

Notes taken from one of Manfred's Wellness Seminars:

## "A Common-Sense Approach to Optimum WellBEing"

Manfred understands that we are beings of nature, created from the elements of the earth and that, ultimately, our systems cannot be "fooled" into self-repair with synthetic medicines/supplements, but rather need to be fed correctly, in the way that Nature intended.

He is giving us an overview of what Wellness means to him, while sharing his over 30 year experience of being on

### "The Journey Towards Optimum WellBEing" ®

Manfred:

Wellness to me is all about BALANCE – physically, emotionally, mentally, spiritually, financially and socially – a constant effort to strive for balance in all areas of daily life...

The journey is just like climbing a mountain. Starting from the plains you look at the mountain in the distance and it seems to be a straight uphill walk, however, as you get closer you will discover the foothills and that there is a lot of smaller "mountains" to climb up and down etc. On our journey these are the periods of detox and 'healing-crisis' and expressions of **physical, mental, emotional and spiritual changes**. There is really no end to this journey. There is always another mountain... you will discover this, when you get to the top of one and beyond that in the distance you see another... Mountains and plateaus... and the "Optimum WellBEing" just like a carrot on a stick, will always be in front of you, as the journey with no end just gets better and better...

The journey starts with a conscious choice of taking full responsibility for one's life. Choosing to be well and striving to be as well as possible. Learning – changing – learning – changing..., knowing that there is no "graduation day".

Most of us hope that someone else will take care of us if/when we 'lose it'. IT being our physical, mental, emotional and spiritual wellbeing.

Therefore we created the world around us as it is, with all its "back- up" systems. So we have a "Health-Care-System", which really only cares for us when we are sick (Ambulance at the bottom of the cliff!).

We have a "Health Insurance" which is only of value to us when we are sick... and so on.

## **Who cares when we are healthy?**

The current concept of health is to be merely “fit for work”. Most often when people are asked: "How are you?", the answer is "Not too bad...". If you are not well, and just “want it fixed” then the health/sickness industry is for you. Someone else will get rid of the symptom for you, without you having to be aware or responsible... The “quick fix” approach led to the biggest investment business ever on this planet – the pharmaceutical industry – an investment with dis-ease...

"A Common-Sense Approach to Optimum WellBEing" is a reminder that we do have a '**sense of wellbeing**'. This sense, which we all have in common, comes from the very depth of us, from the bottom of the 'Well of BEing', deep within.

The first sense to develop and the last sense to leave...

## **We have become so focused on DO-ing that we forget who we are BE-ing while we are so busy doing all these things...**

Manfred is simply reminding us of what our body already knows, so that we may 'sense' when something is right or true or good for our bodies, rather than needing 'scientific proof' and/or specialist advice. Scientific proof at best leads us to belief, while our own senses lead to knowing, deep inside, from our own experience.

He asks us to listen with this sense as much as possible, rather than the mind, whose knowledge is so limited. Science has been overloading us with detail and has made our very own health far too complicated for us to understand, which lead us to become dependent on specialists...

A great example of where science is at today is the attempt to make 'man-made' seawater. As all life originates from the sea, seawater is the most nutrient rich environment on this planet. With all the most modern gadgets scientists can measure what exactly is contained in seawater and then take some totally purified water (H<sub>2</sub>O) and add all manmade (synthetic) nutrients to it until it looks identical to the real seawater. According to scientific proof the real and the man made seawater are absolutely identical.

However, when they put a fish into the man made solution, it dies within a short period... Therefore: when you depend on scientific knowledge for your wellness, you may be in the same position as the fish...

For some decades many of us have been force-feeding our body with isolated, man-made medicines or supplements, which our cells do not recognise as food and therefore, thanks to our body's intelligence, most of it flushes down the toilet.

When you have the desire to do any health improvement quickly in order to create results, it's like trying to change infertile soil into fertile soil fast... it will backfire...**there are no shortcuts!**

## **Beware of any extreme quick fixes!**

The 'Wellness Journey' we talk about here is all about re-establishing BALANCE. Creating an environment for change, with support towards creating predictable and sustainable results.

As part of this Wellness Journey, we are helping people connect back to their sense of wellbeing. The journey towards wellbeing starts with taking responsibility for one's actions as well as non-actions on a daily basis.

Only you know what is good for you. Take responsibility for knowing what is good/not good for you. Are you willing to make changes, by doing more of what is good and less of what is not good for you? Undoing bad habits, which are basically self-destructive behavior, is a very important step on this journey!

Not everyone wants to be well. For many, it's too much 'hard work'. They don't have, nor want to have a concept of wellness. Is the best you have ever felt the best you could ever feel? Well, this is the only measurement you have, the journey therefore is into the 'unknown'...

When you decide to make your **wellness choices**, the benefits will be yours to enjoy.

The first step on that journey is **education**. Look for accurate information that makes sense to you.

Sadly, with our education being so focused on our intellect, the sense of wellbeing does not really get developed, in fact it mostly gets suppressed.

## **What do we really need to look for on**

### **“The Journey towards Optimum Well-BE-ing” ® ?**

**LOVE** - the most important need of all humans to be truly well. Of course you can only love and be loved as much as you can love yourself! We got conned into “Love your neighbor as you love yourself” but we are not taught how to “love yourself” (were you?) So we grow up with this confusion and hoping for love to show up in our life from the 'outside'... It's time to look 'INSIDE'

**Nutrition** - Oxygen - Water – Food ... in this order of importance.

**Exercise** - without exercise even the best food becomes toxic...

**Rest** - enough deep, dreamless sleep...

**Meditation/Prayer** - looking inwards, communicating with the source

**Meaningful Work** - leading to financial freedom – ‘own your life’

**Recreation** - friends, fun, music, dance, creative hobbies etc.

**TRUTH** - being able to live your Truth... know & BE who you truly are...

**GRATITUDE** - being grateful for life as it is right NOW! Gratitude is the key to the state of Optimum Wellbeing ... it is instantly and freely available to all of us, anytime. Every moment you are truly grateful you are optimally well...

### **Signs to watch out for in your daily routine:**

Waking in the morning: Coming out of deep sleep - naturally 'coming to your senses' – how do you feel before you start thinking? (do you feel gratitude & joy of living, or do you feel 'oh no.....') Next, is what you do first thing in the morning going to optimally set you up for a good day? Do you have a good bowel movement?(regular, 2 – 3 x per day) What do you crave for when you need energy? Do you choose real energy, or a stimulant to make your glands produce apparent energy, which you pay for later (borrowing from your own future!)...or are you giving your cells proper food? How is life after dinner? Do you have any creative energy left at the end of your working day? How do you fall asleep? Is it easy or hard? How do you feel? Do you go to bed relaxed, in peace, joy & gratitude?

Can you see that if you made even slight improvements on all or even some of the above, how your life would change and what a big difference this would make in the long term?!

The more efficient your immune system is, the quicker it will 'throw things out' & recover. Any "imbalance" you may experience, the recovery will be quick, as the body will be more efficient with letting go of toxins or fighting "bugs" etc., as the immune system gets well. (Remember the journey up the mountain has ups and downs!)

**Oxygen:** We have the choice here in NZ to breathe deep, with lots of open spaces and relatively clean air.

We also have the choice to learn to breathe more effectively, to bring more oxygen into the blood, cells & brain. (Manfred, as a flautist playing Mozart etc., really got an appreciation of this!). Most people do not have the true experience of abundant oxygen in their bodies & their life, yet it is freely available!

If you were aware that oxygen is the most important thing for your body, wouldn't you want to breathe as effective as possible? It would seem logical, but most of us simply do not breathe effectively at all.

**Water:** The body is about 2/3rds mineral water, closest to seawater. It is one of the most important fuels for our body - we literally evaporate water while we work and even while we sleep... Most of us are severely cellularly depleted & dehydrated.

And if you say you drink lots of tea or coffee, sorry, but with boiled water, the cellular structure of water is destroyed and the oxygen driven out... we need about 2 liters of living water every day! We start to look like the quality of

water we choose to drink! Water also very powerfully responds to loving thoughts and gratitude! (Research available)

Dehydration is also the start of degenerative disease. Not many people are properly cellularly hydrated - this is an easy way to make yourself look younger!! Drink 2-4 glasses of warm water (with lemon optional, or vinegar) first thing in the morning to flush through toxins that built up over night. To create proper cellular hydration, sip water constantly through the day. Drinking a huge amount at one time just does not work for the body. The body cannot absorb it properly, it doesn't get into the cells. Many people choose to smoke or drink hot drinks often; create this habit with water instead & reap the benefits! Carry a water bottle at all times; let some sunlight shine on it & shake it up to help energise it. Nothing worse than stagnant water; fresh water from a waterfall is the best - negative ions, life-force is generated. Most people live & work in a 'positive ion' environment that severely dehydrates your body of water & depletes you of minerals. A simple exercise you can do anywhere, anytime: Rub your hands vigorously together to create negative ions...clapping does this as well. Then rub your hands over your face and head to 'wash' with the negative ions for refreshing.

**Modern Food:** It's all about looks & shelf-life. Plants in the supermarket lack the nutrients that are in the same plant when it is grown in your own garden (organically/bio-dynamically). Commercialisation of food has destroyed the **soil life** (with the use of heavy machinery, synthetic fertilisers, pesticides & herbicides etc.), which is so necessary for the nutrients (elemental form of the minerals in the soil) to be made available to the plants (in colloidal form, broken down by soil-bacteria etc. into water soluble particles). Therefore the only nutrients these plants get are the synthetic chemicals that the farmers/gardeners apply to the soil...

Before the 2nd World War, food was food. Every war creates a lot of waste. There was a huge amount of waste after WW2, so synthetics were invented to use up the oil-based waste: plastics, synthetic materials, agrochemicals, pharmaceutical drugs, cosmetics & other oil-based products and food additives. This is where our nutrient deficiencies really started. Anyone before WW2 grew up on real food in relatively good soils. There are only a couple of companies in the world that manufacture and market most of the synthetic vitamins to other manufacturers.

What these synthetics then do in the body is not what the body was designed to absorb and utilize. That is why you only get 10-20% absorption of these vitamins & minerals into the body, the rest is extra pressure on your immune system, liver & kidneys, as the body does not recognise the synthetic vitamins as food and has to eliminate it. Just some examples of the many side-effects of eating synthetic 'food' (i.e. coloring, flavoring, vitamins & other 'nutrients'...)

.....when the artificial color yellow was introduced into the foodstream, it didn't

take too long for some scientists to discover that it stops the absorption of vit B6 in the body... one symptom related to this is carpal tunnel syndrome, which became apparent in the 70's; the time that colors were added to food (in the country of the research). .....synthetic vitamin E interferes with an enzyme in the body that is responsible for the breaking down of calcium and so on.

We then address the symptoms with more chemicals... a slow spiral downhill – away from optimal wellbeing.

More and more pharmacists & doctors are realising this, as they see the results in a large number of people...

WHY are the soils so deficient?

The most valuable resource the earth produces is not oil, gold or other precious metals... it is **fertile topsoil!** As we have lost contact with the earth (of which our body is made), we have lost the gratitude and appreciation for fertile soil (most people just call it 'dirt'...)

It takes thousands, even millions of years for the earth to produce fertile topsoil. No scientist can 'create' fertility or fertile soil! When wind and rain gets access to uncovered (not covered with original native vegetation) soil, it washes the top soil downhill and through the waterways into the oceans (erosion)...

NZ has not really been ready to support humans & agriculture at all, it was just ready for forest & birds...most of NZ has not much topsoil.

Throughout history, as we migrated, we settled in fertile places, where it was easy to grow good food... (through our natural instinct, when it was still fully functional, we were looking for fertility first and foremost!) We built walls around our settlements to protect us from dangers like wild animals and other humans... The food was grown in the fertile riverflats, then brought into the 'cities' and ALL the waste was put back out onto the fields. The two main devastating effects of our modern society, in my opinion, are that we have now totally concreted the most fertile places as they grew into modern cities (i.e. The most fertile soil in the whole of Europe is in Frankfurt; right under Frankfurt Airport!) and we flush all our waste into the oceans... Just imagine for a moment that you were looking down from the sky onto a large city and you'd see all the trucks, trains and shiploads full of food coming into the city... NOTHING gets put back to the soil where this food was grown!

The so called fertility is 'created' by scientists who decide what synthetic chemicals the plants need to look good and grow fast... there is NO focus on the nutrient content of these plants! At the same time the synthetic chemicals kill the soil-life (worms and other animals, fungi and bacteria etc.) which are needed to brake down the elemental nutrients into small enough particles to become colloidal (suspended in water), so that the plants can drink them and convert them into ionic phytonutrients... In this natural process, us humans

are designed to get our nutrients from these healthy and phytonutrient rich (Nutrient Dense) plants or from the meat of animals that have eaten these plants...

This natural process has been interfered with for the first time in history when we started using synthetic chemicals (fertilizers, pesticides, fungicides...) after World War II.

### What does that mean to us?

I invite you to look around you and see if we are really healthier and if our quality of life has really improved as much as science is telling us? How do YOU feel when you wake up in the morning....? Who do you know who grew up after 1945 and is now really well? Who do you know who is over 60 and doesn't need any medication? How many children do you know who are not really well?

So, are we really more well these days, or do we just live longer, according to statistics presented to us by the media?

### Become aware of & improve your food-source:

**Commercially grown food:** Presently, you may be finding it most convenient & economical to buy commercially-grown food. Does this really serve you for the kind of lifestyle & vitality and quality of life that you want to experience, considering these foods are grown in an artificial, chemically controlled environment, the scientific way?

**Organically certified food:** Due to more and more public demand, it is more readily available these days, in organic food shops, market stalls and even in most supermarkets. This choice supports the growers who are not using synthetic chemicals.

### Bio-dynamically (Demeter Certified) grown food:

This method makes an effort to heal the environment & really support the soils actively (using homeopathically potentised remedies, energizing the land & the food and restoring balance), therefore this, in my opinion, is the most nutrient – rich food one can buy.

Whatever you can do, your body will get great benefit from changing to organic, then sourcing & changing to bio-dynamically grown foods wherever possible. The price moves up with the quality, therefore I would like you to consider this: The most important investment you can make is the investment in your wellbeing. One of the main factors is your nutrition. Therefore, once you have made the choice to go for optimum wellbeing, there is no end to improvements that you can make in your life...

Nutrition (all the above) is a good place to start changing your life for the better...

## Suggestions for CHANGE:

What does it mean for you to join the person who invited you to take a look at this information and let them be your 'wellness coach'?

You get access to accurate information about wellness & nutrition. (NOT medical advice, as we do not diagnose or treat disease!) Also the chance to interact with others on the same journey, who have made the choice of taking responsibility for their wellbeing. We are helping people create vitality & wellness in their lives with the help of phytonutrients that are so missing in our food.

You are then able to eat more freely, knowing your body can handle what it gets given ('best of the choice'), when it has the proper, mineral-balanced phytonutrient base of support.

Science has only discovered and named (at the time of writing this and to my awareness) just over 30 phytonutrients and the suggestions are that there are thousands of them yet to be discovered... Whatever science will find and name over the next decades to come will then be discovered in our plant derived minerals (as they are in the whole food state and not a scientifically designed formula/product!)

The best you have ever felt may not be the best you can feel! On this journey, it just gets better & better, with little detoxes (cellular regeneration) in the process. Find your own balance again. The only place on the earth where the minerals & trace elements are in balance is in the sea and ancient seabed deposits. Our bodies need these plant derived minerals, in minute amounts, on a daily basis. While the minerals are the foundation, we also need vitamins, amino acids and fatty acids (omegas) ...

### **Our body really needs 90 essential nutrients every day to keep well!**

I always point out that degeneration is free but regeneration takes an effort!

When it comes to eating seafood, it helps to be aware of the cycle of fish eating shellfish, who are like filters which have accumulated toxins (heavy metals) then bigger fish eat lots of small fish and so on...therefore we are further down that food-chain, absorbing the accumulated heavy metals. When consuming fishoils it pays to buy the best (tested FOS) quality, from small fish to avoid the toxins the bigger fish have accumulated!

Even if you are eating 'very good food', it still lacks the trace elements & rare earth minerals that just are not in our soils (as my wife and I found out after being dedicated bio-dynamic gardeners for 15+ years).

The further 'down the road' (out of balance) you are, the more/longer your body will need to recreate balance. Most diseases start with a mineral deficiency . Dis-ease happens when you are 'out of balance'. The body is able to cope for a long time, before we even notice anything. We used to think: "we are what we eat". Then we realized that "we are what we absorb",



as not everything we eat gets absorbed. However, the latest findings in nutritional science suggest that what makes it into the blood stream still doesn't necessarily get into our cells... for that to happen, the nutrients have to be activated... That means the cells have to be triggered open to receive the nutrient molecules...(simply put). All this happens without us needing to be aware of it... it just happens! However, these days we put food into our bodies that has no or very little nutritional value, it only 'fills us up' but does not nourish us. We have invented a way of '**starving while overeating**', hence the huge rise in the numbers of overweight and obese people, even children.... and of course all the related diseases!

Scientific studies show that 50 years ago the nutritional value of our food was a lot higher. Food value has gone down, while daily stress levels have gone up. Therefore we need to support ourselves with more 'super-foods' such as the products I endorse on this site. This is the best way to give the body the high energy nutrients it needs, to create the high output that we all expect day after day....

I invite you to 'test-drive' these products, as the only laboratory test that really counts is in YOUR body... see for yourself how it feels to give your body what it really needs and watch the results. Measure yourself carefully (using the above suggestions of 'signs to watch out for in your daily routine') and involve your new 'wellness coach' in this process...

Realistically you should give it at least 6 month before judging your results, however, you have a risk free 100% Money Back Guarantee with both companies I endorse, so if within this time, for whatever reason, you decide that this is not for you, you will get all your money back (less shipping).

This could be one of the most important decisions of your life... Let your **Sense of Wellbeing** guide you on your journey... and remember:

You can't outsupplement a bad diet or stress, so you really need to apply the principals that I pointed out in this talk about LOVE, Nutrition, Exercise, Rest Meaningful Work, Meditation, Recreation, TRUTH and GRATITUDE...

You can order my favorite products wholesale direct through my referral links below, with a **No Risk** Money Back Guarantee... I'm here to support you!

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