



# Truth in Health

**A New Beginning... The Brighter Side of Life  
A Newsletter about Truth in Health  
And, a New Positive Attitude**

***"When Your Attitude is Right, Facts Don't Count"***

***Truthinhealth rightfully concerns itself with every facet of human Life, with every aspect of human well-being. It is a true science of life.***

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**Issue 1**

## **Mental & Body Power: How to Increase Your Alertness,**

**B**y the application of established principles of healthful living in our lives practices we can enhance our general well being. Well-being is a necessary condition for superior powers and performance from every body faculty.

Therefore, this article will deal with proven health concepts that produce immense benefits which few of us have and all of us would like.

In pursuing this inquiry we'll learn the touchstones that form the foundation upon which we can have more mind-power, the ability to think more profoundly, clearly and logical. We'll learn the factor elements and influences that mental and physical faculties require to function at the highest possible level.

What is the foremost need to have more brain-power? The greatest need, is that when we have reached a high plateau of well-being, our feelings of euphoria will be so wonderful that it'll be as if we had a continuous high. We'll feel radiantly alive. We'll be very sensitive and alert. And, we'll feel just great.

***Good health is the "key" to Great mental Powers!***

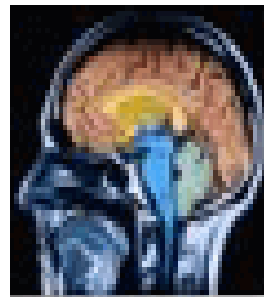
That which yields mental powers above the conventional norm also yields above average physical powers and above average health. Each is part and parcel of the other. That which produces the one produces the other. Thus, this

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article is dressed up in some enticing packaging labeled " **How to Increase Your Alertness, Mental & Body Powers.**" This article

is truly a lesson and it is all that the title promises! And, additionally you'll have more vim, vigor and vitality; more strength, energy and stamina; improved appearance, a radiant new complexion and an enhanced personality. "Attitude" can and will do all of that for you, because it will help you to change your lifestyle and will help you in living more healthful. However you must use the information and take full responsibility.

### ***The Body and Mind are One!***



Observation of sick people all over the Globe shows that "a sick body affects its mind also." In other words a sick body carries its mind down with it and, on the same order; a healthy body has a healthy mind. This can also be said visa versa.

While there are important modifying and observation to be made on that, we know that affliction mental and emotional influences its own use. Nerve energy is generated under the condition of rest and sleep with the eyes closed. It is a low grade electricity measured in millivolts. How the process of rest and sleep enables the brain to generate nerve energy is a hazy area that it is only now beginning to be explored in depth. No definite answers are in as yet, however we can make some fairly conclusive statements that

adequate sleep and rest are essential to having enough nerve energy.

Another thing is that toxic materials must be very low in the bloodstream and the body, before the brain can function at maximum efficiency. Nothing can cloud our minds so much as toxemia or toxicosis. Even a bloodstream loaded with nutrients from a meal will cause the mind to perform less efficiently than if the meal had not been eaten. It has been well said that a full stomach makes a dull head.

#### ***How can We prove That Toxins Cloud the Mind.***

All the foregoing is easily demonstrated by fasting. Individuals who go on a long fast become mentally more acute as the fast progresses until, after about four to six weeks, mental acuity is at peak the organism has never before attained. Of course there is a limit to fasting.

We can now regard fasting in a new light. Periodic fasting are absolutely essential to the highest level of mind-power, and health, no matter how good the rest of the life regime followed. A forty day fast was a prerequisite in ancient times as a condition for scholarship in the various fields of intellectual endeavors, especially religious pursuits.

#### ***How Fasting can rejuvenate You!***

When we undergo a fast there is vastly accelerated body and blood cleansing. There is a noticeable regeneration of physical faculties. There is a great enhancement of nerve energy. The body does a general housecleaning and overhauls of the praise entirety, that is, its whole economy. Thus we can see the wisdom of the traditional forty day fast as practiced by our ancestors. Now it goes without saying that mental and physical health proceeds from properly observing the essential factors and elements of health.

#### ***Some Ways in which we loose Precious "Nerve Energy"***

Intellectual pursuits use more nerve energy than physical Labor. Thinking draws more current from our mental batteries than digging ditches. No doubt you've seen people become totally exhausted without doing any physical work. You can witness this in meetings where people sit and discuss and contend. The stress of intellectual contention are enough in themselves, in many cases, to short circuit or drain our reserves of nerve energy.

And, too, you've seen people rise in heated discussion and be like dynamos with plenty of intellectual energy. You've seen them practically keel over later. You've seen people in intense emotional states laps into a state of depression. Many people call this nervous exhaustion. We call it "enervation" meaning. Very simply, without nerve energy. Nothing can exhaust this precious brain energy so quickly as

bad news - news of family tragedy or financial calamity.

#### ***How You can Have All The Nerve Energy You Need!***

Everything else being equal, we can build and maintain a high level of nerve energy by taking the following actions:

Understand those healthy practices that keep our nerve energy generated to the extent that we begin our days with a battery fully recharged.

Planning our activities so that we do not squander our nerve energy unnecessarily.

Recharging it during the day, if need be, by taking a nap or naps. They're incredibly restorative.

Avoid stress situations that drain our batteries like a short in an electric system.

Have a one-day "news fast." This means that you do not read, watch, or listen to any news for a day and see how you feel.

Practice "relaxing breathing exercise." Close your mouth and inhale quietly through your nose for a silent count of four. Hold your breath for a count of seven. Exhale audibly (making a whoosh sound) through your mouth for a count of eight. Repeat for a total of seven cycles, then breath normally.

The most important thing mentioned in this article is to get all the sleep we need. That means more than just getting all the time needed for sleep. The time needed for sleep is variable with the quality of sleep.

There are five stages of sleep from R.E.M. sleep all the way down to deep delta sleep. The conditions for higher quality delta sleep result from the same condition that build high level of health. In short health generates better health. The more efficiently the body operates the more efficient it becomes. It's like saying practice makes perfect. Therefore, making your sleeping condition ideal for sleep and your body condition more favorable for sleep are among those standard necessary to have the nerve energy required for highest level of mind-power.

Also these practices create in their progression a body that is handsome or beautiful, that is fit as a fiddle in every respect and especially free of the toxic matter that weight down and confuse the mind of most of the people.

Of course most of us work under conditions that are both draining of nerve energy and unfavorable for the nap that we need to regain enough nerve energy to function at top level throughout the day. Afternoon drag is a rather universal phenomenon in our civilization today. That is not due to hypoglycemia but to nerve energy drain due to our situations and to our heavy burden of toxins that befog the mind and also drain us yet more nerve energy.

In response we Americans have become a nation of stimulants hounds. We take on stimulating drinks like coffee, tea, sodas etc. and we eat stimulating foods like meats and seasoned food which the body objects to just as it objects to the other stimulants above. And, would you believe that some people still smoke. That which stimulates is that which irritates. Thus we get an artificial perk-up, thereby further draining our nerve energy.

That's the way it works with most of the population. And these stimulating habits also drain our brainpower. Yes, stimulants make us mentally more acute for a short time and we fall into the trap and the illusion. And, then we must face the sickness, the depression and a much lower mental state. Brain damage to some extent invariably is the result. One bad thing, one bad habit generates another, and that is the other side of the coin and what I was saying a while ago: bad conditions generate worse conditions. And worse conditions eventually lead to ailments and diseases that further lower us mentally. Badness and distraction feeds upon itself. So we **must** turn ourselves around if we want to be mentally healthy and sharp all the time. We **must** always have and hand a good fund of nerve energy.



## ATTITUDE "The Magic Word"

**A**ttitude has been defined as actions, feeling or moods, and it is our actions, feelings or moods that determine the actions, feelings or moods of others. In addition the following also apply:

- Our attitude at the beginning of any task determines the outcome; its success or failure.
- The mind carries only one thought at a time - make it positive, and stay away from negative Thoughts. "You become what you think about most of the time."
- Our attitude toward life determines life's attitude toward us. Think now about what you really want in your life and apply that attitude.
- Our attitude toward others determines their attitude towards us. Do on to others, what you want them to do on to you.
- Human beings want to be appreciated -needed. Give this appreciation and it will be returned to you a hundred fold.

- Look for the very best in everyone you meet. You can learn something from everyone.
- Stay away from talking about your health - unless it is good. And, especially stay away from talking about others unless it is good.
- Starting today, for thirty days treat everyone you come in contact with as the most important person on earth.
- Radiate the attitude of well-being -confidence. Know where you are going and know you are going to get there. Operate from a feeling of "Certainty."
- Become the kind of individual you want to be - and live, act, and move and breathe with that kind of life.
- You are not what you think you are, but what you THINK you are! We move in the direction of our most dominant thoughts. What we think about most of the time is what we become!

### Thoughts, emotions and mindsets-when used effectively and purposefully-can be our most potent ally in the fight against disease.

Bad habits, negative thoughts, negative outlook and low self-esteem cause disease. Your brain is constantly working 24/7. Controlling just about every chemical, metabolic function and balance in your body, it never shuts down. From your nervous system and blood balance and other thousands of other functions that you don't know about or are even aware of them. To do this your brain and brain cells, like every other cell in your body must have the proper nutrients. Scientists now know that when you have a thought, your brain creates chemicals. Therefore, when you have positive thoughts of pleasure your brain creates good health producing chemicals, and when you have negative thought and feeling of hate, anger, etc. your body produces chemicals that causes diseases. Scientists call these chemicals "neuropeptides". However, their research is done so that they can make a drug (medicine) thinking that they would have the same effect of neuropeptides. In fact, these drugs produced in the laboratories have a negative effect than neuropeptides. What we know is that when you have any thought, your brain creates chemicals which alter your body negatively or positively depending on your thoughts, and what you feel is the creation and assimilation of these brain chemicals called *neuropeptides*.

**Remember** that success or failure in anything is caused more by mental attitude than by mental capacity. Instead of complaining about the nights we can't sleep, we must be given thanks for the mornings we wake up.





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Laurence Galant Ph.D. is a Board Certified Medical Clinical Hypnotherapist, Practitioner of Neuro-Linguistic Programming (NLP) with a doctorate degree in Health and Nutritional Science and a lifetime member of the International Association of Counselors and Therapists (IACT), The National Association of Certified Hypnotherapist and The National Council for Medical and Clinical Hypnotherapy (NCMCH).

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**Mission Statement:** To research and develop a Natural Health Strategy to create and document an alternative behavior to food and eating habits and to show that it is possible to restore better health, better lifestyle and a longer and healthier way of life now.

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## **AMERICANS DESPERATELY NEED THIS MESSAGE! WILL YOU HELP THEM RECEIVE IT?**

Obviously our fellow Americans desperately need this message of health as over half of them suffer a chronic problem!

You can get this message of health and well-being to your family members, relatives, acquaintance, neighbors, fellow church members, fellow workers and associates telling them about this and other "Truth in Health" reports by the Health and Nutritional Guidance Center (HNGC). Or if you're on the Internet, visit our web site:

[www.truthinhealth.com](http://www.truthinhealth.com) just click on truth in health newsletter link and become a subscriber.

We urge you to help NOW to end America's suffering and its trillion dollars plus ANNUAL "health care" bills.

You may want to help your friends and/or relatives and tell them about of this Newsletter.

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