



## Create Vibrant Health News – Issue # 16 August 7, 2006

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Some big changes are in the works for me personally and professionally. Most importantly I am moving to Ashland, Oregon at the end of September. Ashland is a small community (about 20,000 population) in Southern Oregon. It is a beautiful area with a clean environment near mountains and only a two-hour drive from the Pacific Ocean.

I will open a small nutrition consultation practice and continue phone consultations as well as metabolic typing and hair analysis services for clients around the country. My practice in Oak Park will be transferred to two dedicated people I've trained in live and dry blood microscopy, Kathleen Sullivan and Chris Pajak whom I will introduce to you later in this newsletter.

Jim Lane, The man who trained me in Live cell microscopy nine years ago, will be taking over my practice at Earthly Goods in Gurnee. He will see clients there every 6-8 weeks as I have for the past two and half years. I have never met a more knowledgeable man in nutrition and health than Jim. He has tremendous patience and compassion and has been doing live blood cell analysis for over twenty years.

I will be devoting more of my time to teaching legal workshops for both health care practitioners and lay people in order to educate them on how to stand up for their rights to offer and receive the health care of their choice.

To develop these workshops I am starting a new company called ***Health Freedom Seminars***, which will offer legal workshops taught both live and offered on video. Topics will include: family rights to treat themselves and their children with the health care of their choice, the right to practice natural health care in the 50 states and the right to have access to nutritional supplements and untainted foods.

I also intend to develop other legal educational programs teaching people how to use the United States Constitution and other sources of their legal and natural rights to secure for you, your family and your community freedom and prosperity. Topics such as Constitutional limits on taxation, how our monetary system can be changed back to the constitutionally authorized precious metal backed, congressional issued money to create an inflation and debt free society, education, debt relief and more will be developed in these educational programs.

In this Newsletter I will cover:

- ❖ The importance of a legal education for every citizen in America
- ❖ Upcoming Nutrition/Detoxification Coach training program
- ❖ Review of Basic principles of Natural Healing

## **The importance of Legal education for American Citizens**

*“No people can expect to remain free and be ignorant.”*  
James Madison, 4<sup>th</sup> President of the United States

Several months ago I came across a story of a Haitian woman living in New York City who had taken one of her children to a doctor because the child was sick, the doctor told the woman her child had an infection and prescribed an antibiotic. The woman told the doctor that she was an herbalist in Haiti and would instead use some herbs, which would accomplish the same result. Within a couple of days of the office visit DCFS (The department of Children and Family Services) came to take both her children away from her. Both children were placed in foster homes. At first the woman was in such shock she didn't know what to do, is America a totalitarian state?

This woman was emotionally crushed but did not give up hope, shortly after the State of New York forcibly seized her children from her custody she came across a legal workshop for lay people which taught her legal principles and procedures which empowered her to stand and fight to get her children back. She ultimately succeeded in regaining custody of her children but not before they had suffered psychologically and physically from the ordeal. The children had both become obese while living with the foster parents who fed them junk food. The doctor and government agents (who may have actually believed they were protecting these children) not only traumatized this family but harmed the children's health by trying to protect the children.

This story is not uncommon in America. The reason it happens is that most people believe the government can do whatever it wants, not realizing that the government is the servant of the people and often acts outside the law and can be held accountable for actions taken outside the scope of its authority.

***YOU MUST LEARN HOW TO STAND UP FOR YOUR RIGHTS OR YOU WILL LOSE THEM.***

***“So long as the people do not care to exercise their freedom, those who wish to tyrannize will do so; for tyrants are active and ardent, and will devote themselves in the name of any number of gods, religious and otherwise, to put shackles upon sleeping men.” -- Voltaire***

Many of you know that I was an attorney before I began my health journey which led me to open my nutrition consultation practice. In my twenties I was interested in using law to advance the interests of justice and freedom. For years I was disillusioned with our political and legal system seeing it as hopelessly steeped in corruption and tainted by greed and short-sightedness.

In recent years I have come to believe that the way to change the system is through education of the public about our nation's history and to embrace the principles expressed

in the founding legal documents of the United States, namely the Declaration of Independence and the United States Constitution. **The bottom line is that the people must take control of government by learning the law.** When **Benjamin Franklin** was asked what is the role of the citizen in our newly formed Constitutional Republic, he replied:

***“The duty of the people is to chain the government to the constitution.”***

***How many of you have read our federal and your state constitutions recently? Do you feel that government is more and more intrusive in your life? Do you feel that something is wrong where well over 50% of your income is gobbled up in taxes, inflation and debt financing? Did you know that much of this cost is a result of YOU NOT KNOWING THE LAW, SPECIFICALLY CONSTITUTIONAL LAW.***

My motivation to teach legal workshops to the public is to empower people to create a society that fulfills the promise of the founding of America which is so eloquently stated in our Declaration of Independence:

*“We hold these truths to be self-evident, that all men are created equal, that they are **endowed by their Creator** with certain **unalienable rights**, that among these are Life, Liberty, and the pursuit of Happiness. That to secure these rights, governments are instituted among Men, deriving their just powers from the consent of the governed. ***That whenever any Form of Government becomes destructive of these ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness.***”*

For those interested in educating themselves on how law can help you, your family and your community live with less government interference and become more prosperous you may want to embark on the education we should have all received in high school – how our system of government actually works and what is the law in America. My **legal guidelines for the natural healthcare practitioner** workshop is a good starting point and is available on DVD and VHS, you can order this four hour program along with a 50 page manual by emailing me at [jamesdominic@msn.com](mailto:jamesdominic@msn.com) or by calling me at (708) 484-9597. The cost is \$80 which includes shipping. Starting October 1<sup>st</sup> call (541) 482-2250.

### **Passing the Torch – spread the good news of natural healing – Why suffer?**

After I recovered from six years of chronic illness in the 1980s I started teaching people what I knew about nutrition and detoxification. Over the years my knowledge and experience has grown and has affected my approach to health and my practice of natural healing. I have always believed that by learning what the underlying causes of illness were and addressing these causes most health problems can be improved and usually completely resolved. As my career in nutrition developed I realized that most often health care practitioners don't address the underlying causative factors of: nutrient deficiencies,

toxicity and stress. Many of my clients knew more about health than their doctors and many nutritionists. I've encouraged the more ambitious and open-minded of them to start teaching their families, friends and the public what they know.

For several years I have been interested in teaching people to be nutrition and detoxification coaches. My associate, Kathleen Sullivan, and I have put together what we think is a great training program to help you launch a new career or sideline nutrition coaching practice. It has always been my goal since I recovered from chronic illness in 1990 to help alleviate human suffering. For the past nine years I have been working in the health care field as a nutritional consultant and live cell microscopist and have been fortunate to have worked in holistic medical clinics. I feel a strong desire to spread this message of natural healing to more people but to do so I believe that the best use of my time is to train others to do what I have done for the past nine years.

Kathleen is a certified Nutritional Consultant and has been working in the natural health care field for fifteen years as a writer, health consultant and most recently as a live cell microscopist. She is a talented and passionate advocate of natural healing who has worked in my office for the past year.

**The program will go from Friday September 8th - Sunday September 10th.** Each day going from 9 am - 6 pm. It is scheduled to be held in the conference room of my office. **The cost is \$495 if you register and pay on or before August 25th.** The fee after the 25th of August is \$595.00, so if you're interested sign up early.

As of today, August 7th, there are still seven openings for this training.

If you are interested in any combination of the following this training may be just what you are looking for:

1. Help people improve their health and reduce the likelihood of developing degenerative disease.
2. Have more credibility with your friends and the public when you offer nutrition advice (upon completion of the program you will receive a certificate from my company).
3. Earn extra money for coaching and guiding people through their health challenges - anywhere from \$40 - \$100 per hour.
4. Increase the sales of your nutritional products, if you are currently in the supplement sales business.
5. Learn more for yourself, family and friends on topics such as: Detoxification, Anti-aging, the power of diet, nutritional supplements, exercise and your mind in supporting healing.

**In the course you will learn:**

1. How to use evaluation profile forms and questionnaires to assess your clients toxic load and nutritional status.
2. How to use this information to develop a comprehensive health and wellness program which will include: a diet plan, supplement recommendation, lifestyle changes and detoxification protocols.
3. How to present your own workshops and presentations on Detoxification and Anti-Aging, which are the two hottest topics in the natural health care field.
4. How to structure a nutrition and detoxification coaching practice that works for your business career goals.
5. Options for continuing education and training.
6. Cutting edge research on Detoxification and Anti-Aging.

Kathleen and I are very excited to offer this three day training program to you. To register call or email me before August 25th to receive the early bird discount.

### **My New Associates**

#### **Kathleen Sullivan**

I met Kathleen Sullivan four years ago when she came to me looking for training in Live Cell microscopy. I have found her to be an amazingly dedicated researcher into the field of natural healing and committed student of nutrition and live cell microscopy. She has apprenticed with me longer than any of my students and is the most qualified person I've ever trained in Live Cell microscopy. She has impeccable integrity and brings to her nutrition consultation practice many years of experience in advising people on nutrition and detoxification.

Kathleen is a certified nutritional consultant, free-lance writer, public speaker for natural healing issues, and a member of the American Academy of Anti-Aging medicine, American Association of Nutritional Consultants, Chicago Healers and Life Extension Foundation. Kathleen has taken a special interest in health issues effecting children including: ADD, depression and obesity.

#### **Chris Pajak.**

I met Chris about a year ago when he was a sales rep for a nutritional supplement line. The first thing that struck me about him was how sincere he was in helping people with their health challenges. I also saw him as a person who had the ability to relate to people suffering from chronic health problems since he recovered from tumors in his spinal

column and other health challenges some years earlier. Chris's knowledge of nutrition and detoxification came from his own study and through his years of working in the supplement industry. He completed his training in Live and Dry blood analysis with me this summer and will be certified as a health and detoxification coach this September.

I've met few people in my life who radiate integrity – Chris is one of them. He has the intelligence and open mindedness to absorb new information and integrate it into his already substantial knowledge base and the patience and compassion to communicate this information to those who truly are in dire health situations.

Chris and Kathleen will be taking over my office in Oak Park seeing my Chicago area clients for live cell analysis sessions and working in association with me to bring health educational programs to you hopefully for years to come. The office number will remain the same, 708.848.0254. For all my Chicago area clients who want to get live cell analysis sessions I can recommend both Kathleen and Chris as excellent practitioners who will work with you with the same dedication and similar understanding that I have over the years.

## **The Basics**

What are the basics people need to know to have excellent health? It is amazing the health benefits one can reap by applying these obvious and simple health principles. The whole of my practice revolves around teaching people these basic principles over and over again. People come to see me with all sorts of ailments and complaints. I always tell them they are toxic, malnourished and stressed out. How much more simple can it get. Start with these eleven health principles and see your health change before your own eyes.

1. Don't poison yourself – or at least if you do, spread out your doses of poisoning. This includes sugar, refined grains, alcohol, cigarettes, drugs (recreational and medicines)\*
2. Drink pure water and fresh juices throughout the day.
3. Eat pure, organic whole foods: balance protein, carbohydrates and fats at each meal – somewhere in the range of 40% protein, 40% carbohydrates, 20 % fats if you don't know your metabolic type. If you want to know your metabolic type, contact me to set up a metabolic typing evaluation. This percentage is percentage of calories. Remember no limit to the food quantity just balance the macro-nutrients and eat high quality foods.
4. Cover mineral deficiencies with whole food vitamin/mineral supplements: either New Chapter at the health food store or Life Enhancement Resources through my office. Both are excellent.
5. Increase anti-oxidants through juicing and super food formulas: my favorites are NanoGreens, available from my website product page, [www.createvibranthealth.com/products.htm](http://www.createvibranthealth.com/products.htm). A good option in the health food stores is Perfect food from Garden of Life.

6. Cleanse your intestines at least once every season. Many colon cleansing formulas on the market. I like Oxy-powder can be ordered from my website at [www.createvibranthealth.com/products.htm](http://www.createvibranthealth.com/products.htm)
7. Cleanse your liver, blood and kidneys with herbal formulas such as Essiac tea which can be found in your health food store and Liver life, [www.bioray2000.com](http://www.bioray2000.com)
8. Cleanse your cells of chemicals and heavy metals through sweating, see sauna therapy newsletter article Issue #9 at [www.createvibranthealth.com/newsletters.htm](http://www.createvibranthealth.com/newsletters.htm) and using effective cellular detoxification products including: Natural Cellular Defense, order from [www.mywaiora.com/174342](http://www.mywaiora.com/174342) or Nano-collodial Detox factors for heavy metals, [www.bioray2000.com](http://www.bioray2000.com) – can be ordered from my office as well.
9. Exercise – anything you like in moderation. I like yoga, weight lifting, biking. The main thing is consistency and moderation.
10. **Do what you love to do.** The key to happiness is to do what you enjoy. Find creative ways to express your heart's desire. Pick up a good cause and live life to the fullest.
11. **Love.** The world needs more love and it seems to come back more often the more I give love.

Like many of my clients I know what it is like to struggle with health. Fortunately, I've been blessed with the good sense to question conventional thinking when it comes to health and wellness and the motivation to put into action my new discoveries. I've learned how to maintain my health even in a stressful, toxic environment. This is something we can all do if we keep our minds open and our will strong.

I moved back to Chicago in 1997 after living out west for four years thinking I would get training in Live Cell microscopy and move out to Northern California or Colorado in six months or a year at the most. One year led to another and before I knew it I had been in Chicago almost ten years. My nine and a half years here have been an amazing education for me in many areas of life from relationships, health, nutrition, law, and most of all understanding myself. I've met wonderful people who have changed my life and who I hope to stay in touch with – some of whom read this newsletter.

Having my own nutrition consultation practice has been the best career I've ever had. I love my work and respect all my clients for their courage and wisdom in seeking out natural healing. I know you often must go against the tide of conditioning and conventional thinking, but you still came to see me.

I appreciate your trust and confidence in me and in the advice I offer. I take my work very seriously and want the best for all of you. As I said I will continue to be available for consultations by phone and will start a small practice in Oregon. I also hope to return to Chicago in the years to come to train more people in nutrition and detoxification coaching and live cell microscopy.

I don't believe in good-byes since I never know for sure if or when I will see someone again. So instead, how about I say, 'Hello' to my new Associates: Kathleen and Chris. They are here to help and serve you and I am only a phone call away. Starting October 1<sup>st</sup> my new office number in Oregon will be: 541.482.2250.

Peace and good to health to all,

Jim

\* Check with your physician before stopping or altering any medication program you are on.