

The 7 Laws of Wellness: Faith in God & The Body's Design **48 Day Transformation**
With Dr. Michele Menzel, ND

1



Meet Dr. Michele Menzel
Doctor of Naturopathy, Diplomat of Pastoral Science, Certified Nutritional Counselor, German New Medicine Consultant, Certified Natural Health Professional

Disclaimer

- Not a licensed medical doctor.
- This lecture is not intended to diagnose, prescribe or treat any illness.
- Statements not approved by the FDA or any other state regulated organization.
- These statements are from research gathered by Michele Menzel, ND.

48 Day Transformation

2

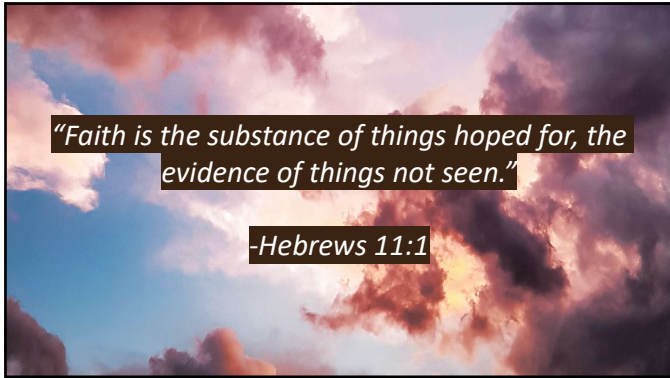
7 Laws of Wellness




1. Nutrition
2. Hydration
3. Detoxification
4. Rest
- 5. Faith**
6. Exercise/Oxygen
7. Sunshine/Outdoors

48 Day Transformation

3




4



- You cannot live your children's life for them they have to seek for themselves
- All humans have the spirit within them they just have to acknowledge it
- Know what you believe

48 Day Transformation

5



Natural living fits the design of nature itself:

- Have faith in the natural function of the body
- We have so many things we have faith in, but we have lost faith in the body's design
- We have lost faith in the ability of the body to heal ITSELF!!

48 Day Transformation

6



Symptoms & Causes

Fear of symptoms is a learned response:

- The body is malfunctioning
- Something is attacking us

Our ideas about health lead us to:

- Harsh treatments
- Invasive treatments
- Weakened bodies

48 Day Transformation

7



If you believe that illnesses, accidents, and disorders are relevant only to the physical self, you are refusing to acknowledge the majority of what makes you who you are! The spirit, our thoughts and emotions!

48 Day Transformation

8



Symptoms are Natural!

- First step to healing is accepting symptoms as part of the healing process!
- God has already given our bodies the capacity to heal!

48 Day Transformation

9



The Human Genome Project

Billions of dollars were spent studying our DNA in hope of finding the answers to disease. What they discovered was that our genes have very little activity.



The working hypothesis was that there would be a gene that provided the blueprint for each of the 100,000 proteins, which are the building blocks of our cells, plus another 20,000 or so regulatory genes to orchestrate the complex dance of protein assembly. When the project was finished, they found just 23,688 genes.



10



Science is discovering that while we may have a fixed set of genes in our chromosomes, which of these genes is active has a great deal to do with our **subjective experiences**, and how we process them!"

-Dawson Church, PhD



11



We have too much faith in doctors and insurance companies to take care of us.
The responsibility is ours!



12



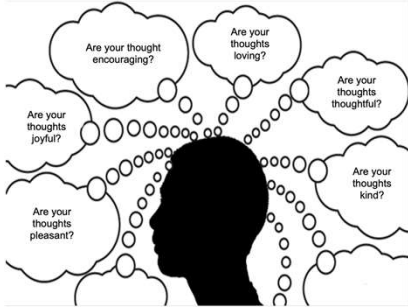
Faith in Natural Living

The tools of our consciousness-

- Beliefs
- Prayers
- Thoughts
- Intentions
- Faith

48 Day Transformation

13



Are your thoughts encouraging?

Are your thoughts loving?

Are your thoughts joyful?


Are your thoughts thoughtful?

Are your thoughts pleasant?

Are your thoughts kind?

48 Day Transformation

14



"I love you, I forgive you and thank you."

15



16

**LACK OF FORGIVENESS AND RESENTMENT
CAUSE ROOTS
OF BITTERNESS**

Lack of Forgiveness

- The body is in a state of stress
- Muscles tighten
- Blood flow to the joints is restricted
- Normal processes of repair and recovery from injury or arthritis are impaired.
- Clenching the jaws
- Headaches can become a problem.
- Chronic pain may get worse.

48 Day
Transformation


17

Hanging Healing:

Repeated symptoms that are caused by not completely resolving a conflict or situation in your heart and mind.

48 Day
Transformation

18




We are Beings of Energy

- There is an energetic component to every biological process.
- Energy flows in, out, and around neurons
- Genes interact constantly with the outside environment.

48 Day
Transformation

19



In An Appointment:

- Identify true cause of the symptom
- Suggest lifestyle changes
- Suggest different foods
- When we understand how powerfully our thoughts affect how we feel, we will realize how what we think will control our day.

48 Day
Transformation

20



The 7 Laws of Wellness: Faith in God & The Body's Design

48 Day
Transformation
With Dr. Michele Menzel, ND

21
