

**Optimal Health:  
Your Personal Vision Quest**  
A natural and holistic approach

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# Quantum Healing

## Optimal Health by Steven Smith

My philosophy of optimal health is to bring your body to its ultimate vitality so that it can more easily withstand the stresses of everyday life. I also emphasize techniques to help you cope with stress as you encounter it. The following pages contain a sample of the physical exercises, breathing exercises and an improved way of fueling the body that will accomplish this goal. How much benefit you derive from these tools depends mostly on the amount of time and effort you put into them. This is your chance to use some simple, effective techniques to make huge improvements in the way you feel.

If you change your mind.....  
You can change your life.

There are those of you who may benefit more from an evaluation and tune-up before these techniques can be fully beneficial. If you have one or more chronic injuries, rib muscle spasms, etc, you may not be able to perform some of these exercises until those underlying problems are resolved. In that case, I urge you to consult with me for a short period so we can get you back into balance and moving in a positive direction toward more vitality.

Remember, courage is Always greatly rewarded

To successfully achieve optimal health, we must identify or define what stress is. By understanding what constitutes stress, we can more effectively deal with it to the benefit of our health and the increased enjoyment of of lives.

Simply put, stress is imbalance within body, heart, mind and/or spirit. Restoration of balance within each area leads to decreased negative effects of stress.

For example, a person exercising too intensely (anaerobic, high heart rate exercise styles to the exclusion of appropriate low heart rate aerobic style exercise) can cause repetitive overuse syndromes with symptoms of fatigue, pain, loss of flexibility and compromised immune function, not to mention an unhealthy craving for sugar to replace the glycogen stores depleted from excessive anaerobic exertions. Whereas a person using appropriate guidelines and a heart rate monitor will feel refreshed, relaxed, mentally clear and emotionally happy by stimulating the aerobic processes during mild aerobic, lower heart rate exercise.

An example of nutritional stress is the lack of appropriate good fats in the diet. In our society, we have become fat phobic to our detriment, incorrectly assuming that eating fat makes us “fat”. Good fats such as extra virgin olive oil and cold water fish oils (salmon, halibut, sardines, etc.) provide omega fatty acids used by our bodies for many vital functions. This includes the production of anti-inflammatory prostaglandins. They help control the metabolism in the body in various ways. Also, they are nature's premier “aspirin”. So you can see, by limiting good fats in the diet, you are promoting inflammation in your body and making yourself dependent on synthetic drugs that are dangerous. Few people realize this, but more Americans (>40,000) die each year from gastrointestinal bleeding from non-steroidal anti-inflammatory (aspirin, Tylenol, Aleve etc.) use than died in the Vietnam war. These drugs are not to be taken lightly. They are not the benign therapy most assume. The risks are real. The good news is that nature had a safe, effective nutritional answer to fight inflammation long before these drugs came along. If you suffer from pain/inflammation, a more logical approach would be to identify and heal the cause, rather than defer proper care with symptom blocking chemicals with dangerous consequences.

An example of neurological balance in the body can be illustrated with blood pressure controls. Blood pressure is the result of balance between the excitation and inhibition of the sympathetic nervous system (fight or flight responses). With adequate cortical neuronal activity, the brain dampens (inhibits) the sympathetic system to maintain normal blood pressure. When the cortical output drops, blood pressure rises, sometime to pathologic levels, increasing risk of stroke and heart attack. Cortical output is dependent on sensory input, primarily from mechanoreceptors. Mechanoreceptors are special nerve endings in muscles and joints that sense motion and gravitational forces on our bodies. The more we move (exercise appropriately) the more we wake up our brains with good sensory input, enabling the motor output controls from the brain to easily control blood pressure within safe limits.

An example of mental balance can be illustrated with excessive thoughts keeping you focused on the past or the future. The only time in which you can truly be effective is NOW. The mind easily gets stuck in guilt (the past) and fear (the future). By focusing on your breathing and being in the present moment, you can be more creative and enjoy the fruits of your creativity much more. The emotional/mental stress release technique shown on the following page is an effective tool to help center those who are overwhelmed, without having to deal with tranquilizers or other mood altering chemicals (and their negative side effects).

An example of spiritual balance is seen with a person committed to following their bliss. When following your heart, or as some say, your higher self, you will intuitively know you are on your path. When deviating off this path, for whatever reason, you will have a sense of being unfulfilled or longing for something more deeply satisfying. One of life's biggest challenges is figuring out what our path is; what we came here to accomplish. True satisfaction comes from achieving this. Sometimes life changes must be made to achieve this (change in relationships, location of your home base, career, new hobbies, learning something new you've always had an interest in, volunteer work, etc.) Remember, courage is always greatly rewarded. To fully appreciate these rewards, you need to take the risk of changing your life to better suit you as a spirit.

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## Instant Stress Management

Here's a great tool to quickly and effectively release mental and/or emotional stress!



**Emotional Stress Release Technique:** When under mental/emotional stress, contact the skin directly above the brows and tug with a very light pressure upwards toward the top of the forehead. Hold this light tissue tug while internally focusing on the persistent thoughts and/or feelings that are overwhelming you. Breathe slowly and deeply, relaxing the body. As you replay stressful events in your mind, the mental/emotional “charge” will begin to lessen and soon you will not be able to easily focus on that which initially was overwhelming. At this point you are ready to go on to your next project for the day with more of yourself in present time, ready for maximum productivity and happiness.

**Cross-Crawl Marching:** The cross-crawl march is one of the fastest and easiest ways to stimulate your brain, reducing stress and helping your body to cope with the negative effects of stress. Stand straight and march in place, lifting opposite arms and legs. Lift your knees as high as possible, and extend your arms up as high as possible to get the maximum range of motion. Repeat as often as necessary for a great brain rejuvenation. Do not go beyond the point of early fatigue. As you practice this, your endurance will increase. Work up to 100 repetitions, 3-5 times per day. Many people eliminate all symptoms of chronic back pain with regular use of this simple but neurologically profound exercise. This is a great stress buster when done periodically each day!

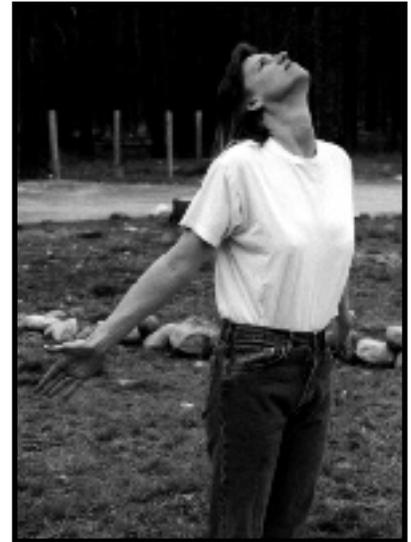


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## Breathing Exercises



**Breathing Exercise #1:** Stand with your arms at your sides. Take a deep breath, simultaneously tilt your head back and extend your arms backwards, palms facing an imaginary friend on either side. Expand your abdomen, chest and rib cage as fully as possible. Exhale as you return to the beginning position. Repeat 10 times slowly. If you are getting lightheaded, you are simply moving and breathing too fast. It's ok to pause between breaths to avoid hyperventilation.



**Breathing Exercise #2:** Stand with your arms at a 90 degree angle to your body, left palm up, right palm down. Touch your tongue to the back of your upper teeth. Breathe in forcefully through your **nose** and exhale forcefully through your **nose**. Repeat ten times **slowly**.

**Breathing Exercise #3:** Same position as exercise #2, still touching your tongue to the back of your upper teeth. Breathe in forcefully through your **nose** and exhale forcefully through your **mouth**. Keep your lips very loose, letting the air rush out around your tongue. Repeat ten times **slowly**.



**Breathing Exercise #4:** Squat on your heels and place your hands on top of your feet with your fingers under the arch of the feet and your thumbs resting on top of your feet. Breathe in slowly through your nose, maximally expanding your ribcage to its full capacity. Exhale through your nose. Repeat ten times **slowly**. Elbows should be inside knees after the posture becomes more natural.

### Note Hand Position



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## The Five Rites Yogic Exercises

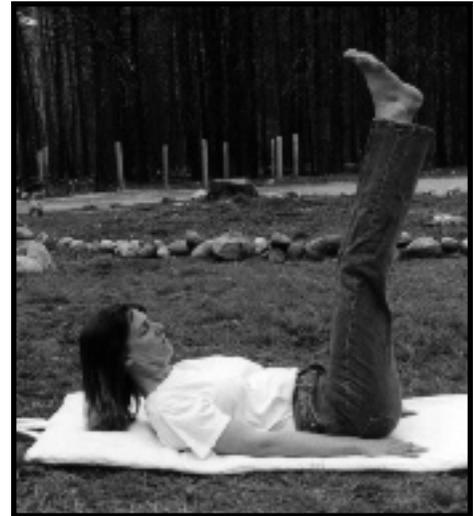
**NOTE:** These exercises should be done in the following order, performing each exercise 21 times. **When starting out, do only as many as you comfortably can! Don't do more than you're ready to do.** You will be able to increase your repetitions as you gain strength and stamina over the first several months. Be creative, you may also break up the exercise during the day, e.g. 7 reps 3 times a day, to reach 21 reps.



**Rite #1:** Stand with your arms extended at 90 degrees to your body, palms down. Spin **only** to your **right**, at a speed which is comfortable to you, 21 times. Work up to this number if you become too dizzy.



**Rite #2:** Lay flat on your back with your palms flat on the floor next to you. Inhale and raise your legs to a 90 degree angle while raising your head off the floor. Hold, then exhale as you return to your original position. Repeat 21 times.



**Rite #3:** Kneel on the floor, placing your hands on the backs of your thighs. Curl your toes out for stability. Lower your head to your chest, inhale as you tilt your head and upper body as far back as possible, using your hands on the backs of your thighs for support. Exhale as you return to your original position. Repeat 21 times.



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## The Five Rites Yogic Exercises



**Rite #4:** Sit on the floor with your legs extended in front of you, hands at your sides, palms flat with fingers pointing towards your toes. If wrists hurt, make fists and rest on the knuckles. Lower your chin to your chest, inhale, and tilt your head back, bringing your body up to a table position. Squeeze all muscles tight, then exhale as you release and move back to your original position. Repeat 21 times.



**Rite #5:** Position yourself as pictured at left, supporting your upper body with your palms flat on the floor, and look to the sky. Inhale, and invert your position, bringing your rear end in the air and dropping your head between your arms until you are in an inverted “V” position. Hold chin on chest, then exhale as you release and move back to your original position. Repeat 21 times.

