



## Starting from Scratch: 3 Ways to progressive changes for healing and greater life force

By Dr. Henriette Alban

When you look at your life, especially if you are dealing with health challenges (however you may have acquired them), you probably agree that quality of life is the most important aspect of being. We are all by nature productive and contributive beings with a healthy sense of autonomy and desire for self-governance. So whether you're sick and tired of being just that, or are ready for advanced ways to feel better and more energized through creating a more holistic lifestyle, I hope you will enjoy the recommendations offered here.

I have done 3 Health Educational conference calls on this topic. The dates of these 2018 calls were May 19<sup>th</sup> and June 7<sup>th</sup>, and the final call is scheduled for July 19<sup>th</sup>. They are listed in "Weekly Calls" under the "Marketing and Training Tools" tab in your back office, and accessible on Xooma's free mobile app.

Now, let's discover where to begin!

### Step One - Nutritional Assessment

When you think about where you begin to look at how you feel and how much energy you have, it's important to start by looking at the kinds, types and categories of food you are eating. Here are some general areas to review.

Are you eating processed foods such as cereal with sugar, TV dinners (even if labeled organic), lunchmeats, processed cheese, frozen foods, pizza, fast food of any kind, fried foods, a diet heavy in animal protein, and/or animal fats? How about vegetable oils such as corn, soy, peanut, canola? When you take a look at the labels in your pantry, are they free from

artificial sweeteners, preservatives, soy-based proteins, hydrolyzed substances, artificial colorings, fillers, and anything you cannot pronounce? Do you eat food that is outdated, such as cans that are years old or dried foods that have lost all vitality? Do you check and clean out your refrigerator regularly? Even the very back? What about your freezer? Do you have way more food in there than you will need for the next 3 months? Chances are it's outdated and has lost any semblance of nutritional value.



**Step One:** Start with a Nutritional Assessment.

If you answered “Yes” to some of these questions, and moreover if some of these choices are habits, then it may truly be a disservice to your body.

Here is a list of questions for a **Nutritional Assessment** to take a closer look. This is by no means a complete assessment. Take time to answer the following questions:

- What percentage of your diet is eating out?
- What percentage of your meal is fresh greens?
- What percentage of fruit do you eat during a normal week?
- What percentage of your diet is fast food?
- What percentage of your meals are on-the-go?
- What percentage of your meals include alcohol?
- How often do you take meetings when eating?
- How much sugar/sweeteners do you consume daily, including drinks?
- How often do you eat dessert after a meal?

If any of these questions were answered with more than 25%, then you may want to consider making a change to your diet. Remember, it’s not something you have to tackle overnight. Allow between 6 and 12 months to make a transition to a more natural and fresh food diet. And find a professional who can assist you with the appropriate menu and diet plan.

## Step Two – Physical Assessment

Our bodies don’t lie. In fact, they’re the very signaling device to alert us to trouble. Do you heed your body’s warnings? Are you just glad when the ‘bad aches’ have gone away? Do you use medication to manage those aches? Do you have high blood pressure and/or cholesterol? Are you on pain killers for any reason? Has your doctor recommended stress management?

Below are questions relating to a **Physical Assessment**. Again, this certainly is not a complete assessment, but a good place to begin. Take time to answer the following questions:

- Do you experience aches and pains on a daily basis?
- Are they mostly in the same area or do they travel?
- Do you easily get out of breath walking upstairs or taking a walk?
- Do you get lactic acid build up when working out at the gym?
- Have you gained weight around the middle (men and women)?
- Do you feel you are eliminating fully and at least once a day?
- Do you feel sluggish after a meal?
- Do you have to absolutely eat in the morning or you can’t function?
- Do you absolutely begin your day with coffee and how many cups do you have?
- How much beer / wine / liquor do you drink in a week?



**Step Two:** Work with your trusted health care practitioner to get an accurate Physical Assessment of your current health status.

- Are you a smoker or recreational drugs consumer?
- Do you awaken refreshed after a night's sleep?
- Do you feel you are not getting enough sleep?
- Have you noticed a reduction in stamina over the past 5 years?
- Did you used to be able to do things, but now that you're a bit older find that you can't?
- Are you losing your hair anywhere on your head?
- Do you have fungal or yeast infections anywhere? Athletes Foot? Mouth sores? Frequent herpes outbreaks? Are you prone to colds, coughs, sinus infections, allergies?
- Are you buying into the myth that when aging, you'll be in poor health?

If you answered "Yes" to any one of the questions above and your goal is to feel better and have more energy, it may be time to make some changes. Finding a Naturopathic Doctor or an Integrated Medical Doctor is a good choice.

### Step Three - Environmental Assessment

While not usually included in medical exams, it is quite clear that we are powerfully affected by environmental toxins, electromagnetic fields, and our busy lifestyles. We may also be in environments that are not conducive to peaceful work, and that produce more stress than is good for us. In this case I'm not speaking of active or stimulating stress, but of the sly, creeping disempowerment your nervous system experiences on a daily basis.



**Step Three:** An Environmental Assessment could help determine outside factors that may be contributing to your health status.

Below are questions relating to an **Environmental Assessment**. Again, it is not a complete assessment but a good place to begin. Take time to answer the following questions:

- Is your cell phone your friend? Are you in front of a computer most of the day?
- Do you live on the top floor of your building? (The penthouse used to be a cool place to live, but has since become an environmental nightmare. Take a look at the rooftops in cities and what has been installed over the past 10 years.)
- Is there mold in your environment?
- Do you have constant coughing, headaches, nervous habits, etc.?
- Do you air out your house / apartment on a daily basis, even during the winter?
- Do you have a dank or moldy basement? (You will want to get a dehumidifier to start with.)
- Are you in a zone with Radon gas, or are there other contaminants in your air?
- Do you have low level discomfort? (You could be allergic to building materials and formaldehyde in walls and carpets.)
- Do you live with a lot of artificial fibers on your body? In your bed?
- Do you have electronics in your bedroom? (You may want to take them out.)

If you answered “Yes” to more than 3 of these, you may want to educate yourself further. Here is a helpful resource: <https://www.electricsense.com/13854/emf-off-call-to-consciousness/>

These questions paint an unfortunate ‘state of being’ for many people in our world. They are neither exaggerated nor unlikely. However, not everyone is affected the same. There are people who are very sensitive to many environmental and food factors, who can suffer significantly.



## Recommendations

The suggestions below represent an overall path to wellbeing. The important part is this doesn’t have to be your ‘state of being’! A more thorough healing may involve holistic or medical practices to address specific issues you are dealing with. You may also find that a very large part of the population isn’t interested or is unwilling to take care of themselves. For those who are, and whose interests run similar to our own, the following options are a great place to begin.

The recommendations that follow are intended as an educational self-awareness process, not a diagnosis or prescription for healing. Please check with your healthcare practitioner who can help you evaluate a program that is tailored for your needs.

## Hydration and Physical Processes

- a) **Water** is the single most vital step for health and vitality. Our bodies are 75-80% water and clean bio-available water is of the essence for all physical needs, from thought to elimination. **X2O™**’s recommendations on the package will start you off, until you experience how the added minerals work in your body and can increase for either cleansing or added challenges. At that point you would take two sachets for the same amount of water and also add sachets to your wine, juice, nut milks and even cow’s milk for those who drink it, including your children. However you take these essential minerals, your body will know how to utilize this homogeneous substance. See if you can find spring water from your local area that has been state-tested and approved for zero contamination. Carefully research any data of bottled water that you are drinking. Avoid fluoride in any water, if possible. For those whose cities fluoridate their water, make sure they do not exceed the suggested EPA standard of 0.7ppm (parts per million).



- b) ***Digestion and Elimination*** are easy ways to notice when we go astray. Bloating, burping and gas; heartburn to acid reflux; whether there is short-term or long-term conditions such as constipation, diarrhea, uneven, irregular elimination, hemorrhoids or stinky stools – these are all signals that alert us to a need to change our living habits. While hydration will help some with all of these situations, you may need a more encompassing approach.



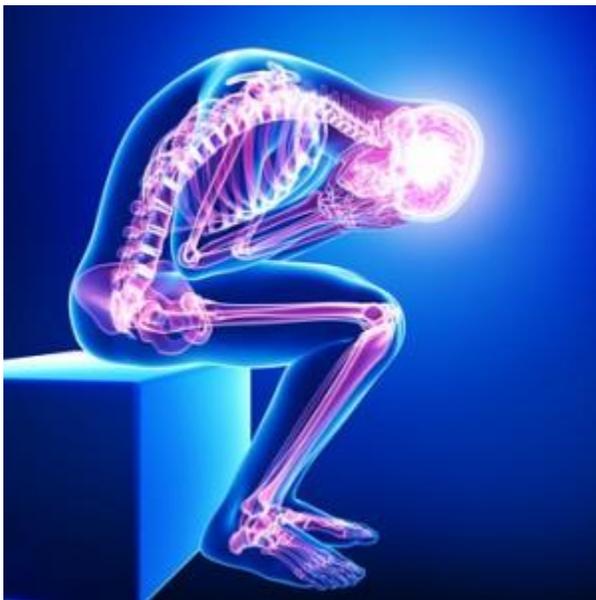
## Rescue Plan for all levels (beginner / intermediate / advanced)

- **Assimilator™** digestive enzymes - 2 before every meal to help metabolize food.
- **Berry Balance™** antioxidants - 2 with every meal to counter oxidative stress.

- **Omega 3/75™** – take 2 with every meal, to fight inflammation from waste.
  - **Nature’s Body Cleanse™** – take as directed for one week. If you do not experience results after three days, double the evening dose. Reduce again after you feel emptied and clean. Then use only as needed, preferably at night.
  - **Probiotix™** – take as directed for three days, then double dose for 10 days.
  - Apple Cider Vinegar – one tablespoon in 8 ounces of water before every meal to assist with increased digestive capacity in the stomach and alleviate heartburn.
  - Concentrated forms of proteolytic enzymes that help break down old waste – Papain, Bromelain, Trypsin and Chymotrypsin commonly found in the same product; body needs extra strength assistance.
  - Charcoal capsules before bedtime to attach to waste/debris and flush it out – your stool will turn very dark. That’s normal.
- c) ***Inflammation or Chronic Infections*** are the effects of dehydration, a stressful lifestyle, too little sleep and excess waste in the body. You could be experiencing lowered immunity. These symptoms are often accompanied by digestive upsets, sleep disturbances, moodiness and hormone imbalance. Since our entire organism is interrelated, everything affects everything else. This truth is often hard to fathom for those who still see our bodies and minds as separate. Just because you don’t feel it or deny that something is going on doesn’t mean it’s not there. Not to worry, if we’re not paying attention to it now, it’ll just get louder until we do.



**A Suggested Rescue Plan** for all levels includes primary care nutritional supplements such as Xooma’s Assimilator, Berry Balance, Omega 3/75, Nature’s Body Cleanse, and Probiotix.



Inflammation is literally the experience of your body heating up to pinpoint an area that is under serious stress and has been neglected and overused for too long. These are areas where the body has compensated for too long and is out of energy. For many people it begins with a discomfort somewhere, with the awareness that moving about is a bit harder. It could also be that eating like you used to causes discomfort, or that it takes longer to get out of bed in the morning. But take heart, it’s not about you getting older, it’s just a wake-up call to be more aware and make changes for more life-affirming habits.

Consider your attitude toward yourself. If your work and your striving for something outside of you are more important than your own body and self-care, chances are you may not be able to enjoy the fruits of your labor. I’m not painting a dire or sad picture or attempt to scare you. It’s simply a reality that I’ve seen so often in my own life, in my private

practice, and among people I know. A fact of life is that we push ourselves so hard and so consistently that we don’t take good care of ourselves until it’s nearly too late. Then we tend to make massive changes in the hopes of undoing all the damage.

## Expanded Rescue Plan

A good test is having your level of Vitamin D3 checked. Ideally levels are between 50 and 80 ng/mL. A simple home test, that you can order online, will give you that information.

In addition to the previously mentioned supplements, you will benefit from adding the following Xooma products into your daily regimen:

- **KardiaXyme™** Vitamin D3 – follow directions on the box for one week, then double the dose for one month and reduce again to the maintenance dose.
- **LifeSource™** multivitamin and multimineral – take as directed for about 60 days.
- **Ellagic Acid™** an excellent antioxidant that also reduces inflammation – take suggested dosage of 5 capsules once a day for one month, repeat this twice a year or as desired.



Once you are better hydrated, about 4 to 6 weeks into the program, you are ready for a ‘liquid fast’. To do a liquid fast, you will want to begin with 36 hours of just X2O water, and diluted juices in case you are concerned about your blood sugar. You can drink as much X2O-infused water as you wish.

Next, add a light vegetarian dinner at night, and resume with a light fruit breakfast on the second day when you resume eating solids. See how that feels, and if possible, do one of these fasts every week. Once you’re comfortable with this and after having added plenty of fresh and steamed/grilled vegetables to your diet, you will feel much better. You can also eliminate heavy carbs and all white foods, sugar, breads, pastas and gluten, all dairy and most meat.

Take **MetaboWize™ Protein Fiber shake** for a week as a one-meal replacement option. The shake is tasty and gives you plenty of protein and fiber. You can add raw spinach, spirulina, shelled hemp seeds, chia seeds, fresh berries and even ¼ or ½ avocado to the shake to make it into a more nutritious replacement meal. You can choose which meal of the day is best. I suggest either breakfast or lunch, followed by an early dinner or last meal. Stick with at least 12 hours between dinner and breakfast in order to give your body a good chance to cleanse.



This entire program is meant for you to get to know your body and how you feel, once you’re past the very first few weeks where adjustments are made.

**MetaboWize™ PM Formula** is intended to help you get a good night’s sleep throughout this entire time.

## Feeling Better

The natural outcome of following this program is to reduce inflammation, rehydrate and cleanse your body. Find your best food options and preferences, and then truly learn what your body needs. By listening in, you can heed your body’s signals. Ultimately you could begin feeling better and more energized.

A complete hormone test is another good suggestion, for women and men. The healthy function of all our glands is super important for your overall health, stress levels, sleep and quality of life.

There are many more ways in which you could benefit. While this is a good start, involving a professional who is able to work with you in a holistic way would be the next most beneficial step. You will be glad you did!

To Your Health!  
Dr. Henriette Alban



Born and raised in Switzerland by health conscious parents, Dr. Henriette Alban, ND grew up using natural ways to achieve and maintain well-being. Building on this foundation from her youth, Henriette moved to New York City where she studied and received certifications in Shiatsu and Swedish massage therapy, as well as digestive and colon health therapies. She also became a researcher in vitamins, nutrition and hormone health – all of which was very helpful after she gave birth to a beautiful son whose allergies led to life-threatening asthma. While watching the ineffectiveness of the medical system in healing her son, she intensified her studies of the holistic field to avert the awful effects of asthma. Founding a group for parents of asthmatic children in NYC, she brought in experts in the field and offered much needed nutritional advice to parents who were challenged by how to take care of their asthmatic children.

Combining her 20 years of studies, Henriette Alban pursued and was awarded a Diploma of Doctor of Naturopathy from the Trinity School of Natural Health in 1997. The same year she opened her private practice in Maryland, with the intent of helping people in the community to eat better and learn how to heal themselves and their families. Almost immediately she began holding classes, lectures, and workshops. Thus, she brought to reality her desire to be a beneficial presence in the world. Henriette, now in Reading, PA opened her practice Living in Balance in 2004.

As part of Xooma's Advisory Board, Dr. Alban brings years of experience and a variety of modalities to support her work in helping others create positive changes in their health and their lives. This is coupled by a strong sense of quality and integrity in formulations and a desire to assist Xooma in making products as pure and effective as possible.

*Note: The statements in this publication have not been evaluated by the Food and Drug Administration and are not intended to replace the services of a qualified health professional, nor are they intended to diagnose, treat, cure or prevent any illness or disease.*