

7 Steps to Healing

At Whole Health Clinic, we guide our patients through the following program that we call the “7 Steps to Healing”.

The “7 Steps to Healing” were initially devised by Dr. Mikhael Adams, ND. Dr. Adams has been one of the most highly regarded pioneers in the field of naturopathic medicine in North America for many years. For simplification purposes, we have significantly modified Dr. Adams’ “7 Steps to Healing” so that they can be more easily understood and implemented.

*The steps listed in the “7 Steps to Healing” are not necessarily in order of priority. For example, in some cases, a constitutional homeopathic remedy (step 3) may be more important than detoxification (step 2). In other cases, this could be reversed. Many practitioners, however, would agree that **the first step (appropriate lifestyle and proper diet) is the most important step in healing.***

Notice that we are not addressing any particular condition in this handout. *Any combination of these seven steps to healing may bring about partial or complete recovery from various conditions, including mental/emotional imbalances (such as depression and anxiety), as well as physical ailments.* For some individuals the most important need is to improve their lifestyle and diet, while others might need help with all the seven steps in order to be completely healed. *It is the practitioner’s job to assess which steps need support and in what order.*

In order to treat and ideally cure chronic illness(s), a person not only has to take up proper lifestyle and dietary habits (step 1), they also have to follow some of the other steps to healing (as outlined in this handout). The reason you need to follow some of the other steps to healing to reverse chronic illnesses is that by the time you develop one or more than one chronic illness there is significant damage done to the various organs and/or tissues in the body. Proper lifestyle and diet (step 1) is good for maintaining health, but not sufficient for reversal of disease. In order to reverse disease, you often need to follow the other steps to healing.

These “7 Steps to Healing” are interrelated in at least two different ways. *First, the steps are cumulative; the sum of all the steps is what will result in healing of many chronic illnesses.* In another way, you need to have proper lifestyle and diet (step 1), detoxify (step 2), establish proper energy flow (step 3), and follow the other steps in order to completely heal. *It is usually not sufficient to follow only one or two steps in treating many cases of chronic illness.* Furthermore, if these steps are followed, step seven (i.e. palliation, or symptom relief without addressing the root cause of illness) will often not be necessary.

Another way of explaining the cumulative nature of the “7 Steps to Healing” is as follows: *Applying one of the steps to healing will affect all the other steps.* For

example, if you take your constitutional homeopathic remedy (step 3), that may increase your energy to the level needed to start exercising (step 1). Exercise, in turn, has numerous benefits, including the desire to eat healthier. As your diet improves, your overall health will be enhanced. A higher level of health, in general, will enable you to be more compliant in taking your supplements (steps 2, 4, 6 and 7), which is an important factor in further improving and maintaining your health.

In addition, ***each step by itself has the potential to provide the benefits that you would get from following the other steps.*** For example, if you eat healthy and drink plenty of water (step 1), this can actually detoxify the body (step 2) better than any medicine that is specifically meant for detoxification since water is the most detoxifying agent. Another example is, if you do craniosacral therapy (step 5), it will not only help your musculoskeletal system, but it can also balance your energy flow (step 3). Clearly, the “7 Steps to Healing” is not a perfect presentation of the truth, but a model of health and healing that works.

1) **Appropriate Lifestyle and Proper Diet**

Lifestyle

- Enhance your spiritual/religious life.
- Get plenty of sleep every night.
- Lower stress (increase fun and laughter).
- Increase movement (exercise).
(Movement/exercise is probably the best way to detoxify.)
- Breathe deeply as often as you can throughout the day.
(Good air and water are the most effective detoxification medicines!)
- Spend time outside daily (walk, jog, hike, etc).
- Stop smoking.

Diet

- Eat your food slowly and consciously.
- Increase water intake to 6-8 glasses of water daily (drink filtered water only).
(Good water and air are the most effective detoxification medicines!)
- Increase vegetable consumption. Eat a wide variety with lunch AND dinner (raw and cooked).
- Eat whole grains (such as brown rice, quinoa, and amaranth versus white rice and bread).
- Eat the right type of fats and get plenty of protein in your diet.
- Eat organic foods and avoid GMOs.
- Reduce, or ideally stop, consuming sugar, alcohol, and coffee.
- Avoid foods that you are allergic to. (The most common allergenic foods are gluten and dairy.)

EFT (or Meridian Tapping) helps with healthy eating :

In some cases, EFT (Emotional Freedom Technique) can be more important than Drainage and Constitutional Homeopathy, Why? EFT is often a critical tool in enhancing a person's health in that it dramatically enhances one's ability to correct and improve their diet and lifestyle, which are the top two therapeutic modalities.

If a person drinks alcohol or eats junky sweets (cookies containing table sugar, etc.) a few times a week, their internal organs may not be able to keep up with this heavy toxic load.

To find out what others have to say about EFT, you can google EFT as well as watch a number of actual patient testimonial videos on our website at www.WholeHealthClinic.net.

2) **Optimizing the Health of Your Internal Organs (Liver, Kidneys, and Intestines) by Detoxifying/Cleansing (ideally "Draining") Them, Followed by Whole Body Cleansing**

- Liver/kidney detoxification using UNDA numbered compounds, etc.
- Intestinal cleansing (dysbiosis therapy) using herbs and probiotics
- Deep intracellular detoxification throughout the entire body

You must continue liver and kidney cleansing/detoxification/drainage while doing dysbiosis therapy and/or deep cellular drainage throughout the body. It would not make sense to push

toxins out of certain areas within the body if the “doors” to the body (liver and kidneys) are closed (toxic).

Note that “drainage” is basically detoxification plus optimization of organ/tissues function.

Therefore, if your liver is being “drained,” not only are the toxins being pushed out of it, but also the cells in the liver will end up functioning more optimally.

Castor oil applied over the abdomen several times a week can powerfully assist with detoxification or drainage of all the abdominal organs (i.e. stomach, intestines, liver, pancreas, and the spleen). Castor oil, absorbed through the skin, stimulates lymph flow which is critical for effective drainage and detoxification. Dry skin brushing is also very helpful for systemic detoxification.

Note that negative emotions such as depression, anger, anxiety, can translate to toxins on a physical level. Therefore, “emotional cleansing” is critical in treatment of many chronic illnesses. Emotional cleansing can take many forms such as avoiding negative thinking and negative lifestyle habits such as watching the news before going to bed, contact with negative individuals, etc. A few effective therapies to help with negative thought patterns include religious/spiritual activities, EFT (Emotional Freedom Technique) or Meridian Tapping, counseling, and constitutional homeopathy (step 3).

“Eating an apple a day can no longer keep the doctor away” (from the book **Radical Medicine** by Louisa Williams, ND) summarizes the above paragraph very nicely. Perhaps eating an apple a day is no longer sufficient in maintaining good health because ***there is (a derivative of) nerve gas on the apple that we eat in our society***, as reported in the Seattle Post-Intelligencer article *Harmful pesticides found in everyday food products* on Jan 30, 2008 (source: Environmental Working Group, original study published in Environmental Health Perspectives journal, January 2008). According to this article, organophosphates are “the family of pesticides spawned by the creation of nerve gas agents in World War II” and are commonly used in the pesticides on our apples.

3) Stimulating the Healing Energies of the Body (using Homeopathy, Acupuncture, etc)

Our main tool at Whole Health Clinic for improving your energy flow is homeopathy. Your “constitutional” homeopathic medicine can balance your energy flow (i.e. vitality, life force, or Chi) and enhance your mood. By optimizing your energy flow, homeopathic remedies can result in optimization of the health of your internal organs/tissues (i.e. detoxification as well). Additional detoxification using herbs and other natural medicines is often required, however, to treat chronic, debilitating conditions.

Note that finding out your constitutional homeopathic remedy requires a skillful homeopath who can accurately evaluate your psychological profile. A homeopathic evaluation is automatically incorporated in every patient visit at Whole Health Clinic.

We may also refer you to other clinicians, such as an acupuncturist, for other energy healing modalities.

4) Restoration of Various Bodily Tissues

There are times when you have to use specific natural medicines in order to restore the health of various organs/tissues in your body. For example, taking Glucosamine Sulfate can restore the health of the cartilage in the joints. Another example: taking DGL can repair and restore the health of the mucosal surfaces in the digestive system.

5) Proper Musculoskeletal Integrity (Using Various Bodywork Techniques)

The following are the most common bodywork techniques used to directly improve the integrity of the musculoskeletal system:

- Trigger point and neural therapy injections for pain management (Dr. Sharif offers these homeopathic injections)
- Bony manipulation (Chiropractic adjustments)
- Visceral manipulation
- Craniosacral therapy
- Massage
- Physical therapy

Note that any of the techniques listed above can also stimulate the healing energies of the body (step 3). However, these techniques are listed here (as opposed to being listed under step 3) since they involve the actual physical “manipulation” of our bodily tissues. Note that craniosacral therapy (step 5) is probably the most “energetic” of all of the above techniques and is often a wonderful adjunct to constitutional homeopathy (step 3).

6) Nutritional Supplementation

The following are the main nutritional supplements I recommend to most patients:

- Multivitamins/minerals
- Omega 3 fatty acids (such as fish, flax, or various EFA formulations)
- Probiotics and Vitamin D
- Calcium/magnesium (especially important for postmenopausal women)

7) Palliation (Symptom Relief without Addressing the Root Cause of Illness)

There are times when a person needs/wants palliation. At such times, you might have to utilize pharmaceutical drugs and/or natural medicines in order to survive an illness and/or improve the quality of your life. Palliation without addressing the root cause of your illness is often only a temporary solution. If you are suffering from chronic disease, you will likely be dependent on your palliative medicines indefinitely unless you address the underlying cause of your ailment. (Refer to the above six steps to healing.)

Note that even natural medicines/supplements can be used to palliate. Examples: The herb Saint John’s Wort or the nutrient 5-HTP for treatment of depression, the herb Kava Kava for anxiety, the herb fever few and magnesium for migraines, herbal laxatives for constipation, digestive enzymes for acid reflux and gas, Armour thyroid for hypothyroidism, bio-identical hormones for menopausal symptoms, etc.

- Natural supplements
- Pharmaceutical drugs
- Surgery