



# The ABC+D System

**Activate**

**What is Activation?**  
 Let the vital energy of the body move to stimulate healing support healing with a positive mental attitude and a happy, loving, relaxed emotional state

**Indications for Activation**  
 Excessive stress, numerous stressful experiences over a short period of time  
 Unresolved history of trauma or abuse, especially in childhood  
 Negative mental attitudes  
 Self-limiting beliefs  
 Inability to heal with nutrition and detoxification  
 Inability to make constructive changes in life

Use *General Activating Aids* to resolve **Negative Thoughts and Stressful Emotions**

**Build**

**What is Building?**  
 Supplying the body with the food and nutrients it needs for energy and healing  
 Ensuring that the digestive tract is healthy so that food and nutrients are properly digested and absorbed

**Indications for Building**  
 -Diet primarily consisting of modern processed foods  
 -Consumption of refined carbohydrates—white sugar, high fructose corn syrup and white flour  
 -Consumption of unhealthy fats—processed vegetable oils, margarine, shortening, deep fried foods  
 -Lack of fresh fruits and vegetables in the diet  
 -Frequent digestive problems

Improve the Diet and use *General Building Aids* to resolve **Nutritional Deficiency**

**Cleanse**

**What is Cleansing?**  
 Avoiding substances that are harmful to health  
 Taking herbs and nutritional supplements that help remove harmful substances (toxins and waste material) from the body

**Indications for Cleansing**  
 -Intake of GMOs and pesticides from commercial food  
 -Eating processed foods with chemical additives  
 -Exposure to environmental pollutants or workplace chemicals  
 -Tobacco use, drug use, frequent alcohol consumption  
 -Use of toxic household cleaning products and personal care products  
 -Exposure to electromagnetic radiation from computers, cell phones and other equipment

Remove Sources of Toxins and use *General Cleansing Aids* to resolve **Toxicity**

**Direct Aid**

**What is Direct Aid?**  
 Direct Aid is giving specific herbs, supplements or therapies that balance the internal environment of the body (biological terrain) and restore the normal function of various body systems  
 Direct Aids should be used to correct health issues that do not resolve themselves through the basic ABC process

**Biological Terrain**  
**The Six Biological Terrain Imbalances**  
 Irritation, Depression, Stagnation, Atrophy, Constriction, Relaxation

**Balancing Biological Terrain**  
 -Use the Biological Terrain chart to determine the general direction of imbalance in the entire body  
 -Select remedies to balance the biological terrain

Use *The Biological Terrain Chart* to find and resolve **Biological Terrain Imbalances**

**Body Systems**  
**The Eleven Body Systems**  
 Digestive, Hepatic, Intestinal, Immune, Respiratory, Circulatory, Nervous, Glandular, Reproductive, Urinary, Structural

**Supporting Weak Body Systems**  
 -Use the Body System's questionnaire or other tools to determine which body systems are weak  
 -Use the chart for that body system to determine how the biological terrain of that system is out of balance  
 -Select remedies to balance the biological terrain within that system

Use *The Body Systems Charts* to find and resolve **Weak Body Systems**



## General Activating Aids

### Cultivate a Positive Mental Attitude

- Think about what you want, not about what you don't want  
For example think "how can I be healthy?" rather than, "how can I cure this disease?"
- Make a list of things you want to have or achieve and read it everyday
- When you encounter problems ask for help in finding solutions
- Be grateful for what you have rather than focus on what you lack; count your blessings

### Exercise Faith

- Believe that you can be healthy
- Pray for guidance on how to regain your health
- Create positive affirmations to affirm you are healing and healthy, such as:
  - "I am healthy."
  - "My body is healing."
  - "I am getting stronger and healthier everyday."
- Visualize your body healing and being healthy
- Think about health, not about disease

### Manage Stress

- Take the Pleasure Prescription:  
First, make a list of 10 things you find physically enjoyable, such as:
  - Get a massage or foot rub
  - Listen to uplifting music
  - Spend time in nature
  - Spend quality time with people who love you

- Take a warm bath with Epsom salt and your favorite essential oils

- Engage in a fun activity or hobby

Second, do one of these things for yourself every day.

- Get a good night's sleep, if you have trouble sleeping, try any of the following:
    - Hops
    - Magnesium
    - Melatonin
    - Passion Flower
    - Skullcap
    - Valerian
    - Vitamin C
  - When feeling stressed take a deep breath and think, "I am," then exhale deeply and think, "relaxed." Repeat this until you feel more calm.
  - Practice deep breathing
  - Practice some form of meditation; learn to quiet your mind; and/or contemplate the scripture "Be still and know that I Am God."
  - Use supplements to help you relax  
Use *adrenal calming* or *adrenal building* remedies from the Glandular System Chart  
Use *nerve and muscle relaxing* or *nervous adaptagen* aids from the Nervous System Chart
- ### Mental and Emotional Remedies
- Flower Essences
  - Essential Oils

## General Building Aids

### Adopt a Healthy Diet

- Avoid refined carbohydrates
- Avoid processed oils
- Avoid processed foods
- Eat natural foods, preferably organic or locally grown
- Pay attention to how the food you eat makes you feel
- Refer to the *Blood Type, pH and Nutrition* charts for more suggestions on eating healthy

### Take Basic Nutritional Supplements

- Take a multi-vitamin and mineral supplement or super-food supplement
- Take an omega-3 essential fatty acid supplement
- Take trace minerals
- Take digestive enzymes to help break down the food you eat if you have any problems with digestion
- Take probiotics if you have immune weakness or a history of antibiotic use
- Use antioxidants if you have a lot of inflammatory problems
- Correct common vitamin and mineral deficiencies, if necessary
  - Vitamin D3
  - Magnesium
  - Zinc
  - Vitamin K2
  - B-Complex
  - Vitamin C

## General Cleansing Aids

### Avoid Toxins

- Stop tobacco and recreational drug use
- Limit consumption of alcohol
- Select natural, non-toxic household cleaning products
- Use natural, non-toxic personal care products (toothpaste, shampoo, deodorant, cosmetics)
- If you work around chemicals or are exposed to environmental pollutants, take a daily detoxification supplement containing milk thistle and other herbs and nutrients to protect your liver
- Limit exposure to cell phones, computers and other electronic devices wherever possible

### Eliminate Toxins

- Fast periodically to cleanse your body and allow your digestive tract to rest
- Do a general cleansing program once or twice each year