

*The 3LS Program is an excellent, common-sense approach to regaining and maintaining optimal health.*

—Jacob Teitelbaum, MD  
Author of *From Fatigued to Fantastic*

# How to Be Healthy

## Three Keys to Total Health

by  
Walt Stoll, M.D.



## WHAT IS HOLISTIC MEDICINE?

In the March 1979 *New England Journal of Medicine*, an editorial discussing holistic medicine asked, “Doesn’t the average physician recognize the need for analysis of the lifestyle?”

Although considering the patient’s lifestyle is important in holistic medical care, it is no more important than taking a simple history of the current illness and the past medical history.

Holistic medicine has been defined by the American Holistic Medical Association as “a system of health care which emphasizes personal responsibility and fosters a cooperative relationship among all those involved, leading toward optimal attunement of body, mind, emotions, and spirit. Holistic medicine encompasses all safe modalities of diagnosis and treatment including drugs and surgery, emphasizing the necessity of looking at the whole person including analysis of physical, nutritional, environmental, emotional, spiritual and lifestyle values. Holistic medicine particularly focuses upon patient education and patient responsibility for personal efforts to achieve balance.”

Holistic physicians first must practice an acceptable standard of traditional medicine: adequate history, physical examination and appropriate laboratory tests similar to those in any competent physician’s practice. The holistically oriented physician, however, in addition to standard diagnostic tests, must look at the patient from the point of view of total distress. This includes an analysis of the chemical, physical and emotional imbalances in that person’s life. Chemical analysis includes the person’s intake of sugar, nicotine, alcohol and drugs of various kinds and considers the chemical effects of the environment in which the individual lives: smog, weather quality, nearby chemical pollutants, etc. Physical stress analysis particularly evaluates the level (or lack) of physical exercise. Emotional analysis should be evaluated as comprehensively as possible. Holistically oriented physicians then evaluate the social and psychological stresses in a given person’s life. This might include the Holmes-Rahe Social Readjustment Scale and pertinent other questions related to marriage and job satisfaction. Finally, holistic physicians work with the patient to consider spiritual values. What are the real moral dilemmas that a person has? Is the patient living his or her life in accordance with his or her own mental, intrinsic moral, and spiritual values?

In going further, the holistic physician may do less frequently performed tests such as hair analysis. Hair analysis is used in traditional medicine for determining heavy metal toxicity and has been used in animal science for over 60 years to determine proper nutritional supplements (Intense chemical farming and erosion have led to depletion of some of the essential minerals in our soil: zinc, lithium, chromium, manganese, to name but a few.) Other carefully selected tests may also be used, including the physician’s intuition, which all physicians use, although not always consciously.

Once the holistic physician has determined a diagnosis, a proper treatment or educational plan must be outlined to the patient, preferably in writing, in a form adequate for the patient to understand and to accept. Most studies have revealed less than 50 percent compliance with physicians’ recommendations. There is no point in recommending a treatment plan that the patient psychologically rejects.

Treatment consists of drugs if the patient has a serious, acute illness or life-threatening illness such as an infection, congestive heart failure, etc. The treatment recommended may include appropriate surgery such as in post-traumatic situations, appendicitis, abscesses, comminuted fractures, etc. When

the patient's lifestyle, spiritual values or stressful habits appear to be the cause of the patient's symptoms or illness or disease, then the holistic physician, except in crisis situations, is not likely to order tranquilizers and send the patient away. Instead, an attempt is made to encourage the patient to adopt a more healthful lifestyle; to reduce the intake of sugar, caffeine, nicotine, alcohol and adverse drugs; to obtain adequate cardiovascular-protecting aerobics exercise and adequate limbering exercise; to practice strengthening of the will with techniques of relaxation, autogenic training and reinforcement of faith with biofeedback training. In selected situations, acupuncture, osteopathic manipulative treatment and other such ancillary techniques may be used in an attempt to assist the patient in obtaining homeostasis. In addition, the holistic physician discusses spiritual values, and may suggest practice of true meditation or pastoral counseling.

In summary, holistic medicine always includes appropriate diagnosis and treatment with drugs and surgery just as with other allopathic and osteopathic physicians. Holistic physicians also look at the whole person, recognizing that the three major determinants of health are proper nutrition, physical exercise, and mental attitude, including spiritual attunement.

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## **TOTAL ELIMINATION OF REFINED CARBOHYDRATES (CHO)**

### **WHY?**

The National Research Council recommended daily allowance of refined carbohydrates (CHO) is zero. The fact that any refined CHO in the diet reduces health has been known by the government since it was first studied.

Until 300 years ago, refined CHO did not exist. The human body has had no time to evolve a way to cope with this substance. For the past five million years, whenever we took CHO into our bodies, all the vitamins, minerals, enzymes, proteins, etc. present in the living food were eaten with the CHO. Now, when we eat a refined CHO, our bodies must immediately provide the vitamins, minerals, proteins, enzymes, etc. that manufacturing has removed in order to digest it. This means we must create a deficiency in our bodies of those essential substances – the opposite of nutrition: the more we eat, the less nutrition we have.

Refined CHO causes more stress to humans than all the other nutritional stressors put together.

### **SHOW ME!**

A science called kinesiology has developed a very simple way to test the effects of stress on our internal functions. It is so simple that anyone can learn to apply it in seconds! The easiest test is to measure the strength of one muscle before and after the body has been exposed to the stress.

Have the person being tested hold his or her arm straight out from the shoulder, level with the floor (arm to the side, elbow must be kept straight). Measure how much resistance there is to pushing the arm down. Now relax the arm and put one grain of sugar on the tongue. All that is needed is a taste.

Test the strength again immediately – exactly the same way. Ninety-five percent will lose 30 to 98% of their strength in 0 to 10 seconds. Every internal organ system reduces its efficiency exactly the same percentage that the muscle is weakened. This includes the immune system (meaning our resistance to things such as disease, colds, and cancer is reduced the same percentage).

One caution – the person should not have eaten refined CHO within an hour or two before the test. One grain of sugar will weaken the body for about 15 minutes.

AMAZE YOUR FRIENDS! Spread the word. The more people who learn about this, the sooner it will be easy for you and me to shop at the grocery store and the sooner the long list of diseases caused by this reaction will start to reverse.

## HOW?

Just cutting down on refined CHO helps – the more you cut down, the better you'll feel. However, the shock reaction mediated through the brain (demonstrated by the muscle test) is a true metabolic addiction and will persist as long as you are exposed to a trace of the poison substance. One to three days after total elimination, the withdrawal symptoms will cease. From then on you will begin to feel better than you have in many years. So long as you avoid recontact, you should notice improvement in your health at least on a weekly basis for four to six months.

Some of the symptoms of withdrawal are similar to those caused by eating refined CHO:

Fatigue	Headache	Visual disturbances	Drowsiness
Weakness	Sweating	Tingling of the	Mental confusion
Nervousness	Hunger	tongue or lips	
Anxiety	Dizziness	Chilliness	
Trembling	Nausea	Unsteadiness	

If you are still having any of these symptoms one week after total elimination, you have not totally eliminated, and you must do a more careful search of what you have been eating.

**YOU MUST READ EVERY LABEL** – Even common table salt now has sugar added to it. Totally eliminate the following:

1. Any word that ends with –ose is a sugar: sucrose, dextrose, lactose, fructose, etc.
2. Honey, syrup, molasses, corn syrup (sorbital, mannital).
3. Any sweetener added to foods (occasional use of saccharine may be OK).
4. White flour (any flour that doesn't specify WHOLE GRAIN must be eliminated).
5. White rice (brown is OK).
6. White cornmeal (whole cornmeal is OK).
7. Peeled potatoes (whole potatoes are OK if the peeling is eaten; the smaller the potato the better).
8. Any kind of starch added to foods.
9. Some people may have to avoid fruits for a few weeks or months.

**ALSO: COMPLETELY ELIMINATE CAFFEINE.**

Anything whole should be OK. Dried fruits may be too concentrated for many people at first.

Note: Most alcoholic beverages will cause a similar triggering response to occur. Nicotine will cause an elevation of blood sugar. Do not use these substances.

DIABETICS BEWARE! If you follow this diet, your insulin requirements will be greatly reduced! If you take insulin, do not follow this diet without professional supervision. Many diabetics taking insulin will be able to get off the insulin while following the diet.

After following this diet (called the Perfect Whole Foods Diet or PWFD) strictly for 6 to 12 months, many “normal” people will get healthy enough to not have to be so picky about total elimination: You’ll know what I mean when the time comes.

### ADDITIONAL BENEFITS

Refined CHO numbs the taste buds. After total elimination for a few weeks, everything begins to taste better. There are hundreds of great tastes out there we never experienced because we are trading that one taste, SWEET, for all the rest. After six months, you will still be discovering new taste adventures – enjoying food more without the artificial appetite stimulant of empty calories.

### SUPPLEMENTS

All people who have been eating refined CHO are seriously deficient in at least vitamins C, E and B complex, and magnesium and calcium. These substances also happen to be the vitamins and minerals most depleted by stress. You would be wise to supplement your diet for 6 to 12 months with the following: (one of each twice a day)

1. Vitamin C 1,000 mg with bioflavonoids (natural)
2. B complex balanced 50 formula
3. Vitamin E 400 units (d alpha type, natural)
4. Bone Meal tablets

Use SEA SALT (has all the needed trace minerals and has no sugar added – READ THE LABEL).

### REFERENCES

1. *Hypoglycemia: The Disease Your Doctor Won't Treat*, Jeraldine Saunders & Harvey Ross, MD
2. *Are You Confused?*, Paavo Airola
3. *Orthomolecular Nutrition*, Dr. Abram Hoffer
4. *Psychodietetics*, Dr. Emmanuel Cheraskin
5. *Mega Vitamin Therapy*, Ruth Adams and Frank Murray
6. *Your Body Doesn't Lie*, John Diamond, MD

ADDENDUM - There is nothing magical about refined carbohydrates. They are just a great physical stress. Each stress that we subject ourselves to decreases the reserves we have to cope with other stresses, be they emotional or environmental. Eventually our reserves are used up and we get disease. You will never believe how much refined CHOs are decreasing your quality of life until you experience it. The Perfect Whole Foods Diet can greatly enhance your enjoyment of life.

## **AEROBIC EXERCISE**

Exercise is good for people; we all have known that for a long time. However, recent advances in medical science have discovered a special type of exercise that is many times more effective for the promotion of health, well-being, and management of stress than any other form of exercise. This very special form of mild, sustained exercise is so easy to do that people find it hard to believe that anything so easy could produce all of the benefits claimed for it.

A partial list of the proven benefits of AEROBIC exercise sounds too good to be true. The reason for its widely divergent effects is that AEROBICS is a powerful force for health. Regardless what direction your deviation from health is, AEROBICS will draw you toward health. If you are fat, you will lose weight; if you are skinny, you will gain weight. If you are depressed, it will cheer you up; and, if you are nervous, it will calm you down. If you are fatigued, it will give you energy; if you have insomnia, it will help you sleep at night. If started by the age of 40, it retards aging 20 years; by the age of 50, it retards aging 15 years; by the age of 60, 10 years. AEROBICS lowers blood pressure, reduces insulin requirements in diabetes, lowers cholesterol and fats in the blood, and reduces the chances of catching virus infections to nearly zero. It increases sex drive, strength, co-ordination, endurance, and produces a positive mental outlook. It speeds up the healing of injuries by 15 to 25 percent. Seventy percent of the people who practice AEROBICS are able to stop smoking – without stress – six months after they start. If this partial list isn't enough to interest you in learning more about this remarkable process, I suggest you keep reading, or file this sheet away until you are ready to get healthy.

AEROBICS is a method by which stored oxygen in the body is completely discharged, requiring the body to switch to a different method of using oxygen called AEROBICS. This process is 15 to 25% more efficient than the usual method of using stored oxygen. It takes 12-1/2 minutes in the average person at the calculated heart rate for that age group to gently get rid of the stored oxygen in the body. People in their twenties require a pulse rate of 165 beats per minute; in their thirties 155; fifties 135; sixties, 125. Since it is important to sustain that pulse rate for more than 12-1/2 minutes to achieve AEROBICS, you'll need to learn to check your pulse in your neck IMMEDIATELY after your exercise. Check your pulse for the first 10 seconds after you finish your exercise so your pulse has no chance to slow down. We want to know your pulse while you were exercising – not after you have finished. A little arithmetic will show you that people in their sixties need a pulse of 20 beats in 10 seconds; fifties, 22 beats; forties, 24 beats; thirties, 26 beats; twenties, 28 beats. By always checking your pulse when you exercise, you will begin to develop sensitivity for what your pulse is all the time.

**THE IMPORTANT THING IS KEEPING A SUSTAINED PULSE RATE FOR TWENTY MINUTES THREE TIMES A WEEK.** Since this is true, it doesn't matter what exercise you do so long as it is the same intensity of exercise for that 20 minutes. Your pulse at the end of the 20 minutes must be calculated for your age.

If you are doing AEROBICS correctly, you will always have more energy following the exercise than when you started. If you use the excuse that you are too tired to do your AEROBICS, you are just kidding yourself. If you really are tired, the AEROBICS is exactly what you need to get your energy back for the rest of the day. People who do AEROBICS end up sleeping more soundly and waking up more refreshed with fewer hours of sleep necessary. The 20 minutes, 3 times a week spent doing aerobics is returned several times in additional hours available for activity because of the fewer hours needed for sleep. The excuse that "I don't have time to do this" is exactly that – an excuse.

You should check with your doctor to see if you need a “stress test” before you start doing AEROBICS. AEROBICS is used to help people prevent heart attacks; but, if you are at risk of a heart attack, your pulse rate requirements will be different, and you will need to know about that.

Remember, AEROBICS: 1. is never stressful; 2. is many, many times more effective in promoting health than regular exercise; 3. must be done correctly to achieve those benefits; 4. combines with nutrition and Skilled Relaxation in such a way as to magnify the benefits of all three.

Here is a simple way to monitor the actual changes in your stress level and metabolism after you start doing AEROBICS. Check your pulse rate for 10 seconds IMMEDIATELY upon awakening in the morning. Write the number on your calendar and do it every day. Four to six weeks after starting your AEROBICS you will notice your sleeping pulse rate will drop 15 to 25%. This drop in pulse rate is a direct measure of your discharge of accumulated stress and your increasing metabolic efficiency.

## **SKILLED RELAXATION**

Western medical science has finally discovered what many cultures have known for thousands of years: there is a special state of mind that when practiced regularly has profound positive health benefits. Biofeedback instruments have determined that this special state of mind is simply a preponderance of alpha brain waves (8 to 12 cycles per second). The greater the percentage of alpha waves and the higher the amplitude of those waves, the more profound are those health benefits.

A partial list of the proven benefits of practicing the alpha state 15 to 20 minutes twice a day reads like a “cure all.” The remarkable thing is that additional benefits are now being reported almost on a monthly basis. It seems that the full value of this skill is yet to be appreciated. Skilled Relaxation automatically reverses all of the effects of the buildup of chronic stress and does so at a rate 24 times as fast as normal sleep. Twenty minutes of Skilled Relaxation is the equivalent of eight hours of sleep. It lowers cholesterol and increases the type of blood fats that prevent heart attacks. It increases energy, resistance to disease, physical capability to handle stress, mind-body coordination and physical agility. It lowers pulse and breath rates at rest, reduces insomnia, tension headaches, high blood pressure and bodily aches and pains. Skilled Relaxation helps relieve psychosomatic conditions such as asthma, neurodermatitis and gastro-intestinal problems. It helps to normalize weight. It reduces anxiety, nervousness, depression, neuroticism and inhibition, feelings of mental and/or physical inadequacy, and irritability. It improves self-esteem, self-regard, ego strength, problem-solving ability organization of thinking, creativity and productivity. The alpha brain wave state promotes self-actualization, fosters trust and capacity for intimate contact. It enhances the ability to love and express affection, develops inner wholeness, increases autonomy, self-reliance, satisfaction at home and at work, and strengthens religious affiliations. It also reduces feelings of alienation and meaninglessness.

There are thousands of ways to achieve Skilled Relaxation. What works best for one person may not work for another. The best approach for you is to experience several different ways of reaching this state. You will soon find a way that fits with your personality and lifestyle, is easy for you to do, and produces immediate benefits. When you find your way, you’ll know it. Some of the more common ways that work for many people are: biofeedback, alpha brain wave training, autogenic training, meditation, and self-hypnosis. There are many varieties of each approach. There is nothing mystical or religious about any of these approaches. They are all simple skills that may be learned by anyone. Skilled Relaxation combines with aerobics and nutrition to magnify the effects of each.

A good reference to help understand what Skilled Relaxation is and how to do it is: *The Relaxation and Stress Reduction Workbook* by Davis, McKay, and Eshelman, published by New Harbinger.

**NOTE:** The above three practices – total elimination of refined carbohydrates (Perfect Whole Foods Diet or PWF), aerobic exercise (or the right exercise for you) and Skilled Relaxation – combined, are called the **3LS Wellness Program**. Named for the sturdy foundation of a 3-Legged Stool, this Wellness Program improves practically anyone’s health condition. My book *Recapture Your Health* provides detailed information about following the 3LS Wellness Program, and short e-books with more information about each of the three practices are available at [www.sunrisehealthcoach.com](http://www.sunrisehealthcoach.com).

## READING LIST

Self-education is the most important thing you can do to protect yourself, cut medical bills, and live a healthier, happier life. Here are just a few of the many books available to help you improve your level of wellness. Titles are listed in suggested order for getting started in each area.

BOOKS BY DR. STOLL - Visit [www.sunrisehealthcoach.com](http://www.sunrisehealthcoach.com) for books and e-books.

1. *Recapture Your Health: A Step-By-Step Program to Reverse Chronic Symptoms and Create Lasting Wellness*, by Walt Stoll, MD and Jan DeCourtney, CMT, Sunrise Health Coach Publications. A practical guidebook for improving health by using the 3LS Wellness Program: Perfect Whole Foods Diet, Skilled Relaxation, and Right Exercise. Begin relieving symptoms immediately (including mental-emotional symptoms) using the Quick Start Guides, then learn more comprehensive information about how to improve health that fits with your lifestyle. Book includes resources, glossary, troubleshooting checklists, lists of allowed foods, a special section for health care practitioners, and more. E-book available.
2. *Saving Yourself from the Disease-Care Crisis*, by Walt Stoll, MD, Sunrise Health Coach. Discusses the critical state of health care in America today and asks hard questions about the monopoly of conventional medicine that limits options available to consumers of medical services. This book offers safe, simple treatments which have been effectively used to relieve suffering and reverse the effects of many of the ills produced by the modern American lifestyle.
3. Visit Dr. Stoll’s website, [www.askwaltstollmd.com](http://www.askwaltstollmd.com), for information on health conditions and remedies, plus a free interactive bulletin board for asking your personal health questions. Sign up for a free e-newsletter at [www.sunrisehealthcoach.com/catalog/news\\_letter.php](http://www.sunrisehealthcoach.com/catalog/news_letter.php).

## OVERALL VIEW:

1. *Human Life Styling*, by John C. Mc Camy, MD, Harper Colophon.
2. *Health For the Whole Person*, edited by Hastings, etc., Westview Press
3. *The Holistic Way to Health & Happiness*, Bloomfield, Simon & Schuster
4. *Mind as Healer, Mind as Slayer*, by Ken Pelletier, Delta
5. *The Holistic Health Handbook*, Compiled, And/Or Press

## NUTRITION:

1. *The Healing Power of Whole Foods* by Beth Loiselle
2. *Are You Confused?*, Paavo Airola, Health Plus.
3. *Every Woman’s Book*, Paavo Airola, Health Plus.
4. *Diet & Nutrition, A Holistic Approach*, Ballantine, Himalayan Institute
5. *Food for Naught*, Ross Hume Hall, Ph.D.
6. *Orthomolecular Nutrition*, Hoffer & Walker, Keats Publ. Inc.
7. *Prevention Magazine*, Rodale Press

8. *Out of the Sugar Rut*, Joanie Huggins, HAH Publications (Cookbook)
9. *Laurel's Kitchen*, Robertson, Flinders & Godgrey, Bantam Books (Cookbook)
10. *Diet for a Small Planet*, Lappe, Ballantine. (Cookbook)

#### AEROBIC EXERCISE:

1. *The Aerobics Way*, by Kenneth Cooper, Bantam Books.
2. *New Age Training for Fitness and Health*, by Dyvke Spino, Grove Press

#### SKILLED RELAXATION:

1. *The Relaxation and Stress Reduction Workbook* by Davis, McKay & Eshelman, New Harbinger
2. *The Varieties of Meditative Experience*, by Daniel Coleman
3. *90 Days to Self Health*, C. Norman Shealy, MD, PhD, Bantam Books
4. *The Power of Alpha Thinking*, by Jess Stearn, Signet
5. *Seeing with the Mind's Eye*, by Samuels & Samuels, Random House

#### RAISE YOUR CONSCIOUSNESS:

1. *Actualizations*, Stewart Emery, Doubleday Dolphin
2. *Journey of Awakening*, Ram Dass, Bantam
3. *Handbook to Higher Consciousness*, Ken Keyes, Living Love

#### THE CUTTING EDGE OF PROGRESS

1. Medical Self-Care, Box 717, Inverness, CA 94937. Quarterly.
2. Brain Mind Bulletin, PO Box 42211, LA, CA 90042. Bi-Weekly
3. Leading Edge Bulletin, PO Box 42247, LA, CA 90042. Weekly.
4. Science News, 221 West Center St., Marion, OH 43302. Weekly.
5. New Realities, monthly journal, newsstand.

#### THE PHILOSOPHICAL & SCIENTIFIC BASIS FOR HOLISM:

1. *Time, Space & the Mind*, Irving Oyle, Celestial Arts
2. *Medium, Mystic & Physicist*, Lawrence LeShan, Ballantine Books
3. *Alternate Realities*, Lawrence LeShan, Ballantine Books
4. *Tao of Physics*, by Frijof Capra, Shambhala Books
5. *Space, Time & Beyond*, by Bob Tobin, Dutton Press
6. *Toward a Science of Consciousness*, Ken Pelletier, Delta
7. *Roots of Consciousness*, Jeffry Mishlove, Random House
8. *Energy, Matter & Form*, Christofer Hills, Univ. of Trees Press

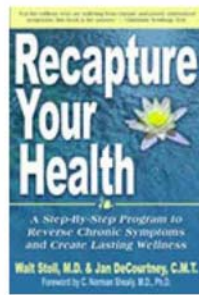
#### EXPAND YOUR REALITIES:

1. *Health & Light*, by John Ott, Pocket Books
2. *Breakthrough to Creativity*, Shafica Karaguila, Fawcett
3. *The Awakened Mind*, Maxwell Cade, Delacorte Press
4. *Psychic Frontiers of Medicine*, by Bill Schul, Fawcett
5. *Future Science*, Stanley Krippner, Fawcett
6. *Your Body Doesn't Lie*, John Diamond, Warner Books

#### ALL OF THE ABOVE:

1. *The Aquarian Conspiracy*, by Marilyn Ferguson, JP Tarcher
2. *Magic Child*, Joseph Pearce, EP Dutton
3. *Supermind*, Barbara B. Brown, Harper & Row

Sunrise Health Coach Publications is dedicated to producing the finest holistic health books available.



Our goal is to provide effective, reliable, informative products covering a wide range of health and healing topics for the public and professionals. We offer information guiding readers to find practical, realistic solutions to their health issues, with a focus on natural therapies and self-help instruction.



Launched in 1996 by holistic health pioneer and educator Walt Stoll, MD with *Saving Yourself from the Disease Care Crisis*, Sunrise Health Coach began guiding people towards better health. With the publication of *Recapture Your Health* in 2006, under the direction of Jan DeCourtney, Sunrise Health Coach Publications continues to promote health awareness and improvement in all aspects of life: physical, mental, emotional, and spiritual. Visit our website at [www.sunrisehealthcoach.com](http://www.sunrisehealthcoach.com) to watch for exciting new health titles.



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