Hiatal Hernia and Immune System Deficiencies

Hellinger Hiatal Hernia Adult
Non-Invasive Self-Help Procedure

(The hand becomes a magnet.)

**Step 1.**

Close eyes and quietly focus the mind on stabilizing your stomach.

**Step 2.**

Take 5 deep breaths exhaling stomach tension. RELAX, preparing the mind and body.

**Step 3.**

Place your right hand flat on your chest just above the heart. Your hand becomes the magnet as you move your hand down (flat and firm against the body for the full count). Your stomach will follow also. You will begin the count of 1 to 7, moving in 1/2 inch move-
ments. The reason we start above the heart is that some who have had the stomach up for months and possibly a few years may have it located up in the vicinity of the heart. My experience is, that some do. That is why all movements must be made gradually. Most Hiatal Hernias are located between 3 and 5.

**Step 4.**

Hold the hand firmly against the body. Count slowly to 50. When the stomach has become stabilized, your body’s automatic reflex will cause your eyes to open automatically.

IT REALLY WORKS IF YOU ARE CONFIDENT AND WILLFUL.

Hellinger Non-Invasive Self-Help Procedures are:

Immediate Action!
Instant Results!
Hellinger Non-Invasive Self-Help Procedures are:
Immediate Action!
Instant Results!
Hellinger Hiatal Hernia Senior
Non-Invasive Self-Help Procedure

(They should be lying down )

Step 1.
First of all you must communicate with the person to have their approval. (It will not work if you do not have some manner of their approval.)

Step 2.
Place their hand in position just above their heart. Then place your hand on top of their’s (the body and stomach are responding to their touch, not yours.) Tell them to close their eyes. Their hand becomes the magnet.

Step 3.
Start a count of 1-7. Beginning with the count of 1, guide the senior’s hand very slowly down. Tell the senior to take deep breaths as you are guiding the stomach down.

Step 4.
When the count of 7 is reached, stay in that position and ask them to count to 50. When their stomach has been stabilized their body’s automatic reflex will cause their eyes to open.

A new version of this procedure is available on our DVD.

Patricia Ann Hellinger
When your pet has a hiatal hernia it is easy to adjust. See the illustration below. This procedure works for all four-legged animals.
Hellinger Hiatal Hernia Pet
Non-Invasive Self-Help Procedure

The hand becomes a magnet. As it slides down the body, so does the stomach.

**Step 1.**
Focus on your subject with your eyes closed, communicating on what you are about to do. (Animals are easy to work with because they are so receptive to human help.) This Self-Help is designed for all four legged animals.

**Step 2.**
Place your hand on the bottom part of the rib cage, making sure your eyes are closed (counting from 1-4). Beginning the count of 1, very slowly slide the hand down the stomach until you reach the count of 4.

**Step 3.**
Then count to 50, focusing on the word “stabilizing.” When your pet’s stomach has stabilized your eyes will automatically open.

**Notation:** All our 4 legged friends copy us in our health problems. If you have a Hiatal Hernia, so do your pets. It is a given. They love us so much they tend to mimic us. It is your responsibility to make them well, because you made them unhealthy. Don’t forget our pasture buddies also. This works very well on them as well.

**A new version of this procedure is available on our DVD.**
adrenal glands and kidneys
Hellinger Kidney and Adrenal Gland
Non-Invasive Self-Help Procedures

**Step 1.**
Place both hands horizontally on your back, just above your waist line. The tips of the fingers should be touching the spinal column. Refer to demonstration on page 116.

**Step 2.**
Hold hands there approximately 3 minutes, transferring heat from the hands to the kidneys and adrenal glands. (This relaxes the tension in the kidneys and adrenal glands).

**Step 3.**
The kidneys are relaxed. Continue placing the hands on kidneys. Close eyes and focus mind on energizing and stabilizing the kidneys.

**Step 4.**
When the the kidneys have been stabilized, the body’s automatic reflex will cause your eyes to open.

**Step 5.**
Place both hands on the adrenal glands about a half of a inch up from kidneys. Repeat step 3 and 4 for the adrenal glands. For optimum immunity year around always do the thymus gland self-help and self-help for adrenals at the same time. They are both considered a major link to the immune system. **Notation:** If your adrenal glands have been exhausted for a long period of time, The Hellinger Adrenal Gland Non-Invasive Self-Help procedure should be repeated until normal energy has been achieved.
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!
**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 anywhere 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.
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 conscious-
ness 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 it’s 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 it’s 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!