



# Transformation SEMINAR

With Dr. Michele Menzel, ND

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## 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.



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## My Story

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## Objectives for Today

- Objective 1 – Understanding the Why
- Objective 2 – Learning the 7 Laws of Wellness
- Objective 3 – How to do the 48 Day Transformation
- Objective 4 – Benefits of Eating & Living Naturally for Life



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## 7 Laws of Wellness



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



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## Today's Agenda

- |                               |                 |
|-------------------------------|-----------------|
| 1. Intro                      | 7. Now What?    |
| 2. Overview, Context, History | 8. 48 Day Plan  |
| 3. Break – 20 mins            | 9. Break        |
| 4. Paradigm Shift             | 10. Supplements |
| 5. 7 Laws of Wellness         | 11. Q&A         |
| 6. Lunch                      | 12. Wrap Up!    |



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## Focus on YOU!

Name \_\_\_\_\_  
From where? \_\_\_\_\_  
What you hope to learn today \_\_\_\_\_



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## Guideposts

- Direct, respectful, and candid conversation
  - Active Listening
    - Say what is on your mind!
- Suspend certainty/judgment
  - Be open to possibilities
  - Don't let what you know get the best of you
- Turn to wonder
- It's Vegas! What we say here stays here.
- Respect time (Start, End, Breaks)
- Mix it up! Sit with different people each time
- Commit to self reflection and fieldwork
- Devices on silent and not in use except for break. Step out if needed.
- Have fun! Don't take ourselves too seriously.



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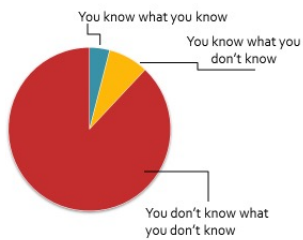
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## What you know.....



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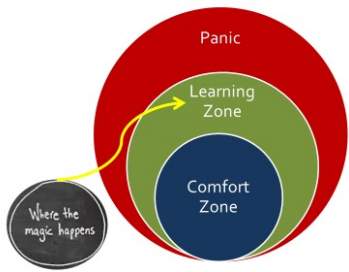
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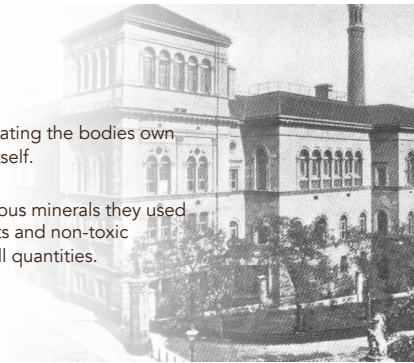
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### *Empirics*

- Believed in stimulating the bodies own defenses to heal itself.
- Instead of poisonous minerals they used vegetable products and non-toxic substances in small quantities.

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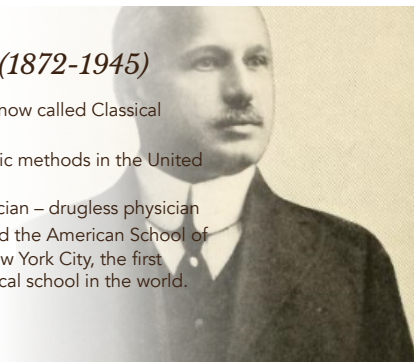
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### *Benedict Lust (1872-1945)*

- Pioneer in what is now called Classical Naturopathy
- Facilitator of holistic methods in the United States
- Osteopathic Physician – drugless physician
- In 1902, he opened the American School of Naturopathy in New York City, the first naturopathic medical school in the world.

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*The Allopath Used 3 Main Techniques:*

- Bled the body to drain out the bad humors
- Gave doses of toxic minerals like mercury and lead to displace the original disease
- Surgery which was brutal before anesthesia and infection control



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- The AMA with strong financial forces transformed medicine into an industry!
- The fortunes of Carnegie, Morgan and Rockefeller financed surgery, radiation and synthetic drugs.

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*Big Business*

- Over 1,000,000 Americans are diagnosed with a new cancer every year. (2018 – 1.7)
- Average patient spends \$50,000 to treat their condition!



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- 6 to 7 million grade school children take a medication before they can go to school
- Most are psychotropic drugs some before they are old enough to attend school



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*We fear what we don't understand!*



Dependent - Fix  
Me Society!

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*Modern Naturopathic Model*

**Main Philosophy:**

- Cancer is bad
- Bacteria is bad
- Viruses are bad

Use natural remedies to kill the invader and  
**STOP the SYMPTOMS!**

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### *The Two Modern Philosophies*

**Allopathic Model** – Chemical drugs  
Stop the symptom = fear of the symptom

**Modern Natural Model** – Natural remedies  
Stop the symptom = fear of the symptom

**There is much fear on both sides!**



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### *A Shift in Consciousness*

"A man's consciousness is all that he **thinks** and **desires** and **loves**, all that he **believes is true** and **consents to.**" –Nevelle

"You as consciousness, soul or spirit, are the only true source of energy and information that run in your body!" – Andreas Moritz



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### *Step 1 to Transform: Discard Old Ideas & Beliefs*



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*Step 2 to Transform:  
Create New Ideas, Thoughts,  
& Beliefs*

"But your thoughts cannot change unless you have new ideas, for you think from your ideas."  
Neville



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*Transformation – Paradigm Shift*



"Natural forces within are the healers of disease." Hippocrates



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*Reflection*

1. Reflect on your beliefs and perceptions about health, symptoms, and power over your own life.
2. In groups of 3, share your thoughts.



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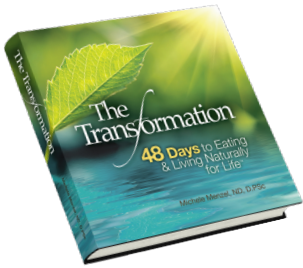
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*The Transformation*

is a new model,  
a new way of thinking,  
of approaching  
health, and of living!



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"I finally had to ask myself  
whether our understanding and  
our concept of disease had not  
been entirely wrong because of  
our ignorance of the biological  
purpose of disease."  
-Dr. Ryke Geerd Hamer



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"I want to guide you to an  
understanding of diseases, free of  
fear and panic."  
- Dr. med.Ryke Geerd Hamer



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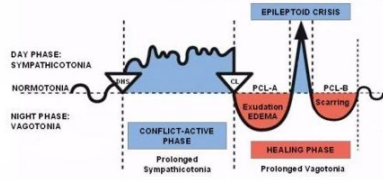
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## GNM Two Phase Rhythm

**GNM** BIOLOGICAL SPECIAL PROGRAMS - TWO-PHASE PATTERN



BMS (Dix Hauer Synborne) – Biological Conflict  
 CL (Coulter) – Control Release  
 PCL (Post-Conflict) – Healing Phase

© Dr. med. Mag. Ingrid, Rika Oswald Hauer



Source: www.learningnm.com

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## Two Phase Circadian Rhythm



**The Daytime Phase: Sympathetic**  
 Energy = productivity, creativity,  
 positivity, & greater ability to  
 respond to stress.  
**Daytime = Active**



**The Nighttime Phase: Parasympathetic**  
 Rest = renew, rejuvenate,  
 stillness, peace, relief  
**Nighttime = Healing Phase**

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## The Body's Ability to Heal Itself



Our bodies have significant biological responses designed with a purpose to assist the body at all times.




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## *Break!*



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## *Activity*



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## *Nutrition*



You are what you eat and how you live on your everyday two phase process!



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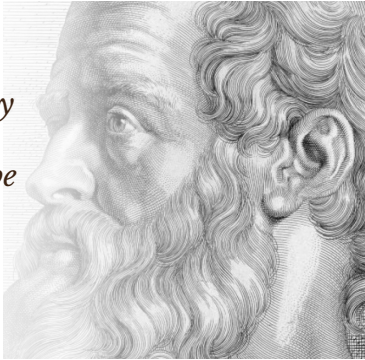
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*“Let food be thy  
medicine  
And medicine be  
they food.” -  
Hippocrates*



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*Nutrient Levels in Traditional Diets*

Modern processing began causing nutritional deficiencies- leading to deformed dental arches and resulting in crowded, crooked teeth



Dr. Weston A. Price



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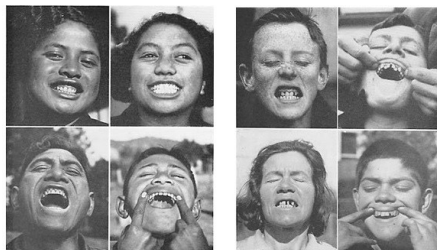
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Diet high in:  
 • Calcium and other minerals— at least 4 times higher than the modern diet.  
 • Vitamins A, D, and K2—10 times higher than the modern diet.

Diet high in:  
 • Processed foods  
 • Dead devitalized food  
 • Foods Un-natural to the body

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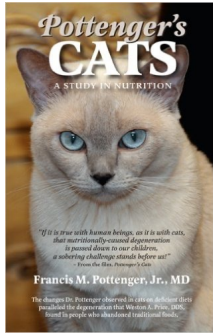
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*Compromise is Long Gone*

*Start Now!*



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*Isolated, Empty & Fake*



*SAD*



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*Sugar*

- Sugar is the number one legal drug in America. More Americans are addicted to sugar than anything else!
- Abstinence from refined carbohydrates is very good advice for everyone!



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### *The Effects of Refined Carbohydrates on Blood Sugar, Adrenals & Thyroid*



The level of glucose in the blood is regulated by a finely tuned mechanism involving insulin secretions from the pancreas and hormones from several glands, including the adrenal glands and the thyroid.



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### *“Supersize Me” Society!*



In the West, we are eating much more than we used to and so much more than we need to!

Overeating can cause weight gain, especially if you’re eating the wrong foods.



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### *GMOs*



**Genetically modified (GMO) or engineered (GE) food is not a natural design.**

*Genetically modified organisms have had specific changes introduced directly into their DNA.*



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*Genetically Modified:*

- 86% of corn (oil)
- 93% of soy (oil)
- 93% of canola (oil)
- 93% of cottonseed (oil)
- 95% of sugar beets
- Sugarcane
- 80% of Hawaiian papaya
- 13% of zucchini and yellow crookneck squash
- Sweet peppers (small quantities grown in China)
- Tomatoes
- Rice



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*Glyphosate*



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*Traditional Diets*

4 times the minerals and water soluble vitamins, and 10 times the fat-soluble vitamins found in animal fat



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Total Fat: 8%-30%  
Omega 3 = Omega 6



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Lacto- Fermented  
Sauerkraut



Ceviche  
(Fermented Fish)



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*Soaking + Sprouting*



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### *Reflection*

- What are your current beliefs about food?
- What is your relationship to food??
- What does sugar do for you? Caffeine??
- What cravings do you have?
- What have you always believed about fats?
- What is your biggest challenge with food?

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### *How to Source Organic, Local, Pure and Whole Foods*

- |   |  |
|---|--|
| 1. Find a local Weston A. Price Foundation chapter leader | 8. Join a local food co-op.  |
| 2. Find local, raw milk.                                  | 9. Shop local grocery and health-food stores when markets and farms are not an option. |
| 3. Find local meat. Eatwild.com                           | 10. Read food labels and know the origin.  |
| 4. Plant your own garden                                  | 11. Buy fair trade.  |
| 5. Shop local farmers' markets.                           | 12. Research your restaurants.   |
| 6. Join a community-supported agriculture (CSA) program   | 13. Buy in bulk.   |
| 7. Visit pick-your-own farms.                             |  |

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*Support Our Local Farmers*



- Purchase a whole, half, or quarter of a cow! The price per pound is more affordable than when buying individual cuts
- Purchasing an extra freezer for the garage to store extra meat



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*Try to Always Buy Organic*

Use a Vegetable Wash to Clean  
Foods with the Lowest Pesticide Load

94011  
Vs 4011

Foods with the Lowest Pesticide Load:

- Asparagus • Avocado • Banana • Broccoli • Cabbage • Cantaloupe
- Eggplant • Grapefruit • Kiwi • Mango • Mushrooms • Pineapple • Onion • Sweet Peas • Sweet Potatoes • Watermelon

Foods with the Highest Pesticide Load

- Apples • Blueberries • Celery • Cherries • Cucumbers • Grapes • Nectarines • Pears • Peaches • Potatoes • Spinach • Strawberries • Bell Peppers



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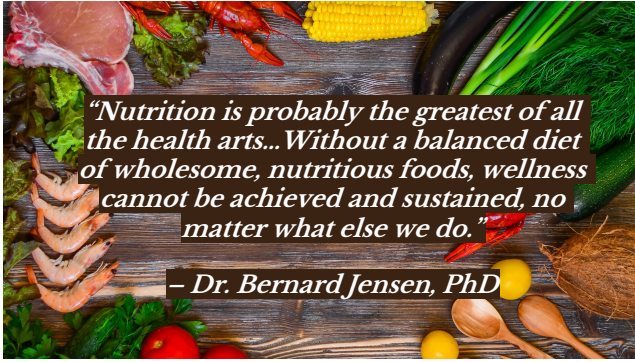
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