



## My Story can SAVE your Life

This newsletter is comparable to no other I have written before. There are no breaking news events to comment upon, there are no natural medicine discoveries, there is nothing to buy and nothing to sell, there are not even any pretty photos. There is only a hope, that you may read this through in its entirety and reflect how the story may apply to your life or someone you may love. This was my personal health experience and I embrace it as 100% Truth. There is nothing that can change my mind about its validity after going through it firsthand.

As a physician, a teacher of health, a public voice, it has required a lot of courage and humility to even share this story publicly, as it is incredibly personal and discusses very private matters which I would have never discussed with anyone prior to this event. However, after I was spontaneously and completely healed in a miraculous manner, I was emotionally and physically “moved” to share it with others. Not sharing this story, I would be preventing others from having similar miraculous healings only to save my personal pride and ego.

Since this happened to me a couple weeks ago, I have told this story to only a few people who I felt may impact their lives as profoundly as mine. As I told them in person, “I have gone through this misery and suffering, so you won’t have to. I urge you to apply this to your life so you don’t have to ever have to go through something like this. “

And so it begins,

I awoke with the typical morning urge to urinate, however this was much stronger than accustomed, it was more like a painful pressure in my bladder and pelvis. I got up to go to the bathroom, but to my surprise just a few drops were released. Now that can’t be right,” I thought to myself, “I don’t have any other symptoms of acute prostatitis and I’m too young for chronic prostatitis... and I have not had any symptoms of an impending prostatitis.” I went back to bed and uncomfortably rolled back and forth with a pain level of a 5/10 just trying to find some comfort.

I pulled myself out of bed and went outside to sit in the sunshine and do some hands-on healing on myself. I put one hand on my prostate and one hand on my heart and I prayed, “Lord, show me why I have this pain.” Without even a second passing, I immediately saw a flash- it was the face of my first girlfriend from 30 years ago, Jan, who dumped me abruptly. I heard within myself: “You still hold suppressed resentment towards her- hold her in your arms and forgive her and become one with her to dissolve the resentment.” What! How could it be? I forgot

become one with her to dissolve the resentment. What? How could it be? I forgot about her decades ago—and now she's back in my life because I didn't completely clear the anger? Well okay... So I reluctantly imagined holding her in my arms, hugging her tenderly and melting into her... and saying, "I forgive you... I love you." In that very moment... I felt the tautness of the drum in my pelvis soften to just a bearable pain- it instantaneously changed.

This is rather unique- because as I may have quoted to some of you in the clinic, "*feelings buried alive never die.*" In 1995 I went to Peru by myself for five weeks on a spiritual mission to Machu Pichu to "find myself". I was actually fleeing my problems at home suffering from heartache for my first serious girlfriend Jan who had without notice just up and left the country and didn't write and didn't return. Of top of this grief, most of the trip in Peru I was terribly ill with vomiting and traveler's diarrhea. I returned a real mess, recovering from intestinal infection and I also developed such an urgency that I could not hold my urine and felt like I was constantly going to pee my pants. Eventually over weeks and months it recovered and I never thought of it again. I thought it was better, and it may have gone away but it wasn't "healed." (As is the case of so many of our chronic health conditions- an especially good example being cancer.)

In awe I continued- "Thank you Lord, what more is there to do to relieve this?" And immediately a "flash" in my mind's eye appeared a person who really pushes my buttons. Someone whom I persistently have had contrary opinions and whom I have complete antithetical feelings towards. "No!" "Not her!" "Anyone but her!" "It is difficult enough to be around her let alone to embrace and hold her." But... the pain started to pulse again... and if it didn't get better soon, I would have to submit to the hospital and have a catheter put in to release this painful urine continuing to increase in pressure.

So I did it... imagining touching her hand at first... then her arm... then a side hug... then... reluctantly a frontal hug... then ... with all my ability... I fully embraced her, and melted into her body as I imagined her melting into mine and becoming ONE. As I did this... I felt my anger for her dissolved... and... most importantly... simultaneously my pain also dissolved. It was miraculous; like something I could not ignore. I went on about the rest of the day feeling almost completely well. I even began to wonder if it was all just a fluke, if it was all in my head. Maybe this was all just a big "coincidence."

The following morning I awoke again, the pain was back, although a very mild version of that which I had from the day before. However today I could not rest, I had physical work to do on my rentals so I left that morning and I strenuously worked repairing and cleaning without bringing enough water. I felt the pain more noticeable but I continued. I needed to buy some cleaning supplies up town, and I was thirsty and hungry. I knew I had to eat and I also *knew I should be cautious* still having this tender condition.

But that would not be the case. I was driven....it almost felt like I was being "pushed"... to eat a hamburger. I did what I would not normally even do even on a good day and I and ordered a double bacon cheeseburger. I enjoyed every bite and went back to the apartment to clean. After just an hour I felt a burning pressure start to re-emerge anew in my bladder. I knew exactly what was happening and I

began cussing at myself for being so dim as to eat that hamburger. I knew all that concentrated fat and protein was breaking down to create a severe inflammatory state in my blood- and the body was responding.

I now had a constant pain and intense spasm of urination and trying to relieve it only produced a few drops and that is when I heard in my head, "get home now." I drove straight away and as I drove the pain grew and increased to the point I was shifting back and forth, side to side in my seat, in any possible position to relieve the now fulminant pressure in the groin and the growing pain up the sides of my back. I raced up the driveway, slammed the car into park, hobbled ran into the home grasping my back and screaming for water of which I guzzled about 1 quart as it poured all over my face and shirt and then ran to the bathroom tearing off my clothes as I went to endure what would be 5 hours of pain and misery.

On a scale of 1-10, it was a solid 7, throbbing, gnawing, aching pain discomfort. Entering the hot bath I calmed some but still shifting back and forth and clenching my side unable to find any position to bring relief. I then felt that awful sensation of saliva percolating from the salivary glands and coating my throat and I jumped out of the bath and expelled the burger in violent heaving into the toilet- as it burned my throat the smell of pork and meat filled me and disgusted me. "Forgive me Lord, Forgive me"... I pleaded. I knew better, this food does not heal a body...and I did it anyway. As a physician, my mental brain reminded me that vomiting from abdominal pain was NOT GOOD and I best make a decision to go to the hospital soon.

After vomiting the pain resolved a tad for just a few minutes and then it came back even stronger than before gripping and clenching my entire pelvis and thorax... I voiced- "Are there any more women to embrace and forgive?" And nothing came immediately as I went back and forth from hot bath to a cold shower hoping to gain a few urine dribbles of relief here and there. There were moments the pain was so intense the uncertainty of what was really going on with me drove me to madness....was it more serious than I thought? Maybe an internal bleed? Maybe I will just die right now? I thought at any moment I would be visited by angels to greet me and take me with them... The internal dialogue was almost deafening and chaotic. I was truly going crazy... I was losing my mind and I knew it. "Stop Stop Stop!" I Yelled out.... "BREATHE!" " BREATHE!" I commanded myself.

I breathed... and breathed... and breathed.... and in that second of calm a thought came in... I must get to my invention machine *LEYDA* upstairs. The very machine that was given to me in a series of dreams to help my dogs in their healing, I must now use it for myself.

I struggled to get out of the tub and make each step of the stairs was misery as I squeezed and clenched my flanks using all my might and determination just get to the place to sit on the machine. I sat between the four speakers- and I turn the machine to Harmonic 6 and it put it on high and let the vibrations rumble..... brrrrrrrrr..... my entire body vibrates and I wiggle and squirm getting through the first few frequencies and then...BRRRRRRRRRR..... this frequency hits me that shakes me so perfectly... it almost immediately put me at ease... then allowed me to breathe... then... my prostate and pelvis and back, flanks and abdomen all start

vibrating at the same rate of the vibrations. Likened it to the opera singer who finds the perfect pitch to break the crystal, the machine had found the perfect pitch to create a resonant frequency of the illness and it was soothing me.

I calmed... I was able to take a few breaths now.... "Thank you thank you God.... Thank you." "Okay Lord, what more Lord... what more is needed to heal this?" I humbly asked....and then.... "WHAM!" a vision of my Aunt powerfully appears in my closed eyes... it was actually a beautiful vision of her face- perfectly beautiful, soft, blonde curly hair/ Uncontrollably I am filled with emotion and start to sob... beyond crying... balling balling, wailing....sobbing.... Deep ancestral sobbing.

And it was then I realized... This Aunt, whom I held a long standing feud since I was 19 years old because of her discrediting me as a student of natural medicine and me discrediting her as a nurse she represented the pinnacle of my "hatred" to some females. And it was God telling me I am to accept all of the Divine Feminine... not just those I chose to love, but rather ALL of them. "If you will allow Me and accept Me and Embrace Me... you must do so WITH ALL of ME... that means ALL OF MY WOMEN or you will block the healing life force to your male organs and prostate." I heard ring in my head. The realization was absolutely real and pure and true and I just sobbed and sobbed and sobbed as decades of emotions were released... "okay, okay... I understand...I forgive you Aunt, I forgive you...I forgive you."

And it was as if a magic wand was waved over my body.... Literally magically and instantaneously the pain softened as I sat there and as the vibrations of this incredible divinely inspired machine *LEYDA* continued to shake me and I sat there crying and thanking God for the incredible and miraculous spontaneous healing..... And then, I felt it... For the first time I felt a "natural urge" to urinate... This time I was actually able to very carefully walk downstairs with much less pain. I made it to the bathroom and I sat on the toilet and just "let go" to urinate...

At first just a little dribble comes out... and then a little more... and then p p p p p p p.... plunk! In my shock ***out exploded a little black stone*** about the size of a beebee....hard and jagged. And then more urine... and more urine... and more urine as I was filled with relief and humility and joy and gratefulness encompassing me all at once. My body had passed a "prostate stone" which I had accumulated from decades of blocking the flow of energy to my male organs through the "hatred" of certain women.

I walked back upstairs, feeling almost completely well and in a jubilant state, I sit on the machine *LEYDA* again and I this time I had the realization that my Aunt (who passed years before) was also able to be in peace because I had truly forgiven her and she was released by me. I also started to receive a visionary stream of women whom I had held anger, bitterness and resentment over the years. Systematically, one by one, I embraced them, became one with them and released them to create the healing that was missing. The list was much longer than I had imagined and even was directed at people I never met like famous figures and politicians of whom I did not share a positive opinion... each and every one was a part of the Divine Creation which I had rejected and now embraced.

I continued to sit there soaking in tears of joy and gratefulness as I sat on the LEYDA machine and continued the treatments.... In that deep state of love and appreciation I ask, ... "Lord, if this is the result of hating the opposite sexual energy, what is the effect of hating the same sexual energy." Before the sentence was even finished, I felt a WHAM! A palpable PUNCH in my chest I heard and felt the word, "HEART!" And then I think... of all the people in my life who have had heart conditions, and I see my Uncle's face who died young due to an arrhythmic heart failure--- because of the pinned up anger he held toward his father.

And after this realization... I hear the words... "Honor thy Father and thy Mother." "Yes! YES! That is it!" The commandment is not just about honoring your parents alone... it is about Honoring the DIVINE MASCULINE and the DIVINE FEMININE in Entirety... One must embrace ALL Men and All Women as they are all apart of the Divine God.... And the phrase.. "Love one another" and "Love thy neighbor as thyself" is not just generalized statement, it is an actual practice and it is not easy to do: it requires real work to be done- often repeating daily until all is dissolved.

It's important to note that the invention of the LEYDA machine did not create the healing alone... the machine only created the "space" by providing the resonant frequency where my tissues were able to relax and I was able to receive Divine Guidance. It was ME who had to do the REAL healing by embracing my aunt and forgiving her, by embracing my grandfather and forgiving him.

In this experience I also received affirmation that one cannot eat the filthiest of all meat (pork) and eat other animals that are conventionally raised with hormones and antibiotics and fed devitalized feeds filled with pesticides and fertilizers and then torturously stand in line to be slaughtered as the fear hormone surges through their veins. One cannot expect to consume this kind of food and have healthy blood or healthy thoughts and be in alignment with the Loving Nature of God.

The message also presented that Junk Food, SUGAR and alcohol and coffee, chocolate, nicotine, marijuana, etc... are actually all having the same effect on the body- they create an artificial chemical sense of "being in love." One of these "vices" is what almost any human will turn to when YEARNING to unite and feel the energy of the opposite—to merge together and be One with the Divine Feminine or Divine Masculine. The desires for these foods and substances will not be able to run your life when you completely embrace and merge into the Love of that which you need and desire.

This brings us to the conclusion-- I had a urinary condition that had started in 1995 when I went to Peru to "find myself" after being dumped by my first girlfriend- I didn't realize I still held onto the emotion of "hating" her as I thought I got over it.... However I still held some amount of hate for her... and it became suppressed after so many years... and that hate latched onto all women who held contrary opinion to me and mostly my Aunt who I resented for actively challenging me on my core creed.

The take home message is: It was NOT THEIR FAULT-- IT WAS ME who REACTED TO THEM... IT WAS ME WHO HATED THEM... IT WAS ME who

formed the blockage by responding to them with HATE instead of TOLERANCE... This blockage in my prostate was the pinnacle turning point of spiritual evolution which I had to cross to be the messenger for others.... I went through the pain and gained the realization so others may not.

It was once again PROVEN to me through this “healing crisis” that ALL ILLNESS is caused by a combination of BOTH 1) external sources (that which we eat, drink, chemical toxins, EMF frequency, physical trauma) and 2) internal sources (that which we think and our suppressed and active emotional conflicts) ---- not one will create disease without the other.

It is fascinating to research that nearly 100 percent of men have cancer in their prostate and nearly 100 percent of females have fibroids or cysts in their organs by advanced age. And likewise for the heart, the most common cause of death in the USA develops from eating a terrible diet of unclean meats as well as holding extreme anger for the same sex. It goes to say that as a human race we hold a lot of anger against a lot of people.

Choose to end this unnecessary suffering and choose to save your life. Today, make a list of those you hold anger, bitterness, resentment, frustration or irritation. Add to that list those you have cussed, argued with, debated, belittled, judged, nagged, complained to or even have just raised your voice- these are all examples of hate and suppressed anger. And just realize... every time you do this —**you are only hurting yourself- blocking the flow to your organs and creating disease in them.** It may be a wife, a mother, sister, daughter, aunt or a husband, father, brother, son, uncle or former friend or coworker or even TV personality- make your list.

Then, in a quiet place, one at a time, in your mind’s eye pull them close, wrap your arms around them and embrace them and feel your body melting into them... until you feel yourself becoming ONE with them.

In that practice continue day after day. If someone angers you at home, at work, on the road, or on the television; then add them to your list. Practice every day embracing these people in your mind feeling them melt into you until the practice has finally dissolved your pent-up feelings towards them. You’ll know you have cleared the suppressed anger when you can think of that person and you do not feel any energy rise in you, it is as neutral as observing the grass grow or the flowers bloom.

And when you find yourself becoming angry at someone, instead of acting out and creating disease in your own body... rather practice having tolerance, temperance, respond to them by speaking quietly, slowly, peacefully, and truthfully. You can speak your side, your perspective, without getting heated- and the other person will hear you better and be more likely to comply. And if the other person wants to continue to meet you with resistance- kindly say, “lets talk about this tomorrow,” and leave the area so as not to create more anger.

Eventually all blocks will be opened and you will be free of the bondage of anger and resentment. Your blood and life energy will flow freely through your body to

heal and give health. And with this new perspective you will then truly live the meaning of “love one another”.

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