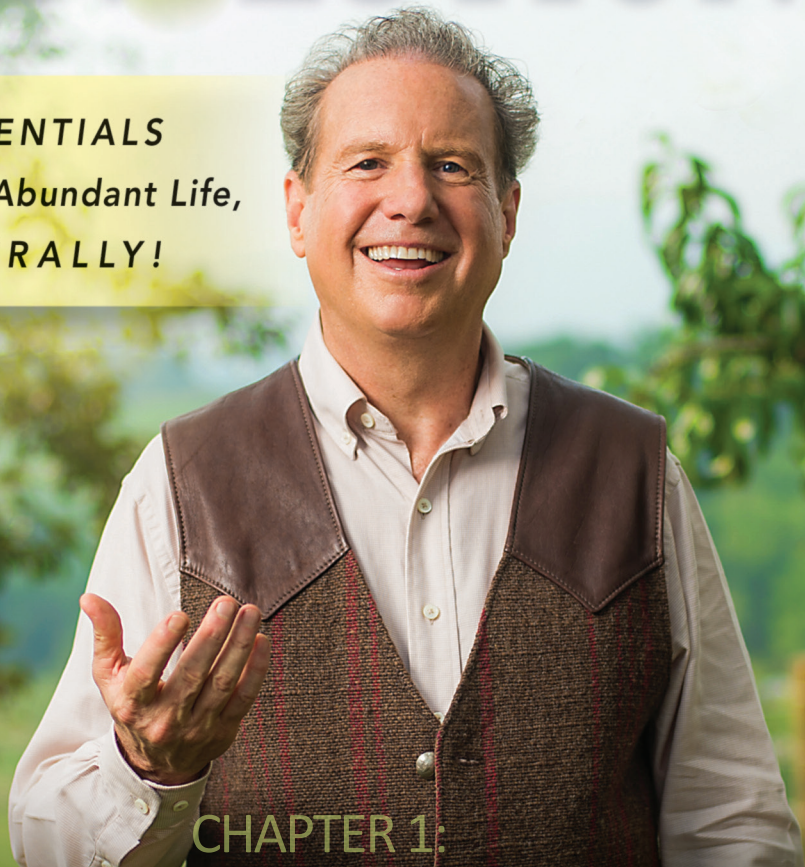


FREE
TIPS
INSIDE!

The HEALING REVOLUTION



8 ESSENTIALS
to Awaken Abundant Life,
NATURALLY!



CHAPTER 1:

EMPOWERING THE HUMAN SPIRIT

DR. FRANK KING

THE HEALING REVOLUTION

Eight Essentials to Awaken Abundant Life, Naturally

Dr. Frank King

CHAPTER ONE:

Empowering the Human Spirit

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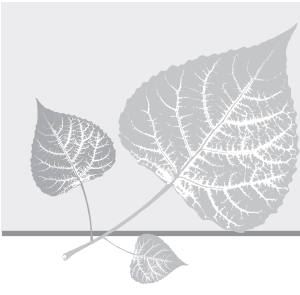
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ESSENTIAL #1: EMPOWERING THE HUMAN SPIRIT

*Whether you think you
can or you can't, you're
right. – Henry Ford*

Here's an incredible story that was reported widely in the media: Doctors told Sam Shoeman of Nashville, Tennessee, that he had just a few months to live. Medical scans showed extensive cancerous growths on his left liver lobe.

Sam Shoeman was devastated. He only wanted one thing: to survive three months until Christmas. If he could spend the holidays at home with the ones he loved, his life would be complete.

Sam Shoeman had a meaningful Christmastime with his family. Then he was readmitted to the hospital on New Year's Day. Within 24 hours, Sam Shoeman was dead.

There's nothing strange about this true story ... except that Sam Shoeman never had terminal cancer.

That's right. He had no physical reason to die.

Sam Shoeman *thought* he had terminal cancer because of his liver scan, but ... it turns out that his liver scan was botched. The autopsy revealed a tiny spot of cancerous tissue that could not have possibly killed Sam Shoeman.

So what killed Sam Shoeman?

Doctors determined that he died of psychosomatic causes. His mind told his body when he was supposed to die, and his body obeyed, right on cue.¹

Similarly, researchers have documented "voodoo deaths," such as that of a Maori tribal woman who ate a piece of fruit and an African man who ate a wild hen. Both died within 24 hours of learning that the harmless food they ate was cursed with a killing taboo.

1 Nigel Barber, *Voodoo Death I*, www.psychologytoday.com/blog/the-human-beast/201209/voodoo-death-i (January 2014).

Like Sam Shoeman, both of these people's sense of panic and helplessness was reinforced by the absolute conviction of friends and relatives that the victim was doomed and would surely die. Like Sam Shoeman, their hearts stopped beating because their expectations became a self-fulfilling prophecy.

MIND OVER MATTER

The body is bioenergetic as well as biochemical. You are more than a corpse, because a corpse is just chemicals. Medical science doesn't have the instruments and technology to comprehend the body's bioenergetic control forces – not yet – but don't let that fact close your mind to the mysteries of the mind and spirit. Only flat earth proponents reject the things they do not understand. Voodoo death and the placebo effect are just two manifestations of how this bioenergetic force interacts with the tangible health of mind, body, will and emotions.

Like yin and yang, voodoo death is the dark side of a force that can also be used for good. The placebo effect is one expression of that powerful force. Patients in double-blind trials who believed they were receiving an effective drug or surgery – but who in fact received fake treatment – actually had ulcers healed, blood pressure reduced, bronchi dilated and warts reduced. Bald men who believed they were receiving legitimate treatment – but were not – actually grew hair. ²

Similarly, a large number of patients who were told they might experience negative side effects of a drug or treatment – but who in fact received fake medication – experienced the same symptoms they were warned of, which included fatigue, vomiting, headaches, memory loss and more. Worse yet, surgery patients who were “convinced” of their impending death usually died during surgery, while patients who were merely “unusually apprehensive” about death, survived.

Science has only begun to scratch the surface of comprehension into the self-healing and self-killing power and potential of the human will. Epigenetics, as discussed in the previous chapter, is coming to understand the astonishing human ability to rise above genetic “destiny” and determine

2 Lissa Rankin, *The Nocebo Effect: How Negative Thoughts Can Harm Your Health*, www.positivelypositive.com/2013/01/23/the-nocebo-effect-how-negative-thoughts-can-harm-your-health/ (November 2014).

a new, life-giving course for the future. You literally hold the power to shape your future. The question is, what will you do with this power?

Perhaps it depends upon your self-image and how you see yourself.

VICTIM OR VICTOR?

You are the Director of your own Health Department.

You can end your own Healthcare Crisis.

You are your own Supreme Court, handing down your life or death sentence.

You are the Hero of your own epic drama.

You choose your main character – either Victim or Victor.

You are your Doctor, with chart and pen in hand, ready to write your own prescription.

Therefore, the question is ...

What do you want to be?... a Victim or a Victor?

Unfortunately, you just might be the biggest obstacle to your healing. Do not sabotage your healing. Don't be tempted to shift the blame for your health on others, when the power to heal is within you. You cannot blame your ancestors, chromosomes, social class, schooling, employment status, financial status, chronic illnesses, habits, climate, family, friends or even the bad things that have happened to you. The choice is yours.

Voices all around tempt us to believe that the pleasurable, unnatural, unhealthy choices of the modern world – which lead to chronic sickness and early death – are better than a long, healthy, happy life. Hospitals are filled with people who are sick and dying young because they said “yes” to all of the deceptive choices that the commercial world has given them. Many of these poor people will never know what killed them. But now you know better, so choose life!

Believe in your healing. Believe in who you are becoming. You and the world around you will be a better place when you are at the top of your game. I wish I could find the words to tell you how valuable you are, how

Anyone who stops learning is old, whether at twenty or eighty.

Anyone who keeps learning stays young.

The greatest thing in life is to keep your mind young.

– Henry Ford

much your life matters, how you are one-of-a-kind, and how much the world needs you to be healthy and whole, bringing your talents and joy to the people around you.

You are a beautiful, wonderfully-crafted person, a one-of-a-kind masterpiece. Don't sabotage your healing. You are receiving the knowledge and power to grasp hold of the abundant life. I can't do it for you. Your doctor can't do it for you. A social worker can't do it for you. Only you can do it for you!

Choose a long, healthy and abundant life!

EMPOWER YOURSELF

*Be sober and temperate,
and you will be healthy.*

*Be in general virtuous,
and you will be happy.*

– *Benjamin Franklin*

Country music totally transformed my life ... but only when I started listening to the songs backwards. That's when my wife came home, my pa got out of jail, the truck got fixed, the bank gave me back my farm and my lost dog got found.³

The world is full of sad, "somebody done somebody wrong songs." Tax men, bosses, advertisers, in-laws and outlaws want to "do"

your life their way, not yours. The question is, what story do you want to be written for your life? Only you can dis-empower others by cutting the strings of control they have on your life, your health, your attitudes and your emotions. Only *you* can empower yourself. You are accountable for your health and wholeness, not the tax man, not your friends, not your family, not your boss, not the government, not even your doctor.

You are in charge of your personal joy meter, and only you can turn it up or turn it down. I think of my mother who was the most cheerful old lady you'd ever meet up until the day she died, even though she had the same aches and pains as many other people her age. I remember 80-year-old Paul Bragg who amazed us young people by lecturing on his head, and yet we never heard him say one word of complaint about anything. You might know a spry old codger who fits that description. That's the kind of person you can

³ For more on the topic, see Rascal Flatt's song "Backwards" off their 2006 album "Me and My Gang."

become, despite your circumstances. You are writing your own life story. What kind of a main character do you choose to become: a victim? ... or a victor?

Bad or unpleasant things may happen to you, but those things cannot take your joy, your peace or your happiness. Only you can give those priceless gems away. Turn up the joy meter. Be a victor, not a victim. You will be healthier and more whole if you look for good even in difficult situations. You are the gardener. What creative life are you cultivating in the garden of your heart?

Let us get rid of one misconception: Doctors do not “heal.” Your body heals itself. All doctors can do is help (or hinder) that healing. In nearly four decades of practice, the best treatment I have ever given my patients is to empower them to accept that they are in charge of their own healing.

- ◆ *Only you can control your choices and your lifestyle.*
- ◆ *You are your best doctor, on call 24 hours a day, seven days a week.*
- ◆ *Ask not what your doctor can do for you, but what you can do for you.*
- ◆ *The healthcare crisis starts and ends with you (and each one of us).*
- ◆ *No disease on this planet is too strong for your healthy body to cure.*

Empower your human spirit by cutting the chains that bind you and by saying, “YES! I accept life, joy, happiness and health exceedingly, abundantly more than I have yet imagined.”

Flat earth medicine is satisfied when it eliminates symptoms. As long as the patient is still breathing, flat earth medicine has done its job. But flat earth medicine can never awaken the healing power within you.

Are you satisfied with flat earth medicine? I’m not! I’m breaking out of flat earth thinking by way of the Healing Revolution!

The amazing person you hope to become starts within you. It permeates your spirit, mind, heart, will, emotions and body. Accept the fact that your

Each morning when I open my eyes I say to myself: I, not events, have the power to make me happy or unhappy today. I can choose which it shall be. Yesterday is dead, tomorrow hasn't arrived yet. I have just one day, today, and I'm going to be happy in it.

**– Actor
Groucho Marx**

life and health can improve exceedingly, abundantly more than you have yet imagined.

Realize the truth that you are designed to be healthy. Great health, happiness and a fulfilling life are within your grasp.

KEYS TO HAPPINESS

These are some simple day-to-day habits that will help increase happiness in your life.

- ◆ *Savor everyday moments. I love tuning into the simple things that bring joy to life each day. Stop to smell the roses and find beauty in people and the amazing life all around you.*
- ◆ *Create! We, more than any other creatures on earth, are born to create. This creative energy is at the heart of the Healing Revolution. You might not be a painter or musician, but you can create something of beauty to share with others. Creating is one of your most profound keys to happiness.*
- ◆ *Avoid comparisons. Comparisons cripple your self-worth and lead you to make bad decisions.*
- ◆ *Live more simply and don't stress about money. Worry leads to depression and anxiety.*
- ◆ *Eat simple, natural foods and drink pure, natural spring water. Bad diets lead to depression.*
- ◆ *Cultivate goals and purpose. Significant dreams and aspirations lead to deeper joy and purpose.*
- ◆ *Find passion in your work. The wrong work attitude can suck the life out of you.*
- ◆ *Invest in friends and family. Develop at least a few long-lasting, caring, healthy relationships.*
- ◆ *Resolve conflict and practice forgiveness, even if you do not receive kindness in return.*
- ◆ *Smile and have a positive attitude. Even if you don't feel like it, an optimistic attitude goes a long way in lifting spirits.*
- ◆ *Exercise outdoors. Fresh air, sunshine and exercise work wonders on both the mind and body.*
- ◆ *Tune into your healthy intuitions, which will lead you to make positive, life-affirming choices in all Eight Essentials of life.*

- ◆ *Give generously. The health benefits of giving time and money are higher than quitting smoking. Your feelings about yourself improve dramatically when you help others in need.*

I remember the time I was parking my car in a public lot and – on a whim – I gave the parking attendant five extra bucks.

“That’s for the car behind me,” I said.

“Right,” said the attendant, not knowing that I didn’t have a clue who was in the car behind me.

I was walking away from my parked car when a guy came running.

“Hey!” he shouted. “Did you just pay for my parking?”

“Yeah,” I said. I watched his jaw drop in astonishment.

“Wow,” he said. “That was amazing. Thank you so much!”

You would have thought he had won the lottery by the look on his face. Of course my smile was no less radiant. That’s how one simple gesture can kick somebody’s joy level up through the goal posts.

The centenarians who live in the world’s “Blue Zones” intuitively know many of the keys to happiness. These people all have regular stress-relieving moments built into their daily routine; times when they pause to remember ancestors, pray, nap or meet with friends for wine and dance. Most of them draw a sense of purpose from faith-based communities. As a rule they live in close connection with their family and friends. They regularly exercise their minds and bodies.⁴

A survey of 14,000 men and women determined that people are happier if they:

- ◆ *Watch TV or play video games less than 30 minutes each day.*
- ◆ *Spend no more than one hour on social networks per day.*
- ◆ *Listen to more than an hour of music every day.*
- ◆ *Spend time volunteering each week.*
- ◆ *Have at least one friend of a different race or ethnicity.*
- ◆ *Get 8 to 9 hours of sleep per night.*
- ◆ *Practice relaxation techniques like yoga or meditation.*
- ◆ *Take more vacation days each year.*
- ◆ *Get more sunshine and spend time in nature every day.*
- ◆ *Read at least 6 books each year.*⁵

⁴ According to Dan Buettner (*Blue Zones*), family interaction lowers disease and mortality rates for both elderly people and the children in the home, and committing to a life partner adds up to three years of life expectancy.

⁵ Dan Buettner, *Thrive* (Washington, DC: National Geographic Society, 2011), p. 251-259.

Moreover, imagine how much happier these 14,000 people would be if their daily habits covered all Eight Essentials, including good nutrition, water and fitness. This kind of thoughtful, holistic, healthy lifestyle leads to joy that is fuller and less transient than a superficial happiness that comes and goes. What's more, people with a deep-seated, unwavering joy can expect to add an extra decade to their lives.⁶

How is your joy meter? The more joy you cultivate, the fuller your reservoir will remain. Keep your joy full by practicing the Eight Essentials on a daily basis. Keep filling your reservoir until you have an ocean of joy that is not swayed by the storms of life.

ATTITUDES AND EMOTIONS

*A cheerful heart is
good medicine. –
King Solomon*

– (**Proverbs 17:22**)

Do you lack joy or feel depressed? Fight depression by bringing joy to others. Do you feel unloved and unfriended? Your best remedy is to act in love and be a friend to others. Are you angry or anxious? Your best remedy is to generate peace. Whatever negative attitudes and emotions trouble you, seek ways to generate the opposite, healthy attitudes and emotions.

Research has shown that positive attitudes and emotions improve mental health, longevity, cardio-vascular health and recovery from surgery. People who handle stress better have lower levels of inflammation and a stronger immune system. Positive attitudes dramatically improve healing. “When a person can focus on something other than illness, it allows the body to take advantage of our own healing capacity,” says Dr. Herbert Benson of Harvard Medical School.⁷

On the other hand, people who cultivate a fear of anything from car accidents to cancer make themselves more vulnerable to the very thing they fear. A positive, confident attitude will get you and keep you out of trouble.

My experience in natural health and private practice has convinced me that every attitude and emotion has a direct impact on health, for good or for bad. I have seen how resentment and bitterness are related

6 Ibid, p. 244.

7 Sharon Jayson, *Power of a Super Attitude*, usatoday30.usatoday.com/news/health/2004-10-12-mind-body_x.htm (January 2014).

to gallbladder and liver illnesses. Fear seems to be related to kidney dysfunctions. Internalized anger and stress seem to contribute to problems of arthritis. Internalized shame, guilt, apathy, grief, anxiety, stress and hate are all like poison to the body.⁸

Thankfully you can strengthen your health by replacing negative attitudes with positive ones like acceptance, thankfulness, forgiveness, trust, optimism, willingness, understanding, love, joy, faith, peace and serenity. Find a healing buddy – a friend or family member – to help you identify negative issues that you will want to remove and replace. For difficult cases, visit a natural-focused professional. Never dwell too much on the negative. If you were in a dark, muddy pit with your hands on a rope, you may be tempted to stare at your mucky feet. Instead, salvation is found by looking up toward the light, grabbing the rope and pulling yourself up. Imagine the sunshine and breezes. Picture the new you that you want to become. Then simply rise up and *become the new you!*

Desire.

Believe.

Become.

Your attitude determines your altitude, so fly high and far. Take back the control of your attitudes and emotions.

When you are inspired by some great purpose, some extraordinary project, all your thoughts break their bonds: Your mind transcends limitations, your consciousness expands in every direction, and you find yourself in a new, great, and wonderful world. Dormant forces, faculties and talents become alive, and you discover yourself to be a greater person by far than you ever dreamed yourself to be.

– Hindu guru and yoga master Patanjali

8 Ken Cohen, *The Way of Qigong: The Art and Science of Chinese Energy Healing* (New York: Random House, 1997).

IT TAKES AN ARMY FOR A REVOLUTION

Good habits are contagious, but so are bad habits. Your community is one of the most important factors influencing the outcome of the Healing Revolution in your life.

Let's be honest: You might have the best health intentions in the world, but if the advertisers of commercialism continually bombard you with messages undermining your health, if your family members pack your kitchen shelves with junk food, and if your friends cram your mind with junk attitudes, you are fighting a steep, uphill battle.

You will want partners on this positive path to life. It's a primal, tribal part of who we are. If your tribe is swirling down into the garbage dump, you will likely be dragged down with them. But if you have a climbing partner to help belay you out of the dark pit of death, away from the zombie life forms, up onto the mountains where healing streams gurgle through flower-studded meadows, then you will succeed.

Do not underestimate the destructive power of constant, negative messages from your friends, family and the media. Personally connect with people and groups who share your yearning for abundant life.

For example, Pastor Rick Warren made a significant observation about his Saddleback Church in Southern California.

"We have a big church," he said.

And he wasn't referring to numbers. He meant body fat, a conspicuous sin of the flesh that plagued Rick Warren and his followers.

Rick Warren joined with three doctors to form a weight loss program called the Daniel Plan. Accountability to other people is a centerpiece of the Daniel Plan. In the first year, 15,000 participants collectively lost 250,000 pounds. People who participated in support groups lost twice as much weight as those who followed the program alone. Rick Warren himself lost 60 pounds.⁹

It takes an army of like-minded people to initiate a revolution.

⁹ *The Daniel Plan*, www.DanielPlan.com and Nanci Hellmich, *Pastor Rick Warren Born Again to Healthier Living*, yourlife.usatoday.com/fitness-food/diet-nutrition/story/2012-02-05/Pastor-Rick-Warren-born-again-to-healthier-living/52975790/1 (January 2014).

FAITH AND PURPOSE

Paint a picture in your mind of the YOU that you hope to become.

Imagine that ...

- ◆ *your body is healthy,*
- ◆ *your mind is happy,*
- ◆ *your smile is bright,*
- ◆ *you have a terrific attitude,*
- ◆ *you have abundant energy,*
- ◆ *you have discovered your life mission and purpose, and*
- ◆ *your joy is infectious to people around you.*

This is a picture of the new you. This image of health will lead you deeper into the Healing Revolution. Faith and persistence will help you to resist all the destructive choices. Your positive image of health will lead you on the ascending path to wholeness.

Many people look to a “higher power” to succeed. The Alcoholics Anonymous support group, for example, profess, “[We] believe that a Power greater than ourselves could restore us to sanity.”¹⁰ Faith in a higher power gives people strength and a sense of purpose amid popular messages that undermine self-worth. Research shows that faith contributes to longevity, and that attending faith-based services four times per month add four to 14 years of life expectancy.¹¹

I attribute healing energy to a Higher Power. I have seen this power confirmed through miraculous events in my life and in my patient’s lives for nearly 40 years. In simplest terms, this is what I call “God.” Taoists point to a power called chi. Homeopathy’s founder Samuel Hahnemann attributed healing to what he called the “life force.” You may use whatever words suit you best, or use no words at all.

Ask for help – I do that every day. I could not have received such abundant blessings for myself and my patients if I had not asked for help, answers, insights and solutions. Faith and a sense of purpose help us reap the benefits of greater health and happiness. You, too, can benefit from an

¹⁰ Alcoholics Anonymous, *Twelve Steps and Twelve Traditions* (New York: Alcoholics Anonymous World Services, Inc., 2004).

¹¹ Donna Fuscaldo, *How to Live to 100...and Beyond*, www.foxbusiness.com/personal-finance/2012/07/31/how-to-live-to-100and-beyond/ (January 2014).

attitude of faith and expectation. Ask for help in every aspect of your life. Seek revelation for your life purposes.

If you want to grow into something better, paint a clear picture of the person that you hope to become. Hold that vision of health and happiness close to your heart. You are created for wholeness and don't let anybody tell you otherwise. You are a unique and important asset to the human community. Without your creative strength and beauty, the world would be a poorer place.

Continually paint that picture of a strong, handsome, witty and creative *you* in your mind. Keep that picture always before you. Make that picture an attitude that sustains you in the Healing Revolution. Continue to refine your vision. Ask your Higher Power for help in refining you and taking you beyond your own abilities.

Never forget who you are becoming.

HUMAN DOINGS

Often the human response to a message like this is a feeling of exhaustion and defeat at the overwhelming list of personal improvements to be made. You might be tempted to work really, really hard to “fix all the screwed up things in your life.” Or more likely, you will get depressed and give up.

Here is the key: Know that you are not a “human doing” but a “human being.” Empowering the human spirit does not mean *doing* more but rather *being* more. It means securing that healthy, complete picture of yourself as an awesome human being, regardless of circumstances, regardless of other people's expectations.

This is your destiny. This is your genetic potential. This is your joy, to become a whole human BE-ing.

Think of the underdog athlete who surprises everybody by coming from behind, or the sickly child who survives and grows to astound the world with innovative contributions for humanity. Think of the poor “nobody” who rises from the ashes to revolutionize history. These people are simply being who they were born to be. They saw the picture of their potential. Then they lived the picture.

Live your picture. Become a whole human “BE-ing.”

DESIRE, BELIEVE, BECOME

You have painted a picture of the *you* that you want to become. Or maybe you have simply painted a picture of one small part of the new you.

With that picture in your mind, these are the three magic words of the Healing Revolution. You have already seen them in the previous pages, and you will see them again:

Desire.

Believe.

Become.

Say what you **desire**: “I want to be healthy.” Desire is the will to be well. It is the catalyst for change. It is the first step as you drill down toward your center.

Say what you **believe**: “I believe I can be healthy.” Your belief takes you closer to your core, closer to authenticity. You are halfway along the journey from human doing to human being.

Say what you are **becoming**: “I am healthy.” Now you reach the bedrock, the core of your being. Your picture is real. Your mind, body, attitudes and emotions are freed to truly be the human you were meant to be. Negative circumstances cannot touch your emotions and attitudes anymore.

You might say, “I **desire** to break free from [fill in the blank] that imprisons me.”

Then start living as if you are free.

“I **believe** I can break these chains,” you say.

Man often becomes what he believes himself to be. If I keep on saying to myself that I cannot do a certain thing, it is possible that I may end by really becoming incapable of doing it. On the contrary, if I have the belief that I can do it, I shall surely acquire the capacity to do it even if I may not have it at the beginning.

– Mahatma Gandhi

Then paint a picture of the new, liberated you, using TIP to empower you.

“I am a victor,” you say, “not a victim.” Grasp hold of that new vision and become it. Without vision, the people perish.

Whatever your need is, fill it on the inside and you will become it on the outside.

Don't think problems. Think solutions. Think wholeness.

Receive a new, victorious image of who you are becoming.

Empower your human spirit with this image of wholeness.

Awaken the new, victorious life and healing power within you.

Embrace wholeness throughout your entire mind, will, emotions, choices, beliefs and self-image.

Believe until you become.

This is the creative power of the human spirit in action.



SELF-EVALUATION

EMPOWERING the HUMAN SPIRIT

My Life-Destroying Choices

(e.g.: low self-image, negative attitudes, isolation, feeling like a victim)

My Life-Affirming Choices

(e.g.: believe in myself, accept challenges and victories, know I am beautiful, value life and health)

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Dr. Frank King is a naturopath, chiropractor and founder of King Bio in Asheville, North Carolina, which produces safe and effective natural medicines for people and pets. Since his first multi-disciplinary, integrative practice in 1979, Dr. King has helped people overcome chronic, recurring and so-called “incurable” ailments by following the simple principles of the Healing Revolution. He’s also a fourth-generation American farmer, raising wild plants, herbs and animals to help people live healthier lives. Dr. King, his wife Suzie and their children enjoy living a natural lifestyle on their farm.

[Click here](#) to learn more about *The Healing Revolution*, by Dr. Frank King,
—and to order the book.