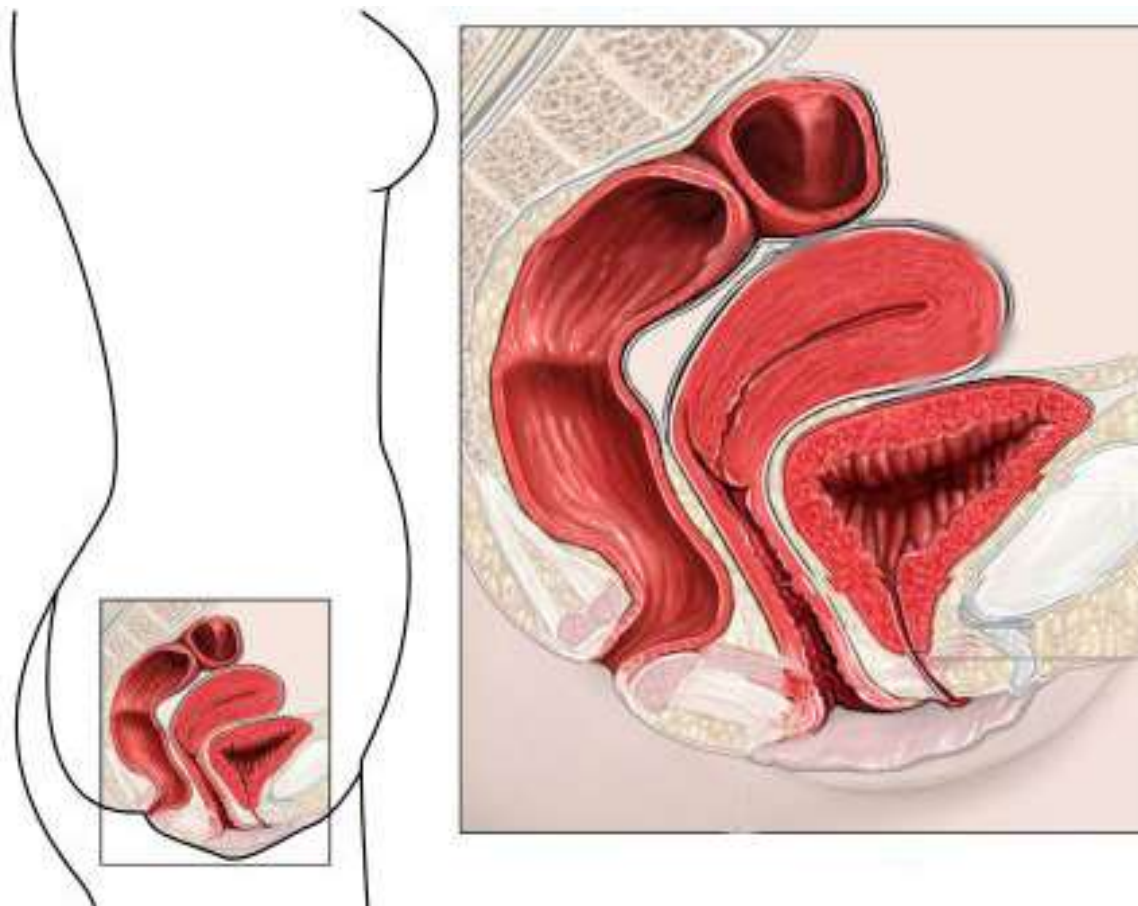
Urinary incontinence is the loss of bladder control and is a common and often embarrassing problem. The severity ranges from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a toilet in time.

Medical View:

The medical cause can be due to **age, pregnancy or underlying medical conditions or physical problems such as a urinary tract infection or constipation.**

Medical treatments can vary depending on severity but can include **pelvic exercises, electrical stimulation, medications, topical estrogen creams, and medical devices such as pessaries.**

The medical system after-care advice includes **pelvic floor exercises and maintaining a healthy weight.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING URINARY INCONTINENCE GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

URINARY RETENTION

Urinary retention is defined as the inability to completely or partially empty the bladder. Suffering from urinary retention means you may be unable to start urination, or if you are able to start, you can't fully empty your bladder.

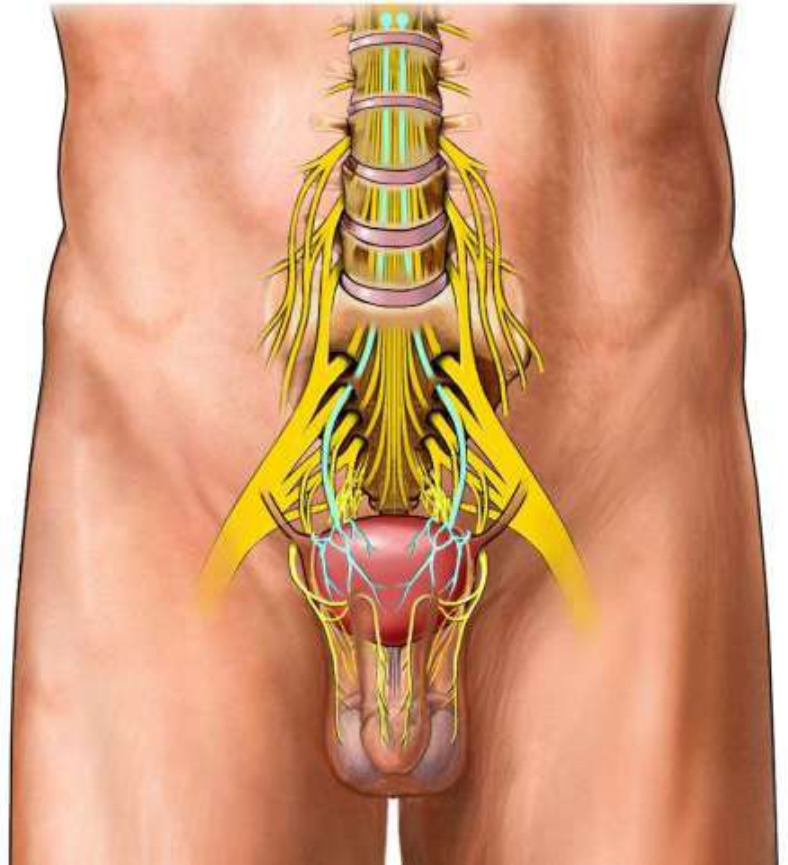
There are two general types of urinary retention, obstructive and non-obstructive. If there is an obstruction (for example, kidney stones), urine cannot flow freely through the urinary track. Non-obstructive causes include a weak bladder muscle and nerve problems that interfere with signals between the brain and the bladder.

Medical View:

Some of the most common causes of non-obstructive urinary retention are **vaginal birth, stroke, impaired muscle or nerve function due to medication or anaesthesia and injuries impacting the brain or spinal cord.**

Medical treatments include **self-catheterization, medications and electrical stimulation therapy.**

There is **no medical after-care protocol.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING URINARY RETENTION GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

VAGINAL CYSTS

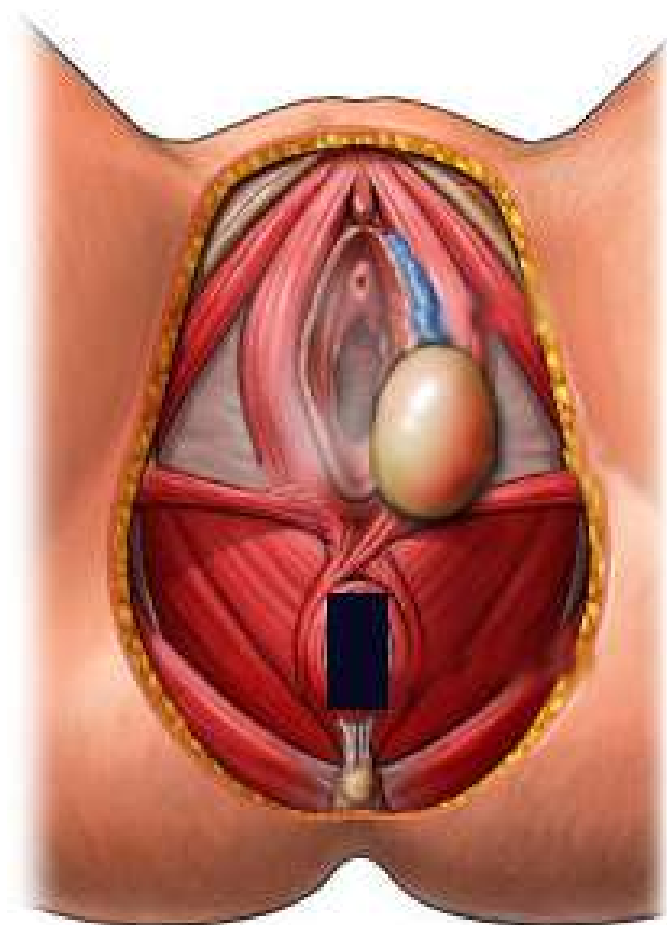
Vaginal Cysts are closed pockets of air, fluid, or pus located on or under the vaginal lining. There are several types of vaginal cysts, the most common are ovarian cysts.

Medical View:

According to the medical system, vaginal cysts are caused by **a trauma to the vaginal wall (childbirth), fluid build-up in the glands, hormonal imbalance, endometriosis, pregnancy, and severe pelvic infections.**

The medical treatment for vaginal cysts generally includes **monitoring the cyst for changes**, the doctor may decide to do **a biopsy to rule out cancer**. If the cyst is large the health care provider may decide to **use a catheter to drain the fluid, hormonal contraceptives, and surgery.**

For at-home after-care, your doctor may recommend **hormone therapy.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING VAGINAL CYSTS GO TO:

[A-Z Wellness Masterclass: Lesson 5 - Pelvis](#)

An anatomical illustration of a human knee joint. The femur (thigh bone) is at the top, and the tibia (shin bone) is at the bottom. The patella (kneecap) is visible in the center. A red, glowing, semi-transparent overlay covers the joint space and the distal ends of the femur and proximal ends of the tibia, indicating the area affected by arthritic conditions. The text "ARTHRITIC CONDITIONS" is centered within this red area.

**ARTHRITIC
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

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OSTEOARTHRITIS	PAGE 135
RHEUMATOID ARTHRITIS	PAGE 136

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TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[The Holy Grail of Healing - Doc Of Detox Show](#)

[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

OSTEOARTHRITIS

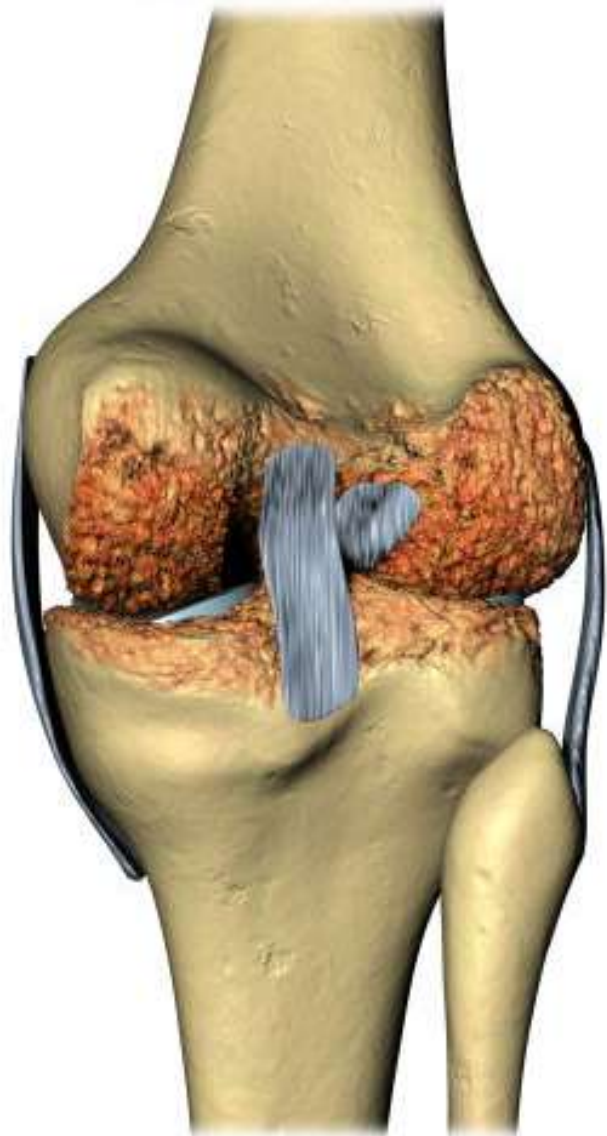
Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Medical View:

Referred to as 'wear and tear disease', the medical system says **age, gender (women are more likely to develop osteoarthritis), joint injuries, genetics, repeated stress on a joint, certain metabolic diseases** all play a role in the development of osteoarthritis.

Medical treatments for osteoarthritis include **anti-inflammatory medications, physical therapy, cortisone injections, and joint replacement.**

Medical after-care recommendations include **losing weight, anti-inflammatory medications, exercising, hot and cold compresses, braces and proper footwear.**



RHEUMATOID ARTHRITIS

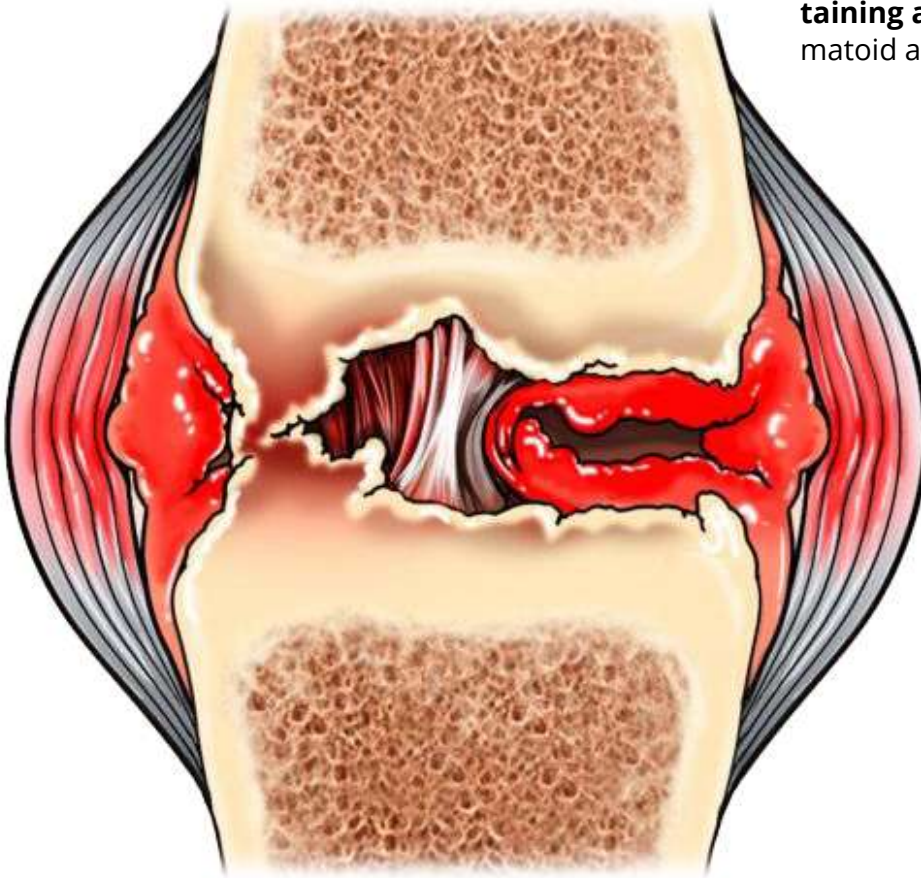
Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Medical View:

Doctors **don't know what starts this process**, although they say **genetic component appears likely**. **Gender, age, weight, and environmental exposures** are also said to play a role in the development of rheumatoid arthritis.

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, and **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 6 - Arthritis](#)



**ANKLE/FOOT
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or a specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

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TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DISEASE GO TO:

[The Holy Grail of Healing - Doc Of Detox Show](#)

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ACHILLES TENDON RUPTURE

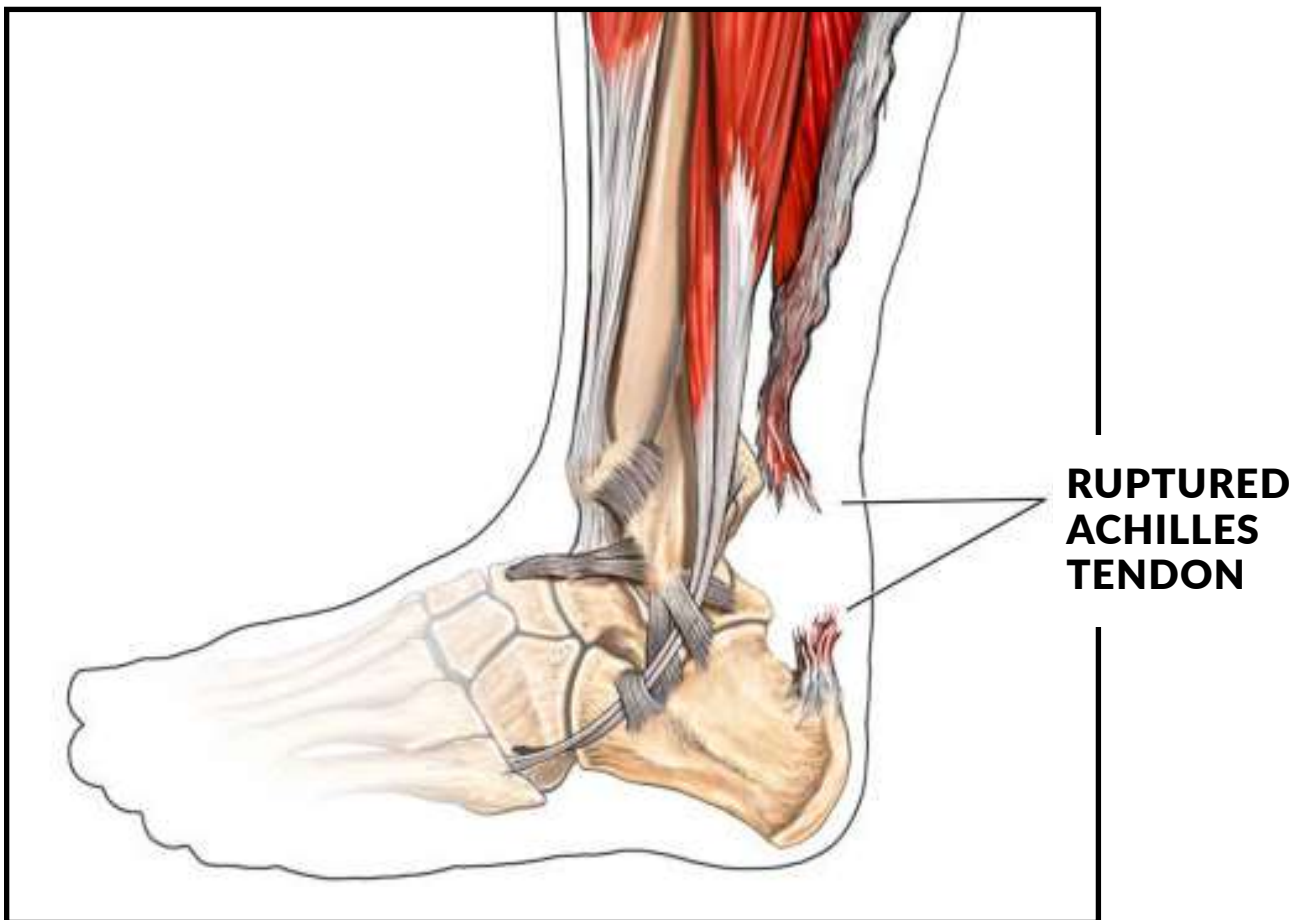
The Achilles tendon is a strong fibrous cord that connects the muscles in the back of your calf to your heel bone. If you overstretch your Achilles tendon, it can tear (rupture) completely or just partially.

An Achilles tendon rupture usually results from **an injury, although certain medications and excess weight increase your risk for a tear.** A man is 5x more likely to rupture his Achilles than a woman.

Medical View:

The medical treatment approach taken generally consists of **rest, cold compresses, anti-inflammatory and pain medications. If completely torn possible surgery is needed.**

Medical after-care advice consists of **rest and pain medications.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING AN ACHILLES TENDON RUPTURE GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

ANKLE SPRAIN

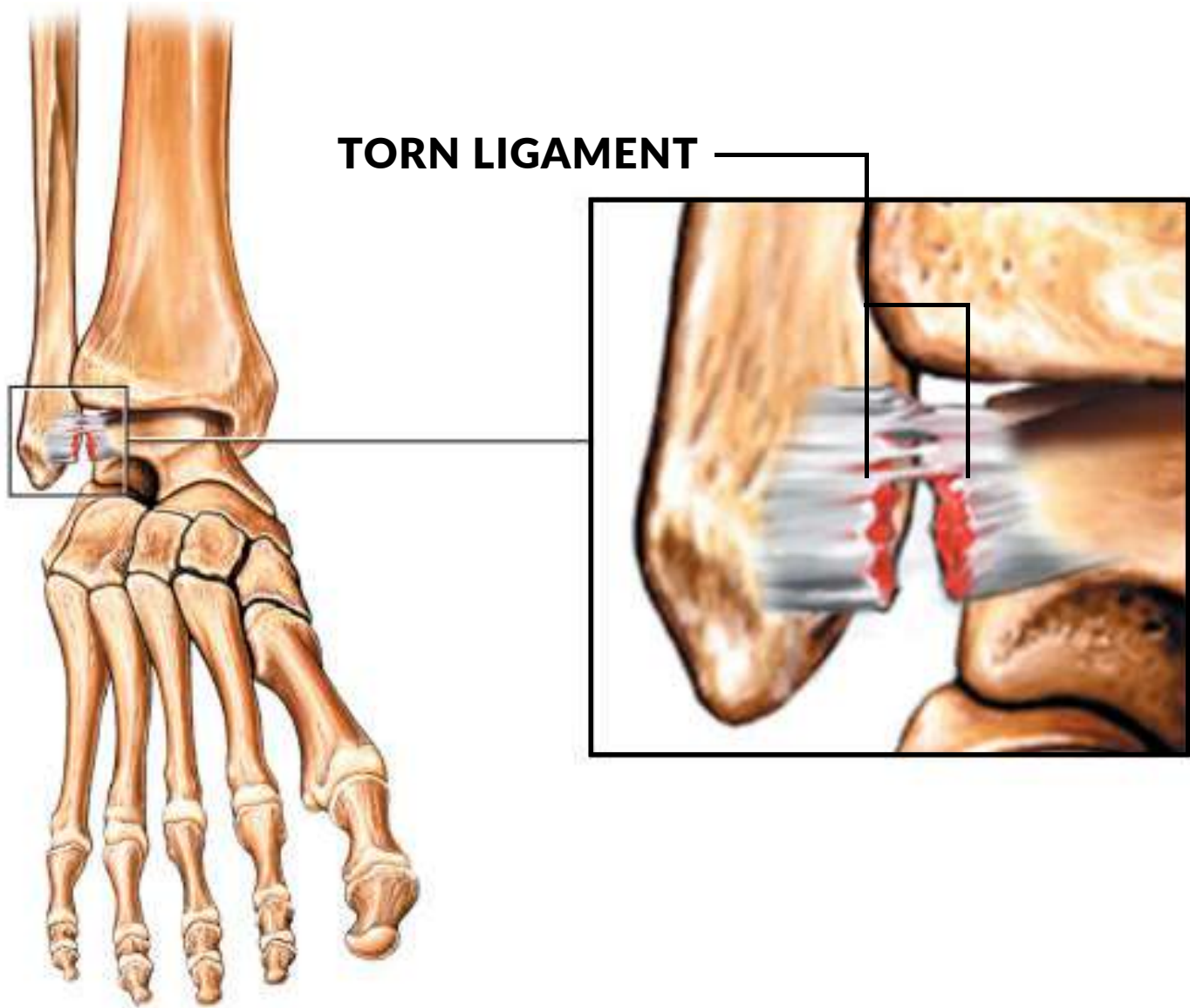
Usually results from an injury like twisting, rotating or rolling the ankle, and impact or stress from tripping or falling.

The medical system treats sprains with **rest, anti-inflammatory and pain**

Medical View:

medications, splint, and possibly a cast.

For after-care, **rest, pain medications, and anti-inflammatory medications** are usually given.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING AN ANKLE SPRAIN GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

ANKLE/FOOT FRACTURE

An ankle/foot fracture is a break of one or more bones.

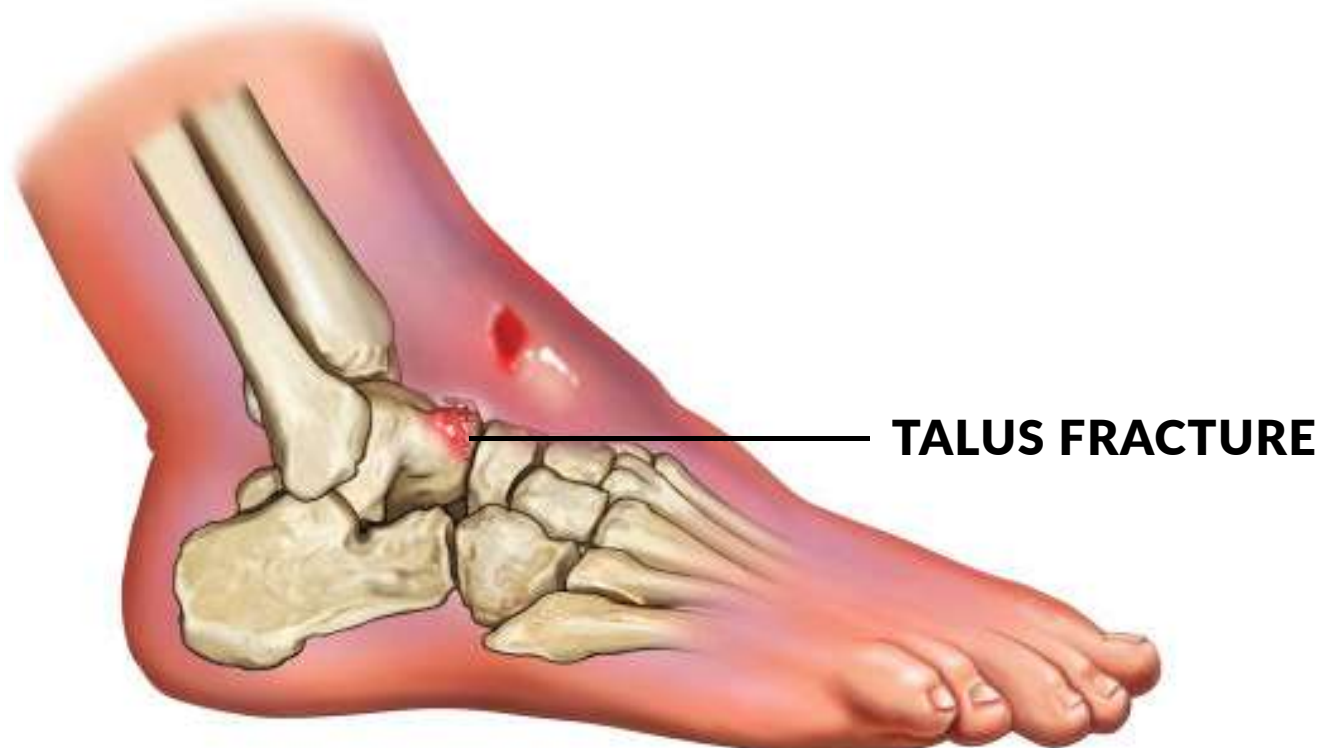
A fracture generally results from some sort of injury like twisting, rotating or rolling ankle. Impact or stress from tripping, falling, or rolling the ankle, affecting ligaments that keep the ankle stable.

A toe can get broken from stubbing your toes on furniture. Stress fractures are common in the weight-bearing bones of your feet. These tiny cracks are usually caused over time by repetitive force or overuse, such as running long distances. Other causes can include weak bones and obesity.

Medical View:

Treatment of a broken foot depends on the type, location, and severity of the fracture and usually consists of **rest, splint or a cast**. In most cases, the **fracture will heal with rest and limited weight-bearing**. **Anti-inflammatory drugs can be used to reduce pain and swelling**. In more severe cases they say **surgery is necessary**.

Medical after-care consists of **rest and medications**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING AN ANKLE FRACTURE GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

FOOT ARTHRITIS

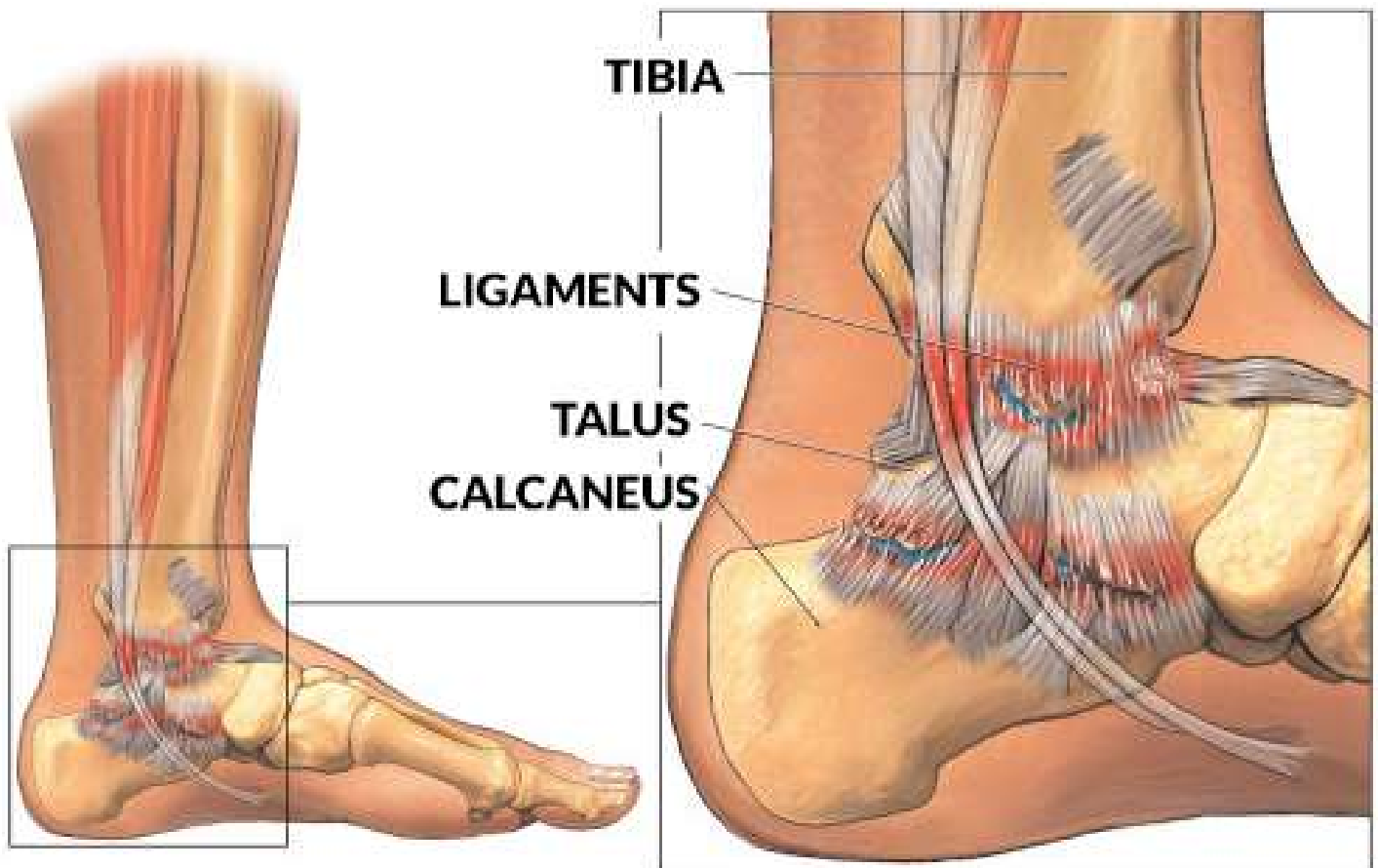
Arthritis is painful inflammation and stiffness of the joints and commonly occurs in the small joints of the ankles and feet.

You might develop arthritis in the foot or ankle after a fracture, as a consequence of rheumatoid arthritis, psoriasis or other cause.

Medical View:

Medical treatment options include **steroid medications injected into the joints, anti-inflammatory drugs to reduce swelling in the joints, pain medication, pads or arch supports, canes or braces to support the joints, orthotics, and physical therapy.**

Medical after-care advice consists of **anti-inflammatory and pain medications.**



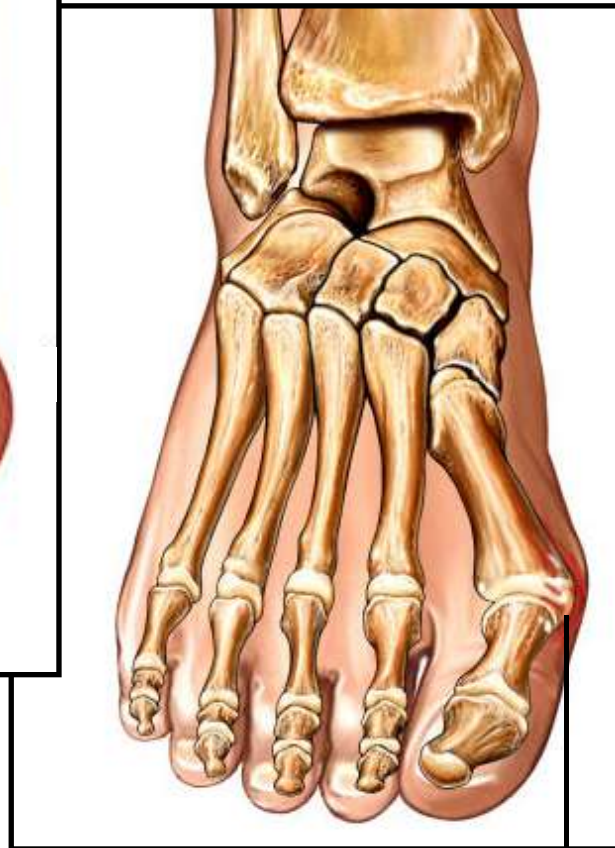
Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING FOOT ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

BUNIONS

A bunion is a bony bump that forms on the joint at the base of your big toe. It forms when your big toe pushes against your next toe, forcing the joint of your big toe to get bigger and stick out.



METATARSOPHALANGEAL JOINT

Medical View:

Medical experts are unsure exactly why some people get bunions, though they believe some individuals are more **genetically predisposed to them than others because of the shape of their feet**. Injuries or other deformities may also play a role in the development of this painful condition, as might inflammatory disorders such as rheumatoid arthritis.

Treatments usually include **insoles or orthotics**. **Surgery is only recommended if the bunion is causing significant pain.**

For at-home after-care, the medical system suggests **orthotics or insoles**.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING **BUNIONS** GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

GOUT

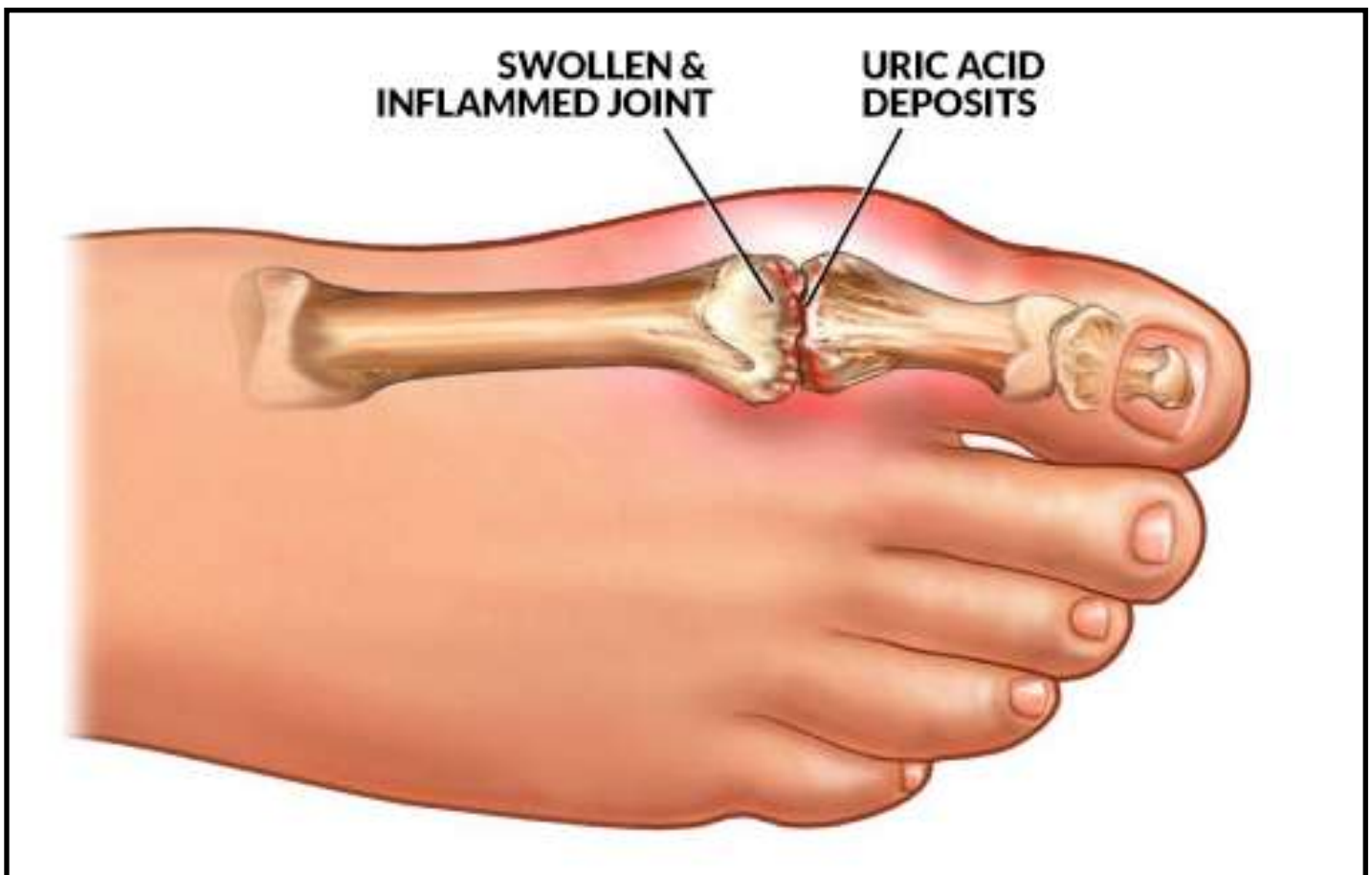
Gout is a common and complex form of arthritis that can affect anyone. It's characterized by sudden, severe attacks of pain, swelling, redness, and tenderness in the joints, often the joint at the base of the big toe.

Medical View:

Genetic factors, age, weight, and other underlying health conditions are what the medical system says are risk factors in the development of gout.

Doctors usually prescribe **anti-inflammatory, pain and corticosteroid medications** to help treat gout.

After-care advice generally includes **limiting foods high in purines, such as red meat, organ meats, and seafood, limiting alcohol intake, exercising regularly, and maintaining a healthy weight.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING GOUT GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

HAMMERTOES

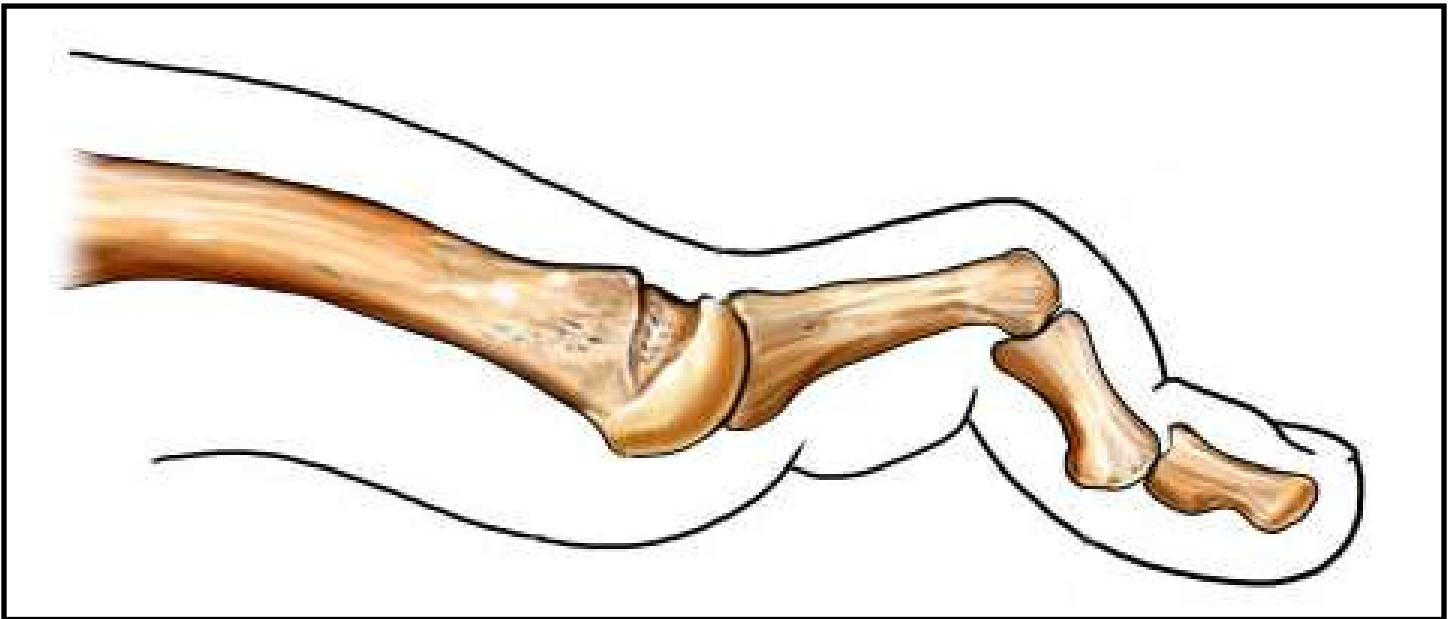
Hammertoe is a foot deformity that occurs due to an imbalance in the muscles, tendons or ligaments that normally hold the toe straight.

Medical View:

Medical causes that can lead to hammertoe include **improper footwear** such as **high-heeled shoes** or **footwear that's too tight in the toe box** can crowd your toes into a space in which they can't lie flat. This curled toe position might eventually persist even when you're barefoot. An injury in which you stub, jam or break a toe can make it more likely for that digit to develop hammertoe or mallet toe.

Medical treatment options include **anti-inflammatory medications, properly fitted shoes, insoles, surgery** (if severe a surgeon will take out a small piece of bone in the toe to help straighten them out).

For at-home after-care, the medical system suggests **properly fitted shoes/insoles**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
HAMMERTOES GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)

PLANTAR FASCIITIS

Plantar fasciitis is one of the most common causes of heel pain. It involves inflammation of a thick band of tissue that runs across the bottom of your foot and connects your heel bone to your toes (plantar fascia).

Repetitive stretching and tearing can cause the fascia to become irritated or inflamed, being overweight, long-distance running, structural foot problems such as high arches, and improper footwear.

Medical View:

Medical treatments include **anti-inflammatory medications, cortisone injections, insoles, braces and supports, and orthotics.**

For at-home after-care, the medical system suggests **orthotics and shoe supports and anti-inflammatory medications.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PLANTAR FASCIITIS GO TO:

[A-Z Wellness Masterclass: Lesson 7 - Ankle & Foot](#)



**TMJ
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

Watch **Abdominal/Pelvic Restoration** to understand the root cause of the **Domino Effect Of Unhealthy Living**.

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TETANUS (LOCKJAW)	PAGE 150
JAW INJURY	PAGE 151
ARTHRITIS	PAGE 152
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TMJ SYNDROME

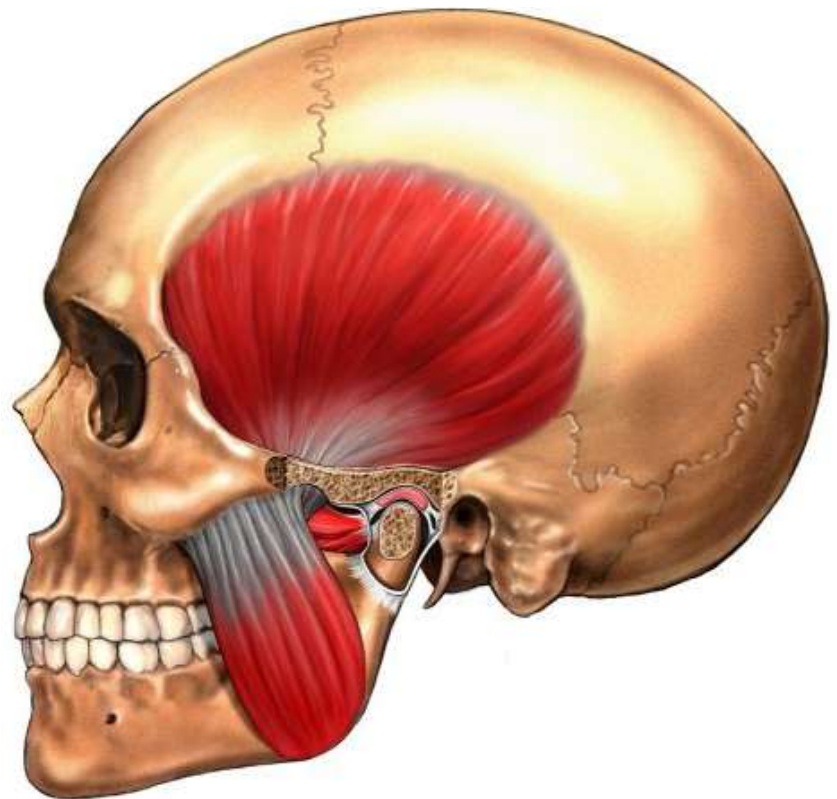
Temporomandibular joint (TMJ) syndrome is a pain in the jaw joint that can be caused by a variety of medical problems. The TMJ connects the lower jaw (mandible) to the skull (temporal bone) in front of the ear. Certain facial muscles that control chewing are also attached to the lower jaw.

TMJ syndrome can occur when the disk erodes or moves out of its proper alignment, the joint's cartilage is damaged by arthritis, the joint is damaged by a blow or other impact misalignment of or trauma to the teeth or jaw, teeth grinding, poor posture, stress or anxiety, arthritis and other inflammatory musculoskeletal disorders, orthodontic braces, and excessive gum chewing.

Medical View:

Medical treatments include **anti-inflammatory medications, physiotherapy, dental surgery, steroid injections, antidepressants, sleep medications, and anti-inflammatory and pain medications.**

The medical after-care protocol includes **mouth guards, anti-inflammatory and pain medications, physiotherapy, and corticosteroid injections.**



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
TMJ SYNDROME GO TO:**

[A-Z Wellness Masterclass: Lesson 8 - TMJ](#)

TETANUS (LOCKJAW)

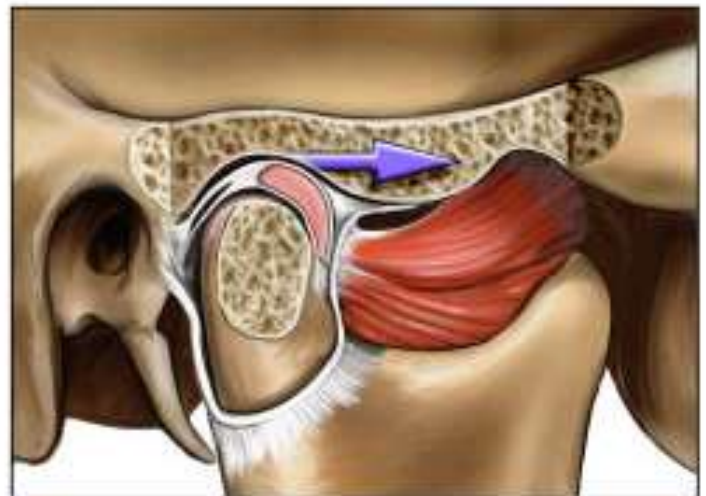
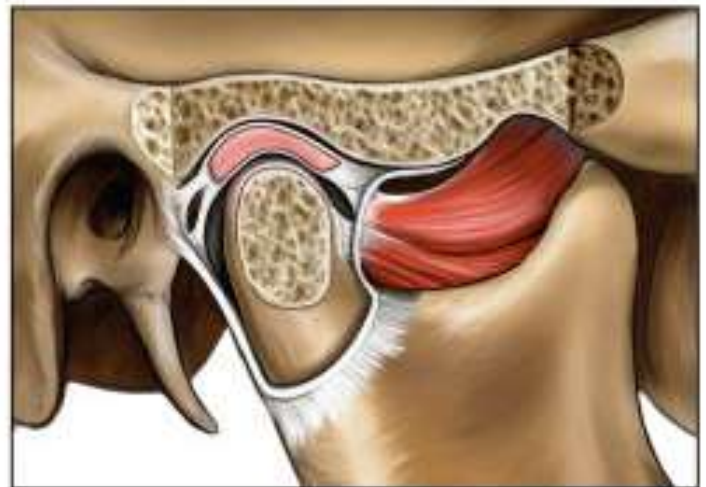
Tetanus is a serious disease caused by a bacterial toxin that affects your nervous system, leading to painful muscle contractions, particularly of your jaw and neck muscles. Tetanus is commonly known as “lockjaw.”

Medical View:

The medical cause of tetanus is caused by a toxin made by **spores of bacteria, Clostridium tetani, found in soil, dust and animal feces.** Tetanus can interfere with your ability to breathe and can threaten your life.

Medical treatment includes **antibiotics & tetanus vaccine.**

Medical after-care includes using an **antibiotic cream for the wound and keeping the wound clean.**



MUSCLE CONTRACTION

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
TETANUS (LOCKJAW) GO TO:

[A-Z Wellness Masterclass: Lesson 8 - TMJ](#)

JAW INJURY

An injury of this kind could result in a displacement of bone from a complete break of the mandible, or a fracture with no displacement of the bone. A dislocation would occur if the mandible detached from both or one of the TMJ joints.

Medical View:

Depending on the situation **you may receive a tetanus shot from your doctor, pain, and anti-inflammatory medications, and if severe enough, surgery may be needed.**

Anti-inflammatory and pain medications will be given for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING JAW INJURIES GO TO:

[A-Z Wellness Masterclass: Lesson 8 - TMJ](#)

JAW ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.



Medical View:

Referred to as 'wear and tear disease', the medical system says **age, gender (women are more likely to develop osteoarthritis), joint injuries, genetics, repeated stress on a joint, certain metabolic diseases** all play a role in the development of osteoarthritis.

Medical treatments for osteoarthritis include **anti-inflammatory medications, physical therapy, cortisone injections, and joint replacement.**

Medical after-care recommendations include **losing weight, anti-inflammatory medications, exercising, hot and cold compresses, braces and proper footwear.**



Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
ARTHRITIS GO TO:**

[A-Z Wellness Masterclass: Lesson 8 - TMJ](#)

RHEUMATOID ARTHRITIS

Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Medical View:

Doctors **don't know what starts this process**, although they say **genetic component appears likely**. **Gender, age, weight, and environmental exposures** are also said to play a role in the development of rheumatoid arthritis.

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, and **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 8 - TMJ](#)

An anatomical illustration of the elbow joint, showing the humerus, radius, and ulna bones, along with various muscles and tendons. The muscles are depicted in a reddish-pink color, while the bones are a light beige. The illustration is set within a white, rounded rectangular frame.

**ELBOW
CONDITIONS**

IMPORTANT!

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TENNIS ELBOW PAGE 157

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GOLFER'S ELBOW

Golfer's elbow is a condition that causes pain where the tendons of your forearm muscles attach to the bony bump on the inside of your elbow. The pain might spread into your forearm and wrist.

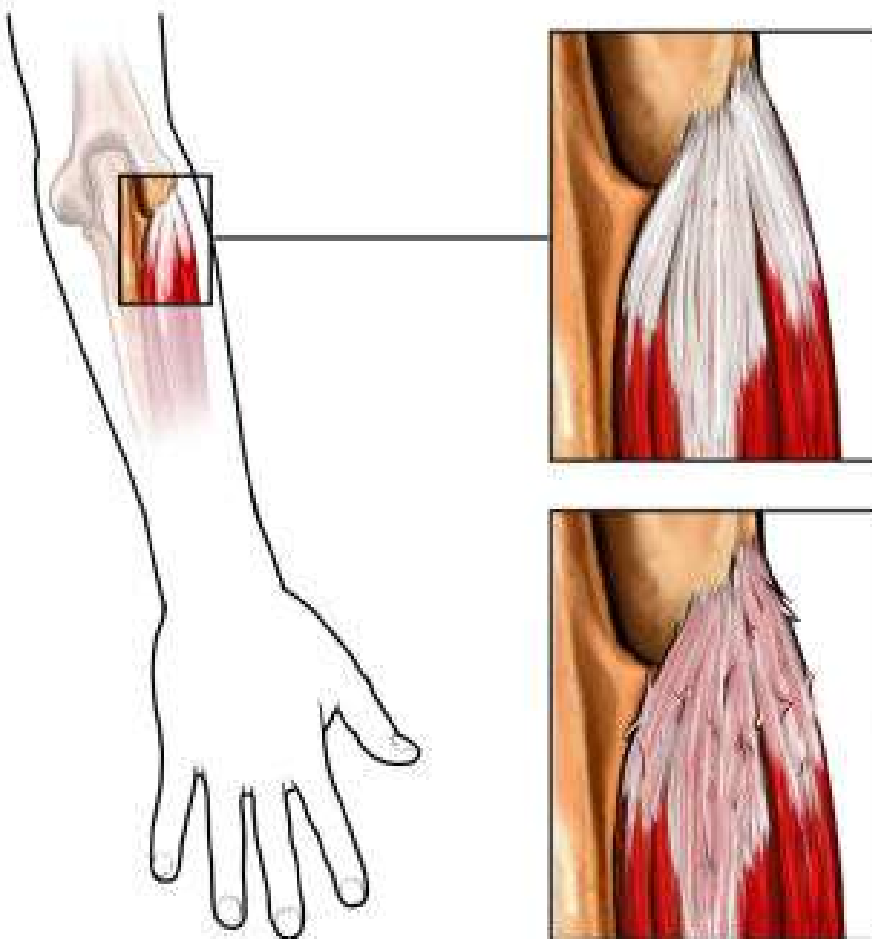
Golfer's elbow is similar to tennis elbow, which occurs on the outside of the elbow. It's not limited to golfers. Tennis players and others who repeatedly use their wrists or clench their fingers also can develop golfer's elbow.

Medical View:

Golfer's elbow, also known as medial epicondylitis, is caused by **damage to the muscles and tendons that control your wrist and fingers.** The damage is typically related to excess or repeated stress, especially forceful wrist and finger motions. Improper lifting, throwing or hitting, as well as too little warm-up or poor conditioning, also can contribute to golfer's elbow.

The medical system treatment is **over the counter medication and physical therapy.**

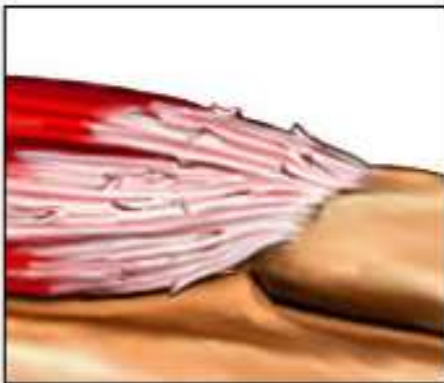
The medical after-care includes **rest, cold compresses, medication, and a brace** if needed.



TENNIS ELBOW

Tennis elbow (lateral epicondylitis) is a painful condition that occurs when tendons in your elbow are overloaded, usually by repetitive motions of the wrist and arm.

Tennis elbow is an overuse and muscle strain injury. The cause is repeated contraction of the forearm muscles that you use to straighten and raise your hand and wrist. The repeated motions and stress to the tissue may result in a series of tiny tears in the tendons that attach the forearm muscles to the outside of your elbow.



Medical View:

Tennis elbow and Golfer's elbow often get better on their own. Doctors will suggest **over-the-counter pain medications and physical therapy.** Severe cases may require surgery.

The medical system treatment is **over the counter medication and physical therapy.**

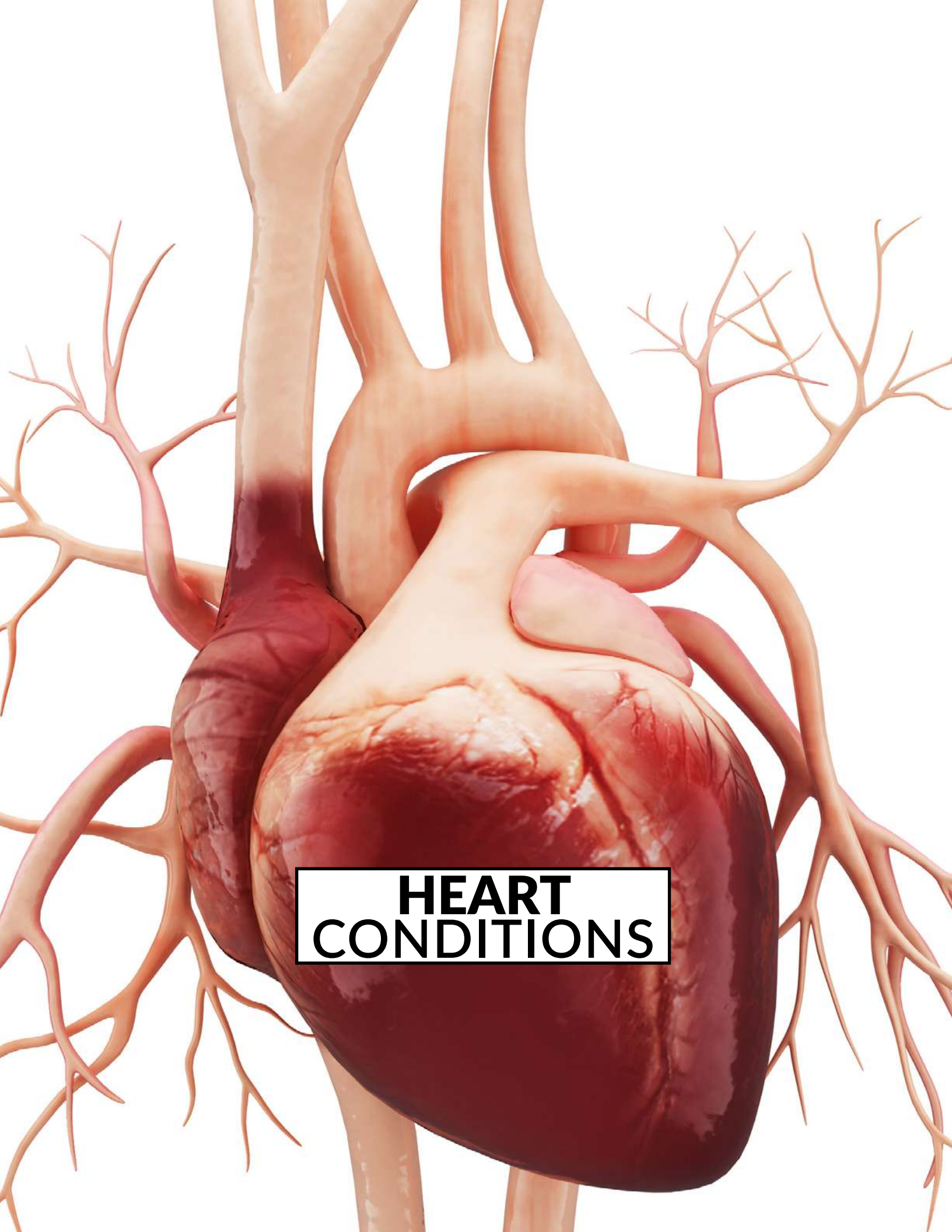
The medical after-care includes **rest, cold compresses, medication, and a brace** if needed.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING TENNIS ELBOW GO TO:

[A-Z Wellness Masterclass: Lesson 9 - Elbow](#)



**HEART
CONDITIONS**

IMPORTANT!

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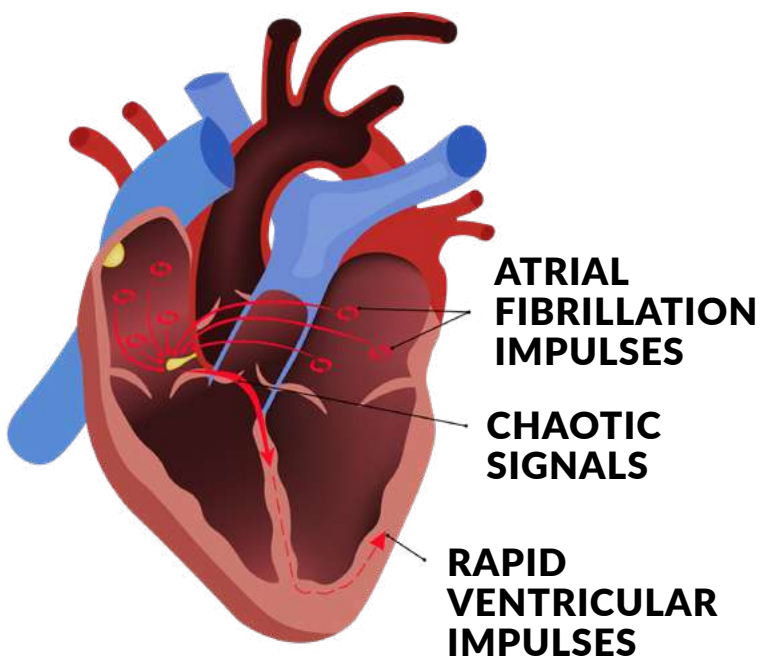
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ARRHYTHMIAS

(ABNORMAL HEART RHYTHMS)

Heart rhythm problems (heart arrhythmias) occur when the electrical impulses that coordinate your heartbeats don't work properly, causing your heart to beat too fast, too slow or irregularly.

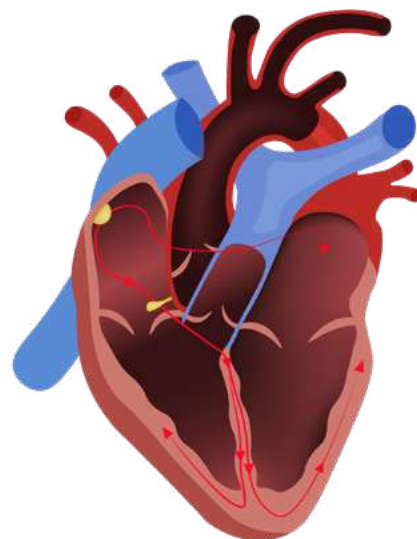


Medical View:

The medical system says many things can lead to, or cause, an arrhythmia, including **changes to your heart's structure, an overactive thyroid gland, smoking, drinking too much alcohol or caffeine, stress, certain medications, sleep apnea, and genetics.**

If you have an arrhythmia, **treatment may or may not be necessary.** Usually, it's required only if the arrhythmia is causing significant symptoms or if it's putting you at risk of more serious arrhythmia or arrhythmia complication. For more serious conditions, **implantable devices such as a pacemaker or surgery may be used.**

For after-care, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ARRHYTHMIAS GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

CONGENITAL HEART DISEASE

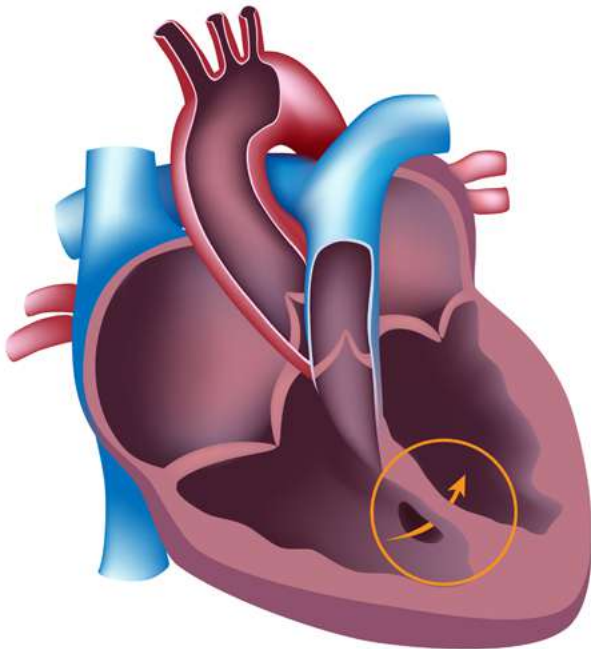
Congenital heart disease (congenital heart defect) is one or more abnormalities in your heart's structure that you're born with. This most common of birth defects can alter the way blood flows through your heart.

Medical View:

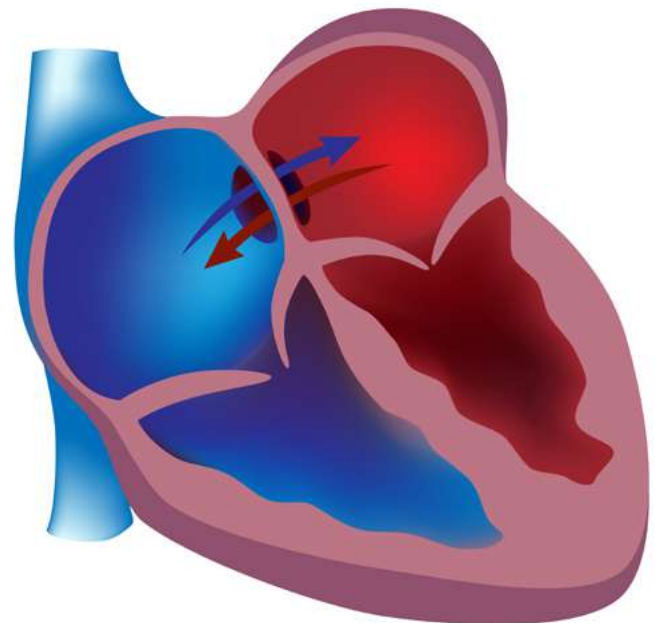
Treatment might include **monitoring the condition, medications, implantable heart devices, surgery, and heart transplant.**

Medical after-care might include **monitoring the condition, medications, implantable heart devices and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**

VENTRICULAR SEPTAL DEFECT



ATRIAL SEPTUM DEFECT



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CONEGNITAL HEART DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

CORONARY ARTERY DISEASE

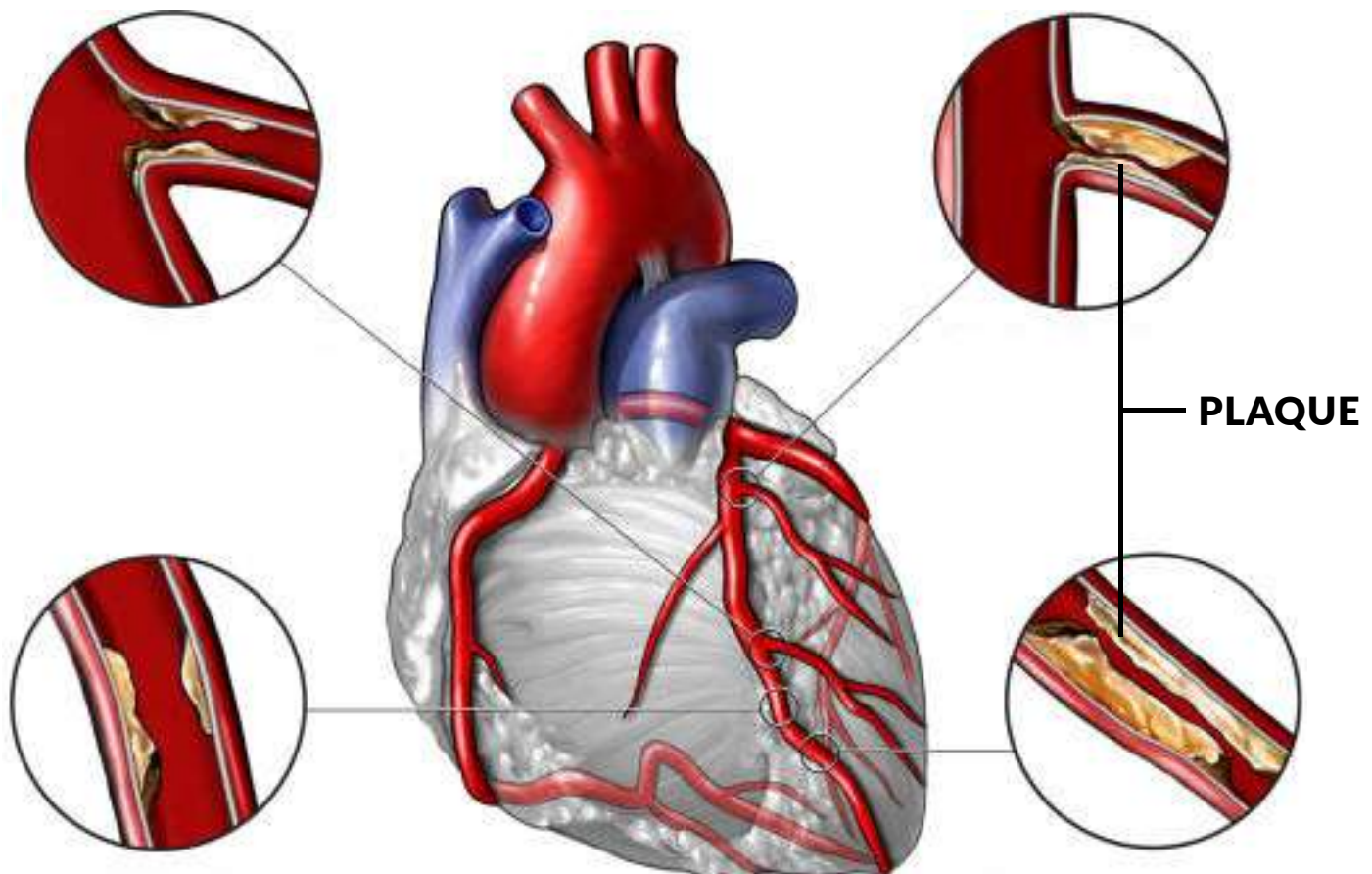
Coronary artery disease develops when the major blood vessels that supply your heart with blood, oxygen, and nutrients become damaged or diseased. Plaque in your arteries and inflammation are usually to blame for coronary artery disease. When plaque builds up, it narrows your coronary arteries, decreasing blood flow to your heart. Eventually, the decreased blood flow may cause chest pain (angina), shortness of breath, or other coronary artery disease signs and symptoms. A complete blockage can cause a heart attack.

Medical View:

The medical system says that the damage can be caused by **smoking, high blood pressure, high cholesterol, diabetes, and a sedentary lifestyle.**

Treatment for coronary artery disease includes **lifestyle changes, drugs, and certain medical procedures such as angioplasty and bypass surgery.**

The medical system prescribe **heart medications and recommend lifestyle changes such as lowering stress, a healthy diet, and exercise** as an after-care regimen.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CORONARY ARTERY DISEASE GO TO:

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HEART ATTACK

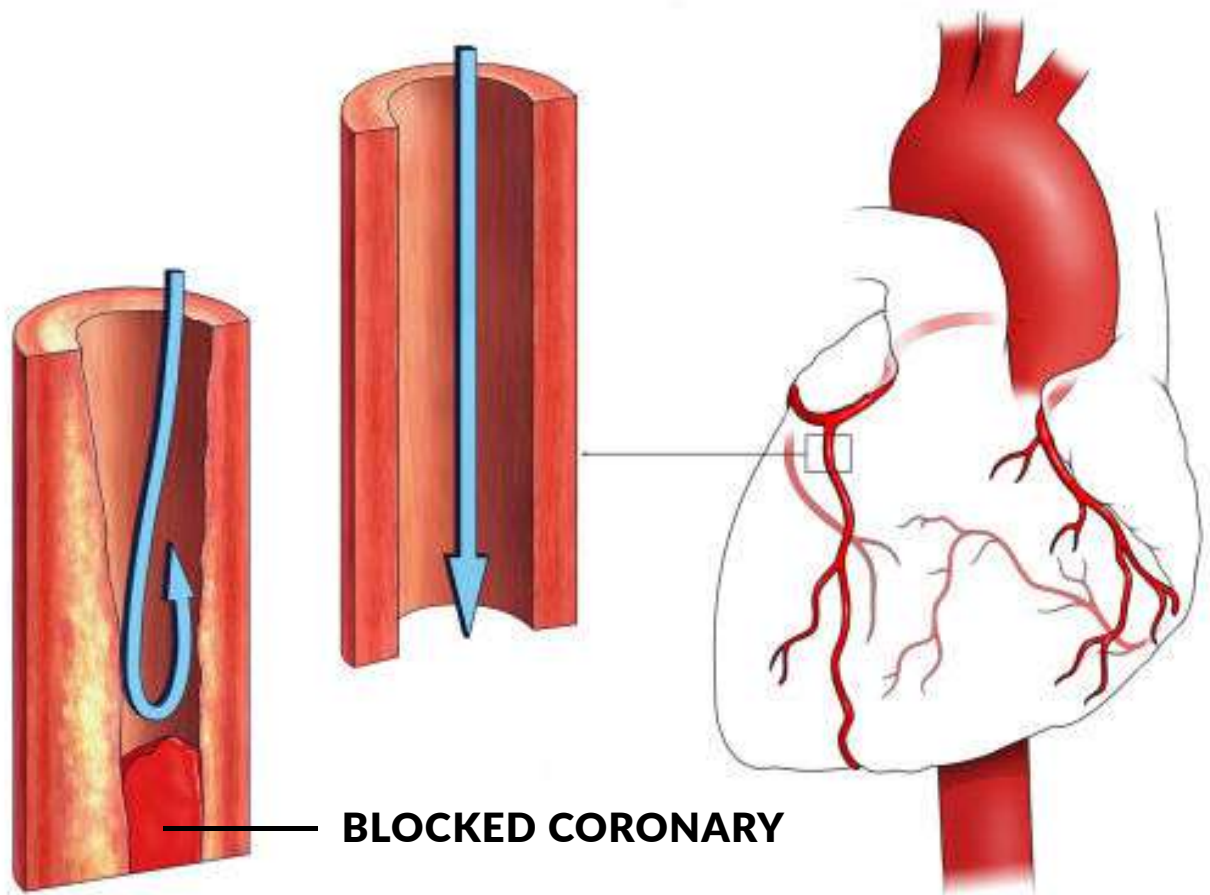
A heart attack occurs when one or more of your coronary arteries become blocked. Over time, a coronary artery can narrow from the buildup of various substances, including cholesterol (atherosclerosis).

The condition, known as coronary artery disease, causes most heart attacks. The medical system states that genetics, gender, weight, illicit drug use, and a sedentary lifestyle increase the risk of heart attack.

Medical View:

The medical system uses **medications, surgery, and cardiac rehabilitation** to treat a heart attack.

For after-care, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEART ATTACKS GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

HEART FAILURE

Heart failure, sometimes known as congestive heart failure, occurs when your heart muscle doesn't pump blood as well as it should. Certain conditions, such as narrowed arteries in your heart (coronary artery disease) or high blood pressure, gradually leave your heart too weak or stiff to fill and pump efficiently.

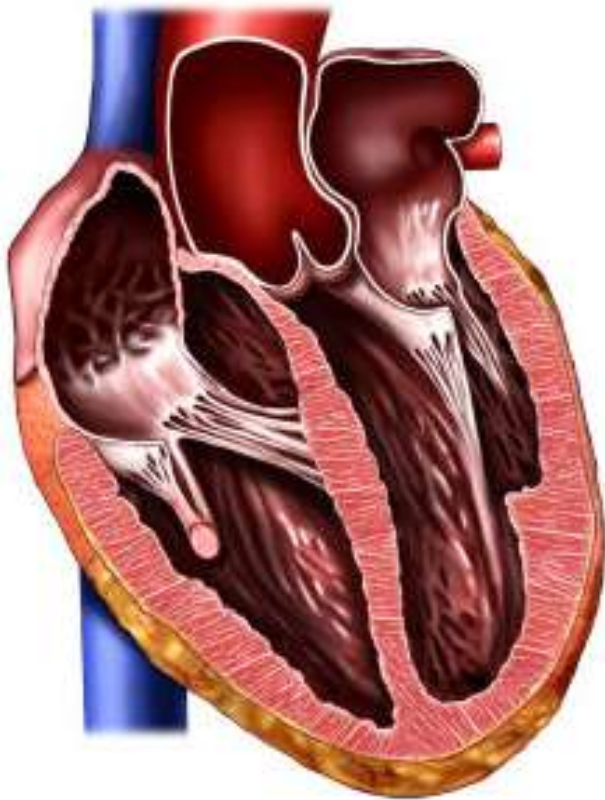
Medical View:

The medical system states that risk factors for heart failure include **genetics, gender, weight, viruses, coronary artery disease, and a sedentary lifestyle.**

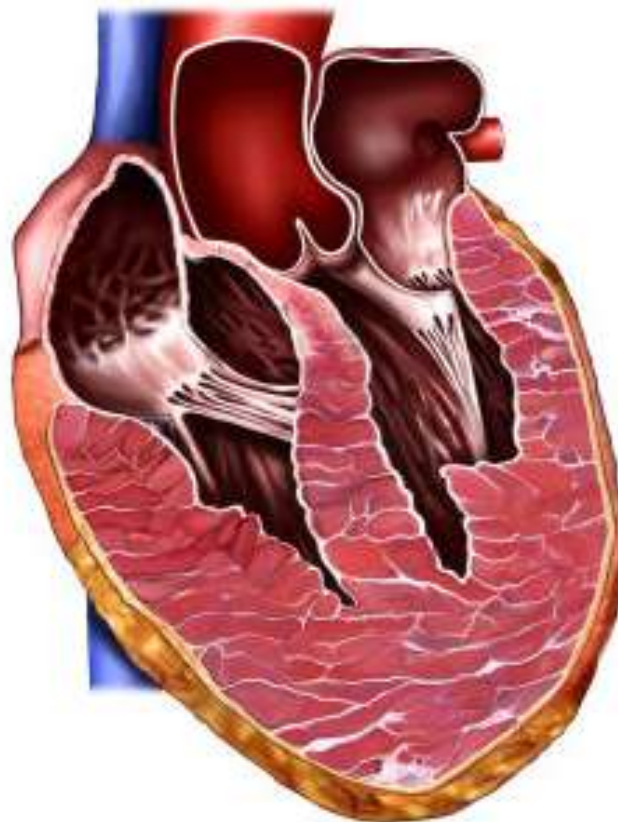
The medical system generally **prescribes two or more medications to treat heart failure, sometimes supplementary oxygen is used, medical devices and surgery** are also part of the treatment plan.

For after-care, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**

NORMAL HEART



CONGESTIVE HEART



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEART FAILURE GO TO:

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HEART MUSCLE DISEASE

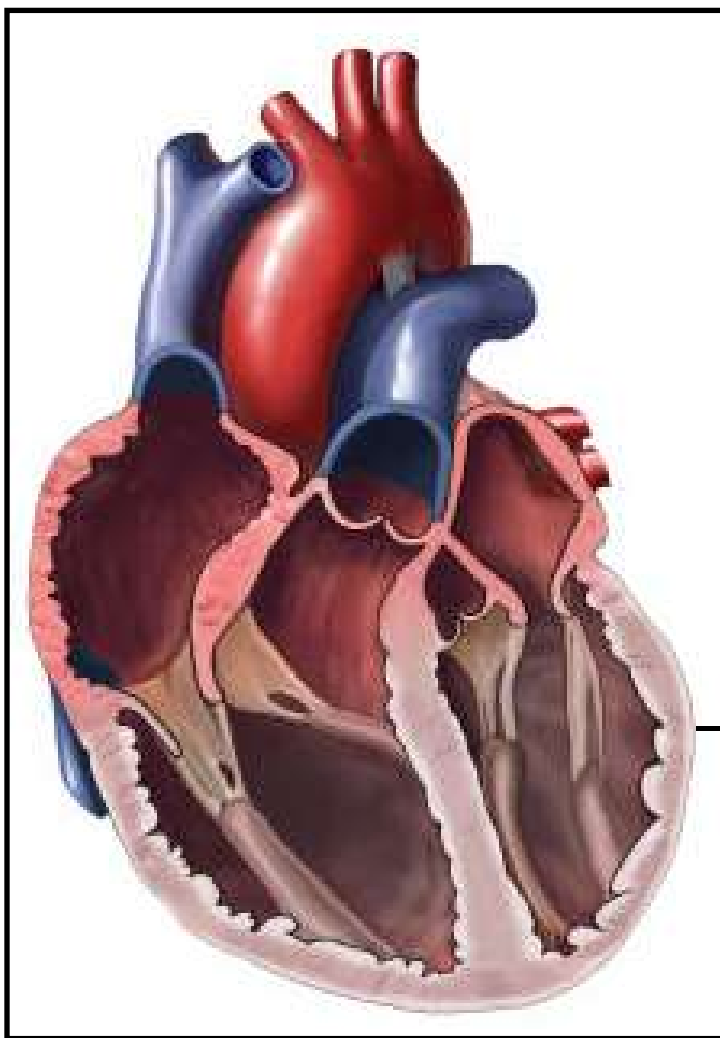
Cardiomyopathy is a disease of the heart muscle that makes it harder for your heart to pump blood to the rest of your body. Cardiomyopathy can lead to heart failure.

Medical View:

The medical system **does not know the cause of heart muscle disease** but believes **long term high blood pressure, being overweight and other heart problems, and genetics** can contribute to heart muscle disease.

The medical system generally **prescribes medications to treat heart muscle disease, medical devices and surgery** are also part of the treatment plan depending on the severity.

For after-care, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**



WEAKENED CARDIAC MUSCLES

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEART MUSCLE DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

HEART VALVE DISEASE

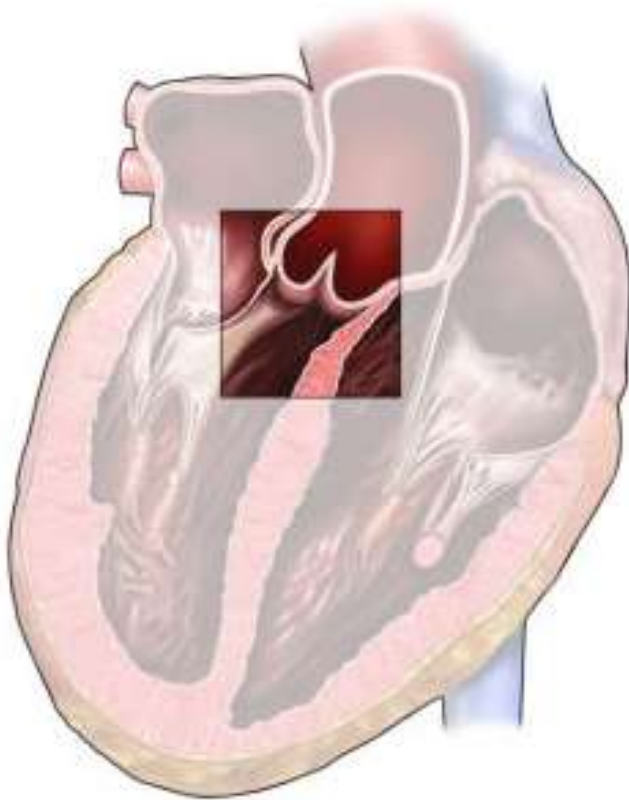
In heart valve disease, one or more of the valves in your heart doesn't work properly. Your heart has four valves that keep blood flowing in the correct direction. In some cases, one or more of the valves don't open or close properly. This can cause the blood flow through your heart to your body to be disrupted.

Medical View:

The medical system states that **age, genetics, other heart problems, and infection** increase the risk of developing heart valve disease.

The medical systems treatment plan for heart valve disease depends on how severe your condition is, if you're experiencing signs and symptoms and if your condition is getting worse. They may recommend **dietary changes as well as medications. For more serious conditions, surgery may be needed.**

For after-care, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise.**



NORMAL AORTIC VALVE



DISEASED AORTIC VALVE

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING HEART VALVE DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

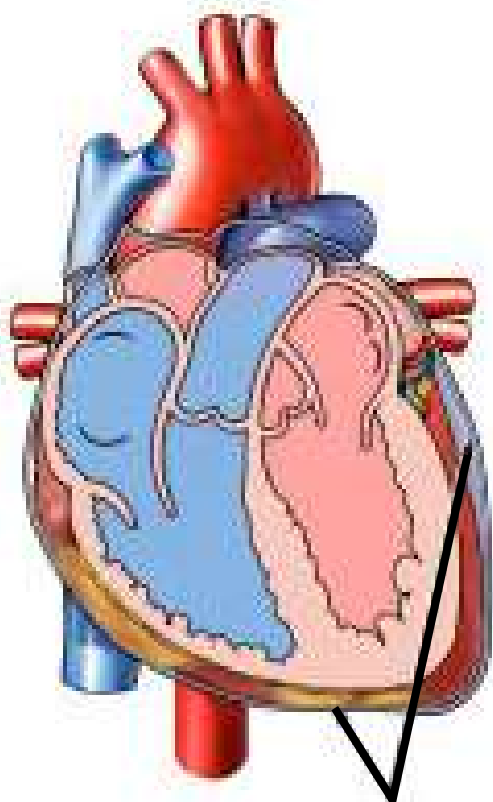
PERICARDIAL EFFUSION DISEASE

Pericardial effusion is the accumulation of too much fluid in the double-layered, sac-like structure around the heart (pericardium). The space between the layers normally contains a thin layer of fluid. But if the pericardium is diseased or injured, the resulting inflammation can lead to excess fluid. Fluid can also build up around the heart without inflammation, such as from bleeding after chest trauma.

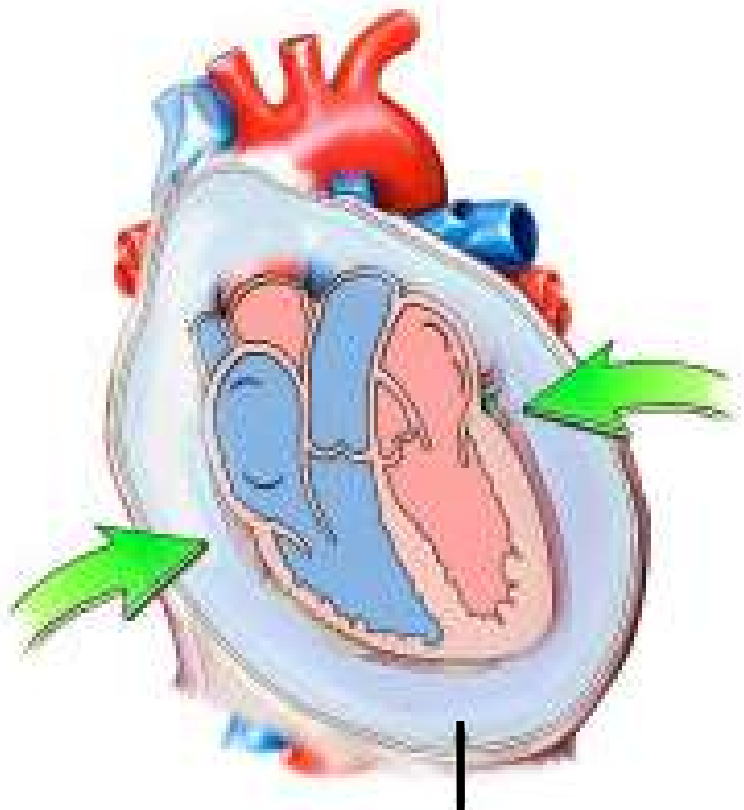
Medical View:

Medical experts say **sometimes the cause can't be determined**. Health problems such as **autoimmune disorders, an underactive thyroid, trauma or puncture near the heart and certain prescription drugs** can increase the risk for developing pericardial effusion disease.

For after-care an treatment, the medical system usually **prescribes heart medications and recommends lifestyle changes such as lowering stress, a healthy diet, and exercise**.



NORMAL AMOUNTS OF FLUID IN PERICARDIAL SAC



OVERFILLED PERICARDIAL SAC CAUSING PRESSURE ON HEART

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PERICARDIAL EFFUSION DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 10 - Heart](#)

An anatomical illustration of the human torso and pelvis, viewed from the front. The image shows the ribcage at the top, the thoracic and lumbar vertebrae in the center, and the pelvic girdle at the bottom. Numerous muscles are depicted in shades of orange and red, showing their fiber orientation and attachment points to the bones. The text "HIP CONDITIONS" is overlaid in a white box with a black border across the middle of the image.

HIP CONDITIONS

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

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OSTEOARTHRITIS	PAGE 171
RHEUMATOID ARTHRITIS	PAGE 172
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[The Domino Effect Of Unhealthy Living - Doc Of Detox Show](#)

HIP

ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

OSTEOARTHRITIS

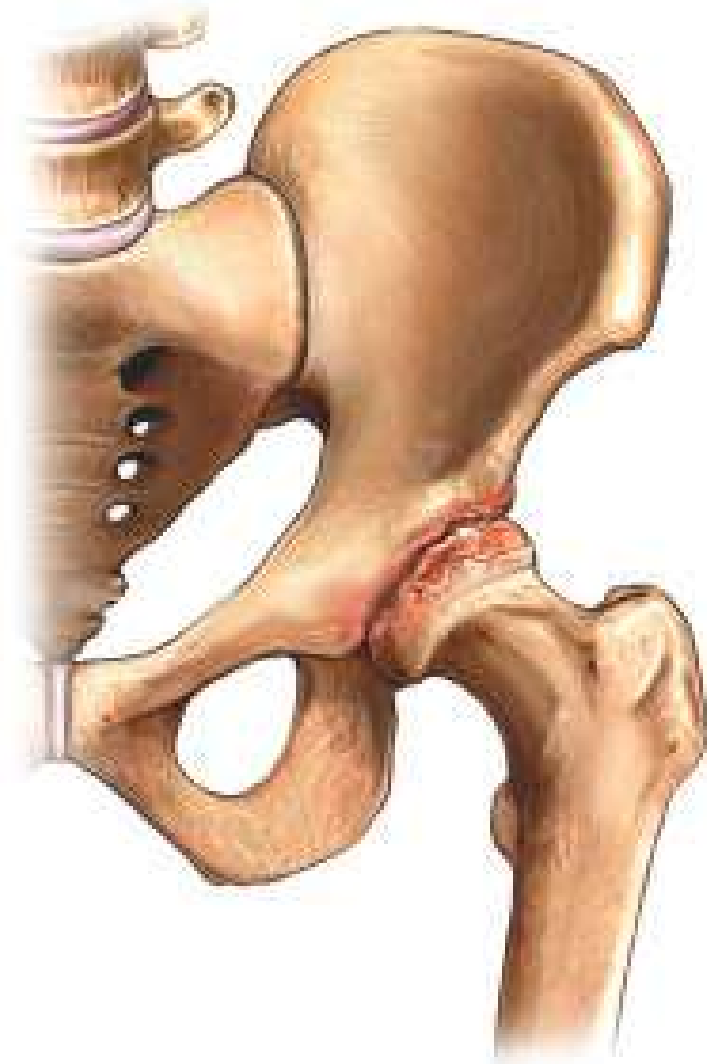
Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Medical View:

Referred to as 'wear and tear disease', the medical system says **age, gender (women are more likely to develop osteoarthritis), joint injuries, genetics, repeated stress on a joint, certain metabolic diseases** all play a role in the development of osteoarthritis.

Medical treatments for osteoarthritis include **anti-inflammatory medications, physical therapy, cortisone injections, and replacement.**

Medical after-care recommendations include **losing weight, anti-inflammatory medications, exercising, hot and cold compresses, braces and proper footwear.**



RHEUMATOID ARTHRITIS

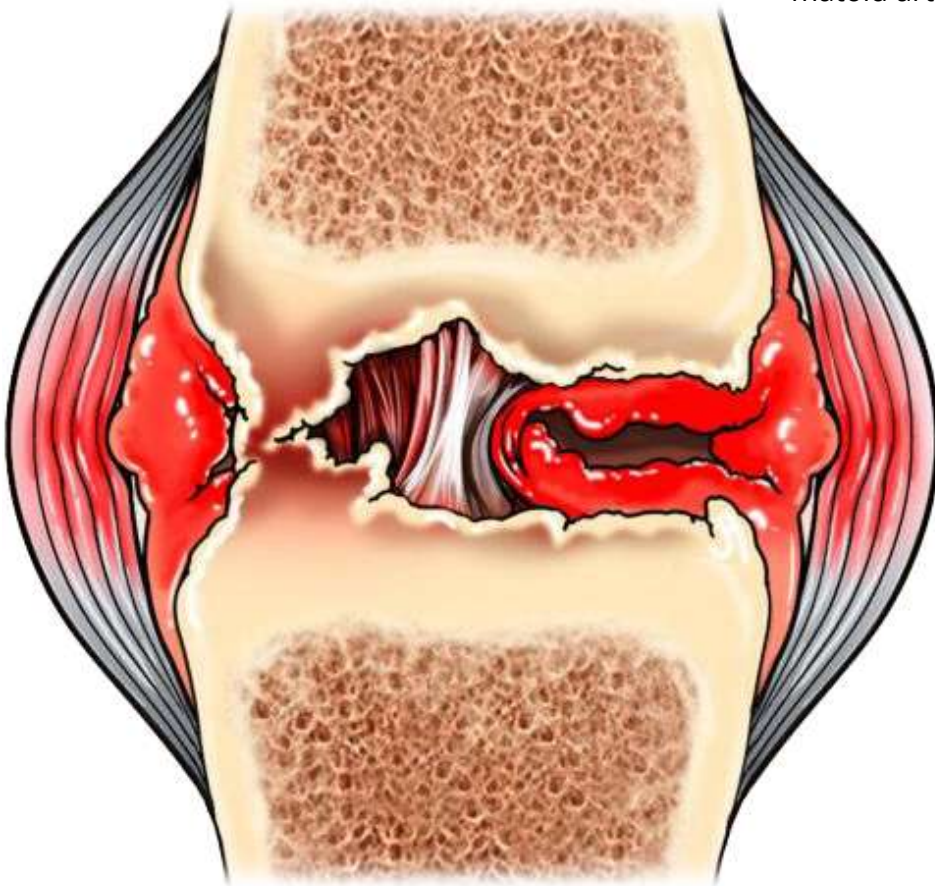
Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Medical View:

Doctors **don't know what starts this process**, although they say **genetic component appears likely**. **Gender, age, weight, and environmental exposures** are also said to play a role in the development of rheumatoid arthritis.

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 11 - Hip](#)

BONE FRACTURES

Bone fractures can be caused by the loss of bone density or injury.

Medical View:

Medical treatments used include **plastic braces and casts, metal plates, screws, and rods, physical therapy and surgery.**

Physical therapy, anti-inflammatory medications, and pain medications are used for medical after-care recovery.



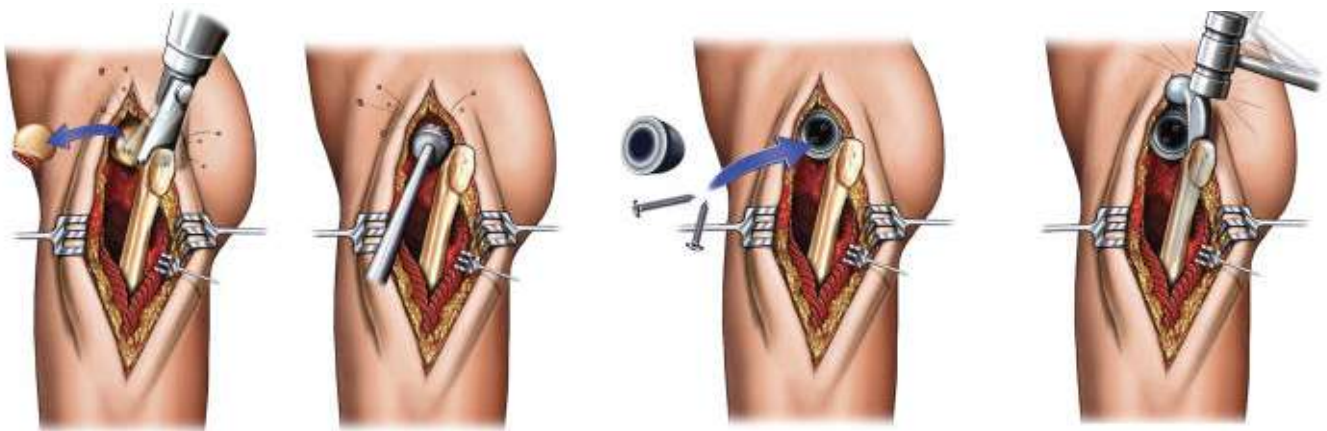
Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BONE FRACTURES GO TO:

[A-Z Wellness Masterclass: Lesson 11 - Hip](#)

HIP REPLACEMENT

Hip replacement is a surgical procedure in which the hip joint is replaced by a prosthetic implant, that is a hip prosthesis. Hip replacement surgery can be performed as a total replacement or a hemi (half) replacement.



Medical View:

The most common reason for hip replacement surgery is to relieve severe pain caused by osteoarthritis. People who need hip replacement surgery usually have problems walking, climbing stairs, and getting in and out of chairs.

The medical treatment includes **surgery, pain, and anti-inflammatory medications.**

Physicians generally recommend **rest, physical therapy, anti-inflammatory medications, and pain medications** as part of a after-care recovery plan.

Complications with a hip replacement include: infection, dislocation, limb length inequality, fracture, loosening, metal toxicity, metal sensitivity, nerve palsy, and chronic pain.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING HIP REPLACEMENTS GO TO:

[A-Z Wellness Masterclass: Lesson 11 - Hip](#)

An anatomical illustration of the human knee joint and surrounding muscles. The femur (thigh bone) is at the top, and the tibia (shin bone) is at the bottom. The patella (kneecap) is visible in the center. Various muscles are shown in different colors: red for the quadriceps, blue for the hamstrings, and yellow for the ligaments. A central text box with a black border contains the text "KNEE CONDITIONS".

**KNEE
CONDITIONS**

IMPORTANT!

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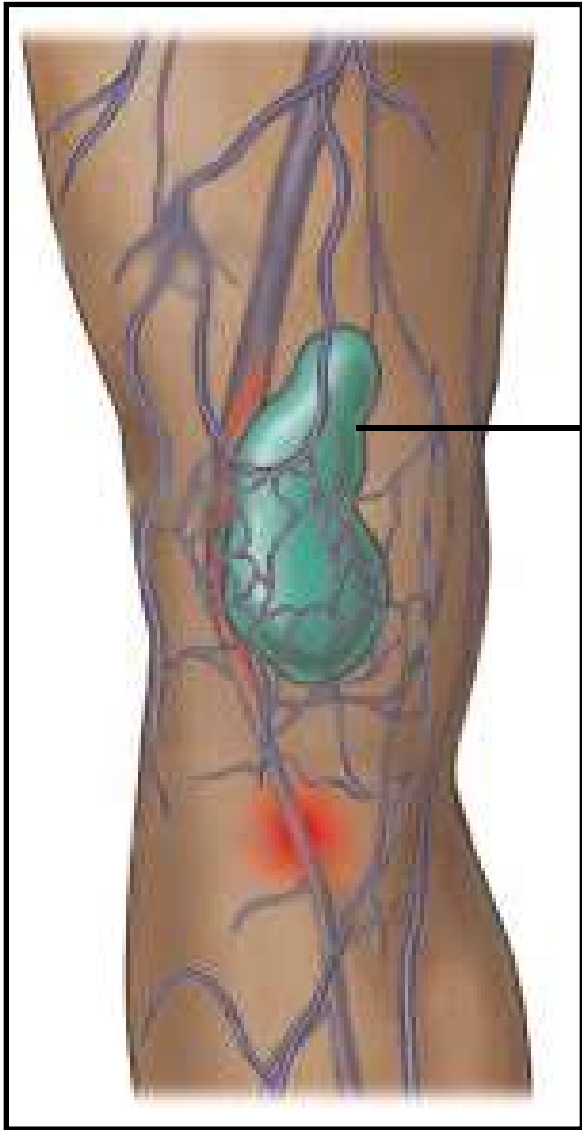
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BAKER'S CYST

A Baker's cyst is a fluid-filled cyst that causes a bulge and a feeling of tightness behind your knee.



**FLUID FILLED
CYST**

Medical View:

The medical system says that sometimes **the knee produces too much synovial fluid, resulting in a buildup of fluid in an area on the back of your knee (popliteal bursa),** causing a Baker's cyst.

Medical treatments used for Baker's cysts are **medication, fluid drainage, physical therapy.**

Physical therapy, anti-inflammatories and pain medication are used as medical after-care.

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
BAKER'S CYSTS GO TO:**

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

PATELLAR

SUBLUXATION/DISLOCATION

Dislocation is an injury or disability caused when the normal position of a joint or other part of the body is disturbed. Patellar subluxation is a partial dislocation of the bone and is usually due to an injury.

Medical View:

Conventional treatments include **crutches, braces, pain and anti-inflammatory medications and surgery.**

Medical after-care includes **pain and anti-inflammatory medications, physiotherapy, and rest.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING PATELLAR SUBLAXATION/DISLOCATION GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

KNEE ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

Knee arthritis results in loss of cartilage—smooth tissue that acts like a cushion in the knee joint.

OSTEOARTHRITIS

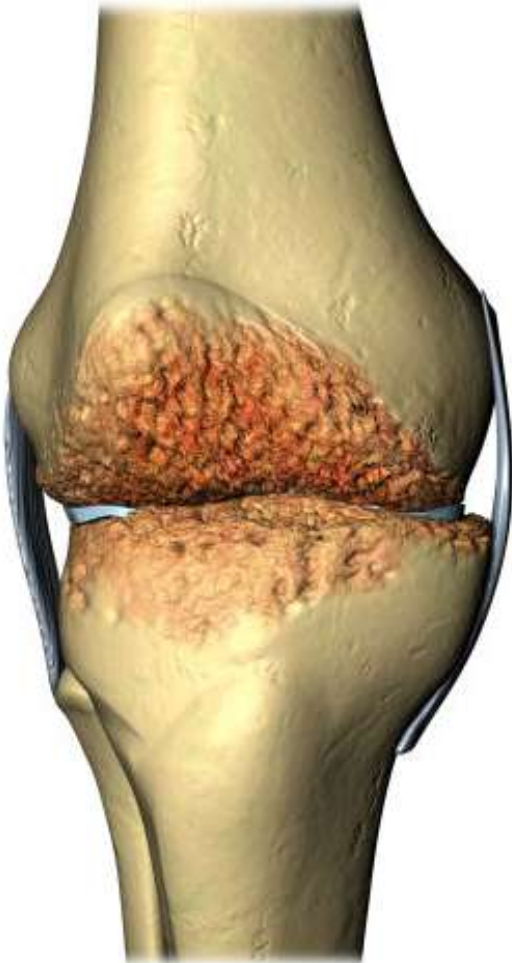
Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Medical View:

Referred to as 'wear and tear disease', the medical system says **age, gender (women are more likely to develop osteoarthritis), joint injuries, genetics, repeated stress on a joint, certain metabolic diseases** all play a role in the development of osteoarthritis.

Medical treatments for osteoarthritis include **anti-inflammatory medications, physical therapy, cortisone injections, and joint replacement.**

Medical after-care recommendations include **losing weight, anti-inflammatory medications, exercising, hot and cold compresses, braces and proper footwear.**



RHEUMATOID ARTHRITIS

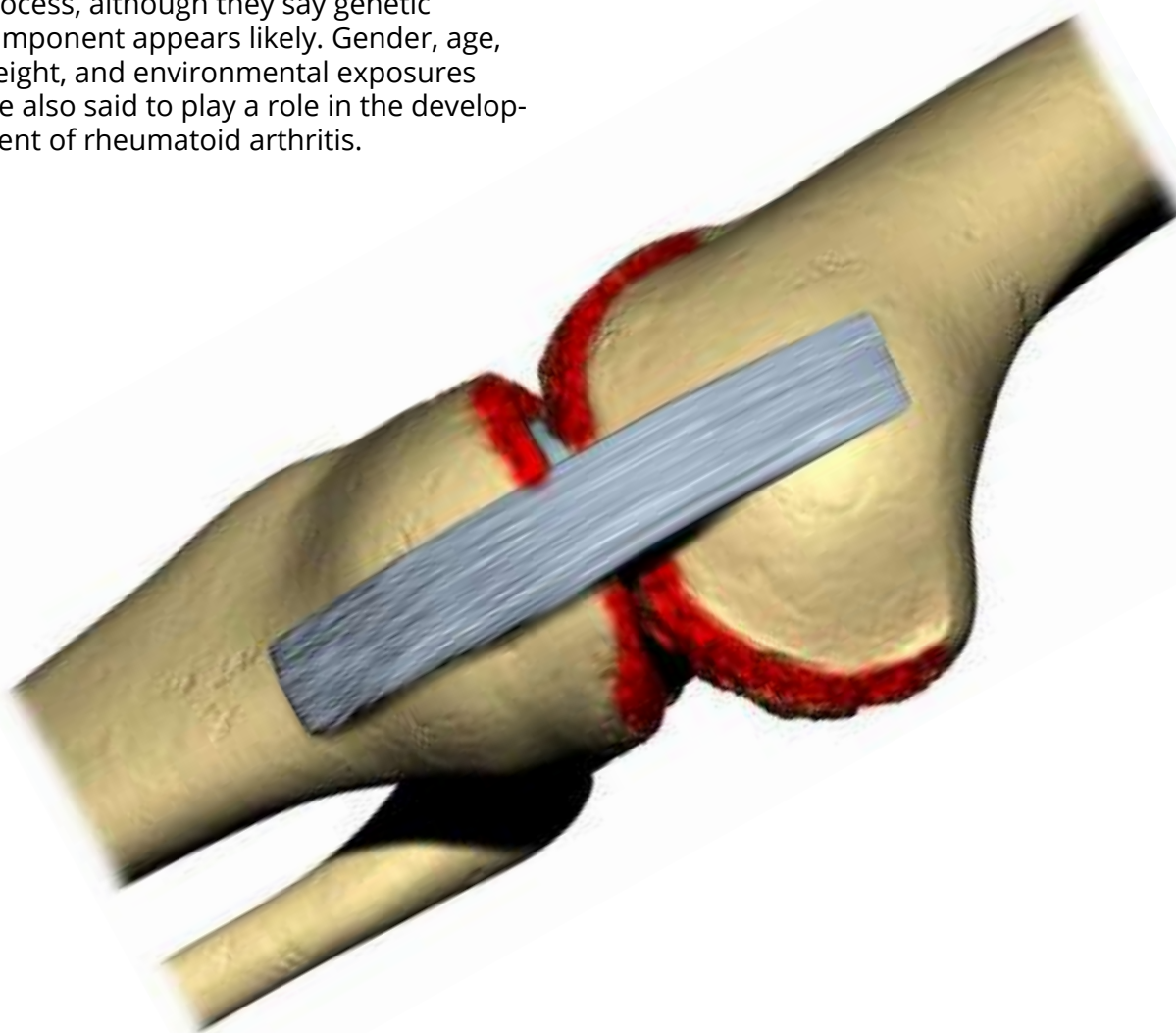
Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Doctors don't know what starts this process, although they say genetic component appears likely. Gender, age, weight, and environmental exposures are also said to play a role in the development of rheumatoid arthritis.

Medical View:

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, and **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

KNEE BURSITIS

Knee bursitis is inflammation of a small fluid-filled sac (bursa) situated near your knee joint.

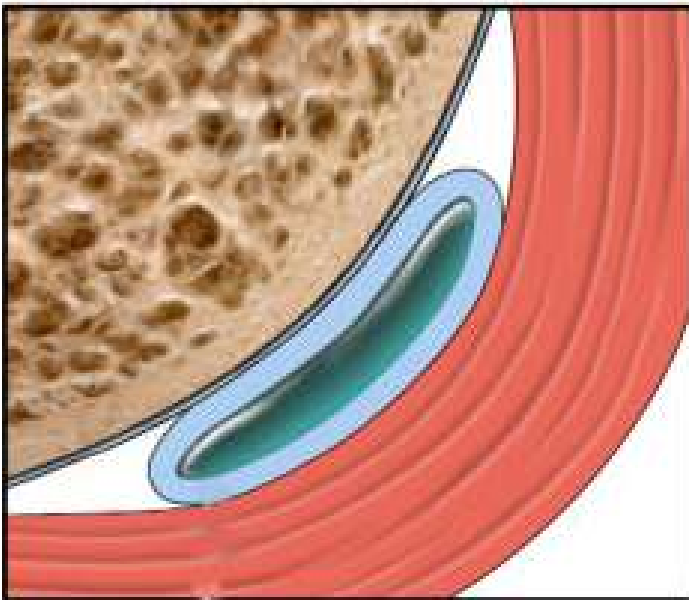
Medical causes include **frequent and sustained pressure**, such as from

Medical View:

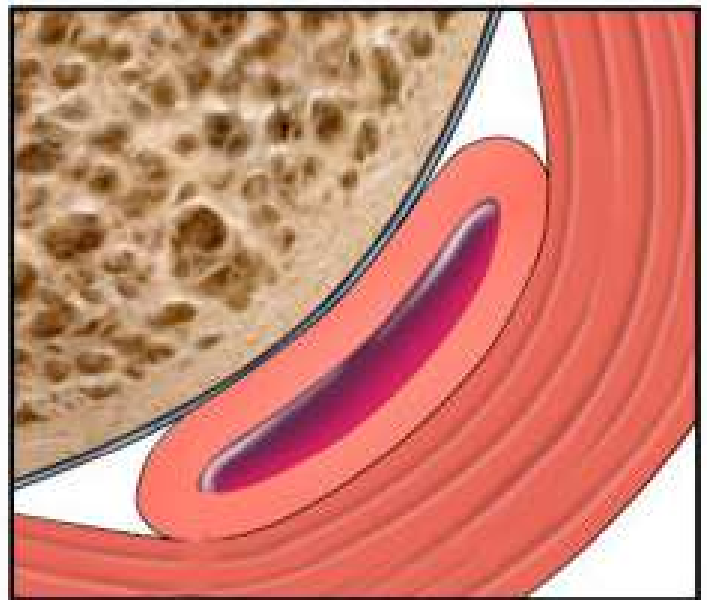
knelling on hard surfaces, overuse or strenuous activity, a direct blow to your knee, a bacterial infection of the bursa, osteoarthritis, rheumatoid arthritis or gout in your knee.

Depending on the cause and severity a doctor may recommend short term **antibiotics, anti-inflammatory medications, corticosteroid injections, physiotherapy or surgery.**

The medical system recommends **rest and cold compresses** for after-care.



NORMAL KNEE BURSA



BURSITIS KNEE

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING KNEE BURSITIS GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

KNEE REPLACEMENT

Knee replacement surgery, also known as knee arthroplasty, can help relieve pain and restore function in severely diseased knee joints. The procedure involves cutting away damaged bone and cartilage from your thigh bone, shinbone and kneecap and replacing it with an artificial joint (prosthesis) made of metal alloys, high-grade plastics, and polymers.

Medical View:

The most common reason for knee replacement surgery is to **relieve severe pain caused by osteoarthritis**. People who need knee replacement surgery usually have problems walking, climbing stairs, and getting in and out of chairs.

Surgery, pain, and anti-inflammatory medications are used as medical treatments for this condition.

Physicians generally recommend **rest, anti-inflammatory and pain medications** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING A KNEE REPLACEMENT GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

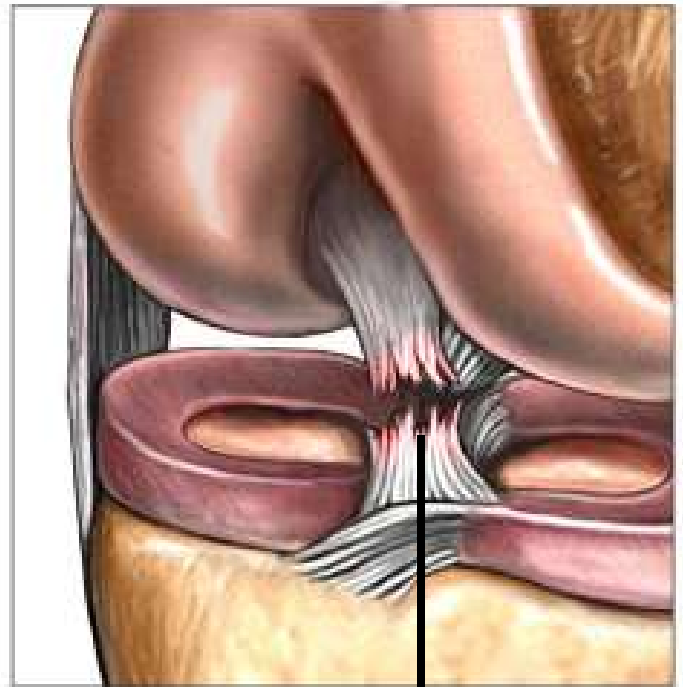
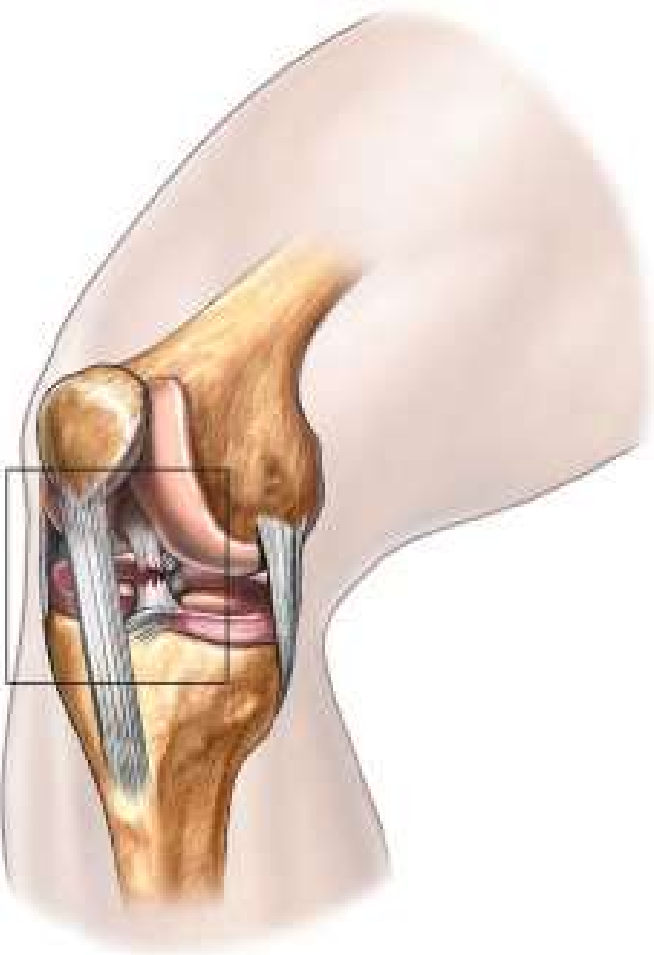
LIGAMENT SPRAINS (ACL, PCL, MCL)

A sprain is a stretch or tear in a ligament. Ligaments are bands of fibrous tissue that connect bones to bones at joints. A strain is a stretch or tear, but it happens in a muscle or a tendon.

Medical View:

Ligament injuries may heal on their own with time, otherwise, **knee brace, anti-inflammatory, physiotherapy and pain medications** may be needed.

Medical after-care includes **anti-inflammatory and pain medications, physiotherapy, and rest.**



**TORN A.C.L.
(ANTERIOR CRUCIATE LIGAMENT)**

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING
LIGAMENT SPRAINS GO TO:**

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

MENISCUS TEAR

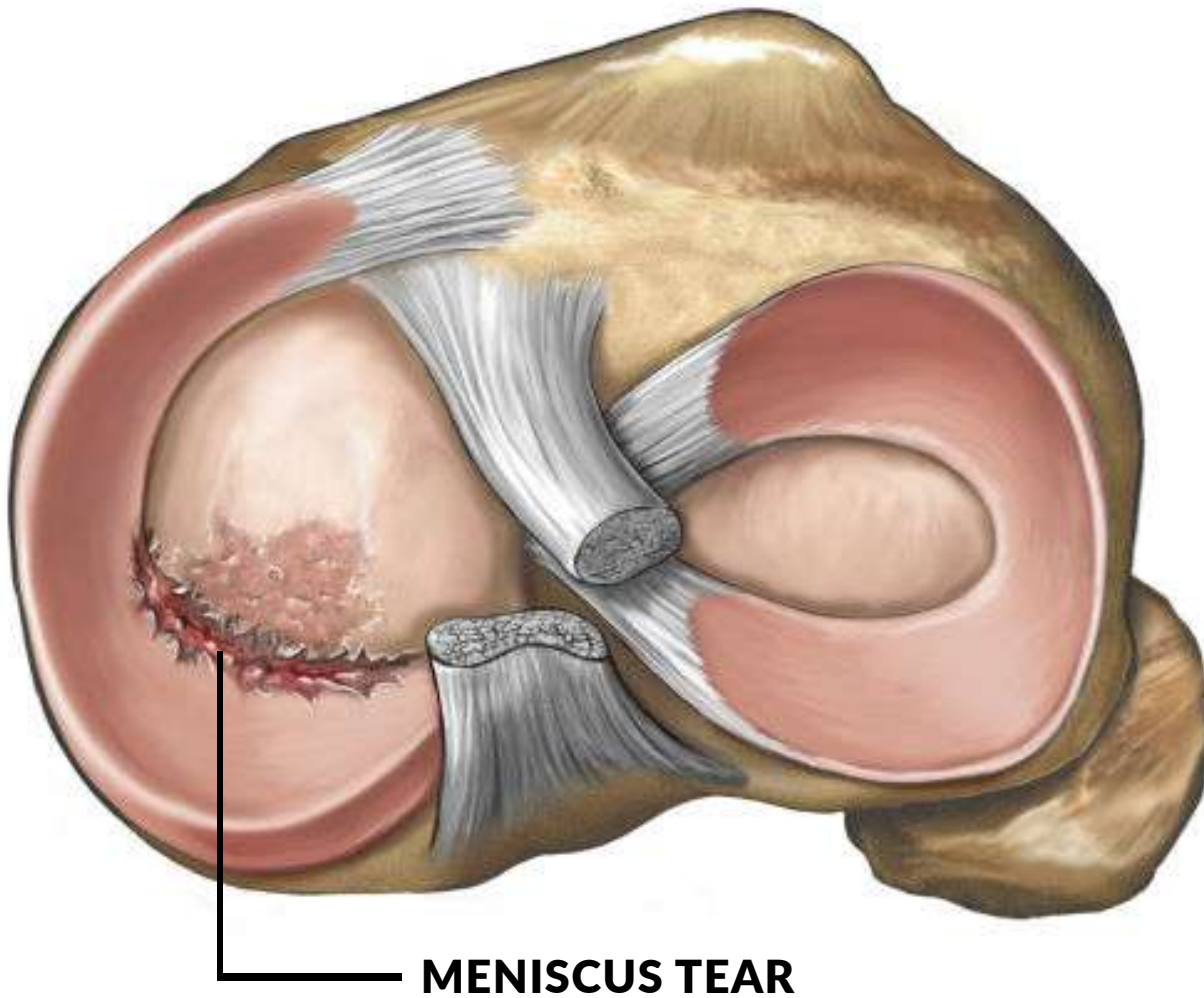
A torn meniscus is one of the most common knee injuries. Each of your knees has two menisci, C-shaped pieces of cartilage that act like a cushion between your shinbone and your thighbone. A torn meniscus causes pain, swelling and stiffness.

Medical View:

A torn meniscus **can result from any activity that causes you to forcefully twist or rotate your knees**, such as **aggressive pivoting or sudden stops and turns**.

Medical treatments include **rest, ice, pain medication, physiotherapy, surgery**.

Medical after-care includes **physiotherapy and pain medication**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING A MENISCUS TEAR GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)

TENDINITIS

Tendinitis is inflammation or irritation of a tendon — the thick fibrous cords that attach muscle to bone. The condition causes pain and tenderness just outside a joint. While tendinitis can occur in any of your tendons, it's most common around your shoulders, elbows, wrists, knees and heels.

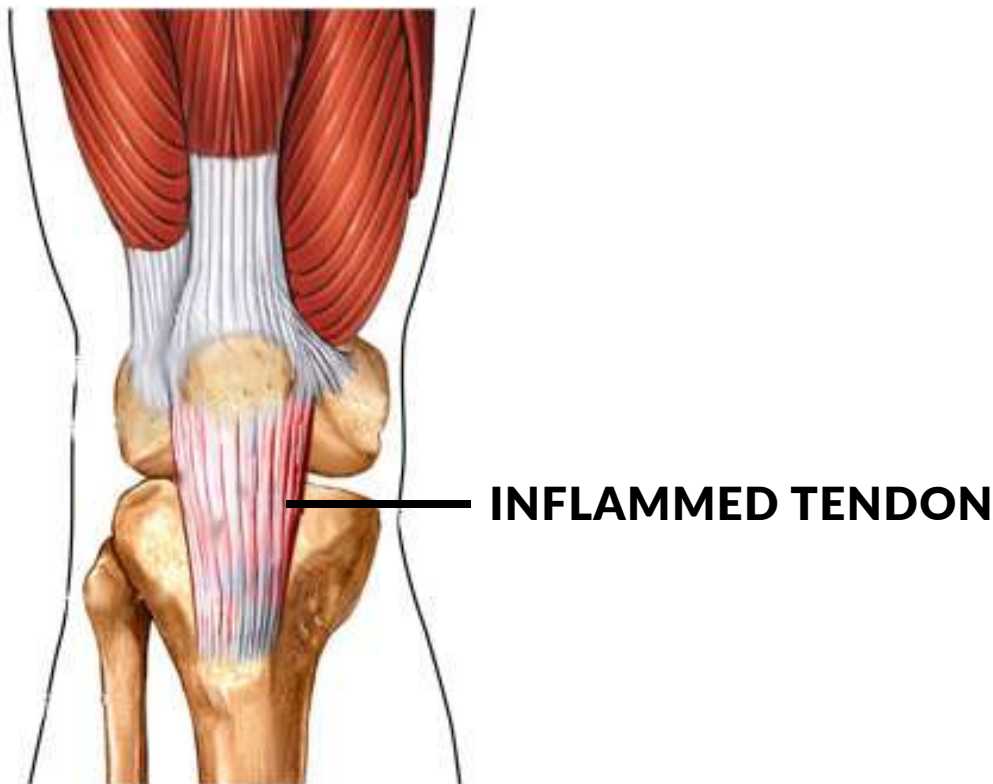
Patellar tendinitis is a common overuse injury, caused by repeated stress on your patellar tendon. The stress results in tiny tears in the tendon, which your body attempts to repair.

Medical View:

Although tendinitis can be caused by a **sudden injury, the condition is much more likely to stem from the repetition of a particular movement over time.** Most people develop tendinitis because their jobs or hobbies involve repetitive motions, which puts stress on the tendons.

The medical system generally treats tendonitis with **pain medications, anti-inflammatory, corticosteroids, physical therapy, and some cases surgery** may be required.

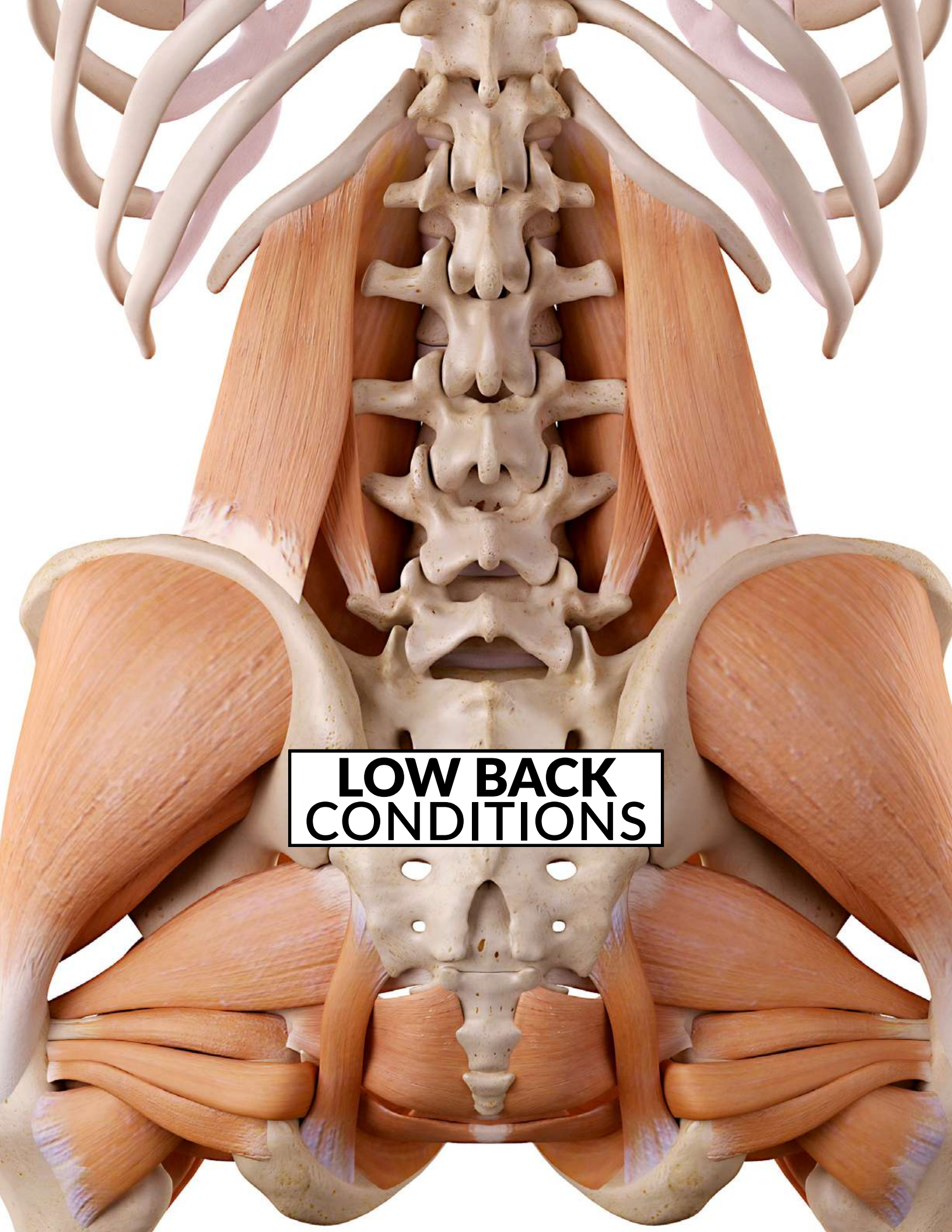
The medical system recommends **rest and cold compresses** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON TREATING TENDINITIS GO TO:

[A-Z Wellness Masterclass: Lesson 12 - Knee](#)



**LOW BACK
CONDITIONS**

IMPORTANT!

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SCIATICA | PAGE 187

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SCIATICA

Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.

Sciatica is caused by irritation of the root of the lower lumbar and lumbosacral spine, lumbar spinal stenosis (narrowing of the spinal canal in the lower back), degenerative disk disease.

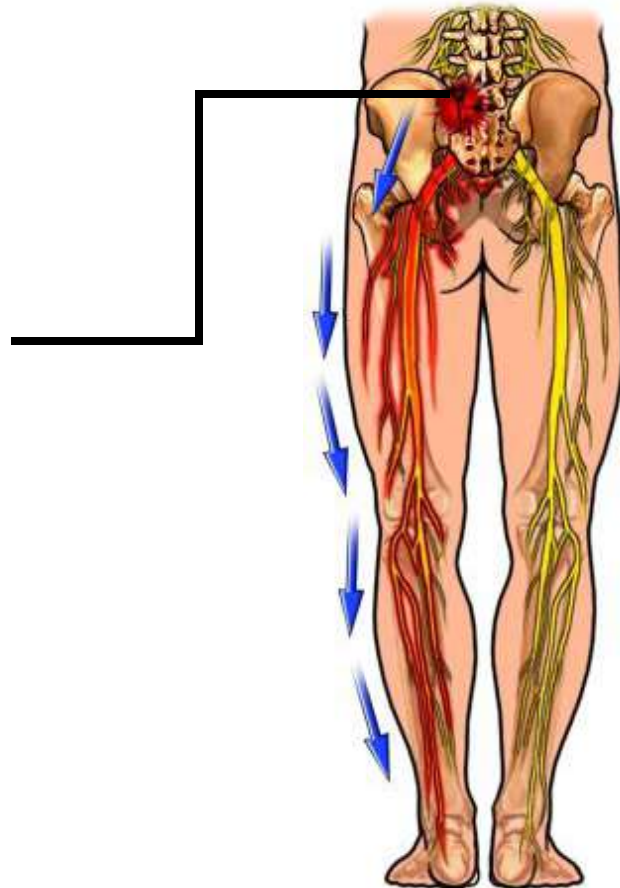
Medical View:

Risk factors for developing these conditions include **genetics, weight, age and occupation (heavy lifting) and prolonged sitting.**

The medical system suggests treatments like **medication, steroid injections, physical therapy, and if still severe surgery.**

Medical after-care includes **rest, pain medications and physiotherapy.**

PINCHED SCIATIC NERVE



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING SCIATICA GO TO:

[A-Z Wellness Masterclass: Lesson 13 - Lower Back](#)

An anatomical illustration of the human neck and upper thoracic region. The image shows the skeletal structure, including the skull, cervical vertebrae, and ribs. Numerous muscles are depicted in various shades of pink and red, showing their fibers and how they connect to the vertebrae and other structures. The muscles are arranged in a complex, layered pattern, with some running vertically and others branching out. A central text box is overlaid on the image.

**NECK
CONDITIONS**

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WHIPLASH : PAGE 190

TORTICOLLIS/WRYNECK : PAGE 191

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WHIPLASH

Whiplash is a neck injury due to forceful, rapid back-and-forth movement of the neck, like the cracking of a whip. Whiplash most often occurs during a rear-end auto accident, but the injury can also result from a sports accident, physical abuse or other trauma.

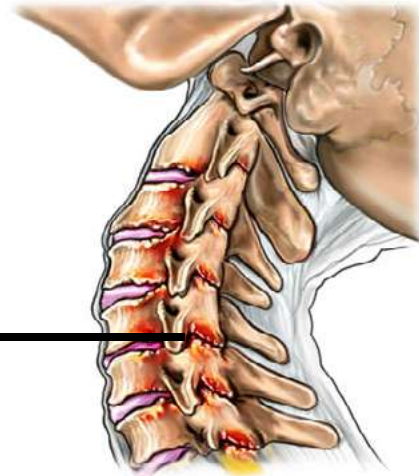
Whiplash usually occurs due to injury caused by a severe jerk to the head, typically in a motor vehicle accident.

Medical View:

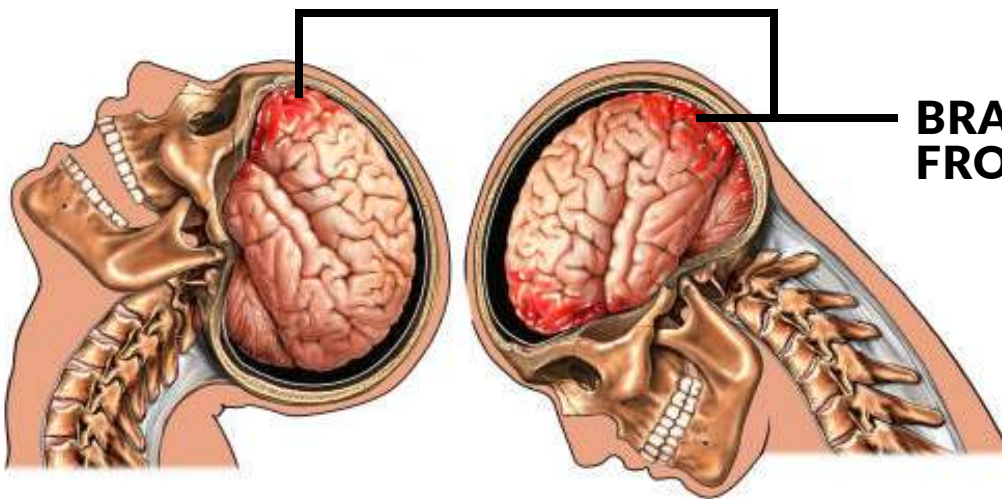
Rest, anti-inflammatory medications, muscle relaxants, pain medications and physiotherapy are common practices for medically treating whiplash.

The medical system will suggest **continuing with the treatment methods listed above** for after-care protocol.

NECK INJURY FROM WHIPLASH



BRAIN INJURY FROM WHIPLASH



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING WHIPLASH GO TO:

[A-Z Wellness Masterclass: Lesson 14 - Neck](#)

TORTICOLLIS/ WRYNECK

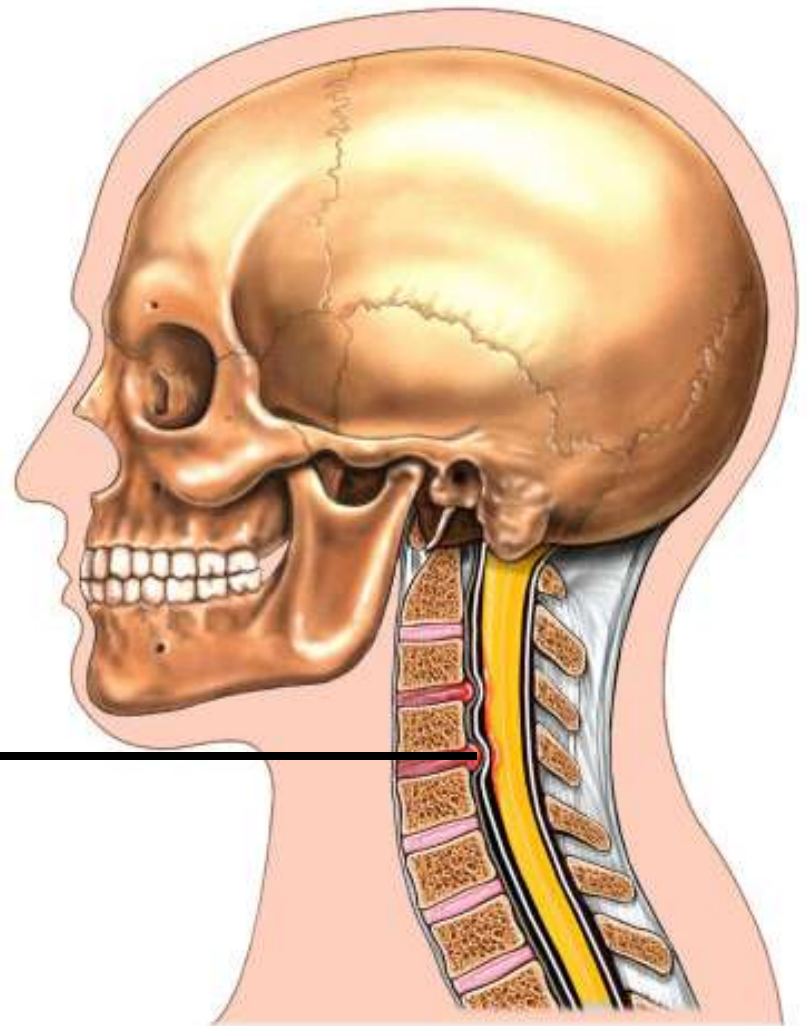
Torticollis/Wryneck is a condition in which the head becomes persistently turned to one side, often associated with painful muscle spasms.

Torticollis usually occurs due to injury to the neck or spine, causing the muscles to spasm, infection of the head or neck, abscesses in the throat or upper airway, infections of other parts of the body, such as ears, sinuses, jaw, teeth, or scalp.

Medical View:

The medical system treats torticollis with **ice packs, medication, physical devices to keep the neck fixed in place, physical therapy, massage therapy, stretching exercises, and if severe, surgery.**

Medical after-care instructions are similar to treatment, including **rest, physical therapy, and medications.**



**PINCHED NERVES
CAUSING SPASM**

Dr. Darrell Wolfes' View:

**TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING
TORTICOLLIS/WRYNECK GO TO:**

[A-Z Wellness Masterclass: Lesson 14 - Neck](#)

An anatomical illustration of the shoulder joint, showing the humerus, scapula, and clavicle bones, along with various muscles and ligaments. The illustration is detailed, showing the texture of the muscles and the structure of the ligaments. A central text box is overlaid on the image.

**SHOULDER
CONDITIONS**

IMPORTANT!

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TORN ROTATOR CUFF		PAGE 195
BURSITIS		PAGE 196

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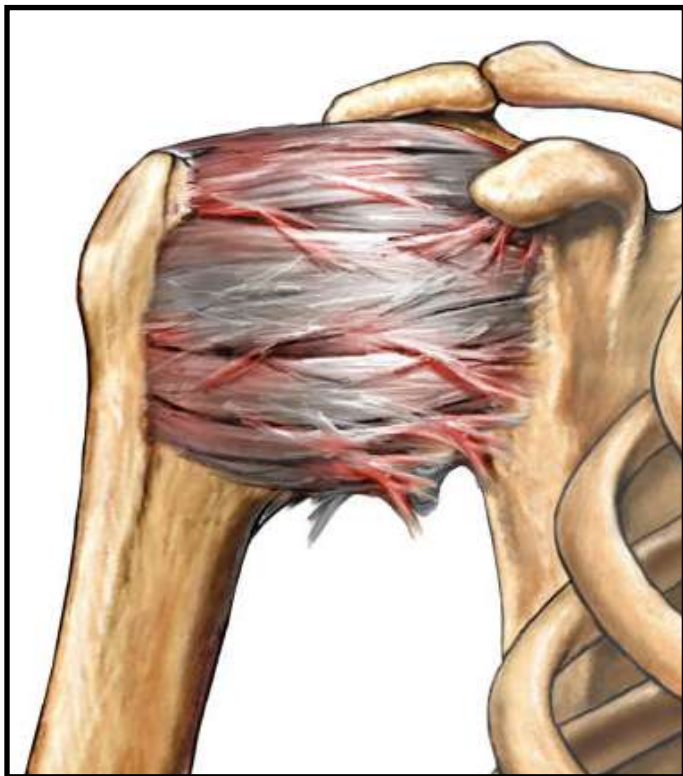
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ADHESIVE CAPSULITIS (FROZEN SHOULDER)

Adhesive Capsulitis is a painful and disabling disorder of unclear cause in which the shoulder capsule, the connective tissue surrounding the glenohumeral joint of the shoulder, becomes inflamed and stiff, greatly restricting motion and causing chronic pain.

Frozen shoulder is thought to happen when scar tissue forms in the shoulder. This causes the shoulder joint's capsule to thicken and tighten, leaving less room for movement. Movement may become stiff and painful.



Medical View:

The exact cause is **not fully understood, and it cannot always be identified** by the medical system.

The medical system usually treats frozen shoulder with **pain medications, hot and cold compression packs, corticosteroid injections, transcutaneous electrical nerve stimulation, shoulder arthroscopy, physical therapy, and joint manipulation.**

There is **no medical after-care protocol.**

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ADHESIVE CAPSULITIS (FROZEN SHOULDER) GO TO:

[A-Z Wellness Masterclass: Lesson 15 - Shoulder](#)

ROTATOR CUFF TEAR

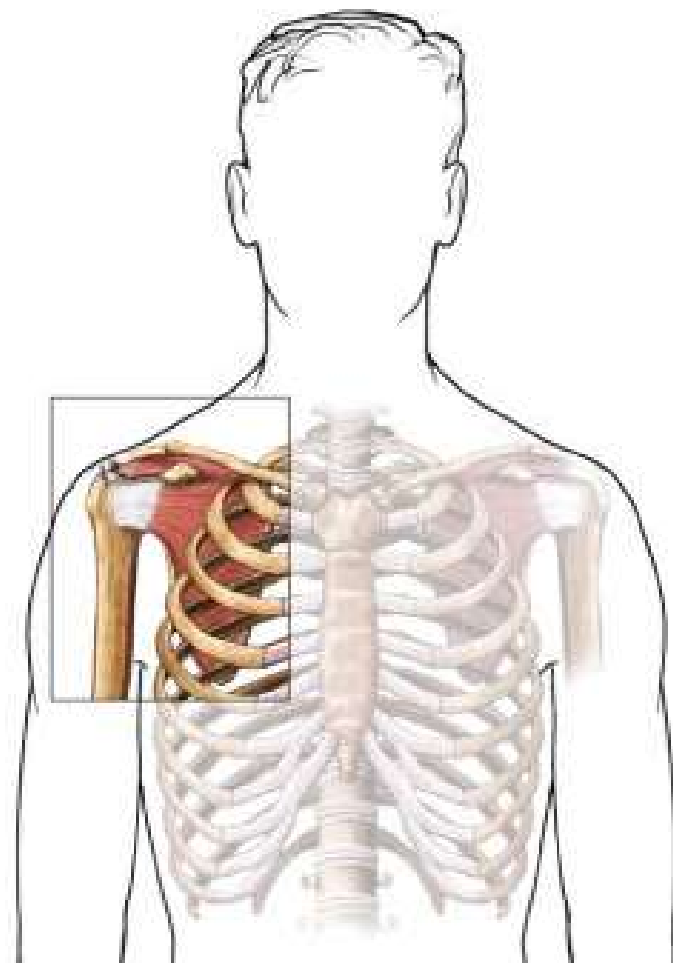
A rotator cuff tear is an injury to one or more of the tendons or muscles of the rotator cuff of the shoulder.

Rotator cuff tears usually occur from a physical injury, sudden force or gradually over time.

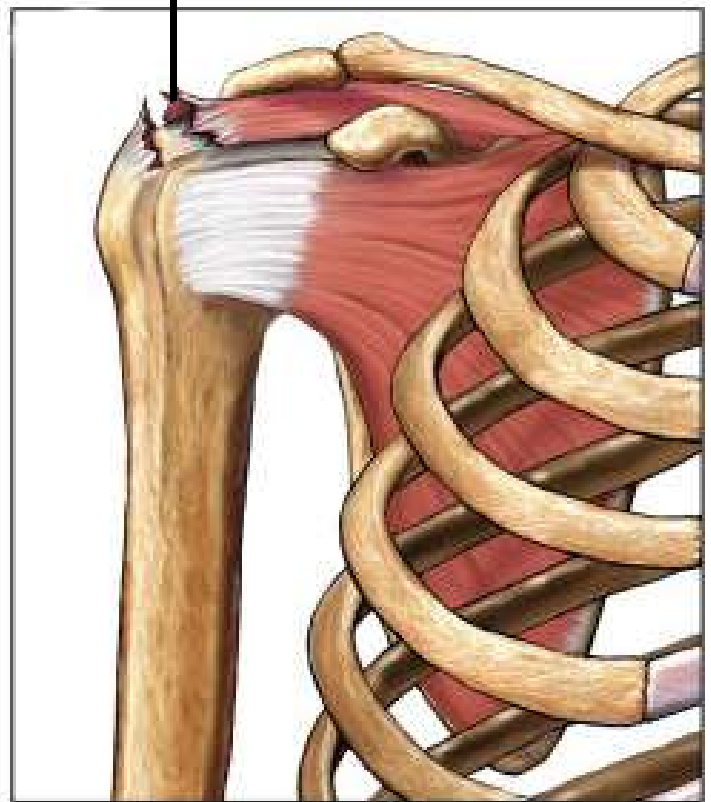
Medical View:

Many rotator cuff tears can be treated nonsurgically. **Anti-inflammatory medication, steroid injections, and physical therapy** may all be recommended in treating symptoms of a cuff tear.

The after-care suggested by the medical system are **rest, pain and anti-inflammatory medications, physiotherapy.**



TORN ROTATOR CUFF



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING ROTATOR CUFF TEAR GO TO:

[A-Z Wellness Masterclass: Lesson 15 - Shoulder](#)

BURSITIS

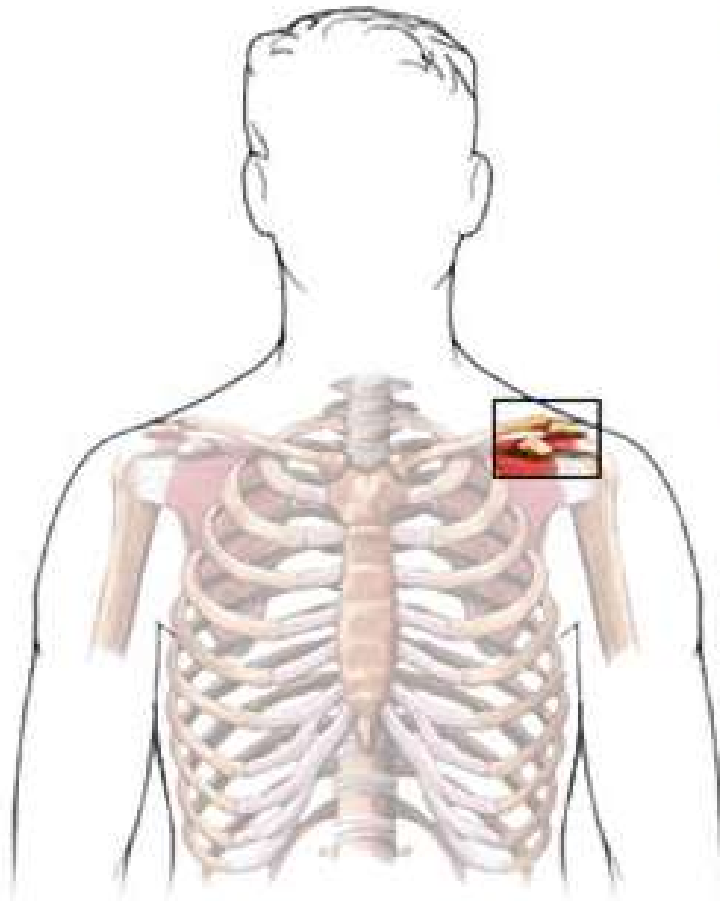
Bursitis is a painful condition that affects the joints. Bursae are fluid-filled sacs that act as a cushion between bones, tendons, joints, and muscles. When these sacs become inflamed it is called bursitis.

The most common causes of bursitis are repetitive motions or positions that put pressure on the bursae around a joint.

Medical View:

The medical treatment includes **protecting the affected area, pain and anti-inflammatory medications, steroids and antibiotics.**

The after-care the medical system recommends is to rest, **protect the affected area, pain and anti-inflammatory medications, and steroids.**



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING BURSITIS GO TO:

[A-Z Wellness Masterclass: Lesson 15 - Shoulder](#)

An anatomical illustration of the human skeleton from a posterior view. The spine, ribcage, and shoulder blades are highlighted in a vibrant red color, while the rest of the skeleton is shown in a natural off-white tone. The text 'SPINAL CONDITIONS' is centered over the thoracic and lumbar spine regions.

**SPINAL
CONDITIONS**

IMPORTANT!

No matter what condition or disease you are suffering from within the body, understand this, it originates, otherwise gets its foothold first and foremost in the abdomen, then in the pelvic area and then it migrates to weakest link somewhere else in the body. The biggest mistake we make as patients or practitioners is we only focus on the organ, the tumor, or the specific area that is giving us the most trouble. Healing is not called partial body healing - it is called whole body healing.

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RHEUMATOID ARTHRITIS

Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.



Medical View:

Doctors **don't know what starts this process**, although they say **genetic component appears likely**. **Gender, age, weight, and environmental exposures** are also said to play a role in the development of rheumatoid arthritis.

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, and **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

OSTEOPOROSIS

Osteoporosis is a medical condition in which the bones become brittle and fragile from loss of tissue, typically as a result of hormonal changes, or deficiency of calcium or vitamin.

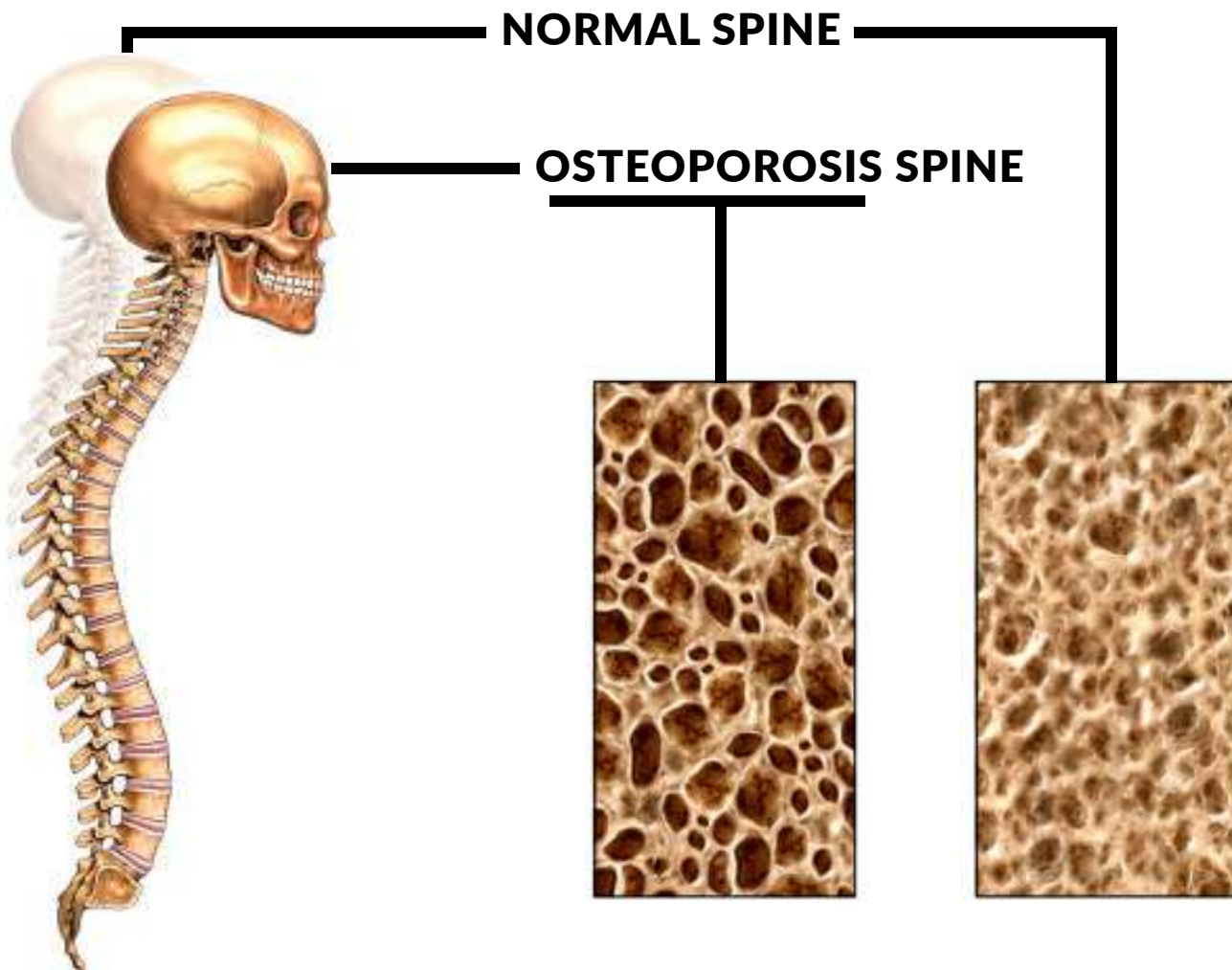
Most people reach their peak bone mass by age 30. As people age, bone mass is lost faster than it's created. Your **hormone, steroid or medication levels, previous medical conditions, gender, age, genetics** are all said to play a role.

Medical View:

The medical system uses a **bone density test for bone loss**. Depending on severity they may recommend **biophosphonate medication, antibody medications, hormone related therapy and bone building medications**.

The medical system suggests **avoiding falls and avoiding excess alcohol and smoking** as they may contribute to bone loss.

There is **no medical after-care protocol**.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING OSTEOPOROSIS GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

DEGENERATIVE DISK DISEASE

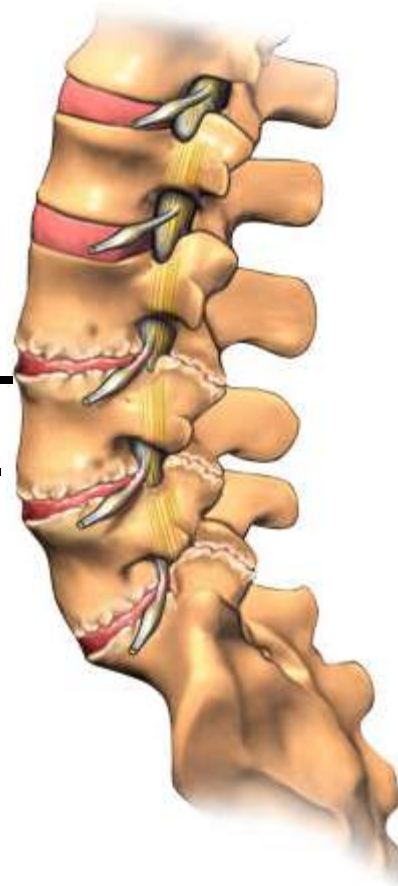
Degenerative disk disease and herniated disks occur when normal changes that take place in the disks of your spine cause pain. Spinal disks are like shock absorbers between the vertebrae, or bones, of your spine. They help your back stay flexible, so you can bend and twist. As you get older, they can show signs of wear and tear. Disk herniation is most often the result of gradual, aging-related wear and tear called disk degeneration. As you age, your spinal disks lose some of their water content. That makes them less flexible and more prone to tearing or rupturing with even a minor strain or twist.

Medical View:

Medical treatment may include **occupational therapy, physical therapy, or both, special exercises, medications, losing weight, and surgery.** Medical options include **injecting the joints next to the damaged disk with steroids and a local anesthetic for pain relief.**

Doctors generally recommend **rest, physical therapy, anti-inflammatory medications, and pain medications** as part of a after-care plan.

DEGENERATING DISKS



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING DEGENERATIVE DISK DISEASE GO TO:

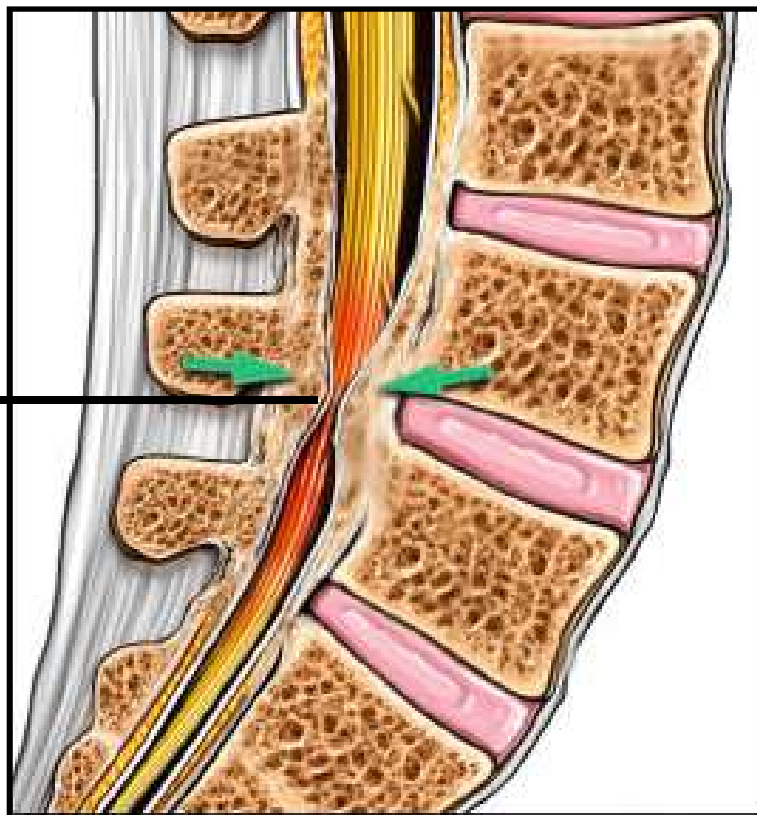
[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

SPINAL STENOSIS

Spinal Stenosis is a condition in which the spinal column narrows and starts compressing the spinal cord. This process is typically gradual. If the narrowing is minimal, no symptoms will occur. Too much narrowing can compress the nerves and cause problems.

The most common cause of spinal stenosis is aging, degenerative processes occur throughout your body as it ages. Tissues in your spine may start to thicken, and bones may get bigger, compressing the nerves. Conditions like osteoarthritis and rheumatoid arthritis may also contribute to spinal stenosis. The inflammation puts pressure on your spinal cord. Other reasons can be problems at birth and scoliosis.

NARROWED SPINAL COLUMN



Medical View:

Pharmaceutical treatments are typically tried first. **Cortisone injections** into your spinal column can reduce swelling. **Nonsteroidal anti-inflammatory drugs (NSAIDs)** can also help with pain. **Physical therapy** may also be an option and in some cases of severe pain, you would need surgery.

Doctors generally recommend **rest, physical therapy, anti-inflammatory medications, and pain medications** as part of after-care.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING SPINAL STENOSIS GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

STRESS FRACTURES

Stress fractures are tiny hairline breaks in one of the vertebrae, the small bones that make up the spinal column.

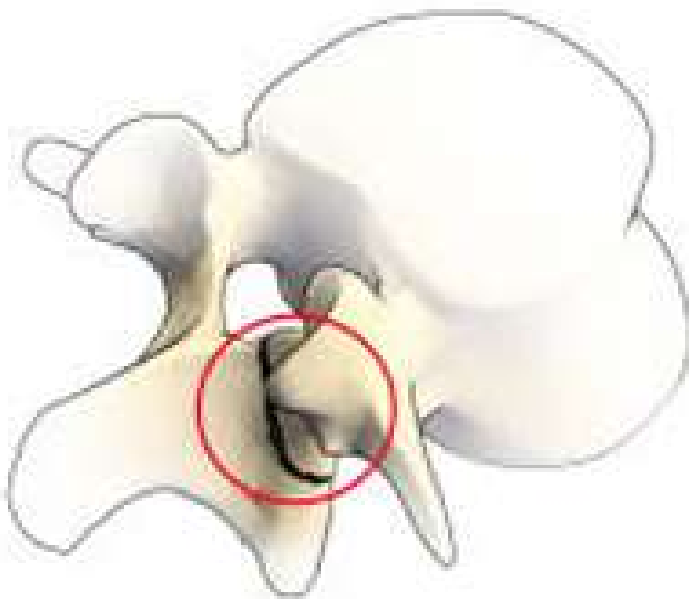
The injury most often occurs in children and adolescents who participate in sports that involve repeated stress on the lower back, such as gymnastics, football, and weight lifting.

The pain usually improves significantly in a matter of days or weeks.

Medical View:

Pharmaceutical treatments for pain management may include **analgesic pain medications, bed rest, back bracing, pain and anti-inflammatory medications, and rest for 6-8 weeks.**

Doctors generally recommend **light exercise, physical therapy, anti-inflammatory medications, and pain medications** as part of an after-care plan.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING STRESS FRACTURES GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

SCIATICA

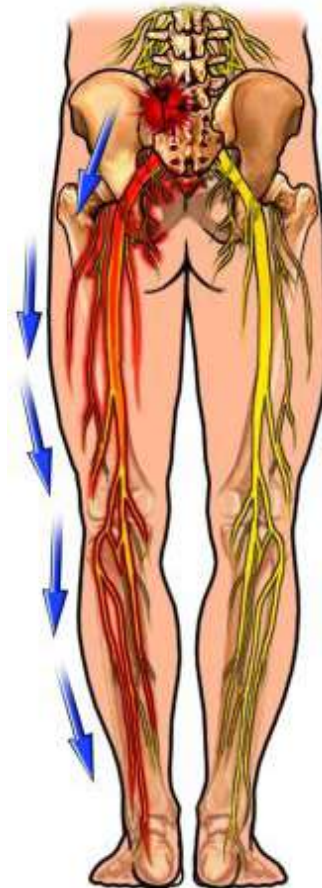
Sciatica refers to pain that radiates along the path of the sciatic nerve, which branches from your lower back through your hips and buttocks and down each leg. Typically, sciatica affects only one side of your body.

Sciatica is caused by irritation of the root of the lower lumbar and lumbosacral spine. Additional common causes of sciatica include lumbar spinal stenosis (narrowing of the spinal canal in the lower back) and degenerative disk disease. Risk factors for developing these conditions include genetics, weight, age and occupation (heavy lifting) and prolonged sitting.

Medical View:

If your pain doesn't improve, your doctor might suggest some of the following treatments like **medication, steroid injections, physical therapy, and if still severe surgery.**

Doctors generally recommend **rest, physical therapy, steroids, anti-inflammatory medications, and pain medications** for after-care.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING SCIATICA GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

SCOLIOSIS

Scoliosis is a sideways curvature of the spine that occurs most often during the growth spurt just before puberty.

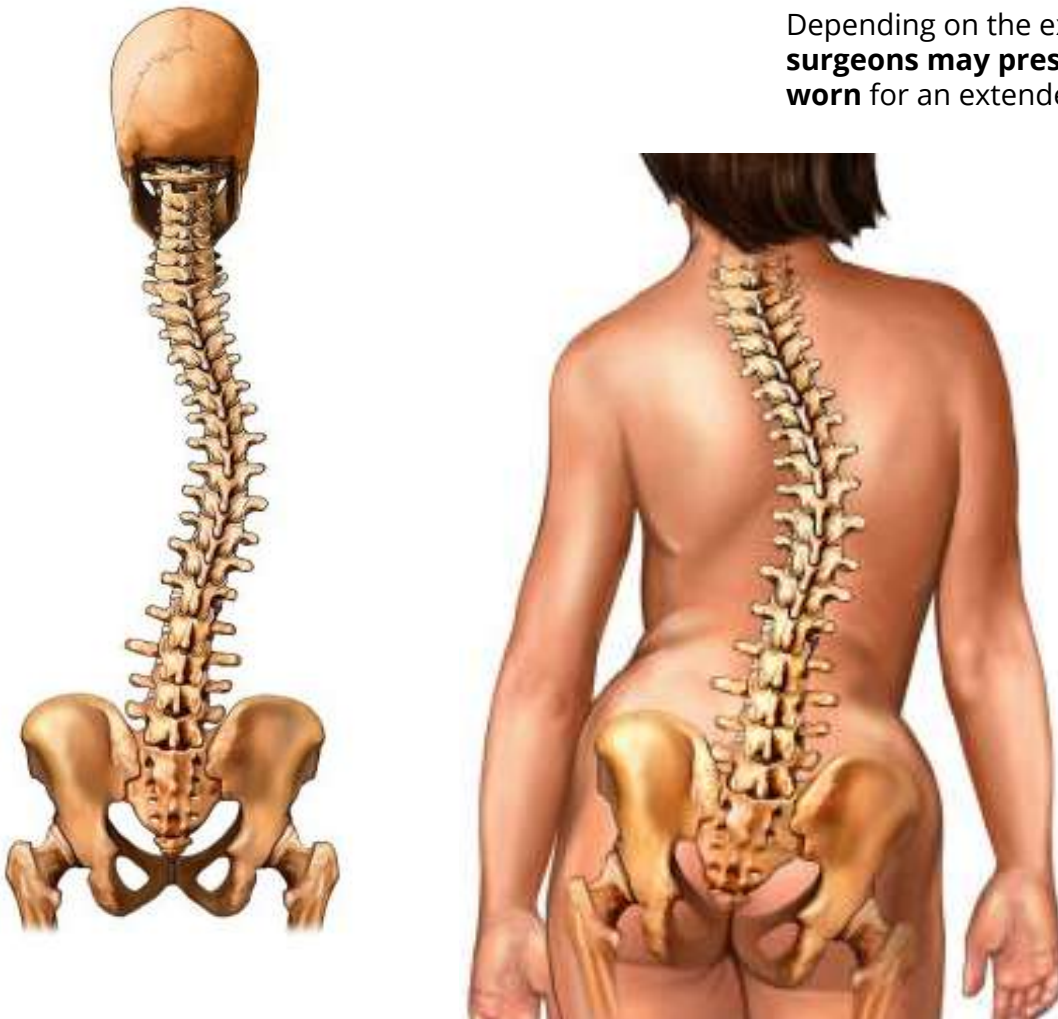
While scoliosis can be caused by conditions such as cerebral palsy and muscular dystrophy, or trauma during birth, the cause of most scoliosis is unknown.

Medical View:

Doctors usually notice the problem and **consult a board-certified orthopedic surgeon or neurosurgeon (spine surgeon) who specializes in spine surgery.**

In addition, it may be necessary to **consult a rehabilitation specialist and/or a physical therapist.** Some patients **may need a neurologist, orthotist (brace designer), or an occupational therapist** as part of the treatment team.

Depending on the extent of the surgery, **some surgeons may prescribe a back brace to be worn** for an extended period of time.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING SCOLIOSIS GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)

KYPHOSIS (ROUNDED BACK)

Kyphosis is an excessive outward curvature of the spine, causing hunching of the back.

Kyphosis occurs when the vertebrae in the upper part of the back, called the thoracic region, become wedge-shaped. This causes the spine to curve forward more than usual. Causes can be poor posture, development issues, older age, abnormal vertebrae shape.



Medical View:

Doctors usually recommend that people with postural and Scheuermann's kyphosis receive **non-surgical forms of treatment**. In some cases of Scheuermann's kyphosis, a doctor **may recommend a spinal brace**. The brace will support the spine to grow into the correct posture. Braces are only useful if the spine is still growing.

Medical after-care includes **rest, take pain medication if needed, and physiotherapy**.

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING KYPHOSIS (ROUNDED BACK) GO TO:

[A-Z Wellness Masterclass: Lesson 16 - Spine](#)



**WRIST/HAND
CONDITIONS**

IMPORTANT!

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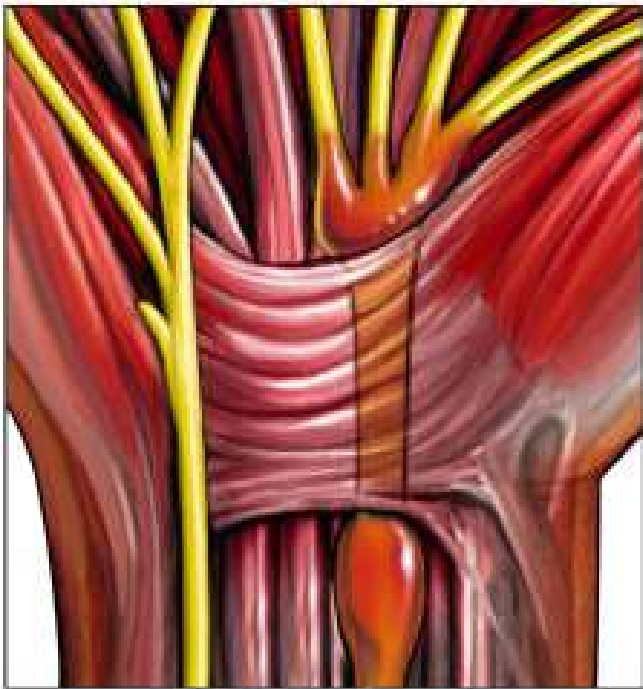
CARPAL TUNNEL SYNDROME

Carpal tunnel syndrome is a condition that causes numbness, tingling and other symptoms in the hand and arm. Carpal tunnel syndrome is caused by a compressed nerve in the carpal tunnel, a narrow passageway on the palm side of your wrist. The anatomy of your wrist, health problems and possibly repetitive hand motions can contribute to carpal tunnel syndrome.

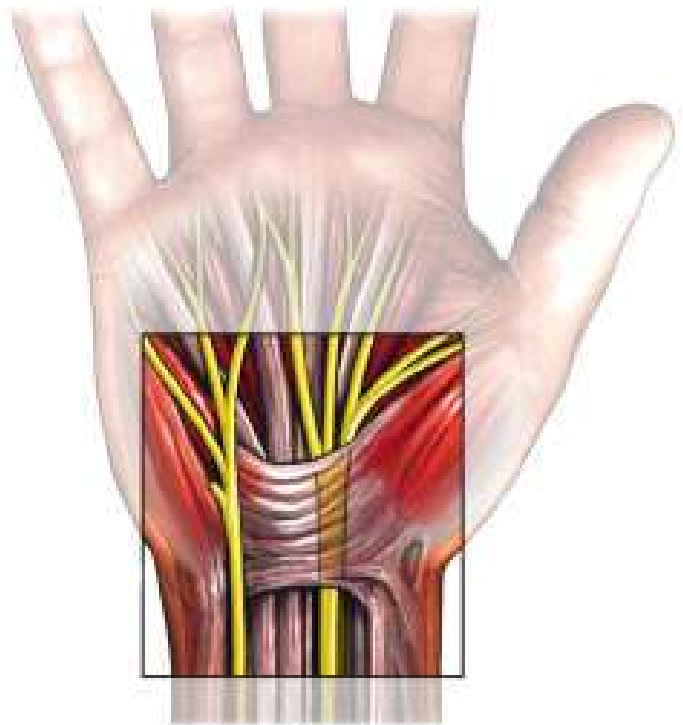
Medical View:

Medical treatment advice includes **taking frequent breaks to rest your hands, avoiding activities that worsen symptoms, applying cold packs to reduce swelling, wearing a wrist splinting, medications, and surgery.**

Medical after-care for Carpal Tunnel Syndrome includes **wearing a splint, medication and applying cold packs** to reduce swelling.



CARPAL TUNNEL



HEALTHY WRIST

Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING CARPAL TUNNEL SYNDROME GO TO:

[A-Z Wellness Masterclass: Lesson 17 - Wrist & Hand](#)

RAYNAUD'S DISEASE

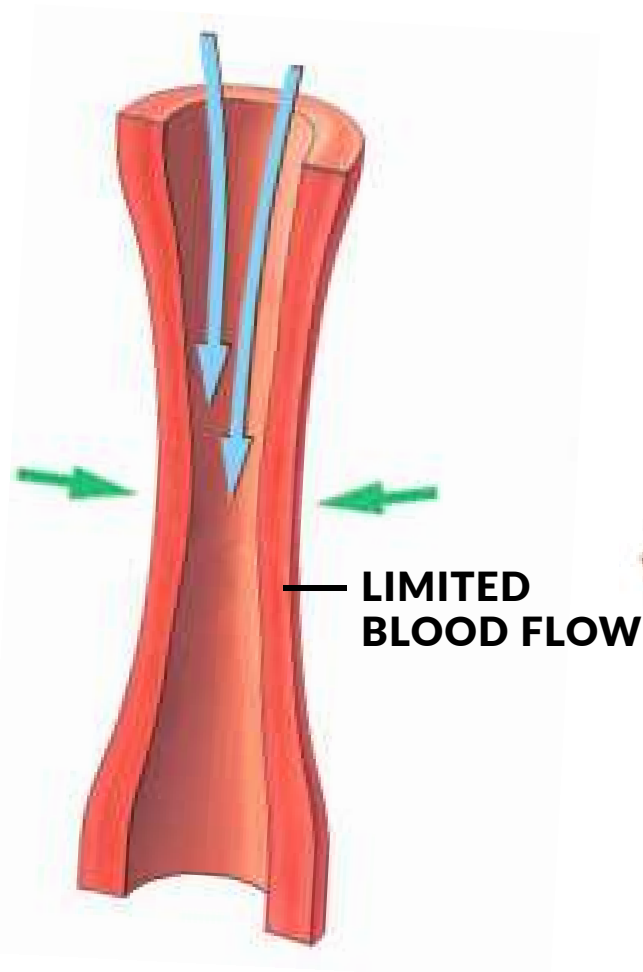
Raynaud's Disease causes some areas of your body, such as your fingers and toes, to feel numb and cold in response to cold temperatures or stress. In Raynaud's disease, smaller arteries that supply blood to your skin narrow, limiting blood circulation to affected areas (vasospasm).

Medical View:

Doctors don't know the cause of Raynaud's attacks, but blood vessels in the hands and feet appear to **overreact to cold temperatures or stress**. Other risk factors include **gender (more women than men are affected), age, and family history**.

The medical system recommends **medications such as calcium channel blockers and vasodilators**. For some cases of severe Raynaud's surgery may be necessary.

There is **no medical after-care protocol** for Raynaud's Disease.



Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RAYNAUD'S DISEASE GO TO:

[A-Z Wellness Masterclass: Lesson 17 - Wrist & Hand](#)

WRIST ARTHRITIS

Arthritis is the swelling and tenderness of one or more of your joints. The main symptoms of arthritis are joint pain and stiffness, which typically worsen with age. The most common types of arthritis are osteoarthritis and rheumatoid arthritis.

OSTEOARTHRITIS

Osteoarthritis is the most common form of arthritis, affecting millions of people worldwide. It occurs when the protective cartilage that cushions the ends of your bones wears down over time.

Medical View:

Referred to as 'wear and tear disease', the medical system says **age, gender (women are more likely to develop osteoarthritis), joint injuries, genetics, repeated stress on a joint, certain metabolic diseases** all play a role in the development of osteoarthritis.

Medical treatments for osteoarthritis include **anti-inflammatory medications, physical therapy, cortisone injections, and replacement.**

Medical after-care recommendations include **losing weight, anti-inflammatory medications, exercising, hot and cold compresses, braces and proper footwear.**



RHEUMATOID ARTHRITIS

Rheumatoid Arthritis is a chronic inflammatory disorder that can affect more than just your joints. An autoimmune disorder, rheumatoid arthritis occurs when your immune system mistakenly attacks your own body's tissues.

Medical View:

Doctors **don't know what starts this process**, although they say **genetic component appears likely**. **Gender, age, weight, and environmental exposures** are also said to play a role in the development of rheumatoid arthritis.

The standard medical approach to treating rheumatoid arthritis includes **anti-inflammatory medications, corticosteroids, physical therapy**, and for more severe cases, and **surgery**.

The medical system recommends **rest and cold and hot compresses** as well as **maintaining a healthy weight** for managing rheumatoid arthritis.

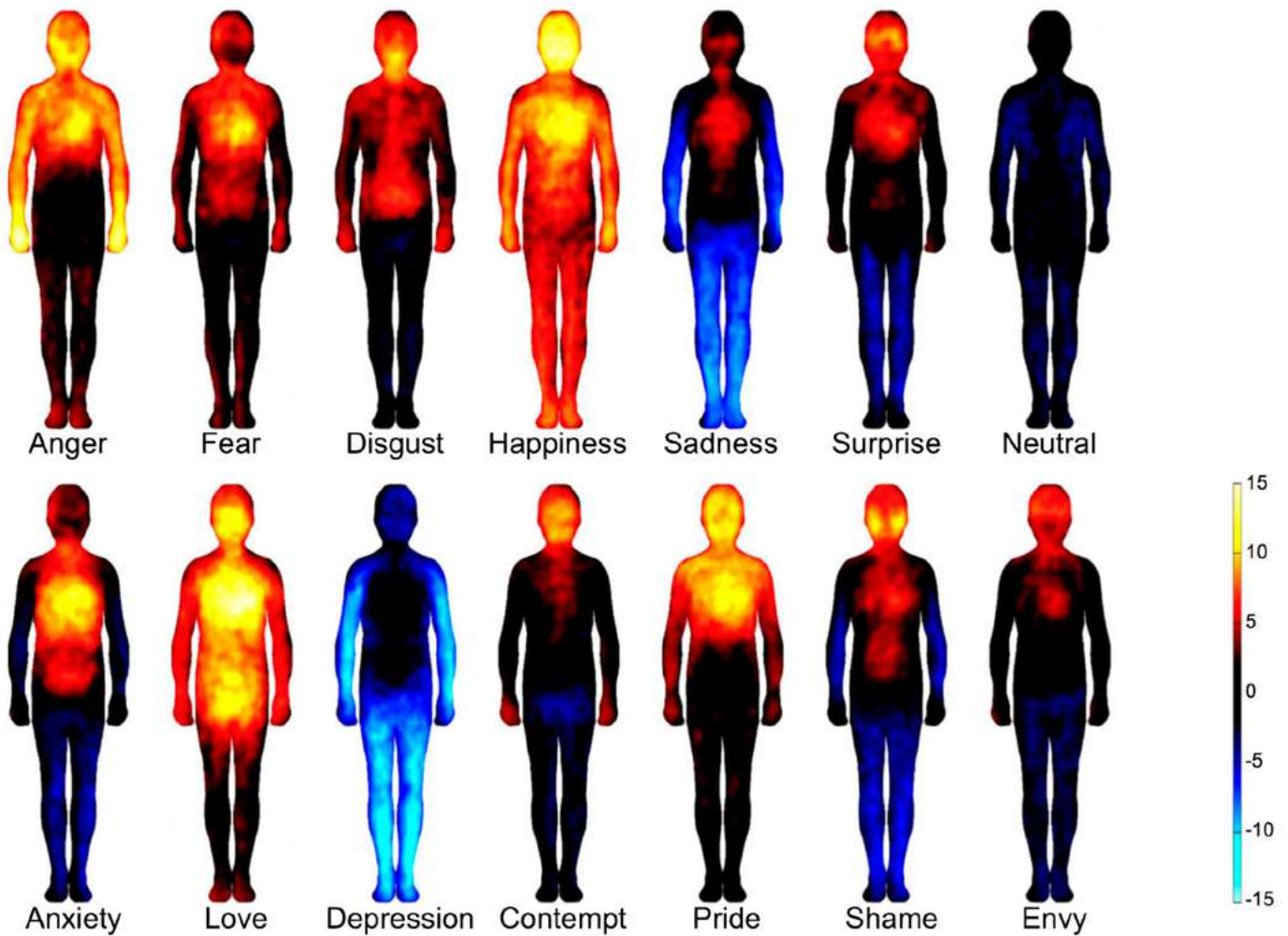


Dr. Darrell Wolfes' View:

TO LEARN HOW TO TAKE PERSONAL ACTION ON REVERSING RHEUMATOID ARTHRITIS GO TO:

[A-Z Wellness Masterclass: Lesson 17 - Wrist & Hand](#)

ISSUES IN YOUR TISSUES, JOINTS & ORGANS



UPPER BACK

MUSCLES INCLUDED:

Trapezius, Erector Spinae, Deltoid, C7, Thoracic Spine (T1-T7), Ribs, Scapula
Emotions (referenced from NSM):

Emotions trapped in the upper back include grief, sorrow, and sadness. When sadness isn't expressed or released it will build up within the upper back. This area is also connected to heartbreak and loss because of its proximity to the heart. For example, if you are carrying around grief, your upper back will most likely feel tense.

LOWER BACK

MUSCLES INCLUDED:

Gluteus Medius, Gluteus Maximus, Erector Spinae (covered by lumbar fascia), Sacrum, Sacroiliac (SI) Joints, Coccyx, Lumbar Spine (L1-L5), Iliac Crest, Sacrotuberous Ligament, Ischial Tuberosity

Emotional blocks in the low back include anger, fear of life, feeling insecure, having too much to cope with, feeling overloaded, and feeling stressed because of an unsatisfying job or home life.

SPINE

MUSCLES INCLUDED:

Cervical Spine (C1-C7), Thoracic Spine (T1-T12), Lumbar Spine (L1-L5), Sacrum, Coccyx, Spinous Process, Transverse Process, Erector Spinae

Emotional blocks in the spine include fear of losing your freedom, fear for your own survival, fear of material loss, lack of support, emotional insecurity, expectations not being met, difficulty asking for help, feeling like someone is on your back constantly, stressing yourself out, or you are bending over backward for people.

RIB CAGE & KIDNEY

MUSCLES INCLUDED:

Ribs, Sternum, Costal Cartilage, Intercostal Muscles, Kidneys, Lungs, Heart

The lungs and heart are encased in the rib cage, so we can have emotional blocks in the rib cage from the organs it is protecting as well. Problems in the right ribs signify a feeling of being attacked by a man, and problems on the left side, by a woman. The heart represents emotions and the lungs store grief and represents relationships with the outside.

Rib fractures indicate that the person has been undervalued and the fracture created a sense of relief from the tension they were experiencing. This feeling of being undervalued was felt in the ribs that protect the thoracic cavity. Feeling emotionally attacked by someone, and feeling like you are not allowed to feel what you feel are emotional blocks in the ribs.

Fear resides in the kidneys and can manifest as an abandonment conflict, existence conflict, or outcast conflict. Abandonment conflicts are brought on by feeling ousted, excluded, unwanted, rejected, not understood, ignored, left out, isolated and alone, an existing conflict is a fear for one's life, and a refugee conflict is experienced as being exiled or forced out of a situation or place.

HIP

MUSCLES INCLUDED:

Greater Trochanter, Ilium, Iliac Crest, Ischium, Ischial Tuberosity, Iliotibial (IT) Band, Gluteus Maximus, Gluteus Medius, Hip Flexors

Emotions that get trapped in the hips are fear, anxiety, sadness, and sexual trauma. Sexual trauma originates in the mind, then spills over from the pelvis and wraps itself around your reproductive organs and spreads into the hips.

KNEE

MUSCLES INCLUDED:

Patella, Meniscus, ACL, MCL, PCL, Quadriceps, Hamstrings, Sartorius, Gracilis, Vastus Lateralis, Vastus Medialis, Femur, Tibia, Fibula

Emotions that get trapped in the knee vary depending on which knee we are dealing with. The left knee represents the need to be more receptive to life experiences, insecurity, and unresolved stress. The right knee represents the need to be more assertive, not wanting to give in to authority, conflict, moving in a direction you don't want to - but you go anyway, spiritual turmoil, and conflict over no longer being physically able to do something you used to be able to do.

LOWER LEG

MUSCLES INCLUDED:

Patella, Meniscus, ACL, MCL, PCL, Quadriceps, Hamstrings, Sartorius, Gracilis, Vastus Lateralis, Vastus Medialis, Femur, Tibia, Fibula

Emotions get trapped in the lower leg. Our legs carry us through life and allow us to walk, run, jump, change direction and connect with the earth. The legs represent the capacity for internal and external mobility. They represent determination and accomplishment, or lack thereof. Tense muscles in the legs indicate tension in relationships with people and the world around us. The legs connect us to the earth, our parents, work, material accomplishment, finance, home life, romantic relationships, and where we live.

ANKLE & FOOT

MUSCLES INCLUDED:

Tibia, Fibula, Talus, Medial Malleolus, Lateral Malleolus, Calcaneus, Tarsals, Metatarsals

Emotional blocks in the ankle and foot can stem from not feeling balanced or well-adapted in life. Cold feet happens for people who have difficulty carrying things out.

Problems in the feet always indicate that the mother of the person is weak, or the mother lessens herself when the father is around, or because the mother did not care or provide for the child properly.

When problems occur in the joints, it shows a lack of mental flexibility and undervaluation. If it is a skin problem, it shows separation-related tension or difficulty communicating with someone. Being born into this world was difficult for those who are born with deformities in their feet.

SHOULDER

MUSCLES INCLUDED:

Clavicle, Acromion, Bursa, Rotator Cuff, Humerus, Deltoid, Biceps, Triceps, Scapula, Bicipital Groove

Emotions (referenced from NSM): Shoulders represent what comes from the past and what is to be projected in the future. Someone with shoulder problems may feel that the future is not arriving fast enough, or that their own goals are too distant.

They may feel undervaluation because the person has little flexibility within their mental pattern. Lesions in the shoulder indicate that the person's mental pattern is not working.

Trouble in the rotator cuff indicates that things are coming to a halt or there is a lack of movement in any direction. Shoulder problems can emotionally occur when one feels that the weight of the world is on their shoulders.

ELBOW

MUSCLES INCLUDED:

Humerus, Radius, Ulna, Medial Epicondyle, Olecranon

The elbow represents the capacity for radical change in our lives regarding our own path and our goals. Problems in the elbow can represent the need for professional change or a change in one's objectives in life. The elbow is the knee of the arm, except it is flexible on all sides except backwards, so problems in the elbow can be linked to not letting go of your past or having troubles moving forward.

WRIST & HAND

MUSCLES INCLUDED:

Radius, Ulna, Phalanges, Metacarpals, Carpals

The wrist is the joint with the most movement in the body so some emotions linked to this can be self doubt and doubting others, wrist problems can represent stagnation in your life where you feel stuck. The hands hold pain when you're not willing to let go or won't take charge with what you truly desire.

With all joint problems we will see inflexibility and undervaluation with the emotional state of the person. If someone feels criticized, humiliated and undervalued with their gestures, then they may develop a problem in their wrist.

OCCIPUT

MUSCLES INCLUDED:

Occipitalis (Eyes), Occiput, Sternomastoid, Scapula, Nuchal Ligament, Occipital Condyle, Temporal Bone

Emotional blocks found in the occiput are related to emotionally-driven anxiety or putting the weight of the world on your shoulders. It can also be linked to family stress, all of which affects the primary muscles and nerves running from the skull through the spine, shoulders, and neck.

Occipital pain is connected to issues such as poor communication skills, lack of confidence, or not being your authentic self around others. Fear and anxiety are stored in the head/neck, especially if one lives in fear, thinking their life is in danger because the neck is a vulnerable area, these emotions get stored here. Muscle tension in the head/neck can also be attributed to having trust issues.

CONDITIONS & DISORDERS

A

ABDOMINAL CRAMPS:

Fear. Stopping the process.

ABSCESS:

Fermenting thoughts over hurts, slights and revenge.

ACCIDENTS:

Inability to speak up for the self. Rebellion against authority. Belief in violence.

ACHES:

Longing for love. Longing to be held.

ACNE:

Not accepting the self. Dislike of the self.

ADDICTIONS:

Running from the self. Fear. Not knowing how to love self.

ADRENAL PROBLEMS:

Defeatism. No longer caring for the self. Anxiety.

ALCOHOLISM:

Feeling of futility, guilt, inadequacy. Self-rejection.

ALLERGIES:

Denying your own power.

ALZHEIMER'S DISEASE:

Refusal to deal with the world as it is. Hopelessness and helplessness. Anger.

AMENORRHEA:

Not wanting to be a woman. Dislike of the self.

ANEMIA:

"Yes-but" attitude. Lack of joy. Fear of life. Not

feeling good enough.

ANKLE:

Inflexibility and guilt. Ankles represent the ability to receive pleasure.

ANOREXIA:

Denying the self life. Extreme fear, self-hatred and rejection.

ANXIETY:

Not trusting the flow and the process of life. Apathy: Resistance to feeling. Deadening of the self. Fear.

APPETITE, EXCESSIVE:

Fear. Needing protection. Judging the emotions.

ARM:

Represents the capacity and ability to hold the experiences of life.

ARTERIES:

Carry the joy of life.

ARTHRITIC FINGERS:

A desire to punish. Blame. Feeling victimized.

ARTHRITIS:

Feeling unloved. Criticism, resentment. -

RHEUMATOID ARTHRITIS:

Feeling victimized. Lack of love. Chronic bitterness. Resentment. Deep criticism of authority. Feeling very put upon.

ASTHMA:

Smother love. Inability to breathe for one's self. Feeling stifled. Suppressed crying.

ATHLETE'S FOOT:

Frustration at not being accepted. Inability to move forward with ease.

B

BACK ISSUES:

Represents the support of life.

BACK PROBLEMS:

Rounded shoulders: Carrying the burdens of life. Helpless and hopeless.

LOWER BACK PAIN:

Fear of money or lack of financial support.

MID-BACK PAIN:

Guilt. Stuck in all that stuff back there. "Get off my back!" –

UPPER BACK PAIN:

Lack of emotional support. Feeling unloved. Holding back love.

BACK CURVATURE:

The inability to flow with the support of life. Fear and trying to hold on to old ideas. Not trusting life. Lack of integrity. No courage of convictions.

BAD BREATH:

Anger and revenge thoughts. Experiences backing up.

BALANCE, LOSS OF:

Scattered thinking. Not centered.

BALDNESS:

Fear. Tension. Trying to control everything.

BEDWETTING:

Fear of parent, usually the father.

BELCHING:

Fear. Gulping life too quickly.

BELL'S PALSY:

Extreme control over anger. Unwillingness to express feelings.

BLADDER PROBLEMS:

Anxiety. Holding on to old ideas. Fear of letting go. Being "pissed off".

BLEEDING:

Joy running out. Anger.

BLISTERS:

Resistance. Lack of emotional protection.

BLOOD PRESSURE, HIGH:

Longstanding emotional problem not solved.

BLOOD PRESSURE, LOW:

Lack of love as a child. Defeatism.

BODY ODOR:

Fear. Dislike of the self. Fear of others.

BONES:

Represent the structure of the universe.

BONE MARROW:

Represents deepest beliefs about the self. How you support and care for yourself.

BREAKS:

Rebelling against authority.

BRAIN:

Represents the computer, the switchboard.

TUMOR:

Incorrect computerized beliefs. Stubborn. Refusing to change old patterns.

BREAST:

Represents mothering and nurturing and nourishment.

CYSTS, LUMPS:

A refusal to nourish the self. Putting everyone else first. Over mothering. Overprotection. Overbearing attitudes.

BREATH:

Represents the ability to take in life.

BREATHING PROBLEMS:

Fear. Not trusting the process of life. Getting stuck in childhood. Fear of taking in life fully.

BRONCHITIS:

Inflamed family environment. Arguments and yelling.

BRUISES:

The little bumps in life. Self-punishment.

BULIMIA:

Hopeless terror. A frantic stuffing and purging of self-hatred.

BURNS:

Anger. Burning up. Incensed.

BURSITIS:

Repressed anger. Wanting to hit someone.

C**CALLUSES:**

Hardened concepts and ideas. Fear solidified.

CANCER:

Deep hurt. Longstanding resentment. Deep secret or grief eating away at the self. Carrying hatreds.

CANDIDA:

Feeling very scattered. Lots of frustration and anger. Demanding and untrusting in relationships. Great takers.

CANKER SORES:

Festering words held back by the lips. Blame.

CARPAL TUNNEL SYNDROME:

Anger and frustration at life's seeming injustices.

CATARACTS:

Inability to see ahead with joy. Dark future.

CELLULITE:

Stored anger and self-punishment.

CEREBRAL PALSY:

A need to unite the family in an action of love.

CHILLS:

Mental contraction, pulling away and in. Desire to retreat.

CHOLESTEROL:

Clogging the channels of joy. Fear of accepting joy.

CIRCULATION:

Represents the ability to feel and express the emotions in positive ways.

COLDS:

Too much going on at once. Mental confusion, disorder. Small hurts.

COLIC:

Mental irritation, impatience, annoyance in the surroundings.

COLITIS:

Insecurity. Represents the ease of letting go of that which is over.

COMA:

Fear. Escaping something or someone.

CONJUNCTIVITIS:

Anger and frustration at what you are looking at in life.

CONSTIPATION:

Incomplete releasing. Holding on to garbage of the past. Guilt over the past. Sometimes stinginess.

CORNS:

Hardened areas of thought – stubborn holding on to the pain of the past.

COUGHS:

A desire to bark at the world. "Listen to me!"

CRAMPS:

Tension. Fear. Gripping, holding on.

CROHN'S DISEASE:

Fear. Worry. Not feeling good enough.

CRYING:

Tears are the river of life, shed in joy as well as in sadness and fear.

CUTS:

Punishment for not following your own rules. Cysts: Running the old painful movie. Nursing hurts. A false growth.

CYSTIC FIBROSIS:

A thick belief that life won't work for you. "Poor me."

D

DEAFNESS:

Rejection, stubbornness, isolation. What don't you want to hear? "Don't bother me."

DEPRESSION:

Anger you feel you do not have a right to have. Hopelessness.

DIABETES:

Longing for what might have been. A great need to control. Deep sorrow. No sweetness left.

DIARRHEA:

Fear. Rejection. Running off.

DIZZINESS:

Flighty, scattered thinking. A refusal to look.

DRY EYES:

Angry eyes. Refusing to see with love. Would rather die than forgive. Being spiteful.

DYSMENORRHEA:

Anger at the self. Hatred of the body or of women.

E

EAR:

Represents the capacity to hear.

ACHE:

Anger. Not wanting to hear. Too much turmoil. Household arguing.

ECZEMA:

Breath-taking antagonism. Mental eruptions.

EDEMA:

What or who won't you let go of?

ELBOW:

Represents changing directions and accepting new experiences.

EMPHYSEMA:

Fear of taking in life. Not worthy of living.

ENDOMETRIOSIS:

Insecurity, disappointment and frustration. Replacing self-love with sugar. Blamers.

EPILEPSY:

Sense of persecution. Rejection of life. A feeling of great struggle. Self-violence.

EPSTEIN-BARR VIRUS:

Pushing beyond one's limits. Fear of not being good enough. Draining all inner support. Stress.

EYE:

Represents the capacity to see clearly past, present, future. Astigmatism: "I" trouble. Fear of really seeing the self.

HYPEROPIA: Fear of the present.

MYOPIA: Fear of the future.

F

FACE:

Represents what we show the world.

FAINTING:

Fear. Can't cope. Blacking out.

FAT OR WEIGHT ISSUES:

Oversensitivity. Often represents fear and shows a need for protection. Fear may be a cover for hidden anger and a resistance to forgive. Running away from feelings. Insecurity, self-rejection and seeking fulfillment. – Arms: Anger at being denied love.

BELLY: Anger at being denied nourishment.

Hips: Lumps of stubborn anger at the parents.
Thighs: Packed childhood anger. Often rage at the father.

FATIGUE:

Resistance, boredom. Lack of love for what one does.

FEET:

Represent our understanding – of ourselves, of life, of others. – Foot Problems: Fear of the future and of not stepping forward in life.

Fever:

Anger. Burning up.

Fibroid Tumors:

Nursing a hurt from a partner. A blow to the feminine ego.

Fingers:

Represent the details of life.

Thumb: Represents intellect and worry.

INDEX: Represents ego and fear.

MIDDLE: Represents anger and sexuality.

RING: Represents unions and grief.

LITTLE: Represents the family and pretending.

FOOD POISONING:

Allowing others to take control. Feeling defenseless.

FRIGIDITY:

Fear. Denial of pleasure. A belief that sex is bad. Insensitive partners. Fear of father.

FUNGUS:

Stagnating beliefs. Refusing to release the past. Letting the past rule today.

G

GALLSTONES:

Bitterness. Hard thoughts. Condemning. Pride.

GAS:

Gripping. Fear. Undigested ideas.

GASTRITIS:

Prolonged uncertainty. A feeling of doom.

GENITALS:

Represent the masculine and feminine principles. Worry about not being good enough.

GLAND PROBLEMS:

Represent holding stations. Self-staring activity. Holding yourself back.

GOUT:

The need to dominate. Impatience, anger.

GLAUCOMA:

Stony unforgiveness. Pressure from long-standing hurts. Overwhelmed by it all.

GRAY HAIR:

Stress. A belief in pressure and strain.

GROWTHS:

Nursing those old hurts. Building resentments.

GUM PROBLEMS:

Inability to back up decisions. Indecisive about life.

H

HANDS:

Hold and handle. Clutch and grip. Grasping and letting go. Caressing. Pinching. All ways of dealing with experiences.

HAY FEVER:

Emotional congestion. Fear of the calendar. A belief in persecution. Guilt.

HEADACHES:

Invalidating the self. Self-criticism. Fear.

HEART:

Represents the center of love and security.

HEART ATTACK:

Squeezing all the joy out of the heart in favor of money or position. Feeling alone and scared. "I'm not good enough. I don't do enough. I'll never make it."

HEART PROBLEMS:

Longstanding emotional problems. Lack of joy. Hardening of the heart. Belief in strain and stress.

HEARTBURN:

Fear. Fear. Fear. Clutching Fear.

HEMORRHOIDS:

Fear of deadlines. Anger of the past. Afraid to let go. Feeling burdened.

HEPATITIS:

Resistance to change. Fear, anger, hatred. Liver is the seat of anger and rage.

HERNIA:

Ruptured relationships. Strain, burdens, incorrect creative expression.

HERPES GENITALIS:

Mass belief in sexual guilt and the need for punishment. Public shame. Belief in a punishing God. Rejection of the genitals.

HERPES SIMPLEX:

Bitter words left unspoken.

HIP:

Carries the body in perfect balance. Major thrust in moving forward. Fear of going forward in major decisions. Nothing to move forward to.

HIVES:

Small, hidden fears. Mountains out of molehills.

HODGKIN'S DISEASE:

Blame and a tremendous fear of not being good enough. A frantic race to prove one's self until the blood has no substance left to support itself. The joy of life is forgotten in the race of acceptance.

HYPERACTIVITY:

Fear. Feeling pressured and frantic.

HYPERVENTILATION:

Fear. Resisting change. Not trusting the process.

HYPOGLYCEMIA:

Overwhelmed by the burdens in life.

I

IMPOTENCE:

Sexual pressure, tension, guilt. Social beliefs. Spite against a previous mate. Fear of mother.

INCONTINENCE:

Emotional overflow. Years of controlling emotions.

INDIGESTION:

Gut-level fear, dread, anxiety. Griping and grunting.

Infection:

Irritation, anger, annoyance.

INFLAMMATION:

Fear. Seeing red. Inflamed thinking. Anger and frustration about conditions you are looking

at in your life.

INFLUENZA:

Response to mass negativity and beliefs. Fear. Belief in statistics.

INGROWN TOENAIL:

Worry and guilt about your right to move forward.

INJURIES:

Anger at the self. Feeling guilty.

INSANITY:

Fleeing from the family. Escapism, withdrawal. Violent separation from life.

INSOMNIA:

Fear. Not trusting the process of life. Guilt.

INTESTINES:

Represent assimilation and absorption.

ITCHING:

Desires that go against the grain. Unsatisfied. Remorse. Itching to get out or get away.

J

JAUNDICE:

Internal and external prejudice. Unbalanced reason.

JAW PROBLEMS:

Anger. Resentment. Desire for revenge.

K

KIDNEY PROBLEMS:

Criticism, disappointment, failure. Shame. Reacting like a child.

KIDNEY STONES:

Lumps of undissolved anger.

KNEE:

Represents pride and ego. Stubborn ego and pride. Inability to bend. Fear. Inflexibility. Won't give in.

L

LARYNGITIS:

So mad you can't speak. Fear of speaking up. Resentment of authority.

LEFT SIDE OF BODY:

Represents receptivity, taking in, feminine energy, women, the mother.

LEG:

Carry us forward in life.

LIVER:

Seat of anger and primitive emotions. Chronic complaining. Justifying fault-finding to deceive yourself. Feeling bad.

LOCKJAW:

Anger. A desire to control. A refusal to express feelings.

LUMP IN THE THROAT:

Fear. Not trusting the process of life.

LUNG:

The ability to take in life. Depression. Grief. Not feeling worthy of living life fully.

LUPUS:

A giving up. Better to die than stand up for one's self. Anger and punishment.

LYMPH PROBLEMS:

A warning that the mind needs to be recentered on the essentials of life. Love and joy.

M

MALARIA:

Out of balance with nature and with life.

MENOPAUSE PROBLEMS:

Fear of no longer being wanted. Fear of aging. Self-rejection. Not feeling good enough.

MENSTRUAL PROBLEMS:

Rejection of one's femininity. Guilt, fear. Belief that the genitals are sinful or dirty.

MIGRAINE HEADACHES:

Dislike of being driven. Resisting the flow of life. Sexual fears.

MISCARRIAGE:

Fear of the future. Inappropriate timing.

MONONUCLEOSIS:

Anger at not receiving love and appreciation. No longer caring for the self.

MOTION SICKNESS:

Fear. Bondage. Feeling of being trapped.

MOUTH:

Represents taking in of new ideas and nourishment. Set opinions. Closed mind. Incapacity to take in new ideas.

MULTIPLE SCLEROSIS:

Mental hardness, hard-heartedness, iron will, inflexibility.

MUSCLES:

Resistance to new experiences. Muscles represent our ability to move in life.

MUSCULAR DYSTROPHY:

"It's not worth growing up."

N

NAILS:

Represent protection.

NAIL BITING:

Frustration. Eating away at the self. Spite of a

parent.

NARCOLEPSY:

Can't cope. Extreme fear. Wanting to get away from it all. Not wanting to be here.

NAUSEA:

Fear. Rejecting an idea or experience.

NECK:

Represents flexibility. The ability to see what's back there. Refusing to see other sides of a question. Stubbornness, inflexibility. Unbending stubbornness.

NEPHRITIS:

Overreaction to disappointment and failure.

NERVES:

Represent communication. Receptive reporters.

NERVOUS BREAKDOWN:

Self-centeredness. Jamming the channels of communication.

NERVOUSNESS:

Fear, anxiety, struggle, rushing. Not trusting the process of life.

NEURALGIA:

Punishment for guilt. Anguish over communication.

NODULES:

Resentment and frustration and hurt ego over career.

NOSE:

Represents self-recognition. – Nose Bleeds: A need for recognition. Feeling unnoticed. Crying for love. – Runny Nose: Asking for help. Inner crying. – Stuffy Nose: Not recognizing the self-worth.

NUMBNESS:

Withholding love and consideration. Going dead mentally.

O

OSTEOMYELITIS:

Anger and frustration at the very structure of life. Feeling unsupported.

OSTEOPOROSIS:

Feeling there is no support left in life. Mental pressures and tightness. Muscles can't stretch. Loss of mental mobility.

OVARIES:

Represent points of creation. Creativity.

PQ

PAIN:

Guilt. Guilt always seeks punishment.

PARALYSIS:

Paralysing thoughts. Getting stuck. Terror leading to escape from a situation or person.

PANCREAS:

Represents the sweetness of life.

PANCREATITIS:

Rejection. Anger and frustration because life seems to have lost its sweetness.

PARASITES:

Giving power to others, letting them take over and life off of you.

PARKINSON'S DISEASE:

Fear and an intense desire to control everything and everyone.

PEPTIC ULCER:

Fear. A belief that you are not good enough. Anxious to please.

PHLEBITIS:

Anger and frustration. Blaming others for the

limitation and lack of joy in life.

PIMPLES:

Small outbursts of anger.

PITUITARY GLAND:

Represents the control center.

PNEUMONIA:

Desperate. Tired of life. Emotional wounds that are not allowed to heal.

POISON IVY:

Allergy Feeling defenseless and open to attack.

POLIO:

Paralysing jealousy. A desire to stop someone.

PREMENSTRUAL SYNDROME:

Allowing confusion to reign. Giving power to outside influences. Rejection of the feminine processes.

PROSTATE:

Represents the masculine principle. Mental fears weaken the masculinity. Giving up. Sexual pressure and guilt. Belief in aging.

PSORIASIS:

Fear of being hurt. Deadening the senses of the self. Refusing to accept responsibility for our own feelings.

R

RASH:

Irritation over delays. Immature way to get attention.

RIGHT SIDE OF BODY:

Giving out, letting go, masculine energy, men, the father.

RINGWORM:

Allowing others to get under your skin. Not

feeling good enough or clean enough.

S

SCABIES:

Infected thinking. Allowing others to get under your skin.

SCIATICA:

Being hypocritical. Fear of money and of the future.

SCLERODERMA:

Protecting the self from life. Not trusting yourself to be there and to take care of yourself.

SCRATCHES:

Feeling life tears at you, that life is a rip off.

SENILITY:

Returning to the so-called safety of childhood. Demanding care and attention. A form of control of those around you. Escapism.

SHIN:

Represents the standards of life. Breaking down ideals.

SHINGLES:

Waiting for the other shoe to drop. Fear and tension. Too sensitive.

SINUS PROBLEMS:

Irritation to one person, someone close.

SKIN:

Protects our individuality. Anxiety, fear. Old, buried things. I am being threatened.

SLIPPED DISC:

Feeling totally unsupported by life. Indecisive.

SNORING:

Stubborn refusal to let go of old patterns.

SOLAR PLEXUS:

Gut reactions. Center of our intuitive power.

SORES:

Unexpressed anger that settles in.

SPLEEN:

Obsessions. Being obsessed about things.

SPRAINS:

Anger and resistance. Not wanting to move in a certain direction in life.

STERILITY:

Fear and resistance to the process of life or not needing to go through the parenting experience.

STIFFNESS:

Rigid, stiff thinking.

STOMACH:

Holds nourishment. Digests ideas. Dread. Fear of the new. Inability to assimilate the new.

STROKE:

Giving up. Resistance. Rather die than change. Rejection of life.

STUTTERING:

Insecurity. Lack of self-expression. Not being allowed to cry.

STY:

Looking at life through angry eyes. Angry at someone.

SUICIDAL THOUGHTS:

See life only in black and white. Refusal to see another way out.

T

TEETH:

Represent decisions. – Teeth Problems: Long-standing indecisiveness. Inability to break

down ideas for analysis and decisions. – Root

CANAL:

Can't bite into anything anymore. Root beliefs being destroyed.

Impacted Wisdom Teeth:

Not giving yourself mental space to create a firm foundation.

THROAT:

Avenue of expression. Channel of creativity.

THROAT PROBLEMS:

The inability to speak up for one's self. Swallowed anger. Stifled creativity. Refusal to change.

Sore throat: Holding in angry words. Feeling unable to express the self.

Thrush: Anger over making the wrong decisions.

THYMUS GLAND:

Feeling attacked by life. They are out to get me.

THYROID GLAND:

Humiliation. I never get to do what I want to do. When is it going to be my turn.

Hyperthyroid: Rage at being left out.

TICS, TWITCHES:

Fear. A feeling of being watched by others.

Tinnitus or Ringing in the Ears: Refusal to listen. Not hearing the inner voice. Stubbornness.

TOES:

Represent the minor details of the future.

TONGUE:

Represents the ability to taste the pleasures of life with joy.

TONSILLITIS:

Fear. Repressed emotions. Stifled creativity.

TUBERCULOSIS:

Wasting away from selfishness. Possessive.

Cruel thoughts. Revenge.

U

URINARY INFECTIONS:

Pissed off, usually at the opposite sex or a lover. Blaming others.

UTERUS:

Represents the home of creativity.

V

VAGINITIS:

Anger at a mate. Sexual guilt. Punishing the self.

VARICOSE VEINS:

Standing in a situation you hate. Discouragement. Feeling over-worked and overburdened.

VITILIGO:

Feeling completely outside of things. Not belonging. Not one of the group.

VOMITING:

Violent rejection of ideas. Fear of the new.

WXYZ

WARTS:

Little expressions of hate. Belief in ugliness.

PLANTAR WARTS:

Anger at the very basis of your understanding. Spreading frustration about the future.

WRIST:

Represents movement and ease.

ALL YOUR QUESTIONS MATTER

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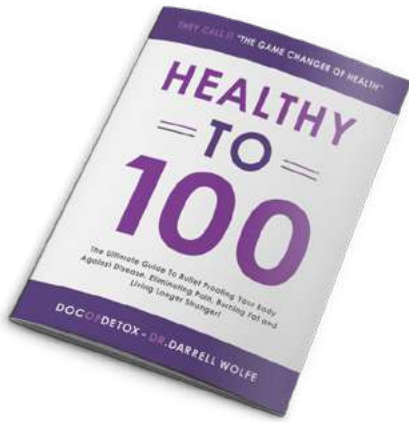
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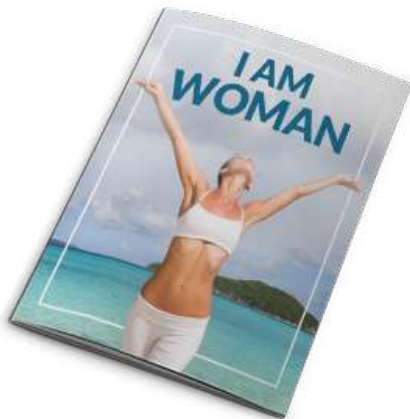
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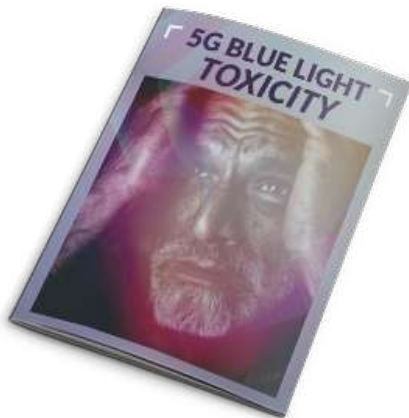
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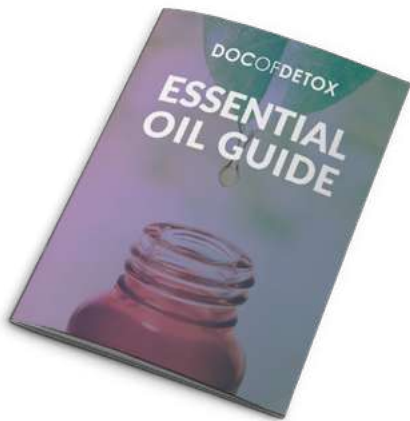
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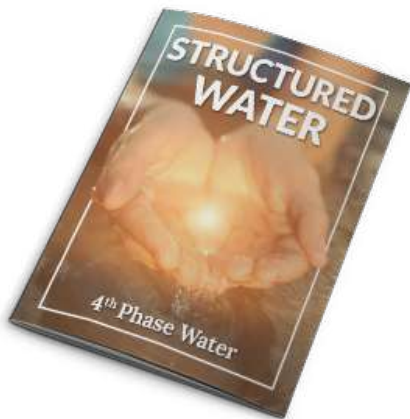
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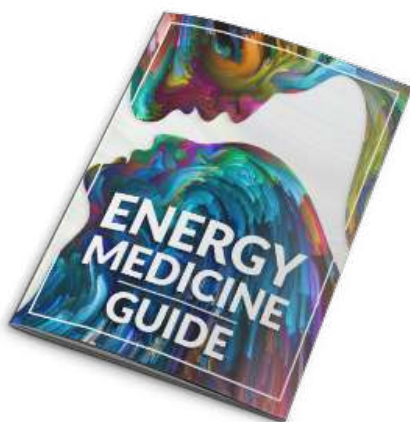
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