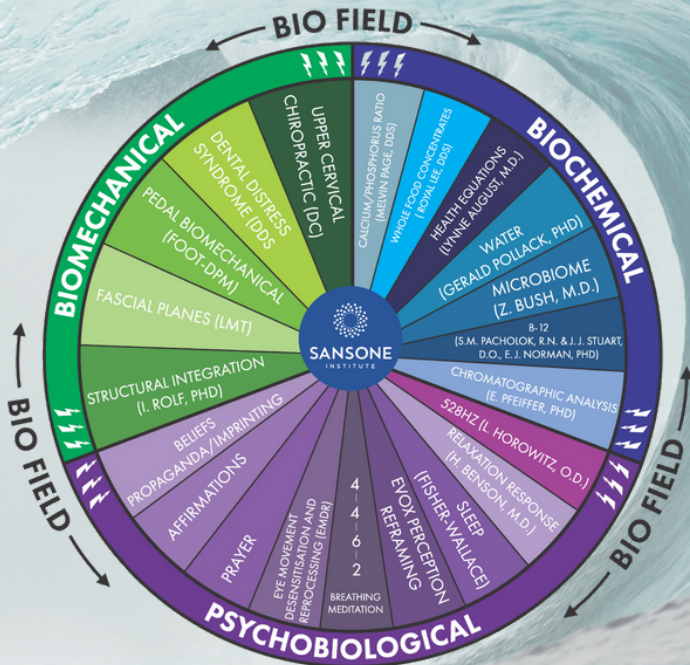




SANSONE
INSTITUTE

Handbook to Wellness

A 21 Step Program to Assist You in Your
Journey From the Old Paradigm of Disease Care to
the New Paradigm of Wellness Care



by

MICHAEL SANSONE - D.C.

SANSONEINSTITUTE.COM



DEDICATED TO:

My daughter Heather. You gave me a purpose to
find an alternative to the old paradigm of
medicine. And just look at you now.

MICHAEL SANSONE-DC

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A person in a red shirt and shorts is paddling a surfboard on the ocean. The sky is a deep blue with wispy white clouds, suggesting a sunset or sunrise. The water is dark with gentle ripples.

INTRODUCTION

HANDBOOK TO WELLNESS

“AFTER SPENDING MANY DECADES IN THE OCEAN AS A SURFER, WAITING FOR WAVES, I WOULD THINK ABOUT THE PHYSICS OF WHAT WAS GOING ON AND A REVELATION CAME TO ME, I WASN'T RIDING WAVES, I WAS RIDING ENERGY.”

MICHAEL SANSONE-DC

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The purpose of this handbook is to get you to start thinking about health and disease in a totally different way than you do now. Chances are, you are stuck in the old paradigm of receiving a diagnosis, and then being given a medication or procedure to treat the disease that was diagnosed. Afterwards, in your mind, you identify with your diagnosis. This pattern of thinking is not just random. It has tactically been created by millions of dollars' worth of research, development, and implementation of commercials and ads designed to shape a particular belief in the mind of an individual and society. Therefore, it can be assumed that the number of hours of media consumption is directly proportional to the degree that we have been programmed to believe "drugs cure disease." It is time to break this mindset. My hope is that this handbook will be helpful to you in recognizing the old paradigm and, breaking the spell that has been cast upon you by what I consider to be the "sinister forces of evil," aka Big Pharma.

Hippocrates, the father of modern medicine, said: "it is better to know the patient who has the dis-ease than it is to know the disease that has the patient."

If you think about it, he was talking about a modern concept known as "Biological Individuality". For example, two people with high blood sugar measurements and diagnosed with type 2 diabetes may need two different approaches to help them bring down their respective blood sugar levels. One may need chromium and the other may need to just change his diet and get more exercise. The old paradigm approach to this situation is to give them both insulin which carries the risk of serious side effects.

Welcome to the New Paradigm! The New Paradigm does not diagnosis and treat any disease but rather, strives to know where the person is "out of balance" and, by using natural methods and products, bring the person back into a state of balance. (The foregoing applies to chronic conditions and not necessarily to acute and trauma situations where the best course of action is to get to an accredited trauma center immediately where you stand the best chance of surviving.)

"Balance" is defined as a state of function where each cell in the body is operating at maximum efficiency bioenergetically. That is to say that normal "Tone" or frequency is being expressed at a cellular level and metabolic function is occurring or vibrating at just the right rate. Not too fast, not too slow, because all matter is just compressed Light. The optimum state of balance is when the Light of Metabolism is shining not too brightly nor, too dimly. Biophysicists have called this Light "Biophotons," light-wave particles within the body that are constantly being radiated from the surface of the body. The process is called "bioluminescence," the production, as well as emission of light by any living organism.

The best way to gain benefit from this handbook is to realize that we are all made of Light and that each of the 21 Steps to Wellness are all interconnected and operate as a synergistic frequency of Light. The entire Wheel of Light is divided into 3 divisions that each reflect a different part of the Light spectrum of the body.

Biomechanical Division, your bones, muscles, and soft tissues all generate a piezoelectric field or electric charge when compressed, as a result, the Biomechanical division is the densest level and pertains to the physical body's relationship to the gravitational field.

The Biochemical Division is less dense as it pertains to the polarity of the body fluids and the chemical reactions that take place within living organisms. Some organisms can even produce light with them!

The Psychobiological Division of the Wheel of Light is the least dense level, and it pertains to the mental, emotional, and spiritual aspect of the body. Every thought that you think and emotion that you feel generates an electromagnetic field as shown by EEG (electroencephalogram), ECG (electrocardiogram), etc...

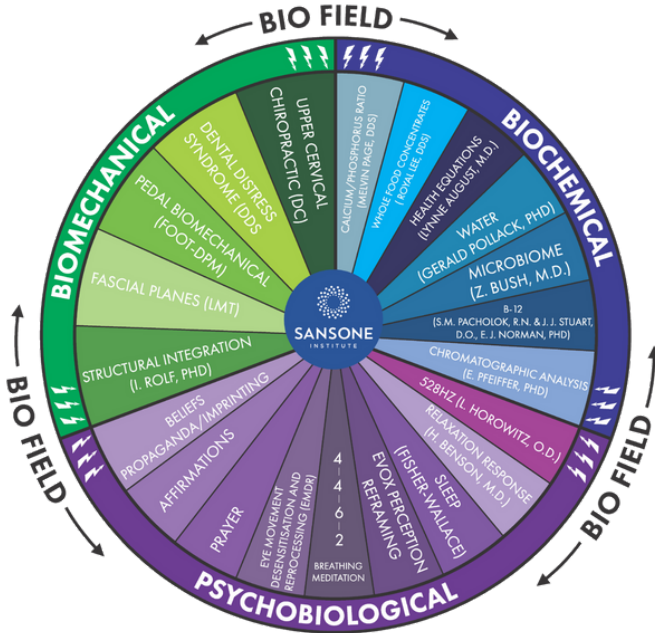
While studying the material presented in this handbook it is important to understand that all three divisions are under the control and co-ordination of a field of energy that the National Institute of Health (NIH) calls the "HUMAN BIOFIELD." It simply means that there is a radiation of energy emitted by a living body that is not present in a dead body. The difference between Life and death is the strength and coherence of the Human Biofield. Hence the Human Biofield can be used to monitor, evaluate, and influence the functioning of your body.

This handbook is not based upon the beliefs of the author. It is based upon his 40+ years of clinical experience. It is shared with you in the hope that you will take it upon yourself to do your own investigation and have your own experiences in a healthier, more balanced mind, body, and spirit.

This Handbook to the 21 Steps to Wellness has the power to change your life and maybe even save your life. Carpe diem!

***References are included for your convenience.

THE WHEEL OF LIGHT



Welcome to Dr. Sansone's life's work- The Wheel of Light. These twenty-one spokes are the key to a better life. No matter where you are in your journey, consider it a compass that you can use to help navigate your course. Get off course, go back to the wheel. Back on course, stay to the wheel, it will get you through the calm and swells. As we are all made up of energy, there is a lot that goes into the workings of our Bio Field. From Biochemical, Psychobiological to Biomechanical, just like a bicycle wheel, every spoke in Dr. Sansone's wheel, fortifies the Bio Field, able to take on any and every terrain life may throw at you.

The following pages have been created after decades of service to my patients, friends and family. They are the ingredients, I believe, that everyone needs to live a life like no other. And with that said, I welcome you into my life and life's work so that you too shall thrive.

MICHAEL SANSONE-DC

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MY WHY

Here is a picture of my daughter, Heather, at 6 weeks old. At this point she had survived 3 attempts by so-called modern medicine to kill her. We did not know if she was going to make it. We learned an Hawaiian massage technique, Huli Huli opu, to help her keep her food down. We found out that she could digest 3 day poi and that is what kept her going.



My daughter Heather at 6 weeks old. We didn't know if she was going to make it.

THE INNER VOICE

At about 10 months my daughter Heather was diagnosed with pyloric valve stenosis and was hospitalized and set for surgery in the morning. But an "inner voice" told me that there was "a better way." We pulled her out of the Hilo Hospital and went to the mainland for a second opinion. Surgery was again recommended.



Heather at 10 months of age.

AN ALTERNATIVE

We happened to be in an alternative doctor's Chiropractic office to observe her cousin's appointment. I thought my brother was crazy to take his baby to a Chiropractor. Anyway, the doctor asked me why my baby was always crying and I told him the diagnosis. He asked if could check her and I agreed. He then said he thought he could help her. He did a very, very gentle procedure on her neck. When he handed her back to me she was relaxed and fell sound asleep.



I DISCOVERED ALTERNATIVE MEDICINE

For the next several months she continued to improve. Here is a picture of Heather and me when I knew she was going to survive. I called the doctor to thank him for curing my daughter. He said he never cured anybody of anything. "The Power that made the body heals the body", he said. I knew that I had to learn how to help her through alternative medicine. So, I left Hawaii and traveled to Chiropractic and Naturopathic Medical School.



Daughter Heather being held by Dr. Michael Sansone when they knew she was going to survive.



In Hawaii we referred patients back and forth for 20+ years but now we are practicing side by side out of the Sansone Institute. After practicing alternative medicine for a combined 60+ years, Allopathic Medicine/Big Pharma stepped in and mandated that we be injected with an experimental medicine. Our rights were taken away because we refused to be injected until we saw proof that it was as advertised: Safe and effective. We lived like second class citizens in a totalitarian regime. Once again, my inner voice told me to seek refuge in Texas where we could have a better life of Freedom. So, here we are,y'all!!

Who can benefit from our alternative approach to healthcare? Those who are well and want to have the best chance of staying well. Those with acute and chronic conditions seeking a non-drug, non-surgical path to wellness delivered by experienced, compassionate practitioners who treat their patients as "OHANA" (family).

FOUNDATION STEP 1

HYDRATION



We all know that hydration is critical to experiencing wellness, yet few people test out as being fully hydrated. Some symptoms of poor hydration are dry skin, feeling dizzy, depression, rapid breathing, lack of energy and irritability, fainting and even low libido. There are four factors to water when it comes to the Foundation of Hydration:

1. Quantity or insufficient intake.
2. Quality of your water.
3. Structure of your water at the molecular level.
4. Electrolytes, they must be balanced in the water.

Quantity- We recommend 1/2 oz. of water per pound of body weight as a starting point. You may require a little more or a little less due to the Law of Biological Individuality (Roger J. Williams, Ph.D.)

Quality- We use Berkey water filters to clean our water.

Visit: <https://www.berkeyfilters.com>

Structure- We all know that water exists in liquid, solid and vapor states. Few know that it has been discovered that water has a fourth state: structured. Visit: thewellnessenterprise.com/dr-gerald-pollack/ to learn more and to consider obtaining a device to structure your water. Their Aqua Energizer products are pricey and may not be much better than an inexpensive Spurling Ring (slimspurling.com/). We have used the Spurling technology for decades with good results.

Electrolytes: We recommend "LyteH2". It was created by our mentor, Lynne August, M.D., and has been thoroughly tested. THIS IS A BREAKTHROUGH WELLNESS PRODUCT. IT EVEN HELPS PROTECT YOU FROM EMF POLLUTION BY DONATING ELECTRONS TO YOUR DNA. Visit: <https://www.selinanaturally.com/celtic-sea-salt> to purchase.

Visit: www.healthequations.com to learn more about electrolytes and much more.

FOUNDATION STEP 2

MICROBIOME



Your microbiome comprises the totality of the bacteria, fungi, protozoa, parasites, and viruses that cohabitate in and on your body. It is responsible for about 75% of the function of your immune system. The majority of the neurotransmitters needed to have healthy emotions and moods are produced by your microbiome.

It cannot be overstated that one cannot be healthy and vibrant without a healthy, diverse, and robust microbiome. Here at the Sansone Institute we recommend that everyone consider incorporating this product into their health protocols:

Ion Biome- this product was developed under the guidance of Zach Bush, M.D. Dr. Bush is one of the few health professionals who understands the connection of the soil to our overall health as a species. Ion Biome has been shown through solid research to regenerate/heal cells called “tight junctions.” These cells keep toxins out of our circulation and allow nutrients to enter our bloodstream. They are damaged by glyphosate which is ubiquitous in our environment.

Go to <https://zachbushmd.com/ion/> to order directly from Dr. Bush’s website.

FOUNDATION STEP 3

EMF PROTECTION



We live in an ocean of pathological electromagnetic fields (EMF) which are polluting and interfering with our body’s cellular communication system. Think of it like static coming over your radio. If you wait for the federal agency tasked with protecting, you (FCC) it will be too late. The tobacco industry managed to hold off the FDA for decades when the science clearly showed that smoking was harmful. The FCC is controlled by the communications Industry and is not there to protect you.

Do your own due diligence. Read “The Invisible Rainbow,” by Arthur Firstenberg. We use the following products to modulate the EMF environment to which we are exposed. Go to their website and do your own due diligence. Think for yourself and do not rely on your governmental agencies to protect you.

Resourceful Website: <https://www.airestech.com>

FOUNDATION STEP 4
WHOLE FOOD SUPPLEMENTS



After four decades of research into this controversial topic we can state that we have found that most of the food supplements that people take, in good faith, actually push them out of balance. We used objective liquid paper chromatography testing created by E. Pfeiffer, Ph.D., at the suggestion of Rudolph Steiner, to test an extensive number of various types of products for enzymatic activity. Active enzymes (LIFE) in the product indicate proper manufacturing procedures were used to produce a product as close to Nature as possible. All food supplements can be put into one of four classifications:

Type 1) Natural- high enzymatic activity- are as close to Nature as possible.

Type 2) Altered Natural- Sourced from nature but only some enzymatic activity remains due to the use of excessive heat (> 100 degrees F) and pressure during manufacturing which inactivates most enzymes (LIFE).

Type 3: (Crystalline) Source materials are natural but the process of isolating a particular molecule renders the product devoid of enzymatic (LIFE) activity. This type of product throws the body out of balance and is to be avoided.

Type 4: (Synthetic) Source materials are derived from coal tar derivatives (oil). The carbon in petroleum (oil) is manipulated in the lab to create a product that is actually hazardous to your health. Many former natural food supplement manufacturers have been bought out by Big Pharma who then changed the manufacturing process to maximize their profits at the expense of your health.

Action steps:

1. Stop taking all food supplements until we have evaluated them. It is better to test than to guess.
2. Get a Zyto scan at the Sansone Institute to determine what food supplements are shown to bring your stressors into balance.

Once the 4 foundations have been incorporated into your lifestyle, you may consider investigating the following steps that are found on the SANSONE INSTITUTE "WHEEL OF LIGHT" DIAGRAM.

STEPS 4 - 21



These steps do not need to be followed in any particular order, unless your unique health predicament calls for focusing on a particular step that pertains to you, i.e., if you have teeth with root canals then you will definitely want to study the “Dental Distress” step and consider taking action.

UPPER CERVICAL CHIROPRACTIC CARE

This is a specialty within the Chiropractic profession. Dr. Sansone has researched over a dozen Chiropractic techniques and used video fluoroscopy (motion picture X-rays) to determine that it is the most effective Chiropractic technique to align your skull to your neck.



Proper alignment of the skull/neck is imperative to the correct functioning of the pons-cord tract which is the part of your brain where your brainstem meets your spinal cord. This critical area of your brain controls the function of all of your vital organs as well as all of the functions of your 5 senses (vision, hearing, smell, taste, touch). Here is the vital information for you to understand if you truly want be well:

“The brainstem” is a structure that connects the cerebrum of the brain to the spinal cord and cerebellum. It is composed of three sections in descending order: the midbrain, pons, and medulla oblongata. The brainstem is responsible for many vital functions of life, such as breathing, consciousness, blood pressure, heart rate, and sleep. It houses many of the control centers for vital body functions, including swallowing, breathing, and vasomotor control. The cranial nerve nuclei, except those associated with olfaction and vision, are located in the brainstem, providing motor and sensory function to structures of the cranium, including the facial muscles, tongue, pharynx, and larynx, as well as supplying the senses of taste, equilibrium, and hearing. The brainstem conveys messages from the brain out to the body and vice versa, regulating a large number of conscious and unconscious processes. It also provides the main motor and sensory nerve supply to the face and neck via the cranial nerves.

Dr. Sansone was certified in the advanced Chiropractic Atlas Orthogonal Technique in 1983. His clinic in Southern California served as the West Coast teaching facility for Dr. Roy Sweat's A.O. training program from 1983-1987. From 1987 to the present, Dr. Sansone has been researching an advanced method of correcting upper cervical problems.

Dr. Sansone is currently teaching licensed Doctor of Chiropractic in his unique approach to the upper cervical spine. He is also researching a new non-chiropractic method of obtaining even better results in the functioning of the upper cervical spine by using his Brainstem Biofield Biomodulation procedure that uses specific frequencies to bring the brainstem into "TONE." Dr. Palmer (the founder of Chiropractic in 1895) stated repeatedly that Chiropractic was "Founded on Tone."

DEFINITION OF TONE

"THE STATE OF A LIVING BODY OR OF ANY OF ITS ORGANS OR PARTS IN WHICH THE FUNCTIONS ARE HEALTHY AND PERFORMED WITH DUE VIGOR."

Webster's Dictionary

The founder Chiropractic, D.D. Palmer wrote in his magnum opus, "The Philosophy, Art and Science of Chiropractic":

"As a means of relieving suffering, Allopathy, Osteopathy, Homeopathy and now Chiropractic have each, in turn, improved upon each other. But, when the mind is ready and human aspiration demands it a still more advanced method will be forthcoming." (p.15)

FASCIAL PLANES AND STRUCTURAL INTEGRATION

These Two Steps to Wellness are combined for the sake of simplicity. They are both concerned with the soft tissues of your body which are piezoelectric (produces an electrical current when pressed). A practitioner who has studied the work of Ida Rolf uses structural integration techniques to release abnormal tension stored in the muscles. These practitioners are called "Rolfers."

The muscle system stores emotional energy as well as hormones. Many chronic pain patients have found relief from soft-tissue therapy. To find a practitioner trained in this approach go to: <https://www.rolf.org/members.php>

The fascial planes concept is the product of research done by Thomas W. Meyers. He is teaching his students how to follow the "train" of soft-tissue problems to release abnormal tension in the muscular system. To find a practitioner using Meyer's approach go to: www.myersmyofascialmeridians.com

DENTAL DISTRESS

Problems in the oral cavity are addressed by Dentists. There is a special classification of dentistry known as “Biological Dentistry.” Biological Dentists are very much concerned with testing their patients to determine the biocompatibility of the materials they use with each patient. A material that may be fine for one patient but might make another patient sick. They are also concerned with the status of teeth that have root canals, as there is ample research to strongly suggest that these dead teeth may be the cause of systemic symptoms.

Here is a link to a very well-done video that explains this issue:

<https://rumble.com/embed/v20rm90/?pub=85doz>

Biological Dentists are also leading the way in treating Dental Distress. Dr. Felix Liao, DDS is a world-famous dentist and Airway Mouth Doctor (AMD) who has developed a novel and effective method of expanding the airway and thus correcting a major cause of sleep apnea.

Sleep apnea is a serious condition that increases the risk of cerebrovascular and cardio-vascular disease. A major part of Dr. Liao’s mission is to train teams of Chiropractors, dentists, and physicians to work together to help their patients with Dental Distress. Dr. Sansone has presented his work at AMD seminars.

BELIEFS AND EVOX PERCEPTION REFRAMING

Your beliefs affect your health. Your unconscious beliefs are especially important because, by definition, you are unaware of their existence. These unconscious beliefs are very often limiting beliefs. They act to self-sabotage you from attaining true health and happiness. Fortunately, there is a simple and rapid way to change these beliefs and perceptions from being self-destructive to self-empowering.

Here is a link to a very short video by an incredible physician that explains the procedure which is offered at the Sansone Institute:

Link: <https://www.youtube.com/watch?v=hpSIYtvXBA0>

VITAMIN B-12



SOME SYMPTOMS ASSOCIATED WITH B-12 DEFICIENCY

- Memory issues
- Trouble concentrating
- Chronic fatigue
- Tingling sensations
- Auto-immune conditions
- Neuropathy
- Autism
- Hallucinations
- Depression
- Anxiety
- Sleep disturbances
- Schizophrenia

If you would like to learn more about B-12 deficiency, there is a great book that you should consider reading to understand why B-12 deficiency is not being recognized and, why you very well may be feeling sick because of this vital nutrient being deficient in your blood.

The book is titled: "Could it be B-12?" Written by S.M. Pasholok, R.N. and J.J. Stuart, D.O.

THE BIOFIELD

The Biofield is defined as a field of energy that surrounds and extends outward from the body at around 8 feet. It is not visible to the human eye (though there are some that claim to be able to view it) but the biofield can be felt by hand on occasion through pressure or changes in temperature.

Please watch the Video Link provided below that explains how your human biofield operates and how it can be easily brought into a state of balance so necessary to your being able to experience true wellness.



Link: <https://www.youtube.com/watch?v=YEIrFdFjI2Y>

THE CALCIUM/PHOSPHORUS RATIO

The ratio of the amount of calcium phosphorus in your blood can reveal a great deal of information on how your body is functioning. This concept was developed by Melvin E. Page, DDS over a 50-year period and validated by Lynne August, M.D. The reason it is so important to know about the Ca/P ratio is because it gives insight into how your central nervous system is functioning. Your nervous system controls and co-ordinates the FUNCTION of every cell in your body. Your central nervous system is divided into two parts: the sympathetic and the parasympathetic systems.

1. The sympathetic system is responsible for the “fight or flight” stress response. Your neck and gluteal muscles will tighten up and prepare to fight or flee. Blood flow to your organs will diminish because the priority is to survive the attack.
2. Your parasympathetic nervous system is your “rest and recuperate” part of your central nervous system. Once the threat is over, your parasympathetic nervous system will re-boot your organ systems and start to repair and loss of function that has occurred.

Blood levels of calcium indicate the function of your parasympathetic nervous system while phosphorus levels indicate sympathetic nervous system function. Kentucky blue grass is high in phosphorus. Wisconsin grass is high in calcium. When a racehorse is fed grass from Wisconsin it will be sluggish and will not race well. Conversely, when a cow is fed Kentucky blue grass it will be jittery and will not produce good quality milk.

HEALTH EQUATIONS INFLAMMATION INDEX

The Health Equations inflammation index is the result of Lynne August, M.D.’s 50 years of research into how to help sick people get well and well people stay well. Over 30,000 people were tested, and the research results are the basis of the inflammation index. The value of this index is that it gives one an accurate and objective interpretation of how the various body systems are functioning. You can learn more about her work by going to: www.healthequations.com.

PEDAL BIOMECHANICAL DYSFUNCTION

Pedal Biomechanics Dysfunction (PBD) is a condition where an improperly functioning foot can cause upward stresses into the central nervous system. The most common type of PBD is called “pronation”. This is where the foot excessively rolls inward during the gait phase known as “toe off”. A competent Doctor of Podiatry can evaluate your feet to determine if your spinal pain, headaches, hip pain etc. are being caused or aggravated by PBD.

PRAYER

Larry Dossey, M.D. has done intensive research into the clinical effectiveness of prayer. His conclusion, based upon the published studies into this topic, is that if doctors do not pray with and for their patients, then the doctors are recommitting malpractice by omission. Read his book:

“Prayer Is Good Medicine: How to Reap the Healing Benefits of Prayer,” by: Larry Dossey

EMDR

EMDR (Eye Movement Desensitization and Reprocessing) is a psychotherapy treatment that aims to alleviate the distress associated with traumatic memories. It was initially developed in 1987 for the treatment of posttraumatic stress disorder (PTSD) and is guided by the Adaptive Information Processing model. EMDR is an individual therapy typically delivered one to two times per week for a total of 6-12 sessions, although some people benefit from fewer sessions. The therapy involves moving your eyes a specific way while you process traumatic memories. EMDR is a structured therapy that encourages the patient to focus briefly on the trauma memory while simultaneously experiencing bilateral stimulation (typically eye movements), which is associated with a reduction in the vividness and emotion associated with the trauma memories. Ongoing research supports positive clinical outcomes showing EMDR therapy as a helpful treatment for disorders such as anxiety, depression, OCD, chronic pain, addictions, and other distressing life experiences. We refer our cases that require EMDR to Lara Larson, PsyD, MSW (drlaral Larson@gmail.com)

BREATHWORK 4-4-6-2

This is a very effective and easy breathing technique to help balance the nervous system and relieve symptoms of anxiety, depression, and sleeplessness.

Here is how it is done:

Breathe in through your nose for a count of 4.

Hold your breath for a count of 4.

Exhale through your nose for a count of 6.

Hold your breath for a count of 2.

Start with 10 repetitions and build up to as many repetitions you are comfortable with.

528 HZ

The 528 Hz frequency has been studied by Harvard trained Dr. Len Horowitz, O.D. You can find out more about how listening to this frequency can benefit you by visiting his website:

<https://www.drlehorowitz.com/>

RELAXATION RESPONSE

This is a book by Harvard trained physician Herbert Benson, M.D. in which he shares his research into meditation as a healing modality. He came up with a very simple and effective meditation technique that you can learn by reading his book.

SLEEP-FISHER-WALLACE DEVICE

This device is a self-administered, trans-cranial electro-stimulation that you can use at home. It is FDA approved and has been used by the VA to help veterans with PTSD. The company has recently reorganized, and availability of their products appear to have been temporarily discontinued. You may contact them at- <https://www.fisherwallace.com>

EPILOGUE

In the AA program there is a saying that goes something like this:

“The program works if you work it and you’re worth it!”

If you have taken the time to read and study the material contained in this Handbook, you are to be congratulated. The author has documented that only 15% of the people who seek out his counsel on how to attain a higher level of wellness will follow his recommendations. For the other 85%, unfortunately they will not follow the suggested recommendations. As a result, they will continue to spiral down the path of self-destructive behaviors within the old paradigm. Instead of changing their lifestyle, they will miss out on the opportunity to travel the healthier path along the New Paradigm of Wellness.

So, you may be wondering why anyone would revert to self-destructive behavior when a clear path to Wellness was presented to them? There are two main reasons for self-destruction:

- 1.They harbor unconscious limiting beliefs that they are not worthy of such a precious gift as feeling well and living their life to the fullest.
- 2.Countless hours of media influence (television, film, radio, social media, news, “medical studies,” journals, and other forms of social coercion) have hypnotized them into believing a well-designed narrative. These highly produced, extremely influential, Big Pharma billion-dollar ad campaigns have swayed the beliefs and actions of many consumers. Now, consumed by the messaging themselves, they act accordingly, as if under a spell, ingesting potentially harmful medications prescribed by medical experts who are bought and paid for. Just because someone is wearing a white, lab coat does not mean they should be trusted, especially if they have been backed by Big Pharma.

So how do we undo the messaging? How do we awaken from the bombardment of malnourished messaging the spell? One potential remedy to the first cause of self-destructive behavior is EVOX sessions, as described in this Handbook to Wellness, EVOX sessions can help with healing clarity.

Another solution is to ingest the “Medicine of the Future” known as “Infoceuticals.” Those who watched the ten-minute video included in the handbook about the research being done at the University of California will immediately understand how one can re-program one’s own brain/mind through the judicious use of frequencies. Always remember what Einstein said:

“Future Medicine will be the Medicine of Frequencies.”

The remedy to the second cause of self-destructive behavior is to unplug oneself from the programming itself, aka “the media.” It is super simple to do, but a well-conditioned viewer with a “herd-mentality” will find some excuse to continue poisoning oneself to avoid the pain of mental anguish that comes with holding two conflicting beliefs. (Cognitive Dissonance) We must, unfortunately, look beyond the heavily lobbied and donor-influenced FDA, AMA, WHO, NIH, etc. as credible institutions. The “Safe and Effective” messaging we once thought of as safe and effective is no longer what it means. Rather, it is bought and paid for by people with a “profit-over-healing-mentality,” whom cannot be trusted.

Today, most people are aware of certain substances being poisonous, such as: glyphosate (wheat), alcohol, artificial sweeteners, seed oils, dyes, preservatives, high fructose corn syrup, processed sugar, GMO, synthetic “food supplements”, etc., etc., etc. But, due to high consumer trust in what’s sold on the supermarket shelf as being “healthy” and “good for us,” the poisoning continues and humanity gets sicker while, Big Pharma gets richer and richer.

It has never been more important for humanity to unplug from the social conditioning that has taken place for generations. We must step back and out of it. We must have the faith within ourselves to step into our own truth and be able to critically think for ourselves once again. Sadly, the “All Deaths” data being released, documents that something happened during the years of 2020-2022 that resulted in a statistically significant higher number of people dying than should have been expected. If you have doubts, the author encourages you to dive deep into this topic to learn what the cause may possibly be. But, please do not use mainstream search engines or sources that are funded by the same dollars funding Big Pharma. Afterwards, consider doing something radical:

“THINK FOR YOURSELF”

DR. MICHAEL SANSONE

CLINICAL BIOPHYSICS
The blending of Biology and Physics



Dr. Sansone in front of his Wheel of Light diagram

I am now retired from Chiropractic and have taken the next step for me and continuing my research into Clinical Biophysics which I started in around 2005. Biophysics is the blending of Biology and Physics in a clinical setting. It is based on the same premise that Acupuncture is: the body is a bioenergetic system that is self-correcting if given a chance.