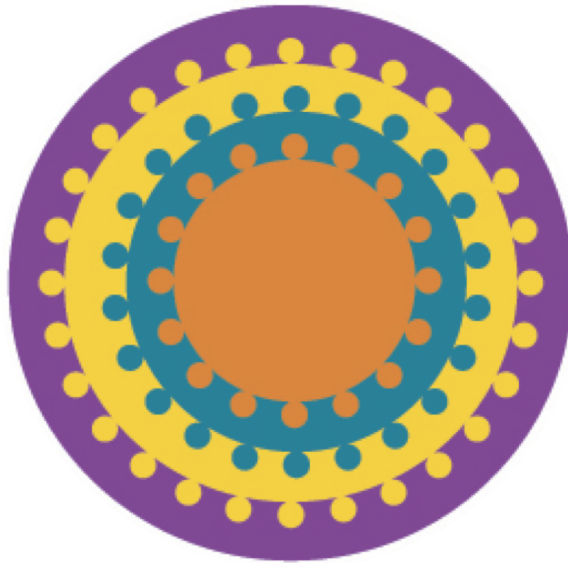


A step-by-step guide to

INDESTRUCTIBLE HEALTH

How I survived a car crash & healed myself so I could walk, climb, cycle and dance again



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A step-by-step guide to INDESTRUCTIBLE HEALTH

How I survived a car crash & healed myself so I could walk, climb, cycle and dance again

This guide will show you how and why to increase your usable oxygen. It follows my popular talk 'Exposing Oxygen: the power and extent of the role of oxygen in healing the body'.

My aim is to enable you to change your health experience, to bring you more into the present, to de-fuse old patterns, and enjoy your life right here, right now.

How to create indestructible health by opening yourself to absorb as much oxygen as possible and to make that oxygen available to all the cells inside your body.

By eating at least 50% raw food, breathing fully through every experience, drinking 6–8 glasses of water a day, focussing your thoughts by choice, learning to deal with old fears, choosing nurturing friends and environment, medicines that do no harm, exercise that you are happy with, fresh air and most of all loving yourself, you can grow into a new being – a person you love and respect as never before.

Credentials, influences, experiences

So let's get to the practical stuff. I am going to give a short explanation here. The full process of my discovery that a system was at work in my life, is in my title: 'Indestructible Soul: How I decided not to die', in which I describe the accident where my leg was crushed, my near death experience, survival and recovery, leading to my exploration of why I survived against the odds. The material here is partly gleaned through that experience and also through treating many breathwork clients (in the 26 years since I qualified) and physically injured people (since the accident in 2000 and further training in 2002).

Many years ago I started a lifetime process, of making my health indestructible, through aiming to use my limited resources well, wishing the best health for my daughter, and self respect, that upon reflection had started after some physically challenging childhood experiences. I am forever grateful for my parents respectful way of treating me, that I believe led to my uncomplicated approach to caring for my wellbeing. So when I had a huge challenge as an adult, in the form of being crushed by a car, my physical body coped and my psyche was tough. I believe that what I was able to learn is beneficial to all those seeking to ease pain in their lives.¹

Building your Indestructible Health System

Here are some of the factors that I have become aware of. The physical result of them is the increase of available oxygen reaching each cell in the body.

- 1 Breathing fully
- 2 Drinking water
- 3 High raw food intake
- 4 Exercise
- 5 Supportive medicines
- 6 Careful choice of thoughts
- 7 Loving people
- 8 Sunshine and fresh air
- 9 Deep tissue injury treatment (to remove damaged cells, and renew blood vessels)

1 Breathing fully

Let's begin with the most fundamental and least understood method by which the body cleanses itself. Westerners breathe approximately 50% of the time. The rest of the time we hold our breath, out of habitual stress or fear.

In the breath we expel 70% of the toxins that the body must remove to maintain health, so by breathing more fully we can help ourselves a lot. Western birth practices lead us to be under abnormal stress just as we learn to breathe (by cutting the cord too soon, effectively asphyxiating the baby, as it has not learned to breathe yet). This causes holding of the breath as a stress response throughout life. This is why I learned to teach breathwork.

Take some time each day to focus on breathing fully, this may be during yoga, bathing, driving, meditation, eating or while going to sleep. Once you become aware of your breathing, you will notice when you are depressing it, and then you can remind yourself to breathe more fully again. I notice that many people hold their breath while thinking about a challenging problem, really just the time when we need all the oxygen we can get!

So number 1 is part of bringing more oxygen into the body.

2 Drinking water

On its own, unadulterated, unflavoured, perhaps dechlorinated by leaving it to stand, tap water is just fine: 6–8 glasses a day. You can drink other things, just don't think of them as water. If you drink coffee or alcohol be aware that they dehydrate you, so you will need more water.

Think of it as your body's cleaning system, much like washing clothes, would you expect them to get clean if you washed them in tea, or fruit juice?

Our bodies need water to balance the system, it is as basic as our need for oxygen, when no other gas will do. Water is used to balance the salt in the body, of which we also need enough, contrary to popular opinion. The blood will serve its function if the raw materials are available. For example, its viscosity must be correct for blood to reach the furthest cells from the heart, down the smallest capillaries (0.05–0.08 μ m). They are minute.

If you feel unwell or have a headache, the most supportive thing you can do for your body is to drink a glass of water.

Number 2 is about distributing the oxygen.

3 High raw food intake

Raw food is recognisable by the body, which was of course designed to consume produce uncooked. For about 25 years I ate 50% raw food. My health was extraordinarily good, and this helped me to survive and then recover well from my accident. It is relatively easy to eat this amount of food raw without a drastic change in lifestyle. In recent years, some people with serious illnesses are turning to raw food, to treat them and make them well again. It is interesting to see that once we stop poisoning ourselves our bodies will heal, from even quite severe problems. Logically it would seem that we are designed to eat a majority of fresh green shoots and leaves, and this is now what is recommended for an increase in vitality. Raw foods contain the enzymes necessary for digestion and absorption, enabling the body to use efficiently what has been eaten. It is estimated that between 15% and 80% of the nutrition is destroyed by cooking.

You may be relieved to know that raw means below about 45 degrees C, 117 degrees F, which means that you can warm soups, dry Kale to make crisps, dehydrate many familiar dishes rather than freezing them. It's a new way of preparing food, and quite exciting. I am really enjoying it.

How raw food helps oxygen to reach all the cells, is specifically by enabling the body to maintain the correct alkalinity/acidity balance for health, cooked foods change this and create too much acidity in the body for adequate oxygen absorption. The only part of your body that functions in acidity is your stomach, to aid digestion. NB White processed flour and sugar create acidity in the whole body.

Number 3 is about enabling the body to use the oxygen.

4 Exercise

Part of the reason exercise is so good is that it helps with 1. Exercise speeds up the circulation, raises the breathing rate, raises the blood pressure, in doing so it can help the blood to reach places in damaged areas where the blood flow is usually restricted due to an old injury. This is one of the reasons that an aching part can sometimes feel better after exercise. Fast moving blood cleanses and clears the blood vessels.

Number 4 is about bringing more oxygen into the body.

5 Supportive medicines

Medicines that are designed to assist healing speed up the body's own healing mechanisms and place no additional strain on the body. These include certain foods (eg apples, garlic, onion, honey, almonds, pumpkin seeds), herbs and homeopathic remedies, also manual therapies that increase the blood and lymphatic flow. Taking a moment to breathe well, will often show that the problem is to do with being under too much stress, and letting ourselves wind down will give the body an opportunity to heal itself.

Vitamin C is the most powerful medicine we can use, it enables us to absorb maximum oxygen as it reaches the blood, and it removes toxins. As a preventative it is of course best taken by eating fresh, raw food. (It is destroyed by heating and we cannot store it in the body.)

Let me explain for a moment how the healing system works in the body.

There are two systems that operate in the body: the sympathetic and the parasympathetic. The sympathetic system comes into play when there is danger, and is operated by hormones such as adrenaline, which enables all systems to operate at maximum for the fight or flight response (opening large blood vessels and constricting smaller surface ones – hence going pale with fright). This system is supposed to be short term, only needed in emergencies, and self limiting. The parasympathetic sys-

tem comes into play when the emergency has passed, the body goes into rest and repair mode, to restore tissues to normal loading and activity. It is supposed to work at night, enabling us to sleep and recover. The blood pressure naturally drops, the heartbeat and breathing rate slows down. For various reasons relating to our traditions of child rearing and lifestyle we spend far too much of our time under stress in sympathetic mode, thus stymying our body's attempts to repair and recuperate itself. This is partly what has led us to believe that our bodies are not able to repair themselves. [Search on the internet for diagrams to show these 2 systems.]

Number 5 works by keeping dangerous substances out of the blood, thereby reducing the load on the system during illness.

6 Careful choice of thoughts

Our expectations govern our optimism, our hopes govern our heart rate, breathing rate, and as discussed in the previous section, our ability to repair our bodies. Being aware of how powerful these mechanisms are, can encourage us to become aware of when we are worrying about something that may never happen, which is causing our body to behave as though we are being stalked by a lion, when we are actually safe. These are habits that can be changed. (Using a breathwork or meditation technique will help you with this.)

Number 6 works by ensuring that our bodies are only under stress when there really is cause to raise our blood pressure.

7 Loving people

I chose these words deliberately, to suggest both being aware of the company we keep, and making sure that we are indeed, loving. Loving is a way to increase our health, by the joy we experience and the presence we feel, when we are surrounded by acceptance. This means that we spend more time in the parasympathetic state which enables our bodies to repair.

Number 7 works by allowing blood to reach the smaller blood vessels, and so the farthest outreaches of the body, enabling repair.

8 Sunshine and fresh air

The oxygen in a closed space gets gradually used up (there is about 12% in the air). Have you noticed how you start to yawn after being in a room with lots of people for a while? Yawning is your body's way of expelling stale air and refreshing itself, with a big breath of new air. Having a window ajar as you sleep fends off grogginess when you awaken in the morning.

Sunshine is essential for health, physical and mental health. Apart from the obvious vitamin D that we gain by having some skin exposed to the sun, storing this vitamin up is what keeps us cheerful through the winter. Sadly peoples' natural inclination to enjoy the sun has been turned to fear and distrust, when in fact it is a major factor in wholesome health.

Number 8 works by providing more oxygen for use by the body.

9 Deep tissue injury treatment (to remove damaged cells, and renew blood vessels)

It is my understanding that pain is caused by areas of injury receiving insufficient oxygen to enable healing to take place.

This system: Deep Tissue Injury Treatment, that I designed after my accident and working on others with similar injuries, uses carefully directed force to break down scar tissue* and adhesions** that are blocking normal blood flow, thus clearing the way for oxygen to be supplied to damaged tissue for repair. The specific difference from other treatments is that both ends of each muscle concerned are worked on, as well as the centre, so that the whole length of the muscle gets cleared. If you think of the tension when you pull on a rope, or on knitting, the effect is not only on the part that you pull, each end of the fibre will be affected. Thus, when a muscle is injured each attachment is affected, and needs to be cleared of damaged cells to enable a new flow of blood.

Number 9 works by removing damaged cells that are blocking blood flow.

Use these techniques to increase the oxygen availability to every cell in your body, to grow and change into the person you feel you can become physically and emotionally. Increasing our available oxygen expands us in many ways.

Trust your body as an intelligent organism

Every single thing we put into our body (or onto our skin) either nourishes or challenges it in some way. If we consider this with everything we consume, we can live more healthily. For example, use whole foods rather than processed ones: that means any form of processing. We eat many products that have been developed and sold as 'better' for us e.g. bran flakes, gluten free foods, margarines; they aren't if they have been processed. Even the juices that are currently in vogue are processed. They can be very useful short term as medicine, and infinitely preferable to the chemical drugs that are freely consumed prescribed by our medical profession, sold to them by the drug manufacturers. However, they are not a complete foodstuff that your body can use as nature intended, as they do not have the whole food for the body to use. You get the idea? The closer the food is to the way it grew, the better your body is able to use it (if it is in fact, a suitable food, I mention the 'superfoods' currently recommended such as algae and wheat grass juice, which I do not consider natural foods for humans).

I wrote in a recent blog about realising that each ingredient in a recipe, should be something I would be prepared to eat on its own (obvious, I know)². Mixing things together doesn't make them better for us, if they were unsuitable as foods on their own. I also realised that whatever I put on my skin I should be prepared to eat! If it gets absorbed into the skin it should be suitable as food. I'm not suggesting that we never do things that are unhealthy, what I am suggesting is that we are mindful on a daily basis of what we do to our bodies, for their long-term benefit. Our everyday habits are the ones that count in the long run. Just asking, 'How nourishing is this?' when we eat something, should start us thinking.

Health is a balance, the body has exquisitely sensitive facilities for monitoring and correcting all of its mechanisms (eg carbon dioxide, salt, calcium, enzymes, hormones) and if these are not working correctly, it is not because the body is faulty, it is because we are not giving it the raw materials it needs to correct itself.

Your body can clean itself, but only if it has the resources: specifically, enough water and Vitamin C. I once listened to an Analytical Chemist who spoke at a breastfeeding conference about heavy metals

in the blood and breast milk. At the time chemicals in breast milk was a media issue. I was reassured by his matter-of-fact approach, trusting the body as an intelligent organism, to recognise what to expel. In his opinion the body could remove any toxin, given adequate intake of vitamin C.

Please contact me, Catherine Holland, for a complimentary 30 minute session to see how I can enable and guide you to be the healthiest and happiest person you can be, contact me for an exploratory call: catherine@catherineholland.co.uk, and we will arrange a date and time. I look forward to sharing my knowledge with you.

How to begin

If you find you fall far short of how you know you should be living, your ideal scenario, try starting gently.

If you are drinking several cups of tea and coffee a day, and wine or beer, or fruit juice. Begin by drinking a glass of water in the morning and the evening.

If you eat very little raw food at all, begin with breakfast. Muesli with nuts, dried fruit and fresh fruit (The fresh fruit provides moisture or you can use fruit juice). Then try replacing biscuit snacks with fruit, the most luxurious ones you can think of. Have a look at some of the raw desserts you can make. These changed my life!

If you are feeling more daring, you could try 'Go Raw for a Day', Karen Knowler's free introductory PDF which gives you 2 day menus to try with all ingredients lists included. She has recently published 'Go Raw for a Week' which is a real paper book, if that's your preference. I suggest her, because although her recipes are slightly rustic, you don't need any special equipment to make them, and you will be familiar with all the suggested ingredients. There are many specialist raw food teachers for all types of specific ailments, my standpoint is for general health.

If you need to exercise, be creative, get a trampoline for your office! Something that is fun, join a group if running alone is not your thing. If running isn't for you at all, ride a bike to work or get off the bus a stop early and walk for 10 minutes. You really do not need to do a great mileage to stay healthy, if you combine it with eating well.

If you have frequent headaches, first of all try focussing on your breathing (especially out), drinking a glass of water, and eating some fruit. Then try a homeopathic remedy (perhaps Nux Vom if related to overdoing it, or Kali Bich if sinus-related), they are available in Holland & Barrett, Boots, Lloyds chemists and supermarkets. Regular exercise will help too. All of these things increase oxygen available to the brain.

Book a complimentary Inspiration Call with Catherine Holland www.calendly.com/catherineholland

There are videos on youtube and an explanation on my website of these:

*Scar tissue

**Adhesions

¹Full story available in my Interview on my youtube channel

²I had a weird thought a while ago, on my blog.

Resources

WORK WITH ME:

If you'd like me to work individually with you to increase your strength and energy, please contact me and I will arrange to call you. I offer Virtual individual sessions treating physical pain, and a 3 month programme to get your life on the path to Indestructible Health!

Book a complimentary Inspiration Call with Catherine Holland www.calendly.com/catherineholland

If you would like to hear more about how my work changes lives, you can read their reports here.

I had 13 years experience treating old injuries that have resisted previous treatments at the Oxford Pain Clinic, developing my Deep Physical Injury Treatment system.

I teach Conscious Connected Breathing known as Rebirthing Breathwork, that makes you happy, and changes patterns that have been running since your creation. Ultimately you can use this every day, every hour; once learned, it remains with you as your new way of breathing and experiencing life, enabling you to make choices about the company you keep and the way you earn your living, that are joyful and freeing. I believe that this practice saved my life, when I lost half my blood in an injury caused by a drunk driver.

During my breath work training, I asked people if they'd like to live forever, and I couldn't find anyone that was enjoying their life enough to even consider it.

I offer raw food coaching, to help you to create delicious and nourishing foods that satisfy every nutritional and taste requirement (including hankering after sweet, salty and muchy things!).

You can receive complete support in changing your life in these ways from me in a 3-month VIP programme on a one-to-one basis. This is a bespoke training, just for you, with all the tweaking you need to make it a perfect fit. Would you like to live forever?!

20 Breaths exercise

This is a useful pattern to use to breath with more awareness:

The pattern is 4 short breaths and 1 long breath 4 times, until you have done 20 conscious breaths. Even doing this once or twice a day will make a difference. Find it on Youtube on my channel, (Catherine Holland Indestructible Soul) along with a 40-minute guided breathing video.

Links to Further Reading:

Breathing Technique

Rebirthing Breathwork: Creating an Independent Adult, Catherine Holland Kindle PDF Paperback

Diet

Your Body's Many Cries for Water: You are not sick, you are thirsty. Don't treat thirst with medication! by Fereydoon Batamanghelidj

Karen Knowler, Go Raw for a Day, enables you to try eating solely raw for a day to see how it feels. Easy Raw Main Meals, Kindle Catherine Holland

Russell James, The Raw Chef

The Reality of Breastfeeding, the perfect raw food for human infants. Kindle PDF

NB While Cow's milk is gradually being accepted as an unsuitable food for humans, do not just assume that the substitutes are better, e.g. Soya, which has many problems of its own and is not a healthy food unless it has been fermented.

Treating injuries

Series: 10 Keys to Unlocking Pain PDF Kindle

Medicines

Pain & Trauma Recovery Catherine Holland, Old Injury Expert

Confidently Refuse Vaccinations, on Kindle, Catherine Holland

abchomeopathy

British Homeopathic Association

Superjuice Me Juicing for correcting disease video introduced by Jason Vale

My Youtube channel

My Blog

Thanks for reading, I hope you found this informative and inspiring. I wish you the very best of health!

Catherine Holland.