

Becoming Whole

The Beautiful Liberating
Path Towards Wholeness

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This is the FREE VERSION
Happily distributed by Shem.ph

Published by Self-Health Empowerment Movement Inc. (SHEM), a non-stock, non-profit organization whose mission is to empower people to take control of their health.

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Address: 314-C Sikatuna St. Brgy. Zapatera, Cebu City

ISBN No. 978-621-95025-2-8

Editing, Layout, Cover Design by Hanz Florentino

100% of the proceeds of this book will be used to support the Self-Health Empowerment Movement, a national and global movement towards the new Love-Based Health Care System.

TheNewHealthCareSystem.com
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Introduction

In this book, you will find steps towards health, healing and wholeness.

You will find a path towards becoming whole. Each of us have our own paths, but sharing our path towards becoming whole is something we are happy to do.

What have we found in the last few years?

We have become more involved in unlearning rather than in learning, in remembering rather than in knowing. We are having to unlearn all the knowledge that people have laid upon us, specifically the knowledge that we believe is no longer in alignment with wisdom. And with each bit of misaligned knowledge we discard, the FREER we can become. The freer we can become, the more we can become something for you.

My new job description now is a messenger, a teacher. But I would rather see myself as a “life sharer teacher” than as an expert teacher who seem to know everything.

My philosophy is to guide people to discover the essence in them, to guide people to remember the Divinity within. Because my dear friends, the fact is that you can make that person – YOU - the most wondrous, the most remarkable, the most open, the most beautiful and the most creative person in the world. Not to store it away but to give it away because you can only give to others what you have.

In this journey towards becoming whole, going round the circle of life entailed hardships, difficulties, trials and challenges. Several deaths have to happen. Dying to one's old ways, dying to one's old perceptions and beliefs, dying to attachments, dying to my social identity (the way people look at me), dying to my personal identity (the way I look at myself) and finally resurrecting to my spiritual identity, that I am God's beloved child whom He loves unconditionally. Staying rooted on this spiritual identity gives lasting peace.

Every single day, after we read the bible and meditate, we say this to ourselves:

“I am the full expression of God's love”

“Just as God is love, so am I”

“I feel love, I feel God”

“I am not this body, I am only in this body”

Our dear friends, death teaches us – if we want to hear – that the time is NOW! There is only NOW, the perpetual NOW! Death teaches us the joy of the moment. Death says “LIVE NOW”!

In love, light, peace and healing

Romy, Mila and Michael

1 | Reboot

Are you familiar with computers?

When a computer becomes loaded with a lot of stuff, its memory drive gets overloaded, its central processing unit slows down, and its functions begin to hang up.

What do we do when the above happens?

We defrag.

We REBOOT.

Question: When you get sick, what do you do?

Do you defrag yourself?

Do you reboot yourself?

As a medical doctor, I remember not having these insights in my entire medical schooling. It is because when it comes to treatments, we are flooded with pharmacology approach. No wonder prescription pads are loaded with drugs.

I never learned in medical school how to REBOOT.

I learned how to prescribe drugs, yes, but not how to reboot a patient who is sick.

So can we really REBOOT our bodies? Oh yes we can.

There may be some other ways to reboot the body but I found a very simple and very practical way to reboot our bodies. It's a fruits

and vegetable juice fast. How is this done?

First, decide that you want to reboot your body.

Second, plan on what day you will start and what day you will end.

Third, go to the fresh produce market and start buying some fruits and vegetables.

Below are some of my suggestions:

Fruits: Pineapple, watermelon, green apples, guyabano

Vegetables: carrots, spinach, malunggay, celery, cucumber, tomatoes

Fourth, start your juice fast by substituting your breakfast, lunch and dinner with nothing but fruits and vegetable juices. No snacks in between. If you feel hunger pangs in between, you can drink more of the juice. You may also drink water in between.

Fifth, continue your juice fast until your intended length of time (you may do it for 1 day, or 3 days, or 7 days, or even as long as 60 days).

Sixth, end your juice fast by a fruit meal (non-blenderized). Do not eat cooked food right away. You have to gradually re-introduce cooked food into your system.

Seventh, after you have rebooted your body, make the effort not to go back to the usual processed foods that you eat and try your best to follow a more plant based diet. Remember that no matter how many reboots that you make, if you keep on maintaining your unhealthy habits, then in the long term, it won't be that effective.

In my past articles, I talked about the power of habits, and rebooting coupled with unhealthy lifestyle won't work so well. However, rebooting coupled with healthy lifestyle is the best way to go.

Now, how exactly does this form of rebooting work?

When we flood our bodies with nothing but fruits and vegetable juices, a lot of things happen inside our bodies:

- *Our digestive processes get a much needed rest, and the energy supposed to be spent on digestion is channeled towards the cleansing and healing mechanisms of the body*
- *Our bodies get flooded with micronutrients and enzymes that are only available in fruits and vegetables*
- *Our bodies get deprived of macronutrients which are harder to digest*
- *Our cells shift to a cleansing/healing mode*
- *Our bodies lose the unnecessary fat and the excess weight (this is one of the most natural way to lose weight)*
- *In short, our bodies undergo massive cellular detoxification and massive cellular nourishment!*

This form of rebooting is actually very simple and it is not so difficult to do.

I tried it myself and it works. I felt lighter, more vibrant and of course, younger he he.

In the first or two days of fruits and vegetable juice fast you may experience some headaches or dizziness. That is normal. It is only a sign that your body is detoxifying and it is only temporary. It becomes even more effective if you incorporate exercise during the juice fast.

Exercise can make the cells of your body more active in detoxifying and nourishing. You can tailor your exercise regimen in such a way that you don't overdo it. Brisk walking remains to be the best form of exercise.

Below is a tabulation of my weight as I went through the fruits and

vegetable juice fast:

Sunday *Day 1 – 151.2 lbs.*

Monday *Day 2 – 148.6 lbs.*

Tuesday *Day 3 – 147 lbs.*

Wednesday *Day 4 – 145.1 lbs.*

My total weight loss in 4 days: 6.1 lbs.

So ladies and gentlemen, he he, if you want to naturally lose weight and massively detoxify and nourish your body in a very practical and easy way, try this rebooting method. Of course, in any wellness program, especially when you are taking a lot of pharmaceutical maintenance drugs, I advise you to consult an open-minded physician who believes in nutrition as an important aspect of health before you start.

This rebooting method coupled with healthy lifestyle habits make a big difference in your health. Just remain faithful in your healthy habits and your body will be alright even if you have once in a while “cheats” (eating occasionally unhealthy foods).

What seems inconsequential over the short term becomes profoundly important over the long term.

So friends, stay with your healthy habits day after day after day.

2 | Bypassing Bypass

This topic maybe controversial to talk about, especially in the eyes and ears of the country’s renowned cardiologists and bypass surgeons, he he. But nevertheless, in the spirit of transparency and authenticity, I will dare to talk about it. I’m not against anybody (I have friends in mainstream medicine as I was also trained in mainstream medicine) I’m only against the “system that has gone wrong” because of vested interests of the biggest industry on earth.

Game?

Ok let’s proceed.

Sometime ago, I found a book entitled “Why Animals Don’t Get Heart Attacks But People Do” written by Dr. Matthias Rath MD. I devoured through the book. At first, I was skeptical about it. Then I tried it out to my patients. My gosh.....IT WORKS!!!

So let me share to you the wisdom of treating the root cause of cardiovascular disease, the wisdom of reversing cardiovascular disease naturally and the wisdom of bypassing bypass.

But let me clarify first what is cardiovascular disease.

Cardiovascular disease is now the most common health problem today.

It is a disease affecting our blood circulation, which in total, it’s theoretically 92,000 kilometers of blood vessels from head to foot.

It's something like your NAWASA pipelines.

It includes hypertension, diabetes, heart attack, stroke, ischemic heart disease, high cholesterol, high triglycerides, and many more.

Most people who are on drug maintenance fall into this category. They are maintaining drugs for their cardiovascular disease to lower those high numbers in their laboratories: to lower the blood pressure, to lower the sugar, to lower the cholesterol, to lower the triglycerides, etc.

Yes, it's nice to lower those numbers, but isn't it nicer to treat the root cause why those numbers are high so that you won't be taking so much drugs for the rest of your lives?

So what's the root cause?

Cardiovascular disease is primarily a deficiency problem. Not a deficiency of pharmaceutical drugs but a deficiency of nutrition.

I have mentioned in the books that I have written about the bottom line root causes of most health problems: TOXICITY AND DEFICIENCY.

Yes, I believe cardiovascular disease is primarily a deficiency problem. Some may not agree with me on this, but this is not my original finding.

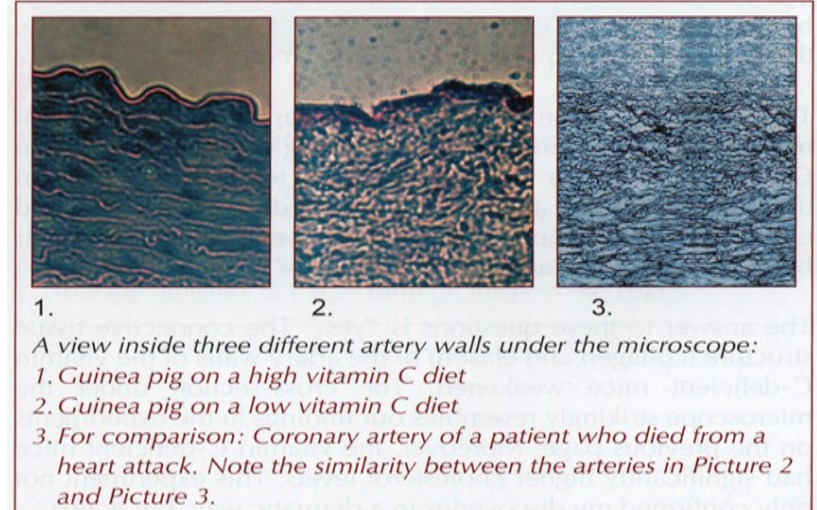
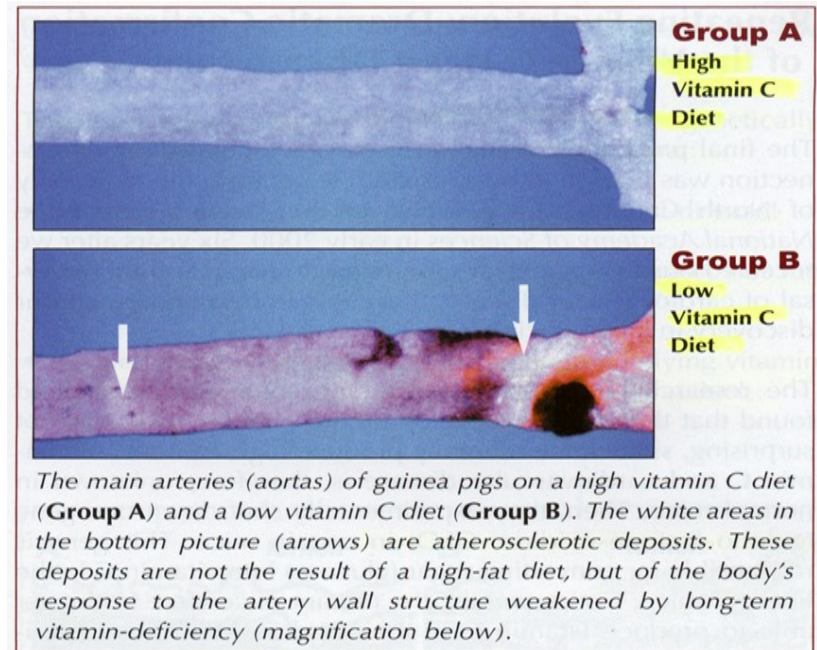
This was discovered by scientists long time ago at the Linus Pauling Cardiovascular Institute. But the findings never went through mainstream medicine.

Why?

Because of the politics of medicine!

If you want to explore further the politics of medicine, you can check this website www.roadmaptohealth.org, you can download the whole book (yes there's a book written about it, entitled "Road Map To Health".)

The Proof: (from the scientific findings of Dr. Matthias Rath and Dr. Linus Pauling)



That's why the calamansi habit works.

That's why *fruitifying* your breakfast works.

YES IT WORKS.

Period.

Let's multiply our breed, the breed of calamansi and fruits addicts, he he, and our numbers will be a proof in itself. For me, I prefer to be a calamansi and fruits addict, rather than a drug addict.

Continue your calamansi and fruits habits, and do it for the rest of your life.

Although there's one potential problem — if and when calamansi runs out!

One of my patients in Cebu once told me, "Doc, nagmahal naman yung calamansi, malakas ka kasi magprescribe ng calamansi, he he"

(Doc, calamansi is becoming expensive here because of all your prescriptions! He he!)

So if you have some extra space or if you have a farm, start planting calamansi before the food industry giants begin to figure out how to manipulate the seeds and patent it (GMO style – genetically modified organism).

Lastly, if you are taking a maintenance drug for your cardiovascular disease, please don't stop. You need guidance for that. There are more and more open-minded medical doctors who are joining the new breed of doctors who are enlightened to support the health freedom movement, the **Self Health Empowerment Movement!**

So what are you waiting for?

Take charge of your health!

Because if you don't, somebody will.

Because if you don't, the industry will.

Let's all follow the path that Jesus Christ WD (Wholeness Doctor) is leading us. Jesus Christ could not be wrong.

I believe that He is the greatest wholeness doctor who ever walked on earth. Unfortunately, He never landed in any major medical subject in my entire 10 years of medical schooling.

3 | Demystifying Cancer

I go around the country giving free health empowering talks to interested groups or organizations. I do this under the umbrella of my organization which I founded last year. This organization is called Self Health Empowerment Movement (SHEM), an NGO whose mission is to spread self-health empowering education to the people, on a national and global scale. (Check out our website www.thenewhealthcaresystem.com).

In all the talks I give, I always ask the audience this question: "Raise your hands if there's anyone here who don't know anyone who have cancer within your network of friends, relatives, families, workmates, church mates, schoolmates, etc.?" I always get the same answer: : No one raises their hands, including me. My uncle have cancer. My wife's aunt, uncle and grandma have cancer. Gosh, cancer have become more common nowadays. In my medical work, I also encounter a lot of cancer patients, day in and day-out.

The current healthcare system understanding of cancer:

- *it's genetic*

- *it's deadly*

- *there are only 3 widely accepted treatments for cancer in the medical community: surgery, chemotherapy and radiation*

- *the treatments are radical and have lots of side effects (for example, chemotherapy kills the "bad" cells, but also the "good" cells*

- *diet has nothing to do with it (a lot of cancer patients who are doing chemotherapy are not advised to go on a plant-based diet)*
- *cancer is staged as 1,2,3 and 4(4 being the worst and there is little hope for stage 4)*
- *Recurrent cancer needs the same treatment (surgery, chemo, radiation)*
- *For cancer patients, there is so much fear as they begin to undergo the treatments of cancer.*

There is so much fear around, especially those who are stricken with cancer.

Why?

Because the society's understanding of cancer is fear based.

What you are about to hear may rock or even dismantle the very foundation of your beliefs about your body, health and healing.

Why do we call cancer cells as “bad” cells? Are they really bad?

If they are really bad, does it mean our body doesn't know why it's there? Does it mean our body made a mistake?

In a similar way, why do we call “LDL cholesterol” as “bad” cholesterol?

Is “LDL cholesterol” really bad? If it is really bad, how come LDL cholesterol is present in newborns? These newborns haven't eaten lechon yet and yet their LDL cholesterol level is never zero. All newborns have LDL cholesterol.

Who is telling us that LDL is bad?

Who is telling us that cancer cells just came out of our bodies because of our genes?

Our body never harms its own. It is always working in a divinely intelligent way to protect itself.

The theory that cancer is a life threatening disease that has a separate power or agenda other than your own is just an acquired belief, and yet beliefs shape our reality. Yes, our beliefs shape our reality.

I believe in the infinite intelligence of our body's design, that's why I always remind people that we are created in the image and likeness of God, not in the image and likeness of the pharmaceutical industry.

In the book “Cancer is Not a Disease But a Survival Mechanism” written by Andreas Moritz (a medical intuitive), it was so clearly explained that cancer is a mechanism of the body to fix what needs to be fixed. It is our body's final attempt to heal itself. It is our body's final shout to us to leave our old unhealthy habits behind and begin a new life of healthy habits. It is an invitation for us to transform.

The body has an innate tendency and capacity to heal itself. Cancer has a tremendous potential of creating deeper meaning and purpose in a person's life. You can do much in terms of self-healing that you may never have thought of it before. The cancer cells are still your body's cells. You can truly start healing the physical and non-physical causes of cancer.

On a bigger perspective, cancer is a powerful tool for humanity to move on towards the consciousness age. Humanity is going farther and farther away from who we truly are, and cancer, soon reaching its turning point (more and more common), will lead us back to who we truly are.

Live simply.

Learn infinitely.

Laugh habitually.

Love boundlessly.

4 | The 3 Magic Pills

In our current healthcare system, people have become so dependent on pharmaceutical medicines. For every symptom that people feel, people resort to drugs right away. The culture has become “*bawat sakit, kulang ka ng gamot*”. Haven’t you noticed that most prescriptions nowadays are filled with nothing but drugs?

Today, I’ll share to you the 3 magic pills that can heal you powerfully.

These 3 pills are not in tablet form or capsule form.

Are you ready to know them?

Here they are:

Magic pill #1

Be Aware of Your Negative Thoughts

Studies have shown that negative thoughts create tension in our bodies. The more negative they are, the more tense you become. As our bodies get tense, our cells close, thereby leading to more toxicity and more deficiency in our bodies.

As human beings, every now and then, we have negative thoughts. Now my suggestion is every time you have negative thoughts, try to

be aware of it. As you become aware of your negative thoughts, you will begin the process of understanding why you have negative thoughts. As we begin to understand, our tense bodies begin to relax. Just by understanding alone can turn our negative thoughts into positive ones.

Magic pill #2

Feel Your Pain, Feel Your Suffering

One of the deeper mechanisms as to the causation of disease is the fear/pain avoidance cycle. We are conditioned and programmed to avoid our fears and avoid our pains. But as we continue to avoid them, the problem gets deeper.

From the book “Unstoppable” written by Nick Vujicic (an international preacher and motivational speaker who was born without arms and legs), he said that there’s only one way to defang our fears and pains, and that is to face them. I believe what he said. I have tried and tested it myself.

The more we avoid, the more we give it power.

So my dear friends, face your fears, face your pains.

Feel them.

Yes it is painful and scary in the beginning, but as you learn to see through them, then you will begin again to understand.

Do you remember the greatest expert in feeling his pain and suffering?

Wasn’t it Jesus Christ?

Yes I personally believe Jesus Christ was an expert in facing/feeling His pain and suffering.

Jesus Christ was awake.

Jesus Christ was aware.

Magic pill #3

Heal your relationships

Yes a lot of our illnesses are caused by strained relationships. Strained relationships can cause our cells to close, thereby straining the pathways of nourishment and detoxification in our cells.

After seeing more than 20,000 patients for the last 15 years, I can attest to the fact that a lot of illnesses are caused by strained relationships. All sorts of physical symptoms can arise from strained relationships, and that includes high blood pressure, migraine headaches, chronic constipation, hormonal imbalances, and even cancer. As we heal our relationships, we also heal our bodies, our minds and our spirit

How do we heal our relationships?

Well, there are so many ways.

You can talk to the people who have hurt you or whom you have hurt and make amends. Of course, talk to them with an open heart and suspend your judgment. It is through non-judgment that will make it easier.

Or you can write them a letter.

Or you can put yourself on a process of self-forgiveness. Yes, we also need to forgive ourselves.

Or you can pray for them, rather than curse them.

There are so many other ways, it's up to you.

So there they are, the 3 magic pills. You have access to them

everyday and you don't even need to spend a single centavo to avail them. It is already there inside you. The power is inside you.

Lastly, I would like to share 2 powerful statements.

“LOVE is the agent of universal synthesis”.

“Anything will work if your heart is in tune with the truth”.

Keep learning.

Keep unlearning.

Keep un-layering.

Keep evolving.

Towards who you truly are at the core of your being!

5 | The Magic Ingredient of True Health

I have been a practicing integrative medical doctor for almost 15 years now. I have seen all sorts of diseases, from the most simple to the most complicated. I have explored all sorts of conventional and alternative treatments. I have seen all the possibilities that could happen to an ill patient.

Some heal.

Some don't.

Some recover.

Some don't.

Why?

Friends, I believe there is that missing link in the journey towards healing. There is a magic ingredient of true health.

This ingredient completes the journey towards wholeness, the journey towards deep healing.

Without it, healing is incomplete.

How do I know?

Well, I am basing it on experience. For the past 15 years, I have seen thousands of patients.

I have seen what they see.

I have heard what they hear.

I have felt what they feel.

And I am fully convinced that the magic ingredient is true happiness. Without fun, joy and happiness, it is very difficult to be truly healthy. In order to be truly healthy, one must be truly happy.

One time, I had a patient suffering from cancer. Let's call her "Juana" (not her real name). She was a very obedient patient. She followed all the detox programs I taught her, she ate all the healthy foods I told her to eat.

But her immune system continued to be weak.

And then I found out that she has bitterness in her heart towards her mother-in-law.

She has harbored that bitterness for more than 7 years.

In other words, she is unhappy deep inside.

The bitterness has closed her cellular systems. The bitterness has closed her immune system.

What could open the closure?

Forgiveness.

Without forgiveness, there will always be that emotion of unhappiness.

With forgiveness, our spiritual hearts can achieve liberation and freedom, thereby opening our cells. Forgiveness to me means freeing a prisoner and realizing that the prisoner is you, not the one you are forgiving.

To forgive oneself and others is one of the doors to true happiness.

Truly happy = truly healthy = truly wealthy = truly holy

Don't you like to experience all of the four?

Now how do we achieve true happiness in our lives?

I am sharing to you 2 simple steps.

First, learn to live from the core of your being. Live with the agenda of your soul. At the core of your being, you already are what you are trying to attain. Stop running round and round the circle of life. Stop adding more and more layers in your life.

What are these so called layers?

Our achievements, our titles, our possessions, etc. The more layers you build around your core, the more unhappy you become. It is because the thicker the layers, the higher the possibility of stress, and therefore the lower the probability of joy and contentment in your life. I'm not saying you become lazy and don't set goals of improving your life or expanding your work. What I'm saying is don't identify yourself with those outer layers of your life.

Stay centered in your core.

At your core, you can find the Divinity within you.

Second, now that you have found your core, establish habits of mindfulness. Mindfulness is dwelling on the present moment.

There are only 3 days in life, the yesterday, the today and the tomorrow. If our mind is focused on the yesterday or tomorrow, we get stressed. But if our mind is focused on the NOW, on the present moment, we feel peace and we feel happy.

Friends, time is an illusion.

Yesterday is gone and tomorrow is not yet here. So why waste your time focusing on something that no longer exist or something that do not exist yet.

Focus on the now.

Be on the present moment.

Long time ago, I have read the book of Eckhart Tolle, *"The Power of Now."*

My mind must have understood it that time when I read it, but I failed to develop habits of dwelling in the NOW. So there was a lag time, from the understanding of my mind to the experiencing of my body. My mind understood but my body didn't experience.

How long was the lag time?

My gosh it took several years. To be exact, 3 years!

It is only recently when I began to consciously develop habits of dwelling in the NOW that my body is beginning to experience the power of NOW.

See, habits are really very important. Developing habits is our way of re-programming ourselves. When we develop habits, first we begin consciously. Then as we continue to do the habits, it becomes automatic and it gets buried in our subconscious. Once it gets buried in our subconscious, it becomes part of us.

So here's my advice:

First, deliberately intentionally and purposefully develop your habits.

And then, your habits will create you.

That's it.

It's so simple.

Before I end this chapter, let me share to you some of the things I do as I develop my habits of mindfulness

- I don't use a watch anymore, but I bought a very cheap watch and I asked my wife to paint it, to cover the time with one word - NOW. So every time I looked at my watch, the time is NOW he he.

- I focused on my breathing several times a day (while

breathing in I say to myself..."I'm aware I'm breathing in" and while breathing out I say to myself..."I'm aware I'm breathing out".

- My usual mode of transportation is by bicycle and by foot. When I'm biking or walking, I say this to myself as I breathe in..."I have arrived", and I say this to myself as I breathe out..."I am home".

- When I'm feeling stressed, I focus on my breathing. While breathing in, I say this to myself..."I'm aware of some tension in my body". While breathing out...I say this to myself..."I calm and release the tension in my body"

Once again, you can't be truly healthy unless you are truly happy.

Even if you are eating the most healthy foods and exercising every day, if you are not truly happy, you can never be truly healthy.

Happiness is the magic ingredient of true health.

Live with the agenda of your soul.

Develop habits of mindfulness.

Be aware of the universal rhythm.

Be with it.

Flow with it.

Blend with it.

Be it.

Be it NOW.

6 | The Ultimate Nutrition for the Body - Plant Based Whole Food

For so many years, I have been journeying on my understanding of what is the ultimate nutrition for the body.

When I finished medical school, I was an *anytarian*, meaning I eat anything he he.

Then as I studied more and more books about nutrition, eventually I became more and more attracted towards a plant based whole food diet, a diet rich in raw foods.

So what are raw foods?

Raw foods are fruits, vegetables, nuts and seeds that have not been cooked, pasteurized, steamed, broiled, grilled, roasted, baked, fried, irradiated or exposed to heat above 115 degrees Fahrenheit

What is the difference between cooked and raw?

What happens when we cook our food?

On average, the cooking process destroys:

50% of the minerals and fiber

75% of the proteins and vitamins

100% of the oxygen, phytonutrients and enzymes

Raw foods are rich in oxygen.

A deficiency of these nutrients contribute to a weakened immunity.

Raw foods contain an abundant supply of bio-identical hormones such as abscisic acid, auxins, cytokinins, gibberellins, polyamines, etc. These bio-identical hormones contribute to increased vigor, vitality, stabilized mood.

Enzymes are very valuable, and we can only get them in raw foods. Enzymes are necessary for digestion and critical for every metabolic function in your body. They are the catalyst for every single cellular reaction in your body. The more enzymes you have, the more energy you have, the more alive you become.

Free radicals vs. Anti-oxidants

Free radicals are “energy vampires”

Antioxidants are “energy givers”

Your body is constantly repairing and rebuilding itself so it needs all these enzymes, nutrients, and minerals which are abundant in raw food

Transitioning to a healthier diet consisting of at least 70-80% raw foods naturally replenishes these critical nutrients, often resulting in astonishing recovery, good health, vitality and the “harmonious integration of body, mind and spirit.”

Now that you know, try it, apply it.

Start your journey to raw food now.

The 2 most valuable assets involved in your journey to raw food:

1. The LOVE and understanding of the subject

2. Ingredients

A good recipe should be seen as a road map, offering guidance and technique toward combining foods. But ultimately, you should use your own preferences FREELY to make adjustments.

7 | Simplinaire

Have you heard of millionaire?

Have you heard of billionaire?

How about simplinaire?

Did I coin this word? Did I just make it up?

Nope.

My 9 year old son did. His name is Michael.

Here's a short note that he wrote:

Hi my name is Michael.

I'm just a nine year old boy but I am smart. I know what you are thinking. For most of you, your question is how did I get this idea?

Well I'll be very happy to tell you how did it alllllll.....happen.

It all happened one day when I woke happily from our bed and I went down as usual to get my favorite breakfast FRUITSSSS.....

My MOM suggested the night before that we would visit one of the most important person of my life, my DAD whose mission is to empower people to be the best version of themselves. We were gonna visit him in a retreat house up in the mountains

where he stayed for 3 days. We were so happy to see him. My MOM cried.

Anyway, after lunch we spent so much time together and after that he showed us a wonderful swing. While my MOM and DAD were talking I suddenly came up with a word - "simplinaire" and that is how it happened. My DAD wanted to write about the word so dear fellow readers, I hope you will like this simple chapter.

So GOD bless you.

from Michael Randell U. Paredes.

The society of today is stuck in the never ending cycle of consumerism, in the never ending "treadmill of more". We want more and more of this and that. Most people nowadays have 2 cellphones. Some people have 10 cars. Some people have 3 houses. One is no longer enough.

Consumerism is the emotional deficit of society.

Our way of living nowadays have become so complicated that we consciously or unconsciously create many layers in our lives.

What are these so called layers of life?

Let me give some examples....

In terms of achievements:

Ex: Juan de la Cruz MD, CEPS, FHRS, FSCAI, FACC, FPCP, FPCC, IFPSCCI, FPSCCI, FPSE

In terms of possessions:

Ex: Juan de la Cruz claims he has 3 houses, 5 cars, 17 businesses, etc.

I'm not saying there's something wrong with aspiring to achieve

more.

All I'm saying is these so called layers also have the potential to obscure our true identity. The thicker we create the layers in our lives, the higher the chance we forget who we truly are at the core of our being.

Yes we can aspire to achieve more but let's not forget the "why" behind our aspirations. Evaluating our "why's" gives us a clearer understanding why we are doing this and that.

As a medical doctor, I have observed that stress can close or weaken our immune system.

These layers of life are also the most common causes of stress.

Un-layering these layers is a powerful way of simplifying our lives.

As we simplify our lives, we release our stress and tension.

As we simplify our lives, we can relax more and enjoy more.

As we simplify our lives, we become more child-like again.

As we simplify our lives, we remember who we truly are.

In terms of health and healing, being a simplinaire creates an opportunity for us to have less stress.

Stress is that one thing on planet Earth that can close our immune system. It leads to a multitude of health problems, from a migraine headache to hypertension to cancer.

When we have less stress, we are more happy, more healthy, more wealthy (yes you can be more wealthy as you become a simplinaire), and more holy. However, the society of today defines wealth most of the time as material wealth.

I have a different definition of wealth.

My definition of true wealth is how much love you have invested on yourself, on other people and on God. Don't you know that love is

the greatest investment?

One of my favorite spiritual teachers, Neale Donald Walsch (author of *Conversations with God* and *Home with God*) once said....*"At the core of our being, we already are what we are trying to attain"*.

As I ponder upon this statement again and again, it becomes clearer and clearer to me that yes indeed, it is true!

Of course, this does not mean we become lazy. This does not mean we just sit down and do nothing. Instead, this means we start living at the core of our being, at the core of who we truly are.

We do things that are in alignment with the agenda of our souls.

We spring our doingness from our beingness.

If we live this kind of life, life becomes so simple yet full of meaning and purpose. You become a simplinaire, living a life of simplicity, yet full of meaning and purpose. YOU become holistically healthy, happy and holy! (4H)

So my dear friends, are you interested to be a simplinaire?

Don't wait for your last breath before you realize this. That would be too late.

As early as NOW, start realizing that you can not bring along anything material you have built or accumulated after your last breath here on Earth.

Why wait for your last breath before you come to the realization of this?

Start being one NOW.

You have nothing to lose, but everything to gain.

This is what I believe....*"You can not have it all until you are willing to lose it all"*.

Epilogue : From Searching The Truth Towards Living The Truth

In my healing ministry journey, I was searching for the TRUTH.

Sometime ago, I was searching for the magic drug. I didn't find it.

Then, I was searching for the magic treatment machine.

I also didn't find it.

Then, I was searching for the magic herb.

I still didn't find it.

I was relentlessly searching for the magic outside the body.

Until I ended finding the magic inside each one of us.

My dear friends, do you remember the story of Po in Kung Fu Panda?



Po was looking for the magic scroll so that he could beat his opponent. He was expecting that the magic scroll would contain the instructions on how to beat his opponent. He was hoping that the magic scroll will tell him the techniques so that he could beat his opponent.

But at the end of the story, yes he was able to find the magic scroll, but no, his expectations about the magic scroll didn't happen.

The magic scroll didn't contain the Kung Fu instructions.

The magic scroll didn't contain the Kung Fu techniques.

The magic scroll was empty.

Then as he was looking at the empty magic scroll, as light reflected on the scroll, he saw his face. He saw himself. At that instant, it dawned on him that the magic he was searching all along was inside him.



I could relate to the story of Kung Fu Panda in my search for truth.

I was looking for the magic drug, the magic treatment machine, the magic herb that could beat cancer. I didn't find it.

Up to this day, humanity continues to search for the magic outside the body.

Billions of dollars have been continually poured on research on

what is the magic chemo drug for cancer.

But the question remains:

Have they found the magic chemo drug for cancer?

Countless number of people have been searching for the magic alternative medicine treatment for cancer. Alternative practitioners have been trying this and that alternative method for the cure of cancer.

There are so many alternative treatments available at the moment as treatment options for cancer.

And yet the question remains:

Have they found the magic alternative treatment for cancer?

People are getting more and more confused.

Medical and alternative practitioners are also getting more and more confused.

Because everybody is looking for the magic outside the body.

I remember these words...."that the human being is created in the image and likeness of God".

TRUE, indeed.

We are created in the image and likeness of God, not in the image and likeness of big industries.

From the wholenesscenter.net website, it says.....

The etymology of "medicine" literally meant "to make whole."

We remember a time when medicine was a way of bringing wholeness about. When "medication" came in the form of plants, of songs, words, feelings, the cool wind, or a loving embrace.

The original medicine meaningfully hand-held the process of letting go. It bears our profound and long-standing traditions in the work

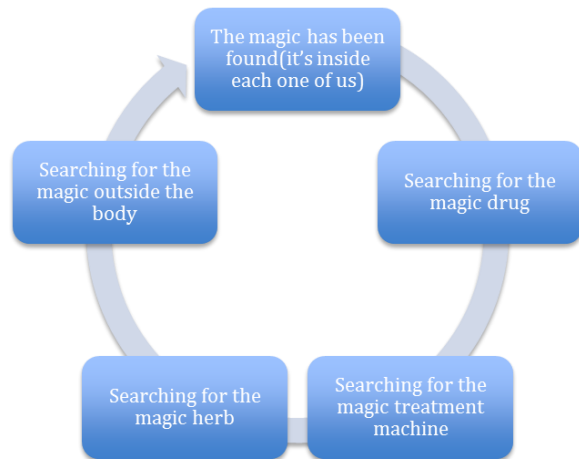
of illumination, transformation, the awakening, deep ecology and visioning process.

We all dream of the center.

The Center is not so much a place.

The Center is the middle, the heart — the essence of a thing.

From 1999, when I graduated from UP College of Medicine, up to this day, I have been journeying towards the essence of medicine. The image below portrays that journey.



In that cycle of search, in the beginning I was limited by the human mind, by the human intelligence. Until I surrendered to a higher intelligence, the mind of the heart, the spiritual heart.

Human mind has a limited perspective. It is human intelligence.

The spiritual heart has an unlimited perspective.

It is Divine intelligence.

The human mind is rational.

The Divine intelligence is irrational.

The human mind is logical.

The Divine intelligence is illogical.

It was when I shifted from the mind to the heart that the truth began to show up.

And now that I have found the truth, the next challenge is how to deepen my understanding of the truth embedded in each one of us.

The next challenge is how to share the truth with other people.

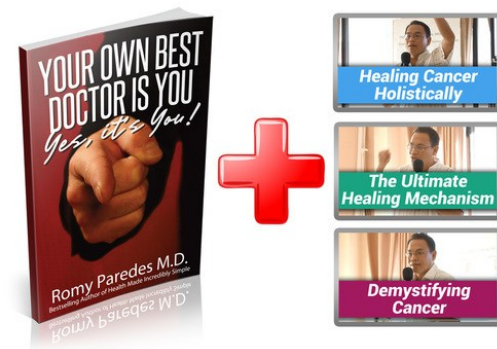
The next challenge is how to live the truth.

Let us balance our minds and our hearts, and let us all work together in this challenge.

In peace, love, light and healing

Dr P

P.S. I have a gift for you - a health empowerment guide – 1 eBook and 3 health empowering short videos. All for FREE. Download it at www.wellnessland-ph.com



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About the Authors:



Dr. Romy Paredes MD

He is the visionary founder of Wellnessland Health Institute and Wellnessland Wholeness Center, a leader in the field of natural and complementary health care and education. He has authored and co-authored 6 books:

- Integrative Medicine (Bridging Conventional and Alternative Medicine)
- Your Own Best Doctor Is You, Yes It's You!,
- Awaken the Doctor in You
- Transformation Medicine
- Health Made Incredibly Simple
- Sacred Simplicity, the Ultimate Sophistication

He is also one of the world's many catalysts on the vision quest of a new health care system, the ultimate healthcare system:

- a system of self health education
- a system of self health empowerment
- a system that brings back the glory of the Divine design of human beings and a system that bolsters people's sense of their own divine magnificence

He is also the founder of Self Health Empowerment Movement Inc., a non-stock non-profit organization whose mission is to empower people to take control of their health.

His holistic and transformative medical work is based in Cebu City, Philippines where he resides with his wife, Dr. Mila, and their lovely son, Michael.

Above all, he sees himself as a MESSENGER, a lifelong messenger of LOVE, not fear.



Dr. Milagros Paredes MD

The guiding hand and the General Manager of Wellnessland Health Institute. Dr. Mila, finished BS Chemistry at the University of the Philippines Diliman, and pursued her medical degree at the UERM College of Medicine. She is a radiologist-sonologist.

She is also a wellness educator and gives talks and seminars on wellness and wholeness. She educates people on the healing power of happiness.



Michael Randell Paredes

Michael is the only son of Dr Romy and Dr Mila. At home, he prefers to be called "baba" or "baby". He has authored 1 book entitled "Health Made Even More Incredibly Simple for kids". It is a very simple booklet and yet, behind its simplicity, it has influenced kids to be more healthy and whole.

Michael has been a pescatarian for several years and he has been doing taekwondo for several years. He is currently in the brown belt level.

He dreams to be a vegetarian chef someday. He continues his journey in life with the guidance of his mom and dad.

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Other Chapters Include:

8. My Unlikely Great Teacher

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12 Daddy, the Ultimate Information

is Behind You

13 The Effect of Labels

14 The Ultimate Laboratory is a LaboraSTORY

15 For Love Must Continue

16 Awareness

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18 About the Self Health Empowerment

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