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# Sharing Health From The Heart

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Issue 3

## DISCOVER THE GIFT IN BEING SICK

**D**r. Bernie Siegel says simply problems are "... God's reset button." Illness is a dramatic signal that we need to make changes in our attitude and in our lives. Does illness happen to us willy-nilly at the whim of fate or God? ... or ... Do we play a role in the creation of our illnesses?

Often—knowingly or unknowingly—we've abused our bodies with poor eating habits and a lack of exercise. How often, however, do we recognize the role emotions play in our health? "*You may hear the cause of cancer and all disease is parasites, fungi, and so on. This is not entirely true. You see, in order to be susceptible to parasites, fungi and mold, your immune system has to be burdened. The number one cause of the immune system being burdened is your repressed emotions, ...*" says Dr. Theresa Dale, an experienced natural health practitioner.

A recent study also suggests emotions weaken our immune system increasing our susceptibility to the common cold. We're being exposed on a regular basis to the virus that gives us cold symptoms. The study found that stress and a lack of supportive relationships were the two main reasons people succumbed to the cold virus.

It took many years for me to acknowledge I was repressing my emotions. I was 11 years old when my mother died. My two younger sisters and I were not allowed to go to her funeral and within days no one mentioned our mother in our presence. Some cultures do not express emotions readily and believe the best way to handle grief, anger and other strong emotions is to ignore them. I had no idea I had suppressed the grief. I should have known as my throat muscles would tighten and my

voice would thicken whenever I was reminded of my mother. At 26 years of age, I visited her gravesite for the first time. I was surprised when I started crying and continued to do so for several hours. Finally in my mid-forties I realized I had suppressed the grief as well as a lot of other emotions. A turning point came one day when I switched on the television. As I flipped through the channels, a group of children discussing the death of a parent caught my attention. The children were being coached to express their feelings about their loss. I started

to sob uncontrollably. It was baffling to my husband but when I finally stopped crying, it felt like I was starting to heal. Learning to openly express my emotions is not a comfortable process. Even today many emotions cause my throat muscles to tighten and I fight to hold back tears. I am discovering the more I allow myself to feel my emotions the more I accept and love myself for who I am.

Our healing begins when we are willing to look at our part in creating our illness. This does not mean we blame ourselves! It means we accept and love ourselves. We learn to acknowledge that our feelings and fears are valid. Each

of us suppress feelings and sometimes feel we are horrible people to have some of our feelings. We have been taught by society, by our parents, by our religion that they are not good feelings. We need to change this. We need to recognize that these feelings have something to teach us about our fears and how we view ourselves.

If you feel resentful towards someone, start by accepting how you feel. It's okay to feel this way. It doesn't make you, nor the other, a bad person. Rather this step is important because it is part of accepting ourselves for who we are. Try to find out why you feel this



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# DISCOVER THE GIFT IN BEING SICK

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resentment. What feeling about yourself is generating the resentment? Is it because that person has a quality you would like to have? This is the hard part because it forces us to be honest with ourselves.

When we start learning to face our emotions in this way, we start looking at life differently. We recognize that another person's actions or words will only bother us emotionally if we have something to learn. Eventually, we come to the point where we can thank the person we may

previously have blamed for our problems. That person shed light on something we needed to look at within ourselves. Once we've learned how to deal with our emotions, we are able to extend to others love and compassion regardless of their actions or words. As we make the changes necessary for healing, many of us discover life has given us a gift. The gift of who we have become.

**Here are 3 tools to help uncover feelings, discover the purpose for your feelings, and allow healing.** When using these tools, you may want to ask three questions: What am I feeling? Why am I feeling this way? What do I have to learn?

- ♥ Find someone who will listen—someone you feel comfortable talking to about your feelings. If you're not comfortable talking with someone you know, you may want to contact a member of the clergy, a 12-step group or a counselor. As friends or parents, many of us fall into the trap of trying to fix or make things better rather than just listening. It is important to find someone who will listen and offer a minimum of advice—someone who will validate you and your feelings. This isn't an easy step for many of us: *"One of the most common fears people have is expressing themselves honestly to other people. We fear loss of love or respect, and we can easily ignore our own needs because of this fear. If the needs are important enough, they may find a means of expression in illness or symptoms."* (Martin Rossman, M.D.)

- ♥ Write or keep a journal. You may find it helpful to play soft music while writing in your journal. One study involving a group who were unemployed,

found that those who wrote about their feelings of frustration, fear and hope in a personal journal, had a much higher rate of finding employment.

James Pennebaker, a psychologist, says to really get to the core of your emotion, write uninterrupted for 20 minutes for several consecutive days. On the fourth day *"the experience will shake you up. Anger and grief associated with your most private and painful memory will surface, feelings you hadn't realized were still simmering inside you. By the fourth day of writing about this trauma, you'll begin to feel better. By the fifth, a sense of calm and resolution will wash over you."*

**A Poison Tree**  
I was angry with my friend:  
I told my wrath, my wrath did end.  
I was angry with my foe:  
I told it not, my wrath did grow.

William Blake

- ♥ It often helps to imagine you are writing to someone you trust.

Contemplate or meditate. Take time every day to relax and go within.

You can use visualization during this time to help you heal. The power of visualization has been demonstrated in sports. One study out of Russia found that athletes who spent 75% of their training time visualizing and only 25% of the time actually playing had greater improvement in their game over those who played the game 100% of their training time or with less time visualizing.

In *Healing Yourself*, Rossman says *"...simply taking regular time to become relaxed and quiet in order to evaluate one's life on an ongoing basis can even eliminate the need to experience illness."*

The sound HU, sung softly like the word *hue*, during contemplation can help you tap into the answers within yourself. This sound has brought daily miracles to my life.

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# Increasing Your Oxygen (O<sub>2</sub>) with Ozone (O<sub>3</sub>)

We can go weeks without food, days without water, but only minutes without oxygen. The decline in oxygen (O<sub>2</sub>) in our air and water is one of the reasons it's harder to stay healthy. Declining forests (plant life supplies us with O<sub>2</sub>), car exhaust, industrial emissions, stagnant water supplies and processed foods are the main reasons our bodies don't get enough oxygen. "The greatest risk factor to your health," says Robert Jay Rowen, M.D., a specialist in oxygen therapies, "is oxygen starvation."

Why? Putrefactive bacteria, the *critters* that live on infection and break down our bodies when we die, thrive in the absence of O<sub>2</sub>. These critters get a headstart today and have a party as they slowly decompose us while we're still moving around. Even in the air, it's known that viruses can travel only a short distance in a well-ventilated room but given a more sociable environment—a stuffy room—they will move quickly around the room.

Like colloidal silver, research on oxygen therapies was dropped when antibiotics, with their seeming miracle cures, came on the scene. Dr. Otto Warburg who won the Nobel Prize twice, stated in 1966, that cancer cells cannot live in an oxygen-rich environment. Many dentists use ozonated water to disinfect the mouth and help stop bleeding. Medical applications for ozone include rectal or vaginal insufflation, steam baths with body bags, and infusing blood with ozone. Rather than medical applications of oxygen, however, we're interested in getting enough oxygen on a regular basis for greater energy, to wipe out fatigue, and help get rid of toxic buildup in our bodies.

**How can we get more oxygen to our cells on a regular and safe basis?** Regular exercise and eating, fresh, organic foods are two ways to increase the level of oxygen in our bodies. Ozone (O<sub>3</sub>) is another way. Ozone is created in nature and is often noticeable in the air after a storm or near large bodies of water and in the mountains. Ozone is a proven disinfectant, detoxifier and deodorizer. It's used to disinfect water in over 2,000 water-purification plants including Moscow, Los Angeles and Montreal. In Europe, it's also used for food purification to decrease spoilage. After ozone has done its work in water, it reverts back to stable O<sub>2</sub> and does not leave any harmful residues.

After bringing the two bio-electric devices based on

suppressed research to the world, **Bob Beck, D.Sc.**, searched for a way to speed up the body's ability to get rid of toxic wastes. After considerable research, he decided on ozone—bubbling ozone into a glass of water. His research centered on making a portable unit in order to get the benefits of ozone readily available to each of us. He had several friends each drink a glass of freshly ozonated water. Using a Percent Oxygen Saturation Meter, a Nellcor® NPB-40, Dr. Beck measured the degree of oxygen in the blood both before and after the subjects drank the ozonated water. The oxygen level of the blood rose dramatically—some had a low level of 93% oxygen before and a measurement immediately after read 100% saturation.

In the body, ozone flushes out toxins and in the process creates water (H<sub>2</sub>O) and carbon dioxide (CO<sub>2</sub>). Nature knows what it's doing—we contribute to plant life by breathing out CO<sub>2</sub> and plants use CO<sub>2</sub> to create O<sub>2</sub> for us. Three benefits we have noticed since drinking ozonated water are:

- 1) Increased stamina, less fatigue and less stiffness after a workout at the gym.

Oxygen booths are opening at airports and all over the industrialized world. People recognize they are not getting enough oxygen. Portable oxygen cylinders are often sold with sporting goods as lack of oxygen has been reported as the most probable cause of injuries.

Drinking water that has been freshly saturated with ozone offers a simple solution.

- 2) Increased bowel movements. We're getting rid of toxins faster!
- 3) Mentally more alert.

**Does ozone have adverse effects?** We hear from 'experts' about the *good* ozone in the stratosphere that protects us and that is being depleted and the *bad* ozone that signifies pollution in our city air. The ozone isn't bad—ozone is nature's way of purifying the air. The pollutants are the bad guys and ozone is an indication nature is working to try to clean up the air. The ozone is attempting to oxidize the pollutants into harmless H<sub>2</sub>O and CO<sub>2</sub>. These high levels of ozone, however, can be damaging to the lungs. Low levels of ozone found at the ocean and in the mountains are highly beneficial.

Two concerns have been raised:

- 1) **Can we get too much oxygen?** At a time when the amount of oxygen available to us in the air has been reduced by 30%

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## INCREASING YOUR OXYGEN WITH OZONE

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or more over the last 200 years, our concern is certainly to increase rather than decrease our intake of oxygen. In addition to less oxygen in the air, our drinking water has less oxygen than a mountain stream. Oxygen levels are reduced as the water is held in stagnant reservoirs and lays in water pipes.

- 2) **Does oxygen increase free radicals?** (Free radicals are associated with the effects of aging and disease.) Concern about free radical damage in our bodies has erroneously been associated with oxygen levels. "The hole in the ozone layer, pesticides, air pollution, and toxic chemicals are instigating free radical challenges to your system every single day." Ed McCabe, author of *Oxygen Therapies*, continues: "The production of harmful free radicals comes from the existence of toxic compounds and waste products stored in the cell. ... Ozone/oxygen mixtures create the good free radical oxygen forms that seek out and destroy all these incomplete toxic compounds by binding with them. We call this process oxidation and it is a normal function of the human body that has been suppressed due to a lack of sufficient oxygen. ... In truth if oxygen damaged the human body, God wouldn't have you breathing." Oxygen speeds up the process of detoxification.

**A Water Ozonator** is easy to use. Ozone is produced from air by a cold corona generator. Bob Beck recommends the cold corona generator as it is a more powerful system to produce ozone. He states: "Nitrogen by-products, oxides and acids produced with air and cold corona discharge have been tested and found negligible and harmless in ozonated drinking water." A Water Ozonator is designed to quickly ozonate a glass or more of drinking water. Operate the unit in a well-ventilated area so you are not breathing too high a concentration of ozone. Ozone has a distinctive odor. *If you can smell it, beware, as it is harmful to the lungs. In air, ozone can be an irritant but it is safe when consumed in water. A stove top exhaust fan works well to vent the ozone that escapes.*

Simply put, a Water Ozonator increases the amount of oxygen in water and your body uses the oxygen to help get rid of toxic wastes.

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Please note that information contained in this newsletter is a sharing of ideas. It is not to be construed as medical advice. You must activate your own "truth detector" to decide if what is shared is truth for you. Government regulations state you must consult a medical doctor about any disease.

## RECOMMENDED READING

We highly recommend *Whatever Happened to Justice?* by Richard J. Maybury. Using a series of letters from Uncle Eric to a student, Maybury displays a talent for making difficult topics interesting and understandable.

He traces two systems of laws:

1. **Common Law:** This system of law was gradually developed over centuries. Common law is defined by the people of a nation and reflects their recognition of the Creator's laws. Maybury identified two laws that people of all religions recognize. Common law, however, is used less and less today.

2. **Political Law:** This system of law is based on government assuming the role of God. Government passes ever more statutes to declare what is law. Under this law, a "Peace Officer" has become a "Police Officer." Political law is quickly replacing common law.

Maybury addresses many of today's problems both local and global—including the problem of illegal drugs—to show how political law is not working. He paints a picture to show how we can again use common sense or common law to regain our God-given freedoms and redefine our governments.

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***Sharing Health From the Heart***  
is published by:

Sharing Health From the Heart Inc.

[www.sharinghealth.com](http://www.sharinghealth.com)

[www.politicsofhealth.com](http://www.politicsofhealth.com)

Published under the direction of Carole Punt.

Permission is given to photocopy.

Printed in Canada.