



The ABC+D Body Systems Approach

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GENERAL THERAPY FOR PREVENTION & RECOVERY

SPECIFIC BODY SYSTEM SUPPORT

A - ACTIVATE

- Believe in the body's ability to heal itself
- Stimulate the healing response with positive attitudes
- Identify and address unresolved emotional conflicts
- Use supplements that balance the energies of the body

• Distress Remedy
• Homeopathic Remedies
• Essential Oils
• Affirmations and Visualizations

B - BUILD

- Eat a zone-balanced diet, focusing on low-glycemic carbohydrates
- Eat natural and organic foods
- Select foods appropriate for your blood type
- Use basic supplements such as enzymes and trace minerals
- Use additional supplements as needed

• Digestive Enzymes (Proactazyme)
• Chinese Mineral Chi Tonic
• Ultimate Green Zone or pH Green Zone
• Super Algae
• Super Supplemental

C - CLEANSE

- Do a two week cleanse at least twice each year
- Avoid chemicals such as food additives, pesticides, toxic cleaning and personal care products, electromagnetic pollution, etc.
- Drink plenty of pure Nature's Spring water
- Increase dietary fiber

• Tiao He Cleanse
• Para-Cleanse with Paw Paw
• Clean Start
• Nature's Three
• Irritable Bowel fiber
• Psyllium Hulls Combination
• All Cell Detox
• Enviro-Detox

D - DIRECT AID

- Use the results from the Body Systems Questionnaire to identify one or two body systems that require nutritional support
- Determine how each body system is energetically out of balance using the six tissue terrains and the appropriate chart(s)
- Use the chart(s) to select an appropriate direct aid or aids to support the specific body system(s)

Six Tissue Terrains

• Digestive System	• Circulatory System
• Hepatic System	• Nervous System
• Respiratory System	• Structural System
• Intestinal System	• Glandular System
• Immune System	• Reproductive System
• Urinary System	