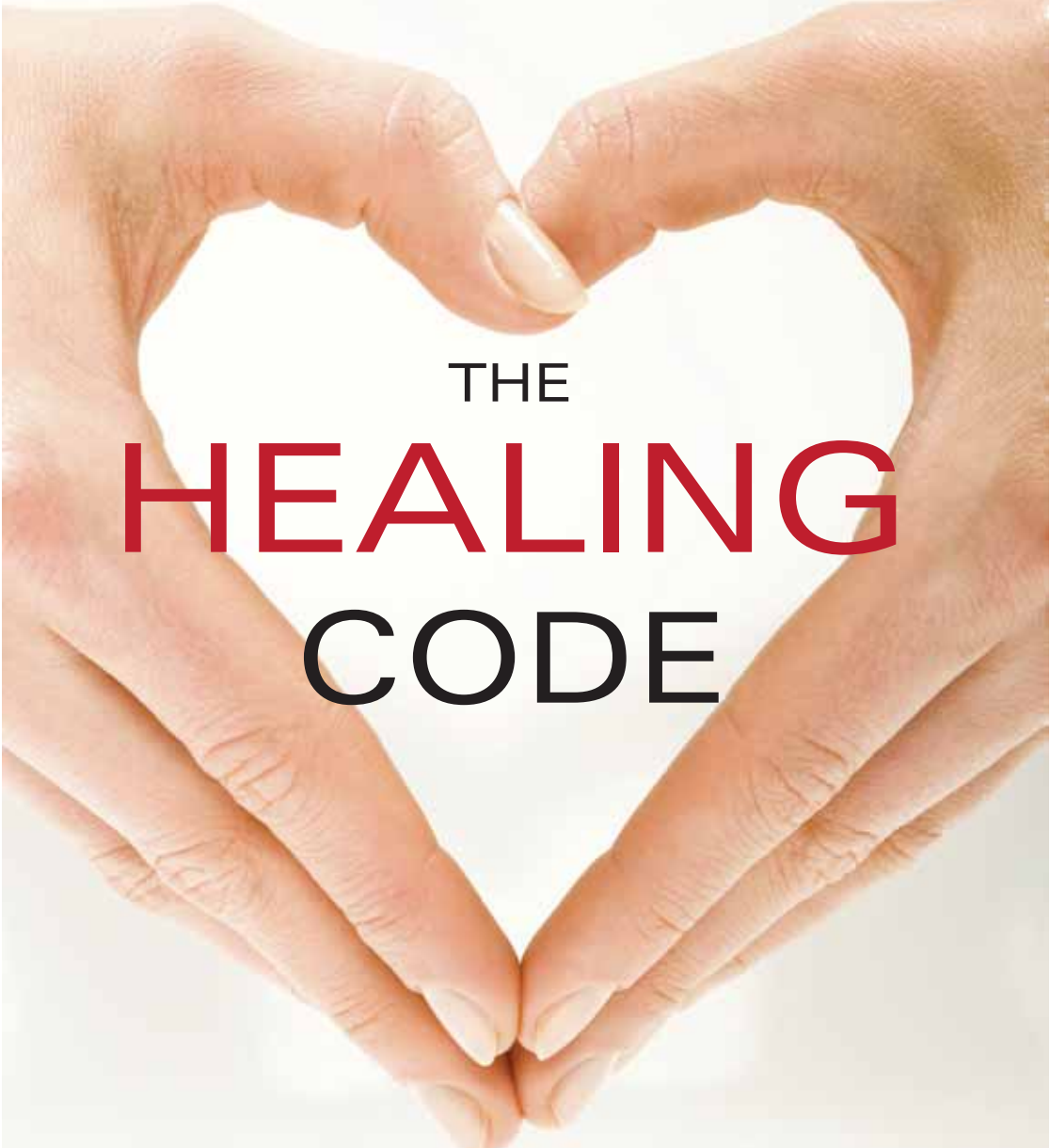


As Seen on PBS, TBN, Cable & Network Television

6 Minutes to Heal the Source of Any  
Health, Success, or Relationship Issue

A close-up photograph of two hands, one from the left and one from the right, with fingers interlaced to form a heart shape. The skin is light-toned, and the background is a soft, out-of-focus white. The heart shape is centered in the upper half of the image.

THE  
**HEALING**  
CODE

Alex Loyd, PhD, ND  
Ben Johnson, MD, DO, NMD

Foreword by Jordan Rubin, PhD, NMD,  
*Author of The Maker's Diet*

*“I was diagnosed with ALS (Lou Gehrig’s disease) in 2004. I had been having symptoms for more than a year. After doing The Healing Codes for less than 3 months, I was symptom free! Ever since, I have traveled all over the world telling people about The Healing Codes.”*

— Dr. Ben Johnson, author of *Women’s Breast Health*

**Discover the revolutionary formula that heals the source of illness and disease, even success and relationship issues.**

According to Stanford, Harvard, Mayo Clinic, the CDC, and other research centers, there is one source of up to 95% of all illness and disease—and it is not your thoughts, emotions, conscious beliefs, actions, or even your DNA. Solomon revealed this source more than 3000 years ago.

In 2001 Dr. Alex Loyd discovered how to activate a physical function built into the body that consistently and predictably removes this source so that the neuro-immune system takes over its job of healing whatever is wrong in the body. His findings were validated by tests and by the thousands of people from all over the world who have used the The Healing Codes™ system to heal virtually any physical, emotional, or relational issue, as well as realize breakthroughs in success.

His testing has also revealed that there is a “Universal Healing Code” that will heal most issues for most people.

In this book you will get that Universal Healing Code, which takes only minutes to do. The book also includes:

- The Seven Secrets of life, health, and prosperity (video also available).
- The 10-second Instant Impact technique for defusing daily stress.
- The Heart Issues Finder, the only test in the world that identifies your source issues in a 10-15 page personalized report (which you can take as often as you like).

*(continued on back flap)*

## **Praise for The Healing Codes and Dr. Alex Loyd**

“Dr. Alex Loyd has the defining healing technology in the world today—it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time.”

—Mark Victor Hansen, co-author,  
Chicken Soup for the Soul books

“I have used almost all of the latest and greatest technologies, treatment protocols, techniques, systems, philosophies and healing modalities in both conventional and alternative medicine, and if I were to choose just one it would be the work of Dr. Alex Loyd. I have found no other process that is as elegantly simple, effortlessly learnable, inherently portable, profoundly effective, and fundamentally timeless. The highest commendation I can give is that I use it for myself, my family and my patients.”

—Merrill Ken Galera, MD, Medical Director, The Galera  
Center, former Lead Physician of Dr. Mercola’s Natural  
Health Center

“For many years I was a writer for *Alternative Medicine Magazine*, among others. I have SEEN IT ALL when it comes to natural health. I have not just tried the techniques and products, I have interacted with the creators and developers personally. I have researched, tested, interviewed clients exhaustively to determine what is the truth versus hype. The Healing Codes is the easiest and most effective ‘do-it-yourself’ healing technique I have ever found! It works consistently, predictably, and quickly on a wide range of issues. In other words, ‘ITS THE REAL DEAL!’”

—Dr. Christopher Hegarty, international award-winning  
public speaker, bestselling author, and consultant  
whose clients include more than 400 Fortune 500  
companies, governments, professional organizations  
and many other organizations in 36 countries

“We met Dr. Alex Loyd by phone after returning from India. We had flown into Cincinnati, OH, to give a seminar and both felt so ill with amoebas we had contracted that we told the organizer, Bill McGrane of the McGrane Institute, we didn’t think we could give the seminar. Bill immediately put us in touch with Alex who [showed us how to use] The Healing Codes. We had one day of rest before our seminar and that next day after using the Healing Codes a few times, we were feeling much better. By the time our seminar began we felt great, and afterwards the rave reviews from our participants suggested it was one of our best seminars ever. The Healing Codes have consistently produced great results for us. They are simple, non-invasive, easy to do and effective. Beyond that, Dr. Alex Loyd is a deeply loving, caring man of the utmost integrity. It has been our honor and privilege to be associated with him.”

—Chris and Janet Attwood, New York Times bestselling authors of *The Passion Test*

“In 2004 I had a foot problem that was causing me great pain. Each time I took a step, the heel on one of my feet hurt with a sharp shooting pain. Doctors could not seem to help me and for six months I lived with this chronic condition. The pain progressively got worse. I was introduced to Dr. Alex Loyd and the Healing Codes and decided to see if his program would help. I did a Heart Rate Variability (HRV) test [the ‘gold standard’ for testing the autonomic nervous system] that showed my body to be under heavy stress and my nervous system out of balance. I immediately did a 7-minute Healing Code. and then another HRV test. The second HRV showed that my body was not under stress anymore—my nervous system was in balance. The next day another HRV test showed that my nervous system was still in balance from that one Healing Code.. Three days later the pain in my foot was completely gone and has never come back. Since then, I’ve seen a dramatic change in a couple other physical issues, and it seems to have a very good effect on me emotionally. It’s very easy to use. I particularly like that you don’t have to depend on anybody else. You can heal yourself. I have known many people who have used this with similar success.”

—Joe Sugarman, creator and owner of “BluBlocker” sunglasses; considered one of the top marketers and copywriters in the world for the last thirty years

“God wraps his gifts to us in many different packages. Alex Loyd is one of his special packages.

“I had the pleasure of watching Alex’s life change in a single weekend. My intensive study in Ancient Hebrew had opened up a lost world to me; a world I came to describe as “The Rediscovery of the HEART.”

“Alex and I met within hours after his wife had told him their marriage was over. Shattered with the failure of his life, Alex was open to discover what the heart is, what language it speaks and how to live from the heart. We have been on a search for increasing insights to the wonders of this lost world together since that day.

“I cannot recommend The Healing Codes too highly. It is, in my opinion, a major breakthrough that heals any issue at its core. What the origination of the computer has done for business, The Healing Codes can do for health and healing. If you will be open to the world described in this book, you may be stunned to discover the gift God has made you to be, to us all.”

—Larry Napier, Alex Loyd’s mentor, friend and student

“Through The Healing Code book you have the tools to transform your life and release the triggers holding you back in every area of your life. Read it and watch what happens.”

—Bill McGrane, President, McGrane Global Centers

“The Healing Codes are the greatest healing discovery in history. In 40 years of broadcasting, I have seen and tested every conceivable healing modality that you can imagine. (For 10 years of those years I was the host for the ‘SciZone’ the cutting edge of science radio show covering 38 states.) The Healing Codes are a level beyond anything I have ever seen. This is the greatest discovery since medicine because it puts the healing in your control. Healing is specific, and so are The Healing Codes. Once you try this Healing Code your life will begin to change instantly—try it and watch it happen!”

—Bill Boshears, scientist and syndicated talk show host,  
“SciZone”

For more testimonials from people from who have used The Healing Codes to heal a wide range of issues—physical, emotional, success and relational—please visit [www.thehealingcodebook.com](http://www.thehealingcodebook.com).

# THE HEALING CODE

6 Minutes to Heal the Source  
of Any Health, Success  
or Relationship Issue

Alex Loyd, PhD, ND

Ben Johnson, MD, DO, NMD



Intermedia Publishing Group

This book is dedicated to YOU, my reader.

My hope and prayer is that this will be the end of your search or the beginning of the solution, as it was for my wife, Hope (Tracey), me, and so many others. May God guide and guard your heart, as he did ours.

—Dr. Alex Loyd

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## FOREWORD

*Jordan Rubin*

The Healing Code developed by Dr. Alex Loyd is a revelation to all who are desperately searching for answers to the challenges they face in their everyday lives.

During my two-year battle with several incurable illnesses, I visited seventy experts in conventional and alternative health, desperate for a cure. After conquering my own diseases through active faith in God and following natural health principals, I went on a mission to transform the health of this nation and world one life at a time. In my quest to find the most effective foundational keys to unlock the health potential of the body, soul and spirit, I have evaluated hundreds of healing modalities, most with mixed results at best.

I was introduced to The Healing Codes by a friend, and I have to admit that at first I was a bit skeptical. Once I heard and read the amazing testimonials of changed lives, and found out that The Healing Codes system was discovered after twelve years of prayer, is completely in harmony with the Bible, and is steeped in science, I wanted to learn more. Shortly thereafter I had the opportunity to spend time with Dr. Alex Loyd. If I had any doubts, they were erased: Alex is a walking testimony to the system he developed.

Not only has Alex facilitated his own family's physical and emotional health breakthroughs, his compassion for those in need and willingness to help people at all costs make him unlike anyone I have ever known. Alex is one of the most contented,

giving and peaceful men I have ever met. I have watched Alex Loyd and *The Healing Codes* dramatically improve the health of friends and family, producing measurable results physically, spiritually, mentally and emotionally.

Yet it wasn't until I was dealing with a great personal crisis that I realized the true power that lies in *The Healing Codes*. When facing what seemed like insurmountable odds, I worked with Alex daily for a period of forty days and diligently used *The Healing Codes* to resolve and heal the issues of my heart, many of which I didn't know existed. During this process I was able to almost effortlessly remove painful past experiences and truly forgive those who had hurt me over the years and, more importantly, seek forgiveness on behalf of those I had hurt. I experienced yet another God-given miracle in my life in body, soul and spirit, and I owe much gratitude to Dr. Alex Loyd and *The Healing Codes*.

This book is based on that system and gives you the essence of what makes it work. With *The Healing Code* you have so much more than a just a book. Right now you hold in your hands the keys to unlock your own God-given health potential.

If you utilize the tools in *The Healing Code*, you can achieve true forgiveness, banish wrong beliefs and heal the issues of your heart that are causing stress, failure and even physical disease in your life. Yet as powerful as *The Healing Code* principles are, they won't work by themselves. You must diligently practice the *Healing Code* techniques and use the tools, such as the *Heart Issues Finder*. I urge you to take the time to develop your personalized *Healing Code* program using the tools in Chapters Eleven and Twelve, you'll be amazed at the quick and effective "Instant Impact" technique

that takes 10 seconds to eliminate stress, negative emotions, and increase energy for the day. But it won't do you any good unless you use it when you need it!

Today in America, we hear a great deal about health REFORM. If you utilize the powerful tools available to you in *The Healing Code*, you will see your health and life TRANSFORM from the inside out.

I have benefited greatly from the revelation and wisdom I've received from Dr. Alex Loyd. Now it's time for you to begin your own journey to extraordinary health with *The Healing Code*.

Jordan S. Rubin, NMD, PhD

*New York Times* bestselling author of more than  
20 health and wellness books

Host of the *Extraordinary Health* television program

Founder and CEO, Garden of Life

## PREFACE



# The Discovery that Changed Everything

What do you want most in life? Loving relationships? Having a health issue resolved? Peace? Achievement in an area where you have always felt more capable than your results indicate? Fulfillment that could be measured in a thousand different ways? How can you attain whatever the “thing” is that keeps you awake at night or that quickens your heartbeat?

What I (Alex)<sup>1</sup> want to share with you is a way to attain these things in your life, a way that was given to me in 2001 as a gift of God.

You see, back in 2001, I was the one wanting all these things. The story of the previous twelve years of my life had been sadness, depression, frustration, blocked goals, and helplessness—helplessness in a situation that brought pain and agony to not only myself but my family for those twelve long years. Every time it looked like things were going to improve a little bit, they would slide right back into the despair that had characterized our life together.

What was this problem? Tracey and I said “I do” in 1986 believing that our life would be a “happily ever after” story. Within six months Tracey was crying at the drop of a hat,

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<sup>1</sup> Unless otherwise indicated, when the first person is used, it refers to Alex Loyd.

binging on chocolate chip cookies, and frequently hiding in the bedroom with the door locked. In spite of the fact that living with me could probably do that to anyone on planet Earth, I was very concerned. None of this had happened to her before, and Tracey didn't seem to know why she was so sad, besides being married to me, of course. We soon found out that Tracey was clinically depressed and probably had been for most of her life. In fact, depression and anxiety ran through her family like a commercial lawn mower through foot high grass. Several members of her family have committed suicide in the last thirty or so years.

### **DESPERATE FOR HELP**

We tried everything: counseling, therapy, vitamins, minerals, herbs, prayer, alternative emotional release techniques ... everything! Tracey read a library of psychology, self-help, and spiritual books over these years. I don't know how much money we spent in those twelve years of searching—the last time we totaled it up it was in the tens of thousands of dollars. Some of the things we tried are wonderful practices that we still follow, and a few of them helped, but Tracey was always still depressed.

We thought antidepressants would be the answer. I can vividly remember being awakened in the middle of the night by Tracey's screaming. Turning on the light, I was horrified to see that Tracey was sitting in blood. It was on her, on her gown, and on the sheets all around her. She was screaming and weeping at the same time. I reached for the phone to call 911, thinking that Tracey was hemorrhaging internally. I wondered if she would make it, and how I would raise our six-year-old son if she didn't. It was at about that thought that I realized

what had happened—Tracey had been clawing her legs with her fingernails while asleep until she eventually clawed so much skin off of her legs that they bled out onto the sheets. There were many more side effects of the antidepressants, but this one was the worst.

The symptoms of the depression itself were far worse. Once Tracey took a depression self-test that was in the back of a book she was reading and scored in the severely depressed range. I started looking through the test to see how she had answered questions and was shocked to see that she had answered “yes” to a question that asked if she thought about wanting to die most days. She told me that she was too chicken to ever act on it, but that she frequently thought how nice it would be to just veer off the road into a concrete embankment and have the pain all be over.

The depression negatively affected every aspect of our life and family. Many times we were stressed to the breaking point. After being married for three years, Tracey and I both wanted out. The only thing that stopped us was the belief that God had something better in mind. Tracey and I had a recommitment service and renewed our vows—we were truly in it “for better or worse.”

The one thing I never lost was hope, and it was that hope that kept me struggling and searching for ways to help Tracey. I searched my way through two doctoral programs, through countless seminars and workshops, through dozens and dozens of books on how to fix the problem. None of these yielded the answers that I was looking for. Lessons learned? Absolutely. Greater maturity? You bet. A belief that I would find the answer? Always.

And then it happened. It happened over a three-hour period. It was like I was the only person on planet Earth, although there were people all around me....

### **THE BLUEPRINT FOR HEALING**

I had been in Los Angeles for a seminar on alternative methods of psychology and was in the airport waiting to board my plane home. My cell phone rang, and when I picked it up I heard the word “Hi.” As soon as I heard it, chills ran all over my body. Tracey was severely depressed. She was weeping and said that our son, Harry (who was six), did not understand her being sick in this kind of way. If I had been home I could have knocked out her symptoms with some techniques I knew. However, I was powerless to help her from three thousand miles away. I talked and prayed with her until the stewardess made me turn my phone off. I then started doing what I had done every single day for the previous twelve years—I prayed for Tracey.

What happened next is the reason I am writing this book. The best way I can put it is: God downloaded into my mind and heart what we now call *The Healing Codes*®.

Don’t misunderstand me ... there were no angels outside the window of the 737. There was no fog or mist rolling down the fuselage. I heard no heavenly music playing. But what I experienced was so different from anything I had ever been a part of before that I knew it was an answer to those twelve years of daily prayer. I saw the answer in my mind’s eye like I have many, many other ideas before—yet it was not the same. You know what I’m talking about if you have ever thought of something and said, “What a great idea!” Well, that’s what this was like, only it was like having *someone else’s* great idea



deposited into my head. It was like I was watching it on TV. It was in my mind but it was not of me. I was “reading” a blueprint of a healing system that I had never studied. The revelation was of a physical mechanism in the body that would heal a spiritual issue—wrong beliefs. I was shown a system that explained how to counteract the true source of all life’s issues by doing simple exercises that involved using the hands. So . . . I wrote it down, and wrote it down, and wrote it down some more. I wrote until my hand was cramping and I literally said out loud (I remember because I looked around embarrassed that someone might have heard me), “God, you’re either going to have to slow down or remind me of this; I can’t write that fast!”

When I got home, following this God-given blueprint eliminated the problem that had dominated my life for more than a decade. In 45 minutes, my wife’s clinical depression was gone. As I write this it’s now more than eight years later, and Tracey has never taken another medication and feels great every day. Yes, Tracey’s depression came back after that initial 45 minutes, but within three weeks of doing “The Healing Codes” daily her depression was gone for good. After the years we had been through, painfully searching for something—anything—that would bring normality and peace to our life, I don’t know the words to describe the joy and exhilaration this brought to me, my wife and my sons (we now have two). In fact, in 2006 Tracey legally changed her name to Hope. After all the depressed years when she felt hopeless, she no longer felt like the same person. She was now Hope.

After that fateful night when I discovered what we later named The Healing Codes, I was just as excited the following Monday morning when I went to my private practice with

plans to integrate this new protocol into working with dozens of people who could have described their lives in words similar to mine. Many pains, many frustrations, many heartaches, many people searching for answers. As I started sharing The Healing Codes with my clients, what happened was exactly what I thought would happen: depression was healed; anxiety was replaced by peace; relationship problems melted away. And even more serious mental and emotional problems seemed to heal consistently, predictably and even quickly in most cases.

### **THE CIRCLE OF HEALING WIDENS**

What I had not expected is what happened six weeks later. A precious client of mine asked if she could speak privately with me for a few moments. She had a puzzling look on her face that I'd never seen before, and stated to me that she could not recall having told me that she had multiple sclerosis (MS). I'm sad to say that I immediately flashed back to one of my doctoral psychology classes on ethics and legal issues and the concern crossed my mind that this was a lawsuit waiting to happen. I rather embarrassedly and nervously looked through her file, saying to her that I could not recall that but let's take a look, when I realized that that was not at all why she was asking the question.

Now feeling compassion and love, I closed the file, put it away, looked her dead in the eye, and said, "I don't remember that either. Why do you ask?" Well, she burst out weeping, almost uncontrollably. When she calmed down, she explained that she had just come from Vanderbilt Hospital in Nashville, where she had learned that she did not have MS anymore. I was deeply moved by the situation and started crying myself.

Tears then turned to laughter and we started laughing. I asked her: “How did you do that? Please tell me so that if I have another client I can share with them what they can do as well. This is wonderful... I am so happy for you.”

Then it came: She stated that it was The Healing Codes I’d had her doing for the last six weeks that were responsible for the healing. It had to be—it was the only thing different that she had done.

Well, I thought this was an anomaly. An exception. A one-time unusual response. Until a couple of weeks later I heard a similar story concerning cancer. And then not long after that, diabetes. And then migraine headaches. The early stages of Parkinson’s disease. And on, and on, and on.

It was at this point that I knew that what I’d received at 30,000 feet that day was much, much more than I’d hoped or prayed for. I realized the wonderful health ramifications it could have on the world, but I knew no one would believe just because I said it. In fact, most people wouldn’t even believe these wonderful stories of healing at all. They sounded too incredible ... too fantastic ... too sensational. We are bombarded every day with the “sensational” that turns out to be disappointing when applied to our own lives and circumstances.

### **THE SEARCH FOR VALIDATION**

In order for me to bring this to the world, I needed to be convinced in my own mind and heart of two things. One was that it was in harmony with my own spiritual beliefs. For two or three weeks I “hit the pause button” and took time to pray, talk to my pastor and to my spiritual mentor, and search Scripture to understand whether this was in harmony

with the Bible. At the end of that period, I was convinced that this method of healing is actually more in harmony with the Bible than anything offered either by traditional or alternative medicines. It heals exactly what the Bible emphasizes, and does so according to the way God created the universe and our bodies.<sup>2</sup>

The second thing I had to be convinced of was that The Healing Codes could be validated, scientifically and medically. I had to do this because I was beginning to realize that if this was as good as I thought, I would need to make some radical changes in my life to tell the world about it. I would have to essentially walk away from my private practice. You have to understand, I had worked for five years for my doctorate degree, and those years were a struggle. Not only did we have Tracy's depression to contend with, but I was working two side jobs, going to graduate school full time, paying tuition and supporting a growing family (my first son was born during that time). There were many times when we ate peanut butter or rice and beans for dinner. When I got my degree, within a year I had a six-month waiting list for clients. My private practice as a therapist was thriving, and we were finally enjoying the fruit of our labor.

As wonderful as the healing was that I saw in Tracey and my clients from The Healing Codes, I had to be convinced in my own mind that it was really as good as it seemed. I needed proof.

For the next year and a half I set out to prove to myself that this really was better than anything else out there. I turned to the Heart Rate Variability (HRV) test, the gold standard

<sup>2</sup> If you would like to know more specifically how I came to this conclusion, there is information on the website you will have access to when you register the book at [www.thehealingcodebook.com](http://www.thehealingcodebook.com). Look for "Spiritual Underpinnings."

medical test for measuring stress in the autonomic nervous system. I'd done enough research to know that just about every problem you can imagine has at some time, in some form, in some way, been traced back to stress. I believed that—if The Healing Codes really healed almost anything and everything in the way they seemed to—they had to be removing stress from the body, because in most cases the physical issues that had been healed were not the ones being directly addressed. In fact, the only issues ever addressed by The Healing Codes, past, present, and future, are spiritual issues of the heart.

### **AMAZING RESULTS**

The results of the year and a half of testing with Heart Rate Variability were way beyond what I had hoped for. A medical doctor told me that the results I received had never happened before in the history of medicine. What were these results? Simply that the majority of the time, The Healing Codes remove enough stress from an out-of-balance autonomic nervous system to allow it to come back into balance in 20 minutes or less, and most people (77 percent) are still in balance 24 hours later when tested again. According to available literature going back thirty years, as researched by Dr. Roger Callahan in his recent book *Stopping the Nightmares of Trauma*, the least amount of time it has taken for any therapy to remove this much stress from the body was six weeks. In essence, if you connect the dots, The Healing Codes seem to be removing from the body, in 20 minutes or less, the one thing that is the source of almost all our problems.

While my own test results were not a clinical or double blind study, they were all I needed to show open-minded people that there is hope for their problem. I knew that I

had found what I had been looking for, what many people thought was impossible: something that healed the source, not just symptoms—and something that lasted. I had what I needed to be able to walk away from my private practice and start The Healing Codes organization from my basement, with no advertising and very little money. I felt I now had a responsibility to help other people who were hurting as Tracey and I were for twelve years. I am thrilled beyond words to offer you this gift that was given to me by God back in May, 2001 so that you can heal your life as many people around the world have healed theirs.

I (Ben) concur with this. In fact, one of the reasons I came on board to help bring The Healing Codes wider exposure is the remarkable results I experienced, and subsequently saw my patients experience from using this mechanism. Here's what happened to me.

### **BEN'S STORY**

In 1996 it could be said that I was “living the good life” in Colorado Springs, Colorado. My medical practice was exceptional, the patients were wonderful, and my side business of real estate had been very successful. I was enjoying my family and had plenty of time for hunting, fishing and skiing. Life was good!

During this time, my father had undergone triple bypass surgery and then needed his carotid arteries cleaned out because his leg arteries were clogged. He asked me about some unconventional therapies, which were not FDA approved. As he began to recover and his arteries cleared out I became intrigued. The more I looked at herbs and nutritional supplements, as well as off-label uses of FDA approved agents,

the more I realized that I had just been treating symptoms, not allowing the disease state to change to wellness.

I began to become disillusioned with drugs and their myriad side effects. There were whole worlds of effective therapies out there that no one had told me about in my formal medical education. I knew I needed to learn more about them. The adventure had begun.

I returned to my native state of Georgia, where I began to devour all the material that I could find on herbs, nutritional supplements, homeopathy, and other alternative medical therapies. It was like going to medical school all over again! I eventually decided there was so much information out there that I needed formal training. I went back and got my Naturopathic Medical Degree (NMD).

Since then, I have strived to offer my patients the best of both worlds. I am combining viable conventional medical approaches with appropriate alternative therapies to create the most effective healing programs for my patients. By doing so, I have achieved much more success working with chronic degenerative diseases, including cancer—an area I eventually chose to specialize in—than I'd previously achieved using conventional medicine alone. Despite my significantly improved success rate, however, like any other physician, I still experienced cases where, no matter what methods I employed, the patient did not respond. It was these cases that kept me searching for a healing method that might work for everyone, regardless of their situation.

### **DISEASE IS MORE THAN PHYSICAL**

One of the great obstacles that I have faced as an integrative cancer physician is the emotional/spiritual issues that

my patients have to overcome in order to get well. I have literally had patients die after they became free of their cancer because they could not overcome anger, fear, feeling unloved, unforgiveness, or other issues in their lives. To help my patients more effectively deal with their unresolved emotional/spiritual issues, I investigated and was trained in many therapies, including traditional counseling, Thought Field Therapy (TFT), Emotional Freedom Technique (EFT), Healing Touch, Tapas Acupressure Technique (TAT), Quantum Techniques, and others.<sup>3</sup> Some of these helped to an extent, and some helped more than others. But none was adequate to the task of being able to work for everybody.

The truth of the matter is that we seldom run across a truly new therapy, especially one that can potentially change the landscape of medicine as we know it. Just think of the possibilities of a world without Prozac, Lipitor, insulin, or anti-hypertensives. When this coincides with our own personal point of need it can be a truly phenomenal event. I didn't know it at the time, but the new therapy I was searching for is The Healing Codes,<sup>4</sup> developed by Dr. Alex Loyd, whom I am pleased today to call my friend and partner.

In my cancer clinic in Atlanta we are very progressive. We look at the many causes of cancer and try to design specific therapies for each one. I believe the causes of cancer are a combination of heavy metals, viruses, cellular oxygen deprivation, metabolic acidosis, and emotional/spiritual

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3 A number of these modalities have a spiritual world view attached to them. Neither I nor Alex ever ascribed to any of that, but used the modalities that could be scientifically validated, solely for their physical benefits.

4 The Healing Code in this book is based on The Healing Codes® system discovered by Alex Loyd in 2001. Hence the references to the plural. It is all the same system. The Universal Healing Code in this book is the result of these subsequent years of testing with clients from 50 states and 90 countries. We have found that it is the Code that works for just about everyone and everything.



issues. We can deal with heavy metals quite effectively using a variety of intravenous and oral agents. A virus and other viral-like particles are much more difficult to deal with, but they can be handled with certain antiviral preparations and other non-FDA approved agents. Addressing cellular oxygen deprivation (for which Otto Warburg won the Nobel Prize for medicine in 1932 when he proved that lack of oxygen is an important cause of cancer) is a slower process. There are intravenous agents to shift the oxygen hemoglobin disassociation curve. This is intimately related to metabolic acidosis and to ongoing diet changes, which are absolutely necessary. Though not easy, addressing all of these issues remains imminently doable. It was the emotional/spiritual issues that remained a major obstacle to getting my patients well. Finding a solution to that problem became an increasingly important quest for me as I continued my medical practice.

### **MY DEADLY DIAGNOSIS**

During my search for the sake of my patients, I began to have some physical problems of my own, primarily fatigue and muscle fasciculation (involuntary contraction or twitching of muscle fibers). Initially, I tried to ignore them, passing them off as a result of the spinal cord injury that I sustained in 1996. But over time, my condition worsened. Muscles would be jiggling in the calf of my leg and at the same time muscles would be in spasm in my back or my upper arms. You could sit there and watch these muscles just jumping up and down under my skin. In addition, I became quite fatigued, even from walking up a short flight of stairs, and my voice grew weak. I decided it was time to visit my orthopedic surgeon, who is also a personal friend. After he conducted his examination of me, it was with great reluctance that he informed me that his

diagnosis was amyotrophic lateral sclerosis (ALS), commonly known as Lou Gehrig's disease. I was not happy with this diagnosis, so I promptly sought out another physician friend for a second opinion. He, too, made the same diagnosis.

I went home and pored over my medical books. What I discovered was pretty grim. Eighty percent of people with Lou Gehrig's disease die within five years of developing symptoms, and I had been experiencing them for at least a year! According to the statistics surrounding this disease, I had just lived 25 to 50 percent of the remainder of my life. Many of my cancer patients had a better prognosis than this.

Shortly after my diagnosis, I attended a seminar where I heard Dr. Alex Loyd speak about his new work—The Healing Codes. I found it quite intriguing that, as he began to work with his counseling patients and they began to heal emotionally, they also began to heal physically. This was entirely unexpected but proved to be true, as he saw more and more patients heal physically. With my new diagnosis in hand I redoubled my efforts to investigate Dr. Loyd's discovery.

### **SCRUTINIZING THE PHILOSOPHICAL BASIS**

The philosophical basis was important to me because if the philosophy was flawed the work would be flawed. As this book will explain in more depth, one of the basic concepts of The Healing Codes method is that all memory is stored as pictures, and some of these pictures have non-truths or lies in them which, if left uncorrected, eventually result in emotional and/or physical disease. I didn't have any problem with memory being stored as pictures, as the brain works quite similarly to a supercomputer. The idea of non-truths or lies in these pictures was a little new to me but it made perfect

sense. Everyone back to Freud and beyond had proposed that we tied up energy in an earlier state and were subsequently unable to deal with life's problems later on. What was new was the concept that these events, these pictures, were not true. For instance, if someone felt unloved, was he or she truly unworthy of love? Of course not! If we felt incompetent, did it mean our body and mind were truly incapable of performing that action? Probably not. More likely, we just didn't think we could. So I was okay with that concept of believing non-truths. But how could this translate into disease?

I tried to compare this to a computer model that I could understand. We are created with certain programs. One of our programs is the "self-healing" program. As we believe non-truths, the files of this program become corrupted, causing the program to run more and more slowly and eventually fail. If you could figure out a way to uncorrupt the files ... Voila! The body's innate ability to heal itself as designed by God would be restored! This was logical in a computer model and viable in a human model.

But how do you go about removing incorrect data and replacing it with corrected data? This came down to a matter of physics for me, since everything, including digital information, ultimately exists as its most common denominator: energy, with a corresponding vibrational frequency. Any frequency can be changed if we only know how to do so.

### **TAKING THE PLUNGE**

I now felt comfortable with the science and philosophy of The Healing Codes. It was time to take the plunge, so I signed up for an instructional seminar. The instruction was good, and I began to learn some simple techniques used by The Healing

Codes coaches. I also decided to purchase an hour of healing work from Dr. Loyd for my own personal use.

I had two things I wanted to work on immediately. First and foremost was my new diagnosis of Lou Gehrig's disease. I also had a long-standing problem with insomnia, which was so severe that for the last few decades I had not been to sleep without a sleep aid at night. I received a Code for my insomnia to be performed three times each day. The first night, after doing only one Code, I went to sleep and slept all night. For the next five weeks, I did not take a single sleep aid. I'm not going to say that I have never taken one subsequently, as I travel extensively and strange beds and unique noises make for difficult circumstances at times. Nevertheless, my sleep pattern has remained remarkably improved, and I seldom take a sleep aid.

As for my muscle fasciculations, fatigue, and other Lou Gehrig's symptoms—they are gone. After only three months of practicing The Healing Codes, I returned to the surgeon who first diagnosed me. He ran the test for Lou Gehrig's (EMG) and found it to be 100 percent gone. I have been symptom-free since March 2004. For those of you who don't know—there is no cure for Lou Gehrig's disease.

After personally experiencing the results of The Healing Codes techniques, I elected to learn the work in its entirety. I have also trained the staff in my cancer clinic in Atlanta, so that my patients can have the benefits of this great work as well. Based on the results my staff and I are seeing, I now know that I have found the healing method I was searching for. I know of nothing else that addresses and heals emotional and physical issues so effectively and completely.

I recently found myself one Friday night with nothing to do, so my children and I decided to watch a movie. Not wanting to make a foray out into the cold to the local video store, the children combed through our video collection. Finding a copy of *2001: A Space Odyssey*, they wanted to know what it was about, having never seen it. As I thought about the movie's theme—that humanity is on the verge of another evolutionary leap—I thought about the rate at which our knowledge in all fields of science is increasing in an exponential fashion. The same thing is happening in medicine. I have long believed that we are ready to move to a different level in the healing paradigm.

In Chapter Two, where I give a brief history of medicine and healing, you will see more clearly why I believe *The Healing Codes* has made a bold leap into the next major step in the healing paradigm. It has avoided the mysticism that usually surrounds such therapies. It is philosophically and scientifically sound. Not to mention that it works! I'm living proof of that!

## FOUNDATIONS

### (Do Not Skip This!)



*There's a saying in the news business to never, never bury the lead.*

*This chapter is the lead. If you get this, you get everything. So, get this ...*

## The Three “One Things”

Crazy title, huh? Let us try to explain.

In the original *City Slickers* movie with Billy Crystal, Curly, played by Jack Palance, was the tough, stodgy old cowboy who almost never spoke. But under that rough exterior, Billy Crystal found the wisdom of the ages. In an improbable heart-to-heart between the two, Curly shared with Billy the Secret of Life. The Secret of Life, he said, was one thing. When pressed to name it, Curly refused to divulge what that one thing was. He said Billy would have to find that one thing for himself. And, indeed, everyone needs to find that one thing for themselves.

You see, “One Thing” can make all the difference. Have you ever spoken to someone about their life when suddenly there was a dramatic positive change in their manner? At some point, a sparkle came into their eye as they spoke of *one* person, *one* moment, *one* event, *one* open door, *one* breakthrough ... ONE THING.

We want to offer you, right now, three “One Things.” We believe that as far as your life, your health, and your prosperity are concerned, these three things make all the difference. Not only are we going to tell you what they are, we’re going to prove them to you and share with you a new discovery that can become the sparkle in your eye that you look back on for the rest of your life.

If you do not agree that we have done what we just said we were going to do, then please ask us to return the money you spent for this book.

### **THE THREE ONE THINGS**

One Thing #1: There is one thing on planet Earth that can heal just about any problem in your life.

One Thing #2: There is one thing on planet Earth that will turn off One Thing #1.

One Thing #3: There is one thing on planet Earth that will turn One Thing #1 back on.

### **ONE THING #1**

There is one thing on planet Earth that can heal just about any problem in your life.

What is it? The immune and healing systems of the body.

Think about or write down the top two or three problems in your life. Health problems, career, relationship, finances—it doesn’t matter what it is. I’m assuming that unless the problem just arose this very minute, you have already tried something (or many somethings) to resolve or lessen this as a problem

in your life. If you haven't, cool! You can start now with the one that will actually fix it. No problem. If you have tried other things, then we believe you're at the end of your search. Here's why. Imagine for a minute that whatever your problem is, you could have God himself reach down and hand you a supernatural pill, liquid, secret, treasure map ... in other words, a solution not of this world, guaranteed to work. Boy, would that be awesome! Guess what? You already have it!

Every person has an absolutely miraculous healing system in his or her body that can heal any physical or non-physical issue that a person might have. It's called your immune system. We are born with a self-healing program inside that is designed to be capable of fixing any problem before it becomes a problem. Even if a problem does develop, that's okay, too. The program can fix it once the problem arises.

Awhile back my computer was not working properly. Not being a computer person, I became frustrated by trying everything I knew how to do. Finally, I called a good friend of mine who is a computer whiz kid. After asking a few simple questions, he confidently told me that I needed to defrag my hard drive. I had never heard of such a thing, but was thrilled to discover that it was a simple matter of pushing a couple of buttons. After doing this, my computer ran almost like new. I was amazed that such a wonderful function could be inside my computer and I did not even know it.

Just like the computer's "defrag" program, your immune system is capable of healing any issue you may have with amazing speed and efficiency. I (Ben) can tell you that if you were to ask one important question of just about any doctor or health care practitioner in the world, and they answered honestly, every one of them would answer "no." So what's



the question? “Is there any disease or illness that an optimally functioning immune system cannot heal?” Answer: No. In fact, many experts believe (and I concur) that the only healing that ever happens for any person for any health issue happens because of the immune system.

You may be thinking, “But how can I apply this to relationships, or finances, or career, or other non-physical things that may be a struggle in my life?” As you will see later in the book, specifically in Secret #3 (but don’t peek!), new discoveries at several of our finest and most highly regarded medical schools have found that the source of illness and disease is also the source of the other problems in our lives. Furthermore, we believe and will present proof to you that we have actually discovered a part of the body’s healing system that people have never known about before. We believe this new healing mechanism and how to turn it on can be the One Thing that creates a breakthrough with the struggles of your life.

If you’re a reasonably intelligent person and think about this long enough, you’re very likely to come up with this question: “If this healing system really can heal anything and it’s already inside me, then why do I have the problems in the first place? Why hasn’t it already healed them or prevented them from happening?”

We’re glad you asked. Because that takes us to One Thing #2.

## **ONETHING #2**

There is one thing on planet Earth that will turn off One Thing #1.

So what is it? Stress. (But probably not what you think of when you think of stress.)

If the immune and healing systems of the body can heal any problem you have, then the thing that turns those systems off must be the one cause of all illness and disease. It is. According to Stanford University Medical School in research released in 1998 by Dr. Bruce Lipton, a highly renowned and respected cell biologist, stress is the cause of at least 95 percent of illness and disease. Dr. Lipton reports that the remaining 5 percent is genetic and was caused, you guessed it, by stress somewhere in the ancestry of that person. Even the US Federal Government, the Centers for Disease Control (CDC), says on their website that 90 percent of all illness and disease is related to stress. Just about any authoritative source you could name agrees—Harvard, Yale, Vanderbilt, The Mayo Clinic, and the list goes on.

Especially notable is what the Harvard Medical School says on their website. “Too much stress for too long creates what is known as ‘chronic stress’ which has been linked to heart disease, stroke, and may also influence cancer and chronic respiratory diseases. And illness is just the tip of the iceberg. Stress affects you emotionally, as well, marring the joy you gain from life and loved ones.”<sup>5</sup>

In other words, whatever problem you have, somehow or another, it probably came from stress. Thus far, we haven’t been quite sure what to do about it, because what works for one problem and one person is ineffective for another problem and another person. The conclusion has been painfully clear for decades. If we are going to find a way to heal illness and

<sup>5</sup> “Stress Management: Approaches for Preventing and Reducing Stress,” Harvard Health Publications, Harvard Medical School, [http://www.health.harvard.edu/special\\_health\\_reports/stress\\_Control.htm](http://www.health.harvard.edu/special_health_reports/stress_Control.htm).

disease at its source, we have to find a way to consistently and predictably heal stress.

And as the Harvard Medical School report said, illness is just one manifestation of stress. If we want to deal with other issues as well—relationship issues, performance issues that affect success—we need to deal with the source. As we will prove to you, stress is also the source of these kinds of issues as well, as evidenced by the fact that when people heal the source of their stress, their relationships improve, their income goes through the roof, and their satisfaction soars.

It's important to note that the kind of stress we're talking about that creates this illness and disease is not based on circumstances that you wish you could change. It is deep-seated stress that lives inside you and is totally independent of your current circumstances. In fact, changing your current circumstances by eliminating things that seem stressful to you may very well have little effect on this stress that turns off our immune system. In our research, more than 90 percent of people who say they are not stressed before they are tested for stress actually *are* under physiological stress, according to their test results. Many of the medical school research studies spoken of above say this very thing—what stresses one person doesn't stress another. It depends on your “internal” programming.

### **THE REAL QUESTION TO ASK**

This means that the first question you should be asking any time you have a problem that you can't seem to get beyond is, “What stress is keeping my immune system from healing this and how do I fix it?” The problem is that this kind of stress can be almost impossible to find, you may not have a clue it's there, and if you do find it, it is literally protected from being fixed (more about all of this later).

On the other hand, you may not realize how good this news is. Why do I say that? Because it's not your fault. The problem and the solution are not based on effort, and everyone has this kind of stress whether they've been good girls or boys or not. So relax and forgive yourself. You don't have to be perfect. We've got what you've been looking for. What do we have? It's ...

### **ONE THING #3**

There's one thing on planet Earth that can turn One Thing #1 back on.

What is it? Healing the issues of the heart!

Let's review real quickly. The human immune and healing systems, when functioning correctly, are designed to heal—and are capable of healing—just about anything. However, a certain kind of stress will turn the immune and healing systems off, or at least turn them down to the point that we develop health or other problems.

The Healing Code can turn the immune and healing systems back on because it heals “issues of the spiritual heart.” The Healing Codes® encapsulates the discovery of a system that's been in the body since the dawn of time. How do we know that The Healing Code can turn them on again? Because when we use a gold standard medical test that does not respond even 1 percent to the placebo effect, the results are unprecedented in the history of medicine.

What exactly are these test results? When this Healing Code system in the body is activated, physiological stress disappears, either completely or at least significantly. Using just a little bit of logic, if the one thing on planet Earth that will turn off the immune and healing systems is forced to disappear,

then the immune and healing systems should turn back on. That's exactly what we've had the pleasure of watching with people all over the world since the spring of 2001. Not only is The Healing Code mechanism revolutionary, but people tell us that the theory behind The Code had an even bigger impact on their lives. We call the theory "The Seven Secrets."

An amazing aspect of all this is that no Healing Code ever "treats" any health issues. The Healing Codes only address the "issues of the heart" that Solomon wrote about more than 3,000 years ago, when he said in Proverbs 4:23, "Guard your heart above all else, for out of it are all the issues of life." Notice that it says *all* the issues of life come from the heart. This is why scores of people report healing from just about any health issue you can imagine after using The Healing Code.

### **BEFORE WE GO ANY FARTHER ...**

Perhaps you're curious about what The Healing Code is and want to get right to it. That's fine—just turn to Part Two and you'll get all the details of what a Healing Code is and how to do it. But at some point, we do want you to learn The Seven Secrets in Part One. In order to use The Healing Code most effectively, you need to understand how problems develop and what you can do to heal yourself for the rest of your life by getting at the source of your problems.

The Seven Secrets in Part One are as revolutionary as The Healing Code itself, because this theory doesn't deal with symptoms alone, as just about every other self-help system does. Every other system addresses one or more of five areas: emotions; thoughts; conscious beliefs; actions and behaviors; or the physiology of the body. From our research, as outlined in the following pages, we believe these five things are just

symptoms. The Healing Code theory and application address issues at the source, not just the symptoms.

So Part One of this book gives a brief history of health care and *The Seven Secrets to Life, Health and Prosperity*. We will uncover and explain the theory and research that reveal the source of not only all health problems, but just about any other problem as well. We know that's a tall order, but we're quite willing to prove it to you!

Part Two is all about results. Some people might find it interesting to read a book that lets them know why their lives are messed up, but if that's where it ends, most will feel frustrated about being unable to change the problem. This book will not leave you high and dry. Part Two will give you the information you need to start healing the source of your problems and the thing that may be blocking your hopes and dreams. As a bonus, we will also give you a 10-second exercise for dealing with the circumstantial stress that arises in any given day. So Part Two will give you a way to heal both the stress you're all too aware of, and the unconscious stress that is the true, underlying cause of all your other problems.

You may be tempted to put this book down right now. Why? In the past, you've heard one too many "magic bullet" stories. One too many promises of breakthroughs, life change, miracles, and more. We have, too! However, we must tell the truth, and the discoveries and insights and stories that are in this book were the pot of gold at the end of the rainbow of my life search to find the one healing method that was real and could deliver, and the source of healing Ben's Lou Gehrig's disease (ALS). We can't not share this information!

We don't ask you to accept this as truth right now. We ask you only to keep on going and read the rest of this book before you decide. That's our challenge to you. You have several hours of your life to "lose" ... and potentially decades of well-being to gain.

Now that you know The Three One Things and have some background to work with, we'll move on to the heart of the matter. To get what you want, you need to understand what I call "The Seven Secrets to Life, Health, and Prosperity." By understanding these seven critical issues, you will come to know how your problems develop, where they come from, what they consist of, why they resist healing, and finally, the simple mechanism that can start to unwind the fabric of what you don't want in your life.

Before we go there, though, we want to issue a very serious and heartfelt warning.

The information in this book has the power to cause great healing in your life. The mechanism we call The Healing Code can turn off your stress and get your immune system to work the way God intended. You will see amazing changes in your life as a result.

However, there is a purpose to pain, a spiritual purpose, and if The Healing Code helps you deal with the pain but not with the ultimate source of your pain, we have actually done you a disservice.

You see, the deepest healing every person on earth needs is not physical or emotional, but spiritual, and it involves

healing any disruption of a relationship with a loving God. That is something only God can do. That is something that is between you and God.

People have told us over and over again that The Healing Code has helped them get issues healed that prevented them from believing in a loving God. One person said, “It’s as if the static of my own issues was removed so that I could finally hear the messages God was telling me about the way he truly is, not the distortions caused by my own heart issues.”

It is not the intent of this book to tell you how to believe.<sup>6</sup> But it is our fervent hope and prayer that you will come to know the One who created the human body and energy and all the things that make The Healing Code work the way it does. That is the most important healing that can occur, and while The Healing Code can help the process, as a tool, it can’t do that job. The Healing Code is a very wonderful tool. But what you ultimately need to grab hold of is the Hand that wields the tool.

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<sup>6</sup> We ourselves are followers of Jesus. When I (Alex) discovered The Healing Codes system, it was in fact a process for me to make sure that this was something I could use in accordance with my own beliefs, as mentioned in the Preface. For more information on our philosophy and beliefs, see “A Word about Us and Our Philosophy” on p. 289.



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The Healing Code**

## **PART ONE**

### **The Seven Secrets to Life, Health and Prosperity**

## CHAPTER ONE



### **Secret #1: There Is One Source of Illness and Disease**

In order to see the door we're now ready to walk through, let's take a look at the path that brought us here. Let us tell you in advance that the door we see before us has been predicted by the greatest scientific minds of our time for decades, and in some cases even centuries. So this door that we're ready to walk through is a golden door that science has searched for, and what is on the other side is going to change the world of health forever. To say that this is a paradigm shift is an understatement.

As I (Ben) mentioned earlier, I was healed of Lou Gehrig's disease after using The Healing Codes for less than three months. I was so impressed with this program that I have begun lecturing all over the country about The Healing Codes and how they work. This also led to my being the only MD featured in the popular DVD, *The Secret*. One of the things I lecture about is the Five Eras of Healing, because it gives us important background as to where we have arrived at this point in history and may also explain why The Healing Codes could not have been discovered before now.

### THE FIVE ERAS OF HEALING

There are five main eras we'll speak about here. The first era was prayer. Before human beings knew or understood nutrition or any type of medicine, all they could do was pray. This may seem a strange place to begin the history of medicine, but let's think about Man in the beginning. When humankind experienced ill health, all they could do was seek the deities for healing. History is replete with idols, religious practices, and ceremonies for healing. In Greek mythology, Apollo was believed to be the primary source of healing, and he transmitted his powers to his son Asclepius, who not only prevented people from dying, but even raised some from the dead. In northern Peru, healing ceremonies are still performed by women called *curanderos*. The *curanderos* use prayer and sacred objects, cleanse the patient with holy water, and call on the spirit power to help them discover the cause of the affliction and to cleanse and heal them.

Today, God is still sought as the sole source of healing by many cultures, religions, and individuals. Some people through the years have believed that the power of prayer was in the praying itself, while others have believed the source of the power to be supernatural intervention by a greater power. Recently, many scientific studies have indicated the effectiveness of prayer in the area of healing. Dr. Larry Dossey, MD, has written several books on the power of prayer in healing (*Healing Words: The Power of Prayer in the Practice of Medicine*; *Miracles of Mind: Exploring Nonlocal Consciousness and Spiritual Healing*; *Reinventing Medicine: Beyond the Mind-Body to a New Era of Healing*, etc). Studies called "The Mantra Study Project" have been conducted at Duke University (Horrigan, 1999) and found that patients with angina gained the most

benefit from receiving prayer. People through the ages have prayed because they believe in a higher power. Another theory is that healing flows from belief in healing itself. Science has also proven that belief itself is a very powerful healer. Medicine has dismissed this and even disparaged it, calling it the “placebo effect.” Nevertheless, the effect is very real and not to be discounted.

On a more physical level, it didn’t take long to figure out that certain leaves, twigs, roots, or bark were valuable in healing. So we began a long history of herb use. This fell into brief disrepute and decreased usage in Western civilization during the twentieth century. However, it has made a tremendous comeback. You can hardly drive down the street without seeing an herb or nutritional shop. In our recent travels lecturing around the world, we hear people talking about vitamin, mineral, and herbal alternatives everywhere we go. This resurgence has been all the more remarkable because it’s not the backwoods uneducated, but the very sophisticated intellectuals who have come to the same conclusions about herbs and supplements that others have known for centuries. China has been using herbs from time immemorial—as long as there has been recorded history.

Western civilization has upped the ante on Chinese medicine by trying to concentrate certain parts of plant foods, which has resulted in a huge vitamin/nutritional industry. Bookshelves are full of the findings of modern miracles from plants. Nutrition shops have hundreds of products that have been extremely beneficial to people with virtually every disease.

However, this is coming to a screeching halt. A new law has been passed called “CODEX,” promoted by the World Health

Organization, that will limit concentrations of vitamins, minerals, amino acids and essential oils to levels that would fall short of the healing effects that we've experienced for decades. Anything above this will have to be prescribed by a physician and be purchased at a dramatically higher price. You may think that I'm talking about some future event, but any government that has ratified the WHO agreement is already under that law. Even countries like the U.S. with extremely strong constitutions find themselves under this law because treaty law can override constitutional law. CODEX met in Rome in June of 2005 and affirmed the drug-industry-imposed standards in a Codex guidance document entitled "Vitamin and Mineral Guideline." It has already taken effect in Germany, where you can now only get vitamins in significant doses via prescription from a physician. I predict that many governments will move slowly to regulate this industry so that there will not be an outcry from the public. I believe they will try the "frog in the water" approach. This is particularly disturbing when considered in light of the far greater danger of pharmaceutical drugs—especially in this circumstance, over-the-counter pharmaceutical drugs—that with CODEX in effect would be much easier to obtain than vitamins.

One might wonder why governments would pass a law like this, which makes vitamins, minerals and nutrients illegal over the counter but lets much more toxic pharmaceuticals remain restriction free. The pharmaceutical industry does not profit when someone gets well; they only profit when someone treats symptoms month after month and year after year.

This leads into our next era of medicine, the drug/chemical era. Why do I call them chemicals? Very simply, that's what they are. The way most drugs are developed is to find an

herb that has a benefit. They then try to break it down and find out the “active” ingredients. Now, this is still not patentable. And remember, there is no profit without exclusivity. So the next step in the process of making a drug is that we have to alter the “active” ingredient so that it’s not natural.

Now we have a chemical. You would think that’s not so bad, but understand that the organic systems of the body are designed to deal only with organic materials. So we have a substance, a drug that the body can no longer break down. This is called a toxin. We have a whole industry that is built around manufacturing toxins when we could be using natural organic materials that work much more efficiently with the physiology of the body and all of the natural components that are part of the original organic substance or plant. Example: One of the top-selling drugs in history is called Valium. It is taken from the Valerian root. This root is one of the best natural sedatives and anti-anxiety agents. There has never been one case in history of a person being addicted to Valerian root. However, no company can patent the Valerian root. It occurs naturally in nature. The synthesization of the Valerian root, in order to create a more powerful and patentable drug, has resulted in the need for Valium addiction clinics all over the world.

To continue our journey, next we’ll take a look at surgery. Mankind has dabbled with surgery for centuries. However, it remained very crude until the discovery of anesthesia. Prior to this, physicians could only perform what people could tolerate based on their level of pain or how many people you had to hold them down. Alcohol was occasionally used as a general anesthetic. The purpose and value of surgery was to remove something that was life threatening. For instance, if

someone had gangrene of the foot, the surgeon would have the person held down and take a hack saw and cut off the leg. Fire was initially used for cauterization. Needless to say, we have come a long way in our surgical techniques. However, now not only is surgery used for life-threatening situations, but some would even say it is used frivolously in cosmetic surgery, a booming industry. While statistics indicate that a significant number of surgeries are performed unnecessarily, surgical trauma medicine has been a great gift to civilization and is responsible for the saving of countless lives.

### **THE FINAL FRONTIER**

Now for what you've been waiting for: the golden door. What the greatest scientific minds of our time, starting with Albert Einstein, have predicted has now been discovered, validated, and made available to the general public. Many other great scientists have spoken to this subject, but we will leave this for the Second Secret later in the book. I will begin with a quote from one of those great minds:

*“Future medicine will be based on controlling energy in the body.”*

– Professor William Tiller, Stanford University

That's right, energy is the final frontier. It is the ultimate form of healing. Medicine has been dabbling in it for some years, and even unwillingly been dragged into it, but irresistibly it has arrived. We haven't always known that sunlight had a healing effect. Madame Curie helped us to enter this era with the discovery of radium and X-rays. She also discovered how damaging energy could be. You will learn more about what “energy” is, and how extremely damaging or healing it can be, in the coming chapters. You will also understand why it is the future of health and healing.



### **BEYOND THE SYMPTOM COMPLEX**

The way almost all health problems are diagnosed and treated today is based on what is called a “symptom complex.” The symptom complex is used not only in traditional medicine, but also in alternative health care, and it has been used for hundreds of years.

The way a symptom complex works is much like it sounds. The doctor or health care practitioner, problem solver, counselor, or helper, takes note of all the symptoms that a person has. Once they’ve identified the symptoms, they then consult a book, a chart, or their experience to determine what is the most likely problem based on that particular set of symptoms. Once they’ve determined what most likely the problem is—this is called a diagnosis—they then move on to treatment, asking, “What is the best way to treat that problem within the standard of practice?” Treatment is largely determined by the methodology of the practitioner. Traditional medical doctors use surgery, medications—things like that. Alternative health care providers use herbs, minerals and vitamins, not to “treat” disease, but to support optimal health. Counselors and therapists teach and advocate thinking about the problem differently and using behavioral techniques, or simply provide the support of a kind ear.

So the symptom complex basically involves three stages:

1. Presentation of symptoms.
2. Diagnosis based on the presenting of symptoms that comes from experience, schooling, or a book.
3. Actual intervention, therapy or treatment of the problem based on the diagnosis.

There are literally thousands of possibilities for each of these three stages. When you talk about health issues, you have physical health and mental health. Other problems would include relational problems, career problems, and peak performance issues (as in athletics, achievement, speaking, and sales). Each of these issues has different possibilities depending on what the issues are that you're dealing with and the methodology of the practitioner. In other words, this process can become extremely complicated and even controversial, because different experts disagree on what the diagnosis should be, and even more so regarding the intervention, therapy or treatment that is needed.

If you want to get an idea of how frustrating this issue can be, go to the Internet and type any health issue into a search engine. It doesn't matter what it is—pick a disease, pick a mental health issue, pick headaches, whatever you want. You'll probably find a lot of interesting information, but you'll also find a tremendous amount of disagreement, not only about what causes the problem, but especially what to do about it. You may very well come away a little bit disillusioned, realizing how much the experts disagree. So if the experts disagree, how in the world does the person who's not an expert, who's just a person with a problem, ferret out and determine what is the best course of action for them without wasting a tremendous amount of time or money; or in the worst case, possibly losing their life because of trying a solution that is not the right one for them?

Let's talk some more about the expense of time and money. Let's say that you did do that Internet search and found that there were ten different suggestions for how to go about dealing with your problem. Let's say you tried six of them

before trying the one that benefited you most. In this case you probably wasted a great amount of money and time on the first five that did not help your problem.

Wouldn't it be wonderful if there were one source of all problems? If there were one source of all problems, you could simply address that one thing that is the source in order to solve whatever your problem was. This would have several advantages. You wouldn't waste so much time and money, because you'd only be working on one thing! If there's one source of all problems then it also has to be the source of your problems, so you could feel confident that if you're healing that one source, then you're improving in all directions. You might even go so far as to say, "If I'm healing the one source, then I know I'm doing what is best for my problem."

You could have peace of mind because you know that you're doing what's best—you're working on the one source. You could have peace of mind because you know you're almost definitely saving a lot of money. You could have peace of mind because you know you're saving a lot of precious time and energy because you can go directly to addressing that one source.

The final reason may be the biggest one of all. That is, if there were one source of all problems, and if you have ten problems, you could relieve all of them at one time, because they all go back to that same one source. If you heal that one source, you could actually be healing all ten of the worst problems that are keeping you from having the life you want to have, having the relationships you want to have, having the peace, the prosperity, and the success you want to have. You could be dealing with all of them at the same time rather than having to do it the old way by treating one of them at a

time and going through that symptom complex and using a different intervention for each one of them.

So there would be multiple advantages to having only one source of all health problems.

Well, get ready to celebrate, because the one thing that most people in the health field agree on is that there is one source of almost all health problems. That's our first Secret!

### **SECRET #1: THE ONE SOURCE OF ILLNESS AND DISEASE**

Let's go back to our example of doing a Web search on a health problem. Remember our frustration because the experts disagreed on how to treat the problem? Well, the one thing that just about everyone does agree on is that almost all health issues originate from one problem—STRESS! In fact, over the last 10-15 years this has become so universally accepted that even the United States federal government has come out publicly in agreement.

As we stated earlier, the Centers for Disease Control in Atlanta says that 90 percent of all health issues are related to stress. Dr. Bruce Lipton, on the other hand, in research released in 1998 out of Stanford University Medical School, disagrees with the CDC. Based on his laboratory work, Dr. Lipton believes that over 95 percent of all illness and disease is linked to stress.

The major media regularly covers the topic. *The New York Times* online Health Guide points out that "stress can come from any situation or thought that makes you feel frustrated, angry, or anxious. What is stressful to one person is not necessarily stressful to another."

Back in September 2004, *Newsweek* devoted the cover and major issue of the magazine to “The New Science of Mind & Body.” Articles covered “Forgiveness and Health,” “Stress and Infertility,” “Clues to Heart Disease” and more. We’ll get back to the idea of “Forgiveness and Health” later on.

Another prominent news magazine, *Time*, on its cover called high blood pressure “the stealth killer” that was spinning out of control. Stress has been identified as a cause of high blood pressure again and again.

I have pages and pages of research on how stress is the source of illness. One article in *USA Today* from May 30, 2004, called “Manage Stress, Manage Illness,” cited sources from Harvard, Arizona State University, University of North Carolina, National Heart, Lung and Blood Institute, Michigan Technological University, the American Medical Association (AMA), Tulane University, Indiana University Cancer Center, and the Department of Health and Human Services. Other studies are from the Mayo Clinic, Vanderbilt University, the Yale Stress Center, Harvard Medical School, the CDC, the Anderson Cancer Center, the National Academy of Sciences, Boston University—the list goes on, and is added to every week as new research comes out.

So what does all this mean? It means that the very first question we should be asking ourselves based on the latest research is this: “What is the stress that’s causing this and how can I fix it?”

Before we can answer this question, we need to answer another question, “What exactly is stress in the body?”

## THE PHYSIOLOGY OF STRESS

What exactly is stress? Is it getting a bill in the mail? Having an argument with a neighbor? Things not going as we planned at work? Concern about our health? You name it, and yes, it can be stressful. However, there is a critical difference between circumstantial issues that we normally think of as stress and physiological stress that results in illness and disease.

Physiological stress, simply put, is when our nervous system is out of balance. The central nervous system can be described using the analogy of a car. If you continually floor the gas pedal, you'll end up breaking something. Likewise, if you ride the brakes, you will end up breaking something. The car is designed to work properly with the gas and brakes working harmoniously in balance. The same can be said of the central nervous system. This system has two parts, just like the gas and brakes on the car. The gas is similar to the sympathetic nervous system (amping things up), while the parasympathetic nervous system works similarly to the brakes (slowing things down). The state-of-the-art test in mainstream medicine for measuring physiological stress is called "Heart Rate Variability" (HRV), and measures the balance or lack of balance in this system. We'll talk more about this test later.

The larger part of the nervous system is called the autonomic nervous system (ANS). "Autonomic" means "automatic," because we don't have to think about it. It happens automatically. In fact, 99.99 percent of everything going on in the body at any given moment is under the autonomic nervous system's control. We have about five trillion bits of information coming into the brain every second. We are only aware of about ten thousand bits.

For instance, you don't think about the food that you ate for lunch in your small intestine. You don't have to think about moving it on to the next segment of the bowel. You don't have to think about adding amylase to break down protein. Or adding lipase to break down fat. You don't have to think about increasing insulin to handle excess sugar. You are not thinking about your kidneys getting rid of the excess sodium because you added extra salt to your food. You're not thinking about your liver detoxifying the pesticides that were on the vegetables, nor about your immune system fighting the bacteria that came in with the food. We could keep on going, but you get the idea. Almost everything that is happening in your body, including your hair growing, is being done automatically. You don't have to think about it. And isn't that wonderful? There wouldn't be enough hours in the day if you had to consciously think about all those things happening!

### **IT'S ALL ABOUT BALANCE**

There are two parts to the ANS, and again, it's all about balance. There is the parasympathetic nervous system (PNS), which is in charge of growth, healing, and maintenance. It encompasses most of the automatic things we were just talking about.

Then there is the sympathetic nervous system (SNS). It's designed to be used much less frequently, yet it plays a huge role in health and sickness. The SNS is what we call the "fight or flight" system. It is the fire alarm. It is intended to save our lives at any given moment, very much like when you're out on the highway in a car. You use the gas most of the time but the brakes may save your life every time you drive.

When we go into fight or flight, many things happen. Blood flow completely changes. It's no longer going to the

stomach to digest food. It's no longer going to the frontal lobes of the brain for creative thought. It's no longer going to the kidneys and liver. The lion's share of the blood is now going to the muscles because your body thinks that it is going to have to fight harder or run faster than whatever is threatening your life. So you don't need to digest that food in the bowel or clear the toxins from the liver, balance the electrolytes in the kidneys, or have creative thought, because if you don't survive the next few minutes, all of that doesn't matter. Again, these things happen automatically.

### **THE CRUCIAL CELLULAR LEVEL OF STRESS**

Although they are designed to save your life, these changes, sustained over time by continual stress, can cause damage to organs, especially and directly affecting the immune system. That's what's going on at an organ level. Let's talk for just a minute about what is happening on a cellular level. I have a good friend who is a PhD in nutrition and a naturopathic physician. She had never understood why many people didn't get well or heal when she gave them the proper nutritionals, vitamins and minerals. Now make no mistake about it, she was giving them the right ones. She's a very good doctor. What she didn't fully understand was the effect of stress on a cellular level.

In the Navy, when a ship is attacked, all maintenance, repair, and normal activities cease. Even crew that are sleeping or eating have to "man the battle stations." When the fire alarm (the SNS) goes off, our cells cease their normal growth, healing and maintenance. Why? The fire alarm is only supposed to go off in an emergency, and all of those activities can wait a few minutes while we run or fight to save our lives. The



cells literally close up, like a ship battening down the hatches in a time of attack. Nothing is going in or out. You don't see a tender ship coming up beside a battleship to give it food or to unload the garbage during a battle. In the same way, our cells don't receive nutrition, oxygen, minerals, EFAs, etc., nor do they get rid of waste products and toxins while under stress. Everything stops except what is necessary to survive. This results in an environment inside of the cell that is toxic and doesn't allow for growth and repair. In fact, Dr. Bruce Lipton says that this is exactly how we get genetic illness and disease. On the flip side, the same research at Stanford found that cells that were open and in growth and healing mode are literally impervious to illness and disease. Let me state that again, because it is the most significant statement that I've heard from the medical field in a long time. "A cell in growth and healing mode is impervious to disease." That's huge!

As you can see, fight or flight is a necessary response to save our lives in emergencies, but should not be maintained for long periods of time. The problem is that the average person is staying in fight or flight for long periods of time. When that happens, there is one inevitable result. Eventually something breaks and shows up as a symptom. When we get a number of symptoms, we call this a disease. A disease is simply where the weak link in the chain broke under the pressure called stress.

### **HOW FULL IS YOUR BARREL?**

Doris Rapp, MD is considered by many people to be the premier allergist in the world. She's written multiple books, especially on allergies and children. Dr. Rapp coined a theory that she called "the stress barrel." In Dr. Rapp's theory, all of us have an internal barrel that is the amount of stress we can

deal with before something breaks. As long as our barrel is not full, we can have new stressors come into our lives or our bodies and deal with them quite effectively so they don't affect us negatively. Once our barrel overflows, the weakest link breaks.

When the fire alarm gets pulled, a direct message goes out from the brain to the immune system through cells that are directly connected to the ends of nerves. They are called dendrites. When I was in medical school, we were taught that these were immune cells. And indeed, they are. Then the neurologists claimed them because they give off nerve transmitters, the same transmitters that nerve cells use. So now they're called "neural immune cells" because both are true. They are part of the nervous system, and they are the direct link to the immune system. Their message is, "shut down," "stop."

### **IMMUNE SYSTEM ON HOLD**

Why would the brain send such a message to the immune system? Well, think about it. What's the purpose of the SNS? It's to save our lives. And the immune system? What's its purpose? To fight bacteria, viruses, fungi, make repairs, and destroy abnormal (cancer) cells. Does any of that have to happen in the next 5 minutes? Of course not. Also, the immune system uses a huge amount of energy. Remember, we want all of our energy and resources to go for one purpose for the next few minutes—to save our lives! So everything that is not essential for the next few minutes gets shut down.

Well, that's fine if our immune system doesn't fight bacteria or fungi for 5 minutes, and it's fine if that food doesn't get digested for another 5 minutes. The problem today is we live in a continual state of fight or flight. As we have traveled around

the world doing Heart Rate Variability testing, a fascinating and relevant phenomenon has emerged. When doing these tests, we would ask each person one question: “Do you feel stressed today?” About 50 percent would say “yes,” and about 50 percent “no.” Of the 50 percent that answered that they did not feel stressed, over 90 percent, when tested with HRV, were found to be in physiological stress—the kind of physiological stress that can lead to illness and disease.

I saw a bumper sticker on the back of a car the other day. It read, “If you have it, a truck brought it.” Now, I hate trucks. I think these big trucks on the highway are very threatening. At least, they kick me into fight or flight. I think all of that freight should be on a railroad track. Still, I had to admit that everything in my home came on a truck—including my home itself! I actually had it built in a plant one piece at a time and hauled to the building site on a truck. If you have a health problem, it came from physiological stress—all health problems, every time.

We received a call from a gentleman who had attended one of our seminars recently. He called to tell us that after hearing this information in our seminar, he went home and did a Web search on stress. He found 67 million-plus websites that at least had the word “stress” in them. If you scan through those sites, what you will likely come away with is that if you have a health problem, it came from stress. This being true, every time you have the sniffles, any time you have an ache or pain you can’t identify, if your doctor drops the dreaded cancer word on you, in short, no matter what happens to you negatively from a health perspective, you should be asking yourself, “What is the stress that caused this and how can I eliminate it?”

So why aren't we asking that question? Because up until now, we haven't had a consistent, reliable, validated way to deal with stress. What works for some people and some problems does not work for other people and other problems. The reason is that there has been a missing piece of the puzzle. And it is Secret #3 that we will get to in a few minutes.

### **YOUR STRESS CONTROL CENTER**

Stress is controlled in the central nervous system. In particular, physiological stress is created through the hypothalamic pituitary adrenal axis (H-P-A). The hypothalamus and the pituitary were both at one time thought to be the master glands. Actually, the pituitary is a release interface with the blood so that hormones can be secreted into the bloodstream. The hypothalamus serves as a central processing unit for the whole brain. It has connections to all of the limbic system—the emotional centers of the brain. In fact, it has nerve connections to virtually every part of the brain and connects to the rest of your body through the hormones that it manufactures and releases through the pituitary. Here is a short list of some functions the hypothalamus controls:

1. Arterial blood pressure
2. Body temperature
3. Regulation of body water by thirst and kidney function
4. Uterine contractility
5. Breast milk
6. Emotional drives
7. Growth hormone

8. Adrenal glands
9. Thyroid hormone
10. Sex organ function

Physiologically, the effects of stress result in change in all of the above organs, especially in the adrenaline, cortisol, glucose, insulin, and growth hormone release.

How do we measure stress in the body? We can measure individual levels of the above; however, a test called Heart Rate Variability (HRV) has become the standard for measuring physiological stress. It is extremely valuable because it reflects the balance in the autonomic nervous system. In medical science the best tests are simple, reliable, easily reproducible and measure what you are trying to test. The Heart Rate Variability test is a beautiful example of this. In design, it is simple in that it measures the increase and decrease (variability) of the heart rate in relationship to breathing patterns. It is reliable in that it is a “gold standard” test. It is the best medical test that we have for measuring the autonomic nervous system.

The balance of the ANS equals growth and healing which adds up to health, whereas imbalance or stress in the system leads to disease and ill health. That balance is what we are able to change and scientifically measure with The Healing Codes, and The Healing Codes can do it consistently. Our commercial-grade HRV program was quite expensive when we bought it, but you can now buy inexpensive HRV testing equipment and programs for use on your home computer for under \$1000 and prove it to yourself.

**SYMPTOMS: THE WEAKEST LINK BREAKS**

How does the body manifest stress? In what we call diseases or symptoms. Why so many different symptoms or diseases if there is only one cause? The answer is simply that we have broken the weakest link. This may be a genetic predisposition or the result of a toxin we have ingested or from prior physical injury.

Let's walk this out step by step. Let's say you have a problem with a disease by the label of "acid reflux." You experience stress. Stress decreases muscle tone around the lower esophagus, because that requires blood and energy, which we are using to fight or flee. Now the acid in the stomach washes back up into the esophagus, damaging the lining of the esophagus. These cells get repeatedly damaged, causing pain and eventually ulcers or cancer. But they only do that because they're not in growth and healing and repair mode, or they could protect themselves from the acid bath. So you manifest the disease "acid reflux."

The medical solution is to give a purple pill to stop the acid. This works quite effectively for reducing the acid, but the problem is that the acid is needed to digest food. Acid also functions to kill bacteria that we have ingested with the food. In masking our symptom, we've created two new problems. The extra bacterial load burdens the immune system. The food remains in the stomach longer until the stomach finally produces enough acid to digest it, but now there's a longer exposure period of the acid to the esophagus. It becomes a vicious cycle. So, do we want to mask the symptom or heal the source?

Obviously, we would rather heal the source, and as we have clearly shown, the source is stress.

### **WHAT DOES THE HEALING CODE DO TO STRESS?**

As mentioned, the Heart Rate Variability test is the best medical test in existence for measuring physiological stress in the autonomic nervous system. It has been used for over 30 years in mainstream medicine and is in the same category as CT scans and MRIs, in that it does not respond even 1 percent to the “placebo effect,” which basically means, “it’s all in your head.”

When I first discovered The Healing Codes, I looked for ways to test it because I wanted to make sure, first of all for myself, that it was “the real deal.” I had been familiar with the HRV test and, in fact, had used it to test other modalities such as chakra balancing and acupuncture points—what is called the meridian system. Many people do find relief with these modalities that usually involve tapping or rubbing on acupuncture points, meridians, or chakras, but our experience was that the people got “out of balance” (which indicates stress) an hour or two after therapy.

In fact, here are the actual results. From 1998 to 2001, I did four different HRV tests on modalities using the chakra/acupuncture points system. Between 5 and 9 out of 10 people remained in balance according to the HRV after one session (depending on the group). However, after 24 hours the number who remained in balance (normal state or lack of physiological stress) dropped dramatically—only about 2 out of 10.

In contrast, when people have been administered a pre-session HRV test, done a Healing Code, and then had a post-session HRV test, 8-9 out of 10 people were in balance after one Healing Code session (i.e., in 20 minutes or less). After 24 hours, 7-8 out of 10 people remained in balance.

In 1998 in a book titled *Stopping the Nightmares of Trauma*, Dr. Roger Callahan reviewed 30 years of use of Heart Rate Variability tests and stated that there were only two modalities cited in the literature that had been found to take the autonomic nervous system from out of balance to in balance consistently. Both of them took a minimum of six weeks to accomplish this balance. One was performed on humans and one was on dogs. Clearly, the autonomic nervous system is very resistant to rapid change. This is why it can be so difficult to change your metabolism or lose weight.

Compare this with people who have been tested with *The Healing Code* who go from “out of balance” to “in balance” in 20 minutes or less. This means that in 20 minutes or less the person’s immune system is going from not operating the way it’s designed to, to being able to function normally and able to heal whatever needs to be healed.

One of the things that so astounded me (Ben)—and other medical doctors will confirm this, along with HRV manufacturers and experts—was that our results are not only unprecedented in the history of medicine, but until we did them repeatedly, they would have been considered by many doctors to be impossible.

Although these HRV test results were not a formal study, clinical, controlled or double blind, they certainly provided a piece of evidence we needed to show open-minded people that *The Healing Code* can remove stress from the body in a way that is needed for long-term healing, and in a way that had never been measured before. In fact, Dr. Callahan stated that “by and large, double blind studies are to show that a



treatment is making a difference, when nobody can tell if it's making a difference." If it is obvious that the therapy or treatment is making a difference and doing no harm, the need for double blind studies is greatly diminished.

Also according to Dr. Callahan, the need for double blind or controlled studies is not nearly as critical when dealing with Heart Rate Variability because HRV is not even 1 percent susceptible to the "it's all in your head" placebo effect. That is the main factor that makes double blind and controlled studies necessary—to rule out placebo. Many experts agree that using HRV automatically means that you've ruled out the placebo effect.

The other piece of "proof" was provided by our clients' actual results, which were both consistent and predictable.

Here's what happened at one conference we did, as reported from the director:

Dr. Alex Loyd and Dr. Ben Johnson were keynote speakers at our most recent PQI International Conference in Ixtapa Mexico. There were hundreds of people there from all over the world. Over a three-day period Dr. Loyd worked with 142 people who had something bothering them physically or non-physically. Dr. Loyd gave each person the appropriate Healing Code for the cellular memory connected to the thing bothering them the most. All 142 people self-reported that the memory had gone to a zero within a few minutes—a 100 percent success rate! All three days there were people laughing, crying for joy, and waiting in line around The Healing Codes booth. People even reported dramatic physical healing resulting from self-administering one Healing Code. The word miracle was the word heard most often. One lady from

Montreal, Canada who called it a miracle had remarked before doing *The Healing Code* that “if that memory went to a zero she would put posters of Dr. Loyd in every room of her house.” As many healings like this one occurred, word spread through the conference that you could have a life changing experience at *The Healing Codes* booth. I think at one point they had over one hundred people on a waiting list for personal *Healing Codes*. Dr. Loyd and Dr. Johnson also spoke five times at the conference and we had to turn people away from several of those [sessions], as word had spread about *The Healing Codes*.

—Dr. Ellen Stubenhaus, PQI Board Member

This is why we say confidently that *The Healing Code* addresses the source of illness and disease in the body.

### **MANY SYMPTOMS, ONE CAUSE**

Recently we had a testimonial come in from a gentleman who actually purchased *The Healing Codes* package for someone else. He got home, looked through the manual, and decided to try it on his own problem before he gave it to his friend. He had multiple skin lesions all over his body. In fact, he had already talked to his medical doctor about having them cut off and doing plastic surgery. He had a lesion on his forehead and a number of others on his back and one on the top of his head. He started doing *The Healing Codes*, and in a relatively short amount of time, a matter of weeks, the lesions had flaked off until finally, when he called us, they were all gone except the one on his head inside his hairline. By that time, about 90 percent of it was gone and he was confident it was going to go away, too.

Well, how in the world can something that physical, like multiple skin lesions, heal in a period of weeks? Because stress is at the root of this problem, and The Healing Codes heal stress. Once stress is removed, your immune and healing systems are capable of healing just about anything. Normally when we think about trying something like The Healing Codes, we think about emotional issues, but stress is at the root of every problem, emotional and physical.

Please understand: All of the physical and non-physical problems that we're talking about—diseases, mental and emotional issues, headaches, fatigue—The Healing Code does not “treat” any of those. None. Never has, never will. The Healing Code only heals issues of the heart, which reduces or eliminates physiological stress in the body.

That's Secret #1: The one source of illness and disease in the body is physiological stress, and The Healing Codes have been found to eliminate this kind of stress in the body in a way that is unprecedented in history.

## WHAT THE HEALING CODES USERS SAY (HRV RESULTS)

Dr. Alex Loyd and Dr. Ben Johnson were the keynote speakers at our annual Scholars' Reunion this past year. They taught everyone *The Healing Codes*, did before and after HRV tests to show their effectiveness, and taught the *Healing Codes* advanced training material. Of the fifty people that were at the conference, there were only two who were not in HRV balance after one *Healing Code* session. Six of these same people retested twenty-four hours later and all six were still in HRV balance with no additional intervention. I don't think it's any coincidence that—when asked at the end of the conference to raise their hands if they had experienced physical or nonphysical healing over the weekend as a result of doing *The Healing Codes*—all fifty people raised their hands. There were participants with major diseases, some in great health, and just about everything in between. *The Healing Codes* worked for everyone.

—Bill McGrane, McGrane Institute, Inc.

I attended one of your unbelievable sessions. My HRV was so low you were concerned for me. I did only the Code you taught us then. My depression has lifted, and I have been so well I forgot about doing them. Oooooops!

—Marilyn

In 2003, I attended some training that was being done in Kansas City for coaches. At one point, volunteers were asked to come to the front of the room to be observed by the class as they were monitored by HRV while thinking about an issue that caused intense emotions. I volunteered because I had found myself to be in an increasing state of fight or flight over a business decision I had made a few weeks earlier. I was feeling extreme financial pressure at the time and the image of walking out to my mailbox to retrieve what was sure to be a stack of bills for the startup, was a trigger that had been putting me in an absolute state of panic.

The most disturbing part of this was that I had done my due diligence before making the decision, had felt very good and had even established clients for my services. I had nothing to regret at that point. I knew that the knot in my stomach and the crippling fear wasn't founded on anything going on presently.

When summoned to the front of the room at the training, I sat down on a chair. The large screen was out of my view but the people in the room were able to observe the results of my HRV. Dr. Loyd had me close my eyes and relax as he began doing The Healing Code on me with the intention of healing the pictures associated with my issue. I was pretty oblivious to what was going on in the room and on the screen. I found myself focusing on the physical feeling of anxiety

and wondering if *The Healing Code* would work in this situation. I kept seeing that image of walking to the mailbox with a sense of dread. I was trying to keep the image out of mind so I could relax but the sense of doom and gloom was very prevalent.

An amazing thing happened. I'm not sure how long it took but I suddenly noticed that the knot in my stomach was melting away. I found my thoughts drifting to memories of other endeavors that had been successful. A sense of confidence came over me. The realization that I had initially taken the proper steps to be successful led to the conviction that I just needed to get to work and follow the plan I had set for myself. The panic I had been feeling almost seemed comical as a sense of peace came over me, because I realized how unfounded the panic was. Two days later, I was still feeling very balanced as I thought about going to the mailbox, and the HRV reading showed proof that I was still in a balanced state.

—Teri, Nashville, Tennessee<sup>7</sup>

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<sup>7</sup> For more testimonials, visit [www.thehealingcodebook.com](http://www.thehealingcodebook.com).

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to heal the issues you know about,  
and the ones you don't.**



ALEX LOYD holds doctorates in Psychology and Naturopathic Medicine. His 12-year search for a cure for his wife's depression led to the discovery of The Healing Codes™ in 2001. Since then, his private practice has become one of the largest of its kind in the world, as thousands of clients in 50 states and 90 countries use The Healing Codes system to heal the source of virtually any physical, emotional, success or relational issue.



BEN JOHNSON, MD, DO, NMD, was clinical director of the Immune Recovery Clinic in Atlanta, Georgia, for several years. Since being healed in 2004 from his Lou Gehrig's disease by using The Healing Codes, he has lectured all over the world about how The Healing Codes work. He is the only MD featured in the popular book and DVD, *The Secret*.

*“With *The Healing Code* you have so much more than just a book. Right now you hold in your hands the keys to unlock your own God-given health potential.”*

*— from the Foreword by Jordan Rubin PhD, NMD, Founder and CEO, Garden of Life nutritionals*

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## Praise from Leaders for Dr. Alex Loyd & The Healing Codes™

“Dr. Alex Loyd has the defining healing technology in the world today—it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time.”

—**Mark Victor Hansen**, co-author of the *Chicken Soup for the Soul* books

“I have used almost all of the latest and greatest technologies, treatment protocols, techniques, systems, philosophies and healing modalities in both conventional and alternative medicine and if I were to choose just one it would be the work of Dr. Alex Loyd. I have found no other process that is as elegantly simple, effortlessly learnable, inherently portable, profoundly effective, and fundamentally timeless. The highest commendation I can give is that I use it for myself, my family and my patients.”

—**Merrill Ken Galera, MD**, Medical Director of The Galera Center, former Lead Physician of Dr. Mercola's Natural Health Center

“For many years I was a writer for *Alternative Medicine Magazine*, among others. I have SEEN IT ALL when it comes to natural health. I have not just tried the techniques and products; I have interacted with the creators and developers personally. I have researched, tested, interviewed clients exhaustively to determine what is the truth versus hype. The Healing Codes are the easiest and most effective ‘do-it-yourself’ healing technique I have ever found! It works consistently, predictably, and quickly on a wide range of issues. In other words, ‘IT’S THE REAL DEAL!’”

—**Dr. Christopher Hegarty**, bestselling author and consultant to more than 400 Fortune 500 companies

“You almost have to have a process like The Healing Codes to change the wrong beliefs that are keeping you from the life and health you want.”

—**Bruce Lipton, PhD**, former Cell Biology researcher at Stanford and author of bestselling *Biology of Belief*

“The Healing Codes are the greatest healing discovery in history. In 40 years of broadcasting, I have seen and tested every conceivable healing modality that you can imagine. The Healing Codes are a level beyond anything I have ever seen. This is the greatest discovery since medicine because it puts the healing in your control. Healing is specific, and so are The Healing Codes. Once you try The Healing Code in this book your life will begin to change instantly—try it and watch it happen!”

—**Bill Boshears**, scientist and syndicated talk show host, “SciZone”

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