

CANONICAL ENTRY 13 / 74

Arteriosclerosis

Cardiovascular

CANONICAL SOURCE - VERBATIM

Direct the material, mental, and spiritual forces toward recuperation. As the divine within is touched and awakened, so too is the body healed.

Common to arteriosclerosis is the multiplicity of factors involved. When one abnormal function is aided and abetted by another, symptoms appear and pathology occurs. Keep in mind the various causes and symptoms manifested in the pathology that adjustment of the body may be made more logical and complete; that the application, physically, mentally, materially to those things that would bring a better balance, including all effects and causes, are to be taken into consideration.

The disturbances, usually being of a deep-seated nature, require a great deal of change in the mental attitude, mental outlook, else applications are only helpful experiences for the activities being carried on.

Balance the body forces:

- Osteopathic Adjustments: towards lumbosacral area, mid dorsal, upper dorsal (2nd, 3rd, 4th)
- Enlightened Athletics Dietary Protocol (+ no red meat; little starch or sugar; lots of vitamin B1, as found in yellow foods; lots of green foods)
- Regular Massage: Balance neurological impulse along spine. 2 oz. olive oil (heated); 2 oz. tincture of myrrh; 10 drops of calamus oil.
- Regular Colonics and Hydrotherapy
- Outdoor exercise, especially walking.

CANONICAL COMPANION SET

Esoteric Anatomy for Healing and Revelation

Enlightened Athletics Dietary Protocol