



## Update On My Own Healing Miracle

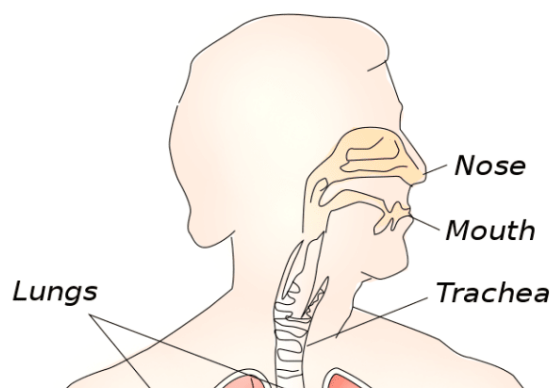
I have received such a beautiful outpouring of the most kind and supportive and touching emails from so many of you in response to my last newsletter “My Story Can Save Your Life.” I want to thank all of you who have taken the time to write and share your own personal experiences with me and how this newsletter has helped you and helped those you love. Several weeks later and I am still receiving letters from people who are doing the “real work” of embracing these people whom they have had “disagreement” ...and the healing results people are sharing with me are completely miraculous. I am completely and whole-heartedly touched to the depth of my Being that I have been able to be such a messenger for so many of you.

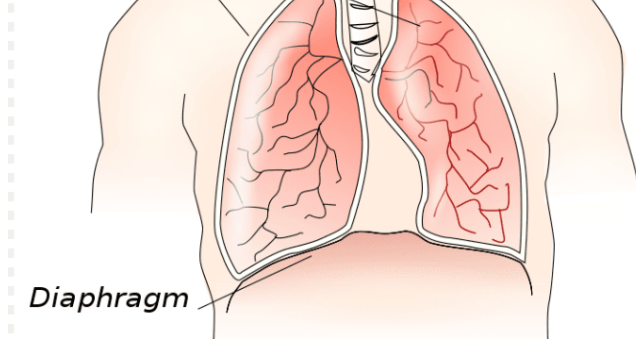
Since that very challenging week of my life and the miraculous and spiritual healing that took place following, I have received multiple more insights that may be of benefit as a follow up to the last newsletter.

Someone asked, “My mother holds terrible resentment towards my father, and she does have uterine fibroids and ovarian cysts, however, she nearly died from colon cancer. How is this related?”

Another asked me, “My wife holds deep division between her sisters and she hasn’t had a heart attack but she has had a severe stroke. How is this related?”

It has given me great pause to go inward and seek the information and it came to me clearly. *When contrary feelings are held toward someone of the OPPOSITE SEX we can form blockages in the organs BELOW THE DIAPHRAGM, and when contrary feelings are held towards the SAME SEX we can form blockages in the organs ABOVE THE DIAPHRAGM. (This would put the hips and legs and feet below the diaphragm and the chest and arms and hands above the diaphragm.)*





Now this doesn't go contrary to what you may have heard about what each organ representing an emotion. For example it still holds true that:

- sexual organs represent connection and relationships
- kidneys and bladder represent fear
- stomach represents worry and anxiety
- intestines represent basic needs and sustenance
- pancreas represents satisfaction and fulfillment
- gallbladder and liver represent bitterness and anger
- adrenals represent overwork and fatigue
- lungs represent grief
- breasts represent nurturing and love loss
- heart represents love
- thyroid and throat represent speaking out
- brain represents thought

and as a whole- every organ represents "self love"

So therefore if a man has a condition with his kidneys- it could represent "fear" associated with a female figure in his life.

Likewise, if a woman has a condition of her pancreas, it could represent "dissatisfaction" or "lack of fulfillment" with a male figure in her life.

Also, if a woman has a stroke or a condition of her brain, it could represent excessive "thoughts" towards a female figure in her life

A man who has a lung condition, could represent "grief" associated with a male figure in his life.

Since my healing, I have been making the time every morning to "hold" those in my arms who challenged me the day before. Also, I have been gifted this week of remembering a person I had quarrels in the past and never thought of them again, however this was truly a suppressed emotion that must be unraveled and freed to keep the organs healthy. And, when those old feelings of disdain and dislike start to come back again for people you had already embraced previously, it means it is time to embrace them again...you may have to do it over and over again for people you have held a lot of past resentment. Literally it is a practice and it is something we want to practice over and over until we are no longer on this great Earth.





Several of you have written and said, “I actually felt worse after “holding” the person I am challenged by.” This is because there is a lot more “resentment” and “bitterness” than you even thought. Like I said in the last newsletter, with some people you will want to start slow- imagine only holding their hand and then after a few days practice giving them a “side hug.” Eventually you will be able to do a full embrace in your mind’s eye. Of course the more difficult or damaging the relationship is, the more time it will take and the more time you will need to practice it until it is healed.

Another person wrote me and asked, “Can I cure my disease overnight like you did?” I answered, “*In God all things are possible.*” It is also important to ask yourself--- how many years of holding someone (or many persons) in contempt did it take to create that condition? It may be very hard to completely reverse that snowball which has been gaining a lot of momentum over the years. However... Today is a great day to “melt” that snowball and slow it down at least.



I have also received a very important insight that is somewhat related. In this 21<sup>st</sup> century, where it is common place to have multiple partners before marriage and use sex as means of gratification. It came to me in a morning meditation, that sex without “*deep giving*” without mutual “*deep embrace and becoming one*” as I have explained in my last newsletter... is actually “harmful sex”. Having sex without the intention of “*uniting and becoming one*” without “*respecting and admiring*” the other person...is having sex that is actually harmful. (Notice I could have said without “love” but didn’t- because it is not *just* love, it is truly about the “*intention*” of both people becoming “*One*” together) And this type of harm can also block the energy and also dispose one to sexually transmitted infections and sexual organ disease. In fact “using” anyone for what you can “get” from them (unrelated to sex) falls in this same category. For example- befriending someone because they “have money” or “have connections” or “can get you something you need” is the same idea as using them for their body.

Any one of us that has ever “used” sexuality just for the purpose of physical pleasure, or emotional satisfaction, or to provide “company” from loneliness, or entertainment for carnal desires, or even for financial gain or gifts or services is having sex that is creating illness in our own body. Every time we have sex with someone for one of these reasons and not to “fully embrace the Beauty of the Essence” of the other person, we are just GIVING UP A PIECE OF OURSELVES. We end up fragmenting ourselves to many people... sometimes dozens of people... the result is less and less energy for healing our self and opening the door for disease to enter.



And as you practice daily embracing those who are challenging you, also consider the practice of TOLERANCE. Tolerance is the “discipline” of consciously enduring unpleasant situations to prepare us for real life situations of chaos that bring up anger frustration and irritation which damage our own organs. The monks and yogis practiced fasting and difficult yoga positions and meditating in freezing cold to build tolerance to the undesirable conditions of unpleasantness. We all want to practice temperance and tolerance to train the body how to respond in times of anger and frustration to protect ourselves from illness.

And personally since I have had this experience, something very special has evolved in me. Firstly, I have decided not to eat any conventionally raised and conventionally slaughtered animals like beef, lamb, chicken or turkey (and of course zero unclean meats like pork) and with this act of not eating animals killed in fear, I have also gained a sensitivity and understanding like I have never known before. My dreams have become profound and revealing and gifting me with insights into whatever questions I ask before sleeping.

Also, my ability to do “testing” on patients has evolved to a new level of refinement. With just a photo of a person and their name I am utilizing this heightened sensitivity to identify their needs from the over 1200 antigens. With this I write up a full protocol and those who are following it are responding with the most incredible healing testimonies. This has been the greatest gift and has become like an incredible miracle itself. If you are interested in learning more about the testing I am doing now please respond back to this email.



Last month’s healing event took the priority when I was going to share with you my latest release of **Berry-Ox™**. It took over 10 years to finally bring this supplement into reality. It is the result of testing HUNDREDS of patients on approximately 30 different berries to determine which were the TOP FIVE most indicated over and over. You may have even been one of those sample patients whom I tested while you came to visit me in the clinic.

**Berry-Ox™** is a powerful “whole food” antioxidant made from the most potent WILD BERRIES on the planet. These berries have the highest ORAC (Oxygen Radical Absorbance Capacity) scores of all fruits.

**Berry-Ox™** is “jam-packed” with 100% wild fruit- no fillers, nothing artificial. “Phyto-chemicals” and “bioflavonoids” have been studied to support the body’s natural ability to clear toxic chemicals, neutralize free radicals and protect from oxidative damage and premature aging. Plants manufacture these “antioxidants”

to protect themselves from the oxidizing effects of the sun, toxic chemicals and stressful environments. They pass on these immune supportive and medicinal protective qualities to those which eat them.\*

I recommend rotating **Berry-Ox™** with the herbal antioxidant **Phyto-Ox™** on a monthly basis. They are both excellent companions to take with the whole food nutrition found in **Nature's Nutrition™** and you may read all about them in *Nature's Diet* and *Nature's Detox* books for details.

Shop around, you will NOT find this combination of berries in one capsule, let alone this amount of berry extract per capsule for this price- anywhere- right now.

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So, this month, I recommend continuing embracing the persons you have had challenges with in your mind's eye and becoming one and merging with them until you are at peace with them. Likewise, consider making a list of all people who you have taken advantage of in any form and equally embrace them and also apologize to them sincerely for using them for personal gratification. Finally, give yourself a gentle personal embrace and start practicing "self-love" where you acknowledge all your accomplishments and all the good you do for your family and for others and recognize all the Good you Are.

I again thank you all very very much. I thank you for trusting me over the years from when I started as the gung-ho overly-zealous "nature healer" pushing juice fasting and herbal cleansing and colonics in 1993 to all the years of being the "professional and scientifically objective doctor" in the clinic. And now I thank you once again for supporting me as I come into my next new chapter as the "seeker" as I allow the Higher Levels of Assistance working through my body to help identify the cause and cures for peoples' health conditions.

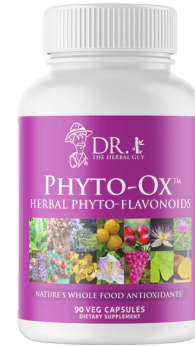
If you know someone this newsletter can benefit, please print it and give it to them. The more we help others the more others help us and the more peace we will all have together.

Best in Health, Andrew Iverson

If you missed last month's newsletter you may find it here:

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