

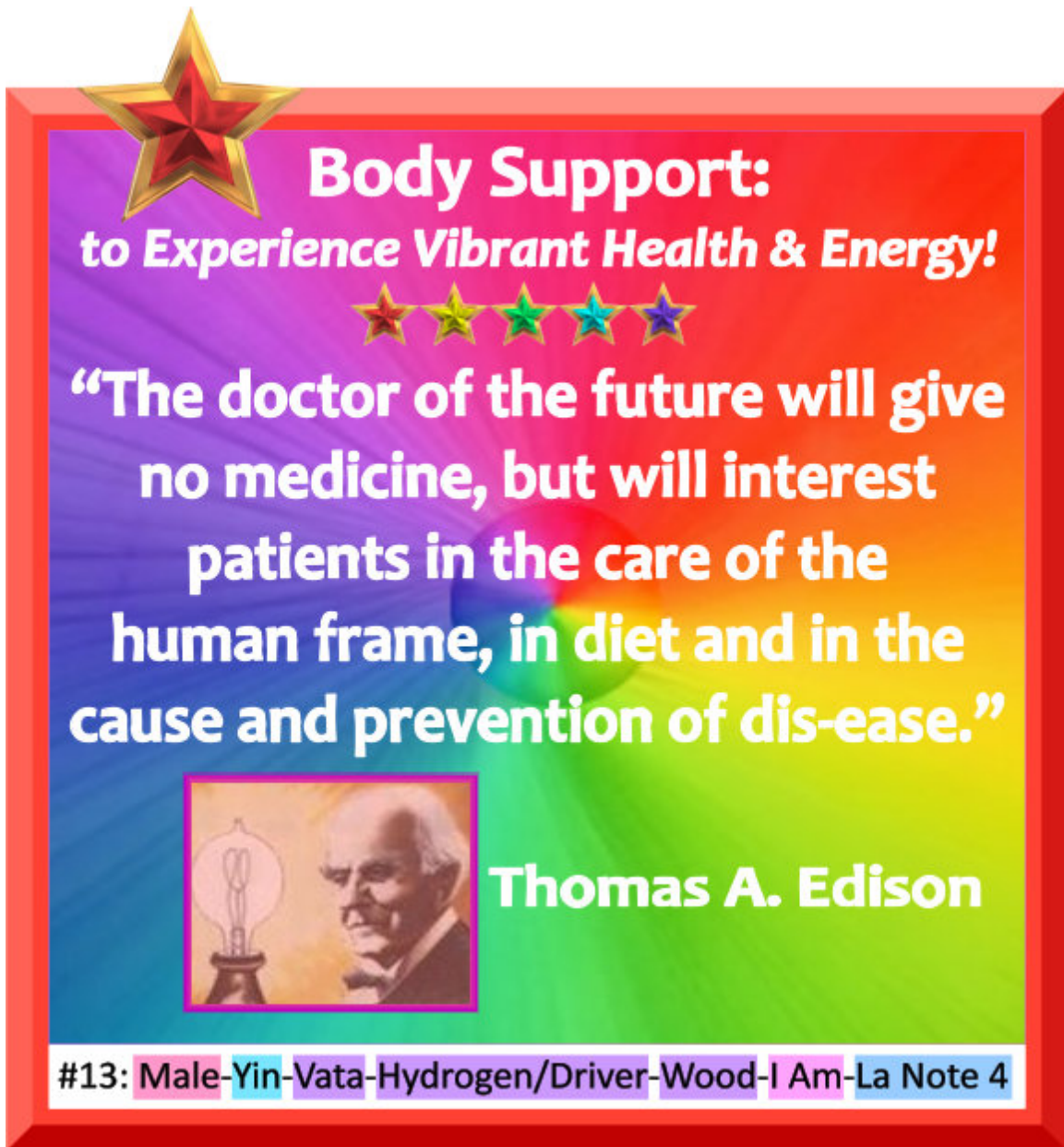


*nurture Your True nature™*

# **Natural and Typological Health, Well-Being & Vitality**

***Reversing Dis-ease  
to Experience Vibrant Health  
in Body, Mind and Spirit***

***Elizabeth C. Wagner***



First Edition 2010, Second Edition 2011, Third Edition 2012

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## Acknowledgments for Natural and Typological Health

Deep gratitude for my own teachers along the path of natural health, who gave me instrumental pieces of the puzzle to understand and experience the larger perspective of total health, and how the body already has the innate intelligence within it to reverse disease: Dr. Wilbur S. Reed, C. Robert Hess, Dr. Bernard Jensen, John Heinemann, and Karen Wentworth. Also, a special thank you to Cushing Smith, MS, and Louise L. Hay – although I’ve never met them, their books have been constant companions through my life to uncovering the deeper meaning of physical ailments.

A special thank you to Daniel Schaubman, my friend and gardening buddy, who inspired me to get back to writing and sharing nature’s principles of reversing disease as soon as possible. Also for his questions and interest in learning how to reverse sickness, requesting pictures, wanting to hear my personal stories, being motivated to apply these principles in his own lifestyle, and then his personal experience that living by nature’s principles is the only thing that actually cures disease.

Thanks to my mother, Virginia M. Skyegoalz, for inspiring me to synthesize all the diet, nutrition and “food as medicine” information I’ve learned, collected and practiced through the years – to boil it down to the distilled essence of the basic principles so it is easier to understand, simpler to apply, and all in one place for those just getting started on this path.

Deep appreciation to Roxanne Fiorenzo, R.N., for taking this journey with me step by step, for her gift of simplifying as well as sharing what makes an impact, for sharing her experiences as a nurse, and her value of bridging Western and Eastern medicines as well as conventional and natural medicines.

Many thanks go to Lizz Evans for asking for the practical Natural Health information, for her feedback and questions, as well as requesting current scientific research and evidence to back up ancient principles.

Special thanks also go to Kristy Alagna for asking me to share my stories as well as my abilities to organize information, and for all her editing suggestions; to Scot Corry and Nancy Kiernan for sharing their own story of a doctor suggesting removal of a vital organ, which inspired me to share some deeper meanings for each of the organs in our physical body, and other choices available; to Bruce Sutton who helped me compile, edit and upgrade the chemical insult information while we were running a green cleaning product company; to Gil Stamp for his research and help tracking down resources and information that was not readily available; to Marci & Stan Kmet for their support while writing this program; to Marcie Sasewich for her editing suggestions, as well as finding value from implementing these principles into her own lifestyle and wanting to share them with others.

## **Forward**

*With health care debates and escalating sick care costs, more people are looking for what they can do on their own to minimize sickness and take their own state of health into their own hands. Yet there is such a wealth of information available on health, diet and nutrition these days – in books, on the Internet, and with so many different kinds of diets, that it’s easy to become overwhelmed and wonder what to believe and where to begin.*

*I was a diet and nutrition counselor for many years, and I’ve been through many different phases of eating through my life – from strict vegan and making everything homemade and from scratch, to lots of restaurant eating during periods of demanding jobs and running businesses – and different phases in between. With all the new scientific research and studies out there, I felt a need to do some research to share more recent findings, and there was a time during the research phase when even I became overwhelmed with all the new studies and statistics.*

*My intention here is not to try to create an encyclopedia of nutrition – there are plenty of them out there. My intention is to share the basic principles for those who want to take responsibility for their own health and participate in their own healing process. This requires understanding how the body already has all the mechanisms within itself to reverse symptoms, illness and disease; and comprehending what Hippocrates said: “**Let Food Be thy Medicine, and Medicine be thy Food.**”*

*Yet, along with food and nutrition there are also other fundamental principles that are instrumental to maintaining optimum health. General natural health and life is the science and study of the common agreement among all the **Classical Traditional Medicines** of the general principles that pertain to all of us, no matter what our type.*

*What is being put forth here are the concepts and principles that are in common agreement between **Natural Health** experts and the ancient, **Classical Traditional Medicines**, which are a consolidation of the basic truths running through all the ancient great traditions and their forms of medicine. This bridges concepts and ideas from both the West and the East, and doesn’t value one perspective over another, but rather brings forth the common elements that are in agreement between all of them.*

*When some people hear the term **Natural Health**, they think of a health food store and buying healthier foods for their body; or they think of looking for more natural remedies instead of using pharmaceutical drugs. That approach is basically seeing **Natural Health** as something that only pertains to the physical body.*

*In a larger context, **Health** is defined as much more than just the absence of sickness. True Health is a dynamic state of **Being** at all levels, and in all seven energy centers of your **Body, Mind** and **Spirit**. Some terms trying to convey this broader perspective have recently become more popular – such as **holistic** or **wholistic health**. However, sometimes those terms are being used by people who are still primarily focused on healing conditions and symptoms in the **Body**, without the use of drugs – but they are not necessarily taking all the other aspects of an individual into consideration in the treatments provided.*

*The term **Classical Traditional Medicine** is used here as the common agreement between all of the ancient, classical great traditional medicines that have been practiced for thousands of years – some of them from the East, and some from the West. These are*

*the basic truths that run through all of them. Some people focus on the differences between these perspectives, approaches, and languages – and quite often that creates separateness, as well as fear of those who are different, or judgment of those who have a different approach. What is being shared here are the similarities that are all in common agreement. You can have greater confidence that you are closer to the truth when similarities are found in so many different approaches.*

*When I embarked on putting together this **Natural Health** information, my own pet name for this project started out as “Natural & Typological Health Fun Stuff.” The Fun Stuff means two things to me. First, it has to do with presenting this material in a way that is fun and easy to read and understand (for young and old alike, as well as for those who are new to these ideas or already well informed). It is filled with stories, examples, color-coded pictures and diagrams to help simplify complex ideas so that even children can understand the concepts and begin their journey with a solid foundation and comprehensive awareness. For those with hectic lifestyles, it shares the fast, simple, easy and FUN ways to incorporate this information into your daily lifestyle.*

*The other meaning of Fun Stuff has to do with what’s FUN for me, personally. To me, it’s knowing how to personalize our internal, external and exterior space with typological foods, herbs, fabrics, clothing, decorating, flowers, gardens, scents, sounds, music, colors, gems, etc. that nurture our true typological nature. This stems from a fun experience I had many years ago teaching a course that combined the **general Natural Health** principles with the more **specific Typological Health** principles. Each week we studied a new principle and then set up an area of our home and lifestyle typologically. At the end of the semester we had a full-day party traveling from one person’s home to the next – eating tasty typological culinary treats and experiencing the typological enhancements made to our environments in the kitchen, bathroom, bedroom, wardrobe, home décor, garden, etc. It was FUN to experience how different types had personalized their space.*

*Thus, my original idea had been to combine the general and typological **Natural Health** information together in one program, but it soon became apparent that the abundance of material was better served by creating two programs. Therefore, the **Natural and Typological Health** program focuses primarily on the **general** principles required in the process of reversing dis-ease to experience vibrant health in body, mind and spirit. Once you have the general principles under your belt, you can then take the next step of learning how to refine, enhance, personalize and enrich your lifestyle for your own unique typological nature. The **Typological Fun Stuff** program expands upon the general principles and shares many fun, fast and easy ways to integrate more **specific** typological wisdom into your lifestyle.*

● **How this Health program is Unique:** Although there’s a lot of health information out there these days, this program is unique by explaining how and why whatever you’re experiencing in one area of your life affects other corresponding areas. Knowing the correspondences, along with specific things you can do for specific areas of your life or self that make a real impact and help you rebalance more quickly, often gives you a **Jump in Time** by saving you time, effort, money and heartache.

● **Beginners & Seasoned Veterans:** This program was developed for the beginner, as well as seasoned veterans on the natural health path. It synthesizes a large

body of ancient knowledge, modern healers and teachers, and diet, nutrition and food as medicine information that I’ve learned, collected and practiced through the years.

● **Easy, Simple & All in One Place:** It’s boiled down into the distilled essence of the basic principles so it is easier to understand, simpler to apply, and all in one place for those just getting started on this path. At the same time, it provides a larger context and perspective of multiple levels and layers that are interrelated and interconnected for those who are ready for the multi-dimensional correspondences.

● **Reversing Pain:** Besides counseling, teaching and healing, I was also a caregiver various times in my life, and my heart always goes out to anyone who is sick or in pain. This program shares how to reverse and rebalance from physical, emotional, mental and/or spiritual pain.

● **Reversing Dis-ease:** This program focuses primarily on the perspective of how to reverse disease, while at the same time it shares the larger context of how our levels of health and sickness in the physical body are connected to our emotions, thoughts, and the direction we are going in our life. It shares not only what causes disease, but how the body already has all the mechanisms within itself to reverse symptoms, illness and disease in multiple levels and layers of our self, and how living by nature’s principles is the only thing that actually cures disease.

● **Modern Medicine** has focused on specialization, which has narrowed our focus and understanding of how all aspects of our self are interrelated and interconnected; as well as how we are all one, while at the same time unique in our own personal needs. The concepts and principles in this program facilitate rethinking belief systems fed to us by modern medical and health care establishments, pharmaceutical companies, corporate agri-businesses and advertisers who have a vested interest in us remaining sick, asleep and ignorant of the larger picture so that we will continue to use their products. Yet not every health problem requires costly, major medical attention.

● **Health, Well-Being & Vitality:** This program empowers you to make more informed choices by showing you how to incorporate simple, basic, commonsense and natural principles that make a huge difference in the levels of your **Health, Well-being & Vitality**. Have you ever experienced **True and Total Health**? It has nothing to do with the minimum desire to be free of sickness and what ails you. **True Health** is a dynamic state of being at all levels, and in all seven energy centers of your body, mind and spirit. The phrase **Health, Well-Being and Vitality** describes a person who has developed some level of dynamics in all levels and energy centers.

● **Total Health is your birthright, not a privilege for the select few.** Only by each of us taking the responsibility for our own health back into our own hands do we have a chance as individuals, as a nation, and as a global human family, to shift the current structures of the health care system to serve the health of the people, instead of supporting corporate structures.

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