PRAISE FOR

One Spirit Medicine: Ancient Ways to Ultimate Wellness
By Alberto Villoldo, Ph.D.

“One Spirit Medicine is the new manifesto for body and soul.”

“A paradigm-shattering synthesis of wisdom traditions and modern science that enables the reader to move from passive victim to master of their fate.”
—Bruce H. Lipton, Ph.D., cell biologist and best-selling author of The Biology of Belief and co-author of Spontaneous Evolution.

“The big answer to our health-care problems in the 21st century. This book will change your life.”
—Joe Dispenza, D.C., author of New York Times bestseller, You Are the Placebo and Breaking the Habit of Being Yourself.

“A program that pushes the reset button, paving the way for health.”

“A powerful blend of spiritual philosophy and scientific principles ... brimming with timeless wisdom. You’ll want to keep this book at your fingertips.”
Endorsements

“One Spirit Medicine offers an opportunity to move beyond misperceived limitations and write new empowering stories for our lives. With authority and eloquence, Alberto Villoldo presents a paradigm-shattering synthesis of wisdom traditions and modern science that enables the reader to move from passive victim and become the master of their fate. One Spirit Medicine is a powerful and wise prescription for self-healing and an opportunity to reclaim power over your health and your destiny.”

Bruce H. Lipton, Ph.D.  Cell biologist and bestselling author of The Biology of Belief and coauthor of Spontaneous Evolution. His most recent book is The Honeymoon Effect: The Science of Creating Heaven on Earth.

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“One Spirit Medicine is the new manifesto for body and soul. The wisdom of the ancients is being newly discovered in the language of our biology. Alberto Villoldo translates advances in the science of creating health and integrates them with spiritual and life practices from shamanic traditions — the one medicine we all need to reclaim body, mind and soul. There is no one better to guide us on your journey toward living a light filled, vibrant life.”

Mark Hyman, MD, author of #1 New York Times bestseller, The Blood Sugar Solution 10-Day Detox Diet, and Director, Cleveland Clinic Center for Functional Medicine.

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“In One Spirit Medicine Dr. Villoldo artfully weds traditional wisdom with leading edge nutritional science, delivering a program that pushes the reset button, paving the way for health.”

David Perlmutter, MD, FACN, author of #1 New York Times bestseller, Grain Brain: The Surprising Truth about Wheat, Carbs and Sugar – Your Brain’s Silent Killers

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“Alberto Villoldo, Ph.D. does a brilliant job in carefully demystifying age-old wisdom with practical cutting edge science. One Spirit Medicine is the big answer to our healthcare problems in the 21st century. This book will change your life.”


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“One Spirit Medicine is a powerful blend of spiritual philosophy and scientific principles woven into the perfection of a practical formula for everyday life! Easy-to-read, yet brimming with timeless wisdom, Alberto leads us on a journey of discovery that shatters common misconceptions about us, our relationship to our body and the world. In doing so he reminds us that the key to our healing lies in our ability to embrace ourselves, and the world, as living, conscious and connected. You’ll want to keep this book at your fingertips.”

Today our minds, our emotions, our relationships, and our bodies are out of kilter. We know it, but we tend to ignore it until something brings us up short—a worrying diagnosis, a broken relationship, the death of a loved one, or simply an inability to function harmoniously in everyday life. When things are a little bad, we read a self-help book or go to a workshop. When they’re really bad, we bring in experts to fix the problem—oncologists to address cancer, neurologists to repair the brain, psychologists to help us find peace and understand our family of origin. But this fragmented approach to health is merely a stopgap. To truly heal, we need to return to the original recipe for wellness discovered by shamans—traditional healers—millennia ago: One Spirit Medicine.

Unlike modern medicine, which recognizes thousands of ailments and myriad remedies, One Spirit Medicine identifies one ailment and one cure. The ailment is alienation from our feelings, from our bodies, from the Earth, and from Spirit. The cure, One Spirit Medicine, is the experience of primeval Oneness, which restores inner harmony and facilitates recovery from all maladies, regardless of origin.

Drawing on more than 25 years of experience as a medical anthropologist and training in the shamanic tradition—as well as his own journey back from the edge of death—acclaimed healer and teacher Alberto Villoldo introduces us to this powerful practice, based on healing methods that our Paleolithic ancestors knew 50,000 years ago and supported by the latest breakthroughs in neuroscience. We learn how to detoxify the brain and gut with superfoods and supplements; discover ways to switch off the “death clocks” in our cells; explore techniques for working with our luminous energy fields to repair our bodies and our brains; and follow the ancient teachings of the medicine wheel to shed disempowering stories from the past and pave the way for rebirth.

Using the principles and practices in this book, Dr. Villoldo promises, you can feel better in a few days, begin to clear your mind and heal your brain in a week, and in six weeks be on your way to effectively “growing a new body”—one that mends rapidly, ages gracefully, and keeps you connected to Spirit, to the earth, and to a renewed sense of purpose in your life.
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**About the Author**
Medical anthropologist Alberto Villoldo Ph.D. has studied the shamanic healing practices of the Amazon and Andes for more than 25 years. In 1984 he founded the Four Winds Society, which offers extensive education in the philosophy and practice of energy medicine, training students to become modern-day shamans.

In his mid-20s Villoldo was the youngest clinical professor at San Francisco State University, where he founded and directed the Biological Self-Regulation Lab to investigate how visualization, energy and psychosomatic medicine change the chemistry of the brain. He soon realized that the microscope was the wrong instrument to answer the questions he was asking. Other scientists were already studying the hardware, Villoldo wanted to learn to reprogram the system.

He heard stories about people in remote parts of the world who claimed to know such things, including the Inka in Peru – among the few remaining shamans. After initial research, Villoldo decided to personally investigate this ancient culture in order to learn about the 5,000-year-old energy medicine known for healing through Spirit and light. Recognizing this investigation would not be a part time pursuit or brief sabbatical, Villoldo resigned his post at the university and traded his lab coat for hiking boots and a ticket to the Amazon.

Scattered throughout the remnants of the ancient Amazonian empire were a number of sages or “Earth Keepers” who practiced the ancestral healing methods. Alberto visited countless villages and met with scores of medicine men and women. The lack of a written body of knowledge meant that every village brought its own flavor and style to the healing practices that still survived.

For more than 10 years, Villoldo trained with the jungle medicine people. Along the way, he discovered that his journey into shamanism had been guided by his personal desire to become whole. He learned to transform old pain, grief, anger and shame into sources of strength and compassion.

Villoldo later trekked the coast of Peru from the mysterious Nazca lines to the sacred Shimbe lagoons in the north. At Lake Titicaca, “The Sea on Top of the World,” Villoldo collected the stories and healing practices of people from whom, legends say, the Inka were born.

Over the course of two decades with the shamans in the jungles and high mountains of the Andes, Alberto Villoldo discovered a set of sacred technologies that transform the body, heal the soul, and can change the way we live and die.

He learned that we are more than flesh and bone – we are absolutely fashioned of Spirit and light, surrounded by a Luminous Energy Field whose source is located in infinity. This unending Luminous Energy Field exists in every cell of our bodies, acting as a matrix that maintains our physical and spiritual health and vibrancy … it is up to us to recognize and work with this gift to change the very nature of our living.

In addition to the forthcoming One Spirit Medicine, Dr. Alberto Villoldo has written numerous best-selling books, a number of which have been translated into Spanish, German, French, and Italian.

- Power up Your Brain: The Neuroscience of Enlightenment (with David Perlmutter, MD)
- Shaman, Healer, Sage
- The Four Insights
- Mending The Past & Healing The Future With Soul Retrieval
- Illumination: The Shaman’s Way of Healing
- Courageous Dreaming: How Shamans Dream the World into Being
- The Four Winds: A Shaman’s Odyssey into the Amazon (with Erik Jendresen)
- Dance of the Four Winds: Secrets of the Inca Medicine Wheel (with Erik Jendresen)
- Island of the Sun: Mastering the Inca Medicine Wheel (with Erik Jendresen)
- Yoga, Power, and Spirit: Putanjali the Shaman
- The Realms of Healing (with Stanley Krippner Ph.D.)
- Healing States: A Journey Into the World of Spiritual Healing and Shamanism (with Stanley Krippner Ph.D.)
- Skeleton Woman
- The First Story Ever Told (with Erik Jendresen)
Images

To download high resolution images, please go to: http://www.onespiritmedicine.com/images/

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Q: Why is One Spirit Medicine important to the average person?
A: Nature selects for the longevity of the species and not the individual, investing all of its resources in reproduction. After our reproductive years we are useless to the species – human growth hormone production and free radical scavenging systems shut down.

Our bodies’ self-repair systems have been shut down by western diet and western belief systems. One Spirit Medicine details ancient methods for rebooting the biofield – detoxifying the brain and body, while clearing and repairing our Luminous Energy Field. We learn the keys to prevention and longevity practiced by the shamans of old: Super foods and customs that switch these systems back on again, repair mitochondria and unlock password-protected regions in DNA that activate the Sirt1 genes.

We are not slaves to our genetics. The neural networks in our brains will determine how we age, how we heal and how we may die. And we can change that. One Spirit Medicine teaches us how we can get our health span to equal our life span.

Q: What is wrong with the western diet?
A: With the discovery of agriculture 10,000 years ago the human life span was reduced in half. We stopped eating proteins and fats and began to eat carbs, giving rise to a new social class of masters and slaves, religions (“give us this day our daily bread”) and warfare. There is no archeological evidence of warfare prior to the invention of agriculture.

Grains are carbs that turn into sugars. Sugars feed our lower brain, which is predatory, violent, greedy, and needs 10 commandments so we do not kill or steal. Proteins and fats – the diet of our Paleolithic ancestors – fuel the higher brain of creativity and innovation.

Wheat contains Gluten, a protein that is not recognized by the bodies of 90% of the human population. Gluten cleaves the tight junctions of the GI tract, allowing food particles and micro flora to get into the bloodstream and create massive inflammation and autoimmune diseases. The incidence of allergies in non-agricultural peoples is 1 in 1,500. In agricultural societies it is 1 in 3.

What is worse is that by losing the ancient Paleolithic belief systems – oneness of spirit, oneness of life – we become disconnected, disenfranchised (in the earth, not of the earth). We ignore the voice of spirit and nature and we look at the bounty of nature merely as resources for human consumption. We become commercially driven and forget about stewardship and sustainability – the price of which will always be too high. The damage we have wreaked on the ecosystem is irreversible, and has doomed the human race to early extinction.

Q: Why is fasting important?
A: Eating three meals a day is killing us – we used to feast and fast. At the heart of One Spirit Medicine is an age-old practice called the Vision Quest. Through fasting and meditation, a Vision Quest awakens the body’s self-repair and regeneration systems and reconnects you to Spirit and your own deepest purpose.

We fast to turn on the body’s repair mechanisms and clear brain fog. Even during a very short fast, amazing things happen to the body and brain. In just 24 hours, the production of human growth hormone increases by 1,500 percent, repairing cells that make up our tissues. Not eating sugars for as little as 18 hours wakes up the body’s system for self-repair, detoxifies cells, and switches on the longevity genes.
Q: What is the problem with modern health care?
A: We do not have a health care system in America, we have a disease care system. Americans are being killed by the food we eat, the thoughts we think, and the medicine we take. Between the food industry and the medical profession, they get us from cradle to grave.

The “health” statistics are alarming:

- Close to 70 percent of Americans are overweight, and one in three children born in America today will develop type 2 diabetes by the age of 15.
- Fifty percent of otherwise healthy 85 year olds are at risk for Alzheimer’s disease. Alzheimer’s is being called type 3 diabetes, linked to a gluten-rich, wheat-based diet and a stressed-out brain.
- One in 60 children is diagnosed autistic.
- Millions suffer from insomnia, stress, depression, autoimmune disorders, soul loss, disempowerment, destructive patterns and behaviors.

In the few hunter-gatherer societies that still exist, autism, dementia, diabetes, and cancer are very rare or nonexistent. My research with Amazonian pre-agricultural societies shows that these people have none of the diseases of western civilization – no cancer, no dementia, no heart disease, because of their diet and communion with the spirit of nature. What accounts for their health and well-being? A primarily plant-based diet and One Spirit Medicine.

Q: Why are so many people unable to find happiness?
A: Our brains cannot produce the bliss molecule (tryptamine) if they are busy producing stress molecules (adrenalin and cortisol.) These “fight or flight” molecules are a constant part of modern culture, but when we can’t fight and we can’t flee we are paralyzed. Stress hormones are also deadly to the region of the brain that is responsible for new learning, so we cannot recreate ourselves.

The religious experiences reported throughout history, are the product of endogenous psychedelics manufactured by the brain for its own pleasure and joy. Meditation, babies, puppies, sex and joy increase the methylation of tryptamines, which in turn become dimethyltryptamines generated by the pineal gland. This is the direct equivalent of the brain producing its own Ayahuasca.

Q: What else does One Spirit medicine teach us?
A: We can grow a new body in one week with super nutrients and energy medicine – a body that heals, ages and dies differently. But that’s not all:

- Ninety percent of our DNA belongs to the microbes that live within us. If the colony is broken, disease happens – we can repair the colony with super-probiotics. Microbes are our best friends.
- Nine out of ten Americans have broken brains. It is possible to upgrade our brain to create psychosomatic health.
- Spirituality is the byproduct of a healed and upgraded brain, not meditation.
- Shamans were the first neuroscientists.
- You can’t dream your world into being until you wake up from the nightmare.
- Self-help doesn’t help.

Q: Isn’t spirituality completely different from scientific fact?
A: Science is relatively new while spirituality is very ancient. I discovered that what the spiritual traditions did was put an archaic language to what we describe today as neuroscience. However, what they refer to as “enlightenment” is optimal brain function – the ability to create psychosomatic health. Many people however associate the term “enlightenment” with organized religion when in reality it’s available to all people of any belief.
Q: What is a Luminous Body or Luminous Energy Field? Does everybody have one?
A: Yes, everyone has a Luminous Energy Field (LEF). The Luminous Energy Body/Field is an invisible matrix that informs the anatomy of the body. It contains a template of how we live, how we age, and how we might die.

When there is no imprint for disease in the LEF, recovery from illness happens quickly. By the same token, imprints for diseases can depress the immune system, and prolong recovery time during an illness. The good news is: When we erase the negative imprint that caused the onset of illness, the immune system can rapidly eradicate the disease.

The Luminous Energy Field is a reservoir of vital force – a sea of living energy as indispensable to our health as the oxygen and nutrients carried by the bloodstream. When the vital reserves in the LEF are depleted through illness, environmental pollutants or stress, we suffer disease. We can safeguard our health and vitality and extend our active, healthy years by replenishing this essential fuel.

Q: How can people who don’t practice shamanic work get more in touch with their Luminous Body – and what are some of the benefits of that?
A: Detoxifying the body of toxins, heavy metals and negative perspectives will help prepare the brain for the healing of the light body. Many of these toxins are held in our fat cells – and the human brain is 75% fat. In the west we live with excessive levels of stress, which cause the body to produce high levels of cortisol and adrenaline both of which negatively impact us and keep the body in a permanent state of fight or flight. With the dietary recommendations provided in One Spirit Medicine, any one of us can prepare to make a shamanic journey.

Q: What about chakras? How do they fit in?
A: The chakras are the organs of the Luminous Energy Field. They transmit information of past trauma and pain contained in imprints in the Luminous Energy Field, into the nervous system. The chakras inform our neurophysiology, affecting our moods and influencing our emotional and physical well-being. The chakras also connect to endocrine glands that regulate all of human behavior.

In parts of South America the chakras are known as ojos de luz, or eyes of light. We receive impressions of the world through our chakras, perceiving love in our heart; sexuality, fear, and danger in our belly (second chakra); and insight in our brow chakra (sixth). In a disagreeable situation, our second chakra can go into spasm and we may feel a knot in our stomach. From the unmistakable experience of sensing feelings through the heart center, we come to associate love with the heart, or refer to sadness as heartache.

The shaman can sense the luminous threads, or huaskas, that extend beyond the body, connecting us to the trees, the rivers, and the forests. These luminous fibers also extend to the places where we are born and live, and to our personal history and our destiny.

Every living being has chakras – even crickets, deer, snakes and trees.

Q: How can a shaman tell if something is “off” in a client’s LEF? Can anyone learn to see this?
A: Shamans learn to assess the quality of the LEF through a variety of techniques such as muscle testing, using a pendulum to check the chakras and tracking the client’s light body.

Q: What is an Illumination? What are the potential benefits, and is it appropriate for everyone?
A: The Illumination process, the core foundational healing practice of the Light Body School, is the technique used to clear imprints from a person’s Luminous Energy Field. As the LEF informs the physical body, a shift in the LEF will manifest in the physical reality. As needed, different healing techniques are used with clients. Illuminations are a very standard technique which can be highly beneficial to individuals.
Q: How would someone know if they need “energy healing”?  
A: It is commonplace that when a person is in need and ready for healing of the light body, a shaman will appear in their lives. Signs of an energetic imbalance can range from physical to emotional distress or discomfort.

Q: What types of complaints or problems can a shaman help heal through this kind of work?  
A: We treat clients with both physical and emotional issues. Some, for instance, may be constantly attracted to the same type of partner who is not good for them. Once the imprint which attracts unfavorable partners is cleared through the Illumination process, the individual will cease to attract those partners.

On the physical realm, I had a man who initially came to me with marital problems and I saw a dark spot in his energy field just above his chest. I asked him about his history with heart disease and family history, and to both he said no. Nevertheless I worked on his heart chakra. A few days later my patient called to inform me that his brother had just undergone an emergency quadruple bypass surgery. The Luminous Energy Field can reveal a condition years before it manifests in the physical body.

Q: A more advanced healing practice is Soul Retrieval. Can a person actually lose his or her soul? How does that happen?  
A: During a Soul Retrieval the shaman helps a person access a soul part which became unavailable to them at a time of trauma in their life. It is a traumatic event which causes the soul to fracture. The shaman will help rewrite disempowering contracts with life and reclaim and embody their life's essence in their experience, helping them to step into a life of grace and abundance.

Q: What happens during a Soul Retrieval? Does the client personally experience anything?  
A: The Laika, or Inka medicine men and women, divide the collective unconscious of humanity into three parts: the Lower, Middle and Upper worlds. These are archetypical and energetic domains, not physical places. The Middle world is the one where we live our day-to-day lives, the Upper World is the invisible domain of our destiny and our spirit, and the Lower world is where all of the record of human history is held, it is the realm of the soul.

A shaman journeys to the Lower world in order to retrieve what is necessary for the individual to re reintegrate the lost soul part of their client. Journeying is a unique state of consciousness that the shaman experiences, which allows her/him to revisit the past and heal events that happened long ago and to find more desirable destinies for clients. The shaman helps the client recognize and honor the traumatic event which caused the original fracturing and to renegotiate the sacred soul contracts that were written as a result. Many of these contracts were obligations we entered into during fear and stress at the time of the original wounding, and we no longer need them.

The healed soul part can then be retrieved and reintegrated. Sometimes a gift forms part of the Soul Retrieval and can enhance the experience and help the client achieve his/her best destiny. A Soul Retrieval is a deeply personal experience and is unique to each person.

Q: Why did you leave a more traditional medical background to a more spiritual path?  
A: My training is as a medical anthropologist versus a medical doctor. As a medical anthropologist, I was curious about other healing systems around the world. Modern medicine, which is wonderful for healing trauma (such as injuries from an automobile accident) is terrible for healing chronic conditions. At a laboratory at San Francisco State University that I directed we were studying how we create psychosomatic disease and whether we could create psychosomatic health. I realized that to find the answer I had to go study with the experts who were in true primitive societies without technology – all they had was the mind's ability to heal the body.
Glossary

ALA, alpha-lipoic acid, is found in every cell in the body and plays an important role in detoxification. ALA can cross the blood-brain barrier, so it helps release toxins from the brain. In a process known as chelation, ALA binds to heavy metals so they can be excreted through the liver, kidneys and skin. ALA also supports the liver's ability to eliminate toxins during detoxification.

ATP is adenosine triphosphate. ATP is the body's currency: the cells spend what they need and deposit the rest in the bank, the liver, where it is stored until needed to power various body functions. To produce ATP, mitochondria combust oxygen, in much the way your automobile engine burns oxygen to release the energy in gasoline, though in a far less explosive fashion. As we inhale oxygen, it is transported through the bloodstream to the mitochondria in cells throughout the body, where they convert energy from the food we eat into ATP.

Autophagy, Greek for “self-eating,” is the garbage collection service inside the cells, the process by which cellular waste is broken down, and dead and damaged mitochondria are recycled to harvest proteins, the building blocks of new cells.

BDNF, brain-derived neurotropic factor, is a hormone that triggers the growth of new neurons and stem cells in the brain, repairing crucial brain structures.

Clostrium difficile, or C-diff, is a debilitating form of colitis. It is linked to an imbalance in the gut caused by antibiotic use.

Coconut oil, while not a nutritional supplement, is jet-fuel for the brain. It is a medium-chain triglyceride, which means it goes through the intestinal wall without causing an insulin spike and enters the mitochondria inside cells. Take 2 tablespoons daily, 1 tablespoon in the morning and 1 tablespoon mid-afternoon or at night before starting your 18-hour fast. After your detox, you can add coconut oil to soup and tea.

Curcumin, the active ingredient in the spice turmeric, activates the genes that turn on powerful antioxidants in the brain.

DHA-EPA, docosahexaenoic acid and eicosapentaenoic acid, are omega-3 fatty acids important for brain health and preventing Alzheimer's. They're found in fish, nuts, seeds, and certain oils, but supplements are recommended.

DHA, docosahexaenoic acid, is an omega-3 fatty acid that is extremely important for brain health; in fact, it makes up 40 percent of the brain. Breast milk is nearly 50 percent DHA. DHA works closely with another omega-3 fatty acid, EPA, eicosapentaenoic acid. Both are found in fish, nuts, seeds, and certain oils. Since the body doesn’t make DHA-EPA, it's recommended that you take 3 grams daily as fish oil or an algae derivative. The best DHA comes from krill. Researchers have noted an 85 percent reduction in the risk for Alzheimer’s among people with high levels of DHA in their diet. [1]

DMT, or dimethyltryptamine is a psychedelic compound that has been referred to as “the spirit molecule.” DMT is chemically analogous to Serotonin which is also known as the “feel good” or “happiness” hormone.

The East direction of the Medicine Wheel is associated with the eagle and condor. This direction teaches that everything that appears to be outside of our lives is actually inside. Owning our projections allows us to come into a proper relationship with them and create the world of our dreams. The same is true of the “back doors” in our lives which siphon our vital life force and prevent us from making our dreams reality.

GSTM1 gene is necessary for making glutathione, and nearly half the world is missing one or more of the genes necessary to produce enough glutathione.

Gene expression refers to the process by which DNA is used to make proteins that perform essential functions in the body.

Glutathione is an antioxidant and an anti-inflammatory. And as a detoxifying agent, it serves as a sort of lint brush, picking up toxins in the body and carrying them to the liver for processing. Glutathione boosts your immunity and helps you build and maintain muscle.

HPA axis or the fight-or-flight system, consists of the hypothalamus and the pituitary gland, pea-sized structures in the brain, and the adrenal glands, which sit atop the kidneys. When you sense danger, perceived or real, the brain launches a distress response in the HPA axis, reducing the blood flow to your prefrontal cortex, the part of the brain that can see possibilities.
IGF-1 (insulin-like growth factor) is a protein closely associated with insulin, and a growth factor we need when we are young and are growing fingers and toes. But as adults, high levels of IGF-1 are associated with pathological growth.

Illumination is a practice of shamanic energy healing used to remove imprints from the Luminous Energy Field. Ketones are jet fuel for the brain. Consuming healthy fats like avocados, coconut oil, and olive oil fuels the brain in the form of ketone bodies—chemicals the liver makes from fatty acids when we have to burn fat instead of glucose. Ketogenic diet is one high in plant foods and healthy fats.

Luminous Energy Field (LEF) is an invisible matrix that informs the anatomy of the body. It contains a template of how we live, how we age, and how we die. When there is no imprint for disease in the LEF, recovery from illness happens at tremendous speed. By the same token, imprints for diseases can depress the immune system, and it can take an extremely long time for us to regain our health during an illness. When we erase the negative imprint that caused the onset of illness, the immune and repair system can rapidly eradicate the disease.

The Medicine Wheel is a teaching tool that originated with ancient indigenous people of the Americas, but is integral to all earth-based spiritual traditions. These traditions honor the feminine principle, the Mother archetype, and the relationship with Spirit. Though the practices associated with the medicine wheel vary among the different indigenous groups of the Americas, I was taught by my teachers in the Amazon to begin in the South, then move clockwise to the West, the North and the East.

Mitochondria are the power centers of your cells. Inherited only from the mother, they represent the feminine life force. Not only are mitochondria the body's fuel factories, metabolizing oxygen to produce the fuel for life, but they are also the keepers of the body's death clock, controlling the process of cell suicide, or programmed cell death, known as apoptosis. When the death clock is running properly, old cells know exactly when they need to die to be replaced by healthy new ones. But when the death clock is off, cells don't know they need to die, and the result is cancer. Or they die off too quickly, and the result is accelerated aging.

The North direction of the Medicine Wheel is associated with the hummingbird, and the gift of the North is insight. Just as a hummingbird makes the seemingly impossible migration from Canada all the way to Brazil, we too can embark on the epic mythic journey when Spirit calls. Although we don't know where we're going or how we'll get there, we learn how to follow the soul's guidance to the sweetest nectar to sustain us on our way. The Way of the Hummingbird teaches the shaman's practice of Invisibility and how to step outside of linear time and into sacred time in the infinite. There, we can heal the past and chart new destinies to become self-referencing and assume the role of author of our own story, to burn all of our limiting roles.

Power animal is an emissary from Spirit, come to guide you in taking the next step in your development. Power animals are protectors and teachers.

Pterostilbene, found in blueberries and grapes, has been shown to lower cholesterol and glucose, and reduce blood pressure. Working together, Pterostilbene and trans-resveratrol prevent cancer, heart disease, diabetes, and other illnesses. Trans-resveratrol works upstream, regulating the genes that activate apoptosis—programmed cell death, or cell suicide—while pterostilbene works downstream, turning off the genes that allow cancer cells to grow and proliferate.

ProAlive Probiotic resettles healthy flora in the gut and facilitates digestion. Take 5 drops in water. (You can order ProAlive Probiotic at www.ascendedhealth.com.).

The South direction of the Medicine Wheel. The South is considered the domain of the serpent: in indigenous cosmology, the Milky Way is the Sky Serpent. In all cultures the serpent archetype represents sexuality and the life force. Eastern traditions associate the serpent with kundalini, a vital force often depicted as a snake coiled at the base of the spine. The serpent represents the instincts and literal thinking: everything is just as we see it, without nuance or ambiguity, summed up in the expression, "It is what it is." In this mode, feeling and emotion are not involved. Like the cold-blooded serpent, we act unsentimentally.

S-Acetyl Glutathione is the first truly bioavailable form of glutathione, which scavenges free radicals. It protects DNA from damage and is crucial for energy metabolism and optimal mitochondrial function. [3] It also supports detoxification of the liver, lungs, kidneys, and other organs. [4] Take 1 gram daily for one week.
SOD, or superoxide dismutase, is the ultimate antioxidant, an enzyme that neutralizes free radicals in a ratio of over a million to one—one molecule of SOD kills one million free radicals. You can upgrade your body's ability to manufacture SOD by taking supplements of trans-resveratrol and turmeric. You can also boost SOD by adding pterostilbene-rich foods to your diet—eating more blueberries and grapes, for example—or by taking a pterostilbene supplement.

Turmeric, a spice identified as a superfood, increases levels of SOD, or superoxide dismutase, and glutathione—two antioxidants important to brain functioning that are described in detail in Chapter 6, Resetting the Death Clock. The dosage is 1 gram a day of curcumin, the active ingredient in turmeric.

Trans-Resveratrol, a compound found in red wine, red grape skins, and certain berries, turns on longevity genes and triggers the production of antioxidants. Resveratrol also boosts SOD and glutathione, the brain's super antioxidants.

Vitamin C is essential for detoxification processes. Take 2,000 milligrams (mg).

Vitamin B12 is essential for liver detoxification and for repairing the myelin sheath around neurons. It is also needed for preserving the integrity of DNA for cell reproduction and for production of neurotransmitters. Most Americans are B12 deficient. Take sublingual methylcobalamin B12—a more concentrated form—2,000 micrograms (mcg) a day.

Vitamin D3 is the form of vitamin D that the body manufactures when it's exposed to sunlight. But even if you spend a great deal time outdoors, it's unlikely you're getting enough vitamin D3. Fish and fish liver oils are almost the only dietary sources of vitamin D, although egg yolks, beef liver, fortified milk, and cheese contain small amounts.

Vitamin D deficiency has been linked to seasonal depression, diabetes, dementia, and autoimmune disorders. Individuals who take 600 international units (IU) or more of vitamin D3 show 50 percent less dementia and Alzheimer's than control groups. [5]

The West direction of the Medicine Wheel. The West direction is associated to the jaguar and where one explores inherited ancestral and karmic patterns that propel you toward a certain destiny. The promise of the West direction is to feel at home and safe regardless of any danger that surrounds us, and to live free of chronic disease. Doing the work of the jaguar, we discover that life provides everything we need. Jaguar imparts the confidence to step out and boldly explore, sure that we're headed where we need to go and that we're moving in synch with our life's purpose.