

*"Every child is born a billionaire"*

[www.billionaireparenting.com](http://www.billionaireparenting.com)



*Gratitude, Compassion, Forgiveness, Empathy,  
Love, Hope and Peace*

**Billionaire Parenting**

Give Your Kids The World

---

***Be the change that you wish to see  
in the world - Gandhi***

---

**WARNING:**

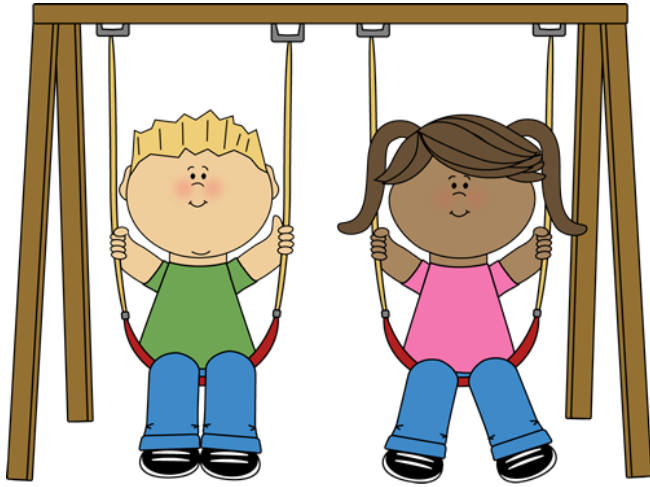
Reflections in this mirror may be distorted by socially constructed ideas



## NEVER JUDGE A "BOOK" BY ITS COVER

The Universe is clever and will force us to assess things that we have not been able to cope with. It will help us to be able to see our shortcomings more clearly. How many times have you experienced the same type of scenario over and over again with different people?

- ✓ It usually takes somebody who can push our limits or whose personality or actions push our buttons that turn out to be our greatest teachers. It will always be easier to see all the flaws in others instead of us.
- ✓ These people usually serve as a mirror and teach us what needs to be revealed about ourselves. Seeing what we don't like in others help us look deeper inside ourselves for similar traits and challenges that need healing, balancing, or changing. Keep this in mind next time judgment comes to the foreground.
- ✓ So if you have internalized anger (sarcasm, criticism, judgment, apathy, depression) within yourself that may manifest into dis-eases in your body such as endometriosis, "cancer", ETC; then you will most likely encounter situations and people that have intense characteristics of anger that openly express them. This is to remind you to allow your subconscious to free up the emotions that have been trapped within your body.



## DO YOU SEE WHAT I SEE?

According to Louise Hay, it does not matter how old you are, there is a little child within you who needs love and acceptance.

- ✓ If you are a woman, no matter how self-sufficient you are, you have a little girl who is very tender and needs help.
- ✓ If you are a man, no matter how macho you are, you still have a little boy inside who craves warmth and attention.
- ✓ As children, when something went wrong, we tended to believe there was something wrong with us. Children develop the idea that if they could only do it right, then parents and caregivers would love them, and they wouldn't punish them.
- ✓ In time, the child believes, there is something wrong with me. I'm not good enough.
- ✓ As we grow older, we carry these false beliefs with us. We learn to reject ourselves & refuse to forgive our "imperfections"
- ✓ There is a parent inside each of us, as well as a child. If we listen to our inner dialogue, we can hear the scolding. We can hear the parent tell the child what it is doing wrong or how it is not good enough. We need to allow our parent to become more nurturing to our child.



# BILLIONAIRE PARENTING

- ✓ If a billion dollars was just deposited into your bank account, how much time and energy would you use to make sure you get the highest return on investments? This is what you have been gifted with each time you have a child. How important is it to you to connect the billions of neurons in your child's mind? Even billionaire, Mark Cuban understands parenting should not be a job that is delegated.
- ✓ Today's children are extra sensitive to their environments. This includes garments, furniture, house-hold materials, temperatures, food, etc. They thrive for pure food and water and organic materials. This is why we are seeing a many food allergies and sensitivities arising amongst this generation.
- ✓ The children of today are our leaders of the future, yet they are teachers from the moment they step foot on Earth. Are our children truly troubled or are they bringing gifts to humanity that a dysfunctional world has forgotten. Gifts that are not evidenced at a superficial level: gratitude & compassion (ADHD/ADD), unconditional love (Autism), empathy & hope (Depression), and forgiveness (Obesity). Many children are misdiagnosed; it is time to rethink the labels we have given to our children that could mark them for life. If we don't see their highest potential - who will?



## PRENATAL CARE FOR THE FATHER AND MOTHER

- ✓ Among the mental and emotional changes linked to a fetus exposed to high levels of cortisol (stress) are insomnia, ADD/ADHD, anxiety, depression, mood-swings, fear disorders and the list goes on. Did you know that the mother's emotions, inclusive of repressed ones such as fear, anger, grief, love or hope can biochemically alter the genetic expression of the offspring for 3 generations to come?
- ✓ Pathology discovered that there were more types of bacteria present within the vaginal canal of stressed mothers; however, the important bacteria, Lactobacillus was significantly reduced. The detriment of this is that science has discovered that the expression of 20 genes may be impacted by the decrease in Lactobacillus. Some of the genes being impacted related to the growth of synaptic connections within the brain and the production of neurons.
- ✓ Studies revealed that babies that were circumcised had an accompaniment of increased blood pressure, increased heart rates, decreased oxygen level in the blood supply and an immediate surge of the cortisol stress hormone within their bodies. From a psychological perspective, recent evidence associated this experience with learning more memories of pain and fear. Ironically this is the same association that occurs during the childhood immunization process.





# BRAINS "R" US, INQUIRING MINDS WANT TO KNOW

- ✓ A study showed that when mothers frequently spoke to their infants, their children learned about 300 more words by age two than did children whose mothers rarely spoke to them. Reading aloud to children helps stimulate brain development, yet only 50% of infants and toddlers are routinely read to by their parents.
- ✓ More than 400,000 people attempt suicides in the US per year because of depression, which is more common than "cancer" and diabetes. A Kaiser Permanente study on adverse childhood experiences with 17,000 participants found that childhood exposure to violence, domestic abuse (physical & psychological), family neglect or other environmental stressors can have lifelong consequences, including a higher probability of depression.



# BRAINS "R" US, INQUIRING MINDS WANT TO KNOW

- ✓ Our brain produces 5 frequencies (beta, alpha, theta, delta and gamma). Brain Sync is designed to access and rebalance all the brain waves and is currently yielding 87% success rates within prestigious hospitals such as Harvard.
  - Theta brain waves dominance is often found in highly creative individuals. Blocked or suppressed emotions can be experienced when theta brainwaves are stimulated.
  - Gamma brain waves can help ADD/ADHD in their lack of concentration and it will boost the mood, empathy and compassion levels in depressed candidates.
  - Stress triggers Beta brain waves; furthermore, watching television causes beta brain waves to be suppressed. This is why many children that appear to have ADHD characteristics become calmer when watching a television or tablet.
  - Research has shown that the Delta brain waves release the anti-aging hormone including the human growth hormone and melatonin. This brain wave also causes a person to have an increase of empathy, understanding and compassion for others.
  - The Alpha brain waves slow down the heart which is conducive for those having heart problems. A healthier from of promoting alpha brain waves would be to meditate. By talking less, you will increase the alpha states of the mind. Einstein was operating primarily in the alpha state.



## EPIGENETICS: WHAT IS YOUR CHILD OR GRANDCHILD'S LEGACY?

- ✓ We have "tumor" suppressor genes, these genes are capable of stopping "cancer" cells and are present in every cell in your body, but so are proteins called histones. Histones are proteins that make up chromosomes and act as a spool around which DNA can wind. Dr. Jean-Pierre Isa of the Anderson Cancer Center explains histones can hug DNA so tightly that it becomes 'hidden from view' to the cells. According to Dr. Pamela Peeke, histones are influenced by every decision we make, what we eat and think, as well as our actions influences histones. Foods such as broccoli, cauliflower, Brussels sprouts, kale, cabbage, bok choy, garlic, and onions contain substances that act as histone blocks and regularly consuming these foods would naturally support this function.
- ✓ According to Dr. Greger, it is not healthy to eat farmed fish because farm raised fish are fed nearly 2 dozen human antibiotics to keep them alive. Food coloring linked to retinal damage is also used to make the fish meat appear fresher.





## EPIGENETICS: WHAT IS YOUR CHILD OR GRANDCHILD'S LEGACY?

- ✓ Most people have heard of Agent Orange. This toxin was used as a defoliant in Vietnam and has since been associated with "cancer", heart-disease, diabetes, and other illnesses. Although the uses of dioxins were banned by the Stockholm Convention in 2001, they can still occur during, for example, the burning of pesticide-treated foliage. According to the Food and Drug Administration, "over 95% [of dioxin exposure is] coming through dietary intake of animal fats." Therefore, it is important to eat large portions of vegetables high in anti-oxidants to combat the toxins in the meat.



# REAL NUTRITIONAL FUEL FOR YOUR BODY

- ✓ Eating the Rainbow Diet - Each color for a certain food has a meaning in terms of nutrition.
  - Eating Green Foods regulates the pituitary gland, fights depression, bulimia, and other psychosomatic conditions affecting the gastric system. It is useful in calming the nervous system, fights irritability and insomnia (broccoli, kale, spinach, collard greens, artichokes).
  - Eating Blue/Purple Foods stimulates the parasympathetic system, reduces blood pressure and calms both breathing and heart rate. It has anti-inflammatory and muscle relaxing effects (blueberries, eggplants, plums, blackberries, Concord grapes).
  - Eating Red Foods affect the heart by increasing pulse rate and the muscles by increasing their tension. They influence vitality and increase body temperature to promote sensuality (beets, cherries, red onions, strawberries, grapefruit).
  - Eating Yellow/Orange Foods purifies blood, helps digestion and has a cleansing effect. Brings on a sense of security and a strong sense of well-being (butternut squash, carrots, lemon, sweet potatoes, pineapple)
  - Eating White Foods provides energy and balances the chronobiological rhythm, by stimulating the production of serotonin, a substance which regulates both sleep and the nervous system (turnip, onions, cauliflower, garlic, shallots)



# REAL NUTRITIONAL FUEL FOR YOUR BODY

- ✓ Watching a good movie is often times associated with a big bag of popcorn. Did you know the microwave popcorn bag can leach chemicals that are harmful, like perfluorooctanoic acid, which is linked to infertility; this toxin latches on to the popcorn and then you and remains in your body for an extended time frame.
- ✓ On average, the US citizen consumes close to 756 grams of sugar every 5 days or 130 pounds of sugar a year. If this rate continues, 42% of the US population will then be obese by 2030 and it will cost close to half a trillion dollars in health spending. According to Michelle King Robson, founder of EmpowHER, the more sugar a person consumes the higher the risk for brain shrinkage in the memory center known as the hippocampus, which in the long run leads to dementia. Did you know that a 20 ounce soft drink equates to eating 16.5 sugar cubes or consuming 3 pounds of carrots? High fructose corn syrup is one of the most used substitutes for sugar and damages memory and impacts learning abilities. Food companies use it because it is 6 times cheaper and is almost in every processed food including condiments and baby foods.



## HERBS AND FLOWER ESSENCE

- ✓ Just as everyone has a unique fingerprint the Ayurvedic Blueprint believes there are 3 energy types prevalent in every person at any given time:
- Vata (Wind) - When vata energy is balanced, there is creativity and vitality. When imbalanced, it produces fear, insomnia, dry skin, constipation, difficulty focusing & anxiety.
  - Pitta (Fire) - When pita energy is balanced, there is warmth, friendliness, discipline, intelligence and contentment surrounding the environment and the person becomes a good leader and speaker. When imbalanced, it produces irritability, compulsivity, anger, ulcers, and symptoms of indigestion or inflammatory conditions.
  - Kapha (Earth) - When Kapha energy is balanced, there is expressions of love, sweetness, supportiveness, stability and forgiveness. When imbalanced, it produces insecurity, sluggishness, weight gain, sinus congestion and envy.

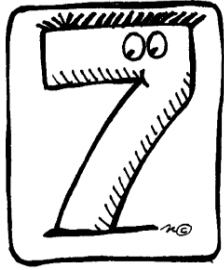
Dr. Bach believed that by correcting harmful mental attitudes you can stop the dis-ease from becoming physical or, you can treat the dis-ease when it is at an energy level rather than grossly pathological at the physiological level. ADD and ADHD, according to Dr. Bach is a result of a combination of emotions that can be rebalanced with the aid of the Bach Flower remedies. After a short duration of the Bach Flower remedies' usage, teachers also commented that the children were using this remedy appeared to be much calmer and was able to readily focus on the task at hand.



## HERBS AND FLOWER ESSENCE

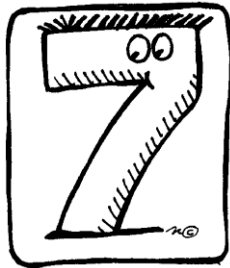
- Walnut = Helps when you get easily distracted by noises, movements and commotion.
  - Clematis = Helps when you daydream and have a hard time focusing on the task in front of you
  - Vervain = Helps when you are overly excited and hyper, from over involvement in a subject or idea.
  - Impatiens = Helps when you easily get impatient with the slowness of others. For people who get frustrated and cannot express themselves as they would like to, great for temper tantrums.
- ✓ According to the Autism Society of Japan, it defines autism as a sense of insecurity and stresses and Dr. Bach has designed some flower essence to address some of these emotions:
- Scarlet Monkey Flower = Relates to frustration that is felt when your intention is blocked. These are the types of anger and issues of power that you feel when you are pushed into extreme challenges.
  - Violet = Helps with profound shyness, reserve, aloofness, fear of being submerged in groups.
  - Bluebell = Helps when a child feels afraid of being ridiculed and anxious about being noticed at all and fearful of being punished and also worried about being judged.
  - Snapdragon = Helps with verbal aggression and hostility; repressed or misdirected libido, tension around jaw.





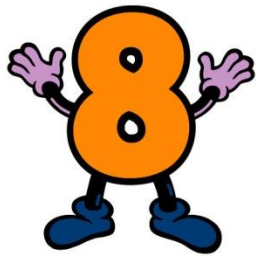
# YOU AND YOUR CHILD'S CHIROPRACTIC JOURNEY

- ✓ If the baby is born with the Cesarean Section, there may be a lack of cranial molding (asymmetric head shape) and skin sensory input. The skin sensory input may be a precursor to Autistic characteristics that involve the deficiencies in the touch sensory. Much research has shown the impact of cranial asymmetry at birth and found it affected many issues such as: the potential preference during sleep or breastfeeding, head pain, sinus issues, allergies and personality disorder, headache, poor cervical biomechanics, chronic head and facial pain, or tilting of the head while swallowing.
- ✓ In a growing child, it is imperative to prevent subluxation since it can prevent balance and coordination of the left and right side of the body. This will affect the proper formation for the left and right brain. This improper or delayed connection can make the child more prone to dyslexia or other learning disorders including poor social skills.



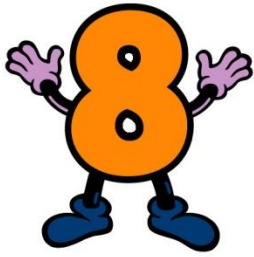
# YOU AND YOUR CHILD'S CHIROPRACTIC JOURNEY

- ✓ If medical interventions are involved during the birthing process (epidural, Pitocin, fetal heart monitor), there is a stronger likelihood of trauma to the baby's spine and nervous system and a subluxation occurring. Research showed that it takes 2 weeks for a subluxation to be engraved within the nervous system as a bad pattern. This is why it is recommended to get at least your child evaluated by your chiropractic physician every two weeks in the first 3 to 7 years of their life. Subluxations that have not been corrected by chiropractic adjustments become embedded with scar tissues in the muscles, soft tissues and bones. Within 7-14 days, that layer of scar tissue becomes permanent and another layer forms.



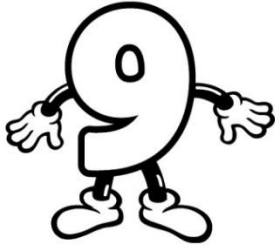
## A WHOLE NEW WORLD: HOW MUCH "SENSE CAN YOU MAKE OUT OF IT?

- ✓ Through the 1990's, Dr. Masaru Emoto performed a series of experiments observing the physical effect of words, prayers, music and environment on the crystalline structure of water. There was a water bottle that held the negative words, "You make me sick, and I will kill you" and "Adolph Hitler." The other bottle held the positive words such as "Thank you" and "Love and Appreciation". The positive words formed aesthetically and symmetrically figured shapes. Now let's imagine if the words and effects that comes out of our mouths or indirectly thought about from our minds has this effect on water crystals, what it would have on a person. Did you know the average adult human body is 57-60% water? The percentage of water in infants is much higher, typically around 75-78% water. Have you thought about what words you have been saying around your kids lately, are they positive or negative?



## A WHOLE NEW WORLD: HOW MUCH "SENSE CAN YOU MAKE OUT OF IT?

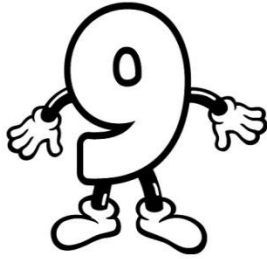
- ✓ A research study was conducted by Dr. Jesus Manzanores of Spain with a group of children diagnosed with ADHD and underwent 20 weekly reflexology sessions. The results provided evidence that there was an average improvement of 19% on reading speed and improvement of 21% for mathematical calculations. It also evidenced that reflexology may help to relieve many of the symptoms associated with the conditions of Autism and Asperger's Syndrome. Research reveals that by reflexing the pituitary and pineal glands, there is a release of the ACTH, Oxytocin, Melatonin hormones to enhance the body and mind's functionality.
- ✓ The Huaxia Zhineng Qigong Clinic and Training Center in China (aka the Center), had about 4 thousand staff and patients living there. The Center focuses on exercise, love, life energy and healthy foods. There are no pharmaceutical medicines. It is the largest hospital known of its kind in the world. The Center has 95% successfully treated almost two hundred different dis-eases. People have been "cured" of "cancer", arthritis, paralysis, and diabetes (just to name a few).



# STRESS-LESS LIVING

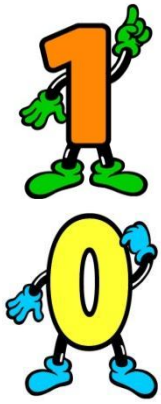
- ✓ Too often children sink to a world of their own when they are confronted by stress. They will seek time alone in their rooms, drift off, or get sucked into video games. When children try to escape stress through means of alcohol, drugs, promiscuity, frequent illnesses, sleep, overeating, or starving themselves; a permanent withdrawal can occur.
- ✓ Because gifted children will have high expectations for achievement and put pressures on themselves to excel, it can lead to a very stressful life. The majority of them carry internalized fears of being mediocre. This is why they need intellectual stimulation. If it is too boring or monotonous, work or school becomes stressful or they focus their energy elsewhere which often results in them being misdiagnosed as having attention deficits. These children's minds are always operating at simultaneous processing speed and as such they will look for more stimulating activities to help them feel alive and challenged.





# STRESS-LESS LIVING

- ✓ Empathetic people already know where you are coming from by using their capacity to energetically merge with someone and feel everything they are feeling. Because most of them do not realize they are empathetic or possess this capacity. They often merge their own feelings with others (positive and negative) and get lost in that ocean of feelings, without realizing that it was attributable to someone else's pain. If one has emotional scars and absorbs more negative emotion, their health might suffer and leave them hopeless, also known as depression. The majority of empathy is absorbed like a sponge. They will become stressed without noticing or realizing it.



# ADHD/ADD CHILDREN'S GIFTS TO THE WORLD: GRATITUDE & COMPASSION

- ✓ During the 1950s, E. Paul Torrance took a special interest in the creativity of children. Torrance developed a creativity test that is used when screening for gifted and talented classes. This test is used around the world. Common practices in schools and homes that may be killing creativity include:
  - Over-bearing: Constantly telling a kid how to do things often leaves children feeling like their originality is a mistake and any exploration a waste of time.
  - Competition: Putting kids in a win-lose situation, where there is only one winner negates the process children progress at their own rates and so many give up before they even begin.
  - Numerous evaluations: When we constantly make kids worry about how they are doing, they ignore internal satisfaction with their accomplishment, which further impacts self-esteem.
  
- ✓ The labeled ADHD/ADD children are here to teach the lessons of gratitude and compassion. Research studies have shown that the majority of these kids come from ancestry that valued perfectionism and achievement, where control was an indirect lesson they observed from their parents or grandparents. These children are teaching their parents to have self-compassion for all their grandness in life.



# ADHD/ADD CHILDREN'S GIFTS TO THE WORLD: GRATITUDE & COMPASSION

From a psychological perspective, if you trace the ancestry of the parents or grandparents of those that are deemed as having "ADD/ADHD" you will see a pattern that many have self-mandated many stressors in their life. These people normally go on to planning the next thing and the next thin and forget to enjoy the things they achieved so far, these are the indirect lessons their children picked up. A lesson of gratitude will help alleviate a lot of their stress.

- ✓ The so-called learning disorders have, sadly, become a way for financially strapped schools to make ends meet. In many states, schools have become authorized Medicaid providers and funds can be collected in behalf of a child labeled with one of the learning or behavior disorders. In a letter dated October 8, 1996, the Illinois State Board of Education strongly encouraged the superintendent of one of its districts to participate in Medicaid incentives. The letter stated that Illinois had received \$72,500,000 in federal Medicaid money in 1996 and those Medicaid dollars have been used for a variety of non-medical purposes and that "the potential for the dollars is limitless."



# AUTISTIC CHILDREN'S GIFT TO THE WORLD: UNCONDITIONAL LOVE

- ✓ Around half of all autistic children have gastrointestinal (GI) symptoms, such as diarrhea and constipation, and the prevalence increases as the children get older. Because of this, vaccinations are more dangerous than they are preventative since they have a more difficult time breaking down and eliminating toxins; it instead remains in their system longer. Also, many children with autism had increased use of oral antibiotics in infancy, which alter gut flora and thereby almost completely stop the body's ability to excrete mercury.
- ✓ Millie Holiday, RN has done extensive work with Autistic Children, children with ADHD and those with neurological disorders and concluded that environmental toxins truly impact their behavior. Such toxins can surprisingly be found in ordinary disposable diapers. Many disposable diapers are bleached with chlorine, resulting in remaining traces of dioxins. According to the World Health Organization, dioxins are "persistent environmental pollutants" that can cause an array of health problems including developmental delays, damaged immunity, hormone interference, and certain "cancer causing" dioxins. Autistic children have such a high level of inflammation affecting all the systems of their bodies that they are far more sensitive to added chemical toxic exposures.



# AUTISTIC CHILDREN'S GIFT TO THE WORLD: UNCONDITIONAL LOVE

- ✓ All babies are born with primitive reflexes. These necessary reflexes can react negatively for children born via cesarean section, trauma, toxicity exposure, anesthetics, and chemicals. According to the Environmental Working Group, American researchers have found an average of 200 industrial compounds, pollutants, and other chemicals in the umbilical cord blood of newborns, including seven dangerous pesticides that were supposedly banned in the US more than 30 years ago. Emotional Stressors (in life) have been credited as being the most common sudden onset or trigger to the retained primitive reflexes. These stressors may be occurring pre/post pregnancy as well as in and outside of the womb. Medical peer-reviewed research has said that 90% of all physical dis-ease is linked to emotional stressors.





# CHILDREN WITH DEPRESSION,



# GIFTS TO THE WORLD: EMPATHY & HOPE

- ✓ Dr. Kyle Pruett has stated that children's brains develop empathy from birth to age eight years. Babies absorb the mental and emotional energy of the surrounding people. This is why babies with colic are normally around caregivers that have an extreme amount of stress. During this age gap, they do not filter anything; they simply receive the information similar to uploaded their beliefs and values into the judgments they will use to assess life choices. This is why it is critical that caregivers not only take heed of what they say but their actions and thoughts around children. It is also found that female brains have variations, which correlate with higher empathy levels than a male brain. This research supports the correlation for the higher depression incidences in females.
- ✓ It does not matter what the form your anger takes (sarcasm, criticism, judgment, apathy, depression) when carrying around a burden of anger, fear, sadness or vengeance, you are asking for the same people to appear in your life. That is what is known as the "Secret - The Law of Attraction." Energy in any form attracts energy similar to itself. When you are angry with another person, you continue to send negative energy to them, remember whatever you send out comes back to you, magnified. Most of us tend to repress



# CHILDREN WITH DEPRESSION,



# GIFTS TO THE WORLD: EMPATHY & HOPE

these negative emotions by being busy with work (work-a-holics), watching TV, playing video games, over or under eating, drinking alcohol, smoking or doing drugs to numb the impact. Even after you stuff an emotion deep enough that you no longer feel it, it is still alive and causes damage to your physical body and acute and eventually chronic dis-eases. As John Gray says, what you feel you can heal, you must face your emotions so that they do not overrun your life. This is when you feel helpless/hopeless, aka "depression."

- ✓ Charles F. Haanel's Master Key System is the basis for the original version of the Law of Attraction. Incantations have been utilized by infamous psychologist such as Carl Jung and are used to plant the seeds of positivity in your subconscious mind. Here are some effective ones to recite on a daily basis:
  - I am forgiving myself completely and will give myself the care and attention I need.
  - I am confident and will achieve all the goals I set for myself regardless of my environment and resources.
  - I am responsible for changing what I do not like about myself and all things are possible in life given they are performed one-step at a time.



# CHILDREN FACING OBESITY'S



# GIFT TO THE WORLD: FORGIVENESS

- ✓ According to Dr. Elaine Aron, who coined the term highly sensitive people, she states that there are approximately 15 to 20% of today's children that fit within this category. These children are born with a more sensitive nervous system which will react faster to their senses and interpret their surroundings in a highly sensitive matter. Parents tend to categorize them as being "too sensitive" or "too shy" or "too intense." Many obese children are dealing with internalized anger, fear and frustration because they are misunderstood and/or not loved enough according to their core beliefs. Many of these children are subjected to being bullied, which is one of the greatest challenges facing our schools today.
- ✓ All white and refined flour based foods such as white bread, breakfast cereals, pasta, pastries, should be limited or altogether removed from your diet plan. The issue with these is that they are carcinogenic (molecule who can create "cancer") due to the fact that they are bleached and bromated during the production process. This is in addition to the fact that they will cause your blood glucose levels to skyrocket, really encouraging you to start packing on body fat rapidly. The ingredient azodicarbonamide is banned in the United



# CHILDREN FACING OBESITY'S



# GIFT TO THE WORLD: FORGIVENESS

Kingdom, most European countries as well as Australia. And its use in Singapore has some pretty severe penalties (up to 15 years in prison and \$450,000 fine). However, it is still in some of the 100% whole wheat bread within U.S. grocery stores?

- ✓ When we overhear our children making negative comments about themselves, we often wonder where they are getting these negative thoughts from. Remember, children are sensory learners, they learn and model your actions. Parents who have had low self-esteem for an extended period of time feel as if they are a victim in this world. They have difficulty having fun and being silly and as such many times their frustrations are inadvertently taken out on their children because they have not developed healthier coping mechanisms for their stress levels. Some parents may verbally attack their children. They say things like "Why can't you do anything right/ Why are you so lazy? Why don't you have any friends? Why can't you do better in school?" These attacks will develop a critical inner voice in their children. These children begin to feel vulnerable and their physical bodies respond by building layers of protection or fat cells.

# PROJECT HOPE, WHOLE-LISTIC CHILDREN'S HOSPITAL

- ✓ Whole-Listic means the ability to stimulate both the "Left + Right" brains = Whole Child. Then we incorporate all the Alternative Care Services (Holistic) to derivate at the word "WHOLE-LISTIC." Traditional holistic services focus on the mind but they have not successfully tapped into the full potential of both hemispheres of the brain. Research has proven that when synergy of the right and left hand hemisphere is balanced, a unique concept is produced "Geniuses." Historically, Einstein, Beethoven and others modeled this theory.
- ✓ The goal at the Whole-Listic Children's Hospital is to make the environment as conducive for play as possible so their worries and minds are focused elsewhere and your children's visits are made as enjoyable as possible. The goal is to tap into their creativity and imagination; this will help release endorphins which promotes a more conducive healing environment.
- ✓ Since education begins within the womb, education will be provided up front to the Maternity clients so that they will be able to make more informed consumer choices. The goal is to return the miraculous events of childbirth back to a celebration of life and not one that is attached with fear or pain. Each mom will be treated like a Star and truly pampered. They will learn that the soul(s) that they are bringing into this world are perfect and each unique personality helps make the world a better place.

# EDUCATION: THE WHOLE-LISTIC



## GIFTED ACADEMY

- ✓ In 1975, Dr. Bernard Glueck found that the electroencephalogram (EEG) patterns of subjects practicing the Transcendental Meditation technique showed an increased synchrony between the left and the right sides of the brain. The corpus callosum connects the left and right hemispheres, and will be more active when the subjects are in a state of relaxed concentration. Learning abilities, memory, problem solving and creativity also improved with transcendental meditation.
- ✓ Children adore bouncing on beds, sofas and any springy surface they can find. Rebounding is what adults say when they are trying to be sophisticated and avoiding the words, jumping. There are many health benefits to rebounding, including improving posture and the immune system, reducing body fat, and stimulating lymphatic drainage. It is a highly effective exercise to increase agility, strength your muscles overall and provide an aerobic challenge for the heart and lungs.

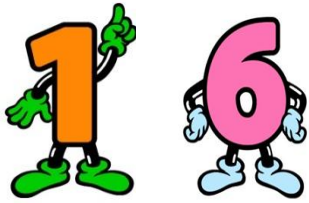


# EDUCATION: THE WHOLE-LISTIC



## GIFTED ACADEMY

- ✓ Color is a form of non-verbal communication and extremely prevalent in nature. Because of this, color therapy or chromo therapy has long been used amongst the Egyptians and Chinese cultures to name a few. This is why coloring and drawing activities are an essential part of a child's growth and development.
  - Red was used to stimulate the body and mind and to increase circulation.
  - Yellow was thought to stimulate the nerves and purify the body.
  - Orange was used to heal the lungs and to increase energy levels.
  - Blue was believed to soothe illnesses and treat pain.
  - Indigo shades were thought to alleviate skin problems.



## FINDING THE REAL "U"

- ✓ Words carry energy, an actual frequency. So knowing that the word LOVE has the highest positive frequency and brings your state into a more fulfilled and empowered state. We need to eliminate the following words that may keep the guilty past and fearful future active in our minds. You should learn to "taboo" these words into your vocabulary and your household. Consequently, some of the negative words we are using in our lives have become second-nature. They represent a hidden victim language and they portray a negative cyclical pattern that is holding us back from our true potential.

*Impossible*

*Can't*

*Try*

*Limitation*

*If Only*

*But*

*However*

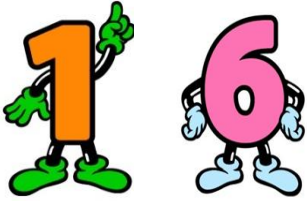
*Difficult*

*Ought To*

*Should*

*Doubt*

- ✓ According to research, at least one third to a half of the worldwide population is introverted with uncanny abilities to provide innovative and creative solutions for the world. It is thru introverts, Rosa Parks, Chopin, Dr. Seuss, Steve Wozniak (co-founder of Apple with Steve Jobs), that we owe many of the greatest contributions to society. The most effective teams are composed of a healthy mix of introverts and extroverts, studies show, and so are many leadership structures.



## FINDING THE REAL "U"

- ✓ According to Nybo, Hauge, and Sorensen's "Identity Blueprint", you need to investigate what is your primary motivator, the essence of who you are? You will recognize your unique essence because it gives you the reserves of energy that allows you to give of yourself.
  - If you are motivated by Power, you are a natural leader who seeks influence and can withstand great pressure.
  - If you are motivated by the Heart, you seek to establish good relationships between human beings, animals and nature.
  - If you are motivated by the Mind then you are a natural innovator, who seeks to find intelligent solutions to all the problems faced by human beings.
  - If you are motivated by Harmony, you seek harmony through your ability to identify with the contrasts of life and create stories or expressions that touch the hearts of those who witness your development.
  - If you are motivated by Knowledge, you will find it deeply meaningful when you are on the track of an important new discovery that can make a difference in people's lives.
  - If you are motivated by Passion, you will find it deeply meaningful when there is a cause that you believe in with all of your heart and you have visionary abilities to see how the future could be.
  - If you are motivated by Action, you will find it deeply meaningful when you design or manifest an idea or a project on the practical level.

The book was designed to serve a humanitarian purpose, as such all proceeds are donated to the Whole-Listic Children's Foundation and are 100% tax-deductible, if purchased though ([www.billionaireparenting.com](http://www.billionaireparenting.com)) or at the Gainesville Holistic Health Center ([www.drstephane.com](http://www.drstephane.com))

We encourage you to give this as a gift to your friends, family, employees, colleagues and all those that you truly care to empower with **FREEDOM** at all levels. It allows everyone to find their real "U".

