

Living to 100 ...it's easier than you think

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It's been in the news over and over again; men and women celebrating their 101st birthdays, and even older. And don't we love to hear it?

Dr. William Hall, of the University of Rochester, thinks it's because doctors are aggressively treating older folk's health problems with more sophisticated medications. I work with these "elders" ranging in age from about 70 to going on 95 years old — I'm 82 and I'm not on any meds at all and neither are others who have discovered the secret of deep cellular cleansing.

I see the ones who are struggling taking *multiple medications*. As an energy intuitive, I pick up on a body burdened with toxins so heavy that it has affected not only their Vital Signs (blood pressure, respiration, heart beat/pulse, core temperature), but also their mental-emotional state as well (i.e. depression, anxiety, detachment, out-of-character actions or non-actions). At this point *medications are increased rather than decreased*, eventually causing the system to shut down completely.

The elders we work with are doing well with no need for any medications whatsoever. The fact is that once the "root cause" of the health issue was addressed, there was no need. An article in the Republic a few months back headlined the FDA admitting that many pharmaceuticals are necessarily stronger now, and not surprisingly, with one side effect listed as "death". But these people were "old" so who could say that their demise was not expected and caused by old age?

Nobel Prize winner, Dr. Alexis Carrel, proved through his extensive experiments that the cell was "immortal" by keeping a chicken heart alive for seventeen years! He was awarded the prestigious Nobel Prize for this research in Physiology/Medicine in 1912. He is quoted:

"The cell is immortal. It is merely the fluid in which it floats which degenerates. Renew this fluid at intervals, give the cell something on which to feed and, so far as we know, the pulsation of life may go on forever ... "

To me this means the very real possibility of extending our life expectancy not just to a mere 100 years, but perhaps even 200 or 300 years, looking good and staying productive the whole way!

Another thought — today's "senior" seniors who were growing up at least 70, 80, 90 plus years ago, had clean air, pure water, locally grown foods, and a different kind of "stress", as well as less of it. They also relied more on the usage of herbs and other natural tinctures to help "cure" their ailments. We're quite sure most probably walked more and rode bicycles and definitely got more sleep without all the electronics interference we have in our lives today.

I have a feeling that it will soon become evident that those born more recently will not have such strong constitutions and will probably have to rely on medical intervention to get there, including the latest in successful surgical procedures, replacing soon-to-shut-down malfunctioning organs. With the discovery of *Bioenergetics*, the new energy medicine designed for deep cellular cleansing, the process of de-aging has been simplified with much faster results and much less expensive... It's time...