

John Smith Medical Intuitive Reading

AGE 28

Note from Catherine Carrigan: In West Central Africa, a plant medicine ceremony is used as a rite of passage to help people grow up. There are two striking things to me about your situation. For one, although you may or may not have thought of yourself this way, you have become an addict. My personal definition of an addict is an individual who uses an outside substance to avoid your feelings. You have used not only the Adderall but work and the attainment of money to avoid how you really feel. It takes courage to feel your feelings, and it takes even more courage to feel emotions that you have been suppressing, repressing, ignoring and trying to make unimportant for years and years. Secondly, you have been trying to build an ego persona for yourself because you don't actually know who you are. In fact, I would venture to say you have no idea who you actually are. Your work in real estate has been a method for you to build up a persona you could feel proud of and an attempt to cover up low self esteem and anxiety. However, the you who you have never known is a kind, lovable person. Give yourself permission to meet the great guy you actually are and you will no longer need drugs, money or overworking to distract yourself. I know you are a bit fragile right now so please know I'm on your side. In this reading, I try to be straight with you so that you can get real about what you actually need to do to heal yourself.

OVERALL CHI LEVEL: (50/100 would be average for a woman your age) 28/100. You are tired but wired. The drugs you have taken, your inability to feed yourself properly, your habits of overworking and keeping yourself distracted has really wiped you out. Darin McBratney can explain to you that most of the people I do medical intuitive readings for have much higher chi even though they are much older than you. When you get off the ferris wheel your initial reaction may be notice how tired you actually are. I recommend you take significant time to rest and relax. This is a very low chi level for someone your age and tells me that although you know how to use yourself up you have not yet learned how to build yourself up. I recommend you read Unlimited Energy Now to learn how to restore your personal chi.

https://www.amazon.com/Unlimited-Energy-Now-Catherine-Carrigan/dp/1627471057/ref=tmm_pap_swatch_0?_encoding=UTF8&qid=1577353786&sr=8-1

Darin: 8

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)

Kidneys.

Left kidney 23/100

Right kidney 24/100

TOXICITY LEVEL 8/10

INFLAMMATION LEVEL 8/10

PHYSICAL

The years of drugs you have taken have taken a toll on your physical body. Although you are young chronologically speaking, your body organs do not like all these drugs and it is good you have to come to the conclusion that you need to make a change.

ENERGETIC

You have not learned how to ground yourself.

As a human, when we are ungrounded, we get all up in our head, disconnect from our bodies, nature and the world around us and feel alone, anxious and lacking in purpose.

This is a simple way to explain what's been going on with you.

As much as possible walk barefoot, spend time outdoors, beat a drum, get off all cell phones and computers and try to remember your ancestral connection to nature.

You are highly sensitive to EMFs and need to wear a device to protect your energy such as this one:

https://www.amazon.com/Q-Link-Acrylic-SRT-3-Pendant-Original/dp/B000WFG9JO/ref=sr_1_4?crid=1SHVD5X37SLXI&keywords=qlink+emf&qid=1577351867&prefix=Q+link%2Caps%2C158&sr=8-4

Your unboundedness and sensitivity to EMFs means that you will feel even more anxious surrounded by computers and cell phones, so I recommend you only get online when absolutely necessary and avoid getting on the internet or your cell phone or social media for "fun."

These activities only exacerbate your lack of connection to reality, lower your self esteem and make you feel more anxious.

Part of the reason you are so exhausted is that you don't know how to sleep well. I believe you are a Dolphin chronotype under the system developed by Dr. Michael Breus.

Dolphins "only sleep with half of their brain at a time?" (3)

Sound familiar? Well, this is the insomniac (often self-diagnosed) group. You might be anxious and have trouble turning your brain off at night. Dolphins usually don't get a complete night's sleep.

About 10% of the population falls in this category. And even though they wake-up tired, dolphins are most productive by the mid-morning.

Sleep experts recommend that dolphins get up around 6 a.m. and try to sleep around midnight. (2)

You can learn more by watching this video:

<https://www.youtube.com/watch?v=F945HVZigEk>

Your personal chi is so low I strongly recommend you spend time journaling about what builds up your energy and what depletes you. The more exhausted you are the more anxious you will feel so the more you take time to figure out how to rebuild your chi the less anxious you will feel.

EMOTIONAL

You have made a lifelong habit of stuffing your emotions.

Your personal habit of repressing, suppressing, ignoring or drugging away the way you really feel is the true cause of your anxiety.

Think of trying to keep a lid on a pot of boiling water.

This is you right now.

You are better off going out into the woods, having an actual panic attack, giving yourself permission to feel the intensity of your pent-up emotions and coming to the realization that you can LIVE THROUGH all your feelings.

In other words, feeling your feelings will NOT kill you.

Continuing to ignore, suppress or minimize your feelings will in fact be very damaging for you.

It's not even so much the Adderall that you are addicted to, its your pressing need to ignore your feelings.

I recommend that you print out the chart at the following link:

https://unlimitedenergynow.com/wp-content/uploads/pdfs/free-downloads/Chinese_5_elements_emotions_chart.pdf

Three times per day get by yourself and use the chart to help yourself identify what you are actually feeling.

To be specific, get up in the morning and use the chart to tune in to how you feel.

Then do that again before lunch and then again when you get home from work.

Tuning in more often would actually be even better so that you develop your own emotional intelligence.

Although you are in some ways highly intelligent, your habit of trying to push down how you really feel has hampered your emotional development and makes it much harder to "be real" not only with yourself but other people.

If you can't "be real" with yourself you can't "be real" with other people.

Putting it another way, you have never met your true authentic self.

This hurts you in sales situations because other people can sense phony people.

Realize that learning how to "be real" will actually help you make more money because you will come off as a grounded, trustworthy source when you can "be real" with yourself and others.

MENTAL

You mentally compare yourself to others rather than getting to know yourself.

I believe that other than your ungroundedness, lousy diet and sensitivity to EMFs your primary problem is mental.

You have no clue who you are and have been spending the majority of your 20s overworking in order to build up an ego persona you can be proud of.

I recommend you make a list of 20 personal qualities. Ask 3 close friends to do this also. Then create a list of I

AM statements that you read to yourself multiple times per day.

Here's my list to help you get started.

I AM INTELLIGENT.

I AM A GOOD RESEARCHER.

I AM PERSISTENT.

I NEVER EVER GIVE UP.

I AM CURIOUS.

I AM PASSIONATE.

I AM A GOOD DEBATER.

I AM GETTING TO KNOW WHO I REALLY AM.

I AM LEARNING TO LIKE MYSELF.

I AM LEARNING TO LOVE MYSELF.

You are mentally hungry and what I mean by that is that you are a natural learner and a grower.

Throughout your life you will need to learn.

For now you are better off learning through books and having positive mentors rather than spending your life on the computer.

Up until now you have tried to find yourself in relation to others, EG in comparing yourself to others.

I recommend you take up meditation through radical self inquiry.

What I mean by this is to spend time every day asking yourself, "Who am I?"

You would very much benefit from journaling.

I recommend you get an actual journal - it could be as simple as a spiral notebook - and write by hand.

When you write by hand as opposed to on a computer you will get into the emotions of what you are writing rather than disconnecting from how you actually feel as per your habit.

You need a positive male role model, especially a man who does not derive 100 percent of his identity from the number in his bank account.

Although earning money does give us a sense of satisfaction, it will never fulfill your soul and is a very unstable ground on which to base your identity.

Recognize that when you are stuck in anxiety you are stuck in the left side of your brain.

I recommend you repattern your brain twice a day.

Although this simple exercise may not look like much, it will radically improve your brain function.

Repatterning

Step 1

Do these steps simultaneously for one minute. (Accesses right brain hemisphere.)

- Lie on your back.
- Stretch your arms overhead.
- Bring the opposite hand to opposite knee – this is cross crawling.
- Eyes look up to the left
- Hum monotonously.

Step 2

Next, perform these steps, again for one minute. (Accesses left brain hemisphere.)

- Arms by your side.
- Look down to the right with your eyes.
- Lift the right arm and right leg, then left arm and left leg - this is a homolateral crawl.
- Count backwards from 30 (aloud) each time you lift the arm and leg.

Step 3

Do this these together, for one minute. (Integrates left and right hemispheres.)

- Cross crawl (as step 1)
- Eyes move in a big circle. Clockwise and counter-clockwise 30 seconds each.
- No sound.

Recommendation: Repattern twice a day - first thing in the morning and then before bed, for 10 weeks.

<https://unlimitedenergynow.com/repatterning-a-natural-healing-remedy-for-your-brain/>

Repatterning: A Natural Healing Remedy for Your Brain

by Catherine Carrigan | Feb 27, 2015 | Blog | 8 comments

One of the most powerful natural healing remedies for your brain is a simple three-minute process called repatterning.

You can watch three one-minute videos that describe the three steps to repatterning for FREE at this link on my website.

You have two hemispheres of your brain – a right hemisphere and a left hemisphere.

You have a dominant brain hemisphere – meaning you are either right-brain dominant, and lead your mental processing with the right side of your brain, or left-brain dominant, and lead with the left side of your brain.

Under stress, your non-dominant hemisphere is 75 to 85 percent shut down.

I first learned about repatterning years ago when I first began studying Brain Gym. I went on to learn that repatterning is one of the most important tools used at an institute in Pennsylvania that works with severely brain-injured children.

Even if you have never suffered brain injury here are the benefits you can receive from repatterning:

- You will use your full brain potential
- Reduction of stress
- Natural healing remedy for depression
- Natural healing remedy for anxiety
- Suicide prevention
- Better scores on tests
- Natural vision improvement
- Increase your energy
- Overcome learning disabilities
- Healing from brain injuries
- Integration of your brain functions, so that you can see, hear, speak and think more easily

My mentor in healing, Sue Maes of Ontario, Canada, has done brain research about repatterning. She says that if you repattern every day, twice a day for three minutes each session, you can integrate your brain in 10 weeks.

I have used this simple, drug-free natural healing remedy with all sorts of clients during my 21 years as a holistic alternative healer.

On one occasion, a new client came to see me early one morning. She reported that she was so depressed she had been contemplating suicide.

“When are you thinking of doing this?” I asked her.

“In the next week,” she replied.

I put down all my paperwork – the intake forms I use with all my new clients – and showed her how to repattern her brain.

She came back within a week and not only was she no longer suicidal, she had taken herself off Xanax, a prescription medication for severe anxiety.

On another occasion, I was working with an older gentleman who had suffered a stroke and could no longer read. I taught him how to repattern and he was finally able to read again.

On yet another occasion, I was working with an elderly woman in her 90s who had lost the ability to walk. I taught her and her caregiver how to repattern and she was able to walk again.

As you can imagine, this work is so rewarding to me that I made a FREE video of each of the steps so that people all over the world can access this very important information!!!

Step One of repatterning integrates your right brain. Watch the first step here. It’s exercise No. 17.

Step Two of repatterning integrates your left brain. Watch the second step here. It’s exercise No. 18.

Step Three integrates your two brain hemisphere. Watch the third step here. It’s exercise No. 19.

If you have been suffering from any challenge with your brain, I recommend that you get up out of bed and repattern right away.

Then find another time later in the day to repattern – it could be when you come home from school or work or just before bed.

You will feel less stressed immediately and over time you will notice a dramatic improvement in your ability to use your brain.

If you would like to learn more about how to heal your brain naturally, email me at catherine@unlimitedenergy.com or call 678-612-8816 to set up an appointment.

The first thing I ever studied in healing work was natural healing for the brain. I have helped countless clients overcome depression, anxiety, eating disorders, head injuries, obsessive compulsive disorder, learning disabilities and other brain challenges.

No matter what your brain challenge, just know that you can feel better – and start today by repatterning!

SPIRITUAL

Unconscious. In the early stages of your spiritual development, you may not be aware of yourself as a soul or be conscious of what it is really up to in this lifetime.

Karma Clearing To-Do List

While marching down your soul path, you may be digging up soul baggage, soul suffering or past life patterns that can be cleared through deep healing work.

This world is truly the field of maximum karmic opportunity.

In this lifetime, your soul will be presented with many challenges that are actually opportunities for you to clear your karma and grow your soul. When you look at challenges as growth opportunities, you can welcome obstacles that might otherwise discourage you and use them as literal gateways to your personal enlightenment.

Addiction. You may abuse drugs (legal and/or illegal) or alcohol, overwork, over exercise or use food or other forms of distraction as a way to avoid the truth of who you really are.

Emotional Starvation. If you are suffering from the karma of emotional starvation, you don't know how to be kind and compassionate to yourself or nurture your own emotions.

Lost Soul Fragments. In this or some other lifetime, you may have lost key aspects of yourself along the way causing you to feel incomplete and unfulfilled.

Negative Self-Image. No matter what you do to build your self-esteem, mistakes in this or some other lifetime may have convinced you that you are a "bad" person and unlovable or unworthy.

Soul Medicine That Works Best for You

Just as your body relies on good food, rest and exercise, your soul needs nurturing. These are activities you can do to feed your soul. While all of them may work for some people, certain activities may be more beneficial for your soul growth at any given point in time:

Breathwork

Prayer

Meditation

Mantras

Rest

Unscheduled Time Alone to Process

Time in Nature

Sunlight

ENVIRONMENT

You need to spend as much time as possible in nature.

I realize that Chicago in the winter is not the most conducive place to being outdoors so you are wise to take a break in Costa Rica.

Although you may not have thought as cell phones and computers as creating an environment, they actually do. Set radical limits on your use of devices. I realize you use these for your work but see if you can't figure out other ways to get off the internet so that you can spend time communicating with actual humans face to face.

NUTRITION

I have used this eating plan very successfully with countless clients who have had high anxiety. In fact, I even had a client who was going to the emergency room once a week with panic attacks who stopped having the panic attacks once she followed this eating plan.

Although you have tried to eat well, you have not made the connection between how you eat and your mental/emotional state.

Every time your blood sugar drops your serotonin goes down and your stress hormones spike.

You are keeping yourself in a semi-panicked state by A eating high levels of sugar and B not eating frequently enough and C living on junk food.

Please do 4 major things to help your brain:

1. Follow the sugar diet.
2. Stop drinking soda because of its high sugar content.
3. Get off gluten grains. Even if you are not celiac, wheat is sprayed with roundup AKA glyphosate, a known neurotoxin.
4. You need to follow an anti-inflammatory diet. About 70 percent of inflammation begins in your gut. Inflammation A kills brain cells and B raises your stress hormone cortisol.

This program is used to help re-establish the sugar control mechanism. Please follow it very closely. As your condition improves, various foods will be added by your nutritionist. The objective is to return you to a normal, well-balanced diet as soon as your body will allow it. The closer you follow this program, the sooner your body will respond. You must follow the plan for at least two weeks to reset your blood sugar metabolism.

Water

Mandatory: Drink one quart / litre per 50 pounds of body weight every day.

Proteins

You may have as much protein as you want but not less than the amount listed.

Red Meat* At least 9 ounces per week (300 grams).

Unlimited...

Emu and Ostrich.

Pork and Lamb.

Organ meats.

Fish and Shellfish, unbreaded.

Fowl.

Eggs.

Cheese.

Cottage Cheese.

*In the U.S., red meat means beef, venison and buffalo. White meat is lamb and pork. In the Arab countries and in Australia and New Zealand, lamb can also be considered a red meat. In the UK, red meat is generally considered as beef, lamb, pork and venison. White meat is duck and chicken. In Scandinavian countries, fish must be included in the diet.

Vegetables

Green Vegetables: Unlimited.

Tomatoes: Unlimited.

Fruits

Fruit juices must be labeled "no sugar added." Those labeled "unsweetened" or "sugar-free" may contain added sugar or other sweeteners.

Fresh, canned or frozen fruits: Unlimited.

Freshly squeezed juice: Unlimited (no sugar added).

Beverages

Decaffeinated coffee black – 1-3 cups daily.

Decaffeinated tea black 1-3 cups daily.

Milk as desired if no skin or weight problems.

Snacks

Raw cashews Unlimited.

Raw brazil nuts Unlimited.

Coconut Raw, fresh from tree, unlimited.

Cheese Yellow or white aged is unlimited.

Any fresh fruit Unlimited.

Foods To Avoid

Sugar.

Sweeteners.

Aspartame, Sweet n Low, Splenda.

Pasta.

All wheat products.

Cookies, cakes, muffins, biscuits.

Cauliflower.

Honey, sugar, molasses.

Rice (except as described below).

Honey.

Frozen juices.

Concentrated juices.

Mixed drinks.

Alcoholic beverages, beer, wine, vodka, scotch.

Potatoes, sweet potatoes, yams.

Dried beans and lentils.

Crisco, Pam (spray oils).

Beets.

Frozen foods.

Tofu & Soy Milk.

Cereal, oatmeal, popcorn, corn.

Candy.

Soft drinks, diet drinks.

IF IN DOUBT, LEAVE IT OUT!

Special Instructions:

You must eat every two hours of your waking day. Up to, but no more than two slices of rice bread or sprouted grain bread (Ezekial / sprouted grain bread) may be eaten each day.

ROASTED RICE may be used. Method: Place any whole grain rice in a dry skillet and brown to a golden brown. Some of the kernels may pop. Cool and store, and cook as needed as you would cook regular rice. This method changes the utilization of the rice within your body.

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.

Your food sensitivities 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

To understand why you need to avoid glyphosate, watch this video:

<https://www.youtube.com/watch?v=oRs9zoRSyWs&list=PLMypu8d1Ekddpd8b84PRWRkxVnZOTcqoo&index=122&t=2s>

Although inflammation is a primary cause of pain, it is also a primary cause for jacking up your stress hormones.

Please go on an anti-inflammatory eating plan in order to relieve your stress and anxiety.

Nobody In Their Right Mind Eats CATS

Posted on Jun 3, 2016 by Catherine Carrigan in Blog | 0 comments

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How to Get Rid of Pain Naturally

Edit article

Published on September 6, 2016

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Catherine Carrigan

Medical Intuitive Healer and Amazon No. 1 Bestselling Author

You can learn how to get rid of pain naturally by learning how to avoid pro-inflammatory foods in your diet.

Relieving pain and suffering is a huge part of what I do in my work as a medical intuitive healer, nutritionist, yoga teacher, qi gong teacher and kinesiologist.

Typically, I can cut your pain by HALF just by empowering you to improve your diet.

So here's my professional secret:

Nobody in their right mind eats CATS.

Usually, if I explain this to you, your first impulse would be to laugh out loud.

Laughing alone will help you to remember it.

If you have been truly suffering, more than likely you are willing to do whatever it takes to escape the clutches of your pain.

So what are CATS?

CATS are pro-inflammatory foods that increase the levels of inflammation in your body:

- Caffeine
- Alcohol
- Tobacco
- Sugar

And the friends of CATS:

- Fried foods
- Gluten

Now if you know anything at all about actual cats, you know they have a mind of their own.

They can not and will not be controlled.

If they're out, they want to come in.

If you keep them in, they want to go out.

Cats are the crazy makers of the pet world.

If you think you have any control whatsoever over cats, you're wrong.

And so it is with caffeine, alcohol, tobacco, sugar and their friends fried foods and gluten – not only the most pain-inducing substances on the planet next to bashing your head against the sidewalk but also the food groups you are least likely going to be able to control if you play with them regularly.

CATS and their friends are highly addictive.

If you play with them long enough, they can take charge of your life, just like their furry four-legged cousins who sit on the dining room table, spread cat hair on your favorite jacket and give you a dirty look if you ask them even nicely to behave any differently than they want to do.

You can even get to the point where you actually believe you could never ever give them up:

- Forego morning coffee? Catherine, you must be nuts.
- Reduce or eliminate beer, wine, mixed drinks? Catherine, you clearly have no social life.
- Give up cigarettes, cigarillos, cigars, chewing tobacco? Catherine, you would have to send me to a desert island for a month and even that might not work should you choose to return to civilization.
- Sugar, candy, soft drinks, high fructose corn syrup? Now Catherine you are REALLY getting on my nerves!
- Fried foods, French fries, fried chicken – these are major food groups in the South.
- Gluten? Aside from the fact that it's been sprayed with glyphosate, a.k.a. Roundup, which causes cancer, infertility, multiple sclerosis, autism, heart disease, gastrointestinal disease, obesity, depression and Alzheimer's disease, you may be totally devoted to your morning toast, cookies, cakes and pies.

But then one day you wake up in so much pain you can hardly stand yourself.

You're on every legal drug your doctor can prescribe and tried all the ones from the drugstore too and you can hardly walk around the block, raise your arm, bend over at the waist and tie your shoes or lift your finger without wondering what the hell happened to you.

Is it really worth it – to allow the CATS and their undermining friends to rule your life?

If you don't believe me, look up the pro-inflammatory effects by visiting InflammationFactor.com. This site clearly explains the connection between what you put in your mouth and the pain that you feel.

Foods that have a negative number on the Inflammation Index, such as:

- French fries -51
- Fruit cocktail in heavy syrup -49

Are PRO inflammatory and make you hurt more.

Foods that have a positive number on the Inflammation Index, such as:

- Acerola cherries +342
- Asparagus, cooked +38

Are ANTI inflammatory and make you hurt less.

When you make the effort to eliminate your CATS and their pain-causing friends fried foods and gluten, you discover how much better you feel even without over the counter or prescription painkillers, NSAIDs, or non-steroidal anti-inflammatory drugs.

Side effects of NSAIDs include:

- Stomach problems, including bleeding, ulcers and stomach upset
- High blood pressure
- Fluid retention
- Kidney problems
- Heart problems
- Rashes

Some people have so many other health issues that even their doctors advise against painkillers.

People who really should avoid pain-killing drugs include:

- Anyone with decreased kidney or liver function
- Patients with Crohn's or colitis
- Ulcers, gastritis sufferers
- Asthma patients
- GERD, acid reflux and hiatal hernia patients
- Anyone allergic to aspirin, other NSAIDS
- People taking blood thinners
- Pregnant women
- Anyone who drinks more than 7 alcoholic beverages per week or more than 2 per day
- Over 65

What is healing? Healing happens when you stop allowing CATS to rule your life.

If you have been suffering from pain, set up an appointment today by calling 678-612-8816 or emailing catherine@catherinecarrigan.com to learn how to get rid of pain naturally.

The Easiest Way To Get Rid Of Pain Through Diet

by Catherine Carrigan | May 6, 2015 | Blog | 4 comments

The easiest way to get rid of pain through your diet is by remembering a simple sentence:

NOBODY IN THEIR RIGHT MIND EATS CATS.

What are CATS?

- Caffeine
- Alcohol
- Tobacco
- Sugar

PLUS!

- Fried foods
- Gluten

Why is eliminating CATS and their fried and gluten pain-causing friends so important?

If you have pain anywhere in your body, you have inflammation.

Experts estimate that about 70 percent of inflammation originates in your gut.

When you make the effort to eliminate your CATS and their pain-causing friends fried foods and gluten, you discover how much better you feel even without over the counter or prescription painkillers, NSAIDs, or non-steroidal anti-inflammatory drugs.

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If you read over this last list, you recognize that even medical doctors advise a lot of people either to go easy or lay off pain killing drugs completely.

And yet we still want to be pain-free. What to do?

As a long-term nutritionist, day in and day out I teach people how to heal their pain naturally without drugs.

Part of what I do is teach people the virtues of an anti-inflammatory diet and how you can eat in a manner that tastes good while also making you feel better.

Because I like to make things simple, I came up with a sentence even the most forgetful person can remember:

NOBODY IN THEIR RIGHT MIND EATS CATS.

If you want to understand inflammation and your diet, you can look up the Inflammation Index at this link.

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Several years ago, one of my dear friends developed a head-to-toe rash.

She came to me in desperation.

I discovered what she needed to do to get rid of her rash was to get off sugar.

P.S., when she got off sugar because she was so eager to stop whole-body itching, she discovered that all her little aches and pains went away.

If you have been hurting all over or in specific places where you feel you can't get relief, you might want to look at your diet.

Set up an appointment with me by emailing Catherine@unlimitedenergynow.com, calling 678-612-8816 or reaching out to me via Skype at catherinecarrigan to find out how you can feel better naturally.

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Years ago, I was trying to come up with a simple, memorable way to explain to my clients how to eat to get rid of their pain.

Typically, I can get rid of at least half of a person's pain just by empowering them to improve their diet.

So here's my professional secret:

Nobody in their right mind eats CATS.

Usually, if I explain this to you, your first impulse would be to laugh out loud.

Laughing alone will help you to remember it.

If you have been truly suffering, more than likely you are willing to do whatever it takes to escape the clutches of your pain.

So what are CATS?

CATS are pro-inflammatory foods that increase the levels of inflammation in your body:

- Caffeine
- Alcohol
- Tobacco
- Sugar

And the friends of CATS:

- Fried foods
- Gluten

Now if you know anything at all about actual cats, you know they have a mind of their own.

They can not and will not be controlled.

If they're out, they want to come in.

If you keep them in, they want to go out.

Cats are the crazy makers of the pet world.

If you think you have any control whatsoever over cats, you're wrong.

And so it is with caffeine, alcohol, tobacco, sugar and their friends fried foods and gluten – not only the most pain-inducing substances on the planet next to bashing your head against the sidewalk but also the food groups you are least likely going to be able to control if you play with them regularly.

CATS and their friends are highly addictive.

If you play with them long enough, they can take charge of your life, just like their furry four-legged cousins who sit on the dining room table, spread cat hair on your favorite jacket and give you a dirty look if you ask them even nicely to behave any differently than they want to do.

You can even get to the point where you actually believe you could never ever give them up:

- Forego morning coffee? Catherine, you must be nuts.
- Reduce or eliminate beer, wine, mixed drinks? Catherine, you clearly have no social life.
- Give up cigarettes, cigarillos, cigars, chewing tobacco? Catherine, you would have to send me to a desert island for a month and even that might not work should you choose to return to civilization.
- Sugar, candy, soft drinks, high fructose corn syrup? Now Catherine you are REALLY getting on my nerves!
- Fried foods, French fries, fried chicken – these are major food groups in the South.
- Gluten? Aside from the fact that it's been sprayed with glyphosate, a.k.a. Roundup, which causes cancer, infertility, multiple sclerosis, autism, heart disease, gastrointestinal disease, obesity, depression and Alzheimer's disease, you may be totally devoted to your morning toast, cookies, cakes and pies.

But then one day you wake up in so much pain you can hardly stand yourself.

You're on every legal drug your doctor can prescribe and tried all the ones from the drugstore too and you can hardly walk around the block, raise your arm, bend over at the waist and tie your shoes or lift your finger without wondering what the hell happened to you.

Is it really worth it – to allow the CATS and their undermining friends to rule your life?

If you don't believe me, look up the pro-inflammatory effects by visiting InflammationFactor.com. This site clearly explains the connection between what you put in your mouth and the pain that you feel.

What is healing? Healing happens when you stop allowing CATS to rule your life.

SUPPLEMENTS

Agrimony Bach Flower essence. Please take 2 to 4 drops under your tongue 5 times per day or in your water bottle for 6 months. This will help you shift your pattern from suppressing your emotions to feeling and releasing them.

<https://www.amazon.com/Bach-Original-Flower-Essences-Agrimony/dp/B00016QSZY>

Google Search

* Search by symptom/character/personality

+ Add Agrimony

to my personal formula

Those who need the Bach flower essence Agrimony are inwardly troubled by fear and anxiety. They may worry excessively about illness, finances, or problems with their work life. But yet, they present a cheerful, carefree face.

Because Agrimony people are sensitive and long for harmony, they go out of their way to be kind to others, and even to sacrifice for them. Because they spread cheerfulness and downplay any problems in their lives, they're very popular people!

Unfortunately for those in need of this Bach flower remedy, Agrimony people not only hide their feelings from the world, they hide their feelings from themselves.

Because being alone causes them to think about themselves and their situations, they avoid being alone. Thus they throw themselves into activities. That person you see working for every charitable group in the community may be sorely in need of Agrimony. They may also bounce from one organization to another, because they are easily distracted and have little staying power.

Because they fear confronting their own feelings, these people often turn to alcohol or drugs to drown their sorrows and avoid contemplative thought.

Because the Agrimony personality resists seeing itself in totality, it is always unbalanced and unable to make contact with its higher self. Luckily, Bach flower remedies can bring this personality back into balance.

The tendency toward an Agrimony personality often begins in childhood. Children who have been taught not to show their distress and always to observe proper social conventions are especially at risk. When these children go through normal childhood stages of loneliness and sadness, Agrimony will help them communicate more easily. Adults treating children with Bach Flower remedies should take care not to push, but to let the Bach flowers do their work and simply be available for relaxed conversation.

Agrimony is the Bach flower essence indicated for release of inner tensions, anxieties and other hidden emotions. It also provides relief to people who are suffering from extreme anxiety disorders and even such disorders as post-traumatic stress syndrome - in which unpleasant memories have been buried.

Agrimony helps to restore a cheerful disposition and increases confidence. After treatment the person can finally feel safe in facing both sides of his or her personality and in not only facing, but discussing life's problems.

SUPPORTIVE THERAPIES

Breathwork twice daily.

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.
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.

To watch the videos for FREE: <http://unlimitedenergynow.com/eight-minutes-to-inner-peace-breathing-exercises-pranayama/>

For more information: Catherine Carrigan 678-612-8816

www.unlimitedenergynow.com

www.catherinecarrigan.com

You may benefit from reading The Little Book of Breathwork.

https://www.amazon.com/gp/product/0989450643/ref=dbs_a_def_rwt_bibl_vppi_i1

In the back there is an appendix with hand mudras and affirmations. By simply reading through the series of hand mudras and repeating the affirmations in your mind, you can use a drug-free method of lowering your anxiety anytime, anywhere.

Mushti Mudra, Release

As we follow the 10 commandments of breath work and begin to release the traumas held way down deep at the cellular level, there are times when pent up emotions may rise to our conscious awareness.

It may take tremendous strength to breathe through our emotions.

This mudra makes it easier for you to release that which has been holding you back.

How to perform Mushti Mudra:

1. Place your thumb over your ring finger.
2. Wrap your other fingers together in a fist on top.
3. Breathe through your feelings as they arise, knowing and experiencing that you are strong enough to let go of these pent up energies.

As you hold Mushti Mudra you may want to use the following affirmations:

I AM STRONG ENOUGH TO FEEL MY FEELINGS.

I AM STRONG ENOUGH TO LET GO OF THE TRAUMA THAT NO LONGER SERVES ME.

I LET GO OF THE STORIES THAT HAVE HELD ME IN THE PAST.

I AM FREE.

I RELEASE THE PAST.

I FORGIVE ALL PAST EXPERIENCES.

I FORGIVE MYSELF AND EVERYONE NOW.

AS I BREATHE I CLEAR THE SPACE TO EXPERIENCE PEACE WITHIN.

I PUT THE ENERGY OF MY EMOTIONS INTO MOTION AND RELEASE THE TENSION WAY DOWN DEEP.

I AM SORRY. PLEASE FORGIVE ME. THANK YOU. I LOVE YOU.

I FORGIVE AND LET GO INTO THE PEACE THAT SURPASSES ALL UNDERSTANDING.

If the emotions that rise to the surface feel especially intense, give yourself permission to contain them by either setting a time limit on your breath work session or visualizing a container that takes in the uncomfortable feelings.

When you reach the end of your time limit or fill your container, get up and shift your energy by doing something different.

Drink a glass of water.

Walk in the sunshine.

Put your energy in motion another way by cleaning out a drawer, completing a work task or finishing a job you have been putting off.

Be kind to yourself knowing that your soul knows best about when and how to release that which has held you back.

EXERCISE

You need some form of exercise daily for 30 minutes to 1 hour over and above walking to work. Your ideal form of exercise includes being outside, weather permitting for Chicago. This will be one method you can use to release your pent-up anxiety.