

## WHAT CAN ENERGY MEDICINE DO FOR ME?

While Energy Medicine does not diagnose or cure illnesses, it has been shown that working with the body's subtle energies can help to:

- Balance your Energies
- Reduce Pain
- Improve Your Energy
- Improve Chronic Conditions
- Improve Auto-Immune Disorders
- Sharpen Your Mind
- Improve Your Vision
- Reduce Stress and Anxiety
- Manage Weight
- Fight Depression
- Strengthen Immune System
- Improve Digestion
- Reduce Allergies
- Enhance Wellbeing
- Alleviate Insomnia
- Enhance Learning Skills
- Lessen Migraines
- Reduce Cancer Risk
- Much More

Energy Medicine is safe for all ages and can even be used on your pets.

Learn about Eden Energy Medicine in your home with your friends and family at a Nrg4U



We offer unique, in home, Energy Parties where we demonstrate basic techniques and explain Eden Energy Medicine principles to you and your guests.

An Energy Party is unlike any other home party you have been to. There is absolutely nothing to buy. No make-up, food containers, jewelry, candles, home decorations, supplements, or chef supplies.

You will receive handouts, tools, and training that can change your life and the lives of the people that you care about. Hosts receive special bonuses.

Contact your local practitioner at



*Energy for You*

HEALING FOR THE 21ST CENTURY

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*Energy for You*

**AUTOIMMUNE  
DISORDERS**

“As we get better at understanding how little we know about the body, we begin to realize that the next big frontier in medicine is Energy Medicine.”

Dr. Mehmet Oz, MD  
The Dr. Oz Show and  
Medical Expert on Oprah

Eden Energy Medicine can help:

- Boost your vitality and stamina
- Strengthen your immune system
- Relieve pain and common ailments
- Sharpen your mind and memory
- Keep yourself healthy and balanced with a simple daily energy routine

# AUTOIMMUNE DISORDERS

The American Autoimmune Related Diseases Association, Inc lists over 150 different autoimmune diseases on their website ([www.aarda.org](http://www.aarda.org)).

One of the functions of the immune system is to protect the body by responding to invading microorganisms, such as viruses or bacteria, by producing antibodies or white blood cells. Under normal conditions, an immune response cannot be triggered against the cells of one's own body. In certain cases, however, immune cells make a mistake and attack the very cells that they are meant to protect. This can lead to a variety of autoimmune diseases.

The exact mechanisms causing these attacks are not completely understood; but bacteria, viruses, toxins, drugs, and energy imbalances caused by physical, mental or emotional imbalances may play a role in triggering an autoimmune process in someone who already has a predisposition to develop such a disorder. It is theorized that the inflammation initiated by these agents, toxic or infectious, somehow provokes in the body a "sensitization" (autoimmune reaction) in the involved tissues.

Drugs (with a huge list of serious side effects) are often prescribed to control the autoimmune response including corticosteroids, anti-inflammatory medicines, and immunosuppressants.

## Commonly Known Autoimmune Diseases

Addison's  
Crohn's Disease  
Diabetes (Juvenile and Type 1)  
Lupus  
Multiple Sclerosis  
Narcolepsy  
Psoriasis  
Rheumatoid Arthritis

Chronic Fatigue and Fibromyalgia are not technically autoimmune disorders but people affected by them tend to have related autoimmune issues and may be helped using protocols that help autoimmune issues.

Autoimmune is the third major category of illness in the United States

While suppressing an immune system that is out of control may seem to make sense, the goal really should be to bring balance back to the immune system, not to suppress or kill it.

Energetically, Triple Warmer (TW) which is the meridian and radiant circuit that controls both the immune system and the body's flight, fight or freeze reaction plays a major role in autoimmune issues. Triple Warmer has not evolved enough to know the difference between the little stresses of modern day life and a saber tooth tiger. When TW locks your energy systems into a constant fight or flight response, the body is asked to respond in a way it was never designed to behave. Fight or flight situations should last only a few

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minutes, just enough to get out of harm's way. Never ending stress may cause the immune system to eventually attack the thing it was meant to protect.

It is interesting to note that Spleen meridian is TW's energetic partner and also just happens to control inflammation.

Energies that normally cross over from one side of the body to the other are often found not to be crossing in autoimmune cases. This is called a homolateral pattern which means the energy is staying on the same side. When a person's energy is homolateral their capacity for healing is reduced by more than 50%. Depression can easily set in and energy levels are low.

Another major energy challenge is grounding. It is critically important that the human body be directly connected to the Earth as much as possible. Direct connection to the Earth allows a flow of energy both in and out of the body which helps control inflammation, fights free radicals, and roots Triple Warmer.

While it is possible to immediately see some improvement in energy levels and some symptoms, it is more likely that correcting an autoimmune disorder will take some time to correct.