The Thymus Gland

The Thymus gland is mother Nature’s well kept secret. It was while instructing and facilitating a large group of Chronic Fatigue Syndrome volunteers from all over the United States that I discovered “The Body Has A Well Kept Secret,” The Thymus Gland! It has evolved into a full fledged gland that radiates a highly energized force. It plays a crucial role as the major link to our immune system in that the gland will respond to a simple physical touch of non-intrusive gentle massage by an individual’s finger tips.

This massage therapy that I developed, called the Hellinger Thymus Gland Non-Invasive Self-Help Procedure, has the potential of successfully delivering optimum immunity year around. It will destroy any deadly hospital bacteria, multiple drug resistant bacteria and all strains of flu virus.

Patricia Ann Hellinger, champion of the thy-
mus gland, advocates the only reliable and common sense way to survive and prevent super bug bacteria and hospital infections. It is by combating them naturally year around and developing a true immunity to them, through teaching the body to use its own natural healing power of the immune system to systematically and aggressively seek out the invader, attack and destroy it. This benefit can be accomplished literally by constant maintenance of the thymus gland and the immune system naturally.

The great thing about utilizing this gland, with which Mother Nature has provided us, is that it is already adapted to the individual’s dna and chemistry. Which means it is non-intrusive, safe, dependable, risk free and speeds up the healing process.

UNEquivocALLY “THERE IS NO SUBSTITUTE FOR MOTHER NATURE.”

It is common knowledge that Hospital Bacteria, staph infections, are plaguing American hospitals and being kept secret from the public. These multi-drug-resistant infections attack and kill 90,000 people and hurt 2 million patients a year. This is a silent epidemic, which is something that is being passed from patient to patient, by the very people who are responsible for their care.

According to CDC, hospital bacteria is ranked 4th as the leading cause of death in the United States. There are only six states that are required by
law to report hospital bacteria deaths.

The bad news is that the 90,000 patients died and two million were hurt because their immune system was weak and not providing them with optimum immunity. The good news is that several million people who were patients in American hospitals did not experience death or harm: Because they had immune systems that were obviously strong and provided them with optimum immunity.

There is absolutely no reason why millions upon millions cannot be saved from dying or being seriously harmed by hospital bacteria and drug errors, by taking matters into their own hands.

This means become aware and educated that hospital and nursing homes are not safe places to go if you require surgery, are ill or need to visit someone. Do not go into any health care facility for surgery or illness unless you know for certain your thymus gland and immune system is functioning properly and you have optimum immunity.

Refer to pages 222–4 for the Hellinger Thymus Gland Non-Invasive Self-Help Procedure for the Immune System and the DVD sold with the book.
The Immune System

The immune system is primarily controlled by the Thymus gland, which is located just beneath the upper portion of the sternum, “THE BODY’S WELL KEPT SECRET.”

In my nursing career in the mid 60’s, I learned that there was very little known about the thymus gland. Before 1961, about all that was known by Medical Scientists was that it was located in the mediastinal portion of the chest. After 1961 their knowledge was that it grew in size until the child reached the age of puberty and then gradually shrunk. Back then the scientists thought that the thymus *probably* did two things essential for the immunity. First, it probably produced original lymphocytes. Secondly, the thymus gland probably formed a hormone essential for immunity. There was actually not much knowledge about
the purpose of the thymus gland. In 1997 Medical Scientists generally still had the same consensus as in the 60’s, that the thymus gland shrunk gradually and was replaced by fat cells. Their statements were, “WHETHER OR NOT IT HAS ANY OTHER ENDOCRINE FUNCTION IS MOST UNCERTAIN” AND “CLEARLY THE ADULT ANIMAL IS NOT AFFECTED BY IT’S REMOVAL.”

I have the opportunity to see and experience many benefits of Natural Healing. It was through my own natural healing experience that I discovered “The secrets of the thymus gland.” Right underneath our noses the thymus gland has evolved to becoming the major link to the human body’s wellness. It is no longer a bunch of fat cells. It is completely developed to full size and is the major key to the difference between life and death. If it is not performing at optimum capacity, it will cause the whole body to fall to illness and fatigue and eventually death. I wanted more proof that the thymus gland, which is responsible for the immune system, did indeed manifest a perfect healing of the human body and would actually be the main factor in healing some of the most devastating debilitating diseases. I organized a group of CFS volunteers, of which I facilitated many natural healings. During that program I also discovered the strategic role the hiatal hernia played by causing thymus gland dysfunction, adrenal gland exhaustion, and pH
unbalance. These are the 4 major links to horrific debilitating effects on the complete body and mind because these particular glands are the major link to the immune system.

Most all immune system deficiencies and diseases begin with the same common denominator, emotional stress or emotional trauma related hiatal hernia. It is common knowledge in the medical community that many diseases begin with emotional stress. Emotional stress causes a hiatal hernia and hiatal hernias cause emotional stress. Hiatal hernia mimics at least 2000 diseases. If the hiatal hernia is not acknowledged and taken care of in a reasonable time limit, it will set the stage for any disease. Such as M.S. - Persian Gulf War I - Gulf War II - Iraq War - Immune Deficiency Syndrome - Parkinson’s Disease - Heart Attack - Stroke and every disease in this book: Plus all the diseases I did not write about. Thousands of diseases in the beginning are only symptomatic and if caught in time the effects can be reversed. If you have a immune system problem, this could automatically point to a emotional stress related hiatal hernia, which can be resolved in 4-5 minutes by the Hellinger Hiatal Hernia Non-Invasive Self-Help Procedure on page 28 of this book.

I personally subscribe to Natural Healing because of the wonderful merits of the human body’s own perfect healing capabilities, opposed to intro-
ducing into the body harmful medications, vaccines and drugs that handicap and destroy the natural self healing dynamics of the body. For years I have advocated a more natural approach and have openly opposed supplementing the immune system, as it decreases the body’s ability to fight diseases and viruses naturally. The only way to keep healthy every season and particularly this season, is to fight the flu virus or bacteria infections naturally, developing a true immunity to them and teaching your body to fight new and evolved emerging viruses and bacteria today, and in the future. Vaccines prevent the body from naturally responding to external pathogens like viruses and bacteria. Individuals who regularly and naturally maintain a strong immune system will protect themselves from any adverse effects of the flu and will build a permanent immunity.

There are many distortions of the meaning of “natural” out there for the public to choose from. A good rule of thumb is “Unless the body has grown it or developed it within its own dynamics, it is not natural.”

In 1918 the deadliest out-break of flu swept across the United States in 7 days. It spread around the world in 3 months killing approximately a million world-wide, infecting 2 billion people. There are valuable lessons we should have learned from that horrific plague. Vaccines were not available, which could have been a blessing in disguise (just
as today’s short supply). It is obvious that those 100 million people that lost their lives had a very weak or no immune system working for them. The 2 billion that were infected and survived had a fairly good immune system and became stronger naturally through their struggle for life. Those billions of people who came through the influenza pandemic unscathed were getting the natural health benefit of optimum immunity from their immune system. That is proof beyond a reasonable doubt that we should not be compromising the body’s own natural healing dynamics to fight viruses and bacteria.

You will find a explicit diagram and instructions how to do the procedure on the next page.
Hellinger Thymus Gland
Non-Invasive Self-Help Procedure for the Immune System

The upper triangular portion of the sternum is called the manubrium. The THYMUS gland is located beneath it. The THYMUS gland is the major link to the IMMUNE SYSTEM. By massaging this gland, it will respond by giving your immune system optimum immunity year around.

**Step 1.**
Begin by locating the collar bone (the clavicle). In the middle of the bone there is a separation V.

**Step 2.**
Start at the V point, slide your fingers down the sternum about 2 inches.
Step 3.
You will find a raised area of tissue about the size of a silver dollar.

Step 4.
Close your eyes and place fingers on this area. Focus your mind on stabilizing your thymus gland. When the Thymus gland has been stabilized, your body’s automatic reflex will cause your eyes to open.

Step 5.
If your immunity is extremely low, do the thymus gland therapeutic touch twice a day. Morning and night for at least 30 days. Then go on maintenance at least 3 times a week.

Hellinger Non-Invasive Self-Help Procedures are:
Immediate Action!
Instant Results!
Thyroid Gland and Parathyroid Glands

In this chapter you will learn three reasons why it is imperative that we as John Q public should think twice before we rely on the medical community for our personal health needs. 1). In 2006 we learned that there are 1.5 million Americans injured every year by drug errors in hospitals, nursing homes and doctors offices and there is no accountability for how many victims of drug errors die 2). In 2007 it has been reported by the News Media 100,000 people have been operated on mistakenly for the wrong surgery or did not need surgery at all. 3). For the past 6 years, according to News Media research, American hospitals have been plagued by a variety of deadly hospital-based Super Bug MRSA Bacteria such as mec1-lll and community MRSA mec IV and C DIFFICILE. Both are extremely dangerous because they remain on a cloth or plastic for 90 days. The Hospital-based Super Bug bacteria, which have been deemed
THE SILENT EPIDEMIC, are known to injure 2 million people and kill 100 thousand annually. Millions and millions of people have become victims of a nation-wide concealed epidemic that is out of control because of the code of hospital secrecy.

We must take heed and learn to take matters into our own hands by taking responsibility for our own personal health.

In this chapter you will also learn about Preventive care through Non-Invasive Self-Help Procedures. You will learn what the THYROID gland, PARATHYROID gland, Hiatal Hernia, Immune System Deficiencies, Osteoporosis, Alzheimer’s, Dementia, Dizziness, Depression, Menopause, Heart Attacks, Poor memory, Paranoia, leg aches at night, Restless legs, Extreme physical fatigue, Mental challenges, Panic attacks, Adrenal gland exhaustion, Chronic Fatigue Syndrome, Tremors, Hot flashes, Calcium deficiencies all have in common, and that they can be healed naturally through the non-invasive self-help applications in this book.

I will show you how to heal the following diseases and illnesses naturally and circumvent drugs, medications, chemicals and some surgeries by using the following Non-Invasive Self-Help Procedures that are Guaranteed Safe, Effective, Reliable. for all ages; because they are natural biological functioning members of our body and are proven to work beyond any doubt:
Hellinger Thyroid Gland and Parathyroid Gland Non-Invasive Self-Help Procedures.
Hellinger Hiatal Hernia Non-Invasive Self-Help Procedure.
Hellinger Thymus Gland Non-Invasive Self-Help Procedure.

Dizziness, Depression, Menopause, Heart Attacks, Poor Memory, Paranoia, Leg aches at night, Restless legs, Extreme Fatigue and Immune System Problems, Mental Challenges, Panic attacks, Habitual Anger, Hypoglycemia, Adrenal Gland Exhaustion, Fibromyalgia, Extreme Physical Exhaustion all have this in common: they can be healed Naturally through the Non-Invasive Self-Help Procedures in this book.

The thyroid gland is located in the upper part of the neck in the vicinity of the Adam’s apple and the clavicle. It is shaped like a “bow tie” having two halves: right lobe and left lobe. It is joined by an isthmus (a thin strip of thyroid tissue). See illustration of thyroid on page 230.

It produces and stores thyroid hormones which regulate our metabolism, heart rate, blood pressure, equilibrium, body temperature, development and growth rate of the body.

The thyroid is crucial to human brain development in the womb. Brain development begins in the fetus in the early stages of the fetus and up into the teens.
It is the thyroid hormone produced by the mother which triggers brain growth. It is necessary for the mother’s hormone to be in constant supply until birth. Even a small disruption in the mother’s hormone level at a critical stage in brain development can have a devastating effect on the baby.

Children of mothers that do not have proper circulation of thyroid hormone can have difficulties with motor coordination and balance. There are studies that show a 5 to 7 point deficit in children of these mothers.
Young mothers that have hypothyroidal problems while pregnant have babies with a higher than average occurrence of trouble with perception, memory, language and relationships.

There are at least a hundred compounds that can disrupt thyroid hormone production and several ways it can be disrupted. The greatest of them all are chemicals. They effect the thyroid’s delicate balance by inhibiting iodine intake. Just about any interruption in hormone cells can cause tumors and harm thyroid production also.

All women going through menopause are always subjected to thyroid problems. It is one of the major changes in their body.

Strict Vegetarians who avoid salt are also susceptible to many thyroid problems. They should be supplementing their diet with kelp or at least 150 mcg. of iodine.

Too many carbohydrates cause the thyroid to go out of balance.

Over-active thyroids are not as problematic as under-active thyroids. When over-active you feel nervous, “hyperactive.” Under-active, the thyroid secretes too little hormone and catabolism slows down. As a result, cells cannot do their work properly, resulting in extreme fatigue.

To have a healthy thyroid gland a diet must consist of sufficient intake of iodized salt or kelp.

**Surgery of the Thyroid should be avoided at all costs! BECAUSE:**
No medical technology or procedure is risk free!

The stakes are high if the thyroid is surgically removed. It would include lymph nodes that will be destroyed and great potential of losing the parathyroid glands as well.

Parathyroid glands and recurrent laryngeal nerves are both highly susceptible to accidental removal or injury during surgery of the thyroid gland.

The recurrent laryngeal nerves provide motor control for all external muscles of the larynx except the cricothyroid muscle that runs along the posterior thyroid. Accidental removal or injury of the two recurrent muscle nerves can cause paralysis of the vocal chords and their associated muscles, changing the voice quality.

Removal of the thyroid results in hypothyroidism or having to take an unnatural thyroid supplement the rest of your life.

Removal of the parathyroid gland results in hypoparathyroidism and a need for calcium supplement and vitamin D each day the rest of your life.

Surgery should not be an option because there is natural non-invasive self-help procedure for the thyroid gland that is perfect and risk free.
DEMENTIA and ALZHEIMER’S

The medical community has defined dementia as a progressive brain dysfunction.

There are many definitive effects of brain damage or changes, such as depression, psychosis, a number of psychiatric disorders, mental illnesses, and poor memory that are commonly misdiagnosed as a type of dementia called Alzheimer’s Disease.

The cause is head injuries, alcoholism, strokes, lack of blood circulation to the brain as well as lack of nourishment caused by a hiatal hernia, an imbalance of calcium and thyroid hormones caused by inactive, under active thyroid and parathyroid glands, drugs, medications and chemicals.

Many of these symptomatic causes can be reversed, if healed naturally with the Hiatal Hernia, thyroid and parathyroid non-invasive self-help procedures illustrations and demonstrations in this book, providing they have not become a reality.

Alzheimer’s Disease and Dementia are the medical community’s conveniently ready-made labels that are getting undeserved credit for most of the effects of an underactive thyroid gland and hiatal hernia, effects such as memory loss, calcium imbalance, weight loss, depression, paranoia and mental challenges, hostility and cognitive decline.

For the past 5 years many millions of senior citizens have been and continue to be misdiagnosed as Alzheimer’s or Dementia, when indeed it is the
thyroid out of balance, or a Hiatal Hernia giving the effects such as poor memory, depression, leg aches at night, nerve problems tremors, bone or joint pain. It has been my experience working with Senior Citizens. I see it more often than not.

I have had the experience and knowledge of individuals who have had a lifetime of alcoholism which destroyed the brain cells and in later life were diagnosed as Alzheimer’s and placed in nursing homes. Also there were those that were diagnosed with thyroid deficiencies and administered thyroid supplements, but since the patient lived alone and would frequently forget to take supplements they were later restrained because of memory loss and diagnosed as Alzheimer’s Disease and placed into a nursing home.

The Thyroid gland and Parathyroid gland deficiencies and Hiatal Hernia are the number 1 CAUSE of Alzheimer’s, Dementia and Arthritis. Because when hiatal hernia and thyroid problems are present in the body either one or both cause the brain to suffer from undernourishment, lack of calcium and thyroid hormones, lack of circulation to the brain.

Seniors do not produce enough calcium because of the aging process, thyroid malfunction and are easily emotionally disturbed and stressed because of a hiatal hernia and physiological effect of aging, are often at high risk for all of the four diseases.
If our elderly citizens had healthy thyroid and parathyroid glands, immune systems, and absent of hiatal hernias.

It is my opinion that the medical terms Alzheimer’s, Dementia, Arthritis would not even exist.

These are the specific EFFECTS caused if the Thyroid and Parathyroid are off:


Hellinger Non-Invasive Self-Help Procedures are:

Immediate Action!
Instant Results!
THE PARATHYROID GLANDS

The parathyroid glands are small glands located on the back of the thyroid gland and are the size of rice. There are four of them. Parathyroid hormone influences the chemistry of the blood. The sole purpose of the parathyroid gland is to regulate the calcium level in our bodies. It specifically causes calcium to leave the bones and enter the blood; it tends to increase blood calcium. This is a matter of life and death importance because our cells are very sensitive to any changing amounts of blood calcium. They cannot function normally with too little or too much calcium. With too much calcium, heart cells do not function properly. People are dying everyday from heart attacks because of high calcium deposits in the blood. Women in menopause are
very susceptible to this problem also.

The Brain cells or the heart also do not function properly with calcium deficiency. A person becomes mentally disturbed and his heart has the potential of stopping,

With too little blood calcium, nerve cells become overactive to such an extreme degree that they bombard muscles with so many impulses that the muscles go into spasms.

These are the effects of a dysfunctional parathyroid and thyroid:

Calcitonin is a hormone that is made by certain cells in the thyroid that works together with the parathyroid hormone controlling the amount of calcium circulating in the blood.

Calcitonin lowers calcium levels in the blood by encouraging the bones to store it and the kidneys get rid of the excess.

Parathyroid hormone encourages the bones to release calcium into the blood stream and the kidneys claim it back before it is lost to the body in urine. So you see how important it is to have both of the glands working for you even though they are separate functions. Together they maintain a perfect balance of calcium range in the body.

If surgery is opted for you will see the whole spectrum of thyroid and parathyroid balance has been forever altered, which will alter the body’s perfect natural chemistry forever also.
NOTATION: If the Thyroid has been down for long period of time, do this Non-Invasive Self-Help Procedure for at least 5 days, once a day, preferably first thing in the morning. Once the thyroid has been adjusted (this means if you touch the thyroid with eyes closed and the eyes immediately open), the thyroid has been stabilized.

Excess intake of too many carbohydrates, Hiatal Hernia and wind will cause the Thyroid to become dysfunctional.

RESULTS:
This Thyroid Non-Invasive Self-Help Procedure will give you high energy, a happy attitude, a new outlook on life and wellness within the body and mind.
Hellinger Thyroid Gland
Non-Invasive Self-Help Procedure

A few of the symptoms of thyroid problems: Paranoia, Nose Bleeds, Ridges on Finger Nails, Dizziness Tremors, Depression, Leg aches at night, Poor Memory, Extreme Fatigue, Bone or Joint pain, Inability to sleep, Nervousness, Excess mucus, Sore throat, Immune System problems, Hot Flashes, Water retention, Weight changes, High blood Pressure, Restless legs.

Step 1.
The thyroid is just above the middle of your clavicle, below the Adam’s apple and to the right side and the left side of the upper neck.

Step 2.
Using both hands, put 3 finger tips on both sides of your upper neck 1 ¾ inch from the middle of the neck (Adam’s apple).

Step 3.
Close eyes. Focus on stabilizing the Thyroid. This takes any where from 5 seconds to 3 minutes, depending on how long thyroid has been dysfunctional.

Step 4.
When the Thyroid is stable your body’s automatic reflex will cause your eyes to open.
Hellinger Parathyroid Gland
Non-Invasive Self-Help Procedure

The Parathyroid Glands consist of four small glands located in the back of the Thyroid gland, two on each side: two on the upper level of the gland and two on the lower level. These four glands control the calcium level in our blood, nervous system and bones. Symptoms of Parathyroid Gland Hormone imbalance are Calcium Deficiencies and osteoporosis.

**Step 1.**
Repeat the identical Hellinger Self-Help Non-Invasive Self-Help Procedures to the Thyroid.

**Step 2.**
Place finger tips on the right and left side on the thyroid.

**Step 3.**
Close your eyes. Focus the mind on stabilizing the Parathyroid.

**Step 4.**
When the Parathyroids are stable your body’s automatic reflex will cause your eyes to open.

NOTATION: Both Thyroid and Parathyroid Non-Invasive Self-Help Procedures must be done to achieve positive results. The results are the same.
DEPRESSION
The thyroid gland is one of the most vital glands of our body. Thyroid hormone influences every one of billions of cells of our bodies. It makes them speed up their release of energy.

Every single function of the body depends upon a normal supply of energy for everyday normal function. Normal mentality depends entirely on the thyroid hormone that is produced by the thyroid. The brain is totally dependent on the thyroid for its well being, its cells are the main target for thyroid hormones.

There are at least a hundred compounds that will disrupt the thyroid production. Chemicals are the worst of all.

Any interruption in hormone cells, harm the thyroid production.

Chemicals in medications and drugs that are given for depression disorders compound the mental illness. Their following side effects are disastrous. Depression intensifies to severe high or low mood swings. The high moods are called acute amania (maniac behavior) the low moods are called depression, bipolar disorder also called manic depression, schizophrenia, psychosis, delusions, hallucinations, and suicide tendencies.

THE MAIN CAUSE OF DEPRESSION is a dysfunctional Thyroid and lack of Serotonin. The thyroid must be functioning properly and
producing thyroid hormones, which are vital to a normal brain function and activity. Serotonin, which is produced by brain stem neurons, plays a very important part in the regulating of anger, aggression, mood. Low levels of serotonin will have the effects of hostility depression, bipolar disorder, anxiety disorders.

Depression, Thyroid Gland problems, Hiatal Hernia, and Thymus Gland imbalance are all tied together. It all begins with a Hiatal Hernia, which has the domino effect of causing the Thymus Gland to go out, Thyroid Gland to become unstable, which in turn effects the stability of the brain. Depression is one of the many effects of a dysfunctional brain.

Supplements of mood stabilizing medications and serotonin are problematic and mere imitations and substitutes for the real thing (your own body produced serotonin). They only cover up the main problem with the potential of the condition reoccurring and becoming more severe, and increasingly unstable. The bottom line is: If the thyroid is out, the brain cannot and will not produce serotonin. The absence of serotonin will cause extreme and permanent damage to the basic body functions.

The only common sense solution is to take matters into our own hands and rely on Self.

There is a non-invasive solution: a Preventative Care THYROID GLAND Non-Invasive Self-Help
Procedure, which I have developed and use in my power point demonstrations at my lectures and forums.

If the thyroid and especially the brain have been permanently injured or corrupted by the use of medical community supplements, drugs, chemicals and medications, their effects and conditions may not be repairable or reversed. Under these conditions this “Non-Invasive Self-Help Procedure” probably wouldn’t give you the positive results you are looking for.

Hellinger Non-Invasive Self-Help Procedures are:
Immediate Action!
Instant Results!
Defining the only Option for OPTIMUM Well Being

Treatment:
Treating disease with medications, drugs, herbs and foreign substances, compromising the immune system and the body’s natural chemistry. Treating the disease, rather than healing it, will eventually cause more negative effects by covering up the common effect. Treatment is the process of management of the disease.

Healing:
Most people in our culture refer to healing as a Cure. A healing to me is holistic, meaning of the body, mind and soul. A true healing comes from using the application of natural philosophy of CAUSE AND EFFECT. All diseases and illness are called effects. The effects can not and will not be healed unless the cause is established (all disease and illness begins with emotional stress and unresolved issues). To be
healed is to forgive and be forgiven. When peace and harmony indwell the body, mind and soul, a stable and lasting healing has occurred.

There are 6 steps to a natural healing.
1. Must recognize there is a illness or disease present.
2. Understand that natural healing is the ideology of CAUSE AND EFFECT and take personal responsibility for illness and disease.
3. Must ask for a healing (prayer or meditation).
4. A Healing Has Occurred.
5. Must accept the healing.
   Step 5 for many is difficult. The healing does not always happen the way the person expects. To accept your healing, prepare for and expect major changes and many changes in your life such as moving on to a higher level of consciousness. This means leaving behind old behavior patterns and habits one has out grown. This means moving in to new locations; leaving behind most everything that is not for your higher good and health, including people, bad habits, negative behavior patterns, changing jobs, relationships, marriages and anything that is considered dead wood.
6. The natural healing has been accepted and occurred on all levels.
HIATAL HERNIA EFFECTS

Hiatal Hernia mimics thousands of diseases that at first are symptomatic and can not be diagnosed as such. If the Hernia exists for a long period of time, the person is taking a risk that what ever the hiatal hernia is mimicking will become a reality. If a hiatal hernia is present in the body, it will go to the weakest link in the body. At first it effects all of the functions of the stomach, then kidneys which will cause Adrenal gland exhaustion and then it will take the Thymus gland out, which will cause Immune System Deficiencies.

These are a few effects of a hiatal hernia that were mimicked in the beginning as symptomatic and then became a reality: Cancer, Chronic Fatigue Syndrome, Fibromyalgia, poor circulation, restless legs, Heart attacks, Nerve disorders, Strokes, Immune system deficiencies, Parkinson’s disease-unclear thinking, high blood pressure, potassium shortage, Dementia, Alzheimer’s, eating too many high carbohydrates, over-weight problems, under-nourishment, Diabetes, bone and joint pain, Muscle spasms, MS, Arthritis just to name a few.

It is also my opinion that if all the multi-millions of people diagnosed with thousands of these symptoms had a healthy thymus gland, healthy kidneys healthy adrenal glands, and a nonexistent hiatal hernia, many of these medical terms and names would be nonexistent as well.
Inactive, overactive problems such as Hyperthyroidism or Hypothyroidism can most definitely be healed naturally by using the Hellinger Non-Invasive Self-Help for the Thyroid and Parathyroid Procedures.

Thyroid and Parathyroid problems effect an estimated 50 million Americans every year. That does not include small children or children.

Non-Invasive: No introduction of Western Medicine chemicals, drugs, medications or instruments in your precious body.

Non-Invasive Self-Help in this book is guaranteed safe for all ages because the method is using the body’s own natural healing dynamics which are biological functioning parts of the body.

**Why Non-Invasive Self-Help Procedures Are So Beneficial**
- No fear or anxiety of allergic reactions
- No outdated vaccine shots injected into your system
- No waiting lines and cost free
- No worry about easy access 24 hours a day
- No worry about costly health insurance policies
- No deadly toxic reactions
- No worry about contracting highly contagious multi-drug bacteria or viruses in public health facilities
- Keeps all members of your family’s immune systems at optimum performance year around.

**The Hellinger Non-Invasive Self-Help Procedures: Immediate Action! Instant Results!**
Chapter 55

HELLINGER IMMEDIATE ACTION! INSTANT RESULTS!
NON-INVASIVE SELF-HELP IMMEDIATE ACTION! INSTANT RESULTS!

Hellinger non-invasive self-help preventative care procedures are defined as personal intervention to prevent illness and disease and all their effects. Learn to take health and illness matters into your own hands and become empowered by taking control of your life. BY CLAIMING YOUR GOD-GIVEN POWER, be responsible for your personal health and well-being rather than trusting and depending on drugs, chemicals, medications and vaccines that have thousands of life threatening side effects that compromise and harm the immune system, kidneys, liver, adrenal glands, thyroid and eventually the whole endocrine system.

There is no reason to be held hostage by the outdated traditional approach of the introduction
of invasive ideology to human and animal bodies. It most definitely has a legacy of consistently proving beyond any doubt that it does not work satisfactorily and obviously promotes thousands of negative side effects, including death and the threat of life-long injuries.

Especially when there is a alternative health care option of NON-INVASIVE SELF-HELP PREVENTIVE CARE OF HEALING DISEASES AND ILLNESS that has been proven beyond a doubt to be GUARANTEED SAFE! RISK FREE! EFFECTIVE! POSITIVE RESULTS! for all ages. Because all Self-Help procedures in this book utilize natural biological components of the endocrine system and the natural power of the body’s own ability to heal itself.

THE 9 HELLINGER NON-INVASIVE SELF-HELP PREVENTATIVE CARE PROCEDURES IN THIS BOOK HAVE EXCEEDINGLY REWARDING BENEFITS, SUCH AS!

- No anxiety or concerns of thousands of negative side effects
- No painful needles
- No threat of life long injuries
- No risk of accidental deaths
- You can actually heal your own self of thyroid and parathyroid dysfunctions and disabilities
- Illness down time can be shortened by days and
• Increased job productivity
• Will not infringe on your financial resources
• Availability and convenience 24-7 year around
• Increased longevity
• Great! for the economically deprived
• No risk of allergies from vaccines
• Will eliminate Immune system deficiencies
• No risk of strokes or heart attacks
• No risk of depression or impulsive suicide
• You can actually heal your own self of Cancer instantly! (1-3 days)
• You can actually heal your own self of any MRSA multi drug resistant bacteria instantly! (in 1-3 days)
• You can actually heal your own self of Flesh Eating Bacteria instantly! (in 1-3 days)
• You can actually heal your own self of Antibiotic resistant CA MRSA Flesh eating pneumonia instantly (1-3 days)
• Guaranteed safe for infants! Teenagers! Seniors! Pets! Critically ill!
• A healing of virus diseases instantly (1-3 days)
• An instant healing of thousands and thousands of more diseases
• The Hellinger Non-Invasive Self-Help Procedures have the potential of saving millions of
lives in a national health crisis of epidemics and pandemics

IF THE NATION WERE TO EXPERIENCE A PLAGUE OR PANDEMIC OF H1N1 VIRUS SWINE FLU OR CA MRSA FLESH EATING PNEUMONIA, The Hellinger Self-Help IMMEDIATE ACTION! IMMEDIATE RESULTS!
Will have the positive effects of:

• Cities and towns will not having to live in isolation
• It will not cause a total shut down of the nations hospitals and schools
• It will not bankrupt the nation’s healthcare, Medicaid or Medicare
• It will not totally disrupt the nations economy
• Saving multi-millions of dollars and millions of lives nationally
• Saving millions and millions of our pets and pasture friends
• Total air and ground transportation across the nation will not be shut down
• Merchant stores will not not have to be concerned about being vandalized
• There will be no food shortages
• The population will not have to be concerned about vaccine shortages
• The population will not have to be concerned about vaccines that have a reputation for not
destroying killing bacteria MRSA
• Ending the life cycle of the MRSA and CA MRSA multi-drug resistant bacteria epidemic that has been hanging over our heads and taking 100,000 lives nation-wide annually the past 3 years by suppressing the disease through taking affirmative action SELF-HELP.
• The population will not have to worry about a vaccine that does not work or its side effects.

The HELLINGER procedure IMMEDIATE ACTION! INSTANT RESULTS! on page 256 will teach you how you can accomplish a true and permanent healing of a disease or illness promptly and swiftly. (The procedure, which I wrote about in my book, called the Dance of Life, was made available to Chronic Fatigue Syndrome 6 years ago in 2003. The energy appeared to me as waves of energy that danced around the feet and ankles of each individual I worked with. The application was very lengthy because they were expressing at least 2-5 symptomatic diseases. Their healing and recovery time took from 3-4 months.

Now 6 years later, our energy has changed. Every thing is experiencing a more rapid pace. Do you notice how many people are saying “where has time gone?” Time is moving at a 21st century rapid pace. We are preparing for a new decade. Things are moving in and moving out fast enough to make
your head spin.

This particular Self-Help Non-Invasive procedure has evolved with time. Presently healings are occurring at a very rapid and rare pace (1-3 days). That is why I call it IMMEDIATE ACTION! INSTANT HEALING!

The successful healings that I have witnessed include cancer of the prostate, lungs, hip bone, ovaries, brain, MRSA, candida, chronic fatigue syndrome, bulimia, bursitis, shingles. MS, fibromyalgia, thyroid deficiency, pneumonia, kidney stones, benign tumor and canine panis.

The healing of a single disease is less complicated. There are fewer instructive steps.

On page 173-174 you will find a guide to the organs that are connected to our emotions. This will assist you in understanding the correlation between the organs, emotions and disease. Pages 167-170 will give you insight as to what lethal words were said, that the body heard and was instructed (unconsciously) to follow. These have to be reversed by a positive statement. Notice how many phrases contain death. We literally program our bodies for disease and death. Why not reprogram them to wellness and life?

Whatever disease you have been diagnosed with, there will be psychological cause. For example, Cancer is caused from an overload of ANGER or GUILT eating away at the body. Cancer is disease
that eats away at it’s victim. So what and who are you so angry with that you are eating yourself alive? The same goes for guilt. What unresolved issue was so tasty that your conscience feels guilty and is eating away at you? Use this as an example to determine what the cause of your disease is.

Keep in mind that all diseases begin with emotional upheaval causing the dis–ease which in turn causes a hiatal hernia. The stomach is the seat of our emotions.

Truth be known, Hiatal Hernia should be classified as Public Enemy Number One. It is the most dangerous, problematic and debilitating number one cause of disease and death world-wide. Because, if a hiatal hernia did not exist neither would all our diseases. I call all disease man-caused. Emotional stress= dis–ease=hiatal hernia=disease and illness=death if the emotional issues are not resolved, forgiven and the hiatal hernia is not corrected.

How many people in the nation are dying of cancer? It’s the disease of anger and rage, that viciously eats its victims alive. We have all heard the proverbial saying “WHAT’S EATING ON YOU?” Cancer is rated the second highest death rate in the U.S.: stomach cancer, pancreatic cancer, cancer of the liver, leukemia. Cancer is an anger based disease.

Look at our country! Have you ever seen so much hate media and angry, mean spirited, vicious, violent people who go after other people with
a ferocious vengeance and killing attitude. If you don’t like their attitude, color, religion, or the way they dress, kill them! If one has a bad day, don’t just kill one anymore; it’s kill as many as are in sight!

These people are being eaten up by their own anger and rage. Anger and rage are very contagious because anger feeds on anger, which has become a nation-wide problem. The past several years the rate of anger, illness and disease have soared to unheard of heights and has become a way of life day in and day out for millions of Americans.

There is the adage ”What You Put Out You Get It Back,” some times 3-fold. This nation’s consciousness of hatred, anger, hostility and violent rage has set the stage and introduced a new strain of CA MRSA multi-drug resistant flesh eating bacteria that causes pneumonia and eats on the victims lung tissue, killing them within 7 hours. This type of pneumonia is fatal in 75 % of cases.

Every consciousness has it’s effects of rewards or pitfalls. The positive emotions of love, peace, kindness, tolerance, have the rewards of harmony which creates a healthy body, mind and attitude. The negative emotions of anger, hatred, hostility, maliciousness and violence have the pitfalls of self-hatred, loss of self-worth, self-respect and stature which leads to sickness and disease of the body and mind and will eventually lead to self-destruction.
There are millions and millions of you out there who are able to reverse your disease and receive a perfect healing by investing in a trip to the high road, that will lead you to a new life of fulfillment, positive attitude, peace, love and forgiveness of yourself and your fellow man who trespassed against you. There is redemption through forgiveness! You are special and will achieve the quality life which you so well deserve.

YOU, AND ONLY YOU, KNOW WHO YOU ARE!

The High Road to Peace, Harmony and Freedom from Disease

*Begin Your New Journey to The High Road By Following Instructions Implicitly.*

**Step 1.**

Meditate or Pray. ASK FOR A HEALING. Be precise and clear about what it is you want healed. Prepare your body and mind to resolve all unresolved issues by leaving them behind and forgiving yourself and others who have trespassed against you. This clears your conscience and begins the process of reversing the disease. Prepare your mind and body to take the leap of faith to heal yourself and accept healing. Use affirmations of positive thoughts and words that are opposite of those which put you in the state you are in. Go to page 173-174 to find the organ that has been diagnosed with disease and
which emotion correlates with it. Put your hand on place where organ is located outside the body. Focus on releasing the emotionally charged energy from that organ by exhaling the old energy and inhaling new energy, peace and harmony. When you are comfortable and satisfied at this stage. Go to step 2.

**Step 2.**

This can be done indoors or outdoors (I prefer outdoors). Find a place of privacy. If done outdoors, find a special spot you like (in sand or soft soil) and are at peace with. Stop! Take about 12 steps forward on the highroad. Stop! Make a circle with your foot, big enough to stand in comfortably. When the circle is completed you will be inside. Stop! You will be standing in the middle. There will be energy that has the appearance of a glow in the circle that will be ankle high (some people are able to see it). Ask to have your body immersed in the energy. Make your peace quietly. Affirm that you are leaving the disease and the past behind and all that it stands for. Affirm that you are moving on and taking the disease-free high road of peace, love and harmony. Close your eyes. As your body becomes immersed in the energy, you will feel goose bumps, chills, hot flashes and a prickly sensation. Some people experience a rush of feeling ecstatic about themselves. If you do not feel any sensation this is not unusual. Do not be concerned. When your body has been totally immersed, your body’s automatic reflex will
cause your eyes to automatically open. Make certain you do not step outside the circle until you have a positive feeling that you are done. Step outside the circle. Congratulations!! YOU! have healed your disease! Your body will take 2-3 days to completely integrate the healing.

Indoors will do the exact same procedure. You will want to use a household substance, granulated or powder, to make the circle; something dry of color that can be vacuumed or swept up without a trace. Use your imagination.

Step 3.

The dead disease cells will go through a sloughing process. These dead cells are extremely toxic to the blood stream and organs. This is natural and a normal systematic process that is imperative for cleansing of dead cells to instigate a healing of the body. DEAD CANCER CELLS, RADIATION, CHEMOTHERAPY ARE THE WORST! These particular toxins are the epitome of pollution at it’s worst.

All dead cells of any disease are toxic and will definitely have an adverse affect on the thyroid, thymus gland (immune system), kidneys, adrenal glands, liver and gallbladder. The body becomes fatigued, with flu-like symptoms, low energy, soreness, aches and pain in the muscles and joints.

Begin your body cleansing process immediately. That means 10-12 8 oz glasses of water daily. Take Vitamin C also; this helps neutralize the toxins.
Amounts at each individual's discretion. Everyone has their personal preference.

Be sure to apply the Self Help procedures of 1. THYROID GLAND 2. THYMUS GLAND 3. ADRENAL GLANDS and KIDNEYS. 4. MAKE SURE YOU DO NOT HAVE A HIATAL HERNIA (stomach is not in its normal position). This is the first and most important step of detoxing.

**Step 4.**

A major part of the body toxin cleansing process is to faithfully apply the Non-Invasive Self-Help Procedures of 1. Hiatal Hernia pages 28-29 2. Adrenal Glands and Kidneys pages 116-117 3. Thymus Gland pages 225-226 4. Thyroid Gland pages 238-239-240. Make sure you do not have a Hiatal Hernia (stomach is not in its normal position). This is the first step and the most important step of detoxing.

Hiatal Hernia is a major cause of harmful toxic conditions of the human and animal the body. What this means is: if you have a hiatal hernia, it is producing toxins that cause several organs to become disabled. Each one produces its own toxin. TOXIC TOXINS CREATING MORE TOXINS. A very debilitating condition.
NOTATION: This is a beautiful genuine Self-Help Procedure. That is for real! It must be treated as such! The person involved must be sincere! serious! and follow instructions implicitly or it will not work.

This is not a game or a stunt! It is the real thing! This procedure will heal your disease instantly, providing you are serious and follow through every step of the way. It will be successful only on the individual involved. For example: John Doe will not able to make the “Instant Results” healing circle for anyone other than himself!

Illustration of HELLINGER SELF-HELP IMMEDIATE ACTION! INSTANT RESULTS! on page 261.

THE SIDE EFFECTS OF ALL HELLINGER NON-INVASIVE SELF-HELP IMMEDIATE ACTION! INSTANT RESULTS! ARE:

Disease Has Been Eradicated!
Peace and Harmony!
The High Road to Peace, Harmony and Freedom from Disease

HELLINGER SELF-HELP
IMMEDIATE ACTION! INSTANTS RESULTS!
HAPPY HEALTH!
HAPPY HEALING TO ALL OF YOU WHO HAVE THE COURAGE TO LOVE AND ACCEPT YOURSELF AS A SPECIAL PERSON WHO DESERVES THE VERY BEST OF LIFE.

MAY GOD BLESS YOU WITH PEACE AND HARMONY ONE AND ALL.
For more information on her lectures and seminars with Power Point Presentations in your area on Preventative Care Through Natural Self-Help for: Hiatal Hernia...Immune System Deficiencies...Depression...Parkinson’s Disease...All Hospital based and Community based MRSA and all other infectious Super Bug Bacteria...and many other diseases that are mentioned in her book:
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Patricia Ann Hellinger offers her Presentations to Corporations, Organizations, Conventions, Alternative Health Fairs and Public Events anywhere in the U.S., Canada and all Foreign Countries.

Patricia Ann is available as a Main Speaker.

Visit my web site www.QuaSarHealing.com for all recent updates on new information on natural healing and public alerts of national disease epidemics.