

## Essential # 3 – Balance Your Energy

Everything is energy. In fact, according to a Nobel Prize Laureate, Carlos Rubbia, "We are only 1 billionth physical matter...the rest is ALL energy".

If we are mostly made up of energy and light, then it makes sense that we keep the energy in our body balanced and free of interference.

Chiropractic has made tremendous strides in the last 50 years in educating the public about the science and benefits of this healing art. In 1975, Dr. Ronald Pero, Chief of Cancer Prevention research at NYU, studied the Immune System of patients and found that Chiropractic patients had a **300 % greater Immune competence** than people who had not received Chiropractic Care.



Other healing arts that balance the body's energy system are Acupuncture, Massage, Tai Chi, Reflexology and Yoga.



We all know that when our hormones are out of balance, we feel out of balance. :)

This is very important for you to understand: **YOUR hormones do not cause cancer!** Your hormones are your friend and ally. If our hormones caused cancer, then every 20 year old on the planet would be ravaged with breast cancer.

As you age, the cancer risk increases because of the accumulation of toxins and **Environmental Estrogens**, fatigue and protective genes that are turned off because of poor nutrition and poor sleep.

There are simple urine and saliva tests that can determine if your hormones are balanced and if you are methylating or breaking down your estrogens properly.

Lastly, exercise is a MUST. Simply walking the equivalent of 25 to 40 minutes per day, greatly reduces the risk of death from Breast Cancer.

Tomorrow...drum roll.....**Essential # 4 - Emotions**....something many of us like to swallow and stuff into a closet. :)

Thank you again for requesting my mini email course. I hope you are enjoying it.

