

## You Can Change Your DNA

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*Did you know you CAN change your DNA and raise your frequency simply and quickly?*

Dr. Berrenda Fox of the Avalon Wellness Center in Mt. Shasta, CA, has proven through blood tests that some people have developed new strands of DNA in the last couple of decades. Three of Dr. Fox's patients are children who have developed a third DNA strand. Of them, she says, "These are children who can move objects across the room just by concentrating on them, or they can fill glasses of water just by looking at them. They're telepathic. You would almost think by knowing these children that they are half angelic or superhuman, but they're not. I think they are what we are growing into during the next few decades."

Dr. Fox also believes that eventually "there will be no disease, and we will not need to die. We will be able to learn our lessons, not through suffering, but through joy and love."

### **Pretty incredible stuff!**

But like all quick journeys, it isn't without its bumps. In order to grow a third DNA strand, a body must experience rapid cellular change that can leave it feeling exhausted and, well, a little off-kilter. Interestingly, Dr. Fox reports that one of the ways a person born with two-strand DNA may begin growing that third strand is by exposure to certain viruses. She says, "DNA viruses like Epstein Barr and the Herpes change cellular structure. Most people who go through this process and come out the other side have a new profession, a new way of thinking, or at least a starting of a new way of life."

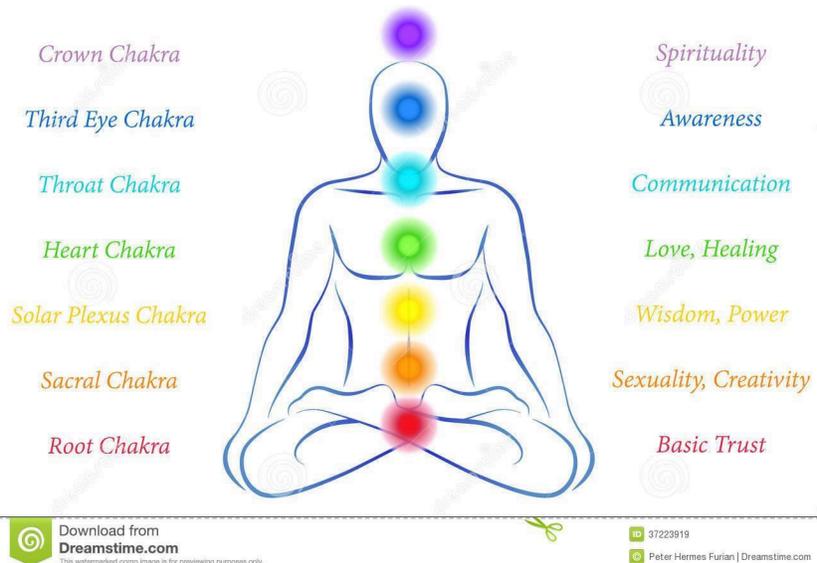
If you have experienced sessions with me you know I can see the viruses and their emotional connection ( yes, viruses are attached to emotions) on my Beautiful Balanced Brain Biofeedback device and balance YOU. I use a combination approach I call B.R.A.I.N. body, release, align, integrate, and new program long distance or in person with incredible results.

## Magical Clearing

I just got off the phone with the amazing [Louise Swartswalter](#), who did an incredible healing clearing on me, for me. I was feeling stuck, and deeply sad, some sort of old grief was in me, heavy-like, and my first thought was to call Louise. I was guided to her. Well, she did her wonderful magic (and it is a special "Louise" magic) and I must tell you I feel lighter, better, happier, me-er! Thank you Thank you Thank you Magical Mystical Dr. Swartswalter. You are greatly gifted. Coach Sheryl, CA

Whether you're shifting at a cellular level, or just have a case of nerves or social anxiety, a surprisingly simple yet effective trick I use daily to protect myself and my energy field is my "**Rainbow Bubble.**"

I base my rainbow on the color sequence of the chakras and imagine a wide hoola-hoop of each color circling me from my belly button to above my head with red at my navel progressing through the rainbow to pink three feet above my crown. Then I reverse the sequence so that the rainbow of color goes from red at my navel to pink three feet below my toes. Say the words, "Nothing shall enter, only love." When you're finished you should have a mental image of a *rainbowed* ball encasing you, bouncing off any unwelcome energies that wander your way. Have fun with this and let me know your experiences. This is great for sensitive kids as well.



The answer is not in one bottle or one mode of treatment. Integrative therapy does not simply mean a combination of medical (conventional) and alternative therapies. **True integrative medicine addresses the physical, mental, emotional, and spiritual bodies that must be worked with to change your frequency and change the DNA.** Perhaps you have addressed the physical body and you are thirty percent better, but not where you desire? Perhaps you have done your spiritual work and feel lighter, but still have pain and numerous nights of no sleeping.

Research states that stress accounts for ninety percent of all illnesses. If stress is not addressed, it can manifest itself as digestive disorders, allergies, hormonal imbalances, skin conditions, and degenerative disorders such as cancer. We can identify these stressors before the degeneration starts and help the body in cleansing and rebuilding by using biofeedback/bio-resonance, kinesiology, emotional release techniques, herbs, nutrition, and homeopathy. Addressing the stressors before degeneration begins is the goal, but typically humans ignore the symptoms accepting the imbalances until our pain, fatigue, fuzzy thinking, etc. are disabling. Does this sound familiar?

All the stressors (chemical, emotional, mechanical, and spiritual) need to be brought back into balance to heal your whole self! We work on all three simultaneously and **people leave lighter! Faces change.** Recently I worked on a young man with severe leg pain that radiated down to his feet. He hobbled in leaning on his partner's shoulder and dragging his other foot as he made his way to the chair. He left better and after detoxing the next day he is walking again. *He said, "Thank you! Bless you! You saved me a trip to the emergency room."*

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