- Cancer is the second leading cause of death globally and is responsible for an estimated 9.6 million deaths in 2018.
- Across the globe, about 1 in 6 deaths is due to cancer.
- Approximately 70% of deaths from cancer occur in low- and middle-income countries.
- Roughly one third of deaths from cancer are due to the 5 leading behavioral and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco use, and alcohol use.

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AWAREmed was founded by Dr. Dalal Akoury
BELIEVES THERE IS HOPE!

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SPIRIT MIND & BODY Can our relationships help us heal?

SPIRIT MIND & BODY How we feel changes how we heal

SPIRIT MIND & BODY The 3 wisdom secrets to mind body healing

INTEGRATIVE MEDICAL BUSINESS Quantum business explosion

INTERVIEWS Dr. Phil McGraw

HEALING DESIGNS Your gateway to healing and wellness: The living walls

MEDICAL SCIENCE The Secret to Sexual Health Revealed Can Exosomes be the answer for your sexual dysfunction?

MEDICAL SCIENCE My Patient’s Miraculous Experience with Exosomes and Peptides

MEDICAL SCIENCE Medical Mystery: Tipped by Fluoroquinolones

LIFESTYLE AND DIET Mind-Set for Success

INTERVIEWS Dr. Phil McGraw

CREDITS
Founder: Dr. Dalal Akoury
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Healthcare is at crossroads; for the past two decades we have watched the relentless spread of chaos throughout our healthcare system. Americans’ biggest sources of stress are their worry about the future health care. Obviously, the current consumers confront turmoil in healthcare, haven’t regained confidence in the system.

Health Care System Chaos Spurred Innovation; leading the dissatisfied patients and health consumers to finally take control and leading to a natural evolution. The phenomenon of growing attention to self-care globally and Nationally U.S. healthcare consumers, leading 53% of the consumers to engage in better self-care. Biohacking — also known as DIY biology obviously became the most attractive health and healing solution.

So, what is Biohacking?

Biohacking is the attempt to manipulate one’s brain and body in order to optimize performance, outside the realm of traditional medicine. According to Dave Asprey, biohacking is “the art and science of changing the environment around you and inside you so that you have full control over your own biology.” Some of the popular techniques for achieving proper Biohacking and optimization included meditation and intermittent fasting, not to mention the practice of kicking off each morning with an ice bath before walking the 5 miles. Supplements are another popular tool in the biohacker’s arsenal. There’s a whole host of pills people take, from anti-aging supplements to nootropics or “smart drugs.” Some of the more radical Biohacking practices include cryotherapy (purposely making yourself cold), neuro-
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**Why Biohacking? What drives someone to biohack themselves?**

Biohacking is practiced now by many as they desire to feel better — That craving to feel better comes in a range of flavors, though. Some people just want to not be sick anymore. Others want to become as smart and strong as they possibly can.

“The fact that one is asymptomatic is not a sign of health. Disease does not develop overnight; it builds until the last straw breaks the proverbial camel’s back.” Biohacking is one of most complete systems of natural health enhancement and maintenance; each one of us can benefit from Biohacking.

**How different is biohacking from traditional medicine?**

Some forms of biohacking go far beyond traditional medicine, while other types blend into it. Many biohacking techniques have been known and practiced for centuries such as meditation & fasting — that are considered a basic type of biohacking. While some biohacks are supported by strong scientific evidence, some other biohacks are based on weak or incomplete evidence and may not be just ineffective but even harmful.

The good news is: **Your HealPreneur Magazine & Platform would have in learning more about Biohacking.**

“Our health is our Wealth so let’s protect it”

So, allow me to proselytize for just a moment.

On a personal note, I encourage you to follow my prescription and align yourself with like minded Healers the ones “who walk their talk”. Since “building a sound community of HealPreneurs is much needed” it is one of the major goals of HealPreneur.

When we find something, we are passionate about, we are not afraid to seek out information and learn about it. As a seeker, myself of both generational wisdom and scientific truth about Health and Healing, I founded the HealPreneur Community to investigate, expose, and relate the facts about healing and the power to create and innovate to ensure that everyone has a chance to heal and live healthy again. — about it, we are not scared to be outside our comfort zone. HealPreneurs, please join the Health Transforming revolution universal empowering the Healers and the consumers. As always, I would love to know more about you, are you a specialist or a HealPreneur?
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Can our Relationships HELP US HEAL?

Many people assume that sickness resides in the physicality of our bodies, and they aren’t entirely wrong. Yet the environment surrounding that body is as much a part of your vitality as your heart or your brain.

Imagine that when you were born, you were a perfect replica of a stem cell. You were full of life force, with complete potential to grow in whatever environment you were in; precious, adorable and completely ready to become all in which your caregivers, culture, circumstances, and environment conditioned you to be. Early on, you began to show traits of your nearest imprints. I remember both of my sons developing the same facial expressions I made big smiles and long studious stares. Hello, mirror! Our bodies do more than learn from the people around us. Just like stem cells, we begin to become everything we’ve witnessed, as the human brain absorbs every single moment from conception to seven years young. This is understood as a subconscious power that we ultimately utilize to learn, immunize, and survive.

So, to heal, the question we must answer is this: How and why did we muddy the waters? How did we ever close our shiny eyes, lose our open reflection, and lack our innate ability to adapt to life’s circumstances? The answer lies within the epigenetic process and can be summed up with one simple idea: our body speaks our mind. Remember, we as people are made up of trillions of cells. We generate somewhere around 300 billion new cells every single day. How are the cells programmed and influenced? Each one of our cells responds to life exactly as we do. Our cells are inherently programmed to regenerate and be whole. When you cut your skin, you usually can trust that with a clean environment it will heal. We are designed the same way emotionally. After we experience a trauma, we can only learn and grow more resilient in a supportive and loving environment.

After we experience a trauma, we can only learn and grow more resilient in a supportive and loving environment.

– Nikki Marie

In the "Biology of Believe," Dr. Bruce Lipton defines and celebrates this epigenetic process, explaining that a perfect and healthy cell can be placed in a toxic test environment and the healthy cell will become sick. If the newly sick cell is moved to a neutral environment, it will stay sick...and perhaps even die. If the weak and dying cell is finally placed in a thriving environment, miraculously it heals! Thus, what is out of alignment in our bodies can often be traced back to a toxic environment which includes, relationships to food, home, work, and people. When I first began my practice, I met a thirty-two-year-young client who illustrated this concept perfectly. This young man was debilitated by a fear of leaving his home and had been living in his parents’ basement for ten years. When he came to see me, he shared his embarrassment about the severe anxiety that prevented him from leaving his safe cave of hermitage. He told me his life changed when after graduating from college and beginning his new career, he had a panic attack in his new apartment.
That night began a social disorder that led him to his parents' home and a life of solitude. When I asked him what he remembered about that evening, he recalled that he was cooking pasta and waiting in anticipation for his new lady-friend to arrive for a home-cooked dinner. Though he looked forward to the evening, when she called him to verify directions, he automatically turned the stove off and told her not to come at all. Barely able to breathe and unable to make sense of his reaction, he ran out of his apartment to his parents' home. After hearing this memory, we utilized The Lifeline Technique® and zeroed in on a Core Limiting Belief that was stored in his subconscious mind at six months in utero.

We asked his mother if there was any type of trauma while she was pregnant with him and she reported that when she was six months pregnant, there was a fire in their apartment. They lost everything and had to move into her parents' basement until they could recoup their lives. On the night of the fire, his mother had been cooking pasta on a gas stove when the phone rang, and she turned away to answer it. While her back was to the stove, the curtains caught fire. She screamed for her husband and he tried to put the fire out. Unfortunately, he could not, and ultimately forced them to leave the home to protect themselves and their unborn child. Aha! Now we can connect the dots!

The body speaks the mind

When this young man experienced a sensory trigger, he was not perceiving the evening through an adult lens. Instead, he was looking through the eyes of a traumatized inner child. That night, my client had been triggered by his environment at age 6-month-in-uterus and thus needed to retreat to his parents' “womb.”

Like this young man, when we are facing trauma or stress, we may experience “stored trauma.” We store
trauma most often when we are young and unable to process complex emotions or upsetting events. Our powerful subconscious mind records the exact circumstances of our traumatic experiences via sense memory, so that when we encounter the same color, sound, touch, or scent, we will be triggered to recognize danger and protect ourselves.

For my client, the pasta dinner and phone ringing triggered this physical response intended to protect him. His cells were attempting to protect him from the trauma he experienced in utero, this is called a Core Limiting Belief. Once this Core Limiting Belief was harmonized through The LifeLine Technique®, he felt a huge sense of relief and could reconnect to his dreams and passions. We worked in session for a few months reconnecting, balancing and building a foundation of a thriving life intentionally. He is now married, a father, and working successfully in the industry for which he earned his degree.

Our senses are essential in approaching how we heal. It is how we see the world “not our circumstances” that influences how we experience it. Each of us is like a cell in our bodies; constantly impacted by our environmental stimulus. Our bodies and cells thrive in “high vibrational environments.”

If something feels loving, light, fun, compassionate, and clean, it is described as ‘high vibe.’

– Nikki Marie

What is a high vibrational environment?

In our home, my children have been taught to discern between “high vibe” experiences and dampened ones. If something feels loving, light, fun, compassionate, and clean, it is described as “high vibe.” If the circumstance, relationship, or experience feels uncomfortable, stressful, angry, despairing, stuck or dark, it is described as “low vibe.” We pass no judgement; we just know a
low vibe environment will affect our immune systems as our bodies recognize this toxic environment. Like the cell membrane, we are always reading our outside influences. Thus, to begin to thrive we must surround ourselves with high vibrational experiences. Humans are inherently social beings, so to understand these environments, we must first look to our relationships.

When you look at the relationships in your life, how do they make you feel? Remember, our cells speak our minds. If you would describe your most intimate relationships as heavy, frustrating, laborious, and exhausting, perhaps you might see that reflection in your own symptoms. Codependent relationships can manifest as chronic viral infections, autoimmune diagnosis, and Chronic Fatigue Syndrome. These relationships create a toxic test environment and require a true transformation in order to build a new and thriving experience.

Our most intimate relationships reflect to us how we are programmed. Our programming is the accumulation of “stored memories” and they are stored in a very special place called our Light Body. As Albert Einstein explained, we are made up of photon light molecules. We are all like a rainbow, containing multitudes of infinite lights that are interconnected and responding. Basically, our physical life is a hologram. How do we make meaning of this? In ancient Ayurveda and Buddhism, the "light body" is made up of Chakras.

I invite you to explore my new book, *Woman is Fire, Man is the Protector of the Fire, Book One of “It’s not personal, it’s vibrational.”*

This article was born from a divine request from Dr. Dalal Akoury whom I have had the honor of working with in tandem for one of our shared clients. Aligning the subconscious mind to a thriving state and utilizing cellular therapy to assist the physical cells to a thriving state is bridging the gap between spirit and medicine.

ABOUT THE AUTHOR

Nikki Marie has over 20 years of experience working internationally with a broad range of individuals, couples and families within her private practice, mental health and educational institutions. Her passion is to find the most effective approach to helping others achieve their greatest potential.

Nikki shared 5 years in private practice as a Master LifeLine Practitioner with The LifeLine Wellness Center and currently cares for clients in Eastern North Carolina via phone and video sessions. Nikki’s unique approach to self-awareness and personal/professional life strategizing as well as the practice of the LifeLine Technique is referred to by Chronic Disease Medical Doctors, North Carolina Department of Social Services, The NC Guardian ad Litem Program, Licensed Mental Health Professionals, Chiropractors, School Administrators, and Licensed Massage and Body Therapists.

In 1993, Nikki earned a BFA, a double major in Psychology and Acting from Emerson College in Boston, MA. Presently, Nikki lives on the Outer Banks of North Carolina, USA as a devoted Mommy of two gorgeous little boys.

Contact: ruhn.nikki@gmail.com | www.NikkiMarie.com
Optimal Health is a Smile Away

We’ve all heard the saying, "laughter is the best medicine," multiple studies confirm that our emotional and mental states play a central role in how quickly we bounce back from disease, if that wasn’t reason enough to smile, the list of benefits of smiles goes on and on. The way we feel has a powerful effect on the length and quality of our lives in almost any area we look.

The Power of Love

Love is the master healer, as we all know love has been credited with everything from reducing anxiety to extending our lives. In fact, love has even been studied for its effects on the qualities of water, the health of plants, and
a number of external circumstances that we wouldn't immediately expect to be influenced by an "emotion." Even if we haven't determined exactly what is happening when love is in the air, we don't have to look far to find evidence of love's power in our own experience.

The Placebo effect: Is it the hey Sugar or the Perception and Belief?
The placebo effect is a well-documented phenomenon, placebos are nothing more than sugar pills which induce a positive belief. Placebos and actual medicine alike can be credited for their role in encouraging us to have a positive belief that we will get better.

Why does it feel so good to feel good?
The bottom line is that science and experience confirm that we are more likely to get better and stay healthy longer when we feel good. Feeling good is a miraculous thing, and it produces primary and secondary effects on multiple and unexpected levels all around us. Let’s first examine some of the primary effects.

Healing Potions and the Fountain of Youth
We could get all geeky at this point and talk about the chemistry lab of the body and what happens when we are in a good mood, but this is a short article, and we want to get to the point. To illustrate the powerful effect of our thoughts and feelings, let’s compare our body in its peak state to a positive energy field that has the
power to convert our food and drink into elixirs of health and vitality. The effects of a negative internal state have also been studied, and while it’s not fun to consider the negative, basically no matter how good the incoming food and drink, they are being added to a factory that is in the process of producing forms of poison. Sadly, we spend so much time focusing on the quality of what we put into our bodies, but we forget to focus of our internal feeling and their ill effect on the food we eat. We should not only focus on the quality of the food we eat, we must instead or at least equally focus on what state of mind we are in when we eat. Our state of mind, how we think and how we feel determine the end result of the food destiny in our body.

**Eat, Drink, and Be Merry!**
Before we put anything into the internal health factory, check the dials and see if it’s set to healing potion or poison production. The mood we are in when we are eating, drinking, and digesting, will change the final product the body receives to do its work with. If our mood is fluctuating up and down, it’s even more important that we ensure we are putting good stuff in. The way we feel is more than just a passing mood, it’s a matter of life and death!

**Gotta Love the Immune System!**
Not only does our mood and mindset affect our nutrition, likewise our body generates different product lines and chemicals under different circumstances. Furthermore, our mood and mindset also affect how active and effective our immune system will be. When we are in a peak state, it’s like we are bulletproof, as our immune system effortlessly deflects any would-be intruders from assaulting and invading our castle.

What is Second to None?
Let’s examine the powerful secondary effects of our thoughts and feelings on our health. It’s really quite simple. When we are feeling good and have a positive outlook, we are much more capable of designing and following an optimal health regiment.

Think about how much more energy and motivation we have, and how much easier it is to do the things we know are good for us, when we enjoy what we are doing.
Feel Good, it’s Good for you!

One of the reasons people struggle to keep feeling good, is they think it’s an indulgence or something they can put off for later. If you get nothing else from this article, I hereby grant you full permission and justification to make feeling as good as possible, for as much of your day as possible, as one of your top priorities in life. Not only will you enjoy it; the healthier, happier you is going to achieve worlds more in life. So, feel good because you can, and feel good because it makes good sense. Your life depends on it!

The mood we are in when we are eating, drinking, and digesting, will change the final product the body receives to do its work with.

ABOUT THE AUTHOR
Stacy McPherson is a power-house of positivity, infectious enthusiasm, and unconditional love International Award-winning Speaker and Presenter, Life Strategist, Author, Actress, Photographer and Model, Mother of Seven and a Health and Fitness Enthusiast. She is the author of “Happy Life Results”, a life changing coaching program. To know her is to never to be the same. She would love to connect, learn more about you, and help you get the results you want in life.

Contact: stacy@stacymcpherson.com | stacymcpherson.com
Approximately 35 million men and 21 million women suffer from hair loss. Dr. Dalal Akoury, Exosome Therapy specialist, explains the causes of hair loss and how exosomes can help revive your patients’ receding manes.

Happiness and health, who doesn’t want them? Although we have more physical comfort than ever before and more advancement in medicine, we are not the happiest and healthiest generation.

Advances in technology brought us superficial comfort and less physical activity compared to all previous generations, however, the cost is more mental exertion. The pace of life is getting faster and faster and our mind is preoccupied all the time. We are living in a world full of stimulation that stresses our nervous system. Our nervous system is continuously stimulated, our mind and body don’t find a chance to relax and repair. Hence, stress and anxiety are on the rise. The World Health Organization declared that “stress is the health epidemic of the 21st Century.”

Though we all are capable to be happy, most of us are miserable. We are always looking for the key to happiness outside of us. We are missing the most important ingredient of our existence, which is to look within for bliss. Our relatively slow evolving brain reacts with the same magnitude to the stress of a tiger attack or a challenging day at work. The fight-flight response that was designed to increase our chance of survival as a species is now the same mechanism that may be causing our demise.

I personally experienced excessive stress at work that affected every area of my life. I couldn’t think clearly, I couldn’t concentrate, I was frustrated, and my health deteriorated. I ignored these symptoms, I kept pushing myself to do more and more. For years I struggled with ill health, I suffered from chronic fatigue, constant headaches and above all I was unhappy. It got to a point when I couldn’t ignore my symptoms anymore, I saw many doctors, I was expecting a magic pill until one doctor told me that my health issues are caused by stress and that I have to find a way to manage my stress.

I signed up for a meditation course to help me learn to relax. I learned meditation from Vikas Malkani, the World’s #1 Wisdom Coach. I learned that meditation is much more than a relaxation technique. Wisdom is an important aspect of meditation. I looked deeper and I became a keen student. I started to practice the wisdom techniques that worked wonders. My health got better and better it even surprised my doctor. Learning and practicing meditation empowered me to change my life from the inside out. Wisdom taught me that I need to take responsibility over my life. I realized that only when I take responsibility for my life, I will improve it.

It is always easy to blame everything that goes wrong on other people or our life circumstances. I realize that I don’t need to run after things to find happiness. Bliss is right here and now regardless of the circumstances; this is a liberating lesson! I started accepting myself and became at ease with myself.

I learned to value my life and to schedule time for myself to have a deeper connection with myself to enjoy this precious gift of life. I became happier, healthier and more positive and I finally could sleep well. The most amazing part is that I found my life purpose. I became a certified meditation coach and I started sharing the pro-
A stressed mind is not a happy mind and a stressed body is not a healthy body.

— Narjes Gorjizadeh

found wisdom of meditation with others and impact the world. I started expanding my life beyond myself and this brought meaning and a sense of fulfillment, healing was a natural outcome. As disease and healing starts from the mind. Richard Davidson says, “happiness can be trained because the very structure of our brain can be modified.”

I am writing my first book about the life-changing wisdom that transformed my life.

The 3 wisdom secrets of mind–body healing

Secret 1 – Train the mind to heal the body

Your body is a chemical soup, you are the chef and your mind is your tool. You can alter the chemicals in your body by your thoughts. Every thought that you have in your mind affects the chemicals in every cell in your body. When we have positive thoughts —thoughts of love, kindness, gratitude, etc.— our body produces a range of different chemicals than when we have negative thoughts—thoughts of grudges, anger, resentment, etc.—Chemicals associated with positive thoughts are healing and chemicals associated with negative thoughts slow down your body’s healing.
Here are 3 ways you can train your mind to heal your body.

1. Meditate
Meditation is a mental exercise that calms down your mind and relaxes your body. Just as physical exercise makes our body stronger and healthier; meditation makes our mind stronger, healthier and happier. Harvard neuroscientist, Dr. Sara Lazar, showed that meditation literally changes the size and function of your brain, it promotes the generation of new cells in certain parts of your brain that govern higher level thinking, such as creativity, attention, memory, and decision making ability; increasing the size of brain in those areas. Meditation also improves immune system, lowers heart rate, improves memory, improves focus and improves sleep, to name a few. Schedule time for meditation beforehand every day, choose a meditation technique that you like, practice it every day, and be ready to be surprised by its wonderful effects.

2. Breathe
Our breathing is deeply connected to our mental, physical and emotional state. We can change our emotional state by changing our breathing pattern. If you breathe slowly and deeply it will bring your mind to a calm state and will relax your nervous system and promote the production of healing hormones in your body. Close your eyes and focus on your breath for a couple of minutes, pay attention to your breath and stay with your breath as you inhale and as you exhale.

3. Be grateful
Gratitude is a very effective technique to train your mind to hold onto correct thoughts and to heal your body. Gratitude is recognizing and appreciating the good things that are in your life rather than the things that are not as your liking. With the conscious practice of gratitude, you train your brain to hold onto positive thoughts rather than the negative. You literally reshape your brain and strengthen the part of your brain associated with happiness. Research shows that gratitude reduces stress, expands happiness, improves sleep and increases mental strength.

Secret 2 - Travel light
Recently I was traveled to the UK, while I was in the airport, I noticed that some people had small luggage, they could move very fast and they were not tired. Some other people were carrying a lot of luggage, carrying more than what they needed. Those people were weighed down and they were traveling heavy. The wisdom of life tells us that we must go through life traveling light.

Choose the companion you are traveling with. Your relationships and your associations are a defining factor in your life. As Vikas Malkani says, “people who you are travelling with will affect you or infect you.” Choose your relationships carefully because that will affect your health and your happiness.
Secret 3 - Choose work that brings joy to your soul

Ancient wisdom tells us that we must find work that comes from place of love and joy, which is in complete alignment with Kahlil Gibran’s statement, “work is love made visible.” There was a time in my life where I had a job that was not keeping me happy, and affected every area of my life, including my health, my personal performance and my work. When I found the work that made me happy, my life transformed. I found joy and fulfillment. And now I inspire people all around the world to do the work that gives them joy, happiness and fulfillment. Find work that brings us joy and sense of fulfillment.

Living a happy and healthy life is simple and easily accessible once you apply these wisdom secrets. Happiness is a skill everyone can learn, and healing is a skill everyone can gain.

“The most amazing part is that I found my life purpose. I became happier, healthier and more positive and I finally could sleep well. The most amazing part is that I found my life purpose.”

– Narjes Gorjizadeh

ABOUT THE AUTHOR

Dr. Narjes Gorjizadeh, PhD is a research scientist and a certified teacher of meditation and mindfulness. She has trained with internationally renowned master Vikas Malkani, founder of SoulCenter Academy, Asia’s premier personal development center.

Contact: sinfo@meditationnmindfulness.com | Tel: (+61) 403 662 504 | www.meditationnmindfulness.com | Address: D505, 250 Anzac Parade, Kensington, NSW 2033, Australia
Breathing is a life-sustaining activity that we begin to practice instinctively from the moment we are born and continues uninterrupted until the moment we die. The continuous rhythm of our respiration is such a familiar practice to us that, most of our lives, we are even unaware of our participation in this vital action. Remember that, though we can survive for many days without food and not quite so long without water, if we are prevented from breathing, most of us will be dead within three or four minutes. This is how fundamental the breathing process is to our well-being. Let us take a closer look at the dynamics of the breathing process. Singers and wind instrument players, amongst others, are always conscious of breathing, as their music depends on being able to deliver a continuous flow of breath across the vocal cords or through their musical instruments. Athletes depend on powerful breathing rhythms to be able to deliver high levels of oxygen to their performing muscles.

The air that we inhale into our lungs contains a percentage of oxygen and when this oxygen content comes into contact with the blood circulating in the spongy tissues of our lungs, it is absorbed into the bloodstream. The steady pumping of our heart transports this oxygen-rich blood to our brain, to the muscles and organs of our bodies where the oxygen is consumed in an energy-supplying mission. When we are working hard, our hearts beat faster, and we breathe more strongly to supply the increase in energy required by our bodies. In a healthy body, this biological heartbeat/breathing dynamic manages itself naturally and instinctively without the requirement of any conscious intervention. We are, however, capable of intervening in this natural sequence by intentionally modifying the character of our breathing rhythms. For example, if we choose to breathe more strongly than usual whilst remaining physically inactive, we influence the natural equilibrium of the supply and demand of oxygen, creating a higher than usual level of energy throughout our bodies.

Recent studies report the rhythm of your breathing can influence neural activity that enhances memory recall and emotional awareness.

– Viola Edward

Research and practical experimentation with the effects of unusual body energy levels has led to the development of many physical and spiritual practices that we find in various disciplines of healing and in the martial arts.

Both ancestral and modern practices acknowledge the importance of breathing in processes of transformation. There are various types of stress and my reference here is to stress produced by experiences that were neither accepted nor integrated into our life, developing subsequently into traumas. These were probably situations generated by fear, shame, anger, loss, or other limiting emotions and were experienced at an age when we were unable to manage the event, or the perception...
of the event. The situation could have occurred in a moment of extreme vulnerability, creating a wound that couldn’t heal completely.

To survive the pain, we learned how to create a variety of defense mechanisms, but the wound remained there, getting deeper, becoming chronic and sometimes extremely acute.

In therapeutic breathwork, the emphasis on breathing may seem deceptively simplistic. Recent studies report the rhythm of your breathing can influence neural activity that enhances memory recall and emotional awareness. Conscious connected breathing can connect us to traumatic memories and body memory and even, at times, to the source of a serious affliction. Practicing breathing in distinctive ways under supervision becomes a somatic therapy, which can heal affliction and may even lead to an experience of bliss and transcendence.

Kayana Conscious Connected Breathing is one of a number of styles of breathwork that are practiced currently. Because of its somatically therapeutic effects, it should not be confused with mindfulness breathing.

Trauma symptoms are the effects of instability in the autonomic nervous system and breathwork counselling releases these and other suppressed painful experiences. However, if left unresolved, they can cause a variety of emotional and physical problems, ranging from unwanted behaviours to serious mental illness.

Kayana Breathwork can lead to an altered state of consciousness that enables you to access these suppressed memories and emotional blocks. The somatic response to therapeutic Kayana breathwork allows for the recognition and release of these in a beneficial way. Due to this capability, breathwork is a valuable component of somatic therapeutic healing. The first effect is the release of physical tension. The second is the reframing of past and negative experiences followed by the integration of the self. In summary, Kayana breathwork is very helpful in supporting the treatment of addiction.

Our bodies will often hold our traumas but, with the correct tools and guidance, they are also able to self-heal. Breathwork’s somatic response to the expression and release of repressed traumas can facilitate deep self-awareness. Furthermore, the self-empowerment of Kayana breathwork techniques is both healing and sustainable.

Kayana’s proposal is for you to complete ten breathing sessions with a professional breathworker, either individually or in a group. You would benefit profoundly from the experience and learn to practice the technique by yourself.

This capability would then become a valuable personal asset, to take home and continue working with, wherever you are on your journey of recovery.

ABOUT THE AUTHOR
Viola Edward is a Transcultural Psychotherapist Mentor & Breathwork trainer with over 25 years of experience with individual & corporate clients, Stress Mastery Expert, a multi-winning awards, the founder of “Feminine Capital Forum”, co-owner of “Kayana Breathwork”. Author of two books: “Breathing the Rhythm of Success” and “Who Makes the Bed?”, Co-Authro of 5 more. Languages: English, Spanish & Arabic. Along her career path, working as a psychotherapist and Breathworker.

Contact:
info@violaedward.com | www.violaedward.com
WHEN EVERYTHING ELSE FAILED

QUANTUM BUSINESS EXPLOSION

WHEN EVERYTHING ELSE FAILED
As an international business consultant, my job is simple: explode my clients’ business results. To ensure that, I deliver on my promise every single time, you could say I am obsessed with finding all the factors that affect the performance, productivity, profitability, and market value of businesses.

When all the traditional tools of business management still couldn’t impact my clients’ businesses to the extent I wanted, I had to look elsewhere to find other ways to reach my goals.

In my zeal to constantly find better and more advanced solutions, a few years back, I got interested in quantum physics and its impact on the world of business.

If you are currently facing unsurmountable issues in your business, if you tried hiring better people, improving your products, investing in sales & marketing campaigns, and you are still struggling to get to where you want to get, I would bet you have a quantum physics problem.

Before I tell you how to use quantum physics to grow your practice, boosts your bottom line and increase the value and marketability of your business, I need to tell you what quantum physics is; or at least what it is to me.

Quantum Physics for Lay People
First, what is physics? Physics, according to the dictionary, is the science concerned with the nature and properties of both matter and energy.

For non-physicists, like you and I, it’s as if we live in two worlds; one world that is obvious, clear and that can easily be recognized by our five senses—that’s the world studied by the likes of Sir Isaac Newton—. It’s the world of mechanical physics. The second world, that is just as real, but that is completely invisible to our senses. It is the world of quantum physics.

When we throw an object in the air and it falls back down, a mechanical phenomenon happens; it’s called gravity. In short, the gravitational energy of the earth is what makes the object fall back down. We can see it, we can perceive it, and we can experience it. Because it is so obvious to us, physicists have been studying and measuring the world of mechanical physics for centuries.

It’s as if we live in two worlds: one world that is obvious, clear and that can easily be recognized by our five senses and a second world, that is just as real, but that is completely invisible to our senses

— Marco Robert

On the other hand, underneath what our senses can experience, there’s also another invisible energetic reality. And even though most of us can’t perceive it clearly, what’s happening at the quantum level can also be scientifically measured by physicists.

Just because we can’t see, perceive or experience something doesn’t mean it’s not there.
For example, when we make a call with a cell phone, even though it’s not connected to anything visible, we don’t question the idea that invisible waves of energy are travelling through space. There are no wires, but somehow, our voice can travel at the speed of light to reach a friend thousands of miles away. And that’s normal to us because, although we can’t see energy waves pulsating, we can still experience its result; calling a friend.

In the end, even though we aren’t really aware of it, at quantum energetic level there are many forms of energy that affect us every day of our lives. We don’t see them. Most of us don’t feel them. Nevertheless, waves are all around us at all times.

OK, you are starting to understand that there’s another world out there, one that is just as real, but one that most people aren’t aware of, and one that affects all of us. Now, you may be wondering, “What does it mean for my business?” and “How can it help me achieve the results I want?”
Let me ask you this question: Have you ever visited a business that visibly had a good product, delivered by good people at the right location, yet a few months later that business closed its doors? I certainly have.

You know what I mean, right? Sometimes there are businesses that visibly have everything to succeed but they don’t.

Why? For years I asked myself the same question. My research led me to understand that something happening in the invisible—in the quantum physics realm. The best way for me to explain this to you is to use a statistic that I’m sure you have heard before.

A professor at the University of California by the name of Albert Mehrabian figured out that when communication takes place between two human beings—between a sender and a receiver—only seven percent of the message received by the receiver was attributable to the verbal part of the communication. In other words, ninety-three percent of the message received has nothing to do with what is said.

You’ve heard that before, right? 7% verbal, 38% tone, and 55% body language? Another way of looking at Mehrabian’s research to say that 7% of communication is verbal, 93% is non-verbal.

What does communication research means for you?
Let me explain. Mehrabian proved that whatever message we think we are communicating, and what our interlocutors are actually understanding are two different things. In short, whatever you are trying to communicate to your partners, your employees, and even your clients, and what they are actually perceiving from you, are two completely different messages.

You may think that people buy from you because of the quality of your product? Because that’s what you are trying to communicate to your market. You may believe that opening a business in the right location is the most important part of building a business? You may think that finance or marketing or sales or operations, or team building or leadership or supply chain management or whatever you can see and experience are the most important parts of your business; they are not.

“The most important decision we make is whether we believe we live in a friendly or hostile universe.”

– Albert Einstein
Recently, I had a conversation with a prominent accountant, who could not be convinced that anything was more important for a business than its level of profitability. And later that same day, I met with a sales and marketing coach who almost got angry at me for suggesting that in some cases sales and marketing might not be what business owners needed. You see, for the accountant, accounting is tantamount to business success, but for sales experts, success is directly related to sales and marketing efforts.

I am sure you understand that, both accounting and sales and marketing are vital parts of business success. But let me affirm that all the sciences of business management put together (including accounting and sales & marketing), all pale in comparison to the importance of what is underneath all of them at the quantum level. But what could that be?

**How do you feel about the world?**
Albert Einstein, arguably the world smartest physicist to have lived, once said: “The most important decision we make is whether we believe we live in a friendly or hostile universe.”

In other words, the way you feel about the world affects everything in your life, including your health practice.

So do you want to know why your business may not be as successful as you would like? Do you want to improve your sales performance? Do you want to skyrocket your profitability? Start by answering these questions:

- How optimistic are you about the future of the world?
- What do you think about your clients?
- How do you generally feel about your life?
- How passionate are you about delivering on your promise of value to your clients?
- How important are the concepts of quality, customer service, and employee relationship to you?
- What do you think about yourself?
- Do you like yourself?
- Do you think you are smart or stupid?
- Do you think you have a charming personality?

In simple terms, the way you feel about the things mentioned above produces waves of energy at the quantum level, and those waves are picked up by your clients, and everyone around you.

You might think I am joking. After nearly three decades of research in all areas of business, including finance, accounting, operational management, organizational management, sales and marketing, customer service, leadership, and many other topics, generally associated with business success, and after having collaborated closely with thousands of business owners, you would expect a business professional like me to say that all business solutions stem from business sciences, right?

I certainly used to believe that was true. Like most other business experts I used to profess only about the application of common business scientific principles. **Heck, I used to tell the world that nothing was more important than the implementation of business systems.** That was me, just a few years ago.
Today all my research is pointing in a different direction. Therefore, I am now forced to change my perspective, and positively affirm that the success or failure of any business is directly related to the quantum vibrational energy of its owner.

In other words, nothing affects the success of a business more than the person who runs it, their views of the world and the perception they have of themselves.

You may think you can hide how you feel. You may think you can keep your state of mind from your spouse, your employees, your clients or even yourself. You can’t! "Your actions speak so loudly, I cannot hear what you are saying," said Ralph Waldo Emerson.

Even though most people have never even heard the term “quantum physics”, subconsciously everybody can “feel” you and your business, deeper than you can ever imagine. They may not even be aware of it, but the way they feel about you and your business dictates how they spend (or do not spend) their money with your business. Unless you are congruent and aligned in all your doings, people will pick up the wrong vibe coming from you and your business, and they won’t trust you, they won’t patronize your business, and you will fail.

Harsh? Perhaps. But that’s the truth. When it comes to business success, the statistics are horrible. You may choose to avoid it or face the fact that a large number of business owners in all fields, health care and others, struggle to succeed at the level they want. And those who have not failed, have long ago resigned themselves to a much lower state of prosperity that they had dreamt about.

It took me nearly thirty years of research to uncover this. Let me prove to you unequivocally that everything I said above is true. There’s only one way to prove it to you. The proof is you. Yes, you are the proof. Let me explain.

Please answer these questions for yourself: Do you believe that people may feel how you feel? Do you believe you have an innate way to feel people, and that you often allow your feelings about people to guide your decision?

You can tell that I am right, can’t you? But how do you know? Because you can feel it inside of you. Deep down inside of you, you know that people can feel how you feel, right? And deep down inside of you, you know that what I am saying here is right, correct? You can feel it all, can’t you?

Well, it’s the same thing I am talking about. That’s how the world works. Just like you can feel that I am right, people feel how other people feel around them. That’s how people make decisions in life. Human beings stem from the animal kingdom. Like many other animals we have adapted and survived by feeling our way around.

Imagine a herd of buffalos, or a flock of birds, or a shoal of fish. You might have seen them on TV and noticed how they act on one another. When the group is threatened, every member of the group acts following all the other members. It’s like a dance. They feel one another.

All animals, including human beings, can feel what is real and what is not. We feel what’s good for us, and we feel what’s bad for us. Even if we can’t see something or hear it, we can feel whether something is right or not. Similar to dogs who like to sniff each other’s butts before deciding whether to trust one another, your clients have been sniffing (feeling) you to decide whether to trust you or not.
The way you feel about the world affects everything in your life, including your health practice.

– Marco Robert

In the end, to succeed in your practice, you must know that all your business efforts will remain vain until you align all your intentions correctly at the quantum, energetic level. The way you feel, the way you recruit your staff, the way you design your products, the way you deliver your services, what you think about your clients, everything in your business is directly impacted by your own quantum vibration.

The cause of your struggles is probably energetic, so stop looking for a mechanical business solution. If you are still struggling to build the business of your dreams, even after devoting yourself to learning everything about business, attending seminars, working with business experts, coaches and consultants, you may want to face the fact that the real solution might not be outside of you, but rather inside of you.

Today, on top of using normal business management tools, I also have an entire toolbox of systems I have developed to help my clients shift at the quantum level.

Since I accepted that business results could be due to quantum energy issues, and I have been addressing the root cause of those issues, my clients results have skyrocketed. My methods allow my clients to have what I call quantum jumps. Sometimes those shifts happen in a matter of minutes. And the results are often exponential. They can’t be explained in any linear fashion.

For example, when one of my clients, a decade-old business, grew more than fifty times over in less than two years, it couldn’t be explained by any linear progression.

If you are interested in finding out more, I invite you to Google my name, look me up, feel your way around, and decide if you want to chat with me about ways to explode your business results. Let your feelings guide you to the right decision.

Until then, Marco Robert.
WHY XOSTEM?

Because XOSTem offers you a complete regenerative medicine solution.

At XOSTem, we are dedicated to help Cell Therapy Health Entrepreneurs start and scale successful regenerative clinic programs. With an emphasis on cutting-edge scientific breakthroughs, such as exosomes in conjunction with other cell therapies for incredible outcomes that offer:

- Better results for your patients and clients
- An increase in your clinic’s income and revenue
- The chance for you to become part of a growing community of integrative medicine practitioners that support and encourage each other.

We do so by helping you implement and master these four key areas:

**Mindset**
- Build unshakable confidence and a winning entrepreneurial mindset for lasting success.

**Marketing**
- Create scalable marketing campaigns that consistently and predictably attract an endless stream of qualified leads to your business.

**Monetization**
- Convert qualified leads into high-paying clients through automated webinars and enrollment conversations without being “salesy” or pushy.

**Self-Managing Systems**
- Deploy simple processes and systems that help you work smarter, not harder, so you can scale your business doing what you love most while enjoying more freedom in the process.
How to Feel Your Way to Financial Freedom

As the Founder and CEO of XOSTem, the world’s leader in assisting health entrepreneurs and practitioners leverage the cellular medicine industry to turn their expertise into high 6- or 7-figure businesses with less stress, my true passion is helping visionaries – like yourself – achieve massive success with your regenerative medicine business. By helping you, we can collectively help more people around the world live healthier.

Specifically, we help you create a premium regenerative medicine center that creates dream-come-true results for your patients and clients, while positioning you in a “category of one” so you rise above the noise and predictably attract your ideal clients.

We work our magic through Achievers Mastermind, our implementation-focused Health Business workshop, and our annual XOSTem LIVE events, and by distributing safe and pure exosomes and stem cells, along with the appropriate equipment.

All of our trainings and experience deliver systems, processes and frameworks that simplify the complexities of running a successful regenerative health business and move you closer to enjoying more income, impact and freedom in a fraction of the time.

You have the potential to tap into an incredibly bright future, where you may generate seven figures per year guiding over 500,000 people to better health.

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DR. PHIL MCGRAW
America's most popular
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You have been enjoying life, living it to the fullest, and then one day you are forced to make the long-dreaded doctor’s appointment or even worse, the feared ER visit. Your health issues have reached the point where a more drastic action has to be taken. And quite frankly, grandma’s natural remedies may no longer work on the long-ignored health symptoms that you have pushed aside. Now what?

I must say that there are two groups of people. Those who are reactive and those who are proactive with their health. The proactively healthy individuals have experienced a traumatic event that has completely changed their psyche. Thus, they have transitioned into a mindset where living a healthier lifestyle is better than the alternative. On the other hand, the reactive group addresses the health issues as they present themselves. Therefore, they are always looking for a cure as opposed to practicing preventative methods. Caring for our bodies does not only involve treating the issues at hand but addressing root cause issues that lead to manifestation within the spirit, mind, and body.

I, Dalal Akoury, MD, the founder of HealPreneur, have gotten a lot of great results by practicing an advanced integrative approach to healing. “My hope is to transform healthcare and help people, to be more proactive with their health.” I recently had the opportunity to meet with a prominent figure in the healing arena who understands that health is inclusive of the deeper issues of the spirit, mind, and body, Dr. Phillip C. McGraw.

Dr. McGraw, most commonly known as Dr. Phil, is an American TV personality, author and Psychologist. Dr. Phil is a wellknown and trusted mental health professional and the host of #1 TV’s daytime talk show. Dr. Phil show has been the top-rated daytime talk show for the last seven years and has received 29 Emmy nominations and won five PRISM Awards for the accurate depiction of drug, alcohol and tobacco abuse and addiction.

Who Is Dr. Phil McGraw?
The now 69-year-old, started his journey at the University of Tulsa and Midwestern State University where he earned his B.S. in Psychology. He then went on to earn to his Master of Arts in experimental psychology and Ph.D. in clinical psychology from the University of North Texas. He quickly realized that one-on-one therapy
wasn’t for him and launched a self-motivation seminar called “Pathways”. He then went on to become the founder of a company called Courtroom Sciences, where he helped lawyers to build cases through mock trials, behavioral analyses, jury selection, and mediation.

**Career Turning Point**

Through Courtroom Science Dr. Phil met Oprah Winfrey. At the time, Oprah Winfrey, the popular TV show host, was being sued by cattlemen for defamation of the beef industry after expressing her disinterest for consuming beef. The cattlemen’s efforts were compromised when Oprah hired Dr. Phil. Soon after this incidence, Oprah Winfrey gave Dr. Phil the opportunity to make regular appearances on her show, which give him the opportunity to grow in a different direction. Dr. Phil subsequently launched his own one-hour series in 2002, titled “Dr. Phil”. Here, he developed the most comprehensive forum for a better understanding of mental health issues within our society and presents it in the simplest form, layman’s terms and brutal honesty. His “get real” approach has earned him the respect of many.

**The importance of Spirit, Mind, and body alignment**

Dr. Akoury, who believes that aligning Spirit, Mind and Body is the first step in healing, describes Dr. Phil as a disruptor, a leader, a healer, and a HealPreneur. Dr. Phil, who helped thousands of people around the world, is discussing with me how to accomplish my mission to raise awareness about health and wellness. Furthermore, how to help people transform and tap into their inner power. Encouraging everyone to get involved and join the universal healing movement.

Dr. Phil elaborates: “We are conditioned to only react to our health issues instead of being proactive. While some may be more engaged in better health management, we are victims suffering in a broken healthcare system. One that strives to treat everyone the same no matter the health condition. One where doctors become the puppets of the pharmaceutical companies. Praising those who follow the set model and defaming those who stray away.

We don’t have a lot of free time and it’s very hard to get people to think about. We put our cars in the shop, we have a repairman come out for air-conditioners. We have people come out looking at our rugs and we don’t put ourselves in the shop very much. We don’t do much maintenance on ourselves. **We go to the doctor when we’re sick, we don’t go to the doctor when we are well. We don’t do things like we should and that has to change if we really want to improve the quality of our life. It’s a matter of getting people to be aware. We are so reactive. We wake up every morning and we do what’s in front of us.”

“**The difference between who you are and who you want to be is what you do**
If we want to talk about wellness, and we want to talk about health, then we need to do it from the standpoint of not having a medical model that deals with disease but having a model that deals with wellness and disease prevention. It is a completely different mindset and, to do that, we have to get people to understand that look: “I need to take care of myself while I am well, not when I’m sick.”

If you can just get people to just put something on the calendar every month that says “what do I need to do to take care of myself health-wise, wellness-wise and healing wise. Before something breaks,” just that awareness changes things a whole lot. Don’t wait till something breaks to do something preventatively.”

Dr. Phil describes the connection between chronic pain & unresolved emotions
Dr. Phil found that there is a direct connection between chronic pain and unresolved emotional issues. As a pioneer in Pain management and a specialist in Behavioral Medicine, Dr. Phil opened one of the first In-Patient pain clinics in the United States. He had one pain clinic at Duke and one in Texas.

Dr. Phil describes his approach in pain management using this example: “I would have a pain patient come in and I would sit down with them and ask, “Tell me about your pain?” This open question allow the pain patient to tell me about their pain, I would write it all down, and if they wanted to talk for half hour or an hour and a half, I would listen and I would say, “Do you think I understand?” They would then answer: “Well, I couldn’t see why you wouldn’t.” Afterward, I would say: “Tell me some more and I would sit for another hour or as long as I have to.” Subsequently, I would ask: “Now do you think I understand,” and they would say: “I think you’ve listened long enough and I think you really do,” and I would say, “Ok.”

Dr. Phil believes that pain can be very depressing and can even become the patient identity. Dr. Phil elaborates: “pain can consume people with chronic disease
to the point that Pain can become their identity. They stop being persons and start being patients. Pain becomes their social life, it becomes their mission in life, it becomes their whole identity and it consumes them emotionally. And, once that happens, then they stop striving for things and they start regressing emotionally, they start giving themselves excuses, they stop having joy, and they stop every other aspect of their life.

“We cannot let that happen. We have to require people suffering and inflicted by pain to be fully functioning in every other aspect of their life, coexisting with their pain and give them the tools to handle pain or it would consume them.

Pain is like a skunk. If a skunk sprayed in this room right now it is such a stubborn odor and it would permeate every square centimeter of this room. Pain is that way. And, if we don’t teach people suffering from and experiencing excruciating pain how to compartmentalize this pain and live synergistically with pain, pain will indeed control their emotions; subsequently their emotions influence the pain.

Dr. McGraw and his wife, Robin, are well-known for their tireless support for children and families. In 2003, Dr. McGraw established the “Dr. Phil Foundation”, a nonprofit charitable organization funding many worthy projects benefitting disadvantaged children and families.

We, as physicians, psychiatrists and healers, are obligated to get pain victims out of that cycle. In fact, this is a neurological cycle. The pain pathway is determined we have to alter how it is recorded in the amygdala, the nucleus accumbens, and the pleasure centers. It is our duty to modify all of that by disrupting the neurological patterns this will help them to feel OK. I do have options here and its damn sure not opioids.”

Dr. McGraw has devoted his platform to the delivery of sound, evidence-based mental health advice for the last 17 years and has continually strived to make psychology accessible and understandable to the public using the medium of television. In 2006, Dr. McGraw was honored with a Presidential Citation by the American Psychological Association for his significant contributions to the field of psychology. The citation read in part, "Your work has touched more Americans than any other living psychologist."
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What if I told you that there is an alternative to traditional medical treatment that has shown to increase overall well-being and cognitive functions and it does not involve medication or complex therapy?

While it can help lower blood pressure, induce stress recovery, help employees score better on cognitive tests, calm Alzheimer patients, and help focus children with Attention Deficit Disorder (ADD), it is not widely used. It has also been shown to facilitate quicker recovery from surgeries and trauma. So, what is this alternative? Plants. Something as simple as being exposed to plants can have a marked effect on a person’s health and well-being.

Do you know what Biophilia is?
For many of us we know that we feel better when we see beautiful flowers, go for a walk in a park, or see rolling hills covered with lush greenery. However, we usually don’t stop to think about why is that? “Biophilia”, which means the “love of life or living systems” is not a new concept, the term, nevertheless it was first discussed in modern history by Erich Fromm in the 20th century. Erich Fromm is the first to describe “Biophilia” this psychological phenomenon of being attracted to all that is alive and vital. In 1984, Edward O. Wilson similarly used the term and suggested that the deep affiliations humans have with other forms of life and nature are rooted in our biology. Recent studies go as far as discerning the nuances and differences in how our eyes process and perceive the image of living organisms versus inanimate objects.

Urbanization Risks and possible solutions
As the population migrates to urban areas and the built environment increases, the opportunity to connect with nature declines. Sadly by 2030, it is projected that 60 percent of the world population will live in urban areas. Studies show that psychological problems, such as some forms of aggressive behavior, can be linked to this lack of connectivity.

Plants have been known to miraculously improve both our indoor and outdoor environments. Plants and living greenery make our cities more livable by increasing the biophilic effect, improving air quality, absorbing pollutants, decreasing the ambient temperature, promoting biodiversity, and filtering and cleaning water run-off.

Is there an urgency for Biophilic design?
This craving to connect to nature has led to biophilic design. Biophilic design focuses on the inclusion of direct nature (living plants, natural lighting, and water) as well

Biophilia is the “love of life or living systems”
as indirect nature (images, colors, and shapes of nature) into the built environment. Plants can be incorporated into biophilic design as traditional plants and gardens as well as living walls, and rooftop gardens.

Living Walls? What are living walls?
Living walls, also known as plant walls, green walls, or vertical gardens, are basically plant systems grown on a vertical surface. They can be composed of a wide variety of plants such as succulents, flowers, herbs and can be grown hydroponically or using growth mediums such as soil, stone, or compost. With thoughtful plant selection, and the use of appropriate lighting and irrigation living walls can survive for years. These plant systems can be built on exterior building facades, interior building walls or on mobile vertical structures. Exterior and interior living walls can be included as part of the initial construction or added later as a building retrofit. Living walls have been added to many types of buildings such as residences, commercial buildings, schools, and hospitals.

Benefits of Living Walls

- Provide aesthetically pleasing surroundings—Dull walls can become “living art.”
- Reduce noise through absorption and deflection of sound.
- Improve air quality through:
  - Addition of oxygen to the environment. Plants release oxygen and remove carbon dioxide from the air through respiration.
  - Absorption of harmful chemicals and toxins from the air.
  - Incorporation of dust, mold, bacteria and particulates by the plants.

Although traditional live plant and flower arrangements can behave in a similar manner, living walls provide a high plant density, thereby amplifying these positive effects. Living walls can contain large numbers of plants while occupying a minimal footprint. Through specific plant selection, they can be designed to highlight visual impact, enhance chemical absorption, or be a source for healing/medicinal herbs.

Your Gateway to Healing and Wellness

There are many health benefits that can be attributed to the presence of plants. Some of these benefits such as reduced frequency of allergies and respiratory illnesses, can be attributed directly to plant attributes such as the ability to absorb chemicals and remove dust, microorganisms and particulates from the air. Others are more complex and seem to go back to the concept of biophilia. For example, it has been shown that looking at plants increased focus in children with ADD. It is believed that the increase in focus can be in part be attributed to the visual aspects, which keep the brain occupied so that distracting thoughts don't take over.
However, this effect may also relate to the increased air quality produced by the plants in the environment as well as more complex psychological reasons. Similarly, employees have demonstrated decreased stress levels, increased productivity, better critical thinking, and overall well-being when plants and living walls were introduced into the work environment. Studies from Harvard’s School of Public Health demonstrated that the level of carbon dioxide and oxygen levels in an office environment had a direct effect on employees critical thinking capabilities and their ability to perform complex tasks. Other studies suggest that it may also be due to the visual aesthetics of the plants.

Park and Mattson (2008) noted a number of related effects from the presence of plants. They performed a randomized clinical trial on patients recovering from an appendectomy. According to the results of the study, “Patients in hospital rooms with plants and flowers had significantly fewer intakes of postoperative analgesics, more positive physiological responses evidenced by lower systolic blood pressure and heart rate, lower ratings of pain, anxiety, and fatigue, and more positive feelings and higher satisfaction about their rooms when compared with patients in the control group. Findings of this research suggested that plants in a hospital environment could be noninvasive, inexpensive, and an effective complementary medicine for patients recovering from abdominal surgery.”

Living walls can provide positive effects on health and wellness in many situations and should be viewed as a valuable tool in the healing toolkit. HealPreneurs can:

1. Explore incorporating living walls into their locations and practices. Living walls can be a good fit for a myriad of facilities such as: dentist offices, doctors’ offices, integrative health clinics, nursing homes and assisted-living facilities, rehabilitation/addiction treatment centers and physical therapy centers.

2. Advocate to incorporate them into schools, businesses, and residences, recognizing the negative impact that exposure to stressors, such as poor air quality has on health and wellness whether found in our work, schools, recreation or home environments.

Looking at the cost-benefit of living walls from a business perspective, there are definite initial and ongoing maintenance costs involved, with the return on investment varying from project to project. When these costs are weighed against benefits that increase profit, such as having a lower stress environment, the ability to attract and retain high-quality talent, and increased employee productivity and creativity, living walls emerge as a logical addition to many businesses.

A green wall professional can help you evaluate your specific needs and how customized living walls can benefit your business and your clients.

ABOUT THE AUTHOR
Anita Bohrnerud has worked in the environmental field over 35 years both as a consultant and for a Fortune 200 company, working on health-risk cleanup of contaminated properties, compliance, and sustainability. In the past several years she has been involved in green architecture and vegetated walls and roofs to help bring more greenery to our cities. She is the Senior Managing Partner at Green Roof Specialists. She has a BS and MS in Chemical Engineering, is a registered Professional Engineer (Civil), and a certified Green Roof Professional. Anita merges her technical expertise with her artistry and her passion for the environment to develop pragmatic sustainability solutions for individuals and businesses.
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THE SECRET to Sexual Health REVEALED
Sexual struggles among men and women! Sexual distresses among men and women are more common than articulated, affecting about 43% of women and 40% of men. The sexual troubles range from hypoactive sexual desire disorder reported in approximately 30% of women and 15% of men to sexual arousal disorders, including erectile dysfunction in men and female sexual arousal disorder in women, not to mention a spectrum of orgasmic disorder and sexual pain complaints which is relatively common in women. Low libido or low sexual desire is another common complaint among women and men. Sexual dysfunctions greatly impact interpersonal functioning and overall quality of life in both men and women.

How Common are Erectile Dysfunction and Genitourinary Syndrome of Menopause?
About 40 percent of men over age 40 have difficulty getting or maintaining an erection, the problem usually increases with age. A similar percentage of postmenopausal women experience genitourinary syndrome of menopause, a term used to describe a host of symptoms related to diminishing levels of estrogen, including vaginal dryness, itching, soreness, pain during intercourse, and more frequent urinary tract infections.

Aging isn't for the faint of heart. With every passing year, our risk of degenerative diseases like diabetes, kidney disease, osteoarthritis, Parkinson’s, and Alzheimer’s including sexual dysfunctions rises. Can Stem cell therapy and Exosomes restore sexual function? This is article will Focus on the most common sexual afflicting men and women while attempting to answer this question.

Men, this article is about you and for you
Men, your sexual performance may not be as good as it used to be… It may have even gotten worse over time. You might rely on the BLUE PILL now—or WORSE—it might not even work anymore, it might be hurting your
Managing sexual dysfunction, along with a healthy lifestyle, enables a fulfilling sexual life well into a man's 80s

sex life, it might be hurting your confidence, and it might be hurting your relationships entirely. You might've even given up hope and accepted this as a natural part of life. STOP! There's a way to reverse it, and doctors and urologists have been fixing their patients' problems. Countless men want to take their manhood back without pills, without injections, without side effects.

Ladies, this Article is about your Sexual Wellness too

Sex has become a centerpiece of modern culture. It is up for discussion everywhere: on the radio, on TV, in the movies and even in unexpected places, like at the office or in schools. But the one place sex isn't being discussed is in your doctor's office—an omission that can keep you from achieving and maintaining a peak sex life—for your whole life. Feminine sexual struggles are not a small problem: 50% of women experience some degree of low libido and sexual dysfunction. If your sex life—regardless of your age—has taken a nosedive, either because of pain or unexcitement, lack of arousal, vaginal dryness or even bladder disorders. You get your femininity back without pills, without injections, without side effects, there may be some new and simple treatment that can bring desire back and so much more!

Let us Reveal the Secret of Healthy aging and Healthy Sexuality
It is an exciting time to be a healer. Innovative, regenerative treatments that enable us to send cellular signals without actually injecting cells into your body have evolved. But are these therapies best suited for your age, condition, general health, environment, and lifestyle? Well-read, highly-trained lifelong biohackers can revive your health.

**Why should you enhance Sexual Health?**

To achieve peak sexual wellness, you need carefully tailored healing plans to suit your individual needs. Most men who receive precisely customized management report:

- Increased firmness of erections
- Increased blood flow and circulation
- Improved sexual abilities
- Increased sexual stamina
- Increased sensation and pleasure
- Enhanced appearance
- Improved or resolved prostate discomfort
- Improved or resolved urinary incontinence

Managing sexual dysfunction, along with a healthy lifestyle, enables a fulfilling sexual life well into a man’s 80s. So, have a conversation with your trusted medical specialist, and begin to enjoy your sex life again!

**Can Stem cell therapy and Exosomes restore sexual function**

Anti-aging and Regenerative medicine specialists recognize that *stem cells and exosomes hold the secret to diagnosing a slew of disorders, reversing degenerative disease, and even demonstrating how cancer is treated*—all while understanding how the uses of stem cells are constantly changing.

**Erectile Dysfunction Explained**

For erections to occur three sequential phases need to happen: first the arteries expand the sympathetic nervous system gets minimized, the parasympathetic nervous system gets activated, and release of pro-erectogenic neurotransmitters relaxing the smooth muscle of the arteries resulting in a gush of increases blood flow by approximately 20 to 40 times, the expanding sinusoids of the corpora cavernosa. As these sinusoids enlarge, the outer portions of corpora near the tunica albuginea start to occlude venous outflow.

**So how can Exosomes Reinstate Erectile Dysfunction?**

Stem cells can become any type of cell your body needs to regenerate. Stem cells perform their functions by deploying exosomes. Exosomes are small fluid-filled vesicles that transport proteins and genetic information between cells and deliver “repair” commands. Mesenchymal stem cells (MSCs) secrete more exosomes than other cells. Thus, exosomes cause angiogenesis, angiogenesis is the process of growing more blood vessels in the penis, these blood vessels grow stronger producing more blood flow to the area. **So, Angiogenesis is the real reason why men get bigger, fuller erections, then PRP acts like “sprinkling miracle grow” on top of that.**
It’s similar to how your muscles grow when you lift weights. Working out tears them down, not too much to cause injury but just enough to make them grow bigger and stronger. And then the PRP works as “growth factors” to make it grow even stronger. Kind of like drinking a high-protein shake right after your workout, but if that protein skipped the stomach and went straight to the muscle for even bigger gains. Angiogenesis is the scientific reason behind why men end up with better erections than they’ve ever had after PRP or Exosomes.

**Why worry about Dangerous Drugs for sexual restoration... when Exosome Enhancement is available Now?**

You may already know that your own platelet rich plasma (PRP) can help grow more tissue in your penis. You may also know that stem cells have been added to that plasma to deliver growth factors. Now we’ve shed the cell to bring you just the powerful exosomes inside, which deliver growth factors to your penile tissue through cellular messaging.

Exosomes are tiny bubbles on the outer rim of your cells that carry biochemical messages. These cellular “workers bees” have been used for prognosis, diagnosis, and treatment of a wide range of diseases. They flow in all bodily fluids—blood, urine, saliva, semen—sending communications throughout your body to disrupt dysfunction and stimulate cell repair. That’s why Advanced Regenerative Medicine experts now replaced use Exosomes instead of stem cells to solve the problem of Erectile Dysfunction.

There are many erectile dysfunction causes – but only one solution. AWAREmed team under the guidance of Dalal Akoury, MD Center has plenty of thankful patients who can attest to the power of the Exosome for erectile dysfunction symptoms. To begin your customized protocol and enjoy more potent, longer-lasting erections call the AWAREmed Health Wellness Resource Center at (843) 957-1196 or contact us here.

**Can Stem Cells, Exosomes enhance Vaginal Rejuvenation?**

Exosomes enhanced Vaginal Rejuvenation is a revolutionary nonsurgical treatment that uses your own blood platelets to activate growth factors that rejuvenate the female orgasm system, allowing more blood to flow to the organ, enhancing sensitivity and delivering dramatic improvement in sexual function.

**How Does the “Exosomes boosted Vaginal Rejuvenation” Work?**

Vaginal Rejuvenation begins with a simple blood draw. Then, using a proprietary technique, platelets are separated and concentrated. The PRP that contains growth factors that are extracted from your blood is then injected into an area near the clitoris and into the area of the upper vagina that is most important for sexual response. These areas are numbed with a local anesthetic cream before injection, and patients to experience little or no discomfort during the procedure. The doctor injects the PRP into an area called the “O-Spot”, which is a collection of structures that activate the orgasm system. The process of injection triggers the platelets to release seven different growth factors that then activate the stem cells located in the vaginal and clitoral tissues to regenerate and thus become "younger" with improved functional potential.

Women often enjoy some effects of the O-Stem and O-Exosomes almost immediately as the growth factors begin to rejuvenate and enhance sexual response. Women who receive the O-Exosomes procedure report an increase in their sexual response within days and weeks of the treatment, and, for many, the increase is dramatic. After the O-Stem and O-Exosomes many ladies experience...
• Greater arousal from clitoral stimulation
• Younger, smoother skin on the vulva (lips of the vagina)
• A tighter introitus (vaginal opening)
• Stronger orgasm
• More frequent orgasm
• Increased sexual desire
• Increased ability to have a vaginal orgasm
• Decreased pain for those with dyspareunia (painful intercourse)
• Increased natural lubrication
• Decreased or resolved urinary incontinence (both urge and stress problems)

If you are seeking solutions to urinary incontinence, the O-Exosome in conjunction with pelvic Exercises may be your answer for effective amelioration of urinary incontinence and stress incontinence, as it can bring long term relief, eliminating the need for medication, and, in many cases, surgery.

Are exosomes safe?
Biologists have utilized exosomes as a diagnostic and preventative tool for decades. When produced from Mesenchymal Stem Cells (MSCs), exosomes help reduce inflammation, and help grow new blood vessels (angiogenesis) more effectively than stem cells.

One of the most common causes of ED is diabetes, which can damage the blood supply to the penis and the nerves that control an erection. A study published in The Journal of Sexual Medicine last year demonstrated that stem cell-derived exosomes alleviate diabetic erectile dysfunction.

It’s becoming more and more obvious—even to mainstream traditional physicians—that the future of healing lies in regenerative medicine. And that the medicine of tomorrow will be delivered via natural means: including stem cells, exosomes, and Peptides.

If your sex life is anything short of amazing, come see us for a free consultation. You deserve the best. Come to experience the power of innovative, non-invasive procedures that are proven to be up to 90% effective without risky medications and or surgeries. Contact us AWARE-med Health Wellness Resource Center at (843) 957-1196.

ABOUT THE AUTHOR
Dr. Dalal Akoury, MD is the founder and Medical Director of The AWARE-med Health and Wellness Resource Center. Dr. Akoury is board certified in Integrative Cancer Therapy, Anti-Aging, Regenerative, Metabolic and Functional Medicine, as well as having accumulated more than twenty years of experience in emergency medicine and pediatrics, and a master’s degree in public health. Dr. Akoury served fellowships in pediatric hematology/oncology and preformed research in leukemia and the effects of smoking. This lifetime of experience, along a unique sensitivity, genuine compassion, and a driving passion to inspire health in everyone, has prepared “Dr. Dolly” to be in this place at this time.
CONQUER ERECTILE DYSFUNCTION NOW

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**Exosomes are safe**
They work as a natural treatment.

**Rejuvenate and enhance sexual response**
Men get better within days.

**Decreased or resolved urinary incontinence**
They bring long term relief, eliminating the need for medication.

See why so many people are choosing it.

Learn more with a FREE Consult today
As I sat and listened to the numerous hours of presentations at a recent medical convention, my mind was swimming with new and exciting information. I could begin to see how these new therapies could help so many of my difficult-to-treat patients, those who “had been everywhere” but were not helped at all. This wasn’t just another medical conference. In fact, it was quite different from those that I had previously attended. This meeting focused on cutting-edge aspects of regenerative medicine, a whole new way of thinking about the healing of, perhaps, an injured brain, an ailing heart, or a degenerated disc or knee.

Words like exosomes and peptides were relatively new to the audience but by the end of the weekend, my vocabulary had expanded to include a host of new terms with dozens of therapeutic peptides along with umbilical cord derived mesenchymal stem cell exosomes and stem cells.

It wasn’t more than a couple of weeks after the conclusion of this conference that was sponsored by ACAM (American College for Advancement in Medicine) that a 40-year-old female patient presented to my office with multiple complaints involving so many parts of her body, including her brain, gastrointestinal tract, muscles, lungs, and even her private parts. She had previously been to dozens of physicians, many who said, “I have never seen this before,” and she stated that she wanted to feel healthier, to have more energy and stamina, and to have less fatigue and stress.

Upon further questioning, she expounded on her medical history. The following is a list of some of her key complaints:

**Previous history of:**
- The power to turn anyone into a potential ally and to strengthen existing relationships
- Traumatic brain injury (TBI)
- Previous hospitalization for high creatinine, with kidney failure, liver failure and was in the ICU
- Rhabdomyolysis and was in the ICU
- Borderline diabetes
- Pneumonia 6 times
- 2 fractured ribs
- History of endometriosis
- Told autoimmune disease

**Current complaints of:**
- Had traumatic brain injury and experiencing ongoing debilitating headaches
- Extreme fatigue and sleeping all day long
- Can sleep 14 hours/day and still feel exhausted
- Can hardly get out of bed and take care of her young son
- Moods are “all over the place”
- Night sweats
- Had been receiving trigger point injections for severe nerve pain in her right leg
- Terrible abdominal pains, bloating and bruising
- Frequent urinary tract infections
- Rectal bleeding
It was my feeling that this patient was lacking the ability to heal and regenerate when it came to damaged tissue. I started her on a 3-part detailed and thorough plan which consisted of (1) oxidative therapy, (2) exosomes and (3) peptides, all in an effort to reduce inflammation, to modulate her immune system and to begin a healing process to reverse cellular aging and to enhance various metabolic pathways.

After just 2 months of treatment with these regenerative modalities, my patient was once again able to get her life back with added vitality, strength and energy that she had been missing for some many years. Her mental fog had lifted, she was now able to go to the gym and do extreme workouts, and life began to be enjoyable again. Most of her 13 years worth of medical maladies had been reversed!

To tell you a bit about these innovative treatments, exosomes are derived from the secretions of cells that contain important proteins, cytokines, growth factors and RNA, both mRNA and miRNA.

They are derived from umbilical cord mesenchymal stem cells and are now becoming recognized for their critical role in intracellular communication, cell signaling and their ability to stimulate repair and regenerate where needed. They are generally anti-inflammatory and immunomodulatory.

Some of their benefits are the fact that they can cross the blood-brain barrier and, therefore, may benefit those with previous traumatic brain injuries (TBI), concussions, Parkinson’s disease, stroke, multiple sclerosis (MS), and dementia or Alzheimer disease (AD). If you are wondering how can these exosomes help in some many different clinical conditions, you’re right. Because they are reparative and help with cell-to-cell communication, and because they help to reduce inflammation and improve immune function, these substances can help to reduce scarring and remodel where there was a prior cellular injury. Target tissues for exosomes can include the heart, brain, lungs, liver, kidneys, intestine, skin, immune system and skeletal muscle including bone, muscles, ligaments, and tendons.
A third innovative modality that I recommended for this complicated patient was a peptide management program. Peptides are short chains of amino acids, generally, less than 50 linked together that are involved in cell signaling and improve communications among the cells. Peptides also help to slow cell senescence, a phenomenon in which healthy cells cease to divide leading to free radical formation, oxidative stress and eventually mitochondrial and cellular dysfunction which accelerates aging and disease.

This patient was also treated with a treatment known as oxidative therapy which consisted of a mixture of oxygen (O2) and ozone (O3). While more commonly used in Europe including Spain and Italy, Latvia, Puerto Rico, and Brazil, this therapy is gaining popularity in the US. It has the ability to stimulate some of the important anti-oxidant enzyme systems in the body including superoxide dismutase, heme-oxygenase, glutathione peroxidase, and catalase. If that is not enough, it can also help to oxygenate tissues more effectively, is anti-inflammatory and can improve immune function. Ozone therapy is generally used to improve virtually all of the biological systems of the body. While it may not actually treat any specific disease, ozone therapy is a very effective adjunct to improving overall cellular function and can be added to a regenerative medicine treatment plan.

Peptides can be used in various clinical conditions including autoimmune disease, chronic fatigue and fibromyalgia, Lyme disease, cancer support, colitis, concussions, chronic pain and much more since they, too,
help to repair diseased or damaged tissue and promote healing. I have found peptides to be extremely effective when combined with other aspects of regenerative medicine including exosomes or stem cells.

In this case, I felt that my patient’s repair mechanisms were inefficient and that something needed to be done to assist in this process. One of the factors that differentiate health from disease, is the ability for the body to repair diseased tissue and to begin a reparative process. **If we lose the ability for cells to communicate more effectively with each other and to send the appropriate signals or messages to a target cells to regenerate itself, our body will not heal and disease states will continue to progress.**

I have found that we need to address disease, especially chronic disease, at the cellular level and to remove the impediments for healing and recovery while providing the body with the tools to put it in the position to heal itself. Pharmaceutical agents are certainly not the solution in most cases of chronic disease and, in fact, may actually be the cause of many of the conditions that we see today.

As forward-thinking, cutting-edge physicians, we now have additional tools within the regenerative medicine arena to help those with symptoms that have been so difficult to conquer. While still in their infancy and currently considered experimental and investigational by the traditional medical profession, **treatments with umbilical cord derived mesenchymal stem cell exosomes, therapeutic peptides, and other oxidative therapies should all be a serious consideration when assessing and treating patients with difficult-to-treat, “no answers found,” “I can’t do anything for you” cases that plague thousands of patients every year.**

“She had previously been to dozens of physicians, many who said, “I have never seen this before.”

**ABOUT THE AUTHOR**

Dr. Allan Magaziner is the founder and medical director of the internationally-acclaimed Magaziner Center for Wellness, Dr. Allan Magaziner brings to his patients a wealth of knowledge and expertise in practicing natural and preventive medicine. He has a special interest in treating chronic diseases utilizing nontoxic regenerative medicine techniques, remedying hormonal imbalances with bio-identical hormones and researching innovative cancer treatments from around the world. A former President of the American College for Advancement of Medicine (ACAM), Dr. Magaziner has served on the Board of Directors of several leading medical organizations and has hosted his own radio show on health and wellness and was a Fox news health consultant in Philadelphia. Dr. Magaziner is the author of several top-selling books, which include The All-Natural Cardio Cure: A Drug-Free Cholesterol and Cardiac Inflammation Reduction Program; The Complete Idiot's Guide to Living Longer and Healthier; Chemical Free Kids: Safeguarding Your Child's Diet, and Environment and Total Health Handbook: Your Complete Wellness Resource.
Medical Mystery
TIPPED BY FLUOROQUINOLONE

Bailey had a history of allergies, headaches and sinus issues. In 2012 Bailey had sinus surgery recommended by her Ear Nose and Throat Specialist due to ongoing sinus issues and headaches. The surgery had very little impact on her condition. Then in early 2014, Bailey went in for a sinus infection to the walk-in clinic and little did she know this would just be the beginning of a very long road of disease.

She was put on Levofloxacin, which is a broad-spectrum antibiotic, a class of fluoroquinolone drugs. She took the antibiotic recommended without question. That night was her first dosage of the medication, which she took and then went to bed. The next morning horror came. She woke up very weak, with severe joint and muscle pain, swelling in the lower limbs and felt very cold. Her energy levels plummeted. Her appetite dropped and she developed ongoing stomach pains. Without answers, she saw multiple conventional doctors which prescribed gabapentin for the pain and many integrative physicians who worked up allergies and thought she had thyroid issues.

In late 2014, she was diagnosed with POTS (Postural Orthostatic Tachycardia Syndrome). She presented to my office in March 2016. With fatigue, bile reflux, unable to tolerate eating much food, losing weight, severe pain and weakness in the lower extremities and recurrent upper respiratory infections. She was following a gluten-free diet and avoiding some food sensitivities advised by past physicians. She was sleeping well. Exercise was limited to some swimming sessions. Gastroenterology could find nothing wrong with her. Her past medical history had repeat sinus infections and she did have a tick bite in Illinois at the age of 4.

Searching for Answers

Many would wonder where to start.

1) There was an immediate change in health after taking...
Mycotoxins from mold are very toxic to mitochondria, “the engines” impact immune function and increase histamine release.
In the summer of 2018, Bailey had a mild aggravation due to the smoke from wildfires in Washington State. She was nebulizing her prescribed albuterol with little benefit, and it would worsen her POTS. We used nebulized glutathione and magnesium, which was helpful in her respiratory issues.

Fall 2018 to Early 2019, Bailey was holding a full-time office job, required no Intravenous nutrition support and had tapered her pyridostigmine down to 15 mg two-three days per week.

At present day, Bailey is stable. She does have flare-ups of respiratory symptoms and POTS when she gets respiratory infections or exposed to synthetic perfumes or other chemicals. She also finds things worse if she strays and eats high histamine foods. The present goal with stabilization of her symptoms will be to ensure her MARCoNS infections have not returned and to do further workup/treatment on her Lyme/co-infections that are likely present.

The significance of this is mycotoxins from mold are very toxic to mitochondria, “the engines” impact immune function and increase histamine release. The immune reactions and histamine release causes aggravation of the POTS. It took 6 months to recover from this exposure. We had to use antioxidants, binders, sweat therapy and more histamine stabilizing agents and return to IV nutrition. She did recover back to original state in time for summer 2018.

During this episode, we also had to turn to a medication called pyridostigmine. It is not uncommon to use this in POTS. She was unable to tolerate the standard dosages as it suppressed her appetite and increased muscle pain. She was able to use 15 mg per day. We did try low dose naltrexone based on a case study of its benefits in Mast Cell Activation Syndrome and POTS.(4) Unfortunately, this didn’t help Bailey and aggravated her symptoms, so we discontinued LDN.

In the summer of 2018, Bailey had a mild aggravation due to the smoke from wildfires in Washington State. She was nebulizing her prescribed albuterol with little benefit, and it would worsen her POTS. We used nebulized glutathione and magnesium, which was helpful in her respiratory issues.

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The analogy I use to describe Active Health is a River or the River of Health. Top of the river is clean and crisp, and the bottom of the river is dirty and mucky

Conclusion

This case is an example of many cases I see routinely in my practice. I cannot blame the fluoroquinolone medication as 100% the sole cause of her issues. Often it is never just one thing, but the medication likely was the tipping point, which cause the downward spiral in her health. The last insult to time the scale.
Chronic disease doesn’t fit “Protocols” or “Boxes” but instead, we have to have a strategy to problem solve. I call it Active Health. The analogy I use to describe Active Health is a River or the River of Health. The top of the river is clean and crisp, and the bottom of the river is dirty and mucky. Most people come in hanging onto the rock at the bottom of the river and they must be stabilized. In Bailey’s situation, she would not have been able to recover without intravenous nutrition; she was too ill to take oral supplements and medications by mouth at the initial state. Then we move up the river and along the journey, we will hit rapids, rocks, and other obstacles that may cause the person to flow back down the river or get stuck for a while.

There is a solution or workaround to keep moving upstream to the clean pure calm water. I look forward to working with Bailey’s case to continue her journey to improved health.

ABOUT THE AUTHOR:
Dr. Cochran strives for innovation and success in clients. He has a passion for education, guidance and outside the box thoughts to create and engage clients to reach peak performance. Dr. Cochran received his Doctorate in Naturopathic Medicine from Bastyr University. He founded Interactive Health Clinic, with specialty focuses in functional/biological medicine, regenerative medicine, integrative oncology, and health aging. He is an expert in his field of regenerative injections and intravenous therapies.

He has served as the medical fellow/director of intravenous therapy at the Bastyr Integrative Oncology Research Center (BIORC), Bastyr University’s cancer research center. Dr. Cochran is well known worldwide as a lecturer with International IV Therapy for Professionals a group that specializes in educating physicians on intravenous nutrient therapy. He is also a lead instructor of Regenerative Therapies (Neural Therapy, Neural Prolotherapy (Perineural Injections), Ozone injections, PRP, and Biological Allograft).

He has an active consulting business with H.E.R.O.E.S where he coaches physicians and professionals. As a keynote speaker and content creator, Dr. Cochran is dedicated to empowering doctors to build successful models in outcome-based medicine.

References:
I have been working within the fitness industry for the past 12 years, helping thousands of clients achieve incredible transforming results with the body and mind. What I have seen more than ever is that most people see a pipe dream when it comes to their goals, they want to look like that guy or that girl, they want the end result but they don't want to do what it takes to get there or maybe it's that they don't understand what it takes. "Everybody wants to go to heaven but no one is willing to die!"

Most of the people which I have a consultation with are looking for a quick fix, a shortcut to the finish line without actually running the race. It is the way they are wired, it is completely normal to think this way, the human mind just wants a stress free life, it searches for an easy option. But it is also the most frustrating for me because many people get demotivated and give up well before they see any changes that would of instead motivate them to continue. They are not prepared to put the graft in for weeks or even months, applying the same level of discipline, hard work, unwilling to sacrificing time today for results tomorrow.

There is not enough support and guidance on the mindset, no one is talking about this with regards to the fitness industry, everyone promotes, feel good, look good. The commercials with that fit brunette lady on the cross trainer smiling her way to a 6 pack, when in reality she probably dreaded it every morning but knew it was necessary to achieve her goal.

We need to build the foundation first, otherwise, we are limiting how far we can grow or progress, encouraging our mind to stay positive, even in the most doubting times, the times the mind looks for a safety net, a way out, a ledge of comfort. If the mind is not in the right state, the body will not follow; they have to work in synergy, perfect harmony, in order to get the best results. We have to be mentally prepped for what's to come, understand the obstacles, not put off by them but ready for when the going gets tough we have the mental and physical strength to overcome it.
We need to be consistently practicing, keeping the mind in this state, welcoming stressful situations so we can stay calm by controlling our breathing, bringing our heart rate down, keeping relaxed and looking at the good that will come tomorrow out of the unfortunate struggles or bad times today may bring.

Being in a constant state of appreciation in everything we do, never comparing ourselves to others, unless we are looking for motivation and inspiration by looking at our idols or those superior to us. Looking for gratitude by seeing those less fortunate than us, those have very little but still are happy and content.

We should always be seeking pleasure in the now, even if the now is a painful period, like pushing the body through intense sets in the gym, that seems like a path to death but by focusing on the pleasurable results it will lead to, growth and development. **We can welcome the pain because we now know it will bring us pleasure and happiness from the adaption.**

Staying in this positive state or as close to most of the time is a must, obviously sometimes we will get distracted and pulled off the line, after all we are all human and that is completely normal but we must quickly remind ourselves of our practices and our intentions, which will snap us back into the mind set needed to overcome any situation.

*If we can control the mind, we can control body, but if we are not in control of our mind, we are not in control of anything let alone the body.*

- See your goal
- Understand the obstacles
- Create a positive mental picture
- Clear you mind of self-doubt
- Embrace the challenge
- Stay on track
- Show the world it can be done

**The 7 stages above lead to S.U.C.C.E.S.S**

**ABOUT THE AUTHOR**

Christian Williams has been in the fitness industry since 2008 but even for 5 years before that, he was researching fitness, nutrition, and bodybuilding to achieve the best results as possible. He has been helping many individuals from all walks of life and with various abilities to set goals and achieve them. Bodybuilding has taught him tremendous discipline and how to stay fully committed to his goals.

"**Being ready for when the going gets tough, we have the mental and physical strength to overcome it.**"
CONTRIBUTORS’ CONTACTS

Pages 10-13 **CAN OUR RELATIONSHIPS HELPS US HEAL**
Nikki Marie. Contact: ruhn.nikki@gmail.com | www.NikkiMarie.com

Pages 14-17 **HOW WE FEEL CHANGES HOW WE HEAL**
Stacy McPherson. Contact: stacy@stacymcpherson.com | stacymcpherson.com

Pages 18-21 **THE 3 WISDOM SECRETS TO MIND BODY HEALING**
Dr. Narjes Gorjizadeh. Contact: info@meditationmindfulness.com | (+61) 403 662 504 | www.meditationmindfulness.com | Address: D505, 250 Anzac Parade, Kensing-ton, NSW 2033, Australia.

Pages 22-23 **AWAREMED & KAYANA BREATHWORK FOR RECOVERY**
Viola Edward. Contact: info@violaedward.com | www.violaedward.com

Pages 24-29 **QUANTUM BUSINESS EXPLOSION**
Marco Robert. Contact: contact@marcorobert.com

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Dr. Phil. Contact: www.drphil.com

Pages 40-42 **YOUR GATEWAY TO HEALING AND WELLNESS: THE LIVING WALLS**
Anita Bohrnerud. Contact: info@greenroofspecialists.com | greenroofspecialists.com

Pages 44-49 **THE SECRET TO SEXUAL HEALTH REVEALED CAN EXOSOMES BE THE ANSWER FOR YOUR SEXUAL DYSFUNCTION?**
Dr. Dalal Akoury, MD. Contact: drdolly@Xostem.org

Pages 52-55 **MY PATIENT’S MIRACULOUS EXPERIENCE WITH EXOSOMES AND PEPTIDES**
Dr. Allan Magaziner. Contact: Magaziner Center for Wellness in Cherry Hill, NJ | magazinercenter@drmagaziner.com | 856-424-8222 | drmagaziner.com | Facebook Magaziner Center for Wellness | Instagram @magazinercenter4wellness

Pages 56-59 **MEDICAL MYSTERY: TIPPED BY FLUOROQUINOLONES**
Dr. Cochran. Contact: drcochran@interactivehealthclinic.com

pages 60-61 **Mind-Set for Success**

HealPreneur Magazine Editor Contact: editor@healpreneur.com
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By Dr. Dalal Akoury

Dr. Dalal Akoury is a sought-after medical doctor and Medical business coach, keynote speaker, and the founder of Healthpreneur®

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