



# Spiritual Healing De-Mystified

By jennifer quick



## **Foreword**

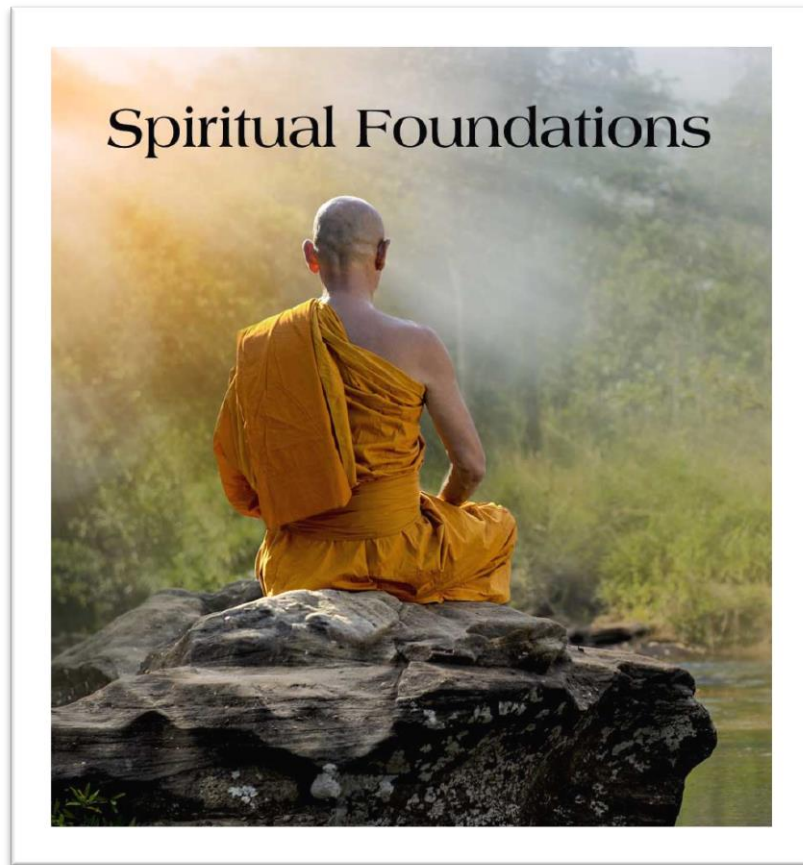
In today's face-paced world, more and more people are turning to alternative medicines and therapies to treat ailments, illnesses, and diseases. One of the most interesting of these therapies is spiritual healing. Though some in the western world might say this is a new practice, it has been around since the beginning of known history and has been used in ancient cultures all over the world under a variety of labels.

## Table of Contents

<b>FOREWORD</b> .....	1
<b>CHAPTER 1: WHAT IS SPIRITUAL HEALING</b> .....	4
<i>Summary</i> .....	4
<i>What's Behind It</i> .....	5
<b>CHAPTER 2: YOU MUST CREATE A SPIRITUAL PRACTICE</b> .....	7
<i>Summary</i> .....	7
<i>Be Dedicated</i> .....	8
<b>CHAPTER 3: LEARN HOW TO FORGIVE</b> .....	9
<i>Summary</i> .....	9
<i>Forgive and Let Go</i> .....	10
<b>CHAPTER 4: LEARN HOW TO LIVE IN A STATE OF LOVE</b> .....	12
<i>Summary</i> .....	12
<i>Be Kind</i> .....	13
<b>CHAPTER 5: HOW TO HEIGHTEN YOUR SPIRITUAL CONNECTIONS</b> .....	15
<i>Summary</i> .....	15
<i>Connecting</i> .....	16
<b>CHAPTER 6: USING AROMATHERAPY</b> .....	18
<i>Summary</i> .....	18
<i>Scent</i> .....	19

# SPIRITUAL HEALING DE-MYSTIFIED

<b>CHAPTER 7: USING CRYSTALS .....</b>	<b>21</b>
<i>Summary</i> .....	21
<i>Crystals</i> .....	22
<b>CHAPTER 8: EMOTIONAL HEALING WITH TOUCH.....</b>	<b>24</b>
<i>Summary</i> .....	24
<i>Massage</i> .....	25
<b>CHAPTER 9: ENERGY HEALING .....</b>	<b>26</b>
<i>Summary</i> .....	27
<i>Reiki and Healing Hands</i> .....	27
<b>CHAPTER 10: KARMIC HEALING.....</b>	<b>29</b>
<i>Summary</i> .....	29
<i>Theta and Akashic Healing</i> .....	29
<b>CHAPTER 11: KNOW THAT YOU DESERVE HEALING .....</b>	<b>31</b>
<i>Summary</i> .....	32
<i>You Deserve This</i> .....	33
<b>CHAPTER 11: HOW NOT HEALING ALL PARTS OF YOU IS DETRIMENTAL .....</b>	<b>35</b>
<i>Summary</i> .....	36
<i>Pay Attention</i> .....	37
<b>WRAPPING UP.....</b>	<b>38</b>



## Chapter 1: What Is Spiritual Healing

### Summary

Spiritual healing is a type of therapy where positive healing energy, also commonly referred to as life force energy, is transferred from one person to another. This method of positive energy transfer is usually, but not exclusively, done using the hands of a spiritually gifted individual known as a healer.

However, it is important to note that the healing energy does *not come from* the healer *but through the* healer. The healer is simply a vessel for positive energy.

# SPIRITUAL HEALING DE-MYSTIFIED

Spiritual healing is also done through what is known as the Akashic field, the matrix of energy that connects all that is. The Akashic field is also known as the Etheric, the Matrix and Divine Source and is often thought of as a collection of energetic records much like books in a library. Healing through the Akashic field works as a witness and messenger system; the healer bringing awareness to the patient through relaying information received or 'witnessed' in the Akashic. Through this new awareness the client can then release the thoughts, emotions or actions that are restricting the flow of positive energy.

*“Your Soul is your ultimate guidance system. You can think of your Soul as the compass, map, and destination all in one.” -  
Aletheia Luna*

## What's Behind It

Every individual is capable of tapping into their own personal positive energy for healing purposes. This is done spiritually through meditation or prayer. The term spiritual, refers to the energy source that is divine in nature and available to all without any discrimination.

Spiritual healers look upon a health problem as an issue interconnected to the body, mind, emotion and spirit. If one part is causing the problem, all the other



parts must be addressed too. Almost all healers believe that most medical problems start with the spirit, mind or emotions and then manifest into other symptoms that become evident in a physical form. Therefore, their primary goal is to restore the balance in the entire body system as a way to complete the process of spiritual healing. This form of treatment is becoming very popular indeed, as it promises a better alternative to invasive medical procedures. There is also a growing “hunger” that most people, and society itself, seem to experience in their lives. Psychology scientists are discovering the importance of the natural human need to believe in something greater than one-self and modern spirituality separated from religious restrictions is one way of filling the void. Many Spiritualists believe this is a rejection of human control and greed, a return to nature needed for human evolution without self-destruction.

## Chapter 2: You Must Create a Spiritual Practice



### Summary

Attaining a spiritual practice opens the communication channels between a person and the divine power. A spiritual practice helps bridge the human conscious with the divine power, and works to evolve the potential capabilities of the individual. Epigenetic scientists are discovering that spiritual practices may be the key to unlocking dormant super human potential. To be clear; having a spiritual practice does not necessarily make an individual a spiritual person; it just makes the individual's desire to connect with a higher power more intense.



# SPIRITUAL HEALING DE-MYSTIFIED

## Be Dedicated

Creating a spiritual practice encourages the individual to entrust their life into the Universe's hand and be confident that all will be well. When this surrender is practiced regularly and completely, it causes us to be at peace with leaving everything up to Spirit or the Universe, knowing that this divine power only wants the best for each individual being.

A spiritual practice helps to ensure your relationship with Spirit is in good working order. It does not, however, at any time promise total and complete bliss, although the peace that can be gained is substantial. In trying to understand the importance of a spiritual practice, one must first acknowledge that this is a tool that helps to connect the physical body and mind with the inner spiritual realm. When this happens, a lot changes in the mind's eye, and a whole other world of awareness opens up. A spiritual practice helps the individual look upon their life from a spiritual perspective, and makes the necessary changes to be in line with the Universe's ways. Knowing that there is a mighty and divine power which connects all things in the universe further encourages people to pursue this form of practice and enlightenment.

*“A daily ritual is a way of saying, I am putting myself first. I have to look after myself, so that I can look after others.” -  
Unknown*

## Chapter 3: Learn How to Forgive



### Summary

Holding a grudge is both mentally and physically unhealthy. However, learning to forgive may sometimes be easier said than done. In order to preserve both the mental and physical health of an individual, all efforts must be made to address the issue of forgiveness.

*“If we really want to love we must learn how to forgive” –*

*Mother Teresa*

## Forgive and Let Go

Depending on the hurt inflicted, forgiveness may indeed be difficult, but not impossible. This is good news for those struggling with letting go and forgiving. Perhaps the first step would be the ability to forgive oneself of all wrongdoing whether justified or not. In being able to forgive one's self, the person is now ready and open to broach the subject of forgiving the other. Most experts insist that the sooner the individual practices forgiveness and lets go of the problem the sooner the healing process can begin. This also has an impact on the health of the individual bearing the grudge. The chemical changes that occur in the body are not healthy and quite negative, thus the urgency to reinstate the balance within the body by forgiving quickly.

The point to bear in mind is that the mistake cannot be undone, and therefore, it is in the past. The future does not have to live with the reminder of the mistake, if forgiveness is practiced. Learning to forgive also reminds the person to avoid making the same mistake that led to the cause of the pain. It gives the individual the presence of mind to walk away before any damage is done because now the individual has the strength and wisdom to do so. Not forgiving keeps the individual trapped and constantly being reminded of the painful memories of the past. Practicing forgiveness opens the door to a new way of thinking.

# SPIRITUAL HEALING DE-MYSTIFIED

From a Spiritualist perspective we are the creators of our lives; what we put out into the world is reflected back to us by our circumstances. For most people this is an empowering thought that is a struggle to accept in the context of forgiving. It may help by identifying the personal roles in the situation. Consider your behavior – are you identifying as a victim, did you or are you avoiding a responsibility, are you advocating responsibility to someone else, where else could you be causing the root energy of this situation? Once we identify our personal role in the situation we can then consider the motives or identity of the person we need to forgive. What perception, right or wrong, could they have had that justified the action done? Did they see themselves as having been wrong, were they unaware of the impact of their actions, was the action coming from a place of hurt or fear? Seeing the other person as a Soul having a human experience helps us find forgiveness for ourselves and others. All Souls are divine love, the human experience presents many challenges in learning to express that love without judgement and fear.



## Chapter 4: Learn How to Live In a State of Love



### Summary

Life would be wonderful if everyone learned to live by and live for the one true rule of our existence, and that rule is love. Love everything and everyone no matter what. This is simple in its essence, but extremely hard to practice in reality. If everyone can learn to exchange a life of fear and pain for a life of love, many good things can be achieved. One must try to remain open to love in all aspects of life.

*Where there is Love there is Life – Mahatma Gandhi*

## Be Kind

Most people look to the afterlife as being a perfect and peaceful place. However, it has been proven that happiness can be found and kept consistent in this life too. To get to this desired state of comfort, one must be able to consciously change any negative mind set with the specific intentions of living in self-love, self-trust, and total peace.

All this takes considerable practice in facing the negative and working to change the situations that are making us unhappy into something better. Some basic points to note while on the quest to live in a state of love are as follows:

- Live for the now. Be in present moment. Learn to enjoy each moment as if it were your last. This enables the individual to slow down and actually appreciate those around them and be less critical as time is short. Give focus to where you are right now and what you are doing right now.
- Value the important things in life. Love without fear. Love those around you consciously and with abandon and not withhold anything.
- Taking comfort in the divine power from within that is love and thus the ability to love unconditionally is possible. The flow of divine, unconditional

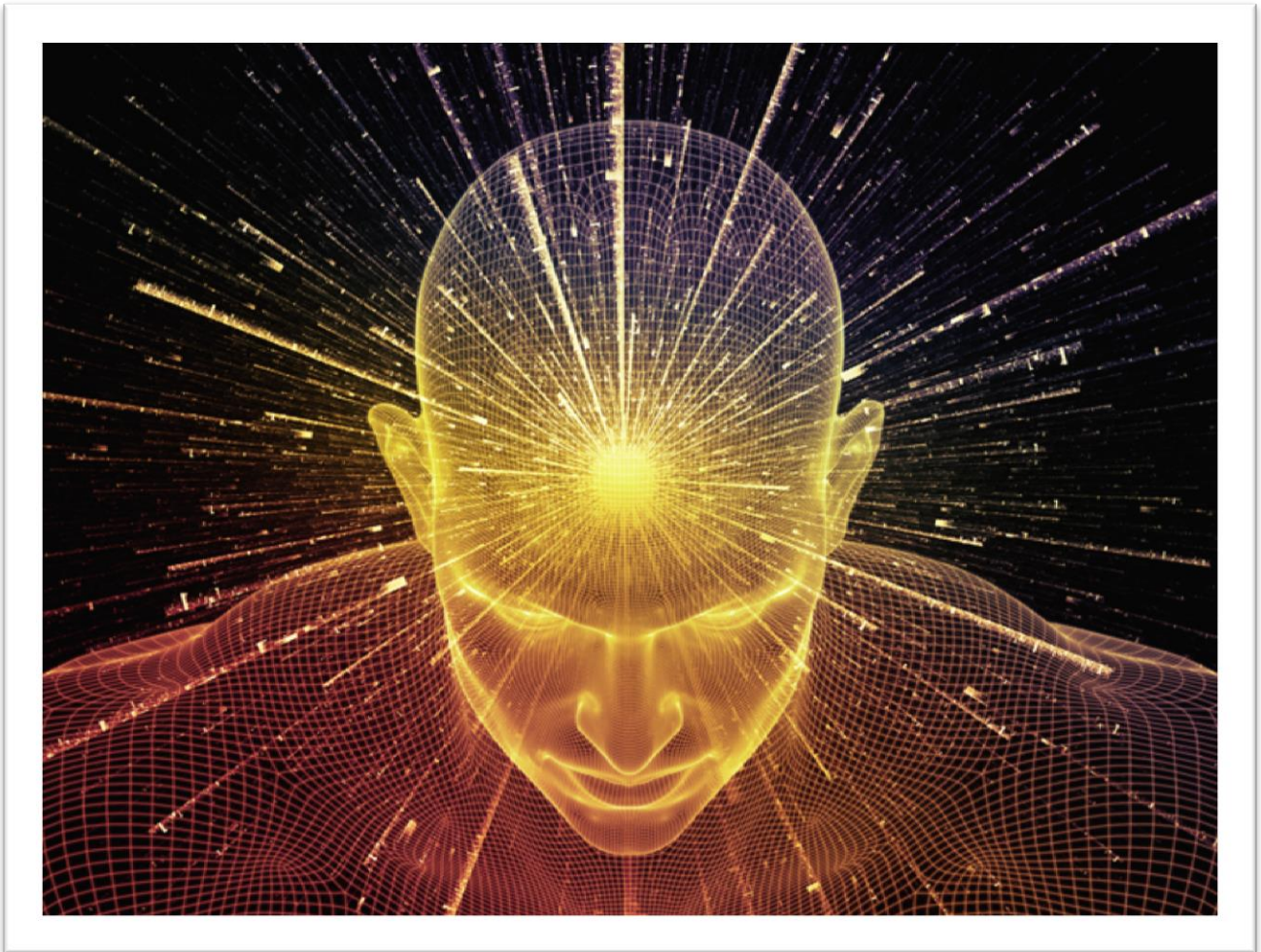
# SPIRITUAL HEALING DE-MYSTIFIED

love is endlessly abundant like a Universal Ocean; it is our rejection of that love that reduces its flow into our lives.

- Keep the mind centered and focused to always be mindful of any negative elements that might creep into the thought process; when negativity is present practice observation without attachment.
- Cultivate loving thoughts and let your imagination love unconditionally. Negativity strikes all of us at times; it is our ability to return to love that determines the overall vibration we carry.
- Listening to calm and soothing music always unleashes the love from within which can identify with the beauty of sound. Notice nature's music in the sounds of the ocean, rivers, wind, and forest.
- Listening to the inner voice and trusting it completely allows the individual to be less stressed and more relaxed and able to attract happiness and love.
- Laugh often. Laughter, even when it is forced or faked, brings joy into the heart. Where joy goes, love flows.

*“Kind words can be short and easy to speak but their echoes are truly endless” -Mother Teresa*

## Chapter 5: How to Heighten Your Spiritual Connections



### Summary

A spiritual connection can be viewed as being more aware of ourselves and everything around. Being spiritually connected allows us the luxury of being able to harness positive energy to benefit all, which in turn creates a harmonious balance in body and mind.



## Connecting

Being spiritually connected helps to strengthen many areas in an individual's life, such as family relationships, community relationships, health, career and many others. The positive energy gained from a heightened spirituality is what enables these things to take place. Here are some ways to help heighten one's spiritual connections:

- Spending some quiet time to meditate and pray is a good way to start the process of being spiritually connected. This allows for the mind and body to seek and be aware of one's surroundings and thus have a clearer view of what is going on.
- Spending time interacting with like-minded people. This is not only healthy but also builds relationships that can give you positive mental and physical reinforcements.
- Set aside time to learn new things. In growing the mind, the rest of an individual's world grows along. Make space in your life for learning and your world will continue to expand.
- Having alone time is another very important factor to working towards spiritual connection. Taking this time to reboot and reflect is beneficial to both body and mind.

# SPIRITUAL HEALING DE-MYSTIFIED

- Not surprisingly, maintaining a healthy diet and lifestyle are also equally important. Learn to 'listen' to your body and follow it's guidance for nutrition, exercise and lifestyle. If the body and mind are at their optimum, every other aspect of life becomes easier to connect to.
- Taking time to help others in a voluntary capacity helps to feed the inner world while the outward benefits are the ability to be more compassionate towards others.
- Loving life is important too. Embrace having fun with abandon, it releases the positive energy that is the product of being spiritually connected.



## Chapter 6: Using Aromatherapy



### Summary

It is believed that all elements work on the basis of vibrations. Having said this, it is interesting to discover that essential oils, when used in aromatherapy, also have similar vibration techniques that harness and create positive energy. Thus, there is a link between the use of aromatherapy and spiritual connection.

## Scent

Those who are familiar with this theory attest to the changes in energy when the use of aromatherapy is practiced. Vibrating in higher frequencies not only draws positive energy, but also resonates this energy, while positively affecting the surroundings. This positive energy is so powerful that it can be used to shift the negative energy.

One does not have to be an expert in aromatherapy to know that scents affect the human body and mind distinctly. These scents are able to invoke emotions, memories, and even visions. A lot of spiritual practices involve the use of aromatherapy style rituals. As mentioned, these uses of aromatherapy cause high frequency vibrations, and this enables the individual to connect with the inner self and experience total oneness with body and mind, keeping both well balanced in harmony.

Once the spiritual connection is established and easily maintained, many corresponding uses can be derived from aromatherapy, such as complete oneness in thought, intent, and purpose. Another use is in purification rituals and healing processes, blending prayers with affirmations and meditations at a higher and more concentrated level. Before the medical world endorsed aromatherapy

# SPIRITUAL HEALING DE-MYSTIFIED

in assisting in the healing process and keeping illnesses at bay, aromatherapy was used for spiritual purposes in most ancient cultures. The connection and energy emitted and harnessed through aromatherapy has its own unique elements. It helps those seeking spiritual connections for healing or even for those who simply wish to have a general state of peace, in both body and mind.



*“Aromatherapy conveys the concept of healing with aromatic substance” – Robert Tisserand*

## Chapter 7: Using Crystals



### Summary

Some would say crystals have a mysterious aura and power about them. The use of crystals dates back to ancient times, where their uses varied, ranging from harnessing energy for healing and valued in commerce. The many mythical and channeled legends of Atlantis and Lumeria report that crystals of all kinds were used for powering technology, storing information much like today's computers, enhancing physical performance, channeling and focusing energy, as well as drawing out and enhancing human supernatural abilities. Many cultures, even today, widely practice the use of crystals to achieve an aura of spirituality.

## Crystals

The use of crystals in the process of attaining spirituality have been known to provide its user with certain elements like creativity, inspiration, knowledge, and intuition; which in turn, produce higher levels of wisdom, enlightenment of the inner life, love, and peace. Here is a list of the more popular crystals that are used for various beneficial reasons:

**Amethyst** – this crystal is known for its healing properties and helps in enhancing psychic awareness and imagery.

**Bloodstone** – helps an individual stick to diet plans and curbs appetites.

**Citrine** – a wonderful stone that can assist in manifesting one's goals. It also keeps the individual cheerful and attracts abundance and power.

**Diamond** – is known as the stone of innocence which denotes purity. Diamonds also intensify feelings.

**Jade** – is used as a tool for learning to accept the difficult aspects in life.

**Moonstone** – enhances intuitive sensitivity and the ability to accept any new changes.

**Opal** – is considered to be one of the seven sacred stones of the Cherokee.

**Ruby** – brings love, confidence, loyalty, and courage which strengthen the physical and emotional heart.

# SPIRITUAL HEALING DE-MYSTIFIED

**Sapphire** – this stone comes in many colors and has healing and spiritual properties

**Topaz** – allows an individual to have a practical and focused outlook in life.

**Turquoise** – is wonderful for drawing out negative vibrations

**White opal** – a great charging tool because it energizes and thus helps the individual to get more things done.





## Chapter 8: Emotional Healing With Touch



### Summary

Very few people would turn down an opportunity to be on the receiving end of a relaxing foot or shoulder massage, full body massage is pure healing bliss. Not all massages are the same but whether it is reflexology, acupressure, shiatzu or another form the principals are the same. Beneficial to both the receiver and the giver, especially when practiced by loved ones, this form of therapy not only gives one's own time, but also builds compassion, and a caring attitude in the giver. Massage offers the benefits of addressing the various reflex points and the releasing the tension held within the body that restricts the flow of positive energy throughout the person.

## Massage

The practice of applying pressure to certain points of the body, while also stretching and stimulating the tissue, creates and promotes healing. Massage is most often used to obtain relief from stress, both emotionally and physically. The benefit of rebalancing the emotional state through the physical body is phenomenal. In encouraging the body to heal itself, easing the emotional strain on the mind will in turn restore balance. It has been proven time and again that most physical problems are somehow linked or brought on by a prolonged deficient emotional state. Therefore, in addressing the emotional imbalance, half the battle is won.

There are specific links between emotions and various organs in the body such as anger which is linked to the liver, grief and sadness which is linked to the lungs, fear which is linked to the kidneys, and so on. All this translates to various emotional stress conditions such as tension which is the lead cause of headaches, fear which brings on difficulty in breathing, and nervousness which causes sweaty palms. Initially the release process can produce pain but then is rubbed out of the body creating deep relaxation.

## SPIRITUAL HEALING DE-MYSTIFIED

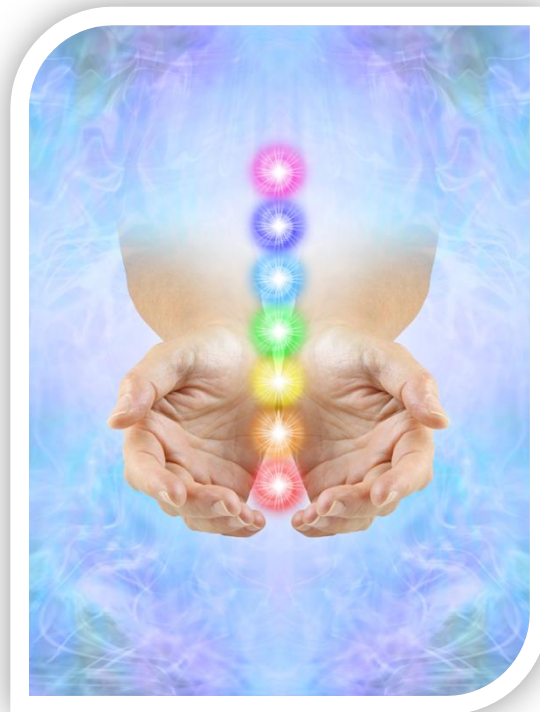
Emotional healing goes a long way in addressing any physical problem that has long been established. Each organ in the human body responds and emits vibration frequencies, which are connected to the emotion it draws from, and has the same corresponding vibrations.



## Chapter 9: Energy Healing

### Summary

Energy Healing is the channeling of positive energy through the healer's body to the patient, the energy does not come from the healer but rather from the Divine Source. In some modalities there are 'tools' used such as crystals, singing bowls, tuning forks or electronic devices such as biotechnology monitors. Both are based on restoring frequency and vibrations to their ideal healthy state.



*“Change your energy, change your life.” - Unknown*

## Reiki and Healing Hands

There are a number of healing hands modalities that involve light touch or no touch. Most of them have the same principal of channeling life force energy or 'chi' or 'ki' into the body to heal, allowing the energy to go where it is needed. The result is deep relaxation, clearing of thoughts and emotional calmness; it is believed this state combined with the life force energy stimulates the body into healing itself. These modalities are believed to be healing spiritually, mentally, emotionally and physically; only limited by the patient's readiness to receiving.

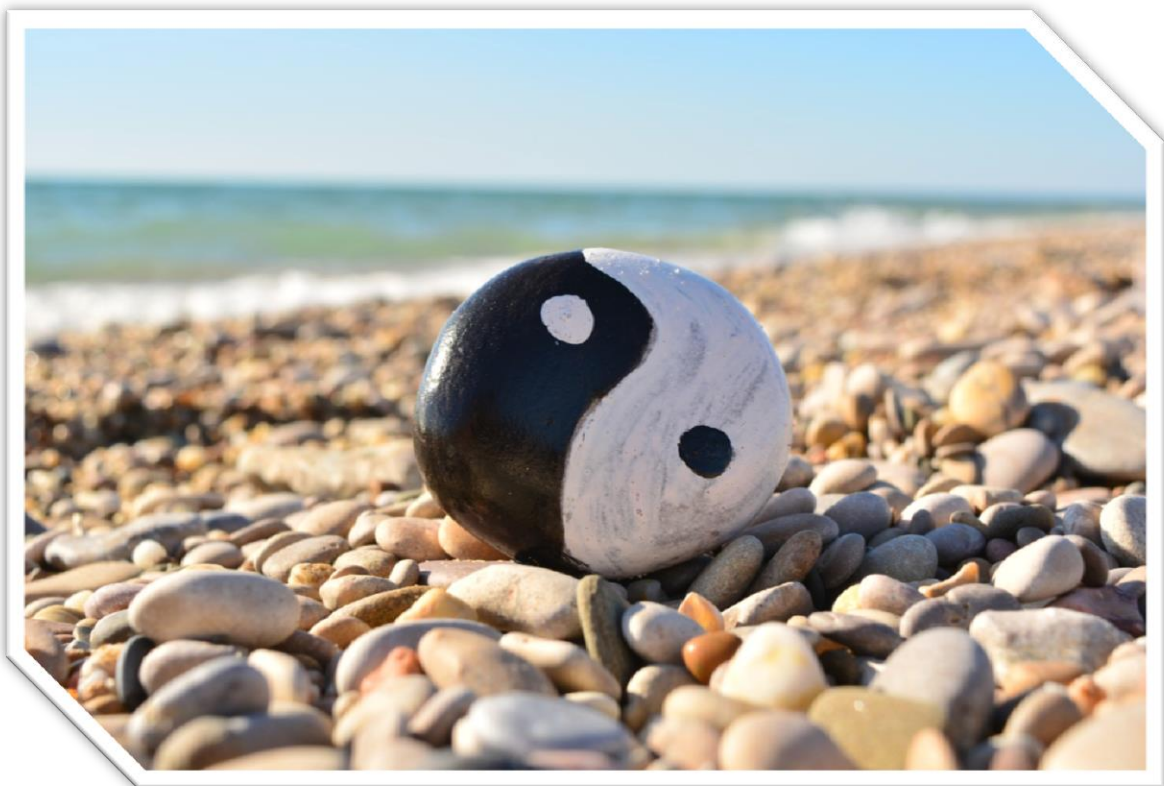
Many Healing Hands techniques are based in structured religious practice. Reiki is a non-denominational modality that originated in Japan. Reiki is identified slightly different than most Healing Hands techniques due to its use of symbols and rituals. These symbols and rituals are effective at bypassing the conscious mind and accessing the subconscious and superconscious or higher self for both the giver and the receiver, allowing both to receive healing life force energy, 'ki', during the treatment.



## Chapter 10: Karmic Healing

### Summary

Karmic healing is based on the practitioner accessing the Soul energy and identifying blocks or restrictions in the energy bodies from programs, beliefs and paranormal or spiritual ailments. These blocks and restrictions in energy flow are caused by choices of action the individual has made in either the current life or a previous life.



*"Every action of our lives touches on some chord that will vibrate in eternity." - Edwin Hubbell Chapin*

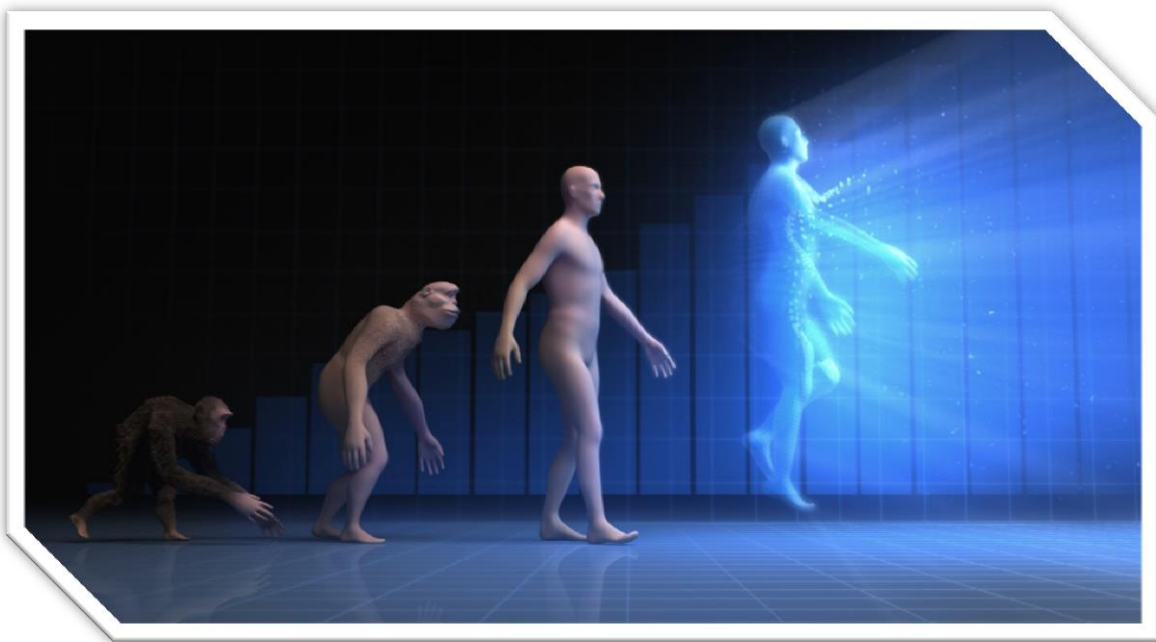
## Theta and Akashic Healing

Through practice and attunement the practitioners of Theta and Akashic Healing are aligned with the higher realms of consciousness commonly referred to as dimensions or conscious densities. It is through these realms that the practitioner is 'shown' by a divine conscious source what the client is experiencing and why. The practitioner reveals to the client the root cause and effect it is having on the current situation, once the client is consciously aware then the practitioner calls upon the higher energetic sources to remove the root cause and its affects. Afterwards the client is freed from the deep resistance within them and is able to choose new courses of action in their current life.



# SPIRITUAL HEALING DE-MYSTIFIED

Theta and Akashic Healing can also reveal a deeper understanding of who a person is as a soul having a human experience. Intentional and unintentional conditioning through human experience often causes dis-association, denial and shame towards one's true nature, gifts and talents; by understanding these are our soul inherited energies meant to be expressed in this life one can better meet and overcome the challenges that arise. One can also learn to express their soul's energy to create more rewarding, loving and enjoyable life circumstances.



*“If you can accept the indescribable nature of your true identity,  
you unveil the mystery of life.” - Unknown*



## Chapter 11: Know That You Deserve Healing

### Summary

Everyone deserves all the attention possible in order to start the healing process. Healing is for everyone, but there are some people who genuinely believe that the healing process is not for them or that they are undeserving of it. Some even believe that the negative medical or mental problem is so far gone that it is not possible to treat the condition, and so they don't even try.



*“If your compassion does not include yourself, it is incomplete.”  
- Siddhartha Gautama*

## You Deserve This

A big part of the problem lies in the beliefs of the individual, which affects the positive manifestation of the desired effect. Some of the mindset that needs to be addressed and changed in order for the healing process to begin is acknowledging the problem, realizing that it can be overcome, and being confident that the healing is deserved. When these are accepted, the healing process can begin.

Unfortunately, there are more reasons than not as to why people generally fail to accept that healing is for them and that it is possible to accomplish. For example, a person might feel ridicule or pressure from family or feel tired of fighting and see no positive breakthroughs. They may seek various forms of healing without giving it the proper duration to make an impact or spend lots of money on costly treatments and tools. They may have contracted a condition difficult to cure and lack information and support.

Fortunately, most spiritual healing practices are complimentary to conventional medical treatments and pharmaceuticals. As a person heals spiritually their dependency on medications will reduce and often disappear. If you are using conventional medical treatments it is important to monitor effectiveness and

## SPIRITUAL HEALING DE-MYSTIFIED

adjust treatment as the condition changes, usually reducing the invasiveness or duration of procedures and reducing medications. Spiritual healing is a journey that unfolds as you walk it's path; each step helps open the mindset to accept that healing is available and deserved, the body can then process this information and start to address the chemical imbalance, which is a huge part of the healing process. When the mind is ready for the positive energy, the body begins the healing process, balance is gradually restored, and this results in a return to optimal health.

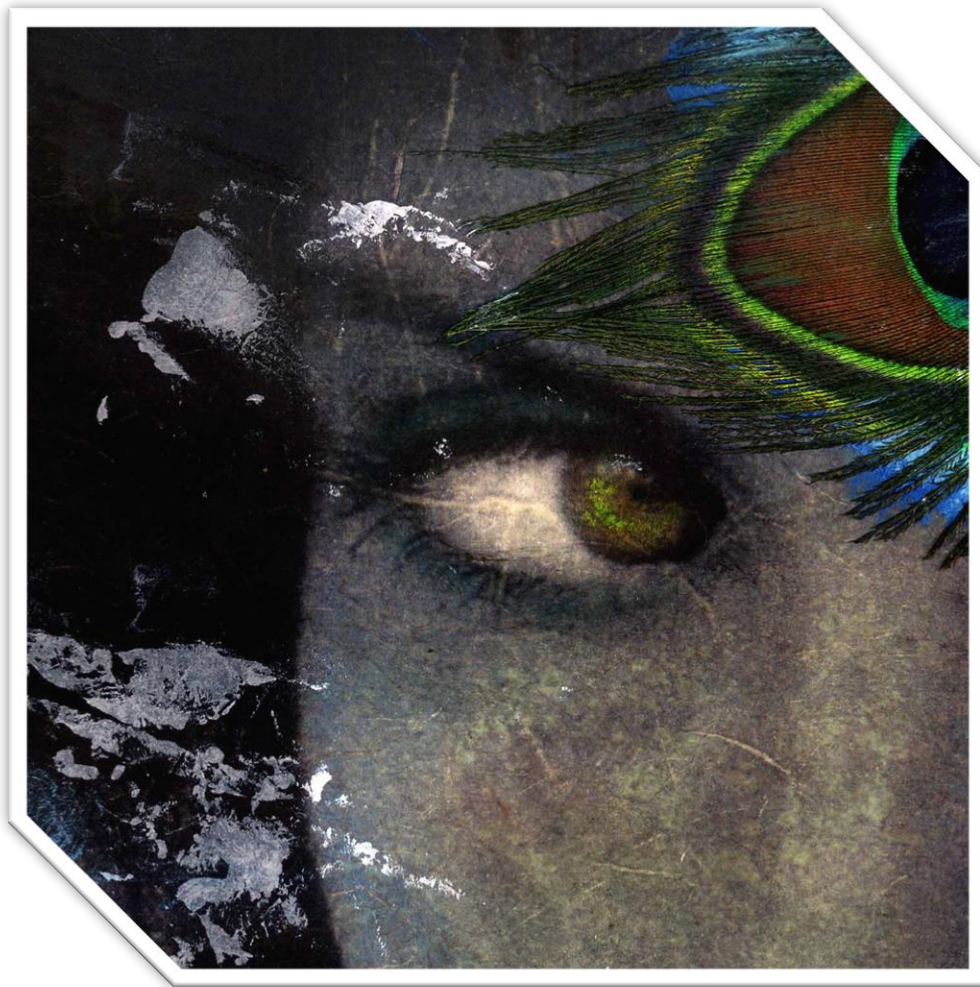


## Chapter 12: How Not Healing All Parts Of You Is Detrimental



## Summary

Most people fail to understand that the health of the human body and mind are interconnected at its very basic levels. When any individual part of the body is not working at its optimum level, the other corresponding parts will eventually be affected and this can lead to other serious problems. Therefore, it would be prudent to always pay attention to any of the ways the body might manifest symptoms to alert the mind of impending negative health problems.



## Pay Attention

Medical breakthroughs generally treat specific problems. These problems are addressed without really considering what caused the problem in the first place. A more holistic style of treatment, however, does the exact opposite. Following its name, holistic style treatments are more focused in creating or restoring the balance of the body systems in order to ensure overall health and wellness. The basic principle involved is to direct the positive flow of energy through the body which may have become “blocked” by certain negative elements. This then allows the positive energy to be used to halt any medical issues and also to create positive energy pathways that combat any further problems.

Sometimes ignoring or failing to take a particular ailment seriously can contribute to the possibility of that particular condition evolving into an even bigger problem. Besides this, the financial cost involved may also escalate, due to the fact that the condition was not addressed when first detected. When these costs escalate, there are other consequences that become apparent like elevated stress levels in the individual. This stressful mental condition may in turn, cause other medical problems, and everything just continues to snowball out of control. What started out as a small medical problem may then evolve into a more serious condition that requires much more attention and concern.

## Wrapping Up

Spirituality may be seen as being distinctly different from religion. Assorted world religions have proposed different philosophies and belief systems about the nature of a Higher Power and humanity's relationship with it. Spirituality, on the other hand, refers to the basic experience behind these assorted viewpoints. It's an experience involving an awareness of and relationship with something that exceeds your personal self, as well as, the natural order of things. This "something" has been given assorted names and delineated in ways that are too many to count. You are able to decide to define what that means for yourself in whatever way feels most suited. Your own sense of a Higher Power may be as abstract as "cosmic consciousness" or as earthy as the beauty of the ocean or mountains. Even if you regard yourself as an agnostic or atheist, you might get a sense of inspiration from taking a walk in the forest or studying a beautiful sunset. Whatever the case, be sure to embark on your own spiritual healing journey.

*“Learn to trust the journey, even when you don’t understand it” – Lolly Daskel*

## About the Author

*“Hi everyone! I invite you to connect with me. I am an energy light-worker who loves, loves, loves the marriage of Science & Spirituality! I focus on teaching people to embrace their inner power for guidance, strength, resilience, love and joy. My passion is helping people understand how they create their life circumstances and make choices towards their true desires and life purpose.” - Jennifer*



As a natural born skeptic Jennifer doesn't believe anything until she understands the logic and has applied the actions repeatedly to prove the truth. This is reflected in all of her work. She embraces her spiritual journey with a humble, open heart and a love of life. Jennifer helps people to reveal their true self - soul self - and identify the negative choices that are holding them back from achieving their true greatness. She lives on a small hobby farm in western Canada with her husband, two children and lots of animals.

*“It is easy to have great faith when you know great truths.”*

*– Jennifer Quick*

*“The Secret to Life is Showing Up!”*

*- Jennifer Quick*



# SPIRITUAL HEALING DE-MYSTIFIED

© Copyright - All rights reserved.

In no way is it legal to reproduce, duplicate, or transmit any part of this document in either electronic means or in printed format without the formal consent of the owner. Any storage of this document is not allowed unless with written permission from the publisher / owner. All rights reserved.

The information provided herein is stated to be truthful and consistent, in that any liability, in terms of inattention or otherwise, by any usage or abuse of any policies, processes, or directions contained within is the solitary and utter responsibility of the recipient reader. Under no circumstances will any legal responsibility or blame be held against the publisher for any reparation, damages, or monetary loss due to the information herein, either directly or indirectly. Respective authors own all copyrights not held by the publisher.

Legal Notice: This book is copyright protected. This is only for personal use. You cannot amend, distribute, sell, use, quote or paraphrase any part or the content within this book without the consent and permission of the author or copyright owner. Legal action will be pursued if this is breached.

## DISCLAIMER:

This information is not presented by a medical practitioner and is for educational and informational purposes only. The content is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition. Never disregard professional medical advice or delay in seeking it because of something you have read.

