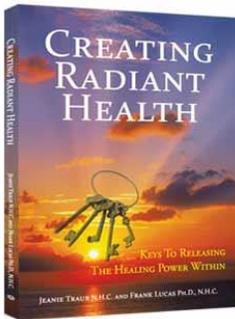


Creating Radiant Health

keys to releasing the healing power within

A Holistic Health Manual Written by Jeanie Traub, NHC and Frank Lucas PhD, NHC



“ This book gives you hope that you can change your state of health, the guidance and the courage to help make it happen. ”

“ 140 pages of pure gold for anyone interested in staying or getting healthy - naturally! ”

“ Creating Radiant Health is a must-have-book for anyone interested in protecting or restoring their health. ”

“ Creating Radiant Health is the owner's manual you should have received the day you were born. ”

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KEYS TO RELEASING THE HEALING POWER WITHIN

Jeanie Traub N.H.C. and Frank Lucas N.H.C.

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This book is dedicated to my Lord and Savior Jesus Christ who died on the cross and took all of our sicknesses and diseases upon himself so we could live life in abundant health . . . and by His stripes we are healed. (Isaiah 53:5)

Starting at age twenty-nine, my health began to fail. These are some of the life altering health challenges I was treated for and the treatment method used, where applicable:

- Mitral valve prolapse dysautonomia/medication
- Arrhythmia/medication
- Chronic fatigue/medication
- Transient ischemic attacks (TIAs)
- Migraine variants/medication
- Neurological disorder/medication
- Chronic iron deficiency anemia/transfusions
- Hypoglycemia
- Ovarian cysts
- Cerebral vascular spasms/medication
- Epilepsy/medication
- Encephalopathy (left side sensory deficit)
- Cognitive disorder
- Memory loss
- **Terminal Cancer**—High-grade leiomyosarcoma/no treatment/
prayer and nutrition = total healing of all health challenges

The truth was, I was severely dehydrated; mineral deficient; poisoned by the chemicals in the packaged, preserved, and processed foods I was choosing; had digestive problems and parasites; and my body was terribly out of balance.

The truths and lessons contained in this book are what I learned to create radiant health. Thank you for learning how you can achieve the best for your health. I hope each and every one of you will be spared from the consequences of sickness, disease, and cancer. I care about you!

Love and blessings!

Jeanie

***“I will praise You, for I am fearfully and wonderfully made;
Marvelous are Your works, and that my soul knows very well.”***

(Psalm 139:14)

“When people truly understand how wonderfully God has created their Body, and how sacred they are, they will begin to walk in the true health He has for us.”

Jeanie Traub

Introduction

Health and Healing

In our society today, we seem to be searching for the “magic” cure for our ailments, sickness, and disease. Many are sold on the idea there is a secret to healing our bodies out there, just waiting to be discovered.

Nothing could be further from the truth.

For many years, I suffered with many diseases, took prescription medications, and hoped one day I would be healthy. I, like many others, was interested in health but did not know how to achieve it. My lack of knowledge almost killed me when, in May of 2000, I was diagnosed with terminal cancer and given a few months to live. My story can be read in *The Healing Gift—Defeating Cancer by Jeanie Traub*.

If we as a society want to stop the escalating health crisis, we will need to take personal responsibility. Paradigm shifts will have to be made, and we will have to do things differently. This generation of children is being greatly affected by the way we allow them to eat, and it is the first generation with a shorter expected lifespan than that of their parents. I am on a mission to help stop this epidemic and the number of premature deaths due to our declining health.

I am thankful that I am healthy and able to enjoy life, living life as it is intended to be. I hope you will take the challenge of learning how to live in God’s best for your health. Remember to share this with others, and together we will make a difference!

The following information is provided by Frank Lucas N.H.C., president of NUPRO Nutraceutical Products Company. I fully endorse all the lessons and products, which I used to regain my health. Recipes are from the kitchen of Taunya Wills!

Introduction

There is so much information about health that it is easy to be overwhelmed. Books, infomercials, television, and radio feature experts dissecting real and imaginary health concerns that “every American should know about.”

Media advertisers bombard you with sound bites or glossy pages for prescriptive medicine and natural advances, and with smiling faces that extol near-miraculous additions to everyday food.

Is it any wonder that this torrent of minutiae has you confused?

Your challenge is to remove yourself from this quagmire of irrelevance and to come face-to-face with a warning similar to a sign you often see in antique stores: “You break it, you bought it.” Your motto should be, *“It is easier to stay healthy than to become healthy.”*

Certainly, you need to consider the possibility of the bad luck of an unforeseen accident or a particularly virulent infective agent, but if you manage the factors that you can control, it is more likely you will enjoy the benefits of being healthy.

Personally, I filter my choices through a question I ask myself before I choose to do something: will my body thank me for this later? When the answer is yes, more often than not, I know I am contributing to my wellbeing. And, I use supplements to fill the gap left by my choice to go ahead when the answer is no. Declining health is not inevitable, but it is predictable.

The predictors are:

You are what you eat.

Joel Wallach, DVM, ND, a noted author, sought-out speaker, and producer of the controversial tape *Dead Doctors Don't Lie*, frequently points out, “If a visit to the super market results in bags of cans, boxes, and bags of food, you should throw away the contents and eat the packaging.” The message is that processing, preserving, and enhancing the appearance and taste of these products significantly diminishes their nutritional value. Whole food, fresh, ripe, and properly prepared, is the superior choice.

Jeanie Traub N.H.C. and Frank Lucas N.H.C.

Keep your body clean.

In 2006, the American Holistic Medical Association's *Guide to Holistic Health* reported: "There are an estimated 80,000 chemicals regularly in use today, with an additional 1,000 to 2,000 chemicals added to this list each year. Only 3 percent of them have been tested to determine whether they are toxic or carcinogenic.

In 1998, the United States released approximately 500 billion tons of toxic chemicals into the environment."

People shower or bathe every day to keep the outside of their bodies clean. It is the healthy thing to do. What about the inside? The "stuff" in the air we breathe, the water we drink, and the food we eat build up over time. Keeping the inside of your body as clean as the outside pays dividends.

Take responsibility.

You have the most to lose if your health is compromised. Stop expecting that someone or some magic machine, thing, or plant will fix what you have broken. It is your body that maintains your health, using the nutrients derived from the things you put in your mouth. Ask the question: will my body thank me for this later?

Do the best you can.

Stress, fast food, skipping meals, and inactivity is one set of predictors; rest, a healthy diet, and moderate exercise is another. Make changes where you can and then use supplements to fill the gap.

Just remember: "You break it, you bought it."

Health is a journey that features you,
the person with the most to gain—or lose when you choose a path.

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Healthy People Don't Get Sick Sick Care Versus Health Care

Background

Today, the science of senescence, the study of how the human body ages, repeatedly shows that the human body can live well beyond today's average life span of approximately seventy-eight years. And, that the body is fully capable of achieving and maintaining the preferred state—healthy, active, and vital—during the totality of life.

As early as 1965, pioneers of senescence, like Dr. Leonard Hayflick, observed the phenomenon of programmed replacement of cells in the human body. They found that while some cells are replaced more quickly, every cell—all tissue, every organ, system, and structure in the human body—is replaced every seven years. Each cell is reproduced exactly as it was the first time using a recipe programmed at conception, called DNA.

Estimates are that the body replaces up to 300 billion cells every day to maintain the viability of 750 trillion cells that make up the human body. This mind-challenging task is accomplished by combining the nutritional components derived entirely from the diet.

The increasing costs for insurance and medical treatment, the expense and safety of prescriptive medicine, trips to the doctor's office, and diminished quality of life makes being unhealthy very expensive. The saying, "It is easier to stay healthy than recover what has been lost," is exactly right.

Analysis

Healthy is the normal state for the human body. Sick and diseased are not!

There are four situations that affect wellness in the United States.

1. Bad luck at birth: if you were ever healthy, it is unlikely that genetics has anything to do with your state of health.
2. Infection and/or infestation: viruses, bacteria, fungi, or parasites.
3. Injury or accident.
4. Degenerative disease: the gradual decline of your overall feeling of well-being.

The allopathic medical community, for the most part, addresses the first three situations of the well-being conundrum. The fourth, degenerative disease, continues to be an issue.

People should be concerned when their health begins to decline.

Many people do nothing. Whether they choose to ignore the signs of degenerative disease for financial reasons, personal beliefs, or ignorance, they accept the ravages of declining health as part of aging and elect to suffer in silence, needlessly.

Other people expect someone else to be responsible.

- Experience the elation when their medical doctor gives them a little piece of paper with the prescription for something to fix their complaint.
- Accept the bothersome and sometimes dangerous side effects.
- Make a lifelong commitment to the prescription and the side effects.
- Experience the disappointment when nothing changes or something equally or more troublesome pops up.
- Repeat the cycle over, over, and over until all of the little pieces of paper take control of their lives.
- Accept the hopelessness of more little pieces of paper and declining health.

Some people are learning that they have an alternative.

- Accept the responsibility for their own well-being.
- Recognize it is easier to invest in health than to pay for illness.
- Accept that to change the way things are, they need to change some of the things they do.
- Become confident that given the proper nutrients, care, and enough time, the body can and will repair itself.
- Make reasonable choices that help them experience the joy of health.

Jeanie Traub N.H.C. and Frank Lucas N.H.C.

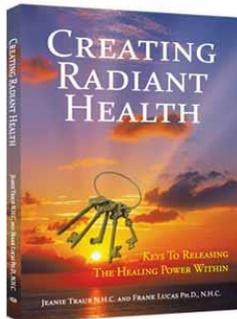
Three Approaches to Managing Your Health

The first approach is to *do nothing*.

This approach accepts the decline in well-being as inevitable, condemning the sufferers for the remainder of their life. Frankly, not a very appealing prospect.

Sorry, there's a lot more, but ...

To own your copy of the life-changing book, *Creating Radiant Health*, keys to releasing the healing powers within in either, soft cover or Kindle format (e-book), all you need to do is click the button.



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