

## **How Conscious Essentials Formula Works**

*by Chris Morris, ND*

The naturopathic approach for treating chronic degenerative conditions is to reconnect the individual back to Nature by boosting the immunity that has been compromised, bring up the pH which increases the alkalinity and oxygen to the terrain, open up the drainage systems of the body (get detoxification going again) and replenish deficiencies that would facilitate all of the above.

The next thing done with a client is to work psychologically at taking away their diagnosis labels. Most individuals who seek out alternative approaches to conventional care have already been to many other doctors and they have been diagnosed many times. It is like they've been given a new persona with all the labels for their diseases when there doesn't have to be any. They become a different person based on their symptomology.

Our philosophy and experience tells us that most if not all diseases are simply the body's response to a nutritional deficiency causing the body to compensate for missing components essential to a healthy life. Different conditions are simply the body's response to incorrect biochemistry altering the DNA's instructions. When we are missing or exchange incorrect material to manufacture amino acids, hormones and biological components different from normal, this alters the DNA instructions that changes how the cells and chemistries are made. The body will continue to manufacture incorrect or inferior tissue and cells. This causes a domino effect of altered sequences and ultimately compromised cells and compromised health.

We must first reverse engineer the problem to determine the foundational root cause, and then correct the biochemistry, which will result in correcting the DNA instructions (our original blueprint) in a natural manner, which then corrects the problem and eliminates the symptom.

The current conventional methods focus on blocking or removing a symptom as though it were an outside invader. We are showing that symptoms are simply the body's response to a mineral deficiency causing the body to compensate, therefore, providing similar but incorrect material to manufacture amino acids, hormones and chemistries different from normal.

It's been a year now since we were first introduced the Conscious Essentials' *Conscious Essentials* formula. The stories and experiences from our clients have been remarkable and unlike any natural health product we've worked with, especially today, when the field of alternative medicine is like a wild jungle, full of unsubstantiated claims and junk science. To trek through that terrain alone, without a guide just doing internet searches for natural medicine or holistic health takes one into a mix of philosophies, products and protocols. Because of the ongoing remarkable results we get with our clients, we are fully dedicated to educate our network of family and friends on the benefits of the whole food concentrates in *Conscious Essentials* and the lifestyle approaches our experience and philosophy on health has led us to this point.

The years of development of *Conscious Essentials* came about as the formulator studied the relative effects of specific nutrients and how they affected the optimal function and preservation of the cell. He learned through his dedication to transplant research that the major cause for changes in the cell were due to the imbalance of nutrition to the body. He was able to show how inferior cell production and replication was simply a result of a nutrient deficiency. And upon re-establishing the correct nutrient

levels in the body the environment is no longer provisional to creating inferior cells.

So now we have to look at what are some of the primary causes for the biochemical deficiencies. They would include chemically treated and processed foods, alcohol, cigarettes, drugs, environmental toxins, radiation, emotional stress, and an overall poor diet as well as all pharmaceutical drugs that have been shown to be toxic.

All chronic diseases fall into these categories to some level when sought to be treated holistically. Chemicals and synthetic foods will chemically alter the balance to cause altered reactions and responses. Stressors of all types on the body result in a neurological deficiency and a break down in cellular communication. And why it is so important to nourish the brain and neuroendocrine system FIRST?

### **Neurological Deficiency**

The Central Nervous System is at the top of the chain that orchestrates and interfaces with all the other systems. That's why the old saying goes - *"You don't pump out your basement without fixing the hole in the roof."* Another way to understand the changes is to look at the cellular level where calcium and pH are major components for the proper function of the autonomic nervous system. The myelin sheath, the lining of the nerve cell, is weakened, and it changes the voltage affect on the ganglion sites. Each person is different as to which nerve ganglion would be vulnerable. That particular ganglion alters the electronic atmosphere affecting the cellular respiration sites, which become vulnerable to altered respiration (metabolism) and genetic replication.

### **The nerves (and more specifically the autonomic nervous system)**

As we get older, our ability to metabolize calcium weakens, coinciding with increased pH instability. Calcium is required to transport specific compounds into individual cells. As each compound independently maintains a specific electrical charge potential, a specific electronic attraction and repulsion must occur for this transport to occur (this is what is known as cell respiration). There is a specific electronic atmosphere generated by the autonomic nervous system to aid in the necessary reaction, which is essential for the proper DNA replication at the cellular level.

**The hormones** are the messengers for the endocrine system (including the part of the brain hooked into the hypothalamus), our regulatory system. The glands produce the powerful bio-chemicals called hormones to orchestrate the signaling and biofeedback from the nervous system.

**The lymphatic system** is referred to as our second circulatory system. It is a central component of the immune system and protects the body by draining and filtering out waste. The lymphatic system consists of a network of vessels carrying lymph (water, proteins and electrolytes) from the tissue fluids to the bloodstream, affecting every cell and organ in the body. This system is the fluid and network in which our immune system functions. The lymphatic system is most important in the elimination of toxins. Nodes and vessels can become sluggish and clogged with bacteria and protein deposits similar to those in the vascular system. Consequently, toxic waste matter cannot effectively be released, nor can the immune system function optimally.

**What would happen if we were able to speed up your body's natural renewal process? How would supplementing high quality nutrients and eating good high quality foods help the body function more efficiently?**

*Imagine a swimming pool with improper pH levels causing immense algae growth, as it thrives on the current pH imbalance and incorrect chemical balance. The proper way to resolve the problem is by correcting the pH and other chemical imbalances. As a result, the algae disappear because it can no longer survive in the corrected chemistry and balanced pH. Instead of this foundational approach, conventional doctors are diving into the pool and cutting out the algae, in time the algae will simply return until the chemistry of the terrain is corrected.*

### **How Important is pH?**

Generally the alkaline side for the blood is normal at 7.35. If the pH is lower, therefore acidic, the electrical or ionic reactions will be either too slow or too fast.

When the metabolizing ability of calcium drops to a significant level, the pH becomes unstable or drops. As a result, the cells do not react in the planned manner or at all because there are missing components for the required reactions. The result is an inferior and incorrectly made compound. The cellular respiration becomes strained, combined with the improper electronic field, results in incorrect DNA replication.

### **What I and other practitioners didn't understand.**

As we get older, our ability to metabolize calcium weakens, causing our calcium levels to drop if we don't take proper precautions. When the calcium concentration is low at the respiration sites, there is a biofeedback which causes the calcium to be extracted from the bone tissue and return to the bloodstream, as respiration requirements must be predominant to the body, the result is osteoporosis, as we all know people get in their later years. Notice that a higher proportion of women with osteoporosis also get breast cancer, men get the prostate cancer by the same means.

Adding different or additional vitamins outside the program tends to lessen the effect of *Conscious Essentials*. In this case, adding other ingredients to the soup tends to ruin it because other vitamins can either inhibit the function of the proposed vitamin plan and some vitamins will actually cause cancer acceleration instead of regression. There are some vitamins and herbs that are good for the body, but are not a requirement to get the body to function properly, therefore, do not create the additional benefit and will only cause unnecessary burden or consumption by taking an overwhelming amount when it is not necessary.

There are groups of people who push special herbs and high-level vitamins, which I refer to "Designer Vitamins" and should be avoided because they are actually stressful to the body because it will need to break it all down, resulting in an acidic condition. The body will naturally break everything down to simple components in preparation for respiration. Therefore the common sense approach is to determine the basic requirements for respiration and simply provide those required components and the body will not need to break anything down, it will simply utilize them and not be stressed.

**Simply** - By providing natural nutrition such as *Conscious Essentials* to complete the body's chemistry requirements the result will be a restored, properly balanced function of the body, allowing inter-related functions to improve and attain correct results. Previously incorrect chemistries and dysfunctions will reduce, diminish, and eventually no longer exist.