

April 2, 2019

Medical Intuitive Reading

AGE 47

OVERALL CHI LEVEL: (50/100 would be average for a man your age) 63/100. This means that despite your asthma and challenges with your large intestines, you are healthier than the average man your age.

MOST STRESSED ORGAN: (72 to 85 percent is normal healthy functioning for an organ - higher is not better as you do not want your organs to overwork)

Lungs.

Right lung 43/100

Left lung 42/100

PHYSICAL

I believe you have parasites that are irritating your large intestines. Parasites are quite tricky to treat as there are over 1,000 kinds of parasites.

I believe your parasites are in:

Large intestine

Small intestine

Gallbladder

Spleen

Because I'm seeing parasites in four different organ more than likely you have more than one kind of parasite.

A good book that discusses parasites is Parasites: The Enemy Within by Hanna Kroeger.

https://www.amazon.com/Parasites-Enemy-Within-Hanna-Kroeger/dp/1883713072/ref=sr_1_4?

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Understand that as long as you continue to have parasites you will continue to suffer with irritable bowel.

Not all parasites show up on lab tests but because yours appear to be in your GI system you may benefit from doing the GIFx test that you can order from directlabs.com:

<https://directlabs.com/TestDetail.aspx?testid=2059>

GI Effects® Microbial Ecology Profile (Three Day Collection)-Genova Kit

Note: This is a home collection test kit that will be mailed to you. NOT to be used for children under the age of 2.

Fasting Required: No

Specimen: Stool - 3 Day collection

Results: 14-21 Business Days

Note: Result turnaround times are an estimate and are not guaranteed. Our reference lab may need additional time due to weather, holidays, confirmation/repeat testing, or equipment maintenance.

Special Instructions: Ship to lab Monday-Thursday only. Specimen MUST be shipped within 48 hours of collection.

2 - 4 weeks prior to testing: Consult with your physician before stopping any medications. Certain medications and/or supplements may impact test results.

Discontinue antibiotics, antiparasitics, antifungals, probiotic supplements (acidophilus, etc)

Discontinue proton pump inhibitors (PPIs) and bismuth 14 days prior if adding on the H. pylori test.

2 days before the test: Discontinue aspirin and other NSAIDs (i.e. ibuprofen), rectal suppositories, enemas, activated charcoal, bismuth, betaine HCL, digestive enzymes, antacids, laxatives, mineral oil, castor oil and/or bentonite clay.

Description: The GI Effects Microbial Ecology Profile is the most comprehensive stool test that assesses the diverse gut microbiome. Results provide immediate, actionable clinical information for the management of detectable parasites, bacteria, and yeast, as well as providing valuable assessment of gut microbiota via 24 Commensal Bacteria targets.

The GI Effects Microbial Ecology Profile is part of the larger GI Effects Comprehensive Stool Profile, which also provides information about digestion, inflammation, and bacterial metabolism markers. A larger fecal biomarker panel such as the GI Effects Comprehensive Stool Profile offers the advantage of assessing multiple functional areas that may be contributing to symptoms. For example, diarrhea could stem from multiple causes including pancreatic exocrine insufficiency, inflammation, food allergies, or the presence of a pathogenic or potentially pathogenic organism.

Patients with a clinical history suggestive of a gastrointestinal infection or dysbiosis can be evaluated with the GI Effects Microbial Ecology Profile. Symptoms such as gas, bloating, abdominal pain, diarrhea, and constipation may be a result of a microbial imbalance or infection. This profile can also be used to monitor treatment efficacy to eradicate an organism or to monitor changes to the microbiota.

Gut microbes are codependent with one another and with their human host, and the health of one affects the other. A sizeable volume of research associates a dysbiotic, or imbalanced gut microbiome with multiple disease states both within and outside of the GI tract. The microbiome's diverse metabolic activities ultimately impact the human host, and the human hosts activities ultimately affect the microbiome's health.

The GI Effects Microbial Ecology Profile biomarkers include:

Commensal Bacteria demonstrate the gut microbiomes composition and relative abundance. More than 95% of commensal gut organisms are anaerobic and are difficult to

recover by traditional (aerobic) culture techniques. Polymerase Chain Reaction (PCR) methodology identifies bacterial populations and is considered the standard for anaerobic bacteria assessment. GI Effects assesses a set of 24 genera/species that map to 7 major phyla.

Bacterial and mycology cultures demonstrate the presence of specific beneficial and pathological organisms.

Bacteria and mycology sensitivities are provided for pathogenic or potentially pathogenic cultured organisms. The report includes effective prescriptive and natural agents.

Parasitology. GI Effects provides microscopic fecal specimen examination for ova and parasites (O&P), the gold standard of diagnosis for many parasites. Enzyme immunoassay (EIA), widely recognized for its diagnostic utility in the detection of pathogenic antigens, is used for the identification of *Cryptosporidium*, *Entamoeba histolytica*, and *Giardia lamblia*. 6 Polymerase chain reaction (PCR) targets detect common protozoan parasites including *Blastocystis* spp. with reflex subtyping 1-9, *Cryptosporidium* spp., *Cyclospora cayentanensis*, *Dientamoeba fragilis*, *Entamoeba histolytica*, and *Giardia*. PCR for organisms is emerging as a highly sensitive method for infectious organism detection.

Selection of a one-day or three-day sample collection is based on clinician's clinical index of suspicion for parasitic infection. If there is no/low suspicion, a one-day sample will likely be adequate. For high suspicion, a three-day sample collection is optimal.

I realize you live in Costa Rica but when you travel to the US you may want to do that lab test.

You may also benefit from using a Zapper to get rid of parasites such as the one at this link: <https://www.ebay.com/itm/Hulda-Clark-Super-Zapper/182543516019?hash=item2a80710173:g:dSMAAOSw53NY~hoV:sc:USPSPriority!30318!US!-1:rk:8:pf:0>

I'm seeing quite a lot of environmental sensitivities. You need to be aware of mold in your environment and do what you can to A test for mold and B clean the mold out of your home and especially your bedroom.

I could go on for several hours about the health problems associated with mold but according to the US Centers for Disease Control any time you have humidity over 50 percent you will have mold.

I believe that your lung conditions is greatly aggravated by mold and therefore it would be beneficial for you to learn more about it.

<https://www.cdc.gov/mold/default.htm>

There is a state of the art air filter that helps clear mold out of the environment:

<https://molekule.com>

This is different from traditional HEPA air filters.

Because of your mold sensitivity it's imperative you keep your liver clean and would do well to do some sort of liver cleanse twice a year.

You are remarkably healthy given these two ongoing health concerns. Because of your ongoing challenges with your large intestines, your brain chemistry is affected. Your mood is relatively good considering these challenges. I believe that if you could get rid of your parasites and clean up your home environment of mold that would take a tremendous stress off your lungs. I believe you are a lung body type in the system created by Dr. Carolyn Mein, D.C.

<https://bodytype.com>

- You are naturally creative, imaginative, and good with your hands
- You are sensitive, kind, and generally care about the well-being of others
- You strive for peace in your relationships
- You are emotional – but also practical and grounded
- You love to nurture others or be nurtured
- Nurturing or helping others provides your greatest sense of fulfillment
- Your strength is your ability to communicate and express emotions in a safe, constructive or positive manner
- You can simplify and communicate complex subjects to others

Lung Body Type Personality Profile

I am sensitive, caring, idealistic, even-tempered, and mild-mannered. I am emotionally aware of the feelings of others. I like to systematically think things through before acting. I like to feel sure of my choices before acting, and am not considered spontaneous. I am naturally creative as well as practical. My imagination and skills allow me to translate abstract ideas into physical forms. I can express through drawing, sculpting, design or construction. I have a good sense of rhythm and timing, and can express through music or dance.

I have a strong need to nurture or be nurtured. I value relationships more than personal achievements. I may lose touch with my own needs when rescuing others. It can be difficult to let go of relationships. I am idealistic and strive for peace in the world as well as in my own relationships. I am persistent and loyal, always looking out for the “underdog”. I prefer work that is methodical over work that requires quick decisions and responsibility or risk that involves other people.

I give life to my world by expressing positive, supportive emotions. I am nurturing and creative. My strength lies in my ability to shift emotional energy – for example, I can turn hurt into creativity. This allows me to express the energy of negative emotions in a safe, constructive or positive manner. I respect my emotions and use them as an indicator rather than as a response. I can use my emotions to move into a greater richness and fullness of life, which enables me to excel at making the most of each moment. I am mild-mannered and emotionally expressive. I am physically creative and expressive, especially in music and dance. I am good with my hands.

Nurturing – either being nurtured, or nurturing someone else – provides my greatest sense of fulfillment. Being emotionally sensitive, I may have a tendency to project a hard outer shell, or to shut down and withdraw, when feeling powerless or inadequate. The need for self-expression motivates me to access my creativity, which is often linked to music or physical ways of nurturing those around me.

ENERGETIC

You have very good energy for a man your age. This seems to be due to your relatively easy going nature.

I believe your regular yoga practice helps to keep your energy stable, open and balanced. I believe the plant medicine ceremony you will have with Darin McBratney will ground you even further.

EMOTIONAL

Although there are indeed physical factors that aggravate your breathing difficulties, from what I can see you also have what is called "emotional asthma."

I'm seeing a traumatic event at age 8 related to your father.

If you are familiar with Chinese medicine, both your large intestine and your lungs are in metal element.

Although you do indeed have a good attitude that I would commend you for, I believe there is ongoing low level depression that has not been adequately addressed.

The emotions behind your asthma include mild depression as well as disdain for people you don't deem worthy of your time or attention.

Once again, I commend your wonderful attitude.

Sometimes we can think of "healing" something but I don't think your depression needs to be "healed" as much as transcended.

What will help you transcend the depression includes travel, which of course you do. I believe that traveling to other cultures gives you tremendous breadth of perspective on life and helps you see things from a more global rather than personal perspective.

Being a good father also helps you transcend your depression.

There are some things in our past that can't be so much as "healed" as simply accepted.

I also believe that what helps you transcend your depression is nurturing others.

The more you find ways to nurture other people - whether one on one in your family or on a global level by contributing to the lives of others - that will help you transcend your depression.

Whenever we have parasites, there is some energetic paradigm of "they win, you lose" going on in your system. In other words, you are allowing other organisms quite literally to eat your lunch.

When I look at the emotions behind your parasites, I find rage. I think you are easily enraged by injustice you see in the world. I think there is a quiet rage literally eating away at you.

MENTAL

You tend to be easily bored, hence the need for constant travel and incessant reading.

I see that you have a "hungry" mind. Given how insatiably curious you are, you might want to consider signing up for courses, not necessarily to get a degree but to give your highly active mind something to do, a direction to go in.

From what I can see you need a creative outlet.

In other words, your mind needs more to do, and from what I can see you would benefit from some sort of structured learning environment, whether that be one on one

mentorship in subjects you are fascinated about, online courses, university courses or travel to attend seminars.

All this mental energy does not have an appropriate outlet at the moment.

You may want to consider writing a book or finding some other method of creative expression, such as music or poetry.

Your mind needs more to do.

Please don't take this the wrong way. The best analogy I can think of is that once a woman brought me her German shepherd dog for a medical intuitive reading.

He was getting into trouble because he was so bored.

I told her he (the dog) needed a job.

Your mind is like that German shepherd - your mind needs more to do as from what I can tell at the present you are quite bored and need greater mental challenges.

SPIRITUAL

Now here's where things get a bit interesting.

Usually I have no trouble at all reading people at the soul level.

However, when it came to you, it was almost as if your soul was hiding from me. When I inquired why, I got it was about feelings of deep guilt.

Now of course we have all made mistakes by now in life - quite a few usually by our age.

Then it gets down to a question of our relationship with ourselves. Have we learned to be kind, compassionate and forgiving to ourselves?

When it comes to your relationship with your true self, I would say you struggle with how to be kinder, compassionate and more forgiving of yourself.

You know that life is not a matter of black and white and yet you tend to judge yourself too harshly.

Here's what I find about you on the spiritual level.

You are struggling with the karma of emotional starvation. What I mean by this is that you tend to be starving emotionally. This happens when we have a long history of having our emotions overlooked, often in childhood, and then tending to overlook our own emotional needs as if our feelings don't matter.

You are also struggling on the soul level with negative interference.

One way to describe this is that you have - on the soul level - personal demons that torment you.

It might be good to sit with yourself and be honest with yourself and ask yourself what these personal demons are, how you torment yourself and how you could simply choose to step out of the drama of beating up on yourself.

When it comes to making mistakes, none of us are immune, as you already know, yet you seem to hold yourself at a higher standard.

You may want to ask yourself why you feel so guilty and if carrying around all that guilt is actually doing you any good or not.

Better to be kind and compassionate to yourself, understanding why you made the mistakes you did and making a choice to forgive yourself for all past errors.

In fact the word sin can be translated as simply missing the mark.

If you were a marksman and you missed your target a few times no one would think any less of you.

In past lives you have taken vows of sacrifice, vows of chastity, obedience, silence, sacrifice or their equivalent. This may be the origin of why you choose to be so hard on yourself and why you walk around with a guilt so deep you won't even allow other people to look inside you.

We all have archetypes that we fall into when we allow our ego rather than our true self to be in charge.

Some of your archetypes include gambler, Don Juan, hedonist and King.

It can be fun to play in these arenas but I think what you are truly wanting is a healthy relationship with your true self.

This can only happen when you learn to forgive yourself and to have a bit of a sense of humor about your own ego.

Notice when your shadow takes over, have a laugh with yourself, and learn to look on your past mistakes with compassion.

Before you can have truly fulfilling relationships with others you must have an honest, loving relationship with your true self.

It is my hope that this is what you receive from your plant medicine ceremony.

ENVIRONMENT

Please check your home environment for mold. There is an inexpensive device you can get to check for humidity. If you have any room in your home that's over 50 percent humidity you will have mold.

It's about \$12 on Amazon:

https://www.amazon.com/AcuRite-Humidity-Thermometer-Hygrometer-Indicator/dp/B0013BKDO8/ref=sr_1_3?crid=A8FOIYEHQEQA&keywords=acurite+temperature+and+humidity+sensor&qid=1554240332&s=gateway&sprefix=Acurite%2Caps%2C159&sr=8-3

NUTRITION

I recommend you get all gluten and cow's milk products out of your diet to take the stress off your large intestine and lungs.

I also recommend you get off coffee completely as this is highly pro-inflammatory and very much irritates your large intestines.

I have had clients prescribed even cancer drugs who could not counteract the nasty effects of wheat and coffee. In other words, if you continue to eat gluten and drink coffee even cancer drugs won't make your large intestine better!

Drink or eat 20 ounces per day of bone broth to help heal your mucosal barrier, the interior lining of your large intestine.

Oats may be OK if they are processed in a gluten-free facility but can be problematic for those who are still quite sensitive.

You must rebuild your mucosal barrier to heal your large intestines.

Food Sensitivities: What To Avoid

By Catherine Carrigan

You can achieve your ideal size more easily, heal your digestive system and improve your mental and emotional functioning by taking care of what foods you choose to put into

your body. Since 90 percent of serotonin is produced in your gut, avoiding foods you are sensitive to can have a huge beneficial impact on your total well-being. Identifying and eliminating food sensitivities is also a huge step for helping you avoid pain. Pain anywhere in the body is inflammation, and inflammation begins in the gut. When you avoid foods that you are sensitive to, the mucosal barrier in your intestines can heal, the pain you experience may be eliminated and your immune system is strengthened. At Total Fitness, we help our clients identify their food sensitivities. These may be highly individual – you may develop a sensitivity to any food you are consuming frequently. One of the best ways to avoid developing a food sensitivity is to rotate your diet and include lots of variety. That is one of the many reasons why we have produced this cookbook for you.

Here is a list of common food sensitivities. As you read over this list, notice how many of these foods are processed – if you simply choose a diet of organic meats, nuts, fruits and vegetables, you will avoid common food allergens and achieve new heights of health and fitness.

If you know for certain you have a food sensitivity, there is no substitute for reading labels carefully.

Lastly, if you have multiple food sensitivities, ask your Total Fitness professional how we can help you heal your mucosal barrier. You can overcome many food sensitivities by healing your gut. This is an individual process and involves identifying any pathogens (parasites, bacteria, etc.) that may be interfering with your gastrointestinal function and a six-month gut restoration program that includes replenishing the good bacteria in your gut and healing the mucosal barrier.

As you heal your gut and avoid your food sensitivities, you will notice that your abdomen flattens out, your core muscles work better and you have better balance when performing your fitness training program. The nerve that goes to the transverse abdominis is the gastric nerve, so if you are eating anything that inflames your gut, you will not be able to flatten your abs or get your core muscles working properly.

Remember, here at Total Fitness, we work to put together the big picture for you – your health, your fitness and your nutrition. Everything works together.

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO WHEAT OR GLUTEN

GRAINS

Barley

Rye

Oatmeal

Spelt

Breads

Bagels

Crackers

Cereal

Pizza

Pretzels

Whiskey

Breaded fish and vegetables

Gravies
Hot dogs
Cookies
Candy
Pasta
Cereals
Ice Cream
Pudding
Meat loaf
Processed foods
MSG
Bouillon cubes

FOODS TO AVOID IF YOU SUSPECT YOU ARE SENSITIVE TO MILK

Casein
Whey
Yogurt
Butter
Bread
Cakes
Puddings
Ice Cream
Mashed potatoes
Sherbert
Salad dressings
Margarine
Donuts
Scrambled eggs
Soup
Cheese
Breads
Coffee whitener
Sausages
Cream
Chocolate
Cocoa
Whipped toppings
Cookies
Custard
Cold cuts

SUPPLEMENTS

Given the sensitivity in your GI system, you will do better with little to no supplements.
The only thing I would recommend for you is a good dairy free probiotic.

SUPPORTIVE THERAPIES

Pranayama/breathwork. You can find a number of FREE videos about breathing exercises on one of my websites at this link:

<https://unlimitedenergynow.com/eight-minutes-to-inner-peace-breathing-exercises-pranayama/>

Eight Minutes to Inner Peace

Start by sitting or lying down in a comfortable position.

1. ONE MINUTE: Focus on lengthening your inhale.
2. ONE MINUTE: Focus on lengthening your exhale.
3. ONE MINUTE: Focus on making your inhale and exhale equally long and deep.

Sit up for the remaining breathing exercises.

4. ONE MINUTE: Bellows Breath. Inhale into your belly and exhale forcibly by contracting your solar plexus.
5. ONE MINUTE: Breath of Fire. Inhaling and exhaling rapidly, pump your diaphragm. Your inhale will happen naturally.
6. ONE MINUTE: Alternate nostril breathing. Inhale through your right nostril. With the thumb of your right hand, close the right nostril. Exhale through your left nostril. With the ring finger of your right hand, close the left nostril. Exhale through your right nostril. Use your thumb to close your right nostril. Exhale through the left nostril. Use your ring finger to close the left. Repeat.
7. ONE MINUTE: Bumblebee breath. Place your pointer finger and middle finger on your forehead. Place your thumbs on your ear flaps and close your ears. Place your ring finger lightly on your closed eyelids. Little finger rests on your cheekbones. Make a humming sound like a bee.
8. ONE MINUTE: Ocean breath. Open your mouth, relax your jaw. Inhale and make the sound of the ocean in the back of your throat. Exhale and make the sound of the ocean. Close your lips and continue making the sound of the ocean.

EXERCISE

You will do best with low intensity exercise such as walking, yoga, tai chi and qi gong.

Personal note from Catherine Carrigan: I was diagnosed with asthma at age 30 and for a time used inhalers myself as well as received shots from two different allergy doctors. I didn't like the inhalers at all and finally when I learned yoga and started teaching yoga and pranayama my asthma disappeared and no doctor can find a trace of it any longer. You are right to continue practicing yoga regularly and I would encourage you to add pranayama to your practice as I believe breathwork will release a lot of the emotional roots way down deep.

