

ASERVIC RETREAT 2022

Experiencing Spirituality: Wellness in Spirit, Body and Mind

Breathe

What if you have the power to [heal your body](#) just by changing the how you think? Lisa Rankin MD - Reframe

Endorphins = [Endogenous Morphine](#) Triggers: Sunshine Exercise Meditation
Massage Laughter and Smiling

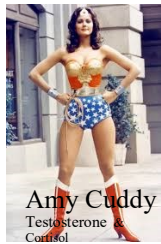
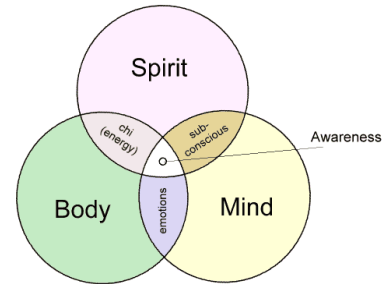
[Lateral Reading](#)



Electromagnetic [Universe](#) and [Brain](#) [Morphic Resonance](#)

Heart—Breath—Mind [Everything is Connected](#)
Iron—O/CO2—**Patterns** Tom Chi & Native Americans

Types of Knowledge:
Theoretical
Scientific
Intuitive



Healing Process:
Stabilization
Detoxification
Fortification or
Transformation
Maintenance

[NEUROPLASTICITY](#)
[EPIGENETICS](#)
We Are All Unique
[Albert Ellis A-B-C](#)

Newton
Einstein
Quantum
Physics

[Pasteur vs Béchamp](#)

Homeostasis
Entropy

Holistic Integrity

[Microbiome](#) [Mychorrhizae](#)



Peace
Knowledge
[Success](#)
Prosperity
Long Life

[Food Incorporated](#)

[Super Size Me](#)

[Fat Sick & Nearly Dead](#)

[Food Matters](#)

[Probiotics](#)

Yogurt, Kefir, Sauerkraut, Dark
Chocolate, Microalgae, Miso, Pick-
les, Tempeh, Kimchi, Kombucha
Tea

[Healthy
at 100](#)

[Journal of Health &
Healing](#)

[Well Being Journal](#)

[Herbs](#)



Breathe
Unconditional
Love
Bathe

[ACRES](#)

[My Cancer Story](#)

[Applied Kinesiology](#)

[Wild Edible Plants](#)

[FASTING](#)

Vagus Nerve
[4-7-8 Breathing](#)
Cold

[KETOSIS](#)

[Pituitary Gland](#)

[Hand
Reflexology](#)
Thumb

[Pilates
Diaphragm](#)
Breathe
Alignment
Bridging

[GREENWASHING](#)

[Green Med Info](#)

[Vitamin C](#)

[Linus Pauling](#)

<http://orthomolecular.org/>

Heart Lung Machine
[Chelation](#) EDTA
ethylenediaminetetraacetic acid



Microgreens

[Total-Chelate Nutri-west](#)

[CHOLESTEROL](#)



[Association for Integrative Medicine](#)

[MCT &
COCONUT OIL](#)

[EZ Zone](#)

Aging is the accumulation of damage to
[macromolecules](#), [cells](#), [tissues](#) and [organs](#).
Any repair results in Rejuvenation.

Apoptosis
[Senescence](#)



OR



Healthy personality is manifested by individuals who have been able to gratify their basic needs through acceptable behavior such that their own personality is no longer a problem to their self. They can take their self more or less for granted and devote energies and thoughts to socially meaningful interests and problems beyond security or lovability or status.

~ SIDNEY MARSHALL JOURARD (1926-1974)

Michael C. Lazarchick PhD

<http://mlazarchick.com/2022Wellness1.pdf>