

THE HEALTH DETECTIVE

**Discover the root causes of disease and
how to enjoy full health at all levels**



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Dedication

This book is dedicated with all my love to my mother and business partner Mayni Cristina Aceves. She was the first person who believed in my potential to live and thrive, and tirelessly fought against medical diagnoses, researching and staying up countless nights so I could survive one more day. She worked hard to give me a sense of purpose and showed me that this planet was a beautiful place in which to stay. She also treated me with respect, as a thinking adult from a young age, and took me with her to the courses she was taking since I was about six years old. Without her, quite literally, I would not be here now. Words fall short. Thank you, Mom.



0. Introduction: Why I Wrote This Book

My name is Tisha and I am a health seeker. Let me tell you why I came to talk about Integrative Health.

My earliest memory about it was when I was around three years old. When asked what I wanted to be when I grew up, I would answer 'a pastry chef doctor, to heal people with cakes.' Years later, the mother of one of my friends pointed out that this profession was probably called 'nutritionist'.

With the aim of becoming a dietitian or nutritionist, I chose the natural sciences option in high school, but I felt frustrated when I found out that there were no university studies in nutrition as such in Spain (back in 1998). I considered studying abroad.

Then suddenly, I did a bit of math and became aware of something terrible: if I went abroad to do a four-year degree, I would graduate at the age of 22. Retiring at 65, that was 43 years of professional life sitting behind a desk and basically having the same dialogue of 'Madam, you need to eat more vegetables'.

For one year it could be fun, but over 43 years of professional life, it would definitely be extremely boring.

So I changed course. I studied playwriting, because I love writing, only to realize later that writing specifically *theater plays* wasn't my thing.

As I was already trilingual, I started working as a translator at the age of 19. At age 23, I went to the United States to pursue a college degree. And again, I thought about studying nutrition because I was really fascinated by the subject, but the program had very little biology and a lot of chemistry... So I ended up studying Linguistics, thinking about continuing as a translator.

You'll laugh at all the twists and turns I took in my education, because in 2007 I found myself graduated as a linguist, certified as a translator by the American Translators Association... and realizing that this profession also didn't fulfill me.

While I was doing simultaneous interpretation sitting in a booth at a conference, I dreamed of being the one on stage speaking.

I wanted to change the world, in some way. In the meantime, I read every book I could get my hands on about food and nutrition. I took courses in alternative and complementary healing to help me in my own health journey (see that last chapter), probably more than 50 courses over the years. I discovered essential oils and the potential they had as an enhancing tool for any

health issue, and I fell in love with them. They felt easy to use and quick to give results.

In 2017, I started my YouTube channel "Tisha Salud Integrativa" (in Spanish) and finally found a way to truly help on a large scale.

Six years later, I find myself with 75,000 subscribers and 5 million views on my more than 500 published videos... and people still come to me with the most basic question of all.

"What oil should I use for xxx condition?"

The aspect where I feel that I shine the most in the context of health is when I sit with a client to investigate and help them figure out *why* they got sick in the first place.

For me, the key to effectively and successfully managing health is to tackle problems at their roots, to truly understand where things are coming from.

In fact, what I realized I love the most is teaching people to take the reins in their lives, in all aspects - health being one of them, but freedom in their finances, freedom from limiting beliefs, geographical freedom to live where they choose... That's what I've come to realize is paramount to me.

In 2021, I conducted a workshop titled "Health Detective," which is now part of my course "Mastering Essential Oils," (in Spanish) but this is the first time I am presenting this information in book format. I feel that a book is a more solid legacy than several hundred videos, don't you think?

It is also the first time I share it in English. High time, I'd say, considering I'm fluent in English. I've just being overly focused in working in Spanish.

In this book, I condense that webinar for you but I am adding several other aspects, completing the puzzle so that you understand the whole picture and can put it into practice, with some practical questions to help you integrate it all into your life and get results.

With this book, my wish is that you can learn how to do this process for yourself, and by empowering yourself, you can experience more health and wellness.

The book is divided into sections, starting with the context and opening your mind to the complexities of health and its deficiencies. Next, I detail possible causes and how to choose solutions. Finally, I talk about preventive habits. As a bonus content, at the end, I share my personal story with cystic fibrosis, which is of interest

only to a small segment of my audience but I find it important to make it available to those who need it.

In chapter 9, I provide additional resources and how I can support you beyond this book.

Let's get started!

1. Charles: A Layered Case Study

I want to start by giving you an example of why it's important to dig deeper to find the root of problems, and not just stay on a superficial symptom.

Several years ago, we were visiting some friends. The husband, let's call him Charles to respect his privacy, knowing that I work with essential oils, asked me if I could sell him an oil that would help him sleep.

There are many oils with a relaxing effect, but to find the most appropriate one, it's useful to know more details. So I asked him why he couldn't sleep.

His response surprised me: *"I don't sleep well because I have chronic pain."*

That changes the whole scenario, as you can imagine. Obviously, if we tried to ease his pain, that would help him sleep. But I kept asking him, how did he develop chronic pain?

"It's because I walk with a crooked step, I have lost a lot of muscle mass and my spine and hip are twisted."

I couldn't just leave it there. I asked him why again.

"I had Guillain-Barré syndrome twenty years ago, I was paralyzed and almost died. I came out of it, but I was left with sequels, with injuries to the nerve endings, lack of muscle mass, and since I always walk crooked and limping, my hip and spine are always out of place. So, I have hip and joint pain, in addition to neuralgic pain, which I have chronically. And of course, at night it's worse, so I've been sleeping poorly for years."

(I took a deep breath.) Had I stayed on the surface and recommended something for sleep, as you can understand, it probably wouldn't have worked properly, because that was just the tip of their iceberg.

Since I wasn't sure if I could really help him with something so complex, I decided to start by attempting to ease his neuralgic pain.

I searched through my various books on essential oils and prepared a potent roll-on for him, instructing him to apply it to the soles of his feet.

I saw him again two days later and asked him how his pains were doing.

He told me that he was experiencing even more pain! I felt dismayed, but he reassured me by saying that he was going to continue using it for a little longer because he felt that something was happening in his body.

When we saw each other again after two weeks, I found him very happy. He gave me a demonstration by walking around the living room. His limping was much improved.

He stated that the physiotherapist was amazed that he was suddenly regaining muscle mass, and that his pain had decreased to a minimum. As a result, he had been able to greatly reduce the amount of painkillers he had been taking.

And he was sleeping better.

I'm sharing this story with you to encourage you to ask *why*. In this case, the why behind a seemingly harmless symptom like 'difficulty sleeping'.

In the upcoming chapters, I want to take you on a journey to understand what can be hiding behind an illness, in order to understand its root cause and find appropriate solutions.

2. The Context of Western Conventional Medicine

Most doctors are well-trained in diagnosing diseases. They know which tests to perform and can tell you the name of what you're experiencing, as well as how it can be treated with medications, and sometimes with surgery.

On the other hand, if you ask them **why you got sick**, most of them draw a blank. They simply didn't study that in medical school, they weren't trained for it, and they don't know how to answer.

If you ask them what kind of diet can help you the most with your condition, it's not something they have learned either. In fact, most doctors had less than 10 hours of lectures on nutrition throughout their entire career, focused on some recommendations for diabetes and a warning about salt intake (both of which have been refuted in many studies, but university education tends to be slow to update, so they are still being taught that information as true).

Speaking of nutrition, I have another anecdote to share with you to illustrate this point. When I was around 15 years old, my mother and I developed some small skin

warts. While I was visiting the gastroenterologist, I asked him if it could be related to something we were eating.

I will never forget the response from the gastroenterologist.

He said, *'What nonsense. What you eat has no relation to your skin. With a balanced diet of meat, fish, and fruit, you have everything you need.'*

What could I have replied to such nonsense? At 15 years of age, I knew much more about nutrition than he did, and I was fully aware that food is the building blocks of our body, including the skin. Of course it makes a difference. Not to mention that 'meat, fish, and fruit' is not a balanced diet.

Not wishing to provoke him, I muttered something like 'Thank you, doctor' and left.

I won't delve into the topic of nutrition here because it's worthy of another book, but what I want to highlight is that the image of **how to manage a disease** that is presented to us by the established healthcare model is extremely limited.

Also, the relationship between diseases and emotions, stress, or toxicity is not even taught in medical school.

As for solutions, given that most doctors stick to what they were taught in university, they prefer to say *"This disease has no cure"* rather than admitting *"With the current information we have, we don't know how to treat this ailment."* This would be considerably more positive for the patient, as well as more honest.

This is why the health management model typically found in conventional medicine is extremely flawed. In fact, many doctors usually have less than 5 minutes per patient, so they literally don't have time to find out anything else.

You go to the doctor with an infection and the treatment is usually an antibiotic. No one considers why you were susceptible to allow that virus or bacteria to settle in your body in the first place.

You go to the doctor for pain, of any kind, and the treatment is usually a painkiller. Especially if it's something as common as a headache.

Have you stopped to think about all the reasons why you may be having a headache? Here's a list, without aiming to be exhaustive, because it's one of the most curious types of pain, to say the least. Some of the reasons include:

- Neck tensions
- Poor posture
- Too much screen time
- Ill-fitted glasses
- Liver problems
- Food intolerances
- Lack of oxygenation
- Poor or insufficient sleep
- Oversleeping
- Stress
- Excessive caffeine intake
- Caffeine withdrawal syndrome
- Alcohol consumption
- Brain tumor
- Lingering effects of a past accident
- Musculoskeletal misalignments
- Side effect of another medication

And these are just some of the causes!

Of course, you can try to reduce the sensation of pain with a pill, but not only would you be ignoring a symptom that may be important, but also, it's worth mentioning that if you don't address the root cause, you're not really fixing anything by just alleviating the pain.

The same can be said for high blood pressure. "There are so many causes..." comments the doctor.

The most common and "funny" origin they can tell you? That it's **idiopathic**. That complex word means that the cause is unknown.

Many people who come to me through my YouTube channel where I talk a lot about essential oils, come with a narrative like this:

"The doctor told me I have X, and prescribed me a pill. But I don't want to take pills, so I want you to give me an oil that will fix it so I don't have to take the pill."

What they don't mention is that they haven't even stopped to think about where this problem comes from or what they are doing with their lifestyle that has caused the problem.

Rather, what they want is a magic wand that solves all their problems quickly and effectively without having to bother changing any habits.

Indeed, essential oils can sometimes have such rapid effects that they seem magical, but if you stay on the surface, like my friend Charles, you're missing out on an important opportunity to reach real health.

Generic example: fever

I want to present you another example that is extremely common, to illustrate the layers of depth in which we can conduct our detective-like research of root causes.

Observable symptom: the child has a fever (again, it happens frequently).

Insufficient medical approach: let's give the child some medication to lower their body temperature.

Insufficient "natural" approach: Let's give the child essential oils or herbs to lower their body temperature.

More sensible medical approach: Let's find out which microbe is causing the fever in the child and treat the microbe.

Deep approach: What has caused the child's immune system to be weakened and susceptible to catching various microbes that are causing fever, especially as it was noted that this is happening recurrently?

If we search for the causes, we may discover that the child has a nutrient-poor diet and a weakened immune system.

It's possible that the child has a mild lactose intolerance, which caused him to have ear infections as a baby.

Antibiotics were given to treat the infections, which killed off their gut flora, and now they are getting sick recurrently.

We could then manage the current infection with essential oils, and provide him with nutritional supplements, probiotics, and digestive enzymes. This way, we may observe that he doesn't get sick as often afterwards. And of course, we can help lower his fever if it gets too high, but being aware that fever is a body mechanism that helps fight infections, so it's not necessary to prevent it from rising, unless it gets too high.

Let me give you another possible origin that you may not be aware of: did you know that most children born by C-section have a weakened immune system?

In natural birth, as the baby passes through the vaginal canal, they come into contact with their mother's flora, which activates their immune system.

Notice how harmful the current trend in the United States and other countries of "disinfecting the vaginal canal" of the mother with antibiotics prior to childbirth is. Or performing unnecessary cesarean sections. Then there is a wave of allergic children in the United States who keep getting sick, and nobody asks why.

If you are a mother and have undergone a cesarean section, please do not get anxious about your baby: there are solutions. For example, probiotics can be given to the baby from a very early age, and we can significantly improve their immune system. But it is important to know that this could be a cause when investigating why a young child gets sick recurrently.

Another example: Diabetes

A few years ago, I read the book "The Health Revolution" (my translation - the book is in Swedish) by journalist Maria Borelius. It's a fascinating book that details her research on anti-inflammatory nutrition to reverse aging, among other things.

Her research led her to a research center in Denmark, where they shared with her a study they had conducted on the effect of exercise in helping patients with diabetes.

According to their study, 50% of individuals diagnosed with type II diabetes who incorporated the habit of walking 30 minutes a day were able to discontinue the use of insulin.

Yes, that's correct. **According to the study, half of the individuals with diabetes were able to discontinue**

medication simply by incorporating the habit of a 30-minute daily walk.

The journalist, feeling surprised and outraged, asked the researcher why this was not being used as a treatment guideline in hospitals.

The response is sad but not surprising: there are not enough resources in public medicine to dedicate time to patient education. The quickest path is to prescribe medication (pills or injections in this case) rather than sitting down with the patient and helping them change their habits.

At that time, I was studying the Holistic Health Coaching and Integrative Nutrition program with IIN, and I was pleased to realize the need for it, but it's sad that something so simple is not common knowledge.

If we then look at the diets still recommended in hospitals... But no, I won't digress¹.

¹ Do keep in touch with my emails. I will likely write another book on that topic later on.

A practical exercise for you

If you are suffering from an illness and notice that your symptoms are changing and you don't know why, or if you simply want to improve your well-being, it is helpful to keep a journal.

- Write down what you are eating, and how you feel in terms of energy 30-60 minutes after eating.
 - Observe if you feel digestive inflammation or other symptoms after eating different foods.
- Record how many hours you are sleeping each day and how you feel upon waking up.
- Note what type of exercise you did and for how long (walking, cleaning the house, doing sports - every activity counts).
- Record how your day was:
 - Your stress levels.
 - Your level of happiness.
 - Any significant events you had.

If you keep this kind of brief daily awareness diary, you will be able to listen to your body better and become aware of how your behaviors influence how you feel.

3. What is Health?

Interestingly, the best way we have to define health is by its absence. In other words, we often think that being healthy simply means not having any illness.

Let's search for some definitions and see if they are useful.

"A state in which the organic being normally performs all its functions."

– Dictionary of the Royal Spanish Academy.

In Spanish, the definition of health implies that the body functions normally, without further detail.

"The condition of being sound in body, mind or spirit, especially: Being free from physical illnesses or pain.

Also: a condition in which someone or something is thriving or doing well"

– Dictionary of Merriam-Webster

The definition of health in the English dictionary does indicate three aspects (body, mind and spirit), as well as freedom from disease or pain, and then mentions "well-being" without going deeper into it. It's interesting that we get to use the word health for multiple different things.

I like the definition of the World Health Organization (WHO), as it takes into account that we are beings with multiple dimensions or aspects of our well-being:

"A state of complete physical, mental, and social well-being, and not merely the absence of disease or impairment."

– World Health Organization

However, humans have more than three dimensions. Speaking of Integrative Health on my Spanish YouTube channel, I have explained six dimensions: physical, mental, emotional, social, spiritual, and financial.



All these dimensions or aspects interact with each other, so we cannot consider “health” in a partial way. I will give you some examples to make my point:

- Stress from an exam or a trip can cause diarrhea and stomach pain.

- Financial distress can lead to sleeplessness and potentially even trigger a heart attack.
- Sadness from social isolation can result in physical illnesses.
- A breakup can lead to a state of depression, which can weaken the immune system and potentially result in a herpes outbreak or a cold/flu.

And so on, the list goes on.

Beyond the definition of the absence of disease, what would be the definition of **optimal health**, of a body and mind in full capacity and well-being?

Indeed, no one knows how far we could potentially go in terms of our health and well-being.

For me, health itself is not the end goal, but rather having our entire being at its maximum potential so that we can maximize our human experience in the realms of experiences and contribution to the world that we wish to pursue. Or simply enjoy our social and familial life to the fullest.

I would like to invite you to dream. **If your health, mood, and energy levels were at their peak, what would you want to achieve in your life?**

This kind of motivation will give you the strength to make the necessary changes to regain lost health or to solidify and maximize the health you currently have.

Beyond the absence of disease

If we take the definition of health to explore the limits of how healthy we could potentially be, we discover fascinating possibilities. A body in its fullest potential can achieve so much more! And by this, I don't mean becoming an elite athlete and breaking physical records.

Some parameters of optimal health include the following:

- Lots of physical energy to do everything we wish for
- Rarely ever getting sick
- Good digestion and timely bowel movements
- Quality, restful and deep sleep
- Healthy emotions, feeling peaceful and happy each day
- Active and engaged intellect; creativity
- A focused and clear mind
- Healthy social interactions

- Inner peace and spirituality
- Healthy finances that produce no stress, and enable us to eat high quality food and enjoy the quality of life we yearn for, and give us free time to pursue our passions.

4. Are We Healthy by Default?

In my opinion, a significant problem in our society is the lack of awareness about preventive health care.

If we think that *being healthy* is the default state and that we don't have to do anything specific to maintain our health, we are taking one of life's greatest gifts for granted.

Most people live without taking care of themselves at all, until the day they start experiencing symptoms that their body is not functioning properly. They don't start worrying about their health until they lose it.

This is typical among young people, but many continue to live without taking care of themselves until their thirties or forties: eating unhealthy and low-nutrient foods with excessive sugar and chemical additives, leading a stressed and sedentary lifestyle, getting too little sleep, being stressed and unfocused. They may also add alcohol, tobacco, and other substances to the mix.

One day they get sick, and they resort to more chemical solutions to alleviate their symptoms without bothering to make changes in their routines. Because if they were to consider that the alternative is to change their habits, it's

something they're not willing to do. It's too uncomfortable or bothersome. They may even believe that they don't have time for healthy routines.

Many people don't start taking care of themselves until they have a big scare, like a heart attack or some other warning from their doctor about early death if they don't make changes.

I read a sign in a hospital that said:

"If you don't dedicate time to taking care of your health, sooner or later you will have to dedicate time to taking care of your illness."

- What do you prefer to spend your time on?
- Do we have to wait to get sick to take care of our health? No!
- It is much easier to prevent than to cure.

5. Why do We Get Sick?

Health becomes illness when there is an imbalance between the needs of our body and what we provide for it, combined with our daily habits and what we think in our minds, which influences our emotions.

I will provide you with a brief breakdown of examples of different common causes, without intending to be exhaustive as it would become too lengthy.

This section is important because by understanding the different reasons why you may become ill, we can then make better choices for solutions, both in terms of prevention and in the cases where your health is damaged already.

Accidental causes

Some diseases are purely accidental, and I want to mention them first because they are not necessarily preventable. These types of diseases are often specific and may not have a deeper underlying cause.

- Traumas: bone fractures, ligament injuries, muscle injuries
- Skin injuries: tears, cuts, burns

- Insect bites or contact with irritating plants

How to prevent accidental illnesses: use common sense. Try to avoid dangerous situations whenever possible, and behave with caution in contexts where there may be a risk.

If harm is done, you can use essential oils and other techniques to accelerate the healing process.

Microorganisms

This is when microorganisms enter your body that shouldn't be there and activate defence mechanisms in the body. While defending against these invaders, the immune system generates a kind of internal bombardment. Imagine a group of soldiers entering a commercial building with weapons to combat attackers; the shootout that ensues may defeat the attackers, but it damages the furniture, punctures the walls, and breaks the windows. This is the effect that internal bombardment can have on your body tissues.

❖ *I'm referring to the assaults of parasites, viruses, bacteria, and fungi that can cause various infections.*

An observation I can make regarding susceptibility to illness is that the immune system of the body is

something marvelous and precious that we must take care of.

There are cases of people who have been exposed to a chronic virus, such as herpes or even HIV, and have not actively developed the disease. In other words, being exposed to the virus does not necessarily mean that you will get sick, as your body can resist the assault.

The case of herpes is notable and quite evident: when immunity is lowered (due to stress, lack of sleep, emotional downturns, etc.), that's when a breakout occurs.

To prevent diseases caused by microorganisms, actively work towards achieving a healthier immune system. Remember that 70-80% of the immune system is located in the intestines, so taking high-potency² probiotics is one of the most important strategies.

Taking supplements that contain antioxidants, as well as using essential oils for this purpose, can also be beneficial for the immune system.

² If you do not currently take a supplement with prebiotics and probiotics presented in such a way that they are not damaged by the stomach acids and can be fully effective, feel free to contact me and I can share the ones I am using. Just send me an email. 😊

Also, remember to keep an eye on your emotional well-being. A depressed emotional state can lead to a weakened immune system (and it's no coincidence that we use the word 'depressed' for both emotional and immune states). Reducing stress and fostering a positive attitude may have a significant impact.

External environmental aggressions

Multiple diseases are caused or triggered by an excess of external pollutants (pollution, heavy metals, chemicals). It's no surprise that in the most contaminated areas of the world, there are more cases of various types of diseases.

There are diseases that result from the accumulation of toxins, including seemingly harmless toxins found in perfumes and synthetic fragrances. Such fragrances can have a disruptive effect on the endocrine system and can therefore cause hormonal imbalances, including infertility.

Similarly, conventional household cleaning products can cause allergies and asthma.

There are also genetic predispositions that are activated in response to a toxic environment, as I will mention in the last section of this chapter.

How to prevent environmental toxicity: actively try to avoid everyday toxins by reducing exposure to cleaning products, cosmetics with fragrances, and other harmful ingredients, as well as foods with chemical additives. If you live in an area with high environmental pollution, consider whether you want to continue living there for the rest of your life. Sometimes, such a change can be very beneficial for your overall health.

Regular detoxification can also be helpful in cleansing the liver, as I will discuss further in chapter 7.

Internal assaults

All individuals (everyone!) experience small tears in healthy intestinal tissue when exposed to **gluten**. In normal cases, these tears heal without consequences.

However, if you consume gluten multiple times a day and your body is weakened, these tears can start to allow toxic elements from the intestines to pass into the bloodstream.

Even worse, whole proteins can pass through, which the body then attacks with antibodies, continuing to attack similar tissues. The big problem is that these tissues with "similar" proteins are found in the brain, nerves, and other internal organs. When your own immune system attacks them due to this kind of "error," it is known as an

autoimmune reaction. And it produces the kind of havoc we pictured a couple pages ago (“firearms” in your home).

Therefore, it is important to watch out for **food intolerances** that may not be causing obvious digestive problems but could be damaging other parts of your body.

A simple key to identify food intolerances is an **elimination diet**³:

If you eliminate from your diet the food groups that you suspect may not be agreeing with you for two to three weeks, and then gradually reintroduce them one by one in generous amounts (and take advantage to indulge in something tasty, like a big bowl of ice cream if you're testing dairy), you can see if these foods were causing you harm. It may be a challenging process, but it can provide valuable information.

Another aspect of nutrition is being mindful of consuming the appropriate level of **carbohydrates**. High consumption of carbohydrates, especially sugar, is associated with increased inflammation in the body. So, if you are experiencing inflammation, it's worth

³ You can read more about elimination diets on multiple Google pages. Here's one that explains it in detail: <https://www.integrativenutrition.com/blog/how-to-do-an-elimination-diet-a-complete-guide>

considering this aspect as it may be exacerbating your condition.

Nutritional status

Insufficient nutrition leads to multiple health problems, including serious diseases.

In our society, calories and macronutrients (carbohydrates, fats, and proteins) abound, but almost everyone has deficiencies in micronutrients (vitamins, minerals, trace minerals, essential fatty acids).

In the United States, there are currently even people who have such a large deficiency in vitamin C that they are at risk of scurvy. Considering that ketchup is counted as a "vegetable serving" in many school meal plans, it's not surprising, but it's truly deplorable.

How to prevent nutritional deficiencies:

You can consume large doses of "superfoods," which are foods with high nutritional density. There are many foods in this category, such as blueberries, coconut oil, black garlic, açai, aronia, coconut sugar, baobab, goji berries, raw cacao, camu-camu, chlorella, chia seeds, turmeric, spirulina, wheatgrass, kale, kuzu, lucuma, maca, mangosteen, matcha, mesquite, moringa, noni, hemp seeds, and pomegranate juice. Although we are not accustomed to eating them regularly, they can help,

although there is still a risk of lacking certain trace minerals.

Eating large quantities of vegetables is also not usually sufficient, as the soil they grow in has lost nutritional value in recent decades. I mentioned some figures about this in one of my videos⁴.

In my opinion, and the opinion of many experts, it's best to take high bioavailability nutritional supplements, meaning that your body can actually absorb them. If they are chemically sourced, often your body ends up producing expensive urine, without actually assimilating the nutrition from the supplement. Some parameters to consider are that minerals should be in their *chelated* form for better absorption. Also, there should be a proper balance between minerals and vitamins. For example, if calcium is not balanced with magnesium in the presence of vitamin C, they cannot be properly absorbed. It took me years to find supplements that actually had an effect, but you can really tell when you're taking supplements that work.⁵

⁴ See my "Fundamentals of Nutrition" recorded live talk at <https://youtu.be/3mr46kzxHHA> .

⁵ If you don't have such a supplement in your life, write to me and I'll gladly tell you what I take.

Degeneration

A body deteriorated by poor maintenance due to inadequate lifestyle begins to show signs of wear and tear.

Think about how you take care of your car by changing its oil, doing regular check-ups, and putting on new tires when needed, etc. Do you take care of your body in the same way? Do you attend to it, pamper it, and take care of it? Do you wear clothes that don't squeeze you and allow you to breathe properly? Do you wear shoes that provide the necessary support for your feet?

As for fuel, you wouldn't dream of putting soda in your car instead of the fuel specified by the manufacturer (gasoline, diesel, etc.), but you give your body anything and expect it to function...

To prevent this kind of wear and tear, optimize your nutrition, make sure you're doing the most suitable exercise for your needs, get enough restful sleep, and have mechanisms for relaxing your body, which includes reducing stress and toxins.

In terms of nutrients, prioritize Omega-3 (which are essential for proper brain function) and collagen to support muscle regeneration and other tissue repair⁶.

Hormones

Hormones (especially in women) are greatly affected by endocrine disruptors, which are abundant in perfumes, fragrances, cleaning products, and various chemicals. I was quite shocked when I read about how synthetic compounds in cleaning and personal care products bind to cell receptors, occupying the positions that should be occupied by hormones. Then a thyroid hormone, or any other hormone, comes along and cannot bind to its intended receptor because it is occupied by its chemical impostor. You may be diagnosed with hormonal imbalance and the doctor may want to prescribe more hormones to balance it out... unfortunately, this approach doesn't work⁷.

Women are more exposed to this type of toxicity as we use make-up, perfumes, creams, nail polish, nail polish removers, make-up removers, and even hair dyes. And

⁶ You may be getting tired of my footnotes, but yes, I finally found the ones that work best for me in this regard. If you're not using such supplements yet, do let me know, I can help.

⁷ Regarding the topic of hormones, I highly recommend the book "The Essential Oils Hormone Solution" by Dr. Mariza Snyder, which you can find in specialized and general bookstores.

some women even inject these substances into their bodies (tattoos). Be mindful of what you put on your body! Keep in mind that even if you use a chemical product externally, it can still seep through the skin and affect us internally.

How to avoid toxicity: review the products you use on your body. Remember that the skin is the largest organ and absorbs what you apply to it, including your feet, which are often neglected. Switch to products with the lowest possible level of toxicity.

Emotional Factors

A weakened mental health (stress, depression, guilt, shame, fear, limiting or destructive beliefs) can lead to conditions that are receptive to the development of diseases.

On one hand, we have already seen the issue of immune suppression triggered by emotional state.

On the other hand, feelings of not deserving to be healthy or not deserving good things in life can make you more susceptible to poor health. The feelings of being a victim of circumstances can also make you more prone to experiencing negative health outcomes.

Pessimism and lack of hope for life, as we will see in the next section on genetics, can also worsen existing conditions.

There is a very interesting process called *somatization*.

Definition:

"Conversion of a mental state (such as depression or anxiety) into physical symptoms"

Merriam-Webster Dictionary

This is when emotional distress manifests as physical issues. In fact, we see this constantly, for example when a person with chronic stress develops a stomach ulcer. Let me tell you another anecdote from my counseling sessions related to this topic.

A young woman, let's call her Maria, came to me complaining that she couldn't sleep. She was around 25 years old and had recently moved from a Latin American country to Spain.

Naturally, I asked her why she couldn't sleep. Could it be that she had a lot on her mind or was feeling anxious?

She told me that she was staying at her cousin's house, and the cousin had a crying baby. It was the noise from the baby that was keeping her awake.

At this point, one could argue that earplugs for the adults and some relaxation help for the baby would be the best option, right?

But I asked a little more. Does anyone know why the baby is crying?

"A close family member to both of us was recently murdered, that's why we fled from my country, and we are all feeling a lot of anguish."

This changes the approach entirely, don't you think? Now we enter into topics of managing emotional grief, working on fear, shock, and many other things. And obviously, it's important to treat the whole family. Babies are very sensitive, and even if they don't understand what's happening, they can sense perfectly well when the adults around them are distressed.

Genetics

I will talk more about my own case in the last chapter of the book, but I would like to mention genetic diseases in this list because most people think that something in your genes necessarily defines you. But it's not necessarily true.

One thing is genetic predisposition (genotype), and another very different thing is what you actually express

(phenotype). This is where *epigenetic* factors come into play, which have been written about in entire books. In summary, it has been shown that there are *other* contextual factors that can have a greater impact on your health expression than the genes themselves.

Just like I mentioned earlier in the section on microorganisms, being exposed to something or having a genetic predisposition to something doesn't necessarily mean you will express it as a disease. And this applies to breast cancer, cystic fibrosis, and all other diseases with representation in our genes.

Speaking of cystic fibrosis, which is where I have the most experience, it is noteworthy to observe families where there are two siblings living under the same roof with the same genetic mutation and apparently living in the same circumstances, yet they have very different expressions of the disease. This is true even in the case of genetically identical twins. One of them may be relatively healthy, while the other may need an organ transplant or even pass away at an early age.

What differences can we observe between these two very different outcomes with an identical genetic predisposition?

The healthier sibling tends to behave in certain ways that are different to their sicker sibling:

- They exercise regularly
- They consume less sugar and more vegetables
- They are less obsessed with their disease, or not at all
- Has personal projects and more enthusiasm and a positive attitude in life

They are not the only factors, but it is well established that stress, exposure to environmental toxins, and an inadequate diet often activate or worsen an underlying predisposition. And mindset can make a critical difference.

Once again, we see that there is much we can do ourselves to improve our health; we certainly are not victims to the circumstances.

Do you really want to heal?

This book would be incomplete if I didn't mention this point. Without intending to offend anyone, I ask you to do a little introspection if you have a "rebellious" illness in your life. Is it possible that there is a part of you that is comfortable with the current situation and doesn't want to change your health condition?

Some people have "married" their diagnosis. They introduce themselves saying "I am diabetic" (or whatever the disease may be) - notice the use of the verb "to be," which indicates something permanent and part of their identity. I know several people with a diagnosis of cystic fibrosis who have written the abbreviation CF after their name on their Facebook profile, as if it were an honorary suffix.

Maybe you belong to a patient association for your disease, and you have friends whose bond with you is based on the common illness. Not being ill anymore would mean you cannot be a part of that community anymore, and the social aspect might be important to you.

Maybe being sick means that some people treat you with more affection or care than usual, and the illness has become a way to obtain more love and understanding.

Or maybe you are even receiving financial compensation for having a disability or health difficulty, and if you were to get better, you would lose it.

I present these ideas because there are many people who are not aware of this, and who make visible efforts to heal but deep down do not want to leave this situation. If this is your case, I invite you to share your experiences in the pages of your journal, talk about it with your trusted people, and seek replacement mechanisms that allow you to continue to have love, support, and companionship in your life without relying on an illness to achieve it.

I trust that this small list does not overwhelm you. The idea here is not for you to become obsessed with toxicity or to feel anxious every time you breathe in a polluted city, but rather to make healthy changes according to your possibilities. It's not about obsessing over whether you eat at McDonald's and drink a Coca Cola one day, but rather considering doing so very occasionally. Above all, I wanted to give you ideas in case you are confused about why something is happening to you, so that you can ask yourself if this is applicable to you.

Small exercise: How would you rate yourself in terms of your health in the areas I have mentioned?

Here's a brief summary:

- **Accidental factors:** Do you take precautions in your daily life?
- **Microorganisms:** Are you boosting your immune system on a daily basis?
- **Environmental assaults:** Do you actively strive to reduce chemical exposure in your life?
- **Internal assaults:** Have you noticed if the food you eat actually gives you energy or causes discomfort?
- **Nutritional status:** Do you honestly eat a diet rich in micronutrients and take the necessary supplements?
- **Degeneration:** Are you taking care of your body as if it were a precious luxury vehicle, as it deserves?
- **Emotions:** Do you feel inner peace and laugh daily, or are you experiencing the burden of stress and anxiety?
- **Genetics:** If you know that there is a tendency for certain diseases in your family, are you taking proactive measures to avoid them from expressing?

6. Choose solutions wisely

At this point, you have a fair amount of pointers on how to identify the origins of various health problems. Taking into account everything I have shared with you in these first five chapters is essential to understand the context and improve overall health, with a sound base on these basic principles of health.

Now that we know more about where the problems might come from, we can search for solutions.

Given that I am a specialist in essential oils with over 400 videos published on the topic, where I frequently mention that essential oils are more concentrated than medicinal plants, many people who come to me want to know if an oil can cure everything.

*"Are you finally going to tell me **which** essential oil will cure this annoying problem?"*

Step by step! Yes, I love essential oils, but they are **not** a cure-all for all your problems. Let's try to find the best solution, with common sense, to see where essential oils may fit in the overall treatment or lifestyle improvement plan.

Questions to determine the context:

- **Age of the person** (baby, child, teenager, adult, elderly). Keep in mind that we cannot choose a dosage of supplement or essential oil without considering this.
- **Body weight** (below normal, normal, above normal).
- **Other diseases** they may have (as one disease may originate from another).
- **Medications** they are taking (as they may experience symptoms of side effects from what they are taking).
- **Lifestyle factors** such as stress, notable environmental pollutants, and other relevant data to consider.
- **Where they live?** (In a large and polluted city, or in the countryside?)
- **What is their occupation?** How do they feel about their work? Are they happy and fulfilled, or stressed and overwhelmed?
- Regarding the **disease** they are experiencing, **what have they tried before?** If they have tried other things that didn't work, it's good to know in order to rule out options.

First Step: Understand the Diagnosis

Don't just focus on the symptom or the name of the diagnosis!

To begin with, try to understand what that diagnosis means. You can search on Google or medical encyclopaedias (if you have access to them) to find out what that condition entails, which body systems it affects, and if there is any known information about its origins.

Having a better understanding of what the doctor is saying can help you comprehend it better. If you have been given a diagnosis (assuming it is accurate), it's important to understand what that word really means.

Next, consider the person itself. What symptoms do they have? Are they a typical example of that type of diagnosis, or do they have any variations? It's common for a person to have some symptoms but not others, or to have them more or less pronounced. In other words, the same disease may not manifest in the same way in different individuals.

Second Step: Dig Deeper to find out the Root Cause

Next, talk to the affected person (or if you are the affected person, sit down with a notebook to answer these questions) and inquire about the origin.

- When did these symptoms start? Was it something that suddenly triggered, or on the contrary, is it a disease that has been accumulating and progressively degenerating over the years?
- Were there any stressful or traumatic events that could have caused or triggered it? Does the patient know why it started, or do they have at least some suspicions about it?
- How do they feel about these symptoms? Do they cause anxiety, distress, or fear?
- What tests have been done by the doctors? What is their opinion, if they have mentioned anything about the cause of the illness? (This might be incomplete but it's important to know what the official declaration might be)

Solution groups

Applying some common sense, you can consider what kind of solutions can help you (or the other person; here I'm stating it as if it were for you).

If there is a lot of toxicity in your body, **detoxification** (gradually and progressively) would be a good idea, don't you think? In this regard, I would suggest starting with something simple. For example, a few drops of therapeutic-grade lemon essential oil in your glass of water, two or three times a day. It's better to do something gentle like this for a few weeks before going for a complete detox and risking a sudden detox reaction.

If you have muscle contractions or a twisted back, a **manipulative** approach such as osteopathy, chiropractics, or physiotherapy can often be helpful. I love that in osteopathy, it is pointed out that if you have pinched nerves in your spine, there is less blood flow to different organs, which can generate problems. Releasing the pinched nerves can reduce pain and improve overall health. If you suspect that you may have this type of musculoskeletal imbalance, I would recommend seeking out a specialized professional for a control session.

In terms of **physical exercise**, it's worth noting that while everyone needs to move, not all types of exercise will work well for you specifically. Find out what type of exercise works best for you. You may prefer something gentler like tai chi or yoga, going for walks, swimming, or doing vigorous exercises like running or cycling.

As a general rule, we can assume that you may be lacking in **nutrients**, so supplementing with omega-3, vitamins, minerals, and micronutrients is recommended for everyone. Keep in mind that if these are not in a "bioavailable" form that is easily absorbed, they may not have a full effect, so do your research before choosing.

If you have specific symptoms that you want to improve, or body systems that need regeneration, based on good nutrition, essential oils can often be quite helpful. But this topic is quite broad, so let's start a new section.

Essential oils

When I teach an introductory class to natural solutions, I like to emphasize that using products that come directly from nature usually generates positive results without the side effects of their chemically synthesized counterparts in a laboratory.

After using herbal supplements for years and realizing that their effectiveness varied and was not overly strong, I discovered essential oils and found that they could have effects that I had not been able to achieve with herbs (I explain this further in the final chapter of the book, where I share my personal story with cystic fibrosis).

Essential oils are the most concentrated form of medicinal herbs, being 50-70 times more concentrated than the herbs themselves. However, being an unregulated industry, the qualities of essential oils available in stores from different manufacturers range from purely synthetic compounds that are nothing more than empty aromas to 100% natural, chemotyped, and potent oils. Unfortunately, most essential oils you find in stores are more or less adulterated.

The problem is that current regulations do not require rigorous analysis of the product, so you can find bottles labeled as "100% pure and natural" that are, in the worst case, 100% synthetic. That's why it's extremely important to do your research before using essential oils for your health, if you want to have an effect with them and avoid the toxicity of adulterated versions.

It took me several years to find the ones that really work for me, and all the ones I bought before were just a waste of money in experimentation. If you're in the search phase, I would love to shorten your process by guiding you directly to the most potent oils and teaching you how to use them, as that's my free contribution to my clients.

Before recommending anything to anyone

Many people in my audience are enthusiasts of essential oils and love to help their friends and relatives with their ailments. This is very kind, but I always recommend common sense.

This section is for those of you who are specifically looking to apply essential oils as a solution, for yourself or for someone else.

For starters, it's important that a medical professional makes the diagnosis. If we know what's really going on, we can be more effective in finding solutions. I do not recommend trying to self-diagnose, unless it's something seemingly simple or obvious.

As a general rule, in the cases where you might use over-the-counter medications that you bought at a pharmacy or supermarket, you could consider alternative options with essential oils without much issue. But for cases where a prescription medication has been given by a doctor, it's advisable to study it carefully. In general, I do not recommend reducing or discontinuing any medication until your doctor tells you that you no longer need it.

If you're recommending essential oils to others, make sure to dedicate some time to your own studies first.

- Understand how to use essential oils, their reasonable and safe dosages, contraindications, application methods, and limitations.
- Learn to evaluate if you come across a recipe or protocol, to what extent the dosages and recommendations are reasonable.
- Only use high-quality essential oils. Health is not something to be taken lightly!
- Remember that we are not doctors. Do not exceed your scope. We want to help, but above all, not make things worse by neglecting something serious or recommending blindly.
- Also, remind your "patient" that just like there are pharmacy medications that may not have the desired effect, essential oils may not have the same effect on everyone. If they approach them with the attitude of trying to see which one works best for them, they won't be disappointed if the first oil they try doesn't have the desired effect.

In terms of essential oils: consult reference literature

It is NOT optional to have a reference book! Books cannot be replaced by Google searches, Pinterest, YouTube, Instagram, random questions in groups, or asking Chat GPT.

There are essential oils for everything, and their properties include antibacterial, antidiarrheal, antidepressant, antifungal, anti-infectious, anti-inflammatory, antimicrobial, antiparasitic, antirheumatic, antiseptic, antispasmodic, antiviral, analgesic, immune-stimulating, and relaxing, among others.

And there are multiple oils in each category, so books can help you better understand their uses and applications, and choose less common options until you find those that have the best effect.

How to use these books

In the books, you will find multiple applicable essential oils for each condition.

Normally, we do not use all of them. Review the uses of each essential oil, in the plant's profile and its emotional uses, to see which ones resonate better with the person in question.

You can include some oils for the symptom (for example: "pain"), but don't forget to use oils that address the root of the problem. And not just oils, but also other supplements, as we will see later.

Don't forget to listen to your intuition when choosing.

If you think of another oil that could also help, review the properties of that oil. When in doubt, you can ask the person if they also have any issues in that area.

Do you need more context?

The books do not provide detailed instructions on how to use each essential oil, such as how many drops to use, how often, or where to apply. That's why I advocate for purchasing essential oils from a model that provides guidance on their usage.

If you are not part of a community of users with proper training, I invite you to look into how I work (more information on that on the last page).

When essential oils seem to not be working

Remember that not everyone has the same affinity for essential oils. Try using other similar oils (such as thyme instead of oregano, or wild orange instead of lavender). There are multiple oils that can serve the same purpose, and each person may have personal preferences (not just in terms of aroma, but also in terms of effects).

The reason why essential oils may not seem to work could be that there are deeper underlying causes that have not been addressed. Review the information

discussed in chapter 5 about causes to incorporate appropriate solutions. Look into their eating habits, nutrition, exercise, and exposure to toxins.

Another scenario is when you have been using essential oils for a while and they used to work, but they stopped being effective. Sometimes, the body can develop tolerance, so in this case, I would recommend trying some variations. There are multiple essential oils in each category of use, as mentioned earlier, and it can be helpful to rotate them.

We will explore a useful overview of preventive measures in chapter 7.

Not everything can be fixed with essential oils!

In case of serious, acute, or life-threatening illness:

- Go to the emergency room or call an ambulance!
- Seek a qualified open-minded medical professional
- Get a second opinion, or even a third or fourth
- Consult a qualified specialized aromatherapist

Common sense...

We live in the 21st century, let's use the tools available to us wisely.

For example, long-term cortisone use can have detrimental effects, but in certain situations, it can save your life.

We want to reduce chemical exposure, but of course, if you undergo surgery, you would want anesthesia!

So, incorporating natural solutions does not mean neglecting conventional medicine. I believe the most sensible approach is to combine both, depending on what is best in each situation.

Don't lose hope

When a doctor says something is incurable, what they are actually saying is "based on the information we have in conventional Western medicine, we don't know how to cure this" (it would be nice if they said it with a bit more humility).

There are countless cases where we have defied medical diagnoses, statistics, and expectations. For example, we were told that "cystic fibrosis is genetic, progressive, and irreversible" and "she won't live beyond the age of 5" -

well, I'm now 42 and doing better than ever. I'll share more about my story in the "Bonus" chapter at the end, if you're interested.

Start with the combination of techniques that you find suitable and keep track of your symptoms in a journal to see what works well for you, what doesn't work as well, and what doesn't work at all. Keep in mind that the body is not static, so your ideal approach may change over the years.

7. Healing in Health - Preventive Habits

Appropriate Nutrition for You

Possibly a future book will entirely focus on nutrition (I love writing and have a lot to share), but let me outline some aspects that I believe are applicable to anyone. Because I think there is no "perfect diet", but rather we need to consider the characteristics and circumstances of each individual at each moment of their life. But you can apply this, I believe, in all cases.

To begin with, as I outlined on page 31, review what you eat. Through an elimination diet process, identify if you have food intolerances - eliminate those foods.

- Make sure to include enough water and green vegetables (both raw and cooked) in your diet. Most people eat too little vegetables.
- Minimize your intake of sweets. Sugar not only contributes to weight gain and can lead to diabetes, but it also makes it difficult to maintain high energy levels and generates inflammation in the body. It's not only found in desserts (chocolates, cakes) but also in many sauces and processed foods. Remember that an

"innocent" amount of soda contains a lot of sugar (and the zero-calorie versions have their own set of problems). You should also review your consumption of fruits that are high in sugar (such as bananas, mangoes, oranges, cherries, and others). Many people think that drinking multiple glasses of fruit juice is harmless, without considering that it adds up to a lot of grams of sugar per day.

- Minimize your consumption of highly processed foods. This includes industrial pastries, chips, and many pre-packaged foods.
- Increase your intake of healthy fats and high-quality proteins. This includes olive oil, avocados, nuts, and pure butter (ideally from grass-fed cows) - definitely avoid margarine at all costs.
- Prioritize whole grains (and coarse flours) over refined grains, in moderate amounts based on your tolerance. Some people feel better without consuming grains at all: listen to your body.

Nutrition

- Check your intake of essential fatty acids: increase Omega-3; reduce Omega-6. Foods rich in Omega-3 include fatty fish (such as salmon, mackerel, tuna, herring, and sardines), walnuts, and seeds.
- Make sure to include prebiotics and probiotics in your daily diet. Capsules are the most effective and convenient option, but homemade kefir, kombucha, and kimchi (among other fermented foods) can also be beneficial.
- Take well-balanced and easily absorbable complete vitamin and mineral supplements.
- Add digestive enzymes if needed, regardless of age, if you have difficulties with digestion, but especially after the age of 40, as the body produces fewer enzymes than needed.
- Supplement with collagen to help regenerate tissues in your body. This is beneficial for people with degenerative diseases, athletes, and anyone over the age of 40, although it can be helpful at any age. Note that not all collagen supplements are truly bioavailable (meaning that the body does not absorb them as they are, but considers them simply as a source of protein). The best option is a product that combines multiple collagen peptides to support cognitive function and tissue regeneration.

I take all of these supplements daily, and I also give them to my spouse and mother; they greatly contribute to our family's health. I won't deny that they require some budget allocation, but getting sick is certainly more expensive.

Immune system

A healthy immune system influences everything else, and is related to the degree of inflammation in the body, so you will see that some of the recommendations are repeated in different sections. I “preach” about Integrative health and how all systems affect each other for good reason.

- I recommend once again reducing **sugar** in your diet, as it is inflammatory and can affect the immune system.
- Try to reduce **stress**, as it can significantly damage the immune system and contribute to many diseases.
- Make sure you get enough **sleep** (between 7 and 9 hours is usually what most people need), but it should be deep and restorative sleep.
- Eat plenty of **fresh vegetables**. This helps with multiple nutrients that promote immunity. Note that I am not emphasizing fresh fruit, which you can consume in moderation to avoid adding too much sugar to your diet.

- Consume **probiotics and prebiotics**. I don't want to be repetitive, but this is very important.
- **Supplement** with vitamins, minerals, and trace elements. This is also important. 😊
- There are **essential oils** and plant extracts that can enhance and modulate immunity, which you can take as needed during seasons when your immune system may be more threatened, or even daily, depending on your personal needs.

Physical exercise

We should all move for at least 30 minutes a day. Choose how!

If you have difficulty doing so, study why and find a solution. Here are some of the most common reasons:

- Laziness - try using essential oils for motivation
- Inactivity or muscle soreness - try using essential oils to soothe muscles
- Fatigue - make sure you are sleeping and nourishing yourself properly
- "Lack of time" - review your schedule and revise your priorities.

Emotions

Louise Hay was one of the pioneers in identifying emotional causes for physical problems. Her own story is very powerful, as she experienced abuse and violence which led to multiple health issues. She was able to identify these traumatic events as the root of subsequent physical symptoms.

In her book "You Can Heal Your Life", a classic in the field, she provides a list of diseases along with an interesting study of mental patterns (or recurring thoughts) that people with those problems tend to have. She then proposes affirmations to reverse those thought patterns.

At this point, I would like to mention that essential oils can accelerate emotional changes much more quickly than just reciting or writing affirmations. They can also be used in conjunction with techniques such as tapping (a technique of emotional release that involves tapping gentle pressure on different points of the body), neuro-linguistic programming (NLP), Bach flower remedies, or other energy techniques that work with emotions.

Louise Hay's book has great value in helping you understand emotional origins. I like to refer to the disease chart she has at the end of the book to gain more insight into the mental-emotional origins of different diseases or ailments.

For example, many people who have a very **rigid mindset** (those who declare that their political ideology, religious beliefs, way of eating, or way of living is the **only** right one and everyone else is wrong) often suffer from joint pains and stiffness. By working on the mental rigidity, physical stiffness can also improve. Interestingly, if they start doing yoga or tai chi and improve their physical flexibility, their mental flexibility often improves in turn.

Another notable example is **cancer**, which in its physical form is a lump (nodule, knot) of defective cells that form a tumor. While cancer has multiple causes, such as radiation, repeated and abundant intake of chemically carcinogenic additives, consumption of burnt food, or excessive sun exposure, among many other factors, it also has a strong emotional component.

We cannot generalize, but many people who suffer from cancer are often "the nicest person in the family", those who never expressed any anger or complaints. In reality, they were not verbalizing it but they had internal resentments, anger, frustration, and pain, which they "swallowed". Because they didn't express it, the body didn't know what to do with so much negative emotion and condensed it into a lump... called a tumor.

In cancer treatment, apart from dietary changes, supplements, healthy lifestyle, and natural remedies, we

must not forget to address the emotional and mental aspects that contributed to the development of the disease.

Stress

Next we need to discuss stress, which seems harmless due to its prevalence in society. Nowadays, even nursery children may be found saying, "I'm so stressed."

What we usually don't consider is that when you're stressed, your body goes into a state of emergency.

Ancestrally, stress was great because it could save your life. For example, imagine our ancestors as hunters-gatherers and suddenly a lion is chasing you. The stress response triggers the production of adrenaline to help you run faster, and your heart rate increases to better oxygenate your body while running. Blood is diverted from the limbs to the internal organs, both to nourish them better and to prevent excessive bleeding in case of injury. Digestion, the immune system, and body regeneration are put on hold - these are non-essential processes for immediate survival that require a lot of energy. This set of processes is incredibly useful to allow you to perform at your best physically and enhance survival in extreme situations.

What happens nowadays in a modern stressful situation? You arrive at the office and find a big and

complex task that needs to be delivered in a few hours. Your heart rate increases, but you don't have to run anywhere. Blood leaves your extremities, so your hands and feet feel cold, but there are no prospective wounds to happen at the computer. Your digestion worsens and your body's regeneration decreases. And your immune system is suppressed.

The problem is that this is often a daily process that becomes chronic. Chronic stress, even at a low level, is responsible for either "getting sick all the time" and catching colds every two or three months, or appearing to be in good health except for when you finally allow yourself to relax on vacation, and immediately catch a cold or something worse.

If we don't have an established process for managing the causes of chronic stress, the body never returns to a state other than high alert.

As you can understand, living in this constant state of stress generates unnecessary wear and tear on the body, predisposing you to various diseases and premature aging.

Therefore, you should pay attention to this problem if it's part of your daily life (which is the case for most people nowadays) and learn to manage your stress in a healthy way. There are many ways to do this.

- You can practice meditation, yoga, and/or mindfulness techniques.
- Regular exercise helps a lot because you're burning that stress energy through physical activity.
- Being in contact with nature has a relaxing effect in itself. It has been shown that breathing in the aromatic particles from trees reduces stress - the Japanese call it "forest bathing" (you can achieve a partially similar effect by using essential oils from trees in your diffuser, but if you have the opportunity to walk in a forest, that's the best option as it combines several stress-reducing factors).
- Activities that make you think "wow" or "how wonderful" have an anti-inflammatory and stress-reducing effect. For example, you can contemplate the sunset or sunrise, attend a sports event, an artistic performance (such as rhythmic gymnastics, ice skating, or ballet), or stargaze.
- Loneliness is an aggravating factor. Make sure to have frequent social contact, either in person or digitally (through one-on-one audio or video calls, or group video conferences). Combat loneliness, if you're experiencing it, with meaningful social interactions with like-minded people. Social media can be a great way to find such interactions.

- Choose essential oils as supportive measures according to your needs, both internally and externally.

Sleep

Getting adequate sleep helps regenerate the body, rest the mind, and reduce stress and fatigue. I mentioned it before, but here are some specific tips for better sleep:

- 5 hours before bedtime: stop consuming caffeine and stimulants.
- Avoid action movies and news broadcasts in the evening.
- Turn off digital screens ideally 2 hours before bedtime, or even more if possible.
- Set aside 1 hour of time (minimum) to relax before bedtime. You can engage in relaxing activities such as mindfulness or meditation, take a relaxing bath (or foot bath if you don't have a bathtub), give yourself a self-massage, or engage in other self-care routines. Reading can also help you relax.
- Reserve 7-9 hours for sleep per night, according to your needs.
- You can use essential oils in a diffuser, topically, and/or internally to support deep and restorative sleep.

Toxins - reduce

A good preventive measure is to eliminate ALL artificial fragrances from your home, from cosmetics to cleaning products. Replace them with alternatives that have lower chemical load and no artificial fragrances.

In some countries, such as Nordic countries, there are options in any supermarket that come without fragrances, in consideration of people with allergies. Unfortunately, this is not available in all countries, but with a little research, you can find good options or even make your own if you enjoy preparing your own personal care products.

- Minimize processed foods (check the ingredient lists: if they have more than 2-3 chemical additives presented with alphanumeric codes or multisyllabic words, it's usually better not to eat them) and cook based on whole natural foods (for example, it's better to eat a chicken breast than pre-cooked chicken sausages).
- Eliminate all sodas, both those containing sugar and those containing artificial sweeteners. Prioritize drinking water (with or without carbonation), flavored with essential oils if desired.
- Try to eat organic as much as possible, although don't obsess if it's too difficult or expensive. Any small step you can take in this direction will be positive.

Toxins - detox

Despite your efforts to live with the least possible toxicity, you have been accumulating toxins for years, and you cannot avoid being exposed to toxins on a daily basis. That's where active detoxification comes in.

I recommend that you do a detox once or twice a year to help your body eliminate heavy metals and other accumulated toxins.

One option is to do a week-long juice and broth fast, or follow a specific system like "the maple syrup and lemon juice fast" or a system involving supplements and essential oils.



Depending on the option you choose, you will need to familiarize yourself with the details of the process. Since there are many ways to do it, I recommend studying the options before proceeding.

During my adolescence, I started experimenting with fasting, first with juice and broth fasts (but I didn't like the idea of wasting a large amount of vegetables that I

wasn't eating, whether it was the solid part of the juices or the boiled vegetables in the broths).

The version with maple syrup and lemon juice⁸, with extra lemon, it worked great for me. The downside was having to buy 6-10 pounds of lemons a day (it's best to do it when they are in season) and having to drink the same sweet liquid all day.

During a fast, you usually lose several pounds of weight, and except for the first day, you don't feel hungry, and you much more energy than usual (remember I mentioned that digestion itself requires a lot of energy?).

Unfortunately, there was a period in my life when I was underweight and couldn't afford to lose a single kilogram, and due to the medication I was taking, I couldn't stop eating solid foods. I missed that internal cleansing a lot!

Then I discovered detox without fasting, based on supplements and essential oils. I loved it, and it's the only thing I've been doing in this regard for over five years now.

⁸ The "Sirope de Savia" is a product from the brand Madal Bal, a concentrate of grade C maple syrup (low in sugar and high in nutrients) from Canada and palm syrup from Asia. It can be obtained at health food stores and online, and there is a book that explains this technique in detail.

Here are some recommendations that may be useful to you, regardless of the process you choose:

- Remember to drink enough water during the process!
- If you are a woman, keep in mind that it is very important to do it some time BEFORE getting pregnant. It is excellent to eliminate toxins and microbes from the body before pregnancy, in fact, eliminating candida can facilitate getting pregnant. But you should never do a detox during pregnancy or breastfeeding because you do not want to release your toxins trapped in adipose tissue and pass them on to your baby.

Regarding this, a study conducted in hospitals in the United States analyzed umbilical cord blood and found more than 200 heavy industrial toxins in the foetus! Ugh. This means that the mother had more than 200 toxins in her body and passed them on to the unborn baby.

Needless to say, the body of a foetus or baby is not prepared to sustain those levels of toxicity. It's no wonder they have all sorts of health problems in their early childhood, poor things. Mothers can actively help by detoxing before getting pregnant.

In any case, the concept of detox is applicable to anyone in general. In my opinion, you should do a detox at least once a year. Think of it as an "internal spring cleaning." Ideally, doing two detoxes a year would be great, and in

some cases, it may be helpful to do it more often, but it's also important not to overdo it.

8. Epilogue

I trust that this set of data and tools will be useful for you to gain clarity in identifying possible causes of illness, whether it's for yourself or others, and what to do about it.

Remember to rely on the advice of doctors and make sensible use of 21st-century tools. I believe that the most sensible approach is to use the most effective treatment for each situation. For example, for a cavity, it makes sense to go to the dentist and have it fixed, while you can also combine the use of essential oils to numb and disinfect the area, and promote healing if there was an intervention.

On the other hand, I don't want you to become obsessed. We live in a world where air, water, and food are contaminated. You won't be able to avoid toxicity completely, so please don't get paranoid every time you leave your home. Let's do the best we can with what we have, without going to extremes that make your life difficult, okay?

As for your personal journey, understand that it's a process. I wish you the ability to enjoy the research,

playing "detective" with your own health and paying attention to what your body and intuition tell you.

If you incorporate small proactive habits while you still have good health, you can not only maintain it but truly live life to the fullest.

If you have already lost some of your health to some extent, have confidence that there is much you can do to improve it. It's in your hands.

Becoming aware will help you live more consciously in every sense and maximize your human experience.

Here's to your health!

If you want to delve deeper, in the next chapter I will present you with some additional tools.

9. Next steps for you

Are you a newbie?

If you are not yet using therapeutic grade essential oils or essential supplements, I invite you to watch our free introduction class to better understand how we use them.

With your introductory purchase, you will receive a complimentary personal consultation session to guide you in your particular needs.

Send me an email and I'll be happy to pass along a class in English.

Are you already a user?

For those of you who are already part of a community of essential oil and essential supplement users, but would like to learn more from me, I have several courses in Spanish but unfortunately not yet in English. Do stay tuned for future updates on this section, I will inform about them on my social media and emails.

My free content

- For my content in Spanish, do check out my social media channels at <https://tisha.tv/>
- In English, I have my new YouTube channel that combines health and entrepreneurship, at <https://www.youtube.com/@tisha.holisticonline>
- Its matching Instagram is <https://www.instagram.com/tisha.holisticonline/>
- And you can find blog posts in <https://www.tishaholistic.online/>

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10. Bonus - My Story with CF

If you don't know what cystic fibrosis is or don't have any personal connection to someone with this condition, this section may not interest you. However, I know that some of my audience has requested that I share my story in a more specific way, so here it is for you.

I was born essentially healthy, in July 1980. In fact, I received all the vaccines⁹ that are common within the first month of life. At one month old, I had my first hospitalization for a lung infection. The doctors commented that "it seemed like I had run into a cloud of viruses," but at that time, they did not suspect anything else.

At the age of two, after my mother complained about my apparent digestive difficulties and that I felt so salty when she kissed me, I was diagnosed with cystic fibrosis in 1982, a "genetic, progressive, and irreversible" disease, as stated in the medical report.

In other words, they told my mother that my life expectancy was only until the age of five. To which she

⁹ I must tell you that after that, I was not vaccinated for any other of the regular protocols because every time the scheduled date arrived, I had a fever...

replied that she would "surrender to the will of God after having turned over every stone."

Let me take you on a quick journey through my 42 years of life so that you can understand the context of what we have been doing, trying, and finding out. And also to reassure you that even though at times things have felt gloomy, I always came out of it.

During my early years, I was doing relatively well, although I did not start digesting properly until we found appropriate digestive enzymes (pancrelipase). They were not for sale in Spain at the time but we were able to get them in the US until Spain started producing them.

In 1985, during a hospital visit, I acquired *Pseudomonas aeruginosa*, a bacteria that settled in my lungs and is still there. According to the doctors, it cannot be eradicated anymore because it is fully established, "colonized" is the medical term. I don't mean to say that this is true, but I haven't been able to get rid of them yet.

Having the bacteria itself did not cause me too much trouble, but every time I came into contact with someone with a cold, the visiting virus would compete with my resident bacteria and generate a double pneumonia.

By the end of 1985, I had a severe infection, and there were no antibiotics yet that could influence these

bacteria. I had a lung capacity of 14% and a resting heart rate of 180 beats per minute. The doctors confirmed that I would live as long as my heart could withstand that rate. That was possibly the very lowest point of my health life.

First Miracle

It was at this point that we experienced the first miracle of my life. My Swedish grandmother put my name on the prayer lists of her Protestant church. Friends of my mother who were Benedictine monks started singing Gregorian chants and praying for me in their masses. Latter-day saint friends put my name in all six temples. And many other friends included me in their prayers.

And suddenly, my mother heard about Elke Erdmann, a "heilpraktiker" (something like a naturopath) from Germany who treated with homeopathy and Reiki. At that time, Reiki had just arrived in Europe and it was the original version, not one of the adulterated versions that became popular in subsequent years.

So off we went to Hamburg in the middle of winter. After a week of treatments, I was better. The infection had decreased and my lung capacity had increased to 24%. It may not seem like much, but it was a significant improvement for me.

In 1987, my mother was convinced to get us vaccinated against the flu, as that year it was expected to be severe. That was the second and last vaccine of my life. She received a full dose, and I received a half dose - and within a few days, we both had the worst flu we had ever experienced. Since then, we have not been vaccinated against the flu, and we have not had a proper flu either. I say this anecdotally, but I know that some people worry about whether it's important to get vaccinated against viral illnesses to avoid getting sick, so I'm sharing my experience: I haven't done it, and I haven't had any problems as a result. Just FYI.

In 1988, the first antibiotics that could be effective against *Pseudomonas* appeared in Europe, and I had my first intravenous treatment at the hospital in Borås, Sweden. My aunt lived there, and I was able to enjoy something that was moderately normal in Sweden but impossible in Spain: a semi-home treatment. We went to the hospital twice a day to receive my medication, but then I was allowed to stay at my aunt's house. I was happy to be able to pick blueberries and bake muffins, so I have very positive memories of that trip.

That first hospital experience had a big impact on me because they taught me to take **responsibility** for my illness. At eight years old, they explained to me that the disease was **mine**, and it was up to me to take care of it, take my medications and assume some daily routines.

That parents, doctors, nurses, and physiotherapists were there to support me in my process, but the responsibility was mine.

I think it's super important for anyone to take responsibility for their own health as soon as possible. I say this because I know mothers of teenage children who still prepare their medication for them...

Since I had returned much better, we then took a small vacation to Paris. Now I could walk the streets with my mother without getting exhausted immediately. We spent several days exploring the city, hopping on a bus whenever it started raining or we wanted a break from walking.

Around 1990, antibiotics arrived in Spain and I was able to start receiving treatment in my home town.

Adolescence

I had a major setback in 1993, as it was during the time of "transitioning from girlhood to womanhood" with the accompanying hormonal changes, and it's normal for the body to prioritize those changes and pay less attention to infections and other issues. (Do you recall how I mentioned earlier that when under stress, the body will down-prioritize immunity and digestion? Something similar seems to happen at this transitional age).

The Pseudomonas had become completely resistant to all antibiotics, which meant that no treatment was effective. It was a distressing period, although I must admit it was more so for my mother than for me.

I was hospitalized for two and a half months and ran out of available veins in my arms. I was then able to get my first Port-a-cath, a small box implanted under the skin for treatments. It was great not to have to search for veins in my arms, and to have my arms free afterwards! I wish they had put it in earlier, in fact. Amazing little gadget.

Being in the hospital was like a second routine for me, and I had IV treatments for two weeks in hospital roughly every three months from 1990 onwards. Each admission was a small move, because we brought books, CDs, a music player, games, etc. I was an avid reader (I would read 1-2 books from Enid Blyton's "Famous Five" series per day, I devoured the hospital library). I also studied, so as not to fall behind in school.

That year I was in 8th grade and missed a large part of the year. When I returned to school in March 1994, I had to wear a mask. What everyone had to do in 2020 due to the pandemic, I had done years before.

I was able to catch up on the missed studies during the summer, so I didn't have to repeat the year. That year I also went on vacation to Sweden, and received another round of treatment there as well.

Over the years, my mother continued to educate herself and learn natural health techniques. In 1993, she quit her profession as an architect to teach Reiki (Usui System of Reiki Healing) full-time. I also trained in Reiki: I did first degree in 1988 and second degree in 1993. And many other therapies as well. So learning gradually to master health was a life-long process indeed!

In 1995, we moved to Madrid. Dry climate, and for the first time, physical education classes in school. The combination did me a lot of good (now I understand that exercise was key) and I was very stable, requiring IV treatments a bit less frequently.

In adolescence, I also began to investigate the influence of nutrition on my health, and we tried different dietary styles to see which one suited me best. I read a lot of nutrition books and loved experimenting with recipes.

Young adult

In 1998, I had a health milestone: 100% total lung capacity (FVC) and approximately 80% FEV1. Those are levels considered normal for a healthy person. At this

stage, my doctor at La Paz Hospital in Madrid, Dra. Prados, told me something beautiful: I could consider myself a normal person, living a normal life (while remembering my nebulizations and medications) and aspire to die from anything but cystic fibrosis. Beautiful words!

It was during these adolescent years that I began to practice periods of fasting. That is, I would go 5-6 days either only drinking juices and broths, or doing the "maple syrup and lemon juice fast." Drinking the juice of about 2 kilograms of lemons a day helped me a lot. Of course, I would lose weight, but at that time it wasn't a problem. If I saw that I was at 60-61 kg, I could take the opportunity to do an internal cleanse and help my lungs. I would drop to 56-57 kg and as soon as I started eating again, I would stabilize at my usual 58 kg.

I graduated in 1998 with good grades, but with great mental fatigue (that year I had also missed a couple of months due to hospitalizations), so I took a gap year from studies. Or almost a gap year, because I took an intensive Italian course for 6 weeks - learning my fifth language.

In 1998, I had my port-a-cath removed, as apparently I didn't need it and it was causing some complications. I was very stable in terms of health, which I understand

had a lot to do with my levels of exercise and stable routines.

Moving forward, in 1999 I entered the Royal School of Dramatic Art (RESAD) in Madrid, to study playwriting. The problem was that almost everyone smoked, even inside the classrooms (at that time it was still allowed), and my lung capacity dropped from 100% to 80% in the first year, and down to 60% in the second year. My mother stated that although it was uncommon for a mother to say something of the sort, she asked me to consider quitting my studies because the numbers didn't add up for me to continue there for four years. So, I dropped out of school after the second year.

I managed to recover a bit, during that time I was experimenting with garlic, echinacea capsules, vitamin C, and other supplements to combat exacerbations. They weren't super effective, but they helped. I started experiencing some episodes of hemoptysis (lung bleeding), which was quite distressing, although they were mild episodes, and I found that taking blueberry powder capsules helped to prevent the bleeding episodes somewhat.

Around that time, we had moved to downtown Madrid and I started working as a freelance translator, translating from English and Swedish to Spanish

(online). It was a profession that, by the way, allowed me to continue working even during a hospitalization.

University in the United States

In January 2004, I went to Utah to continue my studies. I won't bore you with all the details, but I felt very fortunate that the hospital provided me with 8 months' worth of medication at once. It seems that it wasn't common for someone with my diagnosis to want to study abroad. I felt very supported.

My time at BYU (Brigham Young University) was very happy. I swam twice a week, walked kilometers a day around campus, studied and translated, and had a social and spiritual life. It was the first time in my life that I truly had "Integrative health" at all levels and felt very pleased having a balanced life.

Note: once again, it coincided that I had a moderate level of exercise and a dry climate, and I felt great.

During the three and a half years I was there, I had small exacerbations every three months, but I managed with oral antibiotics. I also regularly used echinacea with goldenseal and elderberry that I found at local health food stores. I went four full years without intravenous antibiotics! My lung function was back around 100% of predicted and 80% of FEV1. I was happy.

I took the chance to visit the local CF specialist center in Salt Lake City and met the wonderful Dr. Liou. It felt important to learn if there was something new I could apply to my routines. It was him who first taught me the importance to disinfect my hands before eating or touching my face when I was in public places. He also mentioned that nebulizing a hypertonic saline solution (7% salt solution in water) could be good for the lung function. I did do it for a while, but my lungs got very irritated in doing it so I had to discontinue a few years later.

I graduated in April 2007 with my Bachelor's degree in Linguistics, with a minor in Scandinavian Studies, Cum Laude with university honors. I hadn't talked about CF (cystic fibrosis) with almost anyone, except for my roommates who had the right to know why I was taking up part of the fridge with medications. But one of my professors convinced me to share my story openly, to inspire others that a girl with a disability was studying in her third language and graduating with honors.

They featured my story in the local newspaper and on the university radio, and I received a flood of emails and messages on my Facebook wall (which we had as university students since 2006), not only with congratulations but with surprise, as no one had guessed that I had this condition. Many declared that they were

inspired by my story, so I felt like "mission accomplished": overcoming my resistance to sharing had generated something positive.

Early professional life

After completing my studies, I returned to Spain, but this time not to Madrid, but back to my native island of Mallorca. That was in April 2007. Perhaps it was the change to a humid climate combined with abandoning all exercise routine, I'm not exactly sure of the reason, but I experienced a sharp decline. The specialist doctor couldn't explain why my FEV1 had dropped to 36% by November of the same year. I had a tremendous setback and hemoptysis returned, this time with more intensity. We continued applying Reiki and herbs to slow it down, but I was worried and didn't know what was happening.

In January 2008, I joined my first network marketing company and started using high-potency supplements. I experienced some improvement and was very enthusiastic about the business plans. I also noticed that enthusiasm had a positive impact on my respiratory health (once again, we see links between the emotional and the physical).

In the summer of 2010, I had another port-a-cath inserted and had such a massive hemoptysis that I needed blood transfusions and embolization. I won't go into gruesome

medical details, but I mention it to highlight that I've had setbacks and have come out of them, even though the outlook was somewhat bleak at times. One should never lose hope.

Around this time, I discovered that I was intolerant to gluten and dairy. Gluten, in particular, caused a lot of inflammation in my body, and dietary changes allowed me to maintain more stability.

It was a fairly long rough patch. Fortunately, I had the port-a-cath, because I started needing intravenous treatments with two or three antibiotics at the same time, for two weeks... every six weeks! That's when I started developing allergic reactions to antibiotics, so with each intravenous cycle, I had to be given antihistamines to tolerate it. I felt pretty stuck with my health at this stage.

First encounter with essential oils

In 2012, something very important happened in my life. A mother and a father of children with CF in Catalonia, Spain, told me within days of each other about a mother in Germany who had observed that lavender essential oil (*Lavandula angustifolia*) had been able to sensitize her daughter's *pseudomonas* when used in steam inhalation.

As someone who always tried everything, I went to a health food shop and asked for a bottle of pure lavender

oil. I was fortunate that my first attempt at steam inhalation was pleasant. I didn't notice much at first, but I had the impression that I was breathing better.

At that time, I was traveling frequently between Mallorca and Madrid, and soon enough, I forgot to bring my lavender oil with me. I went to another health food shop and they sold me lavender oil from a different brand, where the label claimed it was 100% pure *Lavandula angustifolia*. But it was not the same. When I used it for steam inhalation, I had a bronchospasm: my chest tightened, I couldn't breathe, and I had a coughing fit.

That's when my investigation began. How was it that bottles that appeared to be the same had such different effects? And different aromas too. It turns out that both the European Union and the FDA in the United States allow labeling to claim 100% purity even if the content may be partially or completely synthesized in a laboratory (i.e., artificial).

My mother laughed at the collection of lavender bottles I was accumulating (I had up to a dozen different brands), but it was truly frustrating not knowing how to find truly pure brands. And that every bottle, even from the same brand, would have very different smell and effect.

Although those oils were not the best, they did manage to sensitize the multi-resistant pseudomonas, and antibiotics finally started to work again. That is how I realized that essential oils were actually a powerful tool.

In 2012, my wonderful CF specialist in Mallorca, Dr. Togores, told us that he would retire in a couple of years and that one of the pulmonologists would specialize in CF to take care of us in the future. That didn't convince me, because in this disease, just any pulmonologist won't do. Besides, I was one of the oldest people on the island (there were few over 35 years old) and that wasn't a reassuring feeling.

When I heard that in Sweden they had patients who were dealing with menopause complications and patients over 60 years of age, I thought it was time to emigrate.

It turns out that in Sweden, they prioritize exercise over medication in the case of CF. The medical recommendations I had observed during my time in Utah, compared to those in Madrid and Mallorca, were very interesting contrasts. It was around that time that I started my blog "Fiqui Viajera," sharing my experiences and comparing what doctors from different countries had told me, since the guidelines and protocols were quite different. Let me clarify that I never conceived it as

a personal blog with frequent posts, but rather as a small reference encyclopedia.

Around that time, I also started a Facebook group called "Festejando Quilates" where we talked about natural solutions for CF. That group is not active now, but it was very beneficial for a while due to the interaction with other people who shared their experiences and what each was researching about.

I spent the fall of 2012 at my aunt's house in Sweden, testing if the infamous Swedish winter weather with cold and darkness was something I could adapt to. As I found, it didn't bother me much. So I decided to move, for real.

In the meantime, I started searching for some kind of job, because I needed "papers" to be eligible for social security in Sweden. I had made a living as a freelancer, doing translations and network marketing, so I wasn't thrilled about having a boss. But I thought it acceptable to "sell myself as a slave" for a year to achieve my goal of living in Sweden.

For me, employment was a strategic move, not a goal. Freedom is uppermost important to me and working with bosses is simply not my thing.

Sweden!

I moved to Sweden in June 2013, almost ten years ago now. In the fall of that year, I experimented with the paleo diet, minimizing my carbohydrates and eliminating sugar, dairy, and all grains from my diet. I experienced a new peak in my lung capacity, with 100% forced vital capacity (FVC) and 70% forced expiratory volume in 1 second (FEV1). However, at that time, I didn't have access to proper pancreatic enzymes that would work for me (they had stopped providing the old Pancrease in Spain since 2012, the new pancreatine capsules called Creon had much less protease in the blend). Since I couldn't digest proteins properly, I dropped to 53 kg in weight. That scared me a bit, so I discontinued the diet after three months (and my lung function worsened a bit).

Although I was sporadically using some essential oils, I really knew very little about how to use them. I went through a period of declining health again. But knowing that I had come out of similar situations before, I trusted that I would be able to recover.

In June 2015, I met Thomas, the man who would become my husband, and we got married in September that year. A very happy phase began! However, I continued to lose weight, dropping to 47 kg, and my lung capacity was very low (30-40% of FEV1). My husband was a great support in encouraging me to go to the gym and push

myself to move, even when I didn't feel like it and had little energy.

One thing I discovered was a kind of magical threshold when exercising. After 20 minutes of "dragging" myself (whether on a stationary bike or walking), I would start to feel better. For the first time, I was consciously exercising regularly, and I began to notice the effects of doing it - or not doing it.

Talking of exercise, in Sweden nowadays, high amounts of exercise are the standard recommendation starting at an early age for people with cystic fibrosis. That's a stark contrast to my childhood experience, where doctors had written me an exemption note from physical education in school due to "not being able to do it." I cannot emphasize enough the great impact that exercise has had on my life, although I only realised this after the age of 35.

Essential oils - now for real

Towards the end of 2015, three different people told me about the same high-quality brand of essential oils within a few weeks of each other. One was a nurse, another had CF but sang opera (!), and the third was an old friend.

I won't go into too much detail about that aspect of my story, but I started using those oils and essential oil supplements in December 2015. The remarkable thing here is that for the first time, I had something effective against colds, and I no longer had to fear getting pneumonia every time I crossed paths with someone who had a cold.

No longer feeling afraid when encountering other people was a huge change for me, and I felt empowered like never before.

Where before echinacea, garlic, and other remedies could only slightly slow down the relapse, and then I always needed antibiotics, now that I finally had potent oils and knew how to use them, for the first time I had a combination of oils to put in a capsule that truly had the effect of antibiotics, and I could start skipping antibiotic rounds. In other words, the pattern of getting worse every three months continued, but instead of having to take antibiotics every time, I could use only specific oils and supplements for 10 days and recover. I started needing fewer intravenous treatments.

And by consistently using probiotics, I hardly caught colds and could recover more quickly.

Another important thing is that I could finally detoxify again. If you remember my story from my adolescence, fasting helped me clean myself from the inside and

improve my lung health. Because I had been chronically underweight, I couldn't afford to lose a few kilos. When I incorporated essential supplements and essential oils into my life, I could detoxify without losing weight, which helped me tremendously.

These oils had been so remarkable for me that I couldn't keep it to myself. In January 2017, I launched my YouTube channel "Tisha Salud Integrativa." That was the beginning of a big change, and in January 2019, I was able to leave my successful career as a translator after almost 20 years in the profession.

In the fall of 2018, I had another downturn, but that's when I started taking the new modulator medications for the first time: Orkambi.

However, I took a slightly different approach than the standard one (as usual!). I had known since 2012 that in the DF508 mutation (the most common and one of the most severe, which is the one I have), the consumption of antioxidants can help regulate the genetic defect, but if taken in excess, they can worsen it.

I had already been experimenting with the dosage of antioxidants I was taking, and I continued to incorporate them into the equation when starting Orkambi.

I must say that the doctors had been very hesitant in presenting me with the new treatment. In fact, they talked to me so insistently about the possible terrible side effects and the very few positive effects, that it gave me the impression that they were inducing a nocebo effect on me (the opposite of the placebo effect, that is), as if they wanted me to have a negative mindset. Something I refused to accept. I decided that I would be having a positive effect with Orkambi - and I did.

Later, the doctor told me that I was the person in Sweden who had experienced the most positive effects with Orkambi, and they asked for my permission to share my story at the national congress. I pointed out to the doctor that I was balancing my antioxidants and incorporating essential oils, but my comment was not given much credit. Typical, I thought. If I am an outlier again, and I am not having the same results as the statistics, why don't they pay attention to what I am doing differently?

I also paid more attention to my digestive health. Did you know that according to Chinese medicine, the intestines and the lungs are in the same meridian? This means that the health or lack of health in one affects the other. I started teaching about that in essential oil groups.

Unfortunately, Orkambi began to lose its effectiveness over time, but I persisted in taking my supplements and essential oils and was able to slow the decline.

In January 2020, we went to Spain for a tour of in person classes during the spring. February and early March were an intense and exhausting period of traveling and teaching to groups. I really enjoyed staying at home during the pandemic, as I honestly prefer working online.

I wasn't afraid of the virus, and I felt so grateful to have tools against viruses when traditional medicine didn't. 2020 was a happy year of intense activity sharing the message and helping empower families.

In January 2021, I had a temporary emotional setback when my grandmother and our dog passed away within a week of each other. It didn't surprise me that two weeks later I had a strong cold that turned out to be Covid. But thanks to God (and the oils), it was a matter of a few days.

In the summer of 2022, I switched to the next generation of modulators: Kaftrio+Kalydeko. And this was another boost in lung capacity and values.

I still take a lot of supplements, and in the fall of 2022, I incorporated collagen into my regimen. This quickly had an effect on improving my exercise recovery (my husband is a tech lover and got me hooked on the Apple Watch to track my personal stats). I hope that with

collagen, exercise, and oils, I can reverse the bronchiectasis (I'll definitely share it on social media when I see it on the X-rays!).

The last time I had an IV was in December 2021, and we had to stop it early because even with the maximum dose of antihistamines, I couldn't tolerate the allergies it caused me. So I'm really happy that now I'm able to maintain my health levels without the need for IVs.

As I write this in April 2023, I am stable and my values are within the normal range. I've become aware that the theoretical value used as a reference for normality decreases with age, so what was considered 100% for me at 18 years old is not the same as what's expected at 42. It's complicated to talk about percentages because this theoretical value has changed as different tables are applied in different countries, but based on my calculations, I'm hovering around 100% FVC and 80% FEV1 again.

I'm swimming twice a week and taking daily walks for half an hour. And in march, I set a personal record: swimming 1000 meters in 30 minutes.

I have plans for the future, hopes, and a desire to share this message of hope with the world. The future looks bright, and I feel incredibly grateful.

Final words

I still have my small setbacks every three months, but I'm happy that essential oils help me get through them.

If you have a child who has been recently diagnosed with CF, I want to share a message of hope with you. This disease is complex, but it is possible to live a full, successful, and happy life despite it.

You can refer to my blog for information, but if you want guidance on how to start using essential oils and specific supplements in your life, send me a message and I'll be happy to help you get started.

11. Who is Tisha?

I am Tisha Klemetz, a chronic patient diagnosed with cystic fibrosis in 1982, a "veteran hospital rat", and a lifelong health researcher.

Let me briefly tell you about some of my studies:

- BA in Linguistics (Cum Laude and University Honors) with a minor in Scandinavian Studies from Brigham Young University, Utah, USA, 2004-2007.
- Integrative Nutrition Health Coach diploma from the Institute for Integrative Nutrition, USA, 2014-2015.
- Applied Quantum Physics for Personal Transformation with Mikael Säflund, 2015.
- Nutrition and Dietetics Level I from the UNED (National Distance Education University of Spain), 2001-2002.
- Essential Oil Specialist certification from doTERRA, 2020.
- Two years of Dramaturgy studies at RESAD (Madrid), 1999-2001.
- Usui System of Reiki Healing (original system of The Reiki Alliance taught by Anugama Marg), 1987 and 1991.
- Additional courses in translation, gluten-free and paleo diet, Musicosophia, music, vegetarian cooking, gemology, Mayan calendar, theater, genealogy, digital entrepreneurship, and more.

Together with my mother and partner Mayni, we have been helping people to have a healthier and more natural life since 1993.