

TABLE OF CONTENTS

Health and Disease Symbology Handbook

Preface

Introduction

Section I: From the Inside Out

1. The Guiding Principles: Universal Teachings
2. Fundamental Principles
 - Spirit, Mind, and Emotions
 - The True Self
 - Brain-Body Connection
 - Metaphysical Body-Mind Nutrition
3. How the Mind Works and Why
 - How Life Works
 - Rejection as a Form of Approval
 - Concepts, Patterns of Behaviour, and Cycles: Co-creating your

Reality

4. The Spiritual Self and Belief Systems
5. The Multiple Selves
 - Understandings

Section II: Mysteries Revealed

1. Symbols: The Living Language
 - Symbolic Reflections
 - Healing and the "Cure"
 - Symbology of Numbers
2. Symbology of the Body
 - Systems within the Trunk
 - Tell Me Where It Hurts
3. Symbology of Common Ailments
 - Drugs as Causes
 - Autoimmune Diseases
 - Defenses
 - Common Ailments and Their Symbology
4. Accidents
 - Understanding Symbols: Seeking the Creator

Section III: Physical Manifestations and Their Cures

1. Understanding Physical Manifestations and Their Cures

2. Symbology of Conditions and Diseases

Acne and Skin Problems

Allergies

Alzheimer's Disease

Arthritis and Inflammatory Diseases

Asthma

Backache

Blood Toxicity

Cancer

Candida Albicans (Yeast Infection)

Cataracts

Circulation Issues

Colds and Flu

Conditions That Restrict Breathing: Congestion, Asthma, and

Emphysema

Constipation

Cramps

Diabetes

Diarrhea

Digestion, Assimilation, Utilization, and Elimination Issues

Emphysema

Energy Problems

Fertility Problems (Male and Female)

Gallstones

Glaucoma

High Blood Pressure

Hypoglycemia (Low Blood Sugar)

Immune Health Concerns

Impotence

Intestinal Cleansing

Kidney Cleansing

Kidney Infection and Stones

Leg Aches

Liver Concerns

Memory Problems

Menopause

Nerve and Muscle Function

Obesity
Osteoporosis
Pancreas Concerns
Parasites
Premenstrual Syndrome
Prostate Problems
Stress, Tension, and Hyperactivity
Thymus Concerns
Thyroid concerns
Ulcers
Vision Problems
Water Retention
Weight Loss

Section IV: Basic Nutrients and Their Symbologies

Biotin
Calcium
Choline
Chromium
Copper
Essential Fatty Acids
Folic Acid
Inositol
Iodine
Iron
Magnesium
Manganese
Niacin
Pantothenic Acid
Phosphorus
Potassium
Selenium
B-complex Vitamins
Vitamin B-1
Vitamin B-2
Vitamin B-6
Vitamin B-12
Vitamin A
Vitamin C
Vitamin D

Vitamin E
Vitamin K
Zinc

Section V: Tomorrow – A New Future

1. The Return to Health
2. Choices
3. Changes

Epilog

Notes

Index