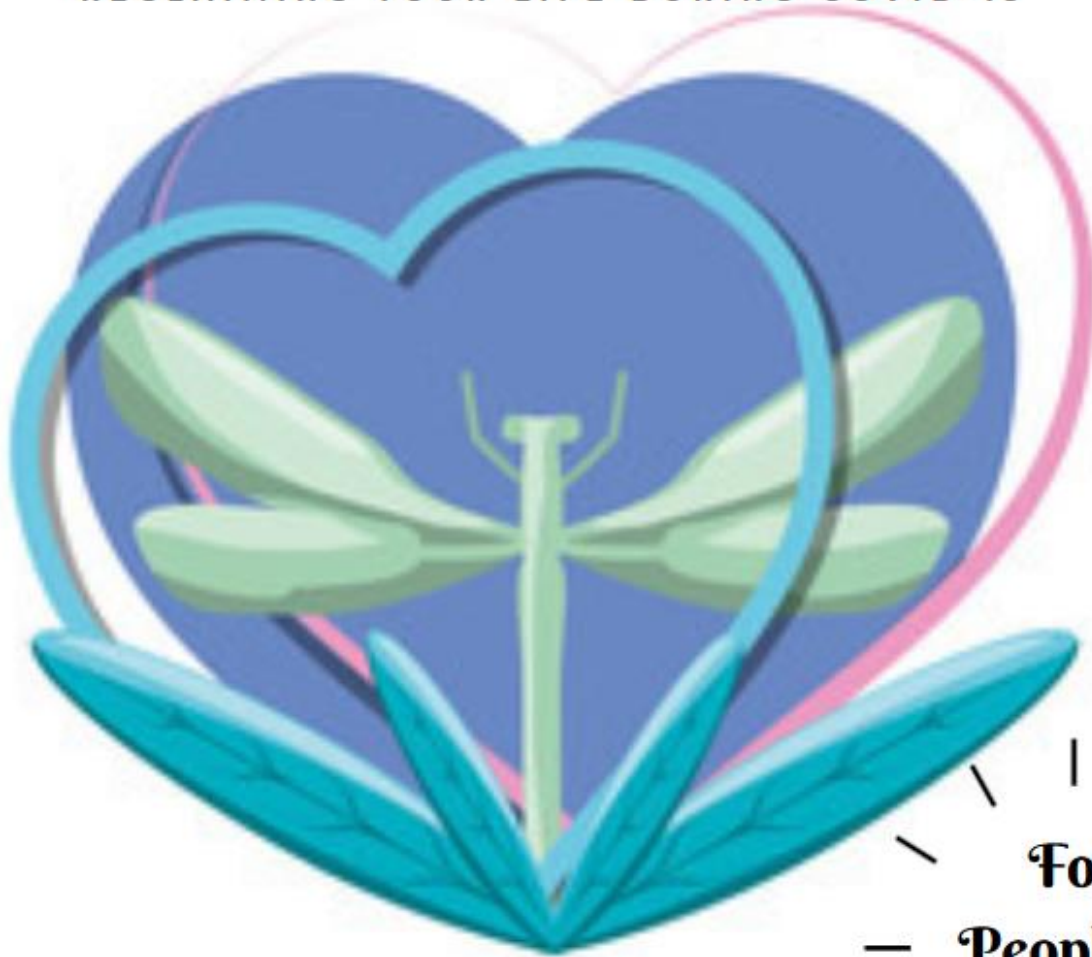


# H O L I S T I C H & A L I N G F R O M W I T H I N

RECLAIMING YOUR LIFE DURING COVID-19



For  
— People &  
— Pets

BY  
DR. SHERRY WACHTER



## WELCOME

This is an awakening moment.

Time to be more aware of life lived and inner movement.

Not to be taken for granted that we are our own healers with  
assistance when needed.

It is okay, and many times necessary, to ask for assistance in our healing  
journey.

The magic is that self-love can heal so many wounds.

Read on...



## DEDICATION

*Dedicated to Samantha Marie, my 15-month-old daughter who passed away in 1990 who has brought me to who I am and where I am today.*

*Because of her and the need to deeply understand what breaks the body down and repairs, restores, and renews it, I left traditional medicine in order to facilitate true healing, as we are our own healers.*

*My purpose is to make a difference in people's lives, one at a time.*



## MY MISSION


### introduction

My mission is to awaken people to the understanding of how we need to support our inner world, our inner ecology, for true wellness.

If we become disconnected from our well-being, we can also become reconnected.

***The more white light*** we can have in this world, the more people will have passion and compassion rather than darkness...and that's my passion.

Pathways and this book are designed to help you shape a new path to reclaim life and become **A NEW YOU!**



SECTION ONE  
Intro to Covid-19  
and  
Symptoms Tracking to the Gut



## **WORLD-WIDE TOXINS: THE VIRUS AFFECTING US ALL**

This is a key time for people to wake up for self-sufficiency. The real key is to wake people up to the virus and what they need to do to keep safe.

We are riding waves of what this virus is doing and doing and doing. The Centers for Disease Control and Prevention, The National Institutes of Health, and institutions like Johns Hopkins University will tell people that. This wave needs to not be poopoo-ed; it needs to be recognized and acknowledged. Recognizing and acknowledging it, one person at a time.



## KNOW YOUR COVID SYMPTOMS

Covid Symptomatology: even if you are not symptomatic with Covid-19, the virus is with us and all around us and will be affecting us. Take note of any of the following symptoms you may be experiencing:

*They may have nothing to do with the virus; nonetheless, these are symptoms of a system out of balance.*

- \*Ear irritation and alteration in hearing
- \*Pasty eyes, unable to put contacts in – have to wear glasses
- \*Noticing that light is bothering your eyes
- \*Congestion – nasal, coughing, runny nose
- \*Heaviness in throat

### *General symptomatology*

- \*Joint issues
- \*Brain fog
- \*Irritability

\*Altered concentration

\*Inability to focus

\*Constipation

\*Headaches

*Additional symptoms to tune into include:*

\*Altered digestion (constipation) if one does not eliminate at least every day, that is an imbalance

\*Sleeplessness

\*State of suppression/depression and need for sleep

\*Sugar cravings, salt cravings

\*Substantial mood irritability

Our immune system and our gut health are the critical ingredients. Any food or drink that breaks down into a sugar (including fruit) feeds the virus.

*Please continue to read.*

*There is a heart of information waiting for you.*





# SECTION TWO

## Getting to Know Yourself Within



## GUT HEALTH INFO

Global events such as Covid-19 bring the hidden blessing of upsetting the norm and totally creating disruption. This disruption provides us the space to be reflective and more mindful of how the body is communicating its imbalances.

Our inner world is both the physical AND the mental/emotional world that guides/dictates our wellbeing. This is the time for allowing oneself to meet one's inner world, be inner reflective, and meet the inner world that is impacted by the outer world of self.

Mental and emotional “stuck-ness” equals constipation on all three levels: mental, emotional, and physical.

Use these self-reflection questions to assess your own wellbeing in this present moment.

## GUT HEALTH PHYSICAL CHECKLIST:

Are you dealing with neck pain?

Knee pain?

Hip issues?

Lower back pain?

Joint pain?

Do you have fluid retention? Are your fingers, feet, and/or ankles swollen at times/intermittently/after a long day of being on your feet and legs?

Lethargy (fatigue)?

Are you dealing with skin outbreaks anywhere on your body, especially on the face or upper back, across your shoulders, (for females) under your breast, or anywhere else?

Losing hair or growing hair where there was none before?

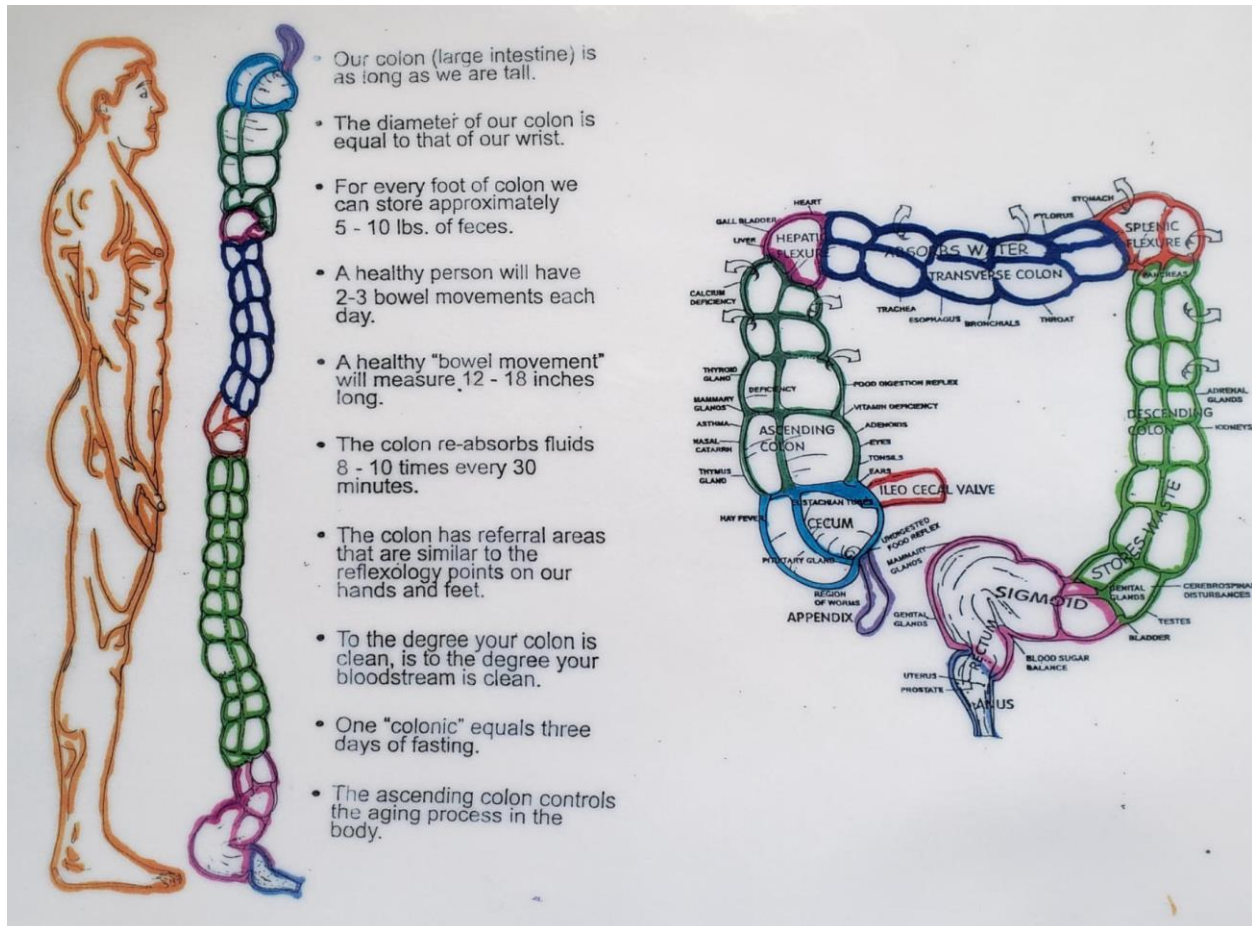
Fragile nails?

Unexplained weight gain or loss?

Irritability?

Depression?

Know that, if you're dealing with a heart, thyroid, liver issue, etc. you can track where that issue originated in your gut. And then it manifested out through an organ, system, or gland. **It all leads back to the gut.** If you answered **YES** to two or more of these indicators, check out this roadmap:



Graphic Copyright Dr. Sherry Wachter, 2021

This sacred temple called our physical body is much like the physical vehicle that one drives. Our blood is the oil, and our liver is the oil filter. The extent to which our colon is clean is the degree to which our blood is clean. Colon Hydrotherapy is as necessary as having an oil change every 3-5,000 miles. For a video of the colon hydrotherapy experience, visit [www.pathwaysholistic.com](http://www.pathwaysholistic.com).



## EATING TO LIVE NOT LIVING TO EAT

Our gut health reflects both our physical and our emotional selves. Our symptoms are not just what we are feeding ourselves, assimilating or not, eliminating or not, they are also the mental and emotional elements that we are not processing, assimilating, and eliminating. The two go hand-in-hand with gut health (intestinal health). Unconsciously, most people FEED their emotions rather than FEEL the moment.

**Make food be your medicine  
and your medicine be your food.**

~ Hippocrates

If you are doing everything that you believe is right for you, exercising, food combining, and you are still not able to lose **A POUND**, that brings us back to the inability to assimilate/eliminate the mental/emotional junk in our mental junkyard.

*We are what we eat*

*We are what we think*

*We are what we feel*

*We are what we don't process*

\*\*Take just a moment to reflect on the above four statements. \*\*

**In order to heal, we have to feel.**

**Make food be your medicine  
and your medicine be your food.**

~ Hippocrates



## **GETTING TO KNOW YOURSELF WITHIN**

There are many dimensions to ourselves inside. Not just the physical, but also the metaphysical, and both “speak” to each other.

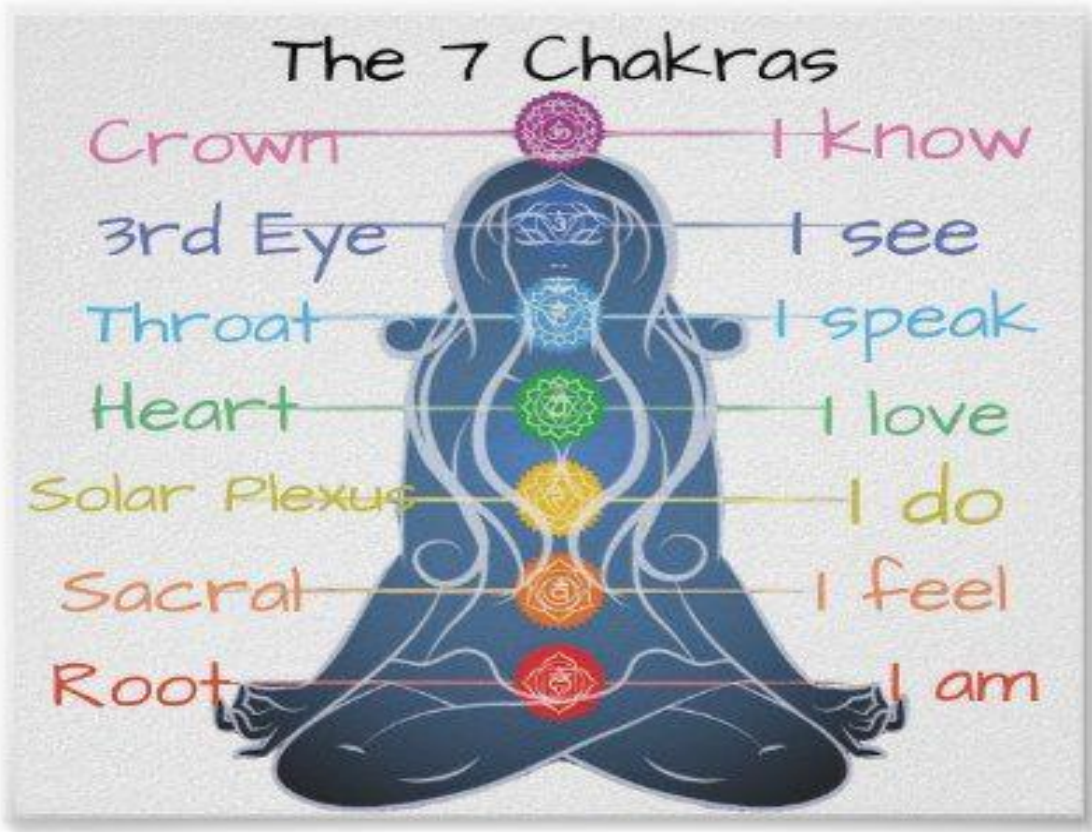
The mental/emotional body creates the physical challenges that are stored in the second and third energy centers where we assimilate/eliminate our emotional, mental challenges and our nutritional alterations.

We are not *attempting* to be more spiritual. **WE ALREADY ARE.** We are spiritual beings having a physical experience; therefore, it is critical to look within to see and to feel what dimension in our world is not balanced, what is not flowing.

On the Metaphysical side, the dimensions are known as Wheels of Life (biblical term), Sephirot (in the Kabbalah), Energy Centers, or Chakras. There are seven major energy centers (EC).



## SEVEN MAJOR ENERGY CENTERS



Graphic by ChinaDoll

1. **Root Chakra** governs everything from the pelvis to the tips of one's toes.
2. **Sacral Chakra**, also seat of the INNER CHILD governs from the hips to above the belly button and is the seat of the emotions.
3. **Solar Plexus Chakra** also the THOUGHT BODY; therefore, what we think about ourself is held in this energy space. It governs all the organs from the belly button up to the rib cage.

***NOTE:** What I feel about myself (energy center #2) and what I think about myself (energy center #3) allows my root chakra (energy center #1) to determine how I walk on this earth, leaving an impression and footprints with every step taken as a result of how I feel and what I think about "ME."*

*If one of these first three energy centers is off, the flow of Mother Earth cannot get to the heart chakra (#4 energy center).*

4. **Heart Chakra's** energy is LOVE. If the first 3 energy centers are blocked, the heart can't receive the energy of Mother Earth to fuel the physical heart.
5. **Throat Chakra** is the EXPRESSOR of the first four energy centers. If there is not an open flow of energy from #1 - #4, the Expressor/Throat cannot express. The Throat governs the esophagus, thyroid, parathyroid, thymus gland, and shoulders into the lower part of the cervical part of the spine into the brain stem, lower jaw and lower part of one's mouth/teeth and ears.



6. **Brow Chakra** is our HIGHER VISION/THIRD EYE. The Brow Chakra governs the upper mouth, nose, eyes, sinus cavities in our forehead. It connects the heart with the soul.

*NOTE: Many allergies can be connected to imbalances of energy centers #5 and #6.*

7. **Crown Chakra** is the GATEWAY TO THE SOUL and our higher earthly vibratory plane. The crown chakra is how we come into this world (crowning at birth) and it is how our spirit leaves this world. It connects us to everything that is metaphysical.

Like train cars on a track, each center's energy connects and flows on the track upward, downward, and forward. If any part of the train gets derailed or stuck, so too, does the rest of the whole energetic flow.

Similarly, we have physical trains on our track, too. They are organs, systems, and glands.

As we mentioned, the third energy center's organs include: liver, gall bladder, pancreas, and spleen. Their metaphoric energies are

Liver = anger

Gallbladder = bitterness

Pancreas = sweetness

The Spleen is also governed by the third energy center. It is the back-up to the bone marrow of the body.

A large teal triangle is positioned in the top-left corner of the page, pointing towards the top-right.

## SECTION THREE

# The Power of the Three L's



## THE THREE Ls

### LARGE BOWEL, LIVER, LYMPHATICS

What we need to be mindful of right now is critical to “3 Ls” which are: large bowel, liver, and lymphatics. If any of them are congested, backed up, or not working properly, there will be a hiccup in your health.

When we have an unhealthy or out-of-balance gut (intestines), our liver cannot empty, as the liver’s metaphoric energy is anger. If the liver is full of anger, it cannot empty if the large bowel cannot release itself. Some find themselves with constipation, holding on to all levels of “stuff.” Others experience diarrhea, yet another form of constipation, which involves toxins forced out in liquid form while the solid toxins remain stuck.

## HUMAN ORGANS

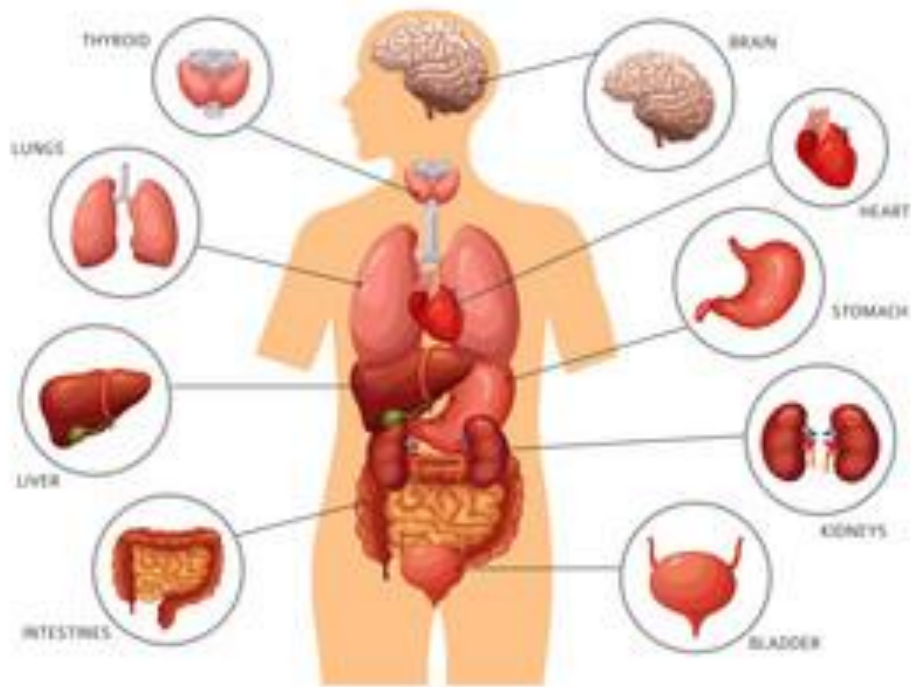


Photo credit MicroOne

All imbalances are associated with the 3 Ls. If one is off, and the other is off, and the other is off, there could become a diagnosis = dis-ease.

## CASE STUDY

Susan, a spunky 64-year-old professor appeared on my doorstep. She suffered from long term inflammatory conditions and chronic lifelong constipation. It took us a long series of colon hydrotherapy, lots of education and support to change her eating and life habits.

Once she and her colon made peace with each other (she brags about pooping 3-4 times a day!), she lost weight, and felt better. It goes further than that, her health has improved so dramatically that her doctors began to notice. Her hematologist that had been following her for years due to a raised white blood count (inflammation indicator) was shocked when her numbers came back normal! It had been elevated for over 5 years! Her A1C (diabetes indicator) was normal. She battles a couple of inflammatory conditions that cause swelling in her arms, legs and abdomen. Her belly is soft and flatter, joint pain is significantly reduced or gone. She feels like she has been given her life back.

How can your body heal itself when it can't rid itself of toxins? It becomes a game of whack a mole, as one inflamed area starts the heal all of those toxins wander to another part of the body where they repeat the cycle.

Our gall bladder, also known as “the bridge,” is bitterness. Our ability to re-pond is associated directly to the health of our large bowel. If the large bowel cannot empty properly, the liver does not have a place and space to empty its load, and metaphorically, the energy of the liver is anger, and it will act itself out in strange ways.

## **A WORD ABOUT YOUR POOP**

### **(In case you didn't already know!)**

If the liver cannot empty, the lymphatic system (the septic system of our body) does not have a place to dump. So the real keys are:

- You must eliminate as many times as you are eating each day;
- It must be half the length that you are tall;
- It must be the circumference of your wrist;
- Ideally, it must float (indicating that your body is absorbing your proteins);
- If not, that is a constipation issue that will continue to progress over days, weeks, months, years. If you don't eliminate several times daily, the toxins will recirculate in your bloodstream that your lymphatic system is attempting to eliminate.

If our large bowel is backed up, then we RE-ACT rather than having the ability to RE-SPOND. If the liver is backed up, the lymphatic system does not have a portal to empty into. Imagine having to flush your toilet when it is already backed-up.

\* Refer back to the Gut Health Checklist on page 9 for possible symptoms.



# SECTION FOUR

## Tips of Value



## TIPS FOR WELLBEING DURING COVID-19

### NUTRITIONAL WELLBEING

So what do we do? Generally, we need to make major nutritional changes, especially when stress is in the picture in order to self-love nutritionally. One needs to pay attention to what NOT to put in one's mouth. This is true for blending, blending, blending meals. By blending, the stomach, small intestines, and liver can take a vacation while receiving wholesome nourishment.

Huge amounts of hydration are needed. Notice if you feel nauseated after taking in PURE WATER (**ZeroWater**<sup>®</sup>). The body is attempting to take this in, and it may be rejecting it. This is why people are gravitating to soda even if they never drank it before, because those sugars are feeding the microorganisms, which are: bacteria, yeast, parasites, virus, i.e., currently Covid-19. We do **NOT** want to feed the overload of microorganisms in your intestines or your bloodstream.

Eliminate soda or sugared drinks and instead, try one of these healthy, carbonated alternatives:

- Put a tiny amount of Jarrow's pomegranate concentrate (available at Pathways Pantry) in San Pellegrino water.



- Young Living Essential Oils of Ginger in San Pellegrino tastes like ginger ale
- Young Living Essential Oil of Orange or Tangerine in San Pellegrino tastes like a Creamsicle
- Young Living Essential Oils of Lemon and/or Lime in San Pellegrino make a refreshing lemon-limeade

That takes us back to nutrition, nutrition, nutrition. Homemade bone broth, homemade sea veggie broth from the Mendocino valley, the cleanest ocean for the sea veggies (the east coast is full of contaminants for sea veggies), lots of ghee from Ancient Organics, organic raw dairy for people and pets. (All available at Pathways Pantry.)

### **ESSENTIAL FATS FOR BRAIN HEALTH AND** **TOTAL SYSTEM SUPPORT**

Add necessary brain food of quality Omega fats like the following oils: Pumpkin Seed, Sesame Seed, Flax seed, Sunflower seed, Almond oil, Extra virgin olive oil, coconut oil, primarily suggested from the company Flora (available at Pathways Pantry) for brain health, to quiet mental fatigue, and to facilitate bowel movement flow. See the following Omega Fats Index for values.

## Omega Fats Index

**Almonds and oil:** high in healthy fats, fiber, protein, anti-oxidants, magnesium, vitamin E and more

**Avocados and oil:** all the value of avocados and high in Potassium and quality fats

**Coconut oil:** all its values and an anti-fungal / anti –microbial

**Flax seeds\* and oil:** high in Omega-3, anti-oxidants, minerals, essential vitamins

**Hemp seeds\* and oil:** high in fiber, calcium, Iron, fats, magnesium, phosphorus, potassium, zinc

**Olive oil** --- that is a given --- extra virgin please

**Pumpkin seeds and oil:** muscle support -- great for urinary incontinence --- high quality fats, proteins, fiber, high in micronutrients, high in vitamins and minerals --- great for male prostate

**Sesame seeds and oil:** helps to lower cholesterol, triglycerides, blood pressure while it supports protein, super high in CALCIUM

**Sunflower seeds and oil:** -- the raw version that is FLORA brand --- high in protein, selenium, vitamin E, magnesium, B vitamins – 1, 3, 5, 6, and 9, folic acid, iron, phosphorus, copper, high in fiber

**Walnuts and oil:** heart health, anti-parasitic, blood sugar balancer, reduction of inflammation, sleep enhancer and much more

And don't forget...

**Chia seeds\*:** high in calcium, Vitamin A, B 6 and fiber (there is no oil for purchase, but seeds are very tasty for chia milk) HIGH IN CALCIUM

*\*These seeds need to be soaked minimally overnight in pure water to rehydrate them before using.*

Also, quality salmon contains Omega fats. Sacredly-caught salmon (available at Pathways Pantry) contains Omega 3s, 6s, and 9s. What makes it sacredly-caught is that the fishermen have a sacred intention and gentle process for harvesting the fish. After it is caught, the salmon is gently rocked in a hammock. Then it is transferred to a salt water bath before it is processed for our nutritional support. That is why this salmon tastes phenomenally different!

What's better than peanut butter? No peanut butter in anyone's home! No more peanut butter which is grown in a carcinogenic, fungal environment (no peanuts, no peanut oil, no peanut butter...even if it says organic - no, no, no!). Exchange it for organic almond butter, organic cashew butter, sunflower seed butter, sesame seed, pumpkin seed, macadamia nut, pine nut butters.

Ezekiel bread is a high-quality, tasty alternative to white, wheat, 17-grain or store-bought sourdough bread. Try my sourdough bread! (available at Pathways Pantry). These changes are a great beginning!

## **SUPPLEMENT SUPPORT**

Specific to Covid-19, the following *quality* supplements\* are a must. Not all supplements are created equally. Purchasing something at your local grocery or drug store is not recommended.

**Zinc** 50 mg

**D-3** 175 mcg (7000 IU)

**Vitamin C** 1000 Mg

## **Mountain Wellbeing Colloidal Silver Water**

\* Follow supplement directions and/or contact Pathways for a consultation



# SECTION FIVE

## Reduction of Stress Including Our Pets



## REDUCTION OF STRESS AND STRESS MANAGEMENT

One variable to reduce stress that will reduce acid in the bloodstream is gentle exercise.

Meditation is another stress reliever which can be done while taking a bath.

Simple breathwork such as 6 slow breaths inhalation, hold for 3 seconds, slow exhalation for 6 seconds (repeated) can even be done while on the potty!

Writing for personal expression and inner evaluation/reflection can be a lifeline of discovery, understanding, and inspiration. We cannot hide behind closed doors of our own inner world when it is time for us to FEEL in order to HEAL.

Love your pets. And they will love you back.



## COVID AND OUR PETS

For most of us, our pets are our children and the choices that we make to provide care for them – as they cannot provide care for themselves – are reflective of our knowing as their owner.

Be mindful not to have your grass sprayed with chemicals. The spraying is altering what your pets are stepping in and being absorbed through the most intricate absorption method: the pads of their feet.

Be mindful of the pet food you buy that is not inexpensive – it may still not be as healthy as one thinks, i.e., all grains should be soaked/sprouted before being consumed by any animal. **Therefore, home-prepared pet foods are best. See recipe at the end of this section.**

You will be amazed at how your animals enjoy sardines! (Available at Pathways Pantry). **MIX IT UP!**

The most critical component is – whether pets or people, their guts need to be strong and healthy, and their immune system needs to be stronger. If there are impurities in the food system, their immunities are going to be weaker. For example, this is a time for horses to have more apples and carrots and fewer grains like straw and hay and other grains in feeds that are potentially not what they are being sold to be. **Please do your homework.**

It ultimately comes back to the need for the immune system to be strong. We are seeing a lot of animals that are dealing with mouth issues and cancer issues. This may be the time for you to try the crock pot recipes on the next page.

In addition to having super-high-quality products is the need to have super-high-quality water (**ZeroWater®**). Also, in a separate glass bowl, offer Mountain Well-being's colloidal silver water daily. It is an anti-microbial.

As in people, so, too, in pets: to keep the immune system strong, it is essential to keep the adrenals strong to support the immune system. The adrenals need minerals every hour. Quality sea vegetables from the west coast, Celtic sea salt, pink Himalayan sea salt, quality bone broth added to your pet's foods all contribute to adrenal and immune system support. (Available at Pathways Pantry)

Even if your pets do not go outside, you (their owner) could still be a carrier of the virus – and then if they sleep in bed with you, it could be transferred from your hair, etc. Attend to your pet's hygiene by changing their bedding daily. It can be that simple.

In these different times, we have to be more mindful what is being put into our pets. No matter what size or type animal, **attending to their care as we attend to our own is ESSENTIAL.**



## **BONUS RECIPE FOR PETS...**

### **OR PEOPLE!**

You do not want to feed your pets the same food every day, i.e., the reason for 2 different crock pots. After these foods are completely cooked and cooled, freeze portions because our pets cannot eat the same food every day. Just like humans, our pets' bodies need a variety of vitamins, minerals, proteins and fats.

Here's a simple home pet food creation: Add bunches of organic veggies in 2 crock pots. Add organic chicken to one and organic beef to the other. I actually dehydrate veggies for clients and mail them so they can add their own protein for their pets (Available at Pathways Pantry). Cook on low to maintain nutritional value until soft and ready to serve.

Upon serving, add a small drizzle of extra-virgin olive oil. Add upon serving...not while cooking.

2 lb organic hamburger or chicken

½ head cabbage, chopped

Greens (spinach, broccoli) chopped

Fill crock pot ¾ with water

1/8 c Braggs Liquid Aminos

1 TBL Celtic Sea Salt

½ c Organic Nutritional Yeast



## ADDITIONAL TIPS TO SUPPORT YOUR SYSTEM

Gut health is a critical ingredient which will support your lymphatics (the septic system of our body). This attention is necessary during Covid-19 and always for increasing your immune system.

Choosing healthy, organic, nutritional foods is necessary, as is proper combining. **Food combining** is eating to enable the brain and body to produce the proper digestive enzymes to break down food for the fuel to nourish the body. Put simply: anything with a face (animal protein) can only be combined with vegetables. Vegetables can only be combined with carbohydrates. Fruits are “eat it alone or leave it alone” one hour before, or two hours after other foods. Why? Fruit ferments on its own, although not the fermentation we want for digestive health.

One of the biggest challenges is having to be masked and re-breathing one’s own CO<sub>2</sub> and wearing that same mask and now washing it in between. Every external exposure has the potential for weakening the immune system. Therefore, do not wear the same mask all day. Instead, if using disposable masks, wear when needed and throw away. Ideally, wear a mask - whether disposable or cloth – and every hour or two, dispose of it or change it to protect yourself.

Self-care, self-care, self-care. This means plenty of sleep and rest, quality self-nourishment (eat to live, not live to eat). What your psyche is seeing and hearing is a strong part of your self-care. The music that you listen to, the people that you socialize with...have all of it be of beautiful vibrations.



## DO YOU WANT TO FEEL YOUR HEARTBEAT?

It is a struggle to be compassionate and loving to heal those wounds that are 20, 35, 50 years old. The compassion in the healing is the critical ingredient. When we have been beaten down, knocked down, judged, used and abused, it is very challenging to believe that we deserve passion and compassion for ourselves. We do not realize when we are in it until we are out of it and able to have clearer vision.

At the same time, we may require some other person with compassion to say, “Hey, did you think about this? What about this? Did you write about this?” Many times, it is easier not to see it. We are not going to see it at first, and often not without assistance. Please remember: we have to feel/see in order to heal.



*We are not attempting to be more spiritual.*

**WE ALREADY ARE.**

*We're spiritual beings having a physical experience; therefore, it is critical to look within to see and to feel what in our world is not balanced, not flowing.*

*We want our inner and outer world to be like the ocean (ocean of emotion). Waves come in and gently go out.*

*You truly are your own healer with options to take, choices to make. In your inner awakening be as present as possible, moment by moment, to share your heart and your love with all persons.*

*Hmmm, something to contemplate.*