



Total Health Mastery Presents:

# Anti-Aging Secrets

Designed and Written by Arnoux Goran  
All Right Reserved

# #1 Rule of Health and Evolution

- \* Provide all of the essential nutrients and remove all of the toxins
- \* The chicken heart experiment
- \* "Cleanse and Purify Thyself, Book 1" -Dr. Richard Anderson
- \* "Personal Power" -Anthony Robbins

# The 4 Parts of the Human Being

- \* Physical
- \* Emotional
- \* Mental
- \* Spiritual or Energetic

# Physical

- \* Detoxification – Internal release
- \* Nutrition – Internal build up
- \* Stretching – External release
- \* Strength, endurance, coordination building -  
External build up

# The 3 Major Categories of Toxins

- \* Muroid Plaque
- \* Liver and Gallbladder Stones
- \* Environmental toxins
- \* Heavy Metals – Dr. Rita Ellithorpe
- \* Chemicals – Dr. Robert Marshall
- \* Preservatives
- \* Herbicides and Pesticides
- \* So many more...

# From OrganicOlivia.com



Mucoid Plaque removed during a colonic

# From CureYourself.us



# Emotional

- \* Venting including crying, yelling, punching, kicking, throwing - External release
- \* Love in all it's forms - External build up
- \* Emotional Repolarization Technique (ERT) – Internal release AND build up (Invented by Dr Randy Freiberg with his wife Colette)



# Spiritual/Energetic

- \* Energy work – Both External release and build up
- \* Reiki/Hands on Healing
- \* Shamanic Ceremonies including Sweatlodge and Soul Retrieval
- \* Qi Gong (Literally means energy exercise)
- \* Quieting the mind practices
- \* Clearing past repeating intentions (clearing pictures) using The 5 Step Emotional Eraser (Invented by Arnoux) – Internal release
- \* Visualization or creating new intentions for the future – Internal Build up

# Mental

- \* Positive attitude, affirmations – External build up
- \* Letting go of limiting beliefs by choice – External release
- \* Completion (By Arnoux)– External release
- \* The 7 Steps to Reprogramming Yourself (By Arnoux)– Internal release and build up

# Learn the Tools

- \* Total Health Mastery University has 21 courses beginning with The 7 Steps to Reprogramming Yourself
- \* [www.TotalHealthMasteryUSA.com](http://www.TotalHealthMasteryUSA.com)
- \* 2 for 1 enrollment special on our site for Spring

# Find the Root Cause

- \* Find Root Cause using any of the 3 methods
- \* Technology – Bio Feedback, Asara, Zyto
- \* Bio-Energetic testing or Muscle Testing
- \* See Dr. Omura's website [www.BDORT.org](http://www.BDORT.org)
- \* Medical Intuition – Carolyn Myss “Anatomy of the Spirit”

# Ozone Therapy

- \* Reverses aging on the cellular level
- \* Preconditioning
- \* Dr. Frank Schallenberger
- \* Dr. Robert Rowen
- \* Arnoux Goran – Course for the layperson and those who want to be practitioners