

# LIGHTING THE PATH



DISCOVER YOUR HEALING POWER



# The Healing Journey

**When I reflect on the many years** of seeking the answers to healing as well as making a documentary, I now understand that while I wasn't always aware of it, the underlying motivation was compassion. Compassion for myself as well as for others who were suffering the way I was. I felt an intuitive knowing that healing was possible despite all the mainstream medical doctors' advice to the contrary.

This intuition is a powerful gift because many don't just naturally have a belief in our own ability to overcome a so called incurable disease. This is understandable as these conditions have multiple causes and without the right intervention will often stay with people their entire lives.

Most mainstream physicians are still ignorant to the extensive research showing that we can now identify the causes of most autoimmune diseases as well as the weaknesses in our biology that make us vulnerable to chronic illnesses like Lyme disease. My goal as someone who has crawled, limped, walked and eventually ran on this path to health is to share enough education with you to develop your belief that you can heal. To communicate that we are only limited in our potential by the conditioning of those who claim to know the limits of our human physiology.

I believe healing is more than just overcoming the illness, it's a catalyst for a powerful transformation that can bring a new level of connection to both our most ideal self, and our connection to whatever extraordinary intelligence it is that keeps our heart beating every moment.

Most everyone who hears my story wants to know exactly what worked, how did you do it?



**I understand the desire to simplify** the healing process down to a bullet-point list of top things you can do to achieve it, but the truth is healing is a process and we have to immerse ourselves in the information and the personal exploration long enough to truly know how and why we might apply those things on the list.

We have to want it as much as any other trade, craft, skill, sport, instrument, language or hobby we might feel compelled to learn, the key is wanting it enough to make the time to practice it.

## **Motivation**

Some are naturally interested in health and performance, we are drawn to information about how to optimize our biology through nutrition, meditation, exercise, supplementation and various modalities.

Others wait until pain or disease has compromised their life and then get motivated through illness.

Those that stay removed from taking on the responsibility of contributing to their healing process settle for pills, injections and whatever consequences of that may result.

What I want to focus on first is building a case for you to be motivated.

*I would have done anything for this information contained in the film, series and accompanying resources 30 years ago.*

**It would have changed my life completely.** Who I would be I'm not sure, but I do know that I would not have had over 10,000 days of physical pain and limitation which resulted in an equal amount of emotional stress. Just writing that sentence fills me with deep relief for where I am now but sadness for the millions currently diagnosed with a chronic illness.

*Symptoms are incredibly important information from your biology.*

Any kind of discomfort, either physical or emotional, is the way your body is trying to motivate you to change your state of mind and lifestyle so you can rest, nurture yourself and remove what is in the way of letting your body do what it is designed to do, which is regenerate and heal every second of every day.

If you don't currently have a chronic illness, you know how compromised and miserable it can feel to be physically incapable for even a few days due to an injury or the flu. Imagine this as every day, a never-ending state of managing your suffering. This is not how to experience life.

With just a bit of time invested, you can quite possibly avoid ever experiencing these devastating chronic illnesses as well as optimize your health to achieve a level of energy and performance you never thought possible as you age.

Facts about the staggering increase in Autoimmune and Lyme disease as well as the statistics of environmental chemicals in our food and water can be overwhelming, instead let them motivate you to develop different habits that minimize your exposure. When you are proactive with your health, when you invest time and attention toward the education, you will develop an ability to navigate the world without fear of all the potential causes of disease.

In addition a confidence will develop as you acquire the skill to discern what truly resonates with you to achieve optimal health.

## Discernment

As you begin to educate yourself, you build a base of knowledge that will give you the power of discernment. This is why giving people a simple list of changes to incorporate isn't the best place to start. Many will not truly understand the power behind each of those changes, which to prioritize or how to stay consistently motivated until you have spent enough time immersed in the education.

Just a short time ago a thorough understanding of these chronic illnesses wasn't available but today this life changing and life saving information is here. There are dozens of fantastic resources developed by either biological, functional or holistic medical physicians, scientists, researchers, and healing stories from those like me who have narrowed down the scope of choices and paths you can take to heal.

You will be surprised at how quickly you can learn this transformative information in a way that stays with you if you invest even one hour twice a week. Over time you will look forward to soaking up the information because you're beginning to apply it in a way in which you understand what it's doing for you. This takes learning a basic understanding of your biology and how the body you have lived in all your life actually functions. There is incredible healing power that we hold within our state of mind and ultimately the resulting lifestyle choices we make from that empowered perspective.

*Thank you for being brave enough to start on this path.  
It is the true way we will solve the epidemic of  
chronic illness.*

# Nutrition, The Microbiome and Autoimmunity

In the “Lighting The Path” feature film and in episode 1, we interview **Dr. Tom O’Bryan**, the author of an incredible book “*The Autoimmune Fix*” as well as **Ally Perlina** – A systems biology specialist and the Chief Translational Science Officer for “Viome” which conducts advanced microbiome testing.

[Watch the interview here](#)

Nutrition is the essential foundation on which to build your healing power. So how exactly do healthier foods actually heal our biology, especially the lining of the gut?

Keeping the gut lining optimized in a way that allows absorption of only the essential nutrients from the food we eat and not the larger macro-molecules or proteins prevents what is known as intestinal permeability or “leaky gut.” This means undigested components of our food are entering our bloodstream and can initiate an inflammatory reaction by the immune system and manifest as nearly any autoimmune symptom.

Knowing how to maximize the health of your microbiome, which is the health and ecosystem of your digestive system, is one of the fastest ways to address any autoimmune condition as well as increase the power of your immune system to prevent and overcome chronic infections such as Lyme disease.

In addition it will free up energy within the system to give you improved cognitive performance and slow the aging process. Remember that symptoms are an extremely important form of information from our biology and most of them are the result of an excess body burden of toxins from the food we eat and chemicals we absorb. Autoimmune reactions are inflammatory processes that create a whole range of potential symptoms. These reactions are often the result of too much repeated stress in the digestive system.

In order to properly digest our proteins, it’s important to eat slowly and chew thoroughly. Do not eat within three hours of bedtime and choose protein sources such as grass-fed and organic meats, sustainably caught wild fish, organic nuts, seeds and sprouts.

Managing your stress, which is covered extensively in episodes 3 and 4, directly impacts the health of your digestive system and the activity of your microbes. A fascinating discovery recently is that the junctions in the gut that can open up and cause leakage into the bloodstream, can be opened and closed by a third component of our nervous system known as the enteric nervous system.

This action can be triggered by EITHER our emotional state and or by consuming foods or toxins the body sees as foreign invaders.

In the film and series Dr. Tom O'Bryan discusses at length how antibodies to toxic chemicals develop as our immune system tries to protect us, but this can result in damage to our own tissue. Our immune cells attack these toxins which are usually attached to an organ, for example our thyroid, causing the elimination of the toxin but damage to the underlying tissue.

*One of the most powerful and proven ways to build the health and diversity of the microbiome is to consume a wide variety of vegetables.*



Vegetable fibers feed the various microorganisms in your gut the key components which help keep an optimal balance between them. Dysbiosis is an imbalance of one or more gut bacteria which create the potential for gut inflammation and all the resulting symptoms.

It isn't about killing the bad guys and boosting the good bacteria as much as it is about creating balance among all the bacteria. We actually are made up of over ten times as much bacteria as we are cells, and these bacteria influence the function of multiple aspects of our health especially throughout our digestive system.

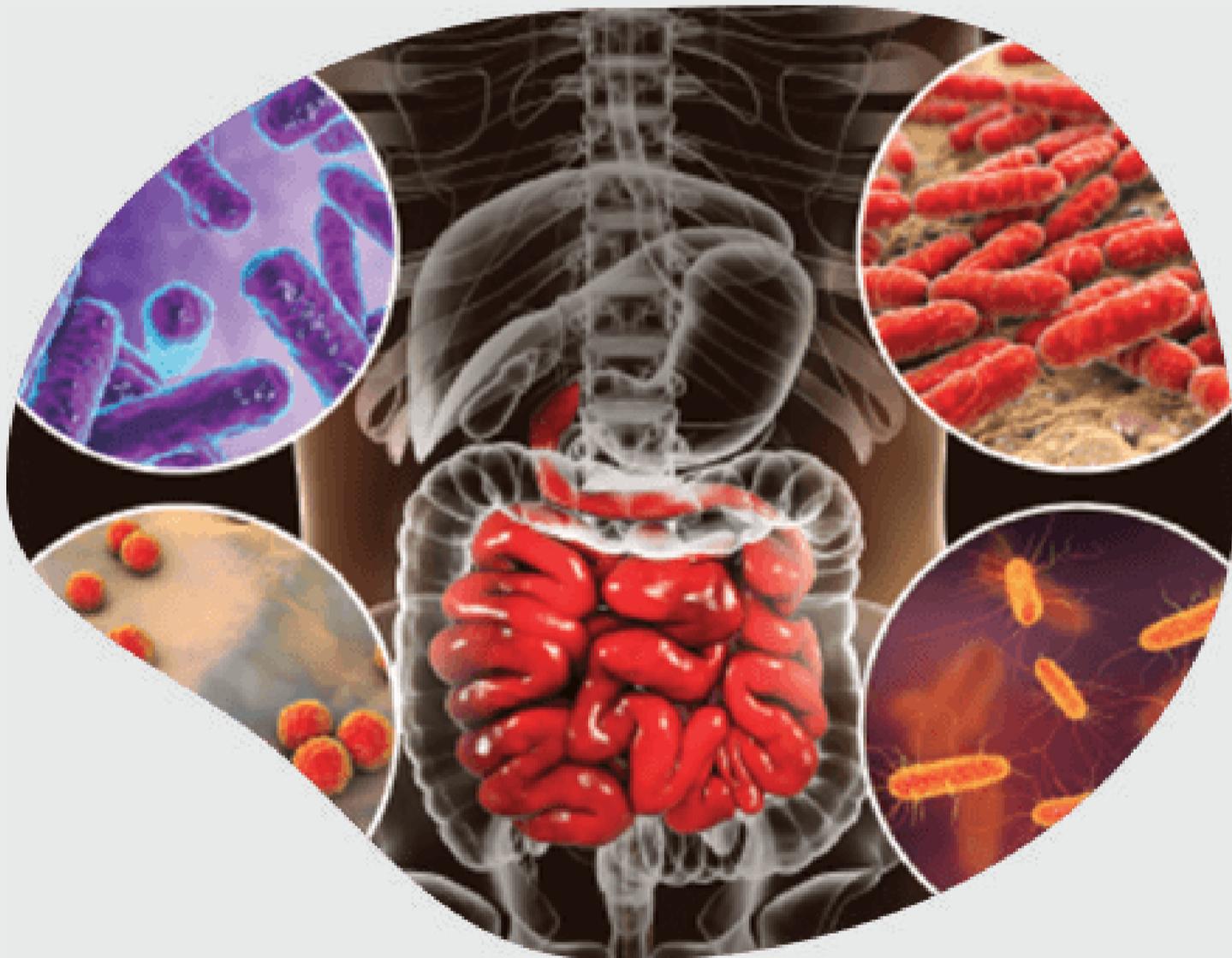
Microbiome testing is a great place to start to get a baseline understanding of how to choose foods that are most optimal for nurturing a healthy microbiome. This will help heal the gut lining and prevent the absorption of the large molecules we don't want in the blood stream while increasing absorption of essential nutrients. The latest testing has discovered not just what the microbes are in our digestive system, but what they are doing and if they are working for you or against you.

If you watched the above episode you saw how it gave me a full food plan that was optimal for balancing my unique microbiome as well as a full understanding of how my digestive system was functioning.

Another incredible resource is Evan Brand who I also interviewed in the series. His **Test Don't Guess** philosophy and **Better Belly Protocol** is another example of the incredible technology and teachers we now have to help empower our health with real solutions.

Evan consults online and can order tests you do from home. While there is a cost investment if you go forward with his protocol, I believe it can save you thousands of dollars and years of searching for answers.

**Check out the  
Better Belly  
Course [Here](#)**





## Monocropping agriculture and toxic pesticide use is destroying both the soil we grow our food in and the health and diversity of the bacteria in our digestive system.

**Glyphosate** is one of the most dominant and common toxins we encounter. This is the active ingredient in Roundup, the pesticide used on GMO crops. Evidence of the deadly effects of this chemical on our biology has become so overwhelming that the makers of Roundup have been ordered to pay billions in damages to plaintiffs whose lives have been harmed by this chemical.

Avoiding GMO foods is essential, but that may not be enough to keep us from our exposure to Glyphosate. We are inevitably consuming it in foods that have been contaminated by farms using this pesticide and it's even been found in the blood of newborn babies.

The truth is though the cleaner we eat, and the more we consume foods that help detoxify the body, the more we can protect ourselves against this body burden.

There is also research concluding that one reason for the increase in sensitivity to gluten is because of our additional exposure to glyphosate.

**Gluten** when consumed regularly, over time can also result in tearing the protective lining between the digestive system and the bloodstream. This can create intestinal permeability and result in food allergies from a variety of foods, even those normally considered healthy. We must heal the digestive tract to heal the food allergies. One of the best ways to start is by avoiding gluten and glyphosate.

Even though I always had a negative test for gluten intolerance, I knew by eliminating and reintroducing it into my diet that it was a factor in my inflammation.

**Within a week of stopping gluten my joint swelling reduced by 30%.**

I also found avoiding soy, sugar and refined carbohydrates reduced my joint pain. Many people also benefit from eliminating dairy for a few weeks, then reintroducing it to see if it promotes inflammation or any type of reaction. For me, I found pasteurized dairy caused me to feel congested, but grass fed raw organic dairy I could tolerate well.

**Never stop learning about the power of nutrition.**

This subject is always evolving and if you want to know how to enjoy food that optimizes cell energy and offers protective benefits, then keep interested in the topic.

If you're not familiar with the Food Revolution Network, check out the [\*\*Food Revolution Masterclass\*\*](#)

**Eliminate the toxic burden of the body by changing your products.**

What we put on our skin makes it's way into our bloodstream. I highly recommend replacing all of the following products with the most natural alternatives you can find.

- |                              |                    |
|------------------------------|--------------------|
| Toothpaste - (fluoride free) | Hair gel and spray |
| Deodorant                    | Soaps              |
| Shampoo and Conditioner      | Makeup             |
| Lotions                      | Mouthwash          |
| Nail Polish                  | Perfume            |
| Laundry Detergent            | Cleaning Products  |

**Check out this link to the [\*\*EWG \(Environmental Working Group\)\*\*](#) list of approved products.**



## Supplements

Americans spend an estimated 32 billion dollars a year on supplements.

Approximately 77% of the population takes one or more regularly.

How do we know we're consuming what the bottle claims and that it's from a source that is pure? For example most cheap vitamin C is derived from GMO corn!

There is a big difference between that and having it manufactured from organic lemons and acerola cherries. There are so many companies and endless shelves of bottles, narrowing down what you should take and from whom can truly become a challenge.

I'm a fan of supplementation but over the years I've refined my regimen as I learned the superior benefit from non-synthetic whole food supplements. When your nutrients come from food, nature has already organized the proper balance and ideal dosages. We also don't want to be consuming toxins with our vitamins. Some common fillers to avoid:

- ◆ Maltodextrin
- ◆ Titanium Dioxide
- ◆ Sodium Benzoate
- ◆ High oleic sunflower oil
- ◆ Palm Kernel oil
- ◆ Artificial colors
- ◆ Soy protein isolate (often GMO)

While not every supplement can be derived directly from whole food sources, everyone should be taking phytonutrients and minerals derived from a concentrated quality natural source.

*Our food produced today is not full of the same nutrition we had 50 years ago. Poor soil management and pesticides have taken their toll.*

It's more important than ever to consume foods certified as regenerative or organic and supplementing can help provide extra insurance that we are getting everything we need.

I suggest you work with your Biological, Functional or Naturopathic doctor to determine your optimal supplement protocol as everyone has a unique biology. Though most everyone can benefit from...

Vitamin D3 with K2 – Vitamin D is much more than a vitamin, it is a hormone that regulates genes. Even mainstream medicine now has had to acknowledge the dozens of studies on Vitamin D3.

Another key nutrient most people are deficient in is Magnesium. This mineral saturates the tissues helping to relax blood vessels, calm the nervous system, benefits sleep and even helps alleviate pain. It's ideal to get a high quality magnesium that has multiple types, each which have various benefits.

As much as possible try to seek out concentrated food based sources of vitamins and minerals. One of my favorite companies is **Paleo Valley**. Their quality and purity is as good as it gets. For example their Superfoods powder is of course organic, but also doesn't contain hard to digest grasses such as the over-hyped wheat grass. They have high quality supplements from whole food and sources, superfood bars, grass-fed free range jerky sticks and bone broth.

**Check out Paleo Valley [Here](#)  
Use Code PVFRIEND15  
for 15% off.**



*Dr. Drobot checks the voltage of my body's organs through electro acupressure.*

### *Seek biological performance, not a cure.*

Maybe the most important shift in my mindset during my healing journey was from one of thinking I had to overcome my illness to optimizing performance.

I credit my Biological Medicine physicians for this. Every conversation we had and every protocol was always about teaching me about my biology and how we were going to improve each system.

Instead of a focus on my rheumatoid arthritis, we focused on improving cellular energy, resulting in broad biological optimization.

Whether I was learning more ways to calm my nervous system, detoxify my environment or fine-tune my diet, I began to see each step as improving my body's ability to perform at it's optimal level.

I believe this mindset is as powerful as the actual protocols.

It's also a much more motivating perspective. For me looking at health through the lens of performance was more fun than searching for a cure for the mysterious fire burning in all my joints. It also helped me navigate on my own and develop my skill of discernment.

There is so much information available on possible ways to heal but you can navigate this best when you have invested the time learning about how your body functions. This way every step you take toward health is something you fully understand.



*Patients optimize their cell energy with the latest technology at the BioMed Center Scottsdale.*

## The future of Medicine is here. Biological medicine, Frequency and Light

As you saw in the “Lighting The Path” film, one of the key components of all of our healing journeys was finding doctors who practice **Biological Medicine**. This broad form of medicine incorporates the most advanced technology available for diagnostics and treatment.

While all of us had been on a several year path seeking to heal, it wasn't until we discovered Biological Medicine that there was not only a turning point in our health but a new level of knowledge gained about our biology.

We learned which systems were our weak points and how to prioritize certain modalities and processes to achieve true healing. This was an incredible level of personalized medicine focused not on the disease but on optimizing our own physiology.

One of the most important things I learned was that in order to heal, **we must put the nervous system into a relaxed state**. Nearly everyone whose nervous system is measured with an HRV or heart rate variability test is shown to have a dominant sympathetic nervous system. The body simply won't heal or regenerate properly when in this state no matter how good your diet is or how many modalities you're doing.

**Deep breathing is one of the simplest ways to immediately calm the nervous system.** Developing this habit several times a day for a few minutes can reset your mood as well as your nervous system.

### **Eastern healing philosophy and technology unite.**

Technology is at an exciting place in so called “alternative medicine” as it has in many ways surpassed a lot of technology used in mainstream medicine. Biological Medicine is a key example of this, as are individualized personal devices that are allowing us to add power to our cells through use in our own home. Improvements in immune function, cognitive performance, circulation and mitochondrial energy output are powerful ways to optimize your biology.

Biological Medicine treats the individual not the disease, and specializes in the latest advances in therapies that were developed decades ago in Europe. Pulsed electromagnetic field therapies or (PEMF) can charge up the cells, giving the body extra power to do what it’s programmed already to do, which is to constantly heal and regenerate.

### **Key components of Biological Medicine.**

**HRV Testing** – (Heart Rate Variability) Measuring the balance of the sympathetic and parasympathetic nervous system is essential and incorporating a variety of tools such as technology, neurofeedback, meditation and somatic therapies can get the body into the parasympathetic state that will allow for healing to happen.

**Homeopathy** - is utilized in Biological Medicine and is a process of using techniques and remedies that send a message to the cells through frequency. This gives the cell information the way a tuning fork that is vibrating can be placed next to another fork and it will take on the same frequency.

Because each organ has its own optimal frequency, when we communicate that frequency through homeopathy to the organ that isn’t functioning well, it can take on that optimal frequency again and improve its performance.

**If you want to seek out a  
Biological Medicine Physician in  
your area check out...  
The Biological Medicine  
physician directory**

**Biological Dentistry** – Poor oral health has been linked to a variety of diseases including cardiovascular disease, diabetes and even some cancers. Infections in the mouth can migrate into the body creating autoimmune reactions or draining energy and resources from the body.

Biological dentistry is about the connection between the mouth and the rest of the body, including the fact that our oral microbiome is the beginning of the microbiome we have throughout our digestive system. When using dental filling materials, crowns, implants, fillers and even the recommended products such as mouthwash and toothpaste, all should be as bio-compatible to the body and microbiome as possible.

In addition, Biological dentistry was avoiding mercury and other toxic practices long before it became known that these were incredibly counterproductive and unhealthy methods. The technology used in this form of dentistry is state of the art, much like Biological Medicine, advanced diagnostics are used to achieve a broad view of your overall oral health.

**Photobiomodulation** - is the use of red and infrared light to provide fuel to the mitochondria of our cells. Research is demonstrating significant improvement in pain, inflammation, wound healing, recovery from traumatic brain injury, depression, cognition and even joint and skin health. This can be from a variety of different devices, many of which are now available to be used at home. See below.

### **Recommended Resources:**

If you purchased the Lighting The Path Knowledge for Healing Pack it includes the book “Bioregulatory Medicine” by Dr Jeffrey Drobot and Dr. Dickson Thom. It is one of my absolute favorite books on health and optimizing our biology.

**Photobiomodulation** - Vielight Red and Infrared light therapy.

This is the device we used with success in the film.

Extensive studies have been conducted and are still underway using this specific intra-nasal light therapy device. It's showing improvement in helping the brain to heal from injury, treat depression, PTSD, reducing inflammation throughout the body, increasing mitochondrial energy production in the cells and studies are underway on it's potential to treat Alzheimer's disease.

**Check out Vielight's incredible devices [here](#).**

**Use Code: [lightpath](#) at checkout for 10% off.**

## Optimizing Brain health

We think a lot about our body because that is where we feel more symptoms, but our brain is directing all biological processes. This is why light therapy is proving to help not only dementia, brain fog and other cognitive issues but it's also improving systemic inflammation through the body.

In addition to light therapy, there are key diet and behavioral habits (many of which are in this e-book) but if you want to truly optimize your brain and protect cognitive decline as you age I highly recommend **The Brain Breakthroughs Masterclass** which uncovers the four myths that are fueling the Alzheimer's tsunami and ten brain health breakthroughs that could save millions of lives and trillions of dollars. Drs. Dean and Ayesha Sherzai teach their natural approach to prevention and how specific lifestyle changes can radically boost a brain's performance while slashing the risk of Alzheimer's disease.

**Check out  
The Brain  
Breakthrough  
Masterclass  
Here.**

**EMF or electromagnetic field exposure** is one of the most significant threats to our health yet is incredibly under reported. Whether you are dealing with a chronic illness, mysterious symptoms or just want to protect your family from the long term effects of these man made frequencies, this is not a subject to skip over. In fact, because there are so many simple ways you can limit the way these frequencies are affecting you, taking these steps is part of building the foundation necessary for ultimate health.

Be sure you listen to the [Lighting The Path](#) interview with Lloyd Burrell **“Solutions to EMF Exposure”** to get a broad overview of the subject and take the necessary steps. For example we should all keep our cell phones away from our bodies as much as possible. Use speaker phone or an air tube headset whenever possible. Limit texting and if the phone is in your pocket or purse, be sure it's in airplane mode or off. Turn off your WiFi router at night to avoid unnecessary exposure to this biological stress.

**I highly  
recommend his  
book  
A Practical  
Guide to EMF's**

**Lloyd Burrell is a fantastic** resource with everything you need to understand the dangers of EMF or electromagnetic field exposures from wireless and wired devices. He provides an in-depth education of the science of these frequencies and a variety of practical solutions for co-existing with our technology safely.

There are also shield products you can purchase to limit the EMF's radiating out from the phone while still allowing it to function.  
**Check out Defender Shield Here.**





## Earthing

I'm a big fan of simple changes that don't require a lot of effort but once implemented can make a significant difference in your overall health.

“Earthing” refers to the benefit of being barefoot on the ground and our ability to absorb electrons which flood the body and have profound health benefits. These electrons are in an endless supply on the earth's surface supplied by a variety of factors including the sun and lightning.

There are now 24 studies showing how these electrons cool the fire of inflammation.

*When you stop inflammation you stop the cause  
of most every disease.*

We are constantly generating more inflammation than we were designed to. Environmental toxins, stress, constant EMF exposure, lack of sleep and a less than optimal diet add up to what is essentially electron deficiency.

Free radicals are seeking an extra electron, and if they don't find one they take one from our own tissue causing collateral damage and inflammation. The exciting aspect of earthing is that within 20-30 minutes of contact we fuel the body with the resources (electrons) to help supersede the inflammatory free-radical damage occurring.

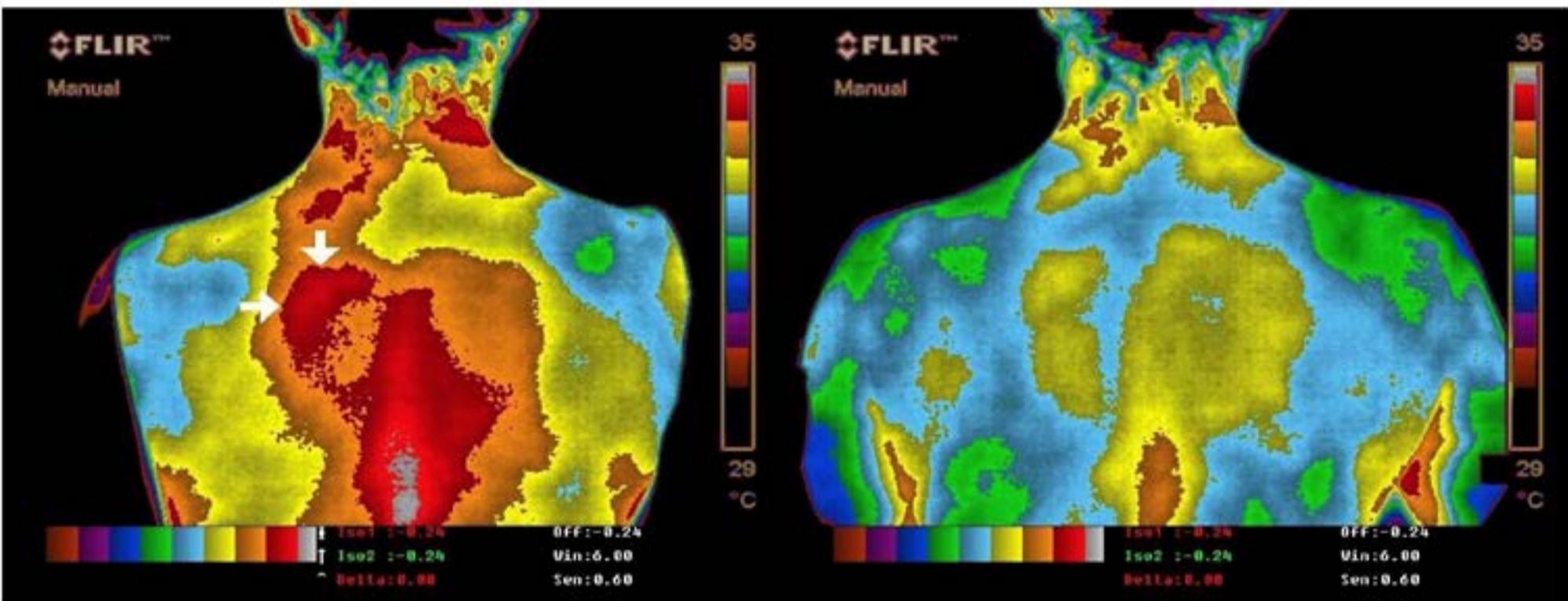
It also improves blood viscosity thus improving circulation, blood pressure and nutrient delivery.

## Research has shown significant...

- ◆ Pain relief
- ◆ Cardiovascular benefits
- ◆ Balancing the nervous system
- ◆ Mood elevation
- ◆ Normalizing cortisol and circadian rhythm
- ◆ Athletic performance and recovery
- ◆ Hormone balancing

The studies are showing no limit to the potential benefits of earthing, especially if you can get “grounded” several hours or more a day.

This is thermal imaging before and after 30 minutes of “Earthing”.



The red represents inflammation, the blue shows the reduction.

One way I continue to ground myself daily is with earthing mats. I have one under my desk for my feet and one on my bed. This technology brings this amazing anti-inflammatory benefit of the earth to us when we can't get to it.

You can see an entire list of studies at [earthinginstitute.net](http://earthinginstitute.net).

If you want to receive the benefits of being grounded in the comfort of home...

**[Check out all the product options here.](#)**



Layne on the HRV - Heart Rate Variability machine to measure the nervous system.

## Healing the Nervous System

Of all the steps I've taken in the direction of optimizing my healing potential, no other has been more powerful than discovering how emotions affect our biology.

Stress accumulates in the nervous system and whether that is from a traumatic event, developmental trauma or current stress it can not only compromise our ability to heal, but may be the cause of the disease as well. Many of us immediately discard this idea because we don't assume or remember we had anything resembling trauma in our lives or if we did, we believe we have moved beyond it.

Unfortunately it doesn't take a severe event to have a lasting effect and often we don't truly acknowledge many aspects of our past and/or current life situations that are causing an imbalance in the nervous system.

What we know for certain is that in order to heal and regenerate, our nervous system must be capable of relaxing into a parasympathetic state. The opposite of the sympathetic fight or flight state. I truly believe that this is why so many people explore various diets and modalities without complete success.

*If you aren't putting your nervous system into a parasympathetic state regularly, your body doesn't fully utilize all the other steps you may take to heal.*

While I initially had significant success using detoxification, diet changes and various modalities, it wasn't until I explored the emotional component through Somatic Experiencing that I realized how much I needed to process and let go of to calm my nervous system.

This is not the only way to work with these emotions as various ways of working with the body and nervous system can be effective, but no doubt the research around Somatic Experiencing is extensive and my personal experience has been profound.



*Gabe interviews Peter Levine Ph.D. - Founder of Somatic Experiencing*

Trauma can seem like a very strong word that many of us won't admit to having had in our lives. Or we may doubt the trauma we have experienced is a cause of our illness. But studies such as the Kaiser ACE study or Adverse Childhood Effects study show direct correlations between even just witnessing abuse or trauma and its effect on our health later in life.

I think it's essential to reinforce that acknowledging any sort of past or present stress we have or are currently experiencing doesn't make us weak, it is actually the tougher path to take. But often discomfort is where the growth is.

This area of treatment around Somatic Experiencing, and Mindfulness practice is expanding due to demand.

This is encouraging as nearly all of us could use some guidance in navigating how and why we think what we think and feel what we feel. Few of us are truly aware of where our attention is at throughout the day. We are in our sea of thoughts often without choosing them consciously, this leads to feelings we blame on circumstances rather than take control of our emotions through a practice that brings awareness to the thoughts causing the emotions.

**Consider the immediate effect you can create on your biology with just thoughts** of any negative memory from long ago or even yesterday. Either will cause an increase in heart rate, blood pressure and stress hormone levels. This will correlate with an increase in your sympathetic nervous system.

We have learned healing cannot happen when the system is not in a parasympathetic state. Chronic dysregulation in the nervous system will have that constant irritating effect on our bodies if we don't learn how to release and fully let go of the memories and current burdens we are still carrying. While meditation is a powerful tool, guidance from a trained therapist as well can transform your life.

As mentioned in the interviews and the film, as you explore the connection to your emotions you don't just open the potential for healing, you open a door to a new potential version of you that can engage the world in a more profound, resilient and confident way.

**Recommended resources:**  
**Find a Somatic Healing Practitioner [here](#)**

**Mindful Guides**  
**[A simple organized](#)**  
**[course for awakening](#)**



## The Science of Energy Healing

“Energy Healing” may be a term that is too abstract for some, but the truth is “energy” is probably the best way to describe the underlying fabric of our reality. The true nature of matter beyond the smallest measurable particles at the molecular level is that of waves of energy. This energy is pure potential and is actually affected by our attention, a phenomenon demonstrated in physics known as “The Observer Effect”.

While we have a long way to go to fully understand the quantum level of reality, hundreds of experiments in physics, neuroscience, molecular biology and various healing modalities have proven that the mind truly does influence matter and more importantly that it’s actually the emotions that are the result of our thoughts that have this affect on reality.

If you recall from the discussions on healing the nervous system, the ability to release trauma from the system results in a more positive emotional state as does just practicing mindfulness.

Emotions send powerful messages throughout the body to all the cells, which is why you can create a biological response such as a nervous stomach or increase in blood pressure with just certain thoughts. Those thoughts have stimulated the sympathetic nervous system. We can have the opposite effect to our parasympathetic system by generating positive thoughts and emotions which correlate to an improved immune system.

Taking this effort further through various modalities such as meditation, yoga, visualization, or having the assistance of someone who is

intending to heal us is showing measurable effects and in many documented cases, events we would consider impossible miracles. I truly believe that if we embrace this power and explore its full potential we can overcome much of the chronic illness we are faced with as well as assist in our own personal transformation. Fortunately there are many who are Lighting The Path for us to follow.

## **Psychoneuroimmunology**

This is the study of how psychological processes interact with the nervous and immune systems. There is growing data in a variety of fields of health that acknowledge the role of the mind and emotions to affect healing. We can help fuel this momentum by changing our expectations of how we define a “doctor” as well as what we perceive as possible. The more we seek to learn from the sources of credible science and well documented healings, the more our belief in our power will rise.

One of the best resources for accessing Ph.D. level research in Psychoneuroimmunology is Shamini Jain’s collaborative accelerator the **Consciousness and Healing Initiative or CHI**. Much of the study is around testing how we can influence our bio-field or collection of energy that emanates from all systems of the body.

As you explore the emerging data it’s clear that we are constantly affecting our own bio-field as well as those around us. As we begin to discover more ways to measure this, it will inform how we can best use this power to heal ourselves and others.

It’s clear that there are optimal frequencies that allow the body to function most efficiently and we are often interrupting that default mode of perfection through a constant assault of environmental toxins, EMF noise, trauma locked in the nervous system and most importantly your emotional state at any moment. Daily practices such as meditation, deep breathing and spending time in nature help us tune into this frequency and allow the cells to receive a message that all is well and safe.

In this state the nervous system calms and the body does the work of detoxifying and regenerating. This leads to optimization of the immune system allowing us to not just overcome illness but increase our physical, cognitive and emotional performance in life.

Altruism also seems to be a powerful way to let go of our own identity around illness. Lynne McTaggart has found measurable effects on our immune system that happen when we individually do something for others. We also have the documented incredible effect group intentions are having not just on the receiver but the senders. Both should be incentive for us all to contribute to the healing of others in whatever way we can offer. We should not assume because we may have an illness that we are incapable of offering powerful support that may very well have a positive effect.

Much of what I continue to learn on this journey is that it's about perception. What lens do we look at ourselves and the world with? It isn't as easy as just choosing to see from a positive perspective, pain and symptoms can be a significant obstacle to that. But gradually immersing ourselves in the abundance of research we now have about how we can truly heal, not just at a physical, but emotional and spiritual level, over time shifts our perspective to one of unlimited possibility. That is the lens I want to see myself and the world with.

We can find meaning in our adversity, but we have to avoid the information and the company of those who will try to limit our own potential based on the conditioning and limitations that have clouded their own.

The physics are telling us we can affect reality with our observations, the real world experiments are showing us that we can influence our healing and that of others with our intentions. See your symptoms as a reminder that we need to make the time to nurture our power within through the practice or modality that you resonate with.

**Recommended Resources:**  
**These are two free ongoing events**  
**that I highly recommend.**

**Discover your electric body and how to tune**  
**your bio-field for optimal health**

**Learn about science and power of achieving**  
**heart and brain coherence**



*Gabe interviews Mario during the filming of "Lighting The Path"*

## Stories from The Path - Healing with a Community

One of the most powerful components for healing is connecting with others on the journey. Knowing you are not alone is essential, and expressing compassion and sharing insights with each other has an actual healing quality. It creates a sense of community, safety and hope. Though it's important that those you connect with share a proactive approach toward empowerment rather than pure despair.

When I started my support group, most people just wanted to commiserate on the difficulty of these chronic illnesses. In fact some were even intimidated and frustrated that I wanted to discuss diet and alternative modalities. This was a lesson for me, as I had to accept that everyone is on their own path and that I cannot force anyone to see solutions they aren't ready to see.

It is my hope though that the more people witness or hear about those of us overcoming these conditions, gradually we will reach them in a way that they can receive and inspire their own transformation. The value I would place on hearing from those who have walked the path with a determination to heal, is priceless.

It's so important to realize how serious these diseases are. They destroy lives, and they create a type of unique suffering that can force you to compromise everything you planned on doing in your life. They infiltrate your identity and you can become defined by the disease in a way that is hard to unravel.

I believe this film is an honest representation of those of us who took a different path, learned a lot along the way and are trying to share that with others. We aren't selling an easy recipe for healing. I can tell you there isn't likely to be one supplement, modality or diet that is going to do all the healing. Chronic illnesses like autoimmune and Lyme require a transformation within us to become a landscape that the illness cannot survive in. This is a physiological, mental, emotional and spiritual transformation that takes a broad approach and shifts the way you approach your life.

Again you are not alone, there are so many others on this path as well as physicians who understand how to treat the individual rather than the disease. This may sound like a daunting task, but the other option is a level of suffering that gradually will swallow up the life you're living as well as the person you are or hope to be.

As described in episode 5 by Mario Campanaro, these challenges can take you to a very dark place, we don't discuss this to commiserate in despair but to acknowledge the reality and motivate others to be proactive with their health. While growth and transformation have come for us through the experience of illness, it's not a method I recommend if one can avoid it.

When you spend years looking for answers as we did, and you look in every direction, to every modality, supplement, diet, product or type of doctor, you may make progress but you also may have setbacks and there should be a point in which you let go. You don't give up but you surrender a bit to the situation and you let yourself be more interested in living your life than constantly looking for an answer. Though it's my hope that because you have a guide, a map that we didn't have, you won't have so many steps forward and then back again as we did.

*The long path we have taken doesn't have to be yours, you can take a major shortcut if you decide to empower yourself by learning the craft of healthy living.*



**As you know now from the film, I went many routes and had a lot of help from various approaches such as low dose antibiotics and antimicrobial herbs to Biological Medicine and Somatic Experiencing. But along the way I built a foundation of healthy habits that I know are essential to start from. Here are some core components of my daily health routine that I'd recommend you implement into yours. Many of these don't cost much if anything and they are truly powerful.**

# Core Components of Health

**Sleep** – Absolutely essential, if you're facing illness you must give yourself the space, quiet and time to sleep 8-10 hours per night. Turn your thermostat to 66 degrees as studies show we actually sleep better in a cooler room. Unplug all devices in the bedroom. Turn your phone off or have it on airplane mode. Turn off the WiFi in your house while you sleep. Use a blue light blocking filter on your phone and computer in the evening to prevent the blocking of melatonin production. Melatonin is a powerful sleep hormone that is stimulated through darkness.

**Meditation** – There's nothing more effective for healing than calming the mind, especially with meditation. There are many ways, but start with focusing on your breathing for 15-30 minutes daily. It resets the nervous system, brings a new level of awareness to your thought process and opens space to actually receive useful information from within rather than the noise we are constantly exposed to. Think about how much quiet time our ancestors had compared to what we put ourselves through now. The stress we put on our biology with all the constant stimulus is unprecedented in the history of humanity. If you have difficulty relaxing the mind, don't hesitate to use a meditation app, or sound program designed to help shift your brainwaves to a calmer deeper state.

**Self Awareness** – This is often a nice consequence of meditation as you will become more aware of your thoughts and emotions when you create the space to really observe them. The most destructive state of mind is when we see ourselves as victims of our circumstances. The victim mindset is constantly operating from a fear based perspective. Unraveling this within yourself may take more than just meditation or being aware of it, it may take therapy. But first just becoming aware of how often you are creating stress within yourself because you are blaming something or someone for how you feel is a powerful way to notice how often you're living in a victim consciousness. This is not a state we heal well in.

**Diet**- There are many great books on diet and everyone has a different metabolism so no one diet fits everyone. Some people thrive on a vegetarian diet, others like me must have some animal protein each day. But without letting yourself get too lost in the diet debate, incorporating the below suggestions in this single paragraph could resolve most cases of obesity, food allergies, gut problems and many autoimmune reactions while setting a foundation for optimal aging and performance.

Eat several servings of different vegetables per day and a source of fermented vegetables as well. Consume some whole fruits, and eliminate fats from all sources of vegetable oil, hydrogenated fats and fried or packaged foods. This includes crackers, cookies and chips made from any kind of oil. Consuming healthy fats like avocados, nuts, dark chocolate and oils like coconut oil and olive oil can be a great way to add more variety to your diet but it's easy to overdo these fats as well so use in moderation. Eat only lean, organic or free-range meats, avoid gluten, pasteurized dairy, refined carbohydrates, GMO foods and sugar. This isn't a forever diet, it's a healing diet and over time you will feel so much better that it will become quite close to your forever diet.

**Detoxify your environment-** As discussed in the beginning of this guide, changing out all your daily cleansers, toothpaste, lotions, potions, deodorants and detergents to EWG certified products is a way to immediately stop putting this additional burden on the body. In addition, open your windows as often as possible and get some houseplants and an air purifier to help clean the air you are breathing. If you are dealing with any mysterious symptom or chronic illness, test yourself and your home for mold. Don't chase a hundred modalities and doctors looking for a cure just to find out the cause was below your floor the whole time!

**Vitamin D** – This is so much more than just a vitamin, it is a powerful hormone responsible for regulating genetic expression in the body. Even mainstream science now acknowledges that there is a link between Vitamin D deficiency and numerous diseases especially cancer and autoimmune disease. Any credible physician and of course any biological or functional medicine doctor will test your level regularly. Based on the results, in order to get your levels above 70 ng/ml or nanograms per milliliter, you'll likely need to make the effort to get some sun exposure when possible and take a high quality D3 supplement. You'll probably need a daily dose between 5,000i.u. or 10,000i.u.

**Deep breathing** – Set an alarm on your phone to remind you to stop and Take a 2-3 minute break a few times a day to do slow deep breathing. This will stimulate the parasympathetic nervous system, oxygenate the blood, boost the immune system and calm your mind and body significantly. I've tried to develop the habit of slow deep breathing when doing simple tasks. So if I'm sitting in traffic, great time to take a few slow deep breaths as well as when doing household chores, cooking dinner or even just while watching TV. Consciously breathe more, this habit is so powerful and kind of addicting as you learn you can really reset your state of mind and the subsequent emotions with just the breath.

**Earthing** – As discussed above and explored in the series this is one of the most amazing and free therapies we can give ourselves. Get your feet on the bare grass, sand or earth anywhere you can. Combine this with exercise in the park or meditation in your back yard or reading at the beach. Absorbing the earth's electromagnetic field has a profound anti-inflammatory effect. See the recommended resources where you can see the studies showing dramatic reductions in inflammation.

**Movement** – Do what you can, we have to use caution when in chronic pain or we have fatigue, but we have to move the body to drive circulation and move the lymphatic system. I was often amazed how stiff and uncomfortable my joints would be the first few minutes of exercise but then loosened up and felt so much better once I got circulation going. Even simple walking can do so much more for you than you'd expect as far as strength, cardiovascular health, mood and beneficial circulation.

**Learn** – Immerse yourself in the knowledge to heal, learn about your biology and all the ways to optimize it. Let this become an interest to you. If you're facing a chronic illness, your body is telling you something really important and this is your catalyst to learn what that is. As I've mentioned before, take it on the way you would any other interest, skill or trade and then implement what you learn. Try not to see this as an obstacle or work you must do but an opportunity to nurture and optimize yourself. Trust that as you apply these new approaches, you're healing.

**Laughter and gratitude** – It all comes back to the nervous system and the message the cells are receiving. Laughing stimulates the parasympathetic response, as does doing something altruistic and practicing gratitude. The better you feel the better you.

# List of Recommended Resources

*Applied knowledge is power.*

Evan Brand's home based testing and protocols

[Test Don't Guess – Better Belly Course](#)

List of non toxic personal care products

[EWG \(Environmental Working Group\) approved products.](#)

Additional nutritional education [Food Revolution Masterclass](#)

[Paleo Valley whole food supplements and snacks](#)

Use Code: PVFRIEND15 for 15% off

[The Biological Medicine physician directory](#)

Photobiomodulation - [Vielight Red and Infrared light therapy.](#)

Use Code: lightpath at checkout for 10% off

[The Brain Breakthrough Masterclass](#)

[The Paddison Protocol for Rheumatoid Arthritis](#)

[A Practical Guide to EMF's](#)

[Defender Sheild EMF protection products](#)

[Earthing products](#)

[Find a Somatic Healing Practitioner](#)

Mindful Guides - [A simple organized course for awakening](#)

[Discover your electric body and how to tune your bio-field for optimal health](#)

[Learn about the science and power of achieving heart and brain coherence](#)

Know someone with an autoimmune disease, Lyme or any chronic illness?

[Share the Lighting The Path film with them here](#)