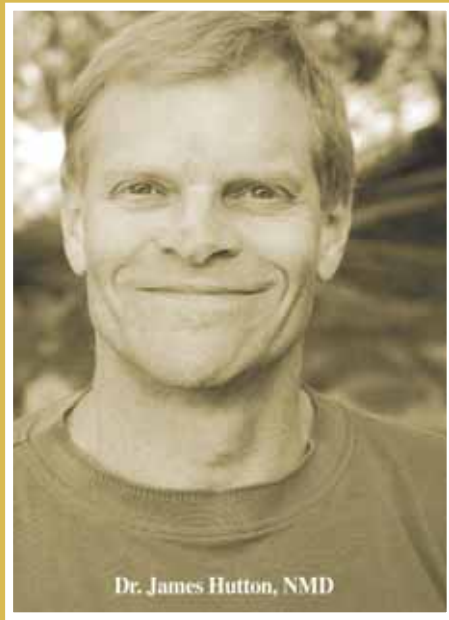


# Heart Healthy Alternative Treatment



## *A Testimonial*

In 2004 I was diagnosed with a heart virus and had surgery to drain excess fluid around my heart. The surgeon's words were "I'm going to drain you, not cure you." The following 3 years I survived with shortness of breath, fevers, and a general sense of doom as the cardiologists shook their heads and wrote me off. I happened to have an alternative M.D. who had "kept me going" with homeopathics during this time. The true scientist she was, she researched Dr. Hutton in Sedona and suggested that I speak to him regarding alternative therapy. I was pleasantly surprised to find that he responded with wisdom and care. That was very important to me being an R.N. myself and having the experience of trying to work with "the medical professionals" in my area here in Florida.

I flew to Sedona with a friend for two weeks for outpatient ozone treatment to my blood, alternating with ultraviolet radiation. A week after I returned home I told my husband that I had lost all of the heaviness, shortness of breath and general malaise that were plaguing me for so long. It has now been a year and a half, and I am so thankful to be able to breath without thinking about every breath. My alternative M.D. here in Florida has been following me and has not detected any Coxsackie virus in my heart meridian since. I said that if Dr. Hutton's treatment worked in Sedona, I would bring my boys back to go hiking. In April I was able to do that AND give Dr. Hutton a hug! Oxygen and ultraviolet light were put here for us. They are the only things that worked for me.

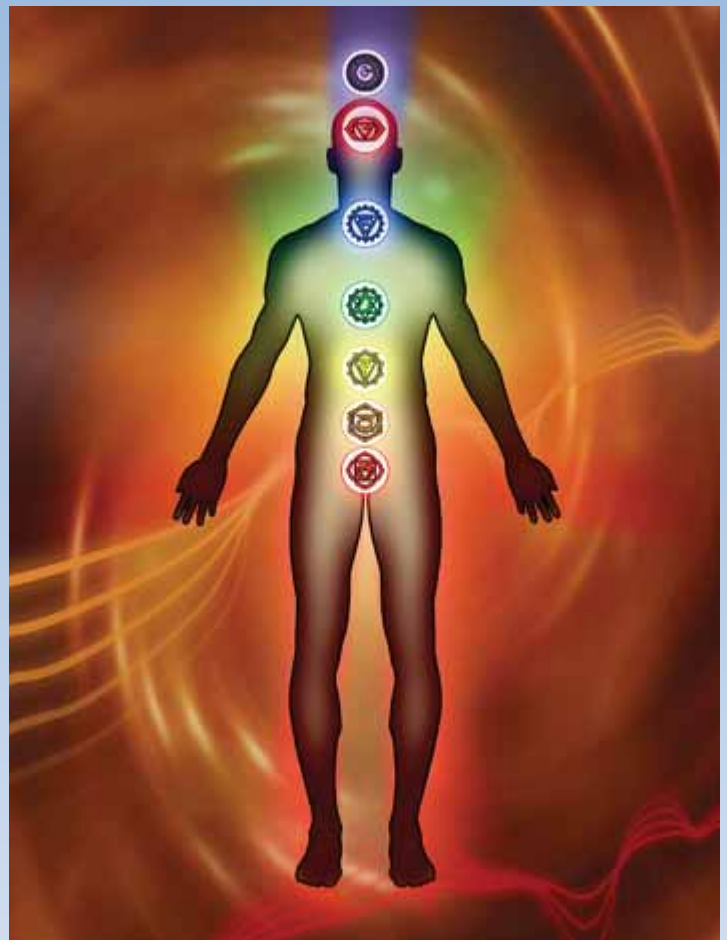
I am blessed, *Jan Bocchino, Parrish, Florida*

For more information on Dr. Hutton's work contact:  
Dr. James Hutton, NMD • Medical Clinic of Oak Creek  
2301 W. Hwy 89A Sedona Az 86336  
928.203.9013

# Natural Secrets to Becoming Superhuman Part II How I Learned to Live in Bliss

Miguel Montoya

*"Pain is a prod to remembrance. Without suffering, humans would scarcely care to recall that they've forsaken their eternal home."* –Paramahansa Yogananda



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In my work with spiritual retreat and private clients, I find myself having identical conversations about what is preventing them from achieving a balanced, spiritual life. I share this quote liberally when I hear people ponder the source of their suffering. People tell me, "I don't have time," "I don't have a support system," or simply, "I start off doing well and then life happens." These challenges are clearly valid and seemingly universal, but are they insurmountable? Others remark, "I hope I can implement these (life empowerment) 'tools' when I go back home." My reply: "How painful does life have to get before you will?"

After spending the last ten years searching for ways to heal, enlighten, and improve my life, I am compelled to share certain nuggets. For more than a year now I have sustained the greatest peace, bliss, and happiness that I have ever known. It was no accident I assure you. Allow me to explain why I was a good candidate for these wonderful blessings. It all comes down to one question. How bad do you want it? Before bliss can become one's daily experience, certain areas have to be addressed. After years of careful observation I have identified six common problems that ail most people:

# Health

1. We have lost our connection to the Earth, hardly spending any time in nature.
2. We lack emotional coping skills to process and release emotional pain daily.
3. We lack proven spiritual techniques to discover a direct spiritual connection.
4. We are stuck in our analytical minds but would prefer to live from the heart.
5. We neglect our physical health.
6. We repress our spirit, creativity, and personalities, in favor of social approval.

By nurturing and stimulating the Mind, Emotions, Body, and Spirit daily, happiness can be restored. If one or more facets of this four body system are ignored, depression, anger, and emptiness can easily set in. Here are some tips on how to nurture your whole being.

1. Connecting with Nature: How can we find true peace while constantly surrounded by cell phone chatter, television blare, and mindless Internet surfing? There is no substitute for Mother Nature. Whether you sprawl out in your back yard, stroll in the park, or dip your feet in a creek, get outdoors! Virtually every master in history spent vast amounts of time in nature to achieve unshakeable peace. Practice emptying your busy mind daily with deep, sighing exhales in a natural setting, even if it means gazing out your office window.

2. Emotional Freedom Technique: Many know of it, but how many are using it? The Universe gives us the choice: to suffer or not to suffer. Not using EFT is like watching a fire burn your house down rather than utilize your fire extinguisher! EFT is so powerful and yet so simple that many people will pass it by, assuming that it couldn't be so easy. It is. Learning how to process, forgive, and then release emotional pain so that it does not re-occur in our lives is essential to staying balanced. While rubbing the two meaty points above the pectoral muscles, EFT begins with the affirmation, "Even though I've been challenged by \_\_\_\_\_, I love, accept, and forgive myself." Step Two is simply tapping lightly over the heart, chest, and stomach (there are many points, but these work well), and saying, "I now release this \_\_\_\_\_."

3. Tai Chi for Enlightenment: I am shouting about this from the rooftops! This life-changing technique has brought me and many others countless hours of blissful energies and deep peace. I call it the Inner Healer and it is THE technique I had always searched for. We are truly privileged for this 800-year old Taoist secret to be revealed in our era! It requires only twenty minutes a day and can mean the difference between a balanced and blissful existence, versus emptiness and suffering.

4. Learning to live from the Heart: Go out of your way to become more of a "feeler." Easier said than done, I know. But taking opportunities to stoke the love in your heart will quickly become a life practice. When I teach meditation I find out that people struggle because they are meditating from the mind alone. I tell them, "Open the heart FIRST and the mind will calm down naturally." All of the above steps will help a person to feel more deeply. Singing devotional songs, meditating, praying, chanting, being of service to others, or listening to inspiring music will also help. If we cannot feel life, where is the joy?

5. Honoring our Physical Bodies: I learned long ago that the health path and the spiritual path are one and the same. If we are going to achieve enlightenment, it's going to be in the very body you are living in now... so why not treat it like a human temple? Becoming spiritual does not mean neglecting your physical health. Think of every food and substance entering your body as either increasing or decreasing the very light contained in your body.

6. Unlock the Beauty of your Spirit: "Express yourself, don't repress yourself." These famous pop-music lyrics remind us to free our soul! Be tasteful and courteous in life, but learn how to express the vastness, beauty, humor, and wisdom of your soul. Any opportunity to tackle social fears, expand your creative talents, stretch your mind, heal your judgments, and get truly self-honest and self-loving helps you to be more in tune with your soul. You become a living blessing to all those you encounter! To quote Marianne Williamson, "Your playing small does not serve the world... As we let our light shine, we unconsciously give other people permission to do the same."

Miguel Montoya has been actively researching health and nutrition for ten years. He offers holistic wellness sessions, meditation, relaxation, tai chi and fitness principles. 928.399.0741



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