

Notes From Dr. Mick Hall

1. **Disease is a natural result of our self-destructive lifestyle habits.**
2. The human body is like a mass of modeling clay, being formed by our thoughts, feelings, and environmental influences.
3. **The primary cause of all disease is self-destructive lifestyle habits** inspired by the traumatic memories we carry in our brain and the DNA of every cell: this is true genetic predisposition.
4. **The fundamental physical cause for disease is** a pivoted cranium and the associated muscle spasms that distort our structure.
5. The nine strongest influences that destroy the health of the body are: poor selection and preparation of food, poor digestion, poor elimination, dehydration, nerve flow restriction, exposure to toxic substances, inactive lifestyle, accidents, and surgery.
6. **The first principle of disease is:** every health disorder begins in a weakened area of the body. The weakness can be caused by direct damage, nutritional deficiencies, stagnated toxic waste, or gradual nerve flow restriction: which is caused by a pivoted cranium.
7. **The second principle of disease is:** The eight ingredients that make up disease accumulate and stagnate in the weakened area of the body. From this foundation, every disease develops.
8. **The eight ingredients that make up all disease:** toxic metals, chemicals, dead tissue cells, unusable food residue, mucus, acid waste, oxidized arterial plaque, and radiation.
9. **There really aren't any mysteries** regarding our health and disease; mysteries in this field are created to generate greater income.
10. **No Doctor or therapist can heal a human body.** The very best we can do is to provide the innate wisdom of the body with the proper support for self-healing.
11. **In an enlightened future** degenerative diseases will be quite rare: as a proper educational system will provide the information that is presently being suppressed.
12. **It is impossible to poison the body into a higher quality of health.** Destroyed health must be rebuilt and restored.
13. **The true starting point** for all healing is when a person discontinues the destruction they want to heal.
14. Every one of us has a lifetime accumulation of toxic waste that must be removed from the body and a lifetime accumulation

- of body damage that must be healed in order to restore our health.
15. **With enough energy, the body can heal itself of almost anything**, but with a dead battery, it can't heal much at all.
 16. **There are three categories of work that every person must do** to restore the health to their body: provide the proper fuel for their specific body, clear the filters and pathways of elimination, and clear the emotional baggage recorded in the brain and every cell of the body.
 17. The following methods that we have been following aren't working, and they never will: Treating the conditions we are afraid we may develop, and thereby hoping to prevent their development. Sporadic supplementation for the temporary elimination of symptoms. Treating the symptoms, while leaving all levels of cause intact.
 18. **There is only one solution for all health and disease:** Stop insulting the innate wisdom of the body with treatment. Honor this wisdom, and support it properly so that it is finally free to self-heal.
 19. **The Body Chemistry Support System** is the simplest, most effective, and least expensive way to support the innate wisdom of your body for self-healing.
 20. **The intestinal tract is the core of the entire body.** The content of the intestinal tract determines the content and quality of your blood. The quality of your blood determines your health. Therefore, your highest priority for health should be to properly support your intestinal tract for normalization of function.
 21. **5 steps of intestinal support:** 1. Improve digestion by using digestive enzymes with every meal. 2. Clean and rebuild the intestinal tract by using the correct balance of supplemental fiber twice daily. 3. Rebalance the intestinal flora with a good strong probiotic. 4. Stimulate the movement of fiber through the intestinal tract until the nerve flow restriction from the lower back has been restored. 5. Restore the nerve flow from the lower back through 10 minutes, twice daily, of some form of exercise similar to a rowing machine.
 22. **Your second highest priority** should be to clean your blood and lymphatic systems by doing two detox baths every week. This will eliminate chemicals, toxic metals, and acid waste right out through your skin.
 23. **The true secret of life is the essence of life itself; which is joy; which causes laughter and happiness.** Body Chemistry Support is the foundation for restoring the

essence of life to the body, yet, it is up to you to hold your focus continually upon what it is you really want to experience in life, rather than what you are afraid you might end up experiencing.

24. **The most powerful principle in our daily lives: the Principle of Focused Attention.** Because of the gift of creative thought, whatever subject matter we continually focus upon gets drawn closer to us and is eventually interwoven into the circumstances of our lives.