



*Greetings! I'm so glad to meet you. Thank you for downloading the first chapter of wordwaterlight: Your Biological Blueprint.*

*Have you ever found out something so life changing you just had to share it? That is what happened to me! I have observed such amazing things in caring for people like you and me I just knew I had to let you know too. I am so excited about it I wanted to release it as an e-book even before the digital and soft-cover becomes available later this year.*

*I'm confident you will learn something in these pages that will help you and your family and I hope one day you will drop me a note and tell me how your life changed too.*

*ShLasa, D.C.*

Here's the Table of Contents and a little about what you can expect to find:

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Going back to my days in dissection class, I'll share with you what I was thinking then and how that has evolved into a perspective beyond our muscles, nerves and chemistry.

Chapter 3 **Biophysics. Biophotons. Biofield**

This understanding is the missing component for medicine in the Western world. Learn how quantum physics and the new biology can help you get well and stay well.

Chapter 4 **The Nature of Living matter**

I hope this chapter blows your mind as much as it did for me writing it. Many alternative practitioners use biological medicine as a major tool. The meaning of biological is "the nature of living matter." You'll see how the blueprint of who you are contains the biological ability to be well and stay well.

**Chapter 5 Word**

Words can heal and words can harm. Become aware of how you can make a big impact with small changes in how you think about, say and use your words.

**Chapter 6 Water**

All water is not alike. The water question has plagued my patients and me for years. Up until now I was always hesitant about making any recommendations or sweeping statements here. This has changed. I feel confident sharing this new understanding and I know you will just love this chapter.

**Chapter 7 Light**

The bottom line: We are light. Light heals. This chapter will reveal to you the physics of light and cutting edge tools and how to apply them

**Chapter 8 wordwaterlight**

The final chapter ties it all together. Whether you are a patient, a practitioner or both you will find insight, clarity and straight answers to some questions you may have struggled with for a long time.

Six essentials for every patient or practitioner. My sister says “Good health care should be there for you in Sickness and in Health” This is exactly what wordwaterlight offers.



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wordwaterlight©

## Chapter 1

# What kind of **Doctor** are you?

I am often asked, "What kind of doctor are you." My reply of "Chiropractor", "holistic practitioner", or "Energy Medicine", never seemed quite complete. A Doctor is a teacher. Or as Webster calls it, "A learned man." One cannot teach what one does not know. The chapters that follow are what I know. It represents what I have learned, explored, experienced, questioned and lived. I have taught this to my patients and anyone else willing to listen even when my husband sometimes elbowed me and said, "enough." Today, I am grateful to share it with you.

This is not the book I planned on writing. I failed chemistry the first time around, and I didn't particularly enjoy applied physics. Learning the trajectory of a golf ball or how the dimples on a golf ball are there to give the ball more lift and reduced drag seemed irrelevant to what I was working on and didn't interest me much.

However, when I became exposed to energy medicine, also known as vibrational, virtual or biological medicine, I soon understood this was based on a branch of science known as quantum physics (the branch of science that deals with units of energy) and I had a very different reaction. Even though, at times, I struggle with what I read and have to read one paragraph five times for a moderate understanding I found myself not only a willing student but also an able student. In doing so I became aware of a whole new way of understanding the universe and I will probably leave this life with more questions than answers, but I know it will have been a wet, wild and wonderful journey.

When I learned about the P.E.A.R. study done in Princeton NJ that showed how the observer could influence any outcome, there was a part of me that knew it to be entirely true, even though it was something I was never formally taught. I began to think about how that applied in my life, and how that could help my patients, and it opened up a whole new playing field<sup>1</sup>

Life in this new awareness began to reveal certain truths to me and my personal experience told me things were often something different than what "accepted" science was saying. I began to trust my observations and apply what I saw. I decided I would not wait until mainstream science agreed with what many already knew and I veered off in a new direction. In fact, my 25 years as a holistic practitioner has culminated in an understanding that just wonders me.

Because we live in a time when special interests are more important than people's interest, and the bottom line is more important than the ethics and morality that help us achieve them, we are often slow to change. It's hard to admit, "You've been wrong." It's even harder to admit you just "don't know." For many years I have watched patients struggle with despair because they were told "it's all in your head," or "there is nothing wrong." If a doctor's only tool is a hammer, then everything that doesn't look like a nail goes untreated. Even lab tests are often not only wrong but

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<sup>1</sup> Jahn, R.G., Dunne, B.J., Nelson R.D., Dobyns, Y.H., Bradish, G.J. Correlations of Random Binary Sequences with Pre-Statd Operator Intention: A Review of a 12 year old program

are also inconclusive and some doctors make decisions that affect people's lives in ways that a conscious being would not allow.

Until we agree to live in concert with each other, creating an understanding that you and I are not separate but part of the same seed of creation, part of the bond, we will continue to spend more time in blame and dissention than cooperation and resonance. A musician may love to play the piano or drums, but those pianos and drums take on a whole new sound when they play in harmony with each other. After all, what we love about a symphony is the very emergence of something greater than the individual parts.

Like I said, "I wasn't planning on writing a book on [wordwaterlight](#)", but somehow it found me and now I can't sit still without sharing it with you. My intention is to provide this information so you too can use it to access health without drugs, surgery, or great financial stress. Let me say upfront, when it comes to trauma and infectious disease, Western medicine is a God send. I have witnessed loved ones in life threatening accidents and broken bodies put back together by skilled surgeons and I stand in gratitude for this science. But Western medicine does not offer much for chronic conditions and dis-eases that plague millions.

I am also uncomfortable with the idea that only the affluent can have access to the higher levels of health care. It just doesn't sit right in my gut that people with modest incomes can't access the levels of health and healing that are afforded by the rich.

Taking my cues from nature, I have always believed healing should be accessible for all people everywhere, no matter what socio economic, cultural or level of education. After all, the plant kingdom has it's own internal health system which knows exactly how to respond to temperature change, viral and bacterial attacks and other threats to insure it's survival. Our creator is brilliant. I figured he/she must have a plan for us too. I know we have access to the same guiding intelligence.

Our biological blueprint may contain the proper sequence and instruction for health but I don't believe you can just abuse it without certain consequences.

What does that mean? Only yesterday I was on the motor vehicle division's website and read, "we believe having a driver's license is a privilege and not a right." "Hmmm", I thought...having good health is like that too. After all...we are not all born "healthy"...I am privileged to have good health and I may think I have a right to be healthy, but does that mean I can abuse myself and still be healthy? Just like a driver's license, if you abuse the privilege, you are penalized with points and fines and possible revocation. If we do not take care of our health, we may be penalized.

It may reveal itself as a headache, fatigue or even disease or death. Many people who do not take care of their body, mind and spirit have a limited expression of health and vitality. Just as we accumulate points with our driver's license we accumulate points in our health care over time. Disease and even death is often not the result of one insult, but the accumulated effect of many over time.

I also believe health and healing do not have to be complex. Often the best solution is the simpler one, and nature strives to evolve to a simpler and more elegant system.

What follows are the 10 major life lessons I experienced in health and healing. Along the way, I had no idea what lessons lie around the next bend, or how each teaching moment would eventually merge, but as I look back it's very clear to me that each event readied me for the next and the next and the next.

## **Lesson #1:**

When I was 25 years old, my mother was sent home from the hospital with a "we've done all we can" diagnosis. She didn't have cancer, heart disease or any other "life limiting condition" so what was the problem?

What she did have was a long history of abuse. Her father abandoned her early on and her mother was an alcoholic. She was estranged from one sister and the caretaker of a younger one. Fast-forwarding many years and many stories later, she always had low back issues. She had had 4 children in 5 years and at least 2 miscarriages. She walked up and down 3 flights of steps to do laundry for 7 people and my father was, at times, physically abusive to her. The result: two back surgeries, which resulted in greater pain and disability than before. She became addicted to pain pills and her downward spiral began. Being only 25 at the time with no training in health care of any sort, I did what any person who loves someone who is hurting does...I "touched" her. I would often just massage her back, gently rubbing and soothing her aching body. She would always say, "that feels so good." "That gives me some relief." And, so, our sessions continued. I watched as her face etched with pain lines would soften and relax as we did our work. I had no idea how it worked, why it worked, or anything more than it helped her.

## **Lesson #2:**

I was 28 years old and having terrible periods with regular hemorrhaging. There were times I couldn't leave the house for fear of bleeding through and at times I felt helpless. My trusted doctor told me I was in need of a partial hysterectomy and that I had uterine fibroids, which needed to be removed. I still thought I might want another child one day so the idea of surgery didn't feel like a solution. I began to do some research. My diet at that time was pretty typical for a girl in her 20's. I ate breakfast at 3A.M after a night of dancing and had lunch for breakfast. I loved carbs, and could eat a box of crackers in one sitting. Microwaves and packed T.V. dinners were a staple. I didn't think anything about it.

My diagnosis motivated me to change and I did. I began to eat "whole foods", experienced raw diets and juicing, and began to eat to nourish and feed my body instead of eating to feed my emotions

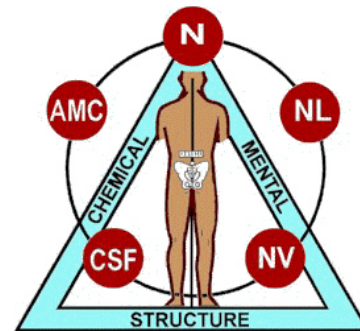
I'm happy to report one year later my M.D. asked what had I done. The fibroids were gone.

### Lesson #3:

My father was diagnosed with bi-polar disorder when he was 55 years old. My father was a self-made successful entrepreneur who could sell snow to an Eskimo. He was a charming, loving dynamo who was well liked and much loved. I watched his demise as they began the endless medications hoping to find the “perfect” medical cocktail that would help him return to his “normal” self. Instead, he only got worse. One medication became two and two became four. No one could possibly know how each drug influenced the other or the impact they made on his biochemistry. His weight skyrocketed and his outbursts became more frequent. He was institutionalized and drugged even more. It was as if the medication stole his very soul. I watched him change in front of my very own eyes and I watched him die at 60 years old. I decided then that medicine was a double-edged sword. That which could help you could also hurt you. No questions asked.

### Lesson #4:

I started to go to a chiropractor who specialized in “applied kinesiology.” *Kinesio* (movement)...*ology* is the study of muscles and reflexes. The model for Applied Kinesiology represents the structure, the mental/emotional, and nutrition as an equilateral triangle. Testing a particular muscle, my doctor would often tell me things my body needed more of: take enzymes, or eat more protein. A reflex, which was testing weak, would soon test strong after stimulating one point. I didn’t understand any of it but it worked. I went to my Chiropractor for everything including pain, but mostly for “wellness” visits, and he helped me stay that way. My doctor said, “your body has an internal and an external drive just like a computer. When one crashes so does the other and when both are booted up...well then you have full access to the divine.” Chiropractic is there for us in sickness and in health.



## Lesson #5:

A family member was diagnosed with liver disease, Hep C, diabetes, bi-polar and had several accidents where he suffered broken bones and concussions. His medical doctor prescribed treatment of one year on Interferon, a class of drugs called biological response modifiers. Side effects from this drug can be severe: symptoms which may mimic psychiatric disorders, depression, anxiety, insomnia, flu like symptoms, apathy, sleep disturbances, tremor, sexual dysfunction, memory loss, manic symptoms, cognitive dysfunction, and suicidal thoughts. For six months our family member stayed in bed. He was listless, tormented and estranged. He could barely make a sentence and once he spoke a few words he forgot what he just said. It was painful to watch and even more painful to feel so helpless. He was what I call “dead” awake. We needed an intervention and we needed it fast. After doing some research we decided on a clinic in West Palm Beach, Florida called Hippocrates.

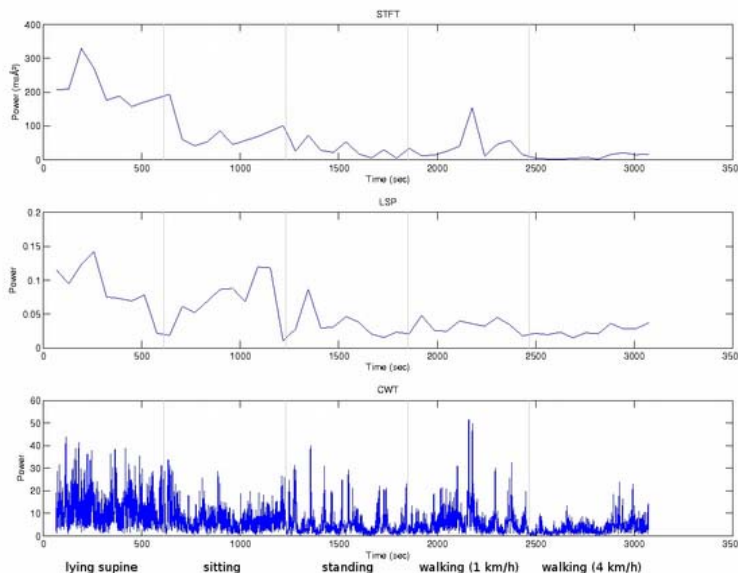
Hippocrates Health Institute is on a 30-acre woodland that offers a Life-Change Program. They use a total mind/body approach. Live organic food, wheatgrass and juice therapy, nutritional counseling, dark field cell analysis, nutripuncture (like acupuncture without needles), and electro-magnetic treatments. After only two weeks in the program, our family member not only began to form full sentences, but was able to stay awake during normal waking hours and began to become self-functioning again. It was mind-blowing to see a person go from a vegetative state to a dynamic state...from a listless body to an awake body...from no words to many words. This experience left an indelible imprint on me that I have never forgotten. The body is a self-healing self-organizing, self-regulating system that works brilliantly when not interfered with.



## Lesson #6:

I was sitting in a seminar on homeopathy when I heard Deitrich Klinghardt, M.D. Ph.D speak about autistic children and how they had lost their “mirror” reflex. The mirror reflex is innate in us. When you smile at another person, the reflex is activated in them and they smile back. In autistic children they appear to not have this reflex. I have worked with many autistic and they respond to a very different stimulus. Dr. Klinghardt went on to say that he assessed patients beyond the three levels I was already using (structure, mind/mental and nutrition) and he had adapted a model he studied while in India to include the electro-magnetic/energy body, the intuitive body and spirit body. Thus, began the next seven years of my life in the study of this work. I not only learned the 5 levels of healing model but I began to expand and adapt it to my own understanding of levels 4 and 5 which I call “information” and “consciousness.” I embraced and began to apply techniques such as Autonomic Response Testing, Applied Psycho Neurobiology, Energy Psychology and I became adept at using Heart Rate Variability and bio-energetic techniques. I became fully immersed and aware of family constellation work and was so deeply moved by the healing potential, I initiated the first family constellation in our community. I soon understood the dental component way beyond the structure of a tooth but to include the five-element theory and how each tooth had a systemic impact on the body and how deeply tied to our emotions and autonomic nervous system the teeth are.

I began to understand that “lab” tests could be limiting, misleading and inconclusive or just wrong.. The same tissue samples sent to two or three different labs yielded completely different findings. I learned that MD's often do not know how to read a CBC (complete blood chemistry) and because of that missed many clues that would have helped them intercept dis-ease before it became a diagnosis. I studied functional medicine and began to use CBC's in a completely new way. I started to balance patients by balancing underlying deficiencies and excesses and patients began to heal. I was happy and I was restless.





## Lesson #7:

I began to learn of “machines” that were reading galvanic skin resistance and could offer a complete print out of imbalances in the body from parasites to pyridoxamine...from fungi to family influences. I invested thousands of dollars in devices to serve those who came to me for care. We would run the analyses and patients would look at the highlighted areas of interest and shake their heads up and down. “Yes, Yes! I had mononucleosis at 17 and my gall bladder was removed at 48 years old.” And, yes, “there has been an underlying sense of resentment in my family system since I was born.” Complete confirmation of the results we found.

They would leave with hundreds of dollars in supplements and energetic remedies and the follow up visits would show improvement that would motivate us to continue. Yet, I had a nagging sense this wasn't “it”, either. After all, how many people could afford an extra \$500/month in supplements and who had the time to take so many things several times a day. I was my own guinea pig. I would have elaborate excel sheets of each supplement with the proper dosage and proper timing. It was a bit of a nightmare for me. Keeping track of it all was overwhelming. Although, when I was active with my Lyme disease, I did stay on track. I changed my life to support the goal I was after and I did get the results I needed. But many people will not and cannot do this each and every day of their life. It is financially and emotionally impractical. Plus I was beginning to feel no different than any allopathic M.D. Instead of prescribing pharmaceuticals, I was giving them vitamins and herbs.



## Lesson #8:

I learned about a program where people would send their photographs to a place that “scanned” the energetic aspects of the photo and then treated with “frequencies” that mitigated, neutralized or cancelled the offending item. At the same time, I had patients who were sending saliva samples to a place in Europe who would analyze the sample and send back detailed reports on their health including toxic burden, viruses, emotional trauma and environmental exposures along with “energetic drops” imprinted with the correct and healing signal. Often the report contained the very items I had found doing bio-energetic testing and I was bewildered how all the information regarding this person's health was being revealed through their saliva. Many patients, particularly children, were citing measurable improvement in cognitive and behavioral function.

Then I learned how Samuel Hahnemann, the founder of homeopathy, was able to treat 180 cases of Typhus-- losing only two at a time when the conventional treatments were having a mortality rate of over 30%. And when Cholera struck Europe in 1831, the mortality rate (under conventional treatment) was between 40% (Imperial Council of Russia) to 80% (Osler's Practice of Medicine). Out of five people who contracted Cholera, two to four of them died under regular treatment, while there was only a 7% mortality rate under homeopathic care. I became interested in homeopathy.

Homeopathic treatment is based on the "*Law of Similars*" or "Like Cures Like." This means that a substance capable of producing certain symptoms, when given to a healthy person, will cure those same symptoms. The idea of



homeopathic treatment is to change the body chemistry very deeply, to influence cells with an energetic imprint, possibly affecting RNA and DNA levels. Just like a tuning fork triggers a vibration on a piano string, a homeopathic remedy is used to trigger an energetic stimulation to a person's vital force.

What is particularly interesting is that, depending on the dilution, homeopathic remedies may not contain any pharmacologically active molecules and for these remedies to have any pharmacological effect violates fundamental principles of science. Modern homeopaths have proposed that water has a memory that allows homeopathic preparations to work without any of the original substance. I have personally used and benefited countless times with homeopathy and have witnessed healing in hundreds of patients.

I then began to make auto-nosodes for patients using their own saliva and body fluids, to create a healing remedy. Within hours patients would report improvement in everything from bronchitis to grief and pain to fatigue. What was happening I wasn't sure.... but we were getting results.

I had remembered reading in an old homeopathic book about a general who was familiar with homeopathic principals and whose troops were under siege from a viral plague that was spreading through the land. This general had an understanding of homeopathy and had the thought if these homeopathic principles were correct, he should be able to create a representation of the healing homeopathic and deliver it to his soldiers. He had no tools or access to anything to make the remedy so he took a big stick and drew a circle in the sand. Next he drew only the name of the remedy that was relied on for dysentery and vomiting and had the soldiers stand in the circle. The "information" alone began to relieve the soldiers from their symptoms and they went on to victory. "Information as medicine was very intriguing to me and was the catalyst for my next step.

## Lesson #9:

Within days of receiving my “rife”-type device my husband noticed a “bull’s eye” rash on my behind. I had been feeling flu-like symptoms for a few days and had an unrelenting back pain that no therapy or treatment made better. Within two days I found myself at the Emergency Room in unrelenting pain and I was desperate for relief. After a diagnosis by the M.D. of Sciatica I knew I would have to take matters into my own hands. I am a Chiropractor and I knew this was no sciatica! So I did the only reasonable thing and I began to treat myself for



Lyme Disease. For the next few days I began regular treatment with the Rife device which also had light and electromagnetic therapies as well. I began to feel better and knew I was on the right track. My interest in light, frequency and electro-magnetic devices was spawned and I set out to learn as much as I could. I began to introduce these therapies into my practice. Through the years, I can only say I

don't know what we would do without them. Patients had improvement in everything from neurological impairment to parasites and brain fog to pain relief. I knew there was more to understand and there was much that traditional medicine did not know or, even worse, was unwilling to recognize.

## Lesson #10:

I've always understood how important water is for our health, but I was never satisfied with any of the solutions being offered. I tried it all from distilled to ionized and reverse osmosis to our own well water. Each seemed to have their pros and cons and patients were always asking me to suggest a system for them. Making the best water was expensive for my patients. Even if you start with an R.O. unit you need to add back structure and minerals. This could get expensive. Then there was the issue about what container to store it in or what to drink it from. Whole house units were often prohibitively expensive and many of our patients were already spending money they didn't have just to get their supplements and therapies each month. Yet, we were missing the boat if we didn't have pure living water with which to nourish and replenish our bodies.

When I first became aware of the experiments conducted by Dr. Masaru Emoto from Japan, I could barely peel my eyes away from the images he had recorded with his microscope on water. What has put Dr. Emoto at the forefront of the study of water is his proof that thoughts and feeling affect physical reality. By producing different focused intentions through written and spoken words and music and literally presenting it to the same water samples, the water appears to “change its expression.”



After reading Dr. Emoto's book, I learned that he discovered that crystals formed in frozen water reveal changes when specific, concentrated thoughts are directed toward them. He found that water from clear springs and water that has been exposed to loving words shows brilliant, complex, and colorful snowflake patterns. In contrast, polluted water, or water exposed to negative thoughts, forms incomplete, asymmetrical patterns with dull colors.

The implications of this research create a new awareness of how we can positively impact ourselves, each other and everything we come in contact with which also means how we can negatively impact ourselves, each other and everything we encounter. After all, aren't our bodies comprised of 80% water? I began to think about my early years and things I had been told. "Shame on you." "Girls don't need to go to college." "You just need to have babies." "You'll always be average, you just have to accept that." I began to think how the imprinted with "words", which seemed innocuous to the person who spoke them left their indelible mark. I thought of every time I unkindly to someone and how I impacted them. I felt sad.



I soon realized I very carefully.

and the *volume* and the *intention* behind them. This is not an easy lesson for me. I continue today to work at it and I know I'm getting better.

needed to consider my words

Not only the words, but the *tone*



This began to expand beyond the words I spoke as I became aware of symbols, alphabets and patterns in other cultures and languages. After all, not everyone speaks English. Every alphabet carries the potential to heal or destroy. Even a smiley face with a down-turned smile carries a very different message.

Like many things I've learned, this next lesson came from a patient. I had been caring for this patient for over three years when he first came

to me with multiple infections, lyme, heavy metal burden and depression. We worked layer by layer and began to see improvement in every area. After 3 years we were on a maintenance schedule and I saw there was marked improvement since our last visit. This was a patient who was extremely sensitive to electro-magnetic fields. (EMF). We were using several interventions there but now he was telling me he didn't really need them anymore. He reported more energy, a chronic nail fungus on his toes had finally cleared up, and his skin was smoother and healthier than it had been in years and his 88 year old mother was improving as well. "What have you added", I asked? He said the only thing different was the "structured" water he had started using two months earlier. I did some research on the company, talked to the founder and ordered my first portable unit.



It was January and two months earlier my sister had gifted me with an Amaryllis bulb, which she said would bloom in time for Christmas. Well, it did not bloom. In fact, it did not even grow. I started to feed the plant the structured water. Much to my amazement and that of my family,

the plant grew and eventually bloomed.

I used the water for my fish bowl and our drinking and cooking water, and we began to notice improved bowel function, brighter eyes and softer hair. I was impressed and I knew I had to share this with others.



***I certainly didn't think I had anything to say about wordwaterlight. But, I was wrong!***

Now that you know my "why." What follows in the next chapters is the "what" and the "how." Just how did I begin to use wordwaterlight and what results did we get?

I've said I always felt the answers to health were to be found in nature and everyone should have access to it. This is what wordwaterlight is. Nature's biological blueprint has the solution.

I believe we each hold a piece to the mystery and that we are all better served when we serve one another. My voice is more when your voice is added. So pick up your instrument. Yes, dis-ease can be a great teacher. Sickness happens. When we stay open to new understanding then perhaps we will live true to the teachings "even greater things ye shall do also."



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