

# #BelieveHealth Primer



## Wim Hof

### Breath, cold, & belief.

- We naturally **self-influence** our immune systems
- **Thoughts** alone can increase metabolism by 300%
- Hoff's findings are **taught in textbooks**
- Technology's great but we can go **beyond** it
- The body has its **own** medicine
- **Breathing** and cold unlocks true healing
- **Belief** and psychology is key

## Marisa Peer

### Words, self-praise, RTT.

- Thoughts and **words are blueprints** for our health
- The key is **self-praise**
- It's not what you do, it's **who you are**
- **You** run your mind, it shouldn't run you
- Learn **Rapid Transformational Therapy**

## Ben Greenfield

### Reverse-aging, bio-hacking.

- **Blend** ancient wisdom & modern science
- You can **reverse** your biological age
- **Optimize** body, mind, & spirit
- **Find what works** for you
- (Breath, Food, Sex, Sleep, Exercise)
- #1 Longevity factor = soul, **purpose**

## Dr. Joe Dispenza

### Thoughts, feels, meditation.

- **Mind** is the common factor in all healings and cures
- Our thoughts and emotions **control our genes**
- Feel the emotion **ahead** of the cure
- **Thoughts** are the language of the brain
- **Feelings** are the language of the body
- **Meditation** elevates healing states

## Carl Lanore

### Sun, sex, & sleep.

- Don't accept what authorities say, use **critical thinking**
- Pay attention to **evolution**
- Be agenda-free, dig deeper for the **truth**
- Use the evolutionary 3 Esses: **Sun, Sex, and Sleep**

## Dr. Lissa Rankin

### Spontaneous remission, placebo.

- There's **scientific proof** mind heals body
- **Every** single disease is curable
- Study the **Spontaneous Remission Project**
- Placebo/Nocebo effect comes from **doctors**
- Medical community is **ignorant** & arrogant toward nature
- A healthy mind, relationships, career, life = **Self-Healing**
- Stress or **Healing-Response** are natural and controllable

## Dr. John Bergman

### Soothe root causes: stressors.

- The body is self-healing; **holistic**
- All disease is an **immune system response**
- It's caused by **physical, chemical, and emotional** stress
- The body is connected, **seek root causes**
- **Change perceptions** and environments to master health
- **Sleep quality** is key

## Dr. Raymond Francis

### Modern medicine is non-sense.

- Modern medicine is **Unscientific Nonsense**
- Personal health's a **personal responsibility**, not a doctor's
- There's **zero reason** to have chronic disease
- A **body is a community** of trillions of cells
- Health's as simple as **restoring cells**
- Literally **anyone** can self-heal

## Naveen Jain

- Majority of health is **chronic inflammation**
- The body itself, is an **eco-system**
- **One man's food is another's poison**
- Our **gut** decides whether a treatment is toxic or healing
- **Epigenetics** control what genes are expressed
- The **weakest link in our body** is what shows disease
- **Meditation** relieves fight or flight, amps up health

One man's food  
is another's poison.