

LISTEN TO YOUR BODY & LOVE IT - Part 1

by Lady Carla Davis, MPH

Specializing in Nutrition

The fact that prescription drug spending has exceeded \$500 billion a year in America alone, and is growing three times faster than inflation, confirms — people are not listening to or loving their bodies.

From 1999 to 2019, nearly 841,000 people have died from a drug overdose. In 2019, 70,630 drug overdose deaths occurred, of which 49,860 overdose deaths were from opioids. Psychostimulant (methamphetamine) drug deaths are also increasing at an alarming rate. Be it common street drugs or prescription drugs, ALL drugs have side effects that can kill.

And now, the world's population is not only being told but mandated to have experimental inoculations called vaccines and boosters every few months as the safe and effective panacea for everything. Even our children are being experimented on like guinea pigs, and thousands are dying in the process. Billions of our tax dollars are being diverted to this madness (i.e., racket) with no end in site. Worse, serious conflicts of interest and crimes against humanity are involved.

Clearly, most government leaders, their medical regulators/agencies, and hospitals are not about promoting good health, but rather all about selling drugs (i.e., legal drug dealing) and control because they are beholden the pharmaceutical industry with their massive political contributions. The same is true about the mainstream media (MSM) that earn over 70% of their revenue from big pharma.

Pharmaceutical corporations have been sued more than any other industry for violating criminal laws, fraud, and harm. In fact, several of the top drug corporations are convicted felons. Who are the billionaire benefactors behind them? Hello! Is anyone connecting the dots or thinking clearly anymore?

This medical fiasco is destroying people's lives and bankrupting economies. In addition, its trajectory is unsustainable and doomed! We now know that the government medical boards and regulators we depended on for decades have continually lied to and misled us. Hence, they have lost all credibility.

The power of Mother Nature and good nutrition are never promoted by medical boards that control doctors, nurses, and medical school curriculums. And, when health-conscious doctors or health practitioners try to promote alternative natural treatments, nutrition, a healthy diet, and/or supplements to their patients, they are often reprimanded, bullied, and threatened with loss of their medical license. This is medical tyranny! ENOUGH!

The only way to survive in today's heavily polluted, drugged culture is to get back to Nature, LISTEN to your body, and LOVE it!

Below are various ways your body communicates with you—Pay attention, LISTEN to your body, and LOVE it.

BODY SHAPE & WEIGHT

For starters take a good look at the shape of your body. It reveals a great deal about what your parents and grandparents ate and how well you were nourished in the womb and as a growing child. The first 9 months in the womb and the two years after birth are the most important as they form the foundation for life. What does your body shape tell you? Is it strong, healthy, and in proportion? Look at your bones, your posture, your teeth, your muscle and fat mass, the shape of your face, your hair, your skin, your eyes. While you can't undo what your parents created, you can maximize your strengths and minimize your weaknesses. Also, you can improve the growth and development of the next generation of growing children.

Take a look at how much your body shape and weight have changed from when you were younger. From my many years of experience and observation, I believe that sugar and refined carbs add fat to the body and oil distributes the fat to various parts of the body. Damaged fats/oils (most vegetable and seed oils, especially canola oil) disrupt the glands and hormone production, which add fat to unwanted parts of the body, including visceral fat. The older you get the more revealing this becomes. Plus, these damaged fats/oils, contribute to an increase in non-alcohol fatty liver disease, even in young people.

Do you have a double chin, fat belly, and rolls of fat on your midriff, thighs, and backside? Change your oils! AVOID refined vegetable and seed oils; in particular, canola oil, which I believe disperses the fat into these areas. Before the consumption of canola oil, this type of fat turkey neck and big belly displacement was rarely, if ever, seen. Labeling it organic is misleading because it originates from GM seed and is highly processed.

If you have too much fat on your thighs or butt, eliminate the gluten grains, refined carbs, such as bread, bagels, baked grain desserts, pasta, pizza, and fried or processed junk foods. All non-organic grains are heavily sprayed with cancer-causing glyphosate that can contribute to leaky gut and destruction of the microbiome over time. Plus, most of these products are made with damaged fats/oils (e.g., canola, safflower, corn, soy, peanut oils, etc.). I believe these highly processed damaged fats/oils are a major contributor to type two diabetes, heart disease, and cancer.

To learn more about fats/oils, sugar, and what foods are beneficial go to the Nutrition page at: <https://NourishingBasics.com> and <https://MastersOfHealthMag.com>

If you have a barrel-shaped body, with a triglyceride belt (fat tummy), studies indicate that you could be a candidate for heart disease. Change your diet!

The hair on your head is a reflection of the hormonal condition of a man's testicles and a woman's ovaries. What does the hair on your head indicate?

WOMEN

Are the measurements of your bust and hips about the same size?

Is your waist at least 10" smaller than your hips and bust?

If so, you are in good proportion and got off to a good start.

If not, then reflect and pay attention to what your body is telling you and the nourishment you are depriving it of. Address what is causing your belly to bloat?

Do you have infertility?

Irregular menstrual cycles indicate a hormonal imbalance. You may be deficient in natural vitamins E and A, living an unhealthy lifestyle, and/or exposed to caffeine and EMFs.

Cramps before your period can indicate a magnesium deficiency and/or consumption of damaged fats/oils, and/or too much alcohol. A chocolate craving is a symptom of a magnesium deficiency.

If you have lumps in your breasts or soreness before your period, change the type of fats/oils you are consuming and eliminate caffeine and alcohol. Get your lymphatic system moving with circular exercises (e.g., tai chi, stretching, dancing, swimming, etc.) and daily body brushing. Body brush vigorously, and have a good therapeutic massage.

A pear-shaped body indicates your pituitary gland may be underactive or malfunctioning. Explore a possible vitamin E deficiency, consumption of damaged fats/oils, and/or a possible hormonal imbalance.

A difficult menopause is a symptom of deficiencies, an unhealthy diet, endocrine burnout, hormonal imbalances, and/or environmental pollutants such as EMFs.

Treating with identical hormones provides temporary relief, but long-term it is best to address the cause of the problem.

MEN

What does the shape of your body look like?

Is your belly larger than your chest?

If so, then you need to address what your body is trying to tell you.

A big beer-belly can be an early warning sign of heart disease, and a toxic gut can cause colon cancer. A Swollen liver (upper belly area) is a possible sign of inflammation and liver damage. Beer drinkers have high rates of colon cancer because of the nitrate/nitrite preservatives in the beer.

If your hair is thinning and/or you have an enlarged prostate, your hormones are out of balance and you may have been exposed to environmental or dietary pollutants. Eliminate the consumption of refined sugar and carbs, including alcohol, which deplete B vitamins. Cut out the coffee and other caffeine products that acidify and deplete the very nutrients that protect your heart and prostate gland. Addictive drugs can also harm your prostate. Check for pollutants in your environment.

Pollutants both men and women need to AVOID: Refined sugar and carbs; gluten and non-organic grains; damaged fats/oils; environmental and agriculture pollutants, including glyphosate; GMOs; fluoride and fluoridated water; caffeine; carbonated drinks. Fluoride is both a neurotoxin and an endocrine disrupter. Why is it still in our drinking water? Dental decay is not from a fluoride deficiency but rather a poor diet.

LOVE IT

Consume organic food for your blood type and provide the basics on a daily basis, such as:

- Clear air and negative ions
- Clean structured pure (fluoride-free) spring water
- Sunshine and full-spectrum daylight
- Organic food that includes: quality protein, EFAs in balance, complex carbs, minerals, vitamins, enzymes, and other nutrients

Be aware of what you are eating and drinking on a daily basis. How much natural sunshine you are getting each day? And, how well are you nourishing your body with the basics of life and avoiding the pollutants. EFAs in balance (omega 3 in particular) are vital for all bodily functions.

ENERGY LEVEL & HORMONE BALANCE

Energy is the strength and vitality required for sustained physical or mental activity. It also plays a part in your emotional well-being. Your energy level depends on how well you nourish your body, including its nervous system and glands; mitochondrial biogenesis; environmental stimuli; your level of exercise; circulation; exposure to full-spectrum lightwaves and sunlight, frequencies, wifi, and EMF's; and the health and function of your glands. Your adrenal and thyroid glands play a major part in energy production. Hormone balance or imbalance are major indicators of this. You are as young as your glands.

Do you experience constant tiredness; difficulty waking in the morning; needing a stimulant (e.g., caffeine) to get going or maintaining energy level throughout the day; headaches and nausea; depression for no known reason; loss of sex drive; hormonal imbalance; thyroid and/or adrenal burnout; difficulty sleeping. Adrenal burnout and hypo or hyper-thyroid disease are now an epidemic in the Western world, especially in fluoridated areas. Stimulants, EMFs, wifi, inharmonious architecture, and stress also greatly contribute to burnout.

LOVE IT

Wean off ALL stimulants such as all caffeine drinks, etc., as soon as possible. Also, eliminate exposure to fluoride, which inhibits the uptake and production of iodine and destroys the thyroid over time. Nourish your body well for your blood type.

Eliminate EMF exposure as best you can. Protect your children. This means switching from wifi to ethernet for your internet connection. Using a Smart Meter Guard provides an affordable solution to smart meter exposure. Limit your mobile phone use, which can also cause EMF damage over time. Use a landline when possible. Moms

Across America (MAA), Children's Health Defense (CHD), Nexus Newsfeed, and Uncensored magazine provide a wealth of information on these topics as do various other sites. Learn about all the endocrine glands in your body, their needs, and their functions.

Light waves play a big part in melatonin production and how well you sleep at night. Use low-blue light bulbs and screens at night time on your computer and/or mobile phone. Not all brands of these products are the same, so do your homework.

BLOOD PRESSURE

High blood pressure medications are the #1 selling drugs in America. Obviously, the current medical system does not recommend a good, healthy diet, meditation, acupuncture, therapeutic massage, and/or earthing outdoors in the sunshine. All of which can be very effective. Nor, do they check exposure to EMFs, levels of toxic metals, both inner or outer environmental pollutants, including your drinking water. A hair analysis can determine your long-term body chemistry and toxic metal contamination.

Low blood pressure is also a symptom of depleted adrenal glands, although not as common as high blood pressure.

LOVE IT

Rebuild your adrenal and thyroid glands; nourish your liver and kidneys, which takes time and a lot of good nutrition. Consume a diet high in antioxidants, flavonoids, and dark, leafy greens. Cilantro and turmeric greatly assist with the elimination process. Quality protein and EFAs in balance are also necessary, as is a daily dose of sunshine vitamin D. Acupuncture and various herbs can also be very beneficial.

Walking barefooted along the seashore without sunglasses or sunscreen is highly beneficial. It provides sunshine vitamin D, full spectrum daylight, negative ions from the waves, earthing to rid the body of EMF pollution, exercise, and relaxations. Go walking along the seashore whenever possible.

Meditation, mathetical frequencies, and various types of music, such as the harp music featured in Masters of Health magazine are highly effective for reducing stress and inflammation. Make use of them.

To function electrically, the heart needs quality protein, EFAs in balance (especially omega 3), and sunshine. The heart also needs potassium and magnesium in balance with other minerals.

Be sure to READ LISTEN TO YOUR BODY & LOVE IT - Part 2 in the March issue of Masters of Health magazine.

NOTE: The information in this article is very basic and for educational purposes only. It is not intended to diagnose or treat any illness or disease or replace the advice provided by your health practitioner.

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LISTEN TO YOUR BODY & LOVE IT - Part 2

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ACHES & PAINS

Who doesn't suffer from aches and pains as they get older?

Many health problems originate from lack of proper hydration, where the inner part of the cells are not well hydrated with structured and 4th phase water. So first make sure you are well hydrated with pure, structured and 4th phase water. You can learn more about this from Dancing With Water and Dr. Gerald H. Pollack. Both have been featured in previous issues of Masters of Health magazine.

Then, make sure you have a good daily dose of sunshine vitamin D. Nothing is more soothing than sunshine vitamin D, which goes through all its pathways to provide the benefits of this vital hormone. NOTE: Taking vitamin D is not the same because it bypasses those necessary pathways that enable many of the benefits of vitamin D. Thus, the supplement only shows up as a level in the blood.

Identify where the aches and pains are in your body. Are they caused from an injury? Are they work related, or are they from an unknown source?

If from an injury, essential oil treatments and acupuncture with a nourishing diet and supplements can greatly help alleviate the pain and suffering and hasten the healing. Stretching and various movements can also be beneficial, depending on the injury.

If they are work related, various exercises, essential oil treatments, and acupuncture with an improved diet can also help alleviate the aches and pains. In addition, you will need to find a healthier type of work or profession, or persuade your boss to improve your work conditions.

If from an unknown source, then look into changing your diet and going gluten-free. It is amazing how many aches and pains disappear when one goes on a gluten-free diet. Even the body shape and posture improves.

CHEST or BACK PAIN between the shoulders can be an early warning sign of a possible heart attack. While it is vital to see your health practitioner to get a thorough check-up, think about what is stressing your heart muscle? Are you dehydrated? Are you deficient in omega 3, sunshine vitamin D, vitamin C complex, silica, magnesium or potassium? Are you exposed to wifi and/or other EMFs?

To overcome the serious EMF problem, use an ethernet connection instead of wifi, or at least turn off the wifi at night and when not in use. Check into ways on how to minimize wifi and other EMF exposure in your home and work place. Moms Across America provides some great tips on how to do this. Support the Tech Safe Schools program. (<https://www.techsafeschools.org/>)

Do you get those awful, painful LEG or FOOT CRAMPS? Usually, they show up at night when you are tired and/or after an overly salty meal. This indicates that the body's vital sodium/potassium (Na/K) ratio is out of balance. It could also mean that your kidneys are struggling to maintain this vital (Na/K) ratio or levels. This is the most important mineral ratio in the body as it also affects the function of your heart. In fact it is vital for the function of all living cells and nerve transmissions.

Taking 100 mg of potassium can relieve the worst cramps within minutes. Never be without it. Magnesium (Mg), another vital mineral, also play a major role in this process. Mg is involved in hundreds of bodily functions and needed on a daily basis. For the best and quickest absorption, be sure to use Elektra transdermal magnesium cream or lotion.

ITCHY NOSE is another symptom of a potassium deficiency. Taking 100 mg of potassium can alleviate this annoying problem.

MIGRAINE HEADACHES, EMOTIONAL distress, and/or ACNE can be symptoms of copper toxicity and low zinc. In other words, the Cu/Zn ratio is out of balance. High copper, estrogen, and cancer are synonymous. Balancing this ratio is the most effective way to remedy these problems.

DESTRUCTIVE POLLUTANTS

Carbonated sodas; sugared and acidic drinks; refined sugar and carbs; fluoridated water, medications, and food products such as tea, beer, juices, wine, and grapes that are sprayed with fluoride chemicals (cryolite) are very destructive to bones and joints. Black and green teas, which are high in fluoride, are also very damaging. Fluoride blocks the uptake and production of iodine, which helps keep minerals in the bones and teeth where they belong.

When you consume highly acidic caffeine drinks such as coffee, soda, and alcohol, your body will rob alkalizing minerals (e.g., Mg & K) from your bones, teeth, and various organs in order to maintain homeostasis in the blood. These are the same minerals that protect your heart. Many heart attacks are caused from this scenario, especially when exerting the body during exercise or sports after a cup of coffee or a beer.

LOVE IT

In addition to addressing the causes like improving your environment and changing your diet, meditate and take up yoga, tai chi, or qigong! Stretching, walking, swimming, and dancing are also excellent exercises for strengthening the body's muscles and getting rid of aches and pains. Using quality essential oils can be very helpful in alleviating stress and for almost every ailment that exist. Remember, for

maximum benefit, these exercises and other modalities must accompany a nutritious, wholesome, organic diet for one's blood type. Eating for your blood type really does make a difference. Try it and you will be pleasantly surprised. See my [Shopping Guide for Blood Type O, A, B, & AB](#).

BREATHING & LUNGS

Do you suffer from shortness of breath? The many causes include asthma, lung or pulmonary disease, congestive heart failure or cardiac ischemia, lack of exercise, panic disorder or anxiety, smoke, exposure to wifi and other EMFs. Exposure to pollution can also cause shortness of breath. None-the-less, the lungs, like other organs, can heal if given the right condition and nutrients.

After checking your air quality, hydration, sunshine vitamin D level, and exposure to EMFs, insure that you are getting a good amount of **natural** vitamin A in your diet on a daily basis. The other important thing to check is the type of oils you are consuming. Damaged fats/oils (e.g., canola, soy, corn, cottonseed, peanut, safflower, etc.) can cause breathing difficulties and impair lung function. These damaged oils also disrupt the body's hormonal balance. Too much or an imbalance of omega 6 EFA (essential fatty acid), from vegetable oils, can cause a deficiency in omega 3 EFA, which is a vital nutrient necessary for breathing and lung health. One of the main causes of asthma and lung disease is a severe vitamin A deficiency. Oily skin is another symptom of a vitamin A deficiency. Dry skin indicates a calcium build up in the soft tissues and possible thyroid disease.

LOVE IT

Natural vitamin A helps to protect all the mucus membrane linings in the body. **NOTE:** Be sure to use **natural** vitamin A, which does not cause the harmful effects that occur from synthetic vitamin A. **AVOID** synthetic vitamin A. Various breathing techniques such as the [Buteyko Breathing Exercises](#) and the [Wim Hof method](#) can be very beneficial in building healthy lung function and healing.

EYES

What condition are your eyes in? Do you have 20/20 vision or close to it? Are you near sighted or farsighted? Do you need reading glasses? Do you see floaters?

Loss of eyesight or blindness are early symptoms of type 2 diabetes (faulty sugar metabolism). So, if your eyesight is deteriorating, improve your sugar metabolism by rebuilding your adrenals and pancreas; by eliminating refined sugar and carbs and damaged oils; and consuming a nutritious, high fiber diet with quality protein and EFAs in balance, especially omega 3.

Macular degeneration can be a symptom of Lutein and Zeaxanthin (carotenoids) deficiency. Blurry vision can be a symptom of eye strain.

LOVE IT

Cupping your eyes and doing eye exercises every 30 min. when working on a screen can greatly help maintain muscle balance in the eyes and alleviate eye strain.

Protect your eyes by using full-spectrum light during the day. At night time, block the blue (white) light to enable your body to produce melatonin. Exposure to blue light at night time blocks melatonin production, which can cause insomnia. Check into [amber light bulbs](#), [screen settings](#), or wearing [low-blue light glasses](#). To learn more about this read my article: [Light a Vital Nutrient](#) and the information the sites above.

GUT MICROBIOME, BRAIN, & IMMUNITY

Establishing and maintaining a healthy gut microbiome is vital. Over 70% of your body's immunity comes from your gut microbiome. When the body becomes overloaded with toxins and pollutants (e.g., bad diet, environmental pollution toxic chemicals, [GMOs](#), etc.) it eventually breaks down and goes through an elimination process. This in turn produces a cold or flu, depending on the level of toxicity and pollution. To help rid the body of toxins, the cells produce mucus, viruses, and exosomes. To prevent a yearly cold or flu, stop polluting your body (externally and internally) and improve your gut microbiome with a nutritious, organic diet.

Symptoms of an unhealthy microbiome include: bad breathe, constipation, candida outbreaks, weight gain or loss, eczema, psoriasis, gas, bloating, mucus congestion, dry coughing, pimples, acne, depression, behavioral problems, mental illness, sleep apnea, and insomnia.

Your gut and brain are connected via the vagus nerve. Your gut microbes tell your brain how the body feels and how to think. So, if you are experiencing brain fog, mental problems, depression, or anxiety, change the microbes in your gut by nourishing the good microbes and starving the unhealthy ones. AVOID air pollution and smoking, and eliminate refined sugar and carbs, alcohol, GMOs, fluoride, damaged fats/oils, especially canola oil.

LOVE IT

Quality protein, EFAs in balance, a high fiber, nutritious, organic diet, minerals, sunshine vitamin D, vitamin C complex, and natural vitamin A help protect the cells from bacterial invasion and viral overload.

KIDNEYS

In order to function and eliminate properly, your kidney's need natural vitamin A, along with various minerals in balance such as magnesium and potassium. A magnesium deficiency can produce kidney stones. Exposure to chemicals from your environment, medication, or food can lead to kidney disease. Seafood, commercial agriculture, and/or medications are common sources of toxic metals that can also damage the kidneys. Dark circles and/or puffiness under the eyes indicate kidney stress, adrenal burnout, and foods that are irritating to the body. Alcohol, black pepper, and medications or drugs can be as irritating or damaging to the kidneys as

are various agriculture and environmental chemicals. Eliminate them. There are healthier alternatives such as those mentioned below.

LOVE IT

Vigorous body brushing greatly assists the kidneys in eliminating acids and other toxins via the skin. Make use of beneficial kidney herbs, such as: uva ursi, parsley, rosemary, fennel, horsetail, and nettles. Include orange, yellow, dark green, and red foods that are naturally high in vitamin A. Organic chicken livers (with onions and turmeric), sweet potatoes, pumpkin, and green leafy vegetables are excellent sources of natural vitamin A. Acupuncture, yoga, qigong, essential oils, and pure structured spring water are excellent natural therapies for the kidneys.

LIVER

Located in the upper right abdomen, the liver is an amazing, large lobed glandular organ that requires respect. It processes digested food to make it useful to the body and produces hormones. Plus, it secretes bile for the digestion of fats, synthesizes plasma proteins, and stores glycogen and some minerals and vitamins. The liver also neutralizes harmful substances in the blood. The liver is involved in over 500 functions. It is the heaviest internal organ and the largest gland in the human body. The two large blood vessels that connect to it are the hepatic artery and the portal vein.

Consumption of damaged fats/oils contributes to fatty liver damage similar to cirrhosis. Many children are now getting fatty liver disease because of the harmful fats and oils in all the processed and junk food diet they consume. I believe consumption of damaged oils such as canola oil, are a major cause of type 2 diabetes.

Your tongue is a good indicator of the condition of your liver. A tongue that is deep purple in color, has patches, cracks, scallops, and/or a coating, can indicate anemia, vitamin deficiencies and/or toxicity. A coated tongue indicates a high level of unfriendly bacteria or yeast infection in the gut. Symptoms include brain fog and tiredness in addition to bloating and gas. A beer belly, wheat belly, or canola belly are three examples of an unhealthy, inflamed liver.

LOVE IT

Nourish your liver well and stop abusing it. A healthy liver is not bloated and displays a tongue that is normal in size, light pink in color, free of coatings and any of the above mentioned imperfections. To be healthy, your liver needs good nutrition and a clean environment on a daily basis.

VOICE

<https://www.soundhealthportal.com/>

According to Sharry Edwards, pioneer and founder of BioAcoustics, the state of your health can be found in the sounds of your voice. How amazing is that!

BioAcoustics is not medical nor musical. BioAcoustics is MATHEMATICAL!

During the exploratory studies, Edwards pioneered a unique technology that falls within a field of complementary medicine that has been designated "Human BioAcoustics." This innovative discipline combines Vocal Profiling through voice spectral analysis and the use of low frequency analog sound presentation to assist the body to support optimal form and function. BioAcoustics is to be considered a complementary modality.

Edwards has discovered that the frequencies contained in the voice are holographic representations of your state of health and wellness. Every muscle, compound, process, and structure of the body has a Frequency Equivalent™ that can be mathematically calculated. It is her belief that people with similar trauma, illnesses, syndromes, psychologies, diseases, toxins, etc., have similar, if not identical, vocal anomalies.

From thousands of case studies conducted by hundreds of trained BioAcoustic Research Associates, the perception of the human voice as a Mathematical Matrix of the body has become a useful concept to examine the architecture and frequency environments associated with the numerical pathways of human biology and physiology.

The Institute of BioAcoustic Biology & Sound Health and Sound Health Portal Team announce an unprecedented opportunity! Community Guest Members who upload voice samples are offered a FREE one-time preliminary vocal analysis focusing on an active Wellness Campaign.

All degenerative diseases are dietary or environmental related and usually many years in the making. They are also preventable.

There are many different types of therapies that are beneficial depending on what health issues you have. They include Acupuncture, BioAcoustic Therapy, Chiropractic Care, Essential Oils, Herbal, Homeopathy, Nutrition, Qigong, Tai Chi, Therapeutic Massage, Traditional Chinese Medicine (TCM), and Yoga to name a few.

From an EO perspective, there is a unique new EO product, called Terra Aqua Balancing Body Mist, which I found to be very effective in calming and soothing the body. Try it! It also makes a lovely gift.

When you listen to your body and address what it is trying to tell you, then you would not need drugs to mask it's many cries for help. Keep in mind that there are many more examples than those mentioned in this article.

When you love something, you would not harm or pollute it with drugs or toxins. So, listen to your body and love it!

NOTE: The information in this article is very basic and for educational purposes only. It is not intended to diagnose or treat any illness or disease or replace the advice provided by your health practitioner.