

A Call for Grandmas and Grandpas

By Dr. Kyle Christensen

A synopsis of our Healing @ Home vision

What we really need, and I'm being serious here, is grandmas, (and grandpas). Hear me out on this. In years gone by, when someone was sick, injured or had contracted a disease, professionally trained doctors were not always available. As a result, people had to take it upon themselves for the vast majority of health related problems. This care typically fell into the hands of those who were the most compassionate, patient, experienced and no nonsense individuals. Who could that be? You guessed it – Grandma! With a lifetime of experience, grandma (not all grandmas, but many) always seemed to have a remedy for just about everything.

As years and technology pressed itself upon us, established authority, using tactics of fear and intimidation, began to undermine the confidence of many of the tried and true remedies of the past. Most of our mothers were conditioned to take their kids to the doctor for a myriad of conditions that in times past were simply treated at home. As a result, the health of our nation is in poor shape. Those who are in positions of authority are driven by deep pockets urging, even demanding, the prescribed course of treatment, which is usually a drug. While there are many in the medical field that are sincere in their intent to truly do what is best for the patient, the system truly is broken.

I have seen some significant positive changes in the nearly 30 years I have been in practice as a chiropractic physician, but the greed/profit motives behind so many powerful organizations (medical, insurance, pharmaceutical, government and food processing companies) are corrupt and I am afraid beyond reform.

So this is where you come in. If you're a grandma (or a grandpa), GREAT! If you are not, but you love a grandma, then you also qualify. We need to learn as much as we can to take care of those we love. We are not inviting you or even encouraging you to get involved in HEROIC Medicine. When a life is at risk or teetering on the brink, heroic medicine is truly in order. Get them to the emergency room for the lifesaving care that they may need. What you want to be is an UN-HERO. Someone who takes care of minor problems. Those aches and pains, those minor injuries – the bumps and bruises. The fleeting digestive pain. The fatigue, the blues and 'I just don't feel good' syndromes. By taking care of the uneventful and mundane, little problems can be turned around before they become big problems and a crisis that needs a siren and catastrophic insurance reimbursement.

We need Grandma's (and grandpa's). We need your love, your wisdom and your no nonsense approach to life. You're life has not been an easy one. You've been there, done that and truly learned from the school of hard knocks. We need to you learn natural home remedies. We need you to learn to put your compassion and heart into *your* healing hands. And then, we need you to teach your children and grandchildren, so they can become the grandmas of the next generation. The world is not going to get better without you. If you feel at all called to this work, please take it seriously. I am convinced that the world cannot be saved without grandma.

Please check out our series of Manuals on Healing at Home. These include the following:

- 1) **Cold Laser Therapy at Home**
- 2) **Allergy Elimination and Healing the Gut**
- 3) **Emotions, Angels and Faith to be Healed**
- 4) **Herbal Remedies**
- 5) **Healing in the Kitchen - What to buy, store, eat and how to make it.**
- 6) **Book: Herbal First Aid and Health Care (published by Lotus Press. Best deals on Amazon.com)**

Healing @ Home

Cold Laser Therapy

Cold laser therapy is a relatively new technology (about 30 years old) when compared to many alternative therapies like acupuncture (which has been used since 8000-3500 B.C.), chiropractic (since 1895) and physical therapy. Just like the abacus evolved into the computer, many alternative medicine practices are evolving to include light therapy. Recent innovations in low-level lasers now make it possible for the average physician or consumer to own cold laser equipment. Cold lasers are sometimes called Low Level Lasers (LLL) or soft lasers.

In general, cold lasers can be used in 2 distinct ways:

- Targeting acupuncture trigger points (similar to acupuncture but without the needles)
- Broad coverage of deep tissue with laser photons to stimulate changes in the tissue

Cold Laser therapy offers a non-intrusive option to acupuncture and surgery. It also provides a non-addicting treatment that eliminates the complications of long-term drug treatment programs. Cold laser are widely use for treatment of:

- Acute and chronic pain
- Ligament sprains
- Muscle strain
- Soft tissue injuries
- Tendonitis
- Arthritis
- Tennis elbow
- Back pain
- Bursitis
- Carpal Tunnel Syndrome
- Fibromyalgia
- Warts
- “Suspicious” moles
- Acne or skin problems
- Wound healing

Healing With Cold Lasers

The cold laser produces an impulse of light at a specific wavelength that minimizes reflection and scattering but maximized absorption of the energy (in photons) at a desire depth.

The goal of laser therapy is to deliver light energy units from infrared laser radiation, called photons, to damaged cells. It is the consensus of experts is that photons absorbed by the cells through laser therapy stimulate the mitochondria to accelerate production of ATP. This biochemical increase in cell energy is used to transform live cells from a state of illness to a stable, healthy state.

Over 10,000 studies have been conducted in recent years to validate the effectiveness of cold laser therapy. Cold lasers treatment systems may be cleared by the FDA.

Benefit of Cold Lasers

1. Easy to apply
2. Extremely safe
3. Non-Toxic
4. Non-Invasive
5. No side effects or pain
6. Cost effective for both the practitioner and patient
7. Highly effective in treating ailments (more than 90% efficacy)
8. Superior alternative to analgesics, NSAID's and other medications
9. Reduces the need for surgery
10. Works synergistically with other modalities like Chiropractic, Acupuncture, and Physical Therapy

Therapeutic Laser Biological Effects

1. **Increased Healthy Cell Growth:** Laser photons accelerates cellular reproduction and growth.
2. **Increased Metabolic Activity:** Photons initiate a higher outputs of specific enzymes, greater oxygen and food particle loads for blood cells and

thus greater production of the basic food source for cells, Adenosine Tri-Phosphate (ATP).

3. **Faster Wound Healing:** Cold laser photons stimulates fibroblast development and accelerates collagen synthesis in damaged tissue
4. **Anti-Inflammatory Action:** Laser photons reduce swelling caused by bruising or inflammation of joints resulting in enhanced joint mobility.
5. **Increased Vascular Activity:** Laser photons induce temporary vasodilation that increases blood flow to effected areas.
6. **Reduced Fibrous Tissue Formation:** Laser photons reduce the formation of scar tissue following tissue damage from: cuts, scratches, burns or post surgery.
7. **Stimulated Nerve Function:** Laser photon exposure speeds the process of nerve cell reconnect ion to bring the numb areas back to life.
8. **Pain Reduction:** Almost all systems have a mode of operation specifically designed to reduce pain.

Check out our YouTube Videos on Cold Laser Therapy at Home!

Healing @ Home

Allergy Elimination

Like A Computer Virus

Allergies can be compared to a computer virus. If you retrieve an email that is carrying a computer virus, that virus (a computer programs designed to cause problems) may lie dormant on your hard drive until something activates it. It may be the change of the date or accessing a certain file or program.

When the computer virus is activated, it can cause all kinds of problems. To remedy this situation, you may need help from someone who is able to delete or remove that virus from your computer. Once the virus is gone, when the date changes, or you access the program again, you will no longer have a problem or reaction, because the computer virus has been deleted and is gone. Like a computer virus, an allergy is a faulty program that gets written into your immune system. It will lie dormant until you are exposed to the triggering mechanism (pollen, corn, chocolate, etc.). Once exposed, your immune system sounds the alarm and you have a hyper-immune response. Allergies are nothing more than the immune system over-reacting.

Of course, as we all know an over-reaction of the immune system can be life-ending. If the immune system reacts rapidly and violently to an allergen, it is called anaphylaxis. I am well acquainted with the deadly consequences of allergies, as it was the cause of my fathers' premature death. Allergies can range from a trifling annoyance to life altering disabilities.

Going back to our computer analogy, there are two types of allergies, as I have learned to understand them. The first I would call hardwired allergies. Hardwired allergies a person is often born with that can cause the severe anaphylactic response. Typical allergens that are hardwired in people can be things like peanuts, shrimp and bee stings. The other type of allergies is acquired allergies, which I have compared to software computer viruses. These are the allergies that are associated with hay fever, seasonal allergies, and most food allergies causing digestive upset or eczema.

If the body is able to create a faulty response (an allergy) to a normal substance, it makes sense that the body can un-create that abnormal response. Many people who have suffered from allergies “out-grow” them.

This is because their body changes as they mature or their immune system gets healthier and reprograms itself. I have discovered along with many others an amazing Allergy Elimination Treatment which can help the body change this faulty programming much quicker. This amazing treatment will be discussed later in this report.

Having Studied and practiced 3 separate allergy elimination techniques (NAET, BioSET, and Precision Meridian Therapy), I have been able to combine the best elements of each into a treatment method that is easy to learn and far more effective than each technique done individually. I invite you to learn this powerful technique so that you can benefit and bless the lives of those within your circle of influence.

Check out our YouTube Videos – especially our Allergy Treatment Follow Along Video

Healing @ Home

Emotions, Angels & Faith to be Healed

When we experience events in our life and do not have the support, experience or tools to adequately deal with often the subconscious will suppress or trapped an emotion. Culturally, we are often encouraged to hold in or not show emotions such as grief, fear or anxiety. Emotions or feelings that are stuffed down and repressed don't go away but will often manifest as physical, mental or emotional symptoms. Ever feel how tight someone is across the shoulders. Often the response is "Oh, that's just where I hold my stress". That is my point exactly. Holding on to stress, or any other emotion will affect your health and well being.

Fortunately, there are some very effective ways to release these trapped emotions so that the body no longer feels it is necessary to hold them in. The beauty of this treatment process is that we do not need to discuss the trauma, incidents or trauma that resulted in the trapped emotions. In essence, we give the body the message or signal that we no longer want to hold on to any trapped emotion, grudge or negative feeling. Through activating or stimulating acupuncture points, the body can begin to release those latent emotions. Most often what is felt after a treatment is very subtle or not at all. People report feeling lighter or freer than before. Often feeling light a weight has been lifted. Occasionally, I will get a report that "I went home and cried for three hours, or I had the giggles all night. I had one woman return the follow week asking "What the heck did you do to me?!, I went home and was a little tired so I decided to lay down on my bed. I woke up 23 HOURS later!!! I hadn't even moved on the bed. It took me a while to discover I had lost a whole day!" The same week another person declared, "Whatever you did to me gave me so much energy, I was cleaning the house until 3 in the morning!". I tell people to not expect anything, but should you experience something, just take a step back emotionally and say to yourself, "Hmmm, isn't that interesting."

We have learned that we are all energetic and electro-magnetic in nature, meaning that our chemistry and physiology and nervous system operates through positive and negative electric and magnetic charges. As a result, we can be influenced from a healing perspective through the use of magnets, through rubbing or stimulating acupuncture points and through a variety of other types of therapies that are not intrusive or invasive to the well being of our bodies. During this workshop, we discuss, demonstrate and learn how to influence our bodies to heal safely and effectively.

Many years ago, I was working on a patient using a technique called CranioSacral Therapy. I had my hands on her head and after a short time she began speaking to me in a deeper guttural voice with an English accent. Weird, I know. She said "We are the boys" "We don't want you working on Susan (not her real name) anymore." Well the hair on the back of my neck stood straight up!! I was totally creeped out, but decided to figure out what was going on. I asked 'the boys' to let me talk to Susan. "Susan", I said, "It seems like something is going on here. Like there are other spirits or personalities inside of you." She acknowledged that this was true. I told her that we could work together to get them to leave. Her reaction was direct and straight to the point. "If you make them leave, then I will be alone." With that she got up and left. I never saw her again.

I have come to learn that we are not alone on this world. There are powers and forces for both good and ill. And while there are negative and evil influences in our lives, it is important that we focus and move toward that which is positive and good. In this workshop, we review how to get rid of or cast out negative or bad spirits or influences. We also discuss angels. What they are and how to work with them, not in a New Age sense, but as a follower or disciple of Christ.

Herbal First Aid and Health Care: Medicine for a New Millennium AND Healing @ Home Herbal Remedies

I wrote and had the book: Herbal First Aid and Health Care, which was published in 2000. My feeling was to provide a book that could be used, just in case emergency medical help was not available. While true emergencies may require trained professionals, this book is a guide that can be used to help a myriad of problems using herbs or natural therapies.

In this book, we learn how to make and the difference between an herbal infusion and a decoction. We learn to make tinctures and ointments – there are a few secrets that make it much easier. You will learn to make a poultice and a fomentation along with how and why you may use them.

Once you have walked through making some of these herbal preparations, it is not nearly as intimidating. One of the keys to a healthy life and taking care of others is to focus on problems when they are minor and easier to work with. Of course, injuries or acute illnesses must also be dealt with and herbal medicine and natural health care has much to offer.

We invite you to begin using Herbal First Aid and Health Care as you care for those you love into this new millennium. Available at Amazon.com or directly from us. Contact: kylesinthegarden@gmail.com

Since Herbal First Aid was published, we have added to our herbal remedy arsenal. Since then we have experimented and tweaked many of the formulas, which can be found in our Herbal Remedy Manual. Our goal and desire is be able to directly or indirectly help as many as possible. In an era when so many are so tight fisted with their information. Withholding unless the financial reward is great enough. I have gratefully learned and studied with men and women who have shared and given openly to me. And so I give to you some of the herbal wisdom and remedies that have been passed down “from the fathers”. We have tinkered with and refined our remedies – many for over 20 years – to get them just right.

This manual contains dozens of remedies that grew out of over 30 years of practice. We include all of our resources so you can get the very best ingredients and supplies to make these remedies on your own.

Healing @ Home Healing in the Kitchen

Truly, the kitchen is the key to health and vitality. Health never was and never will be found in a supplement. True health, real health can only be obtained the way our bodies were designed to enjoy it. And that is with nutritious wholesome foods. Sourdough, fermented vegetables (sauerkrauts), sprouts, raw foods, bone broths. Nutrient dense foods that heal, nourish and build health, strength and stamina.

In this manual, we teach that foods prepared in a healthy way that may be a little different that what you were taught. We learn the importance of soaking grains – such as in making sourdough. You will learn how to incorporate fermented or naturally cultured foods into your meals. Creative applications of bone

broth for rebuilding the digestive tract will be discussed. All of this and much more will be centered around menus and recipes that are absolutely delicious.

The key to health really is delicious foods like our great grandmothers made. The food in a healthy diet is hearty, filling and nutritious. We will share with you what, how and why we do things as we do. It is not necessary to spend long hours in the kitchen. Let us teach you how to work smarter, not harder and longer.

With this manual, we will share with you many of our favorite recipes. Super delicious, Super Healthy.

Stroganoff

Stew

Soups (egg drop, fresh ginger chicken noodle, miso, vegetable)

Enchiladas

Tamales

Chili Rellenos

Quiche – with four varieties of crusts

Sourdough (bread, pancakes, waffles, pita, foccacia, biscuits, tortillas)

Shepherds Pie

Fermented Vegetables, Natural rootbeer (really made from roots and delicious), ginger ale, yogurt, kefir, kombucha

Eggs (easy and amazingly prepared)

Hummus

Baba Ganosh

Condiments (ketchup, BBQ sauce, mustard, mayonnaise, chili sauce, salsa, sweet & sour sauce)

Rice pilaf

Mexican Rice

Bone broth soups

Cooking with stored foods

Most important, you will learn concepts and understand why and how to adapt your favorite recipes making them super healthy without compromising the great taste. Seriously, the key is not recipes, but understanding why and how you make things. We will demonstrate recipes that will teach the underlying principles of healthy cooking.

Conclusion:

From our family to yours, we hope that you will have the desire to grasp the concept of Healing @ Home. Whether you study with us or follow your own inspiration, it is our prayer that we all strive to do everything within our power to bless the lives of those within the circle of our influence and love.

Blessings – Dr. Kyle Christensen

Resources:

Webpage: <http://drkylechristensen.net/>

Blog: <http://drkylechristensen.blogspot.com/>

YouTube Channel: <https://www.youtube.com/user/kylesinthegarden>

Email/Phone: kylesinthegarden@gmail.com 801-360-0749

(Join our email newsletter for inspiring and healing information)

Workshop Tools and Supplies

Healing @ Home: Cold Laser Therapy Manual	\$20
Healing @ Home: Allergy Elimination Manual	\$20
Healing @ Home: Healing in the Kitchen Manual	\$20
Healing @ Home: Emotions, Angels & Faith to be Healed Manual	\$20
Healing @ Home: Herbal Remedies	
Book: <u>Herbal First Aid & Health Care: Medicine for a New Millennium</u>	\$18
Cold Laser Stylus (635nm, 5mW, w/ AAA batteries)	\$40
Allergy Treatment Vials	\$25
Emotion Treatment Magnet	\$6
Air Lock Lids (fits wide mouth canning jars – a set of 2)	\$20