

C O N T E N T S

Dedication	vi
Acknowledgments	vii
Introduction	1

PART ONE: 2002

Chapter 1	Looking back	5
Chapter 2	MAY	9
	FM & CFS symptoms	9
Chapter 3	JUNE	17
	Oestrogen & progesterone	17
	Back relief	23
Chapter 4	JULY	25
	The homeopaths	26
	The healthy eating plan	29
	Top ten allergy foods	32
	Food allergy	34
	Behaviour in children	35
Chapter 5	AUGUST	39
	Eat to live	40
	Nutrients lost	41
	TMJ	44
	Mother nature	46
	The tonsils	47
	The liver	48
Chapter 6	SEPTEMBER	51
	Slowing down	51
	The chiropractor	52
	PMT	54
	Candida	54
	Supplements	56
	Water	59
Chapter 7	OCTOBER	61
	Leaving work	61
	Stopping smoking	63

	Exercising	64
	Physiotherapy	66
	Gardening	67
Chapter 8	NOVEMBER	71
	Epsom salts rub	72
	Dry body brush	73
	Water therapy	74
	Poisonous toxins	76
	Constipation	77
	What's in a name?	79
Chapter 9	DECEMBER	81
	Ten years ago...	82
	Chemistry of stress	84
	Daily vitamins	86
	The immune system	88

PART TWO: 2003

Chapter 10	JANUARY	93
	Coping at home	93
	Energy healing	95
	Breathing	97
	Anxiety	100
Chapter 11	FEBRUARY	103
	Closed in – shut off	104
	Sleeping problems	105
	Inflammation	106
	Blood group diet	109
	Healthy eating	111
	Healing herbs	113
Chapter 12	MARCH	117
	FM testing	118
	The thyroid	120
	Memory & concentration	122
	Brain Fog	124

Chapter 13	APRIL	131
	How your memory works	131
	Genetics	134
	All in the mind?	136
	Feel the emotions	137
	Reflexology	140
	Electrodermal screening	143
Chapter 14	MAY	145
	Pulsed electro magnetic therapy	145
	Body burden	149
	Fighting cancer	150
	Medical research	153
	Indian head massage	155
Chapter 15	JUNE	157
	A giant step forward	157
	Digestive enzymes	160
	Testing your detox potential	163
	How to detox	164
	Holistic healing	165
	Serotonin	170
	The hormone link	173
Chapter 16	JULY	175
	The electric chair (QX)	175
	Toxic heavy metals	177
	Mercury	180
	Signs of mercury poisoning	181
	Facts and figures	182
	Removal of mercury fillings	184
Chapter 17	AUGUST to DECEMBER	187
	Full steam ahead	188
	Heavy metal toxin	190
	Side effects	191
	The biological dentists	194

PART THREE: 2004

Chapter 18	JANUARY & FEBRUARY	199
	More progress	199
	Spirulina	202
	Clinical nutritionist	204
	The lymph system	205
Chapter 19	MARCH	209
	Colon therapy	210
	Coffee enema	212
	Digestive problems	213
	My arthritic hands	215
	Juice therapy	218
Chapter 20	APRIL	221
	Juicing – a messy job	221
	Emotional turmoil	224
	Daily routine	226
	Housecleaning	228
Chapter 21	MAY	229
	The liver cleanse	230
	Doing the cleanse	232
	The results	234
	After the liver cleanse	237
Chapter 22	JUNE & JULY	241
	Will the real you please stand up?	242
	Parasites	244
	More expensive?	247
	The good guys (pro-biotics)	248
	The truth (pro-biotics)	251
Chapter 23	AUGUST to OCTOBER	253
	Copying nature	254
	Old habits	256
	The 7 day tissue cleanse	257
	About the nutritionists	259
	DAY 1 of the fast	261
Chapter 24	NOVEMBER & DECEMBER	265
	New hobby	266
	A little sluggish	267
	A twist in the tale	268
	Understanding emotions	270

PART FOUR: 2005

Chapter 25	JANUARY to APRIL	275
	Hormone testing	275
	Functions of DHEA	277
	Additional supplements	279
	The adrenals	282
	What next? Bemer bed again!	284

Chapter 26	MAY to DECEMBER	287
	Back to the gym!	289
	Physio again	291
	The kinesiologist	292
	Iridology again	293
	Sciatica	295

PART FIVE: 2006

Chapter 27	JANUARY to MARCH	299
	Family constellations	300
	Hormones again	301
	Holistically speaking	303

Chapter 28	APRIL to JULY	307
	New exercises	307
	Oxygen again	309
	Hydrogen peroxide foot soaks	311
	Personal growth	312
	7 Stages of self awakening	315
	Smoking & drinking	319

Chapter 29	SUMMING UP	321
	The big picture – homeostasis	323

Chapter 30	TIME TO CHANGE	329
	The jigsaw puzzle	330
	Choices – example of WEEK 1	333
	Be your own best friend	336
	FM & muscle fatigue	337
	The first step	338
	Lessons learnt	342

Chapter 31	CARRYING ON step by step	343
	Orthomolecular psychiatry	345
	False hope	347

AFTERWORD		349
References		362
Index		366

