

Practitioner:

Contact Info:

DEVELOPMENT PROGRAM CONSULTATION SUMMARY

HOW THE PROGRAM WORKS

Layers. Illness develops in stages or layers. Today most people are born deficient in many nutrients and toxic with metals and chemicals. This is due to imbalances in their mothers. After birth, improper diet, unhealthy lifestyles, stress, medical drugs and vaccines add to the problems of deficiencies and toxicity. These health insults add to each other and are the underlying causes of most diseases. The development program will detoxify, renourish and rebalance the body to cause healing.

The retracing process. For the deepest healing, the body must heal each layer of imbalance or insult. Your present hair mineral analysis reflects the current layer and your program addresses this.

If you follow the development program, a retest mineral analysis after 3 to 6 months will reveal a deeper level of imbalance. It may look similar, but it could look entirely different from the previous test. We then address the next "layer" of imbalance. Together, we continue uncovering and reversing ever deeper layers of adaptations and compensations. This process is called *retracing*. It is the only way to reverse the deeper causes of illness. For details, read ***Retracing And Healing Reactions*** at www.drlwilson.com.

Development. This program is unique in that it causes rapid *development*. This is a genetic upgrade of the body and the unfolding of the entire potential present in every human being. It requires a special diet, lots of rest, at least some of the detoxification procedures, and limiting sexual fluid loss. For details, read ***Introduction to Development*** at www.drlwilson.com.

The time factor. Many people experience symptom improvement within a few days to weeks after beginning the program. However, undoing layers of adaptations and compensations requires at least several years in everyone, even children.

BASIC RULES

1. This is a diet program, first and foremost. We wish we could do without it, but so far we cannot. Please do not skip the diet! At each of three meals, 60% to 70% of the diet needs to be preferred cooked vegetables. Everyone also needs sesame tahini, almond butter, goat cheese and/or yogurt, some animal protein twice daily and ideally blue corn tortilla chips if you obtain them. More details about the diet for you are on a separate handout.

2. Do not just take the supplements. This will not work well because the body will not be able to release toxins fast enough.

3. The program is quite 'mechanical'. This means that if you do it properly, you will get results, even if you do not believe in it or do not understand it.

4. Do as much of the program as you can. Always begin with the diet, however.

YOUR PROGRAM:

The program is in four parts: 1) DIET, 2) LIFESTYLE, 3) NUTRITIONAL SUPPLEMENTS, AND 4) HEALING PROCEDURES

1. DIET: Follow the _____ oxidizer diet (see handout).
The diet is very important!

DRINKING WATER. Adults need to drink about 3 quarts or 3 liters of water daily. This is more than most people are accustomed to drinking.

The best drinking water for this program is 1) spring water or 2) carbon-filtered or sand-filtered tap water if it is safe to drink. In some nations, tap water is not safe to drink.

You may buy spring water in plastic bottles. You may visit www.FindASpring.com for local springs. Other types of drinking water are not recommended. Particularly avoid reverse osmosis water and alkaline waters. For details, read ***Water For Drinking*** at www.drlwilson.com.

Other beverages: You may have one cup of coffee daily, though it is not ideal. You may also have one cup of regular tea or one cup daily of a mild herbal tea. Avoid nut and seed milks. Avoid all juices, except for 10-12 ounces of carrot juice daily or 1-2 ounces of wheat grass juice twice per week.

2. LIFESTYLE:

Rest and sleep. Go to bed between 8 and 9 PM, and get at least 9 hours of sleep each night. Naps are also very good. Periods of fatigue often occur on the program because deep healing and development require plenty of rest.

Gentle exercise only. Walk *slowly* for about one half hour or do mild cycling or weights several times per week. AVOID all vigorous exercise or exhausting activities. These are not needed with this program, and just wear out the body.

Deep breathing and toe breathing. Practice *deep breathing* and *toe breathing* each day. Lie down or sit with your spine straight. Move your attention to the bottom of your feet. Breathe in and down to a count of 4 or more. Then hold for a count of 2 or more, and breathe out and downward slowly to a count of 4 or more. Do this for at least 15 minutes each day and ideally much more. It is extremely healing. If you feel light-headed, relax for a few minutes.

Reduce all toxic exposures. Clean up toxic homes and offices. Do your best to avoid breathing or other contact with toxic products. Substitute *non-toxic* cleaners, solvents, soaps, and other products at home and at work. Also, wear as little perfume and anti-perspirants as possible, as most contain toxic chemicals. Do not put oils or lotions on the skin because they clog the pores.

Minimize Electromagnetic Pollution. At night, turn off and unplug all electrical devices that are near where you sleep. Use corded or cordless land

Other supplements. Do not take any supplements or herbs other than those recommended. If there are others you think you must use, ask us about them. Extra supplements often negate the benefits of this program.

Quality. We find that many nutritional supplements, even costly brands, do not work well. We recommend obtaining most of the supplements for this program from Endomet Laboratories in Phoenix, Arizona. You can call them at 1 (800) 528-4067 or (602) 995-1580, and they have online ordering. Their products work well and they have several formulas that we need. The exceptions are that TMG and lysine are from the health food store or online. Any brand is okay.

4. THE HEALING PROCEDURES:

NOTE: *YOU CAN COMBINE THE FOLLOWING PROCEDURES TO SAVE TIME.*

RED HEAT LAMP THERAPY OR SAUNA THERAPY. The benefits of shining a reddish 'heat lamp' on the abdomen, or sitting in a reddish heat lamp sauna are numerous and quite amazing. The frequencies of these 250-watt incandescent bulbs are very special. Sun bathing or using other light therapy is not the same.

Red heat lamp therapy. Buy a reddish, 250-watt 'heat lamp' at an animal supply or ranch store or online. It must be reddish, not clear. It costs about \$8-15.00 USD. Also, buy a clamp-on socket capable of handling a 250-watt bulb. Position the bulb about two feet from your body. Take off your shirt and shine the heat lamp on your abdomen or back. Begin with 20 minutes daily. Adults can increase up to 60 minutes each day. Babies and children also benefit greatly from this simple procedure and require less time with the light. For details, read ***Single Lamp Therapy*** at www.drlwilson.com.

Red heat lamp sauna therapy. An alternative is to use a sauna heated by three or four reddish heat lamps. It is a little better than using just a red heat lamp because you will sweat more. If you choose a sauna, adults needs at least 20 minutes daily. Those with certain illnesses need much more. Rest at least 10 minutes after your sauna session. So far, everyone needs the rays from the reddish heat lamp forever.

Free plans to build a heat lamp sauna are at www.drlwilson.com. A 167-page book, ***Sauna Therapy***, has many more plans. If you prefer to buy a sauna, **only buy one we recommend**. The list of approved companies that sell these is at www.drlwilson.com.

AVOID far infrared saunas, which give off harmful electromagnetic frequencies. Traditional "hot rocks" saunas are okay, but not nearly as effective. You can convert some saunas to heat lamp saunas. To do this, read ***Converting Your Sauna To Heat Lamps*** at www.drlwilson.com.

THE PULLING DOWN PROCEDURE. This is the most powerful and important part of the program for development. It is very simple and powerfully moves energy properly through the body. It heals the body at many levels. It is also centering and grounding. It is also *active prayer*, bringing Heaven to earth in religious terminology.

Sit or lie down comfortably. Move your attention to the bottom of your feet or a little beyond. Turn around in your mind so you are facing your body. Now visualize moving energy rapidly and forcefully from the top of your head to the bottom of your feet and even below them. Coordinate this with deep toe breathing. This means to imagine you are breathing from your toes.

Do not add anything - that is all there is to it. For more details, read ***The Pulling Down Procedure*** at www.drlwilson.com.

FOOT REFLEXOLOGY. This safe, inexpensive and very powerful procedure opens and balances the energy channels and promotes deep healing. It is extremely effective! Rub each foot firmly all over. Rub all around the toes and the top of the foot behind the toes. Then rub or press all along the arch and the bottom of the foot. Also rub or press hard on the sides of the heel. Do this for about 5-10 minutes on each foot. Spend more time on any area that is tender or painful. We offer a chart of the reflex areas.

Foot treatments are safe and effective, and particularly good for eliminating temporary symptoms such as fatigue, headaches and much more. They are also a non-threatening method of touch that is very helpful for children and adults.

You may do the procedure at least twice daily. The easiest way is when you arise in the morning, while still in bed, and when you go to bed at night.

THE SPINAL TWIST. Once or twice daily. These simple exercises help open and align your spine. If you have back problems, begin gently and never force anything. This is a basic routine and there is more on our website.

Part I. Lie down on your back with your legs straight, feet together but not crossed, and your arms stretched out to the sides. Gently and slowly breathe deeply and turn your head from side to side. Turn it as far as you can comfortably. Never force anything, however! This will help adjust your neck and upper back.

Part II. While lying on your back on a bed or couch, lift your left leg straight up in the air and gently swing it to your right over the other leg so it twists your spine to the right. Don't hold the twist. Repeat the procedure with the other leg. At times, you may need to repeat the procedure.

Part III. While lying on your back on a bed or couch, bend one leg. Firmly grab that foot and pull it firmly toward your groin. Often, the knee will pop or snap. Do the same with the other foot.

Part IV. "Pop" the toes by pushing them downward forcefully. Don't worry - you will not hurt yourself doing this twice daily. This releases a lot of tension. For more details, read ***The Pops, Pulls, Twists And Kicks*** at www.drlwilson.com.

COFFEE ENEMAS. Up to 4 daily. Coffee enemas are a truly superb way to detoxify and heal the entire body. They are one of the finest methods of detoxification. They are also safe and not too uncomfortable when done correctly. This procedure is highly recommended for everyone, even children, to remove large quantities of toxins from the liver and other organs. We like a medium roast or dark roast Columbian or South American coffee. Avoid light roast coffee. For the correct procedure, please read ***Coffee Enemas*** at www.drlwilson.com.

OTHER WARNINGS

1. Infections. If you develop an infection while on this program, please call your practitioner or Dr. Wilson before taking antibiotics. The reason is that in many cases, the symptom is just retracing and does not require drugs. We will recommend much less toxic alternatives to try first. However, never ignore infections, nor do we ever suggest that you avoid seeing a doctor.

2. Vaccines, boosters, tetanus shots, and flu shots. We do not recommend vaccines, boosters, tetanus shots or flu shots. They are not needed if you follow this program, and all of them can be quite toxic for people of all ages.

3. Medical drugs. Only take prescribed medication if absolutely necessary. Many of them are toxic and harmful. In general, continue prescribed medication unless we discuss it. A goal of the development program is to reduce your need for medication. NOTE: Stopping prescribed medication too soon or too rapidly is not always safe.

4. Over-the-counter drugs and remedies. In general, stop all over-the-counter remedies and drugs because most are not good quality products.

5. Most herbs, homeopathy, and recreational drugs. These always interfere with the development program. Please do not take them, except a few herbs we suggest. Also avoid chelation therapy, as it upsets body chemistry and is not needed with this program.

6. Remove silver amalgam dental fillings. Replace them with composite fillings as soon as possible, except that if you have active cancer. In that case, wait until the cancer is in remission.

7. Remove root canal-filled teeth. We suggest removing all of them. Most are infected, even if they cause no symptoms. Most of them spew deadly germs into your bloodstream. They will stop your healing, in many cases. If you have cancer or are concerned about getting cancer, their removal is essential and can save your life.

8. Avoid all fluoride treatments, and all fluorides in drinking water, toothpaste, mouthwash and elsewhere. They are all quite toxic and not needed.

OTHER TOPICS:

HEALING REACTIONS. Healing reactions are temporary flare-ups of symptoms that occur as toxic metals, toxic chemicals and infections are eliminated from the body. They cause physical or mental symptoms such as sore throats, colds, anxiety, fatigue or other usually minor symptoms. *These reactions are welcome evidence of healing.* Contact your Helper if any annoying or scary symptoms persist.

FOLLOW UP. This is critical for the success of your program. Please call or send an email to your Helper after you have been on the program for 2 weeks and after 6 weeks. After that, please stay in touch about once a month.

RETESTING. Please send in a retest hair mineral analysis 3-4 months after your initial hair test, and no more than every 6 months thereafter.

Retests are extremely important to keep your healing program appropriate for you. Otherwise, your program can make you worse instead of better. Anyone who does not retest every six months is no longer considered a client. If finances prevent retesting, let us know and our foundation may be able to assist.

OTHER THERAPIES. Quality chiropractic is often helpful as one heals. **Please avoid** other herbs, vitamins, minerals, homeopathy, other products, most medical drugs, and all but very gentle restorative yoga.

For PMS symptoms, read the article ***Premenstrual Syndrome*** at www.drlwilson.com.

HEAL AT ALL SEVEN LEVELS. For best results, do the development program at all of the seven basic levels of life. These are 1) physical, 2) emotional/sexual, 3) power and control, 4) social, 5) work or expression, 6) intellectual and 7) spiritual or religious. For details, read ***The Seven Levels Of Life And The Development Program*** at www.drlwilson.com.