

A microscopic view of several cancer cells, characterized by their irregular, textured surfaces and prominent nuclei, set against a blue background. The cells are scattered across the frame, with some in sharp focus and others blurred in the background.

CANCER

AN INFLAMMATION
SCAR TISSUE ISSUE

DOCOFDETOX



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.”



N.W.P. 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.”

Written By:
Dr. Darrell Wolfe

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 the 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.



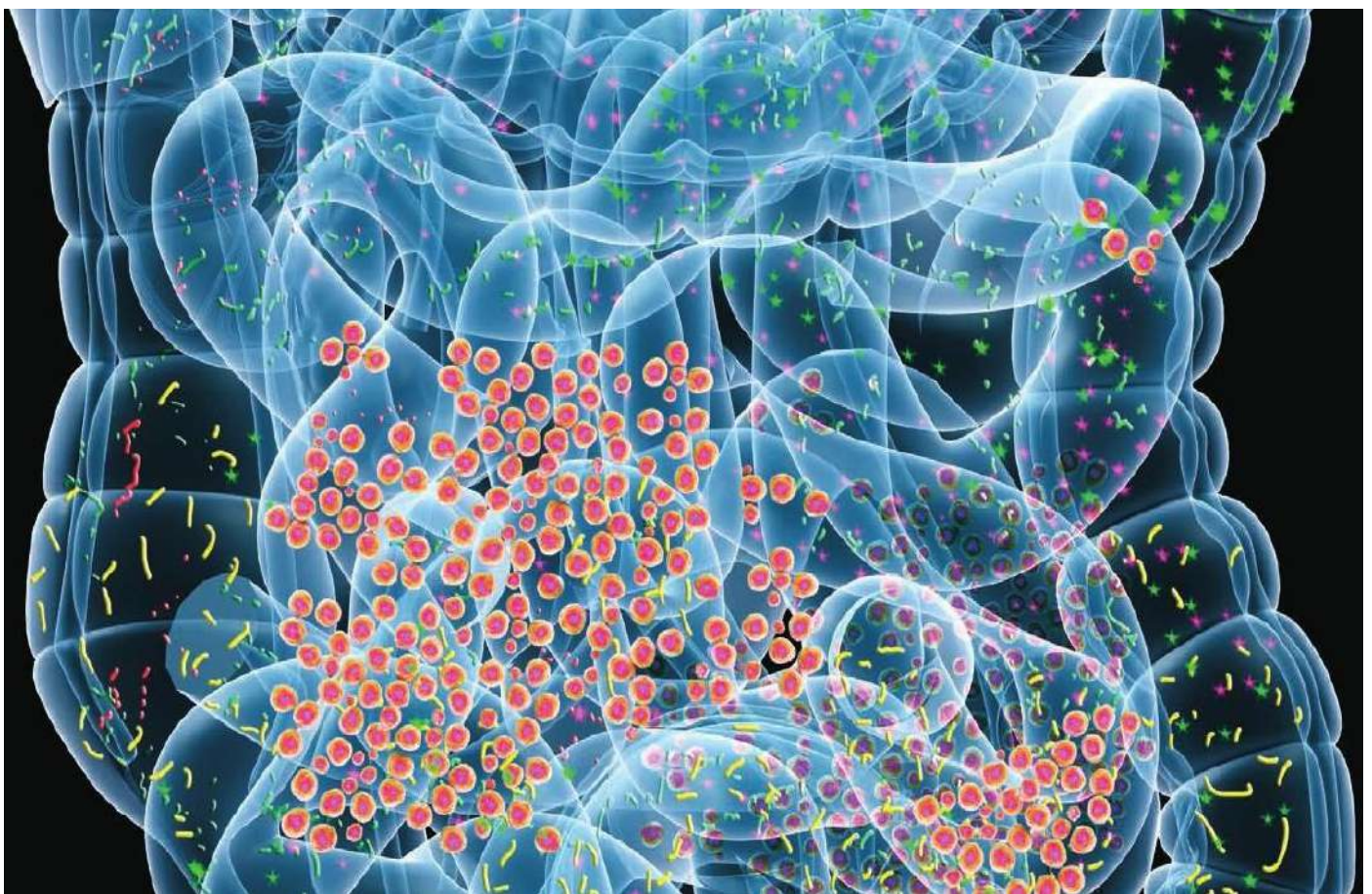
SCAR TISSUE TO CANCER

The Major Cause of Pain, Inflammation, Crystallization, Internal Scar Tissue and Cancer

The internal scar tissue that we all find within the body gets its foothold from years of incorrect treatment and guidance on diet and detoxification, which creates an unbalanced digestive tract, mainly that being within the large intestine. Your health rests on practitioners teaching you how to maintain a proper balance of 85% good bacteria to 15% bad bacteria, no greater. As long as these intestinal bacteria are in balance, the friendly bacteria will keep you in proper balance physically, mentally and emotionally. For most people it is the exact opposite or worse, 85% bad bacteria to 15% good bacteria. This reversal with the percentages regarding bacteria is no coincidence when the majority of the population choose to go to Medical Doctors for

their day-to-day healthcare without questioning the fact that they haven't received any real training in nutrition or detoxification, they were trained entirely on emergency care and prescribing drugs.

Refined carbohydrates, animal products, GMOs, processed foods, a high sugar diet and almost every other manmade ingested "new and improved product" will turn your friendly protective bacteria into destructive, invasive, inflammatory, fungal producing bacteria. However, nothing even comes close to antibiotics when it comes to the annihilation and mutation of the good bacteria, the creation of fungus and the destruction that this causes to the major part of your immune system. Yes, these same





antibiotics that most doctors prescribe for sore throats, earaches and acne will force the body into an over-productive, out of control state, forming internal scar tissue and fungus. Like an atomic bomb, your doctor just helped you transform your good bacteria into hundreds of thousands of microscopic fungus producing factories called Candida Albicans that will now undermine the major part of your immune system by rooting pinholes through the walls of the large intestine into your bloodstream.

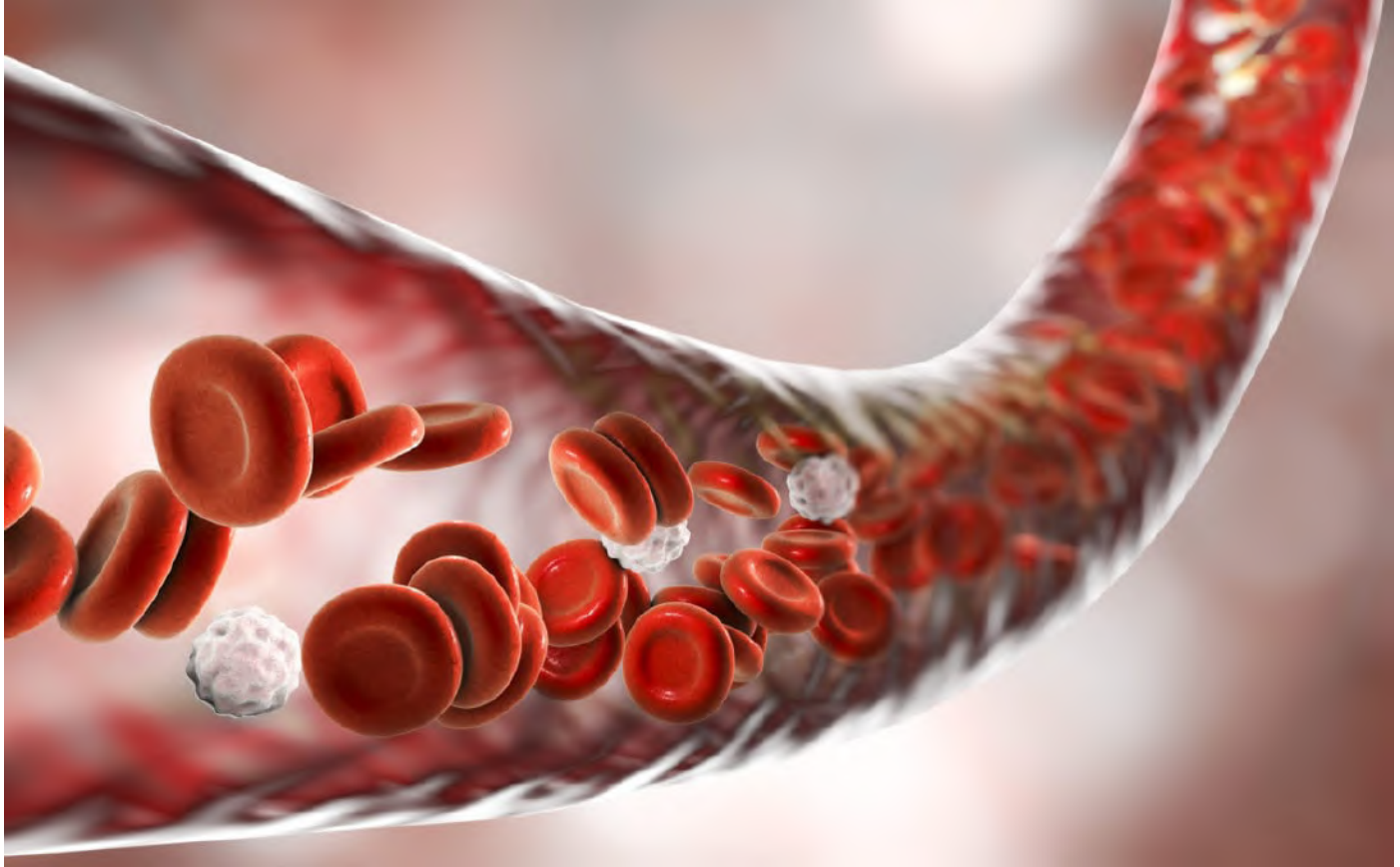
Thanks Doc! Wait a minute isn't Cancer a fungus? So begins the domino effect to inflammation, pain, internal scar tissue formation, tissue degeneration, bone degeneration and yes, cellular mutation.

“250 million courses of antibiotics are taken every year.”

When bacteria go from friendly to unfriendly they will become downright pathogenic, leaking highly acidic chemical byproducts called endotoxin from their outer wall. These endotoxins

are absorbed into the bloodstream from the large intestine causing the body to go into 'high toxic alert mode', creating a defensive and protective inflammation response known as pain. Your body talks to you on a continual basis but the majority of the population have been programmed to ignore these warning signs of pain, inflammation and disease.

It all starts with excess acidity in the blood and tissues from the toxic spillover from stagnant waste, fungus and bad bacteria in the large intestine. If the large intestine is not addressed and brought back into balance in a timely fashion with gentle daily cleansing, the domino effect will begin with the first warning sign of inflammation, then pain and continue onto crystallization, internal scar tissue formation and finally a fungal invasion that leads to degeneration and mutation - Hello, Cancer! This is all due to the toxic chemicals being released from these mutated bacteria and fungus created by antibiotics, sugar, refined carbohydrates and the stagnation of putrefactive waste within your large intestine.



If this toxic parasitical breeding ground is not brought back into balance within the large intestine through gentle daily cleansing, the toxic waste created by the bad bacteria and the fungus, can and will, continue to be absorbed into the bloodstream, causing ongoing inflammation and pain with continual scar tissue formation that will overtake the weakest parts of the body, and in time, travel throughout the whole body, if this process goes unchecked. This ongoing inflammation is a symptom created by the body as a built-in safety mechanism to warn and protect you of a perceived threat to your tendons, ligaments, muscles, vital organs, tissues and even life itself. If your body did not experience pain as a warning sign you would be dead already, I know I would be.

If the inflammation is left to run its course, which happens in almost all cases, due to the ineffective therapy and guidance that most patients receive with today's health care system, the body will initiate a secondary support system,

which is continual fibrin production (internal scar tissue) to wall off the area of inflamed tissue.

The body's built-in protective intelligence does this for three reasons. The first reason is to help prevent the spread of tissue inflammation and mutation to the surrounding healthy tissue. The second reason is to stop the infiltration of bad bacteria, fungi, viruses and parasites from invading the compromised inflamed tissue. The third reason, which is a much more chronic state, is to deaden the area of inflammation and pain with thick fibrotic scar tissue so it does not continually drain the host and the immune system of its life-giving energy.

The body has now deadened the pain but now the patient is stiff as a board. This preventable degeneration process will continue until you have this internal scar tissue broken down and are taught how to become the master your digestive tract to reclaim your inner terrain. This continual fibrin production will create a

web of destruction throughout the whole body if not halted. It will drain you of your vital energy and essential nutrients and will create massive internal scar tissue buildup, as if you have been in a severe accident.

This will eventually immobilize, deteriorate and mutate the tissues and organs causing calcium to be pulled from the bones involved. This is one of the final safety mechanisms the body initiates in an attempt to buffer down the acidity in this compromised area in the hopes of preventing chronic diseases such as arthritis and cancer.

All calcium deposits found in body tissues and all calcium stones that are found in the gallbladder and kidneys are by-products of a highly acidic body that has never been properly treated or guided. Examples are Bursitis, Tendonitis, Arthritis, Osteoarthritis, Rheumatoid Arthritis, Carpal Tunnel Syndrome, Sciatica, Endometriosis, Breast Cancer and every other sore acidic muscle,

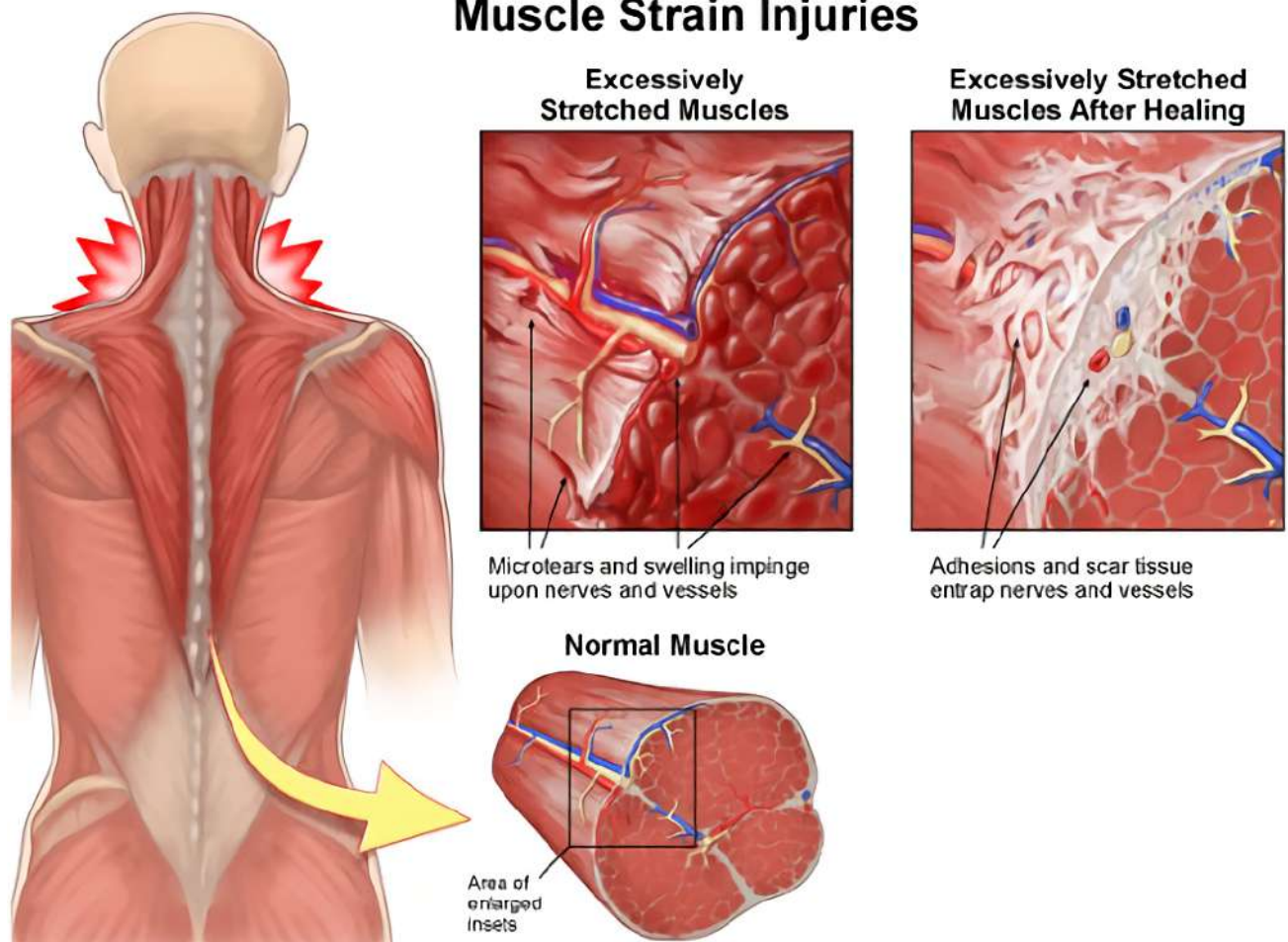
joint, organ and disease you can think of because of incorrect information and ineffective therapy.

It does not matter what symptom, condition or disease we discuss they all are created by the domino effect, which gets its start in a compromised large intestine. When patients receive ineffective therapy or incorrect information on how to treat a symptom, that symptom will continue to escalate until it becomes chronic. Then we are taught to call the symptom a disease by the health care system and now the patient becomes initiated into the pharmaceutical system no longer believing they have the ability to look after themselves. An example of this is tendonitis; when not treated properly, will become arthritis and then escalate to rheumatoid arthritis, osteoarthritis or both.

These symptoms are all essential to your survival and will continue until you wake up and take charge. Even though



Muscle Strain Injuries



these symptoms of inflammation, pain and internal scar tissue are a built-in, protective safety mechanism for survival, they will cause injury to body tissues and joints if they persist too long because the correct therapy and guidance has not been given.

Vital energy will be drained from the body leaving you exhausted and unprotected, forming internal scar tissue and even tumors that will undermine the quality of life for your whole life. Internal scar tissue lacks elasticity, flexibility and eventually will have the same consistency as beef jerky if the correct treatment does not occur in a timely fashion. This internal scar tissue will block proper circulation to the cells causing nutrient

and oxygen depletion backing up toxic waste that can lead to mutation and even cancer.

The majority of the population suffers from massive internal scar tissue formation as if they have had a physical injury to the area. Not only our health care system but also our Natural Health Care System calls it a normal process of aging, go figure. For the body to run at peak performance, there cannot be continual energy wastage. When the body is continually at war with itself, it will weaken the immune system and leave the body open to parasitical invasion such as bad bacteria, fungus and worms creating a life of pain, suffering, prescription drugs and yes, even cancer.

**“Pain is our friend, not our enemy. When you make pain your enemy and run from it, you will always be in it.”
– Dr. Darrell Wolfe**

All therapies have their place but unless the underlying cause, that being internal scar tissue, is broken down and eliminated in the process, then the therapy becomes useless or temporary at best. With every muscle, tendon, ligament and joint problem, if the therapy does not break down and eliminate the internal scar tissue and/or correct guidance is not given by the practitioner to the patient on how to prevent this from happening again the body will continue along this destructive path. In the majority of the population the internal scar tissue has hardened like cement and a change in diet alone will not be enough for true healing to take place. Tissue that was once elastic, pliable, toned and self-healing now receives hardly any blood flow due to its fibrous, crystalline structure. This tissue now lacks needed oxygen

and vital essential nutrients and has the consistency of beef jerky. From a frozen shoulder to a cancer tumor you will have crystallization and scar tissue formation when incorrect information and treatment is given.

When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain and able to perform at your optimum once again, as a healthy active person...at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system. Superficial therapies applied at a distance from a lesion cannot be expected to correct the problem. They can help by reducing inflammation, aiding circulation and soothing hyper-toned muscles, but the cause will always remain and will reveal itself time and time again in the future.




We see this with almost all massage therapy, acupuncture, physiotherapy, chiropractic and many other wellness therapies. The true cause of physical disorders is never on or near the surface. For any long-lasting results you must release the deep invisible bonds and empower the patient to master their own health and well being on a day to day basis. Many years ago I realized there was a great need in creating a therapy that would break down and eliminate scar tissue within the body and teach our patients how to prevent scar tissue formation. Today we find ourselves teaching this advanced therapy technique and philosophy to patients and professionals through the *'International Training Institute of Health'*.

LENGTHEN, STRENGTHEN, DETOX & TONE

When we teach our patients to understand that pain is not the enemy but rather a protective warning system they will finally know they can and need to take personal action if they desire to master their body to live 'Healthy to 100'. Unless we perform deep tissue restoration therapy to break down and remove the hardened scar tissue that cripples and teach the patient gentle daily cleansing and a diet based on whole plant based foods along with structured water our patients will never learn to master their body because you cannot have whole body healing unless you have whole body understanding. Let us treat but emphasize on training our patients on health from the inside out and outside in and from the bottom to the top so that they will experience whole body healing on a permanent basis and live the life they deserve because they are now the masters of their own well being.



A photograph of a dog lying on a wooden dock by a body of water. The dog is in the foreground, looking towards the water. The background is a calm body of water with a small rock visible in the distance. The sky is overcast.

“Insanity: doing the same thing over and over again, expecting different results.”

- Albert Einstein

WOLFE DEEP TISSUE RESTORATION THERAPY

Wolfe Deep Tissue Restoration was created 30 years ago by Dr. Darrell Wolfe Ac.PhD., C.C.H., D.M.T. due to the internal scar tissue and crystallization he found in almost all of his patients; this being the underlying cause of physical pain experienced in the body. This unique therapy is taught by the International Training Institute of Health and has been taught and successfully used in the treatment of muscle, tendon, ligament and joint conditions since 1985.

INTERNAL SCAR TISSUE & WOLFE DEEP TISSUE RESTORATION THERAPY

Wolfe Deep Tissue Restoration Therapy reaches structures far beneath the superficial fascia to reverse chronic muscle, tendon, ligament and joint problems and chronic injuries, where almost all other therapies fall short. In almost all cases healing takes weeks to sometimes months in the therapy world. With Wolfe Deep Tissue Restoration our patients feel and experience a noticeable difference within the first few minutes of a treatment and have healing within days, not weeks or months, which is usually the case with most other therapies.

WOLFE DEEP TISSUE RESTORATION TECHNIQUE & THEORY

Crystallization and internal scar tissue are the major underlying cause of physical pain experienced in the body. Wolfe Deep Tissue Restoration has shown to be the most effective form of bodywork therapy ever created to reverse the underlying cause of chronic and acute muscular and skeletal problems, injuries, sports injuries, muscle loss (atrophy), pain and internal scar tissue and crystallization in the body. Internal scar tissue and crystallization are the major causes of premature aging, pain and physical limitation.

All therapies have their place but unless the underlying cause, that being internal scar tissue, is broken down and eliminated in the process, then the therapy becomes useless or temporary at best. With every muscle, tendon, ligament and joint problem, if the therapy does not eliminate the internal

scar tissue and/or correct guidance is not given by the practitioner to the patient, the body will continue to create fibrin (internal scar tissue), which is a defense mechanism within the body to wall off the inflammation from spreading to the healthier tissue and wall off the bacteria from invading the already inflamed and compromised tissue.

If this inflammation is left to continue or is suppressed by drug therapy the body will go into full production mode of fibrin to deaden the pain and stop the spread of the inflammation in the affected area to end the energy wastage and depletion of the immune system. The end result will be massive internal scar tissue formation leading to a chronic muscular, joint or organ disease, which is actually a symptom of the inflammation allowed to go out of control and unchecked. The area will feel as if a physical injury



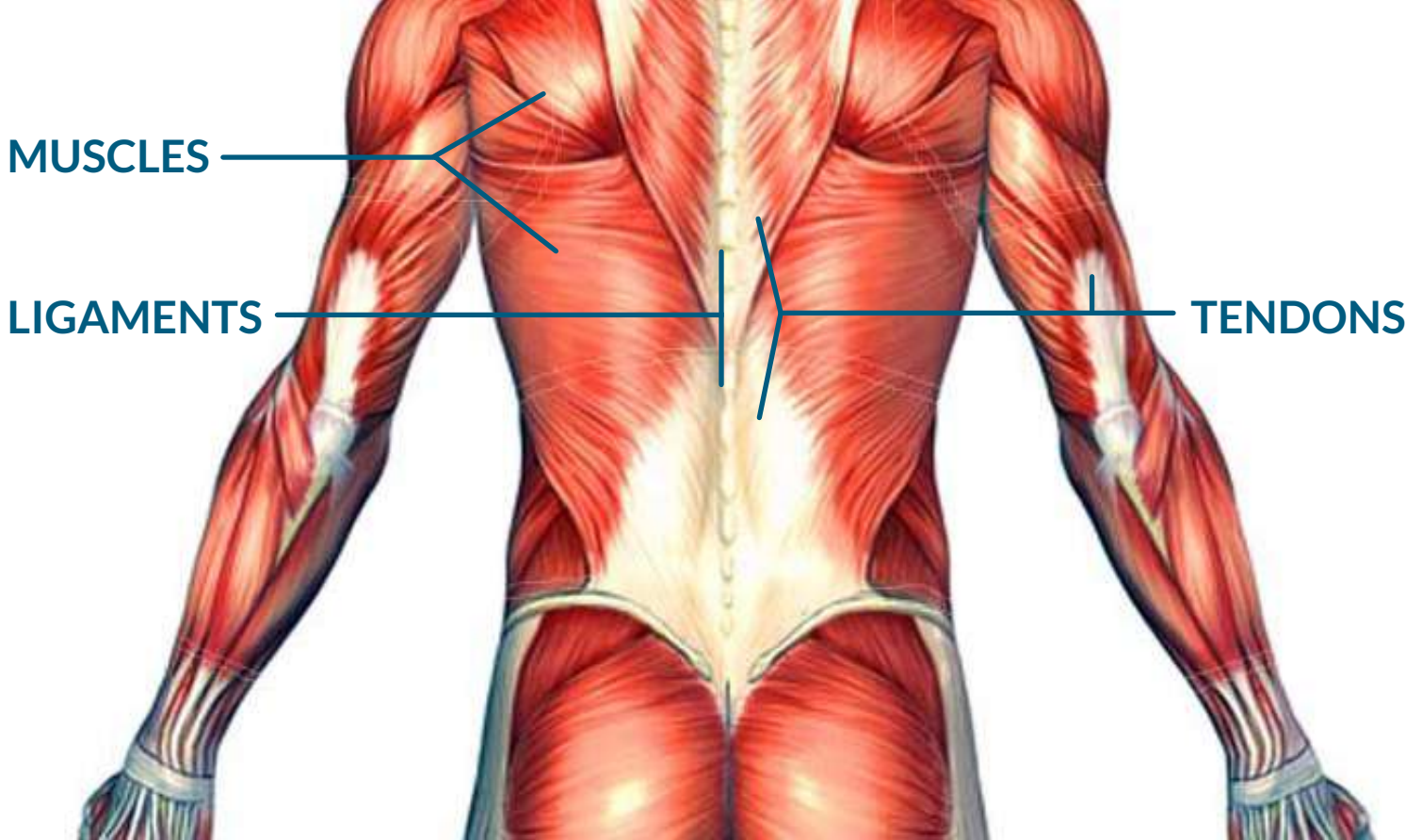


has taken place, when all this scar tissue is just a symptom created by the body's built-in safety mechanisms due to incorrect therapy and/or incorrect information given to the patient. Superficial techniques applied at a distance from a lesion cannot be expected to correct the problem. They can help by reducing inflammation, aiding circulation and soothing hyper-toned muscles, but the cause will always remain and will reveal itself time and time again in the future. The true cause of physical disorders is never on or near the surface. For any long-lasting results you must release the deep invisible bonds and empower the patients with true wisdom.

Wolfe Deep Tissue Restoration reaches structures far beneath the superficial fascia to reverse chronic muscle, tendon, ligament and joint problems. It is remarkably effective for aligning skeletal structures that lie deep within the body that cannot be reached effectively with

other therapies. Even in cases of severe fibromyalgia where the patient is in constant pain, we can still remove the invisible blocks and remove the cause of their pain without any further pain to the patient. It is called 'Wolfe Deep Tissue' but when the technique is done properly, it can even put a patient to sleep. We will break the cycle of pain within the very first treatment. All of our therapies and consultations come with a 100% satisfaction, money-back guarantee. If we can't guarantee our work then we should not charge for it.

The actual manipulation is a controlled, precise, short, concentrated transverse movement with a penetrating action applied directly on individual muscles, tendons or ligament fibers that have lesion (internal scar tissue) involvement. By using a transverse manipulation on the origin and insertion of the deeper tendons and ligaments, we release the whole muscle belly and the involved joints. The origin and insertion is found



on either end of muscles where the tendon or ligaments attach onto the bone. What is a tendon? It is the fibrous cord-like part of the muscle found on either end of the muscle belly that is attached to the bone.

With contraction of our muscles, where do you think the most stress would be? In the muscle belly or in the tendons attached to the bone? If I hang from a rope, where is the most stress placed? That's right, at the end of the rope, where it is tied! The tendons get the most stress; they will experience micro tearing and become matted with internal scar tissue and crystallization, which will form knots that will cause the muscle to shorten in length. Why is there spasm in the muscle belly when the damage lies mainly within the origin and insertion, where the tendons attach?

This reaction is a built-in, protective safety mechanism for the damage that has occurred in the tendon at or near

the origin and insertion point. The muscle belly will stay in spasm and even in pain so that it remains contracted thus limiting range of motion. This reduces the movement of the muscles, which in turn protects the tendon from any further tears until the cause is eliminated, that being hardened internal scar tissue at the joint. The conclusion is: work deep at the insertion and origin of tendons and ligaments to remove scar tissue and crystallization or become the average, normal person, who experiences premature aging with pain and inflammation continually off and on throughout their whole life, because the true cause was never addressed or eliminated.

LENGTHEN, STRENGTHEN, DETOX & TONE

When you release the internal scar tissue at the insertion and origin of the muscles you automatically release the muscle tension and spasm within the

muscle belly, which was only there as a protective safety mechanism against further injury in the insertion and origin of muscles. Wolfe Deep Tissue Restoration is applied by using the base of the phalange, forearm, epicondyle or the elbow. This technique is used to mobilize the muscle, tendon or ligament, separating the adhesions between the individual fibers that are restricting natural movement.

Traditional techniques, where they stretch out the muscle in an attempt to widen the distance between the muscle fibers, are temporary at best. During stretching, the muscles lie more closely together. Adhesions within the tissue cannot be broken down by stretching, but only by using a deep transverse manipulation, which broadens the tissue, opening it up and allowing circulation and nerve flow to be restored. This is particularly true of the fibers that attach muscle to bone, where the vicinity of stationary tissue restricts the mobility of adjacent muscle.

Wolfe Deep Tissue Restoration Therapy restores proper blood flow and increases range of motion instantly. In any form of injury, chronic muscular problem, or crippling condition, there will be internal scar tissue (lesions) or atrophy (decreased muscle tone) developed by the physiological process. Even in the case of arthritis, I personally would not label this as a disease. 'Arth' stands for joint and 'itis' stands for inflammation. The inflammation at the joint is increased acidity attacking the tissues within the joint, which causes crystallization and internal scar tissue formation. As the internal scar tissue hardens, mineral depletion of calcium from the bones will occur to buffer down this chronic inflammatory tissue created by acidosis. As long as you receive ineffective therapy

there will be continual degeneration to the tissues and joints involved, so the symptom called 'Arthritis' that has received ineffective therapies now has become 'Osteoarthritis'. As you can see, these are not diseases; these are symptoms that only become worse through improper care and incorrect guidance.

INJURED FOR LIFE: GET TRAINED OR REMAIN IN TREATMENT

Inflammation and pain is the first sign of internal scar tissue formation. There is nothing worse than an injury that won't heal. It does not matter how much ice, heat, Advil, Motrin or anti-inflammatories you take or apply, they may suppress your pain but only to have you unknowingly rip and tear because they have numbed out the warning signs of re-tearing the internal scar tissue that has never been addressed properly with the correct therapy to break it down and remove it in the first place. Sometimes a chronic injury will last for months or even years with no real end in sight. Repeated visits to the doctor for prescriptions to numb the pain, visits to physical therapists, registered massage therapists, chiropractors and acupuncturists will help reduce the problem but until the crystallization and internal scar tissue is removed and the patient is taught how to prevent it from returning, their search will go on.





The major cause of injuries now and always will be the invisible bonds that bind and restrict; internal scar tissue formation that eventually turns into knots will shorten the muscles, ligaments and tendons they are attached to. This cannot be stretched out, even though most therapists and trainers teach this, for it will only rip and tear again because of the lack of circulation and elasticity due to it being fibrotic internal scar tissue. The same scar tissue that attempts to prevent damage will also constrict future movement, binding tissues and organs, causing unnecessary pain and suffering when the 'healing' has supposedly already completed. A transverse penetrating technique is clearly necessary if such tissues are to be restored to their healthy state. Proper guidance on diet and detoxification is essential to restore and maintain your health on a permanent basis.

In the majority of the population the internal scar tissue has hardened like cement and a change in diet alone will not be enough for true healing to take place. Tissue that was once elastic, pliable, toned and self-healing

now receives hardly any blood flow due to its fibrous, crystalline structure. This tissue now lacks needed oxygen and vital essential nutrients and has the consistency of beef jerky. From a frozen shoulder to a cancer tumor you will have crystallization and scar tissue formation when incorrect information and treatment is given.

When you remove the hardened internal scar tissue, crystallization and scar tissue knots, then you will be free of pain and able to perform at your optimum once again, as a healthy active person... at any age. This hardened internal scar tissue must be manually broken down and then flushed out of the system with ample quality Structured Water, Gentle Daily Cleansing, a Whole Plant Based Diet along with Superfood Nutrition and Core Exercises. This is why we believe at the International Training Institute of Health that any physical therapist without proper training in the art of deep tissue restoration and a correct foundation of nutrition and detoxification will never provide what their patients truly need – whole body healing needs a whole body approach.

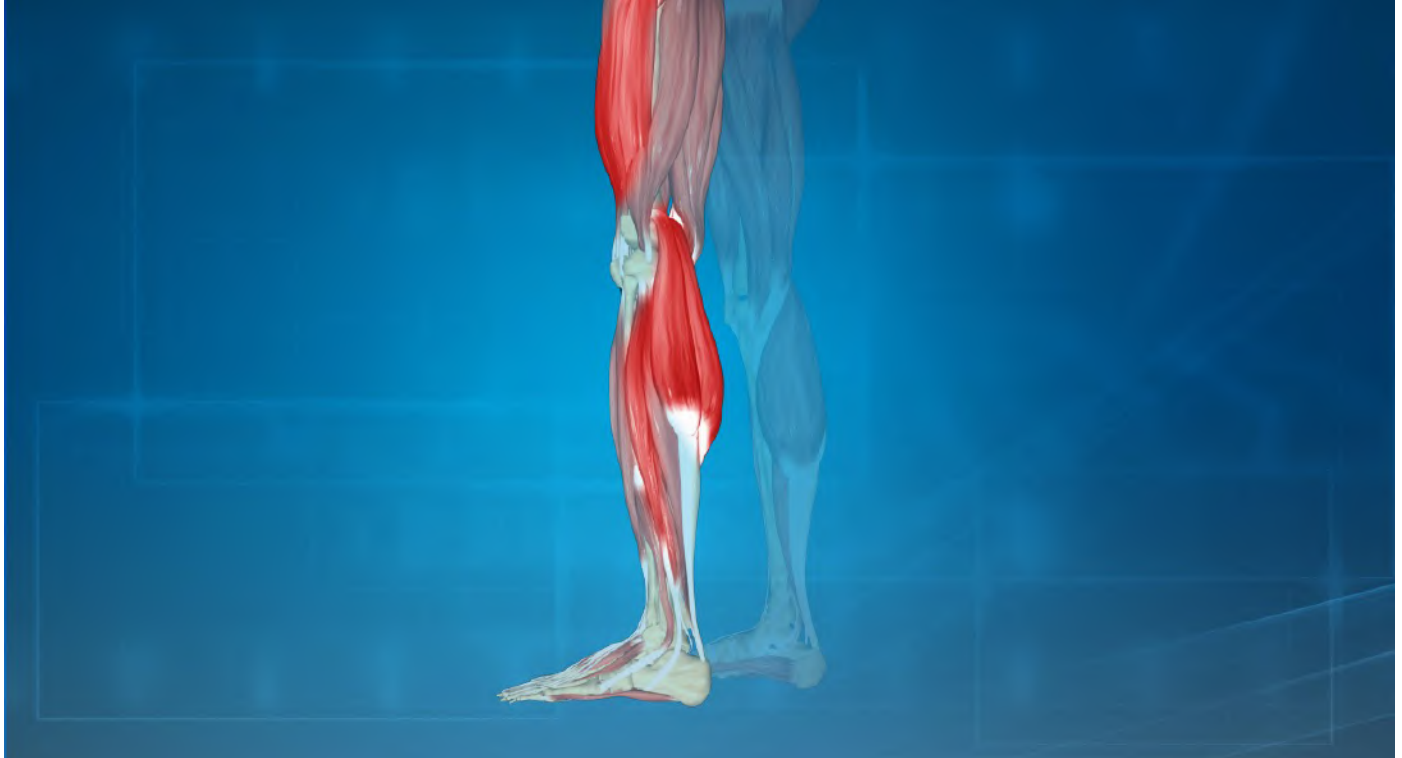
CRYSTALLIZATION, CALCIFICATION, MUTATION

When internal scar tissue builds up and/or crystallization begins to create blocks in your body, nerve pain will become intermittent or constant until the cause is removed or you have been drugged enough not to feel it. Many health professionals believe that this disorder is due to calcification. Yes, this is true in some conditions such as toxic acidic breasts creating scar tissue and becoming fibrotic due to the ongoing signal of inflammation. If this internal scar tissue process, within the breast, is not treated and reversed correctly in a timely fashion then calcium deposits will develop to buffer down the acidity to ward off cancer as long as possible. I have had hundreds of people coming to me believing that calcification was the problem, only to find out that it was mainly internal scar tissue and crystallization with traces of calcium. The body creates this overcompensation of internal scar tissue due to inflammation

and infection in an attempt to protect and heal an injured area.

Why do muscular and structural disorders go away only to return again? The cause has never been addressed or dealt with properly. Is it lack of spinal adjustments? No, when it is a muscular problem; ask yourself, "Where is the pain, on or in the bone or in the muscle?" Now ask yourself, "Do bones pull muscles out of place or do shortened, knotted muscles pull bones out of place?" Remember, inflammation and spasms come from deep within the muscle tissue, not the bones. All answers lie deep within the muscles. Release those invisible bonds and educate yourself on a whole plant based diet, gentle daily cleansing, structured water, core exercise and how to achieve a healthy sleep and you will live pain-free. It's not about age, it's all about the internal scar tissue and crystallization build up.





Age has nothing to do with pain – unless you're the so-called, average person. When a practitioner has the knowledge of internal scar tissue removal and the ability to teach their patients the foundational keys to vital health on a daily basis, then and only then will permanent healing take place.

Muscle spasms are not constant. They spring into action at a certain point in the range of motion to protect arthritic joints, sprained ligaments, inflamed tendons or an injured area from further damage until the true cause is dealt with. Muscle spasms result from a lesion (internal scar tissue, crystallization) and their sole purpose is to prevent full extension thus sparing further tearing. Internal scar tissue tears easily due to lack of elasticity, flexibility and circulation, whereas connective tissue has tone, elasticity, flexibility, proper circulation and proper hydration.

When you experience severe spasms in your body this will cause you to curl up and twist. Imagine these muscle spasms continuing day in and day out in your body for years. Over time these muscle spasms will twist and distort bones, such as in the case of Osteoarthritis or

Rheumatoid Arthritis. In these conditions, muscles, tendons and ligaments become burdened with internal scar tissue and crystallization. This causes shortening of these muscles, tendons and ligaments leading to physical distortion and imbalance of bone structures. In both of these conditions, vital minerals and other nutrients are being depleted from the tissues and bones to buffer down the acidity.

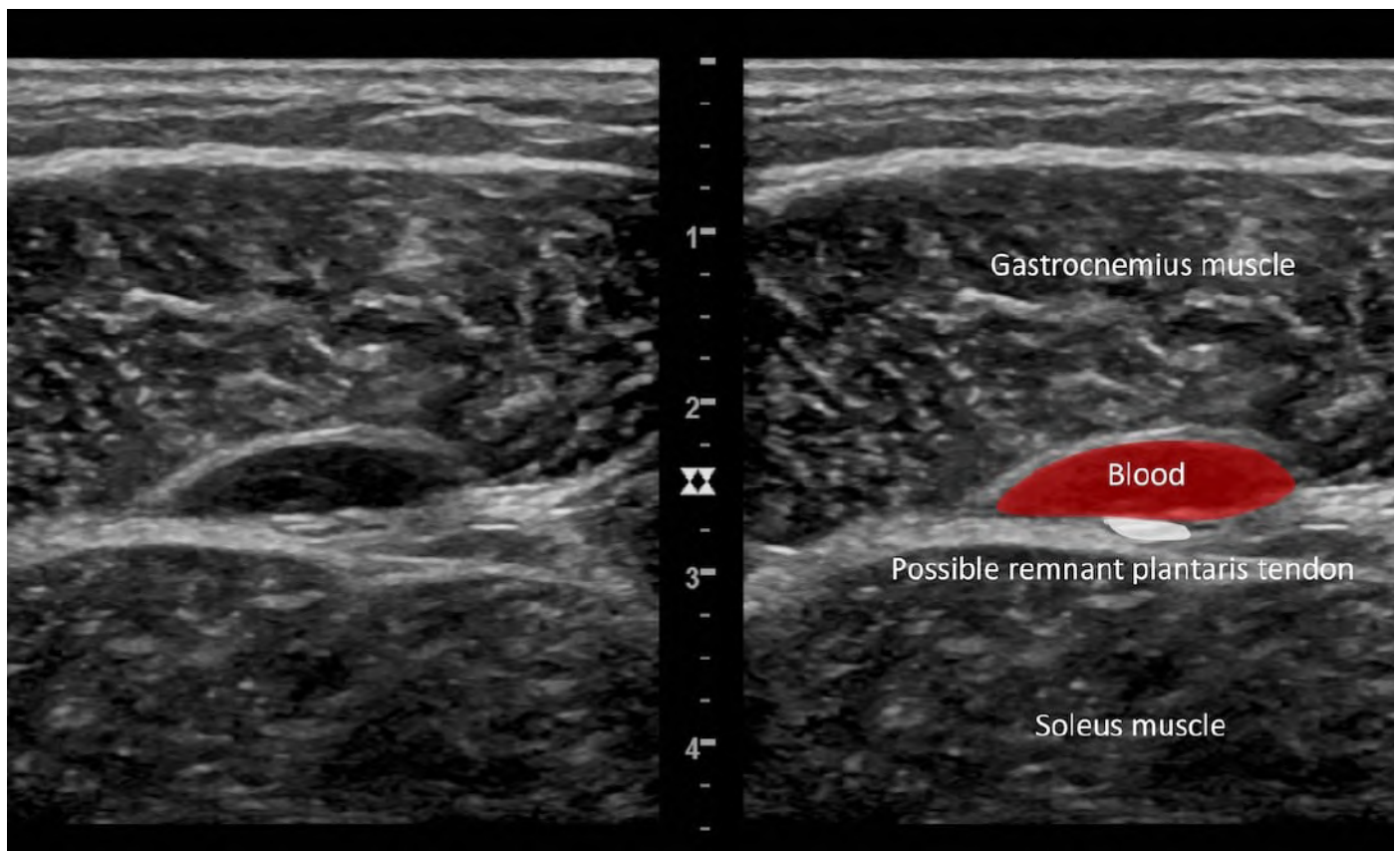
This symptom is known as osteoporosis. A healthy, nontoxic internal environment would never allow such a debilitating condition to even exist, much less ever get started. How does a patient ever get or even learn how to create a healthy internal environment in their body when most practitioners are taught ineffective techniques when it comes to bodywork and dispense misleading information when it comes to foundational nutrition and detoxification. This is why I developed a professional training course for practitioners and a two-day course for the general public that has two parts to it, health from the inside out and the outside in. Whole body healing with Whole body results, the way health was meant to be. Be the cure!

What makes this internal scar tissue and crystallization formation so frustrating is that it does not show up on X-rays. Ultrasound also does not give a clear picture of this condition, and doctors often diagnose it as psychosomatic. Just because you can't see something doesn't mean that it doesn't exist. Internal scar tissue restricts, chokes and immobilizes joints (invisible bonds). Internal scar tissue is similar to weeds in a garden, in the way that if the garden is not tended to properly, the weeds will overtake the garden, just as internal scar tissue will overtake and choke the tissues of your body. When internal scar tissue spreads long enough, and deep enough, you will prematurely age and lose your flexibility, elasticity and tone and be forced to live in a weakened, restricted state.

The more acidic you become, the more internal scar tissue and crystallization your body will form to protect you. The vast number of today's chronic muscle disorders, injuries and plain old body pain are reversible and yes, preventable when you take personal action and

master your own well being. We've proven it and so can you. The body only knows the past. At one time this internal scar tissue protected you from further damage but now you are being crippled by it. As I have stated, the body only knows the past so you must break up these invisible bonds that no longer serve you, but this is just half the story. If you do not follow up by learning a new way of life, the pain, suffering, crystallization and scar tissue will be back. Unless you become the master of your own health, the scar tissue will return because the body only knows the past.

I would like you to take a hard look at the people you love and the people you know. How successful have they been with keeping their health and restoring their health? To be successful with your health, you must encompass whole body healing: break down and eliminate the internal scar tissue and have a strong foundation in whole body cleansing, nutrition, diet, exercise and emotional processing so that it is never allowed to return. Years ago it became very



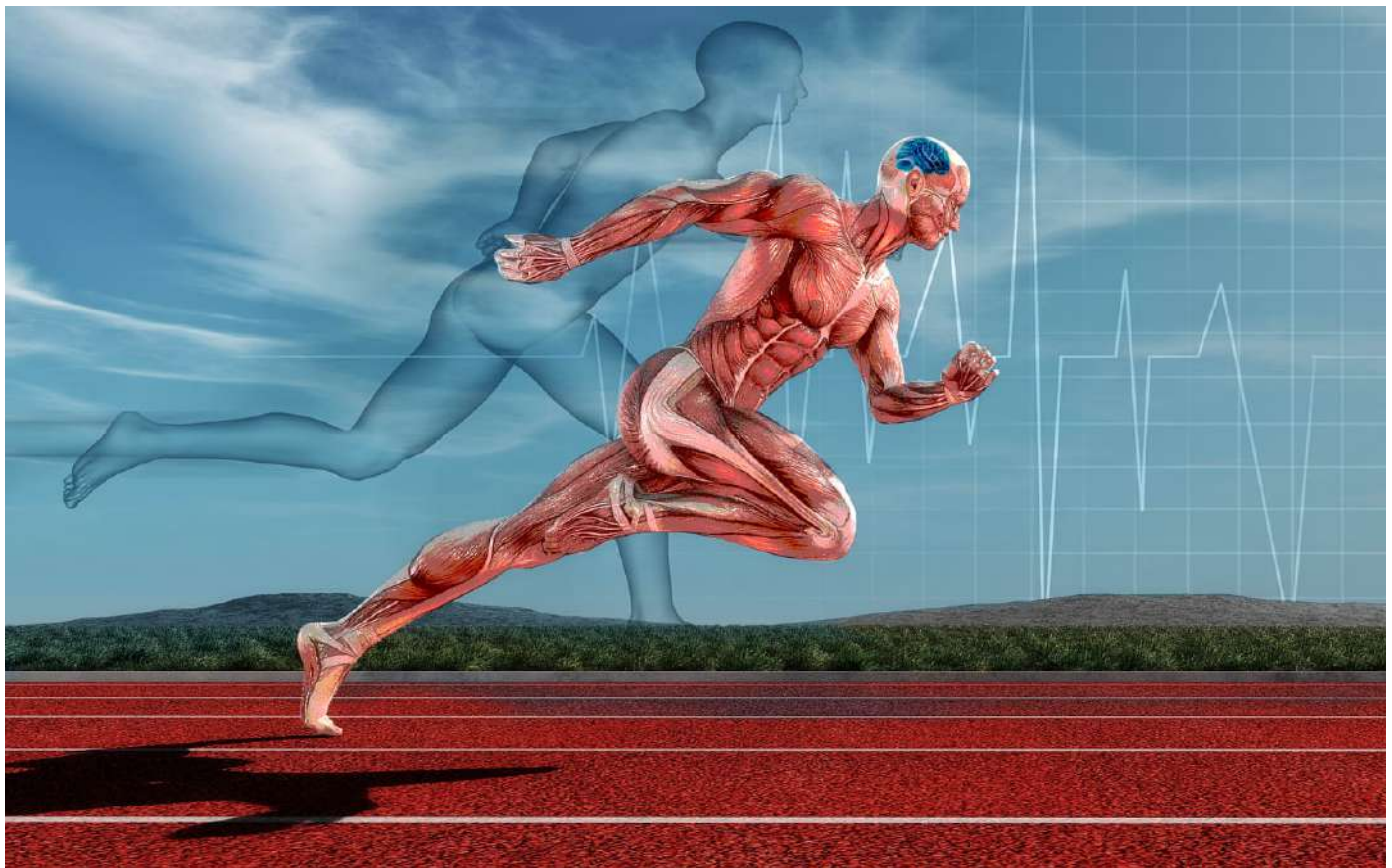
obvious to me that almost all therapies given and the health information provided to patients only soothed their pain and suffering temporarily; never really removing the true cause of their suffering or personally empowering them with take action information so that they could master their own health and well being. This is why I created the *'International Training Institute of Health'* with training courses for professionals, corporations and the general public. For more information go to: www.itioh.com

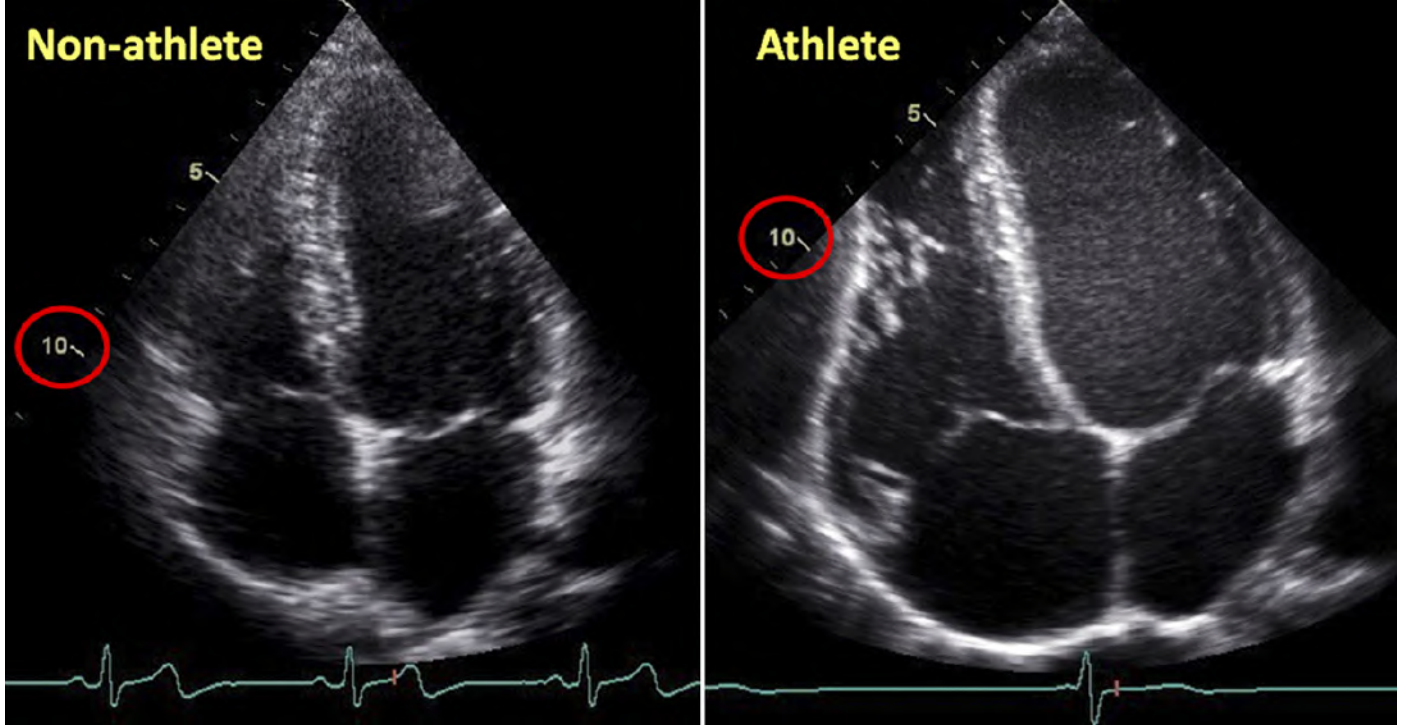
Physically Fit or Physically Torn?

Moderation is the keyword when it comes to endurance or strenuous exercise, as with all things in life. We have been taught unhealthy belief systems in so many areas of life, not only regarding diet and detoxification but also in physical fitness. Unhealthy exercise does not stop at athletes and the general public. You would be shocked how many

fitness trainers and so-called experts are continually injuring themselves and their clients. The no pain no gain, run faster, run harder, run longer, lift more weights, do more repetitions, 'If you don't hurt, you didn't work hard enough' mentality is an epidemic of abusive exercise, mentally and physically.

Anyone who runs marathons or is involved in extreme workouts would be shocked if they could see inside their body. Running and extreme workouts create internal scar tissue buildup in the muscles, tendons and ligaments and also to the heart. Repeated extreme exercise or long-distance running will create acidity that will deplete you of your essential minerals and oxygen. It will form crystallization and internal scar tissue damage in, around and on the heart. This can lead to patchy myocardial fibrosis in up to 12% of marathon runners. Long-term exercise of this nature can cause premature aging of the heart and muscles, stiffening of the heart, joints and muscles and an increase





in arrhythmia and atrial fibrillation. Enlarging of the heart and thickening of the heart muscles are known as 'athlete's heart', go figure. The heart will heal unless it is repeatedly damaged from internal scar tissue that builds up through incorrect exercise, diet, nutrition, low quality water and ineffective therapy.

This situation is only getting worse due to the way exercise has been marketed. If a person is in pain during or after exercise they will need to rid themselves of the internal scar tissue and crystallization they have caused through the no pain, no gain theory. You will eventually lose your agility, elasticity, flexibility, strength and set yourself up for a life of stiffness, pain and premature aging unless you are taught that there is a better way, a healthier way. Give me an injury that other therapists have been forced to give up on or just keep trying to treat without success and I will give you and show you amazing results within the first few minutes of the first treatment. We are not unique, it's because most therapies only deliver superficial and temporary results at the best of times.

In the past, it was thought that scar tissue damage within the body was temporary and would subside, but this has been proven to be incorrect. A published report, by Mayo Clinic stated that internal scar tissue within the body accumulates over time. You know the spot where you keep having reoccurring pain? When you're tired or when you're stressed? That is scar tissue. Where the real problem lies is this scar tissue becomes a permanent fixture for people because practitioners have not been properly trained to understand it, much less deal with it or eliminate it. The older this internal scar tissue becomes, the less elasticity and flexibility it has and the more dehydrated and brittle it becomes. This is where the old saying 'stiff as a board' comes from. This condition is caused from being highly acidic but wait a minute, isn't that the major cause of cancer!?

Most exercise programs taught today along with the average lifestyle validates the need and importance of the courses we teach at the International Training Institute of Health. Our therapists are



helping thousands to bridge the gap between just living the so-called, normal life and having a life filled with joy and a pain-free body. Most people today have been conditioned to run from pain even though they continue to live with it each and every day, learning to wear it like a badge of honor as if there are no other answers but only specialists, drugs, alcohol and marijuana: Drugged up and dumbed down. Just know that with our advanced training with internal scar tissue we are the answer for those searching for a pain-free life without drugs. When you invest into a Wolfe Deep Tissue Therapist - Whole Life Coach you will then become the master of your health and well-being and live pain free on a permanent basis.

The biggest mistake that trainers, athletes, or anyone performing an exercise program can make is ignoring their body's messages and continuing to push through the pain. Repetitive exercise with intensity will always show to be damaging to tissues, joints - and yes - even to the heart. Just because you

lift more weights and run or cycle with a large group where everyone pushes through their pain, does not make it right or healthy. Don't be caught up in the herd (hurt) mentality.

The problem that most people do not realize is that the continual inflammation, caused through improper over-contracting exercise, places extreme stress at the joints and creates micro tears in muscle tissue throughout the body. This continual inflammation causes the body to continually create fibrin as a protective mechanism to wall off the pain. This will lead to severe internal scar tissue build-up, which will, in time, shorten the muscles, tendons and ligaments. This in turn will reduce the range of motion, elasticity and flexibility and will even cripple you as this internal scar tissue hardens as we see with the majority of the elderly and those who are drugged. Runners, weightlifters and extreme sport athletes need deep tissue restoration to counterbalance these over-contracting, high impact sports, if they wish to not pay the price as they age.

The slight limp in your walk, the inability to raise your arm above your head or touch your toes or being unable to shoulder check while driving has become a normal way of life for the majority. When the majority suffers from it we call it normal because we've been taught herd mentality. This is what happens when incorrect information and ineffective therapy seems to be the only choice.

Traditional treatment techniques require months to fully resolve injuries to tissue and joints if they ever truly do. Do these other therapies really heal or has the body just walled off the pain again with more scar tissue until the patient rips the so-called healed injury again a year or two later? With Wolfe Deep Tissue Restoration therapy along with a diet based on whole plant based foods, structured water and daily gentle detoxification sets the pace for life-changing instantaneous results on a permanent basis no matter the condition or the age of the patient, this I promise.

Our society is drowning in dysfunctional belief systems when it comes to effective bodywork and patient empowerment.

When you experience a sports injury or any other type of injury, if you do not have the internal scar tissue broken down after the injury has supposedly completely healed, I guarantee you it will come back to haunt you when you are older.

How many times have you heard someone say, "Yeah, this pain is back from when I..." and "This pain is back from when I..." and "This one is from when I..." People wear their injuries like a badge of honor because they don't know any better, because their doctors and therapists do not know any better. But I know better. So when you're tired of reminiscing over the war wounds that haunt you, I'll bet you that if you have this internal scar tissue broken down and you implement the guidelines we have discussed in 'Healthy To 100', this will be the end to your painful story. We cannot do better until we know better or should I say you cannot do better until you find a practitioner that can treat and teach you to know better.



CORE STRONG LIVE LONG

The most important group of muscles in the body is the core muscles, not the back muscles like most therapies focus on. 60-70% of your immune system resides in the core. The core, literally, is what gets you up, holds you up and keeps you alive and healthy. Your core plays a major role in almost every movement of your body. Core muscles allow you the ability to complete the tasks that you need to perform every day. It is the vital 'foundation' of all your body's movements, whether you are walking, carrying a heavy grocery bag, picking up your grandchild, making love, keeping your balance on a slippery sidewalk, playing sports and let us never forget about digestion, assimilation and elimination.

Most people's lives are becoming increasingly inactive; we spend most of our 'awake time' sitting, with our core muscles relaxed. Relaxed is one thing but the average person has grown comfortable with the major part of their immune system falling down and out, this would be the large intestine along with the core muscles.

This is why the *Master Your Health - Weekend Warrior Training* course was created. To guide anyone who wishes to master his or her own health on a permanent basis. We must teach and deliver total health to our patients because as practitioners we must restore that which has been taken from them.
Health Independence.



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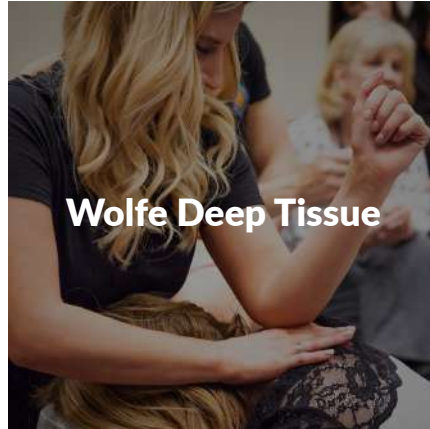


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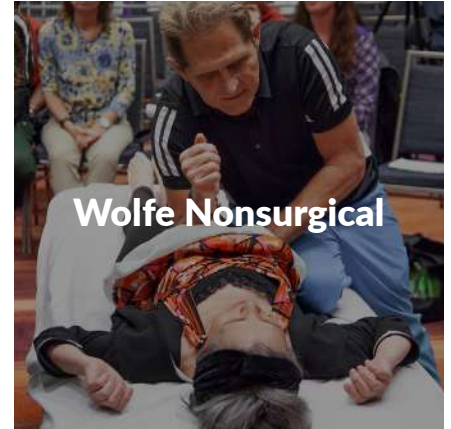
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