

A woman with long, wavy brown hair is captured in a dynamic yoga pose on a rocky beach. She is wearing a white, sleeveless top and white, wide-leg pants. Her right arm is extended upwards, reaching towards the sky, while her left hand rests on her right thigh. The background features a clear blue sky with scattered white clouds, a vibrant blue ocean with white-capped waves, and distant mountains on the horizon. The overall scene conveys a sense of peace, health, and connection with nature.

# **Twenty Five Tips To Boost Physical, Emotional, Mental And Spiritual Health**

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# Twenty Five Tips To Boost Physical, Emotional, Mental And Spiritual Health

## Tip 1: Five Health Tips To Boost Your Energy

1. **Reduce stress:** Being stressed all the time can tremendously lower your energy. One of the things that makes stress so harmful to your energy is that it can cause hormonal imbalance. This imbalance will disrupt all the systems of your body, such as the metabolism and immune system. For five easy methods on how to reduce stress, please refer to tip 24.
2. **Positive attitude:** When you have a positive attitude, your body is less stressed out. Having a positive attitude can cause your body to release certain healing chemicals. These healing chemicals are great for increasing your energy.
3. **Avoid junk food:** Eating too much junk food will rob your body of energy because junk food contains toxins and has little nutrients. Most junk food is full of refined sugar (table sugar). Studies have shown that refined sugar is a carcinogen because when consumed it breaks down into toxic metabolite. Toxic metabolite can interfere with cell respiration; therefore, it lowers your energy and damages your health.
4. **Consume more organic plant-based food:** Unlike junk food, organic plant-based food usually does not contain harmful synthetic chemicals and preservatives. Instead, it is full of essential vitamins and minerals which are needed for metabolism, growth and development. For best results, eat the one that is grown on soil laced with rock dust.
5. **Dietary supplement:** Dietary supplement is more important than ever because of the lack of nutrient in today's food. One of the main reasons why today's food lacks nutrient is because it is grown on soil that contains little nutrient. The lack of nutrient in soil is mainly because of bad farming practices. This is why it is a good idea to take dietary supplement. Some supplements that are good for increasing energy are B-vitamin complex, magnesium citrate or taurate, thyroid hormone (natural complex version) and iodine solution that is in the nascent iodine state. Avoid the supplements that are low in quality. For tips on how to buy high quality supplements please visit [this page](#).

## **Tip 2: How To Increase Metabolism**

Metabolism is an essential process within cells that converts foods and nutrients into energy. This process is essential for your survival, because without it you will not be able to do work and your body cannot grow. Most people have normal metabolisms when they are young but their metabolisms can drop dramatically in their late 20's. Low metabolisms are caused by many factors, one of the major ones is toxin. Toxins such as heavy metals, are very destructive to your cells and cause disruption in the metabolism process.

Below is an excerpt from my book [\*Natural Weight Loss Secrets\*](#) about metabolism.

If you are young and have a low metabolism, you may have a low thyroid or too many toxins in your body. Toxins such as heavy metals are very destructive to cells and can reduce their performance. When your cells are not working efficiently, they affect the performance of your organs. The thyroid is a very important organ for the metabolism. If you have low metabolism, there is a very high chance that you also have low thyroid. Most tests done at clinics are not very good at detecting low thyroid. The test that I recommend is the Barnes Basal Temperature Test; it is easy, fast and accurate. To do the test simply measure your body's temperature in the morning with a sensitive digital thermometer. When you wake up, immediately place the digital thermometer in your armpit for five to ten minutes. During this time, it is important to lie still and be relaxed. After five to ten minutes, check the temperature on the thermometer. If it reads below 97.8 °F, you may have low a thyroid.<sup>2</sup> To increase your thyroid performance detox your body of toxins by oral chelation supplements or chelation therapy. In addition, you should go on a detox diet; it will usually consist of organic fruits, vegetables and herbs.

## **Tip 3: Five Heavy Metal Toxicity Prevention Tips**

1. Instead of drinking tap water, only drink water filtered by a high quality home water purification system because tap water contains heavy metals. The water purification system I recommend is the [Royal Berkey with PF-2 fluoride filters](#) (aff. link).
2. Avoid unnecessary vaccines such as the flu vaccine. Most vaccines contain

- harmful synthetic chemicals and many of them contain heavy metals.
3. Eat food that is free of industrial pollutants such as pesticide, because many of these synthetic pollutants contain heavy metals.
  4. Avoid dental amalgams (silver dental fillings) because it contains mercury.
  5. If you smoke, you may want to reduce the amount of cigarettes you smoke per day or quit smoking, because cigarette is full of heavy metals.

#### **Tip 4: How To Avoid Genetically Modified Foods**

Independent researchers have found that animals fed with genetically modified foods (GM foods) developed serious health problems, such as infertility, birth defects, immune disorders, growth and digestive problems, and premature aging. These health problems are the results of scientists lacking the knowledge and technology to effectively create GM foods that flow well with the laws of nature.

If you live in the United States, there are five foods that are usually genetically modified. They are corn, soy, canola, cottonseed and sugar beets. This means that most vegetable oil, and a good portion of fast food and junk food, are either genetically modified or contain some types of genetically modified ingredients.

Most vegetable oils are either genetically modified or contained genetically modified ingredients, unless they are organic or labeled non-GMO. Olive and coconut oil are great alternatives because there are currently no genetically modified olive and coconut oil. However, this may change in the near future. The coconut oil that I recommend using is called Live Superfoods [Raw Organic Virgin Coconut Oil](#) (aff. link).

Avoid junk foods as much as possible because many of them contain some type of genetically modified ingredient. When buying junk food, make sure you read the ingredients list. For more specific information on how to look for invisible GM ingredients please visit [this site](#). Most of the foods found in fast food restaurants are genetically modified or contained GM ingredients because they are cooked with GM vegetable oil or contain soybean ingredient.

#### **Tip 5: How To Free Your Mind**

To free your mind, you will need to learn how to think independently and become aware of the tricks that companies and your government use to manipulate your mind. Subliminal messages are one of them but they are starting to phase out.

They are being replaced by high-definition TVs and certain high-tech gadgets that have the ability to send certain frequency of codes that can influence your thought patterns. These techniques are all designed to hypnotize your mind to a certain degree so they can influence how you think.

Most of the mind manipulation techniques that are used by companies and our government are harmful to our minds because the techniques disharmonize the energies that keep our minds in balance. To reverse this process, you will need to watch less TV and listen to less distracting music. You will also need to learn how to calm your mind. Meditation is one of the best ways to calm you mind. Doing things that you love to do that does not involve a lot of negative thoughts are also great for calming your mind. Laying out in the sun for a few minutes, drawing or painting outdoor scenes, focusing your attention to the moment of now, or directing your thoughts toward peaceful intentions are great ways to calm your mind. Once your mind is calm, finding inner peace and freeing your mind becomes a lot easier.

### **Tip 6: How To Overcome Victim Consciousness**

Most of us do not like to be victims but yet many of us are victims because we are trapped in a state of victim consciousness. A major reason why most of us are trapped in this state is because our society taught us at an early age to think like victims. This is purposely done to keep us reliant on our government and lock us in a state of fear so we can be controlled. Victim consciousness is not necessarily a bad thing but it does cause us to lose power of our consciousness by weakening the connection to our souls.

Below is an excerpt from my book [\*Staradigm\*](#) about victim consciousness.

Victim consciousness draws in not only negative experiences but also the right people to help support these negative experiences. For example, people who have victim attitudes will draw fellow victims as well as abusers to exploit their consciousness. They will often wonder why they keep attracting abusive partners or friends. They do not realize that they attract abusive partners or friends because of the way they think. The Law of Attraction is a universal law that utilizes thoughts to attract similar people who want similar experiences. In other words, if we keep thinking that we are victims, the Law of Attraction will keep bringing abusive people or situations into our lives to provide more

victim experiences until we learn our lessons or change our thought patterns. Abusers cannot play their roles without the participation of victims unless they force victims to participate. Once victims understand this, they can remove themselves from the situation by changing their attitudes and actions.

The solution for overcoming victim consciousness is personal responsibility. Personal responsibility calms the overactive human ego so that it cannot empower itself to do certain tasks that it should not be doing. The reason why it calms the ego is because when we become more responsible, we take back some of the responsibilities that were lost to the ego when we became irresponsible. Self-empowerment is also important for overcoming victim consciousness because it strengthens the connection to our souls and reduces fears.

### **Tip 7: The Health Effects Of Flu Vaccine**

The vaccine industry claims that flu vaccines are safe and that they are effective at fighting the flu virus. What the vaccine industry does not tell us is that the flu virus can mutate within weeks, and that most flu vaccines contain harmful adjuvants, such as thimersol (a mercury derivative) and some even contain squalene. Once the flu virus mutates, the current flu vaccine designed to target that flu virus becomes useless. Another problem with flu vaccines is that they only contain one or a few different strands of the flu virus. In the real world, there are usually more than a few different strands of the flu virus floating around.

Independent researchers and certain health experts believe that the adjuvants found in flu vaccines are harmful to the immune system and may be the reason why children are experiencing narcolepsy after receiving flu shots. In the Fall of 2011, the government of Finland warned its citizens about the hidden dangers in the [Swine flu vaccine](#). Other governments around the world are starting to warn their citizens too. Flu vaccines by themselves are not that harmful. It is the adjuvants that make flu vaccines and other vaccines harmful.

### **Tip 8: Healing Emotional Problems With The Power Of Love**

Emotions are a form of energy that contain emotion energy codes. These energy codes are synthesized by your intuition, allowing your body to understand them in a linear fashion. This process of synthesizing emotion energy codes in a linear fashion is what gives you the perception of feeling. Emotional problems usually



manifest when these energy codes become distorted. Having an imbalanced intuition can also cause emotional problems to manifest. When your intuition is imbalanced, exploring your emotions can be difficult, confusing and illogical. Negative emotions are one of the main causes of emotional problems because they can disrupt or block the flow of energy that hold your emotion energy codes. Because of this, when you have too many negative emotions, you tend to have a hard time controlling and understanding your emotions.

There are many ways to facilitate the healing of emotional and mental problems, but the most effective way is to heal the energetic distortions that are manifesting these emotional and mental problems into your life. The best way to heal the energetic distortions is by using the infinite power of genuine love to facilitate the healing process. In terms of universal physics, love is a state of vibrational harmonization that allows an energetic connection to occur between individuals and all things. In essence, true love is nothing more than a state of perfect vibrational harmonization. However, the emotions associated with love can take many forms.

Without the frequency of love, true healing is not possible because there will be no way to bring the energetic distortions back into perfect balance. Because of this, to be truly healed or become great healers, we must learn how to tap into the frequency of genuine love.

### **Tip 9: The Core Cause Of Diseases**

Diseases are caused by energy blockages or distortions in the original energy template that forms the blueprint upon which the systems of the human body manifest into physicality. This energy template is known as the Kathara Grid. All physical and non-physical things, including diseases, are made of energy because it is the core building block of matter. For this reason, if you want to cure diseases, you must learn how to fix the distortions or energy blockages in your energy template.

Our society, especially Western society, has been conditioned for centuries into believing that treating symptoms will cure diseases. This false teaching is deliberately done to prevent us from being healthy because there is little money to be made in a society that is healthy. Treating symptoms will not cure diseases; they only mask diseases, giving the illusion that the diseases are gone. This way of diagnosing diseases does not address the underlying cause of diseases; rather, it

sets the stage for the cause to re-manifest itself into other symptoms. This is why many of the pharmaceutical drugs today do not cure diseases. They are only designed to cure the symptoms so we keep on coming back for more, making the pharmaceutical industry richer while we get poorer because of the expensive medical bills.

### **Tip 10: How To Appreciate The Beauty Of Life**

Appreciating the beauty of life is something that most of us do not do on a regular basis. This is because we are conditioned since the day we are born to want more, need more, consume more, buy more and be good little consumers. Rarely do we stop to think about what we already have, starting with the gift of life, the power to create and the free will choice to live our lives the way we want to. The more we allow our society to influence us to want more so that we can fulfill what is lacking within us, we begin to believe that we are entitled to something, we are better than others or that someone owes us. Once we fall into this mind trap, we set ourselves for endless frustration. This frustration is caused by replacing unrealistic and untrue expectations upon life, others and ourselves. We can also get angry when life does not turn out the way we want or we do not get what we want.

When we believe someone owes us something, we start to lose our appreciation to the beauty of life. Giving something to someone and expecting something in return is one of the greatest self-sabotage games in the world. If we give to others and expect to receive something back and they do not pay us back what we desire, we often feel cheated, taken advantage of or owed. Giving should be done for the joy of giving alone and without expecting anything in return. When we approach life with this mind set, we do not feel cheated, taken advantage of or owed. Instead, we begin to appreciate life for what it truly is.

### **Tip 11: Five Tips To Raise Your Energy Vibration**

Energy vibration is what gives expressions to all life forms because without it life cannot exist. If you were able to measure the vibrational rate of your energies, you can easily determine the state of your well-being. You can do this by studying the frequencies at where your energies are vibrating. The frequency rate of the human body's energy is usually measured using the acronym MHz (megahertz). The measurement is done by using advanced technologies. Below are five tips to help raise your energy frequency or prevent it from decreasing to

unhealthy levels.

1. **Meditation:** One of the cheapest and most effective ways to raise your energy frequency is meditation. Meditation helps calm the body by bringing its energy back into balance. It also reduces stress and can help activate the body's natural healing system. For more information about meditation or to learn how to meditate, please visit [this page](#).
2. **Food:** Plant-based food is one of the best foods for raising your energy frequency. Try not to cook it because it will destroy a good portion of its nutrients, especially the heat sensitive and water soluble nutrients. Also, buy the organically grown instead of the conventionally grown plant-based food. Avoid junk food and fast food as much as possible because they lower your energy frequency due to the lack of nutrients. They also contain harmful synthetic chemicals and preservatives, and a great portion of them contain genetically modified ingredients. Meat-based food is not the best food for raising your energy frequency because it contains less nutrients than plant-based food. Because of this, try to balance your plant and meat intakes.
3. **Radiation:** Being exposed to radiation can lower your energy frequency, even in small levels. Cathode Ray Tube (CTR) TVs and CTR computer monitor can lower your energy frequency because they emit radiation. Short exposure to CTR monitors should not cause significant damage. However, it would be wise to replace them with LCD or LED monitors. The refresh rate of monitors may also affect your energy frequency, especially the energy frequency of the brain. Many of them are set below the required frequency for optimal brain performance.
4. **Artificial light:** Light emitted from compact fluorescent light bulbs or standard light bulbs can lower your energy frequency. This is why you feel tired when you have long exposure to artificial light. Whenever you start feeling tired while being indoor, go outside and let your body absorb some sunlight. This will wake you up because sunlight rejuvenates your energies.
5. **DNA activation:** Scientists have found out that most of the human body's DNA is not active. Because it is not active, they do not know its roles so they end up calling it "junk DNA." Your junk DNA is the key to raising your energy frequency, because when activated it allows you access to higher frequency energies. These energies have incredible healing capabilities and will help activate certain senses that are beyond the five sense. DNA activation is the best way to increase your energy frequency. If interested in this subject, please visit [this site](#).

## **Tip 12: The Cause Of Heart Disease**

The conventional medical industry has done such a great job teaching us that heart disease is caused by high cholesterol levels. Its teachings are misleading and are done to mostly benefit itself and its affiliates. If high cholesterol is the main cause of heart disease, then why do Eskimos have very little cases of heart disease? Eskimos consume a lot of whale and seal blubber; therefore, they have high levels of saturated fat in their bodies. The high levels of saturated fat also contributes to high levels of cholesterol. Because of their diets, Eskimos have very high levels of cholesterol, sometime as high as 3,000 mg/dl. The conventional medical industry recommendation for cholesterol level is 200 mg/dl. Even with their high levels of cholesterol, Eskimos have very few cases of heart disease.

Some of the main causes of heart disease are cooking food with processed polyunsaturated fat, such as conventional vegetable oils, and consuming high levels of heavy metals, harmful synthetic chemicals and junk food. If you eat fast food, junk food and processed food on a regular basis, and have been doing it for decades, you are well on your way to having health problems related to heart disease. The reason is because you are saturating your body with heavy metals, refined sugar and other harmful toxins. Another common toxin that is very harmful to your heart is sodium fluoride. This toxin is commonly found in the United States' drinking water and conventional toothpaste. Sodium fluoride is very harmful to your heart because in high levels it may calcify the arteries of your heart.

## **Tip 13: Hyperthermia Cancer Therapy**

The conventional methods used for treating cancer are not very effective at curing cancer. Chemotherapy is one of the most common conventional methods. Chemotherapy is very harmful to your body because it uses harmful toxins to destroy cancer cells. These toxins also destroy healthy cells and weakens the immune system. Your immune system is your best defense against cancer. Most of us and doctors do not realize that pre-cancer cells develop in our bodies on a weekly basis. The reason why we do not show physical symptoms of cancer is because our immune system, along with natural killer (NK) cells, find the pre-cancer cells and destroy them before they get out of control. When we start showing physical symptoms of cancer, this means that there is something wrong with our immune systems. To cure ourselves of cancer, we will need to strengthen our immune systems, not weaken it by using chemotherapy.

Unlike chemotherapy which uses harmful toxins to destroy cancer cells, hyperthermia therapy uses heat to kill cancer cells in the main body. For patients with prostate cancer, heat and specific radio waves are used to target and kill cancer cells. Using electromagnetic waves, such as radio waves to kill cancer is a technique that I support. If done correctly, it can kill all known cancers, bacterias and viruses. Scientists who have worked in certain top secret projects have known for a long time that the frequency in electromagnetic waves can be used to kill any microorganisms without harming healthy tissues. These waves can also be used as weather weapons. For more information about hyperthermia therapy, please visit [this site](#).

### **Tip 14: The Hazardous Chemicals In Household Cleaners**

Most cleaning products used for disinfecting and cleaning bathrooms, kitchens and certain areas of the house contain hazardous chemicals that can cause chronic health problems later on in life. Many of the household cleaners found in stores do a great job cleaning stoves, sinks, dishes, countertops and bathroom but they also do a great job slowly destroying our health. Some of these household cleaners are so toxic that when inhaled or swallowed they can cause death.

Besides being hazardous for our health, household cleaners are also very bad for the environment. Many of the chemicals in household cleaners are toxic to the environment. One of them is a class of chemicals called alkylphenol ethoxylates (APEs). APEs are synthetic surfactants used in some detergents and cleaning products. “APEs are made from and break down into alkylphenols.” “APEs and alkylphenols, such as nonylphenol and octylphenol, have been found in sewage sludge” (source: [sourcewatch.org](http://sourcewatch.org)). Researchers believe that nonylphenol and octylphenol are hormone disruptors because they have been shown to mimic the hormone estrogen. Studies have shown that fishes living in water with high levels of these two chemicals have reproductive problems.

### **Tip 15: How To Choose The Best Vitamin Supplement**

There are countless of vitamin supplements on the market but most of them are not as good as claim by supplement manufacturers. Most vitamin supplements on the market are synthetic and cheaply made. To find the best vitamin supplements for your health, you will need to purchase vitamins that are as close to their natural state as possible. These vitamins are usually extracted from

natural or whole food sources. You will also need to learn how to tell the difference between natural and synthetic vitamins. To learn more about this, please read [\*Vitamins: How to Tell Natural From Synthetic\*](#).

When taking vitamin supplements, it is also important to take mineral supplements or eat foods that contain natural minerals, because some vitamins need certain minerals to work properly. For example, vitamin D is needed to assist your body to effectively absorb calcium. One of the popular methods of consuming calcium is through conventional cow milk. However, this is not an effective way. The vitamin D in conventional cow milk is usually synthetic which does little to help your body absorb calcium. Drinking cow milk does not strengthen the bone as much as suggested by the dairy industry. If cow milk were good at strengthening bones, we Americans would have very few cases of osteoporosis because we drink it in abundance.

### **Tip 16: Why Understanding Energy Is Essential For Your Well-Being**

Energy is the divine substance that exists in all things, even in the vacuum of space. Energy is conscious of its existence which is why it can project itself into all forms. This is what most mainstream scientists have failed to understand. However, quantum physicists are on the right track when it comes to defining energy and matter. All things in the Universe are nothing but holographic projections of energy, even atoms. This means that matter is also a projection of energy; therefore, its true form is not solid. Your mind and body are made of units of energy that are intelligently structuralized in a way that allows consciousness to express itself. The human body is also nothing more than a holographic projection of energy. It is not truly made of matter because matter is made of atoms which are mostly empty space. Your soul, the beingness within you, is another holographic projection of energy but it is more closer to the pure form of energy. Because the core structure of your body, mind and soul are made of energy, when your energy is imbalanced or when you surround yourself with negative energy, you are destabilizing the energy structure that makes up who you are.

### **Tip 17: Intuition And Negative Emotions**

One of the ways negative emotions are manifested is through the lack of intuition. When your intuition is weak, your body has a harder time synthesizing the electrical impulses that contain your emotion codes. This causes an overload in

your bio-circuitry, causing distortions to occur because your body cannot effectively synthesize the electrical impulses. At this state, exploring your emotions can be difficult, confusing and illogical. Having a weak intuition makes you more vulnerable to negative emotions, causing you to have self-destructive behaviors. If you do not get yourself out of this state, your life can feel very chaotic.

In order for you to heal your destructive emotions, you will need to increase the strength of your intuition and teach your mind to direct emotional energies. Repressing your emotions or using drugs to treat them is not going to solve your emotional problems. In fact, it will make them worst. There are many techniques you can do to help strengthen your emotions and train your mind to direct emotional energies. One of the most effective ways is to stimulate your Keylonta codes within your body and cells back into balance. Keylonta is the science and language of light, sound and energy. In other words, it is the science of Creation; therefore, it exists everywhere. Besides being a language, Keylonta can also be used for many other things. Think of Keylonta as a tool that serves the purpose of communication between all things, allowing reality to be constructed from the quantum realm and up.

### **Tip 18: The Benefits Of Breast Milk**

The health benefits of breast milk are so astonishing that it has been used to treat all kind of diseases. These health benefits are made possible because of its antibacterial and antiviral properties. Plus, it is full of essential nutrients for fighting diseases, such as cancer.

Besides its effectiveness against cancer, breast milk is also effective at treating: acne, pinkeye, stuffy nose, cold sores, blisters, burns, cuts, insect bites, ear infections, diaper rash, sore throat and warts. Best of all, breast milk gives babies the gift of life. No food in the world can give a baby the right nutrients, hormones and natural prebiotics like breast milk. Another important fact about breast milk is that each mother produces her own unique milk designed specifically for her own baby. This way, her baby is giving the best nourishment to grow and evolve. These features make breast milk the number one food sources for keeping babies healthy.

## **Tip 19: The Negative Effects Of Subliminal Messages**

Subliminal message is a message designed to stimulate and reprogram your subconscious mind. Because it is designed to target your subconscious mind, you are usually not aware of it. This feature makes subliminal message very effective at controlling your thought patterns. Depending on how it is used, subliminal message can help you or harm you.

Some of the most popular subliminal messages used by corporations and the government involve sex, drug, food, fear and violence. Next time you watch TV, pay very close attention to the show or commercial you are watching and you may notice how these five topics are incorporated in it. This is one of the main reasons why people are so addictive to sex, drug, food, fear and violence. The reason why corporations and the government used these five topics the most is because they are very effective at selling their idea or product.

The way corporations and the government used subliminal messages is harmful to your mind. Their subliminal messages usually disrupt inner peace because it disharmonize the energy structure that your mind is built upon. Out of five topics I mentioned above, sex is the most popular because it sells their idea well. This is why most ads or commercials usually contain something that is related to sex. Now you may realize why corporations are willing to invest millions of dollars on ads that contain subliminal messages.

## **Tip 20: How To Overcome The Ego**

In order to overcome the ego, we need to understand what it is and how it works. Below is an excerpt from my book [\*Staradigm\*](#) about what the ego is.

The ego is a section of our minds that has become isolated. This happened during events in our history that caused our DNA to mutate. These events also turned off most of our DNA (or what we now refer to as “junk DNA”). The junk DNA is essential for the ego to communicate to other sections of the human mind because it allows access to higher levels of consciousness.

The ego is not an evil entity but a part of our personalities that has lost a great portion of its connection with Creation. This sense of separation gives the ego a false sense of finite life; therefore, it creates a false sense



of fear and loneliness and the need to consume whatever it can to survive. Our egos seem evil to us because most of our egos are out of balance or overactive. The human ego is so out of balance that it has empowered itself to do certain tasks that it should not be doing. Hence, the false self is created. This false self then tries to take over the true self, which is the soul. Once the false self is created, the ego reprograms the conscious mind to accept denial, which promotes victimhood and weakens the connection to the soul.

The ego loves putting us in victimhood because it decreases self-empowerment which increases the ego's power. Another thing that empowers the ego is the lack of personal responsibility. For these reasons, if we want to reduce its power and overcome it, we need to lift ourselves from victimhood by increasing self-empowerment and personal responsibility. To learn how to increase self-empowerment, please refer to tip 25.

### **Tip 21: The Health Hazards Of High-Fructose Corn Syrup (HFCS)**

High-fructose corn syrup (HFCS) is a very popular ingredient in soda (pop), fruit juice, ice cream, cookies and processed bread. In general, many processed foods contain high-fructose corn syrup. HFCS is a synthetic sugar that is very destructive to the body and has been linked to heart disease, liver damage, cancer, obesity and diabetes. One of the dangerous properties of HFCS is that it may be genetically modified. Most of the corn grown in the U.S. is genetically modified. Since HFCS is a byproduct of corn, if it is made in the U.S., there is a very high chance that it is also genetically modified. Genetically modified food has been linked to many chronic diseases, such as cancer, sterility, premature aging, birth defects and obesity.

### **Tip 22: Five Reasons Why You Should Install A Water Purification System**

1. Natural ground water and tap water are not as clean as claimed by water manufacturers. They are usually contaminated with certain natural impurities, such as nitrate, radon, bacteria, arsenic and other trace metals. Consuming these natural impurities can cause negative effects on your health.
2. Within the past few decades, human contaminants, such as pesticides, herbicides, industrial solvents, pharmaceutical drugs and toxic waste are

contaminating water systems in dangerous levels. These toxins can cause health problems, such as birth defects and cancer. If you drink a lot of tap water, you are putting yourself at a higher risk of getting these toxins in your body.

3. Most of the water treatment systems used for cleaning drinking water do not do a good enough job removing contaminants, such as pesticides, arsenic, lead, mercury and industrial chemicals. Also, the types of chemicals they use for cleaning drinking water do not make it safer to drink. Instead, they increase the amounts of pollutants in the drinking water because these chemicals are usually toxins themselves.
4. Most water treatment systems in the United States add fluoride in their water. Fluoride was known as rat poison because it was used to kill rats before it was used to treat contaminated water. Researchers found that fluoride is very toxic to the body. The thyroid gland is one of the organs that suffers the most because it collects nearly twice as much fluoride. The thyroid gland is needed for immunity, metabolism and for controlling certain hormones. It is important to know that most home water purification systems cannot remove fluoride. In order to effectively remove fluoride, you will need to use a special filter called activated alumina (AAL). The water purification system I recommend is the [Royal Berkey with PF-2 fluoride filters](#) (aff. link).
5. Water has incredible healing capabilities which is why researchers are now studying how water can help the body fight cancer. One of the major differences between a cancer cell and a normal cell is the state at where their water molecules are vibrating. The water in cancer cells is also fuzzy instead of clear like the water in normal cells. Because of water's healing capabilities, it is important to drink water that contains little or no contaminants.

### **Tip 23: Five Neurotoxins You Should Avoid**

1. Aspartame (also known as Equal, AminoSweet, NutraSweet, Spoonful): It is very common in sugar free food products, especially sugar free gums and drinks. Aspartame has been known to cause neurological damages in tissues.
2. Monosodium glutamate (also known as sodium glutamate, MSG): It is very common in chips, canned food, baby food and other junk food. Independent researchers believe MSG is linked to Alzheimer's disease.
3. Metallic aluminum: It is common in drinking water, over the counter

antacid and vaccine. Aluminum is hard for the body to absorb but citrate or citric acid can dramatically increase its absorption. Vaccine is one of the major contributors to aluminum toxicity because the aluminum is injected directly into the bloodstream.

4. Mercury: Common in fish product, vaccine and amalgam fillings (also known as silver fillings). Mercury can be found in drinking water too.
5. Fluoride: Very common in drinking water and toothpaste. Fluoride was used to kill rats before it was introduced into consumer products.

### **Tip 24: Five Stress Relief Tips**

1. Breathing exercise: Slow and deep breathe can help relax the mind, increases oxygen and focus, and stimulates the brain to produce endorphins.
2. Being in the present: The present is the moment of now. When we focus on this moment, everything becomes clearer and we tend to lose focus of the past and future. The past and future is where stress usually occur. Stress cannot occur in the moment of now because it is the still point between the conscious and subconscious mind. This moment of now is where balance can take place.
3. Smile more often: When we smile our brains release endorphins and other healing chemicals that can help reduce stress.
4. Think positive: Positive thoughts call forth inner peace and negative thoughts disturb inner peace. As a result, when we have more positive thoughts, our state of minds are more at peace which can reduce stress.
5. Learn to forgive: When we forgive, we can release energy blockages that are causing us emotional pains.

### **Tip 25: How To Increase Self-Empowerment**

Self-empowerment is the process of taking charge of your life by lifting yourself from victimhood. Once you have achieved this process, your life will dramatically change for the better because you will begin to live in your realities instead of living in other people's realities. Below are five tips to increase self-empowerment.

1. Understand who you are: Most of us have forgotten who we truly are. We do not understand that we are spiritual beings with infinite potential. Instead, we believe we are physical beings with limited potential. If we were

only physical beings, we would not be able to observe ourselves and have the imaginations that we have. The human brain cannot tell the difference between what it sees and what it remembers. In other words, it works similar to a computer and has very little consciousness, just enough to exist. Even though our brains work like a computer, we all know that there are more to us because we can observe ourselves. This brings up the question, who or what is the observer? The answer to this question is the soul/spirit. Once you understand who you truly are, many of your fears will be reduced and you increase the power within you.

2. Do not be afraid of the truth: It is important to seek the truth because it will set you free from victimhood. The truth may not always be easy because it can threaten your so called normal realities and beliefs. To find truth, you will need to learn how to contemplate your thoughts and always question things.
3. Trust your intuition: Your intuition is the knowing feeling that you have near the pit of your stomach but is not limited to that area. Many of us like to refer to intuition as the “gut feeling”. The more you learn to trust and use your intuition, the more confident you will become.
4. Do not be a victim: When you allow yourself to become a victim, you lose physical, emotional, mental and spiritual power. Being in this state of victimhood prevents you from understanding who you are, causing you to lose the power within you.
5. Personal responsibility: Being responsible for your thoughts and actions are very important for increasing self-empowerment. When you become more responsible, you are basically telling your soul and the Universe that you are ready to explore the unknown. This exploration of the unknown will help increase your understanding of the Universe. The more knowledge and wisdom you have, the more you increase the power within you.

## **My Other Books**

[Staradigm](#): A Blueprint for Spiritual Growth, Happiness, Success and Well-Being

[Natural Weight Loss Secrets](#): A Quick Guide to Losing Weight Permanently

[Money Does Grow On Trees](#): Learn how to Protect and Exponentially Grow Your Investment Portfolio During Economic Boom or Bust

## About The Author



Pao L. Chang is the author and founder of [EnergyFanatics.com](http://EnergyFanatics.com), a comprehensive blog dedicated to teach people how to think beyond conventional methods or “outside of the box.” The blog focuses on educating people about energy mechanics, financial health, success, wellness, happiness, inner-peace, self-improvement, natural food, alternative medicine and spirituality (not associated with religions that are filled with dogmas). He is a certified Reiki practitioner of the traditional Usui System and is currently studying the Art of Kathara Bio-Spiritual Healing. He loves to explore the mystery of alternative medicine, science of consciousness, quantum mechanics, sacred geometry and how energy affects the physical, emotional, mental and spiritual body. He is also an investor who supports economic systems that use sound money and work with people and nature.