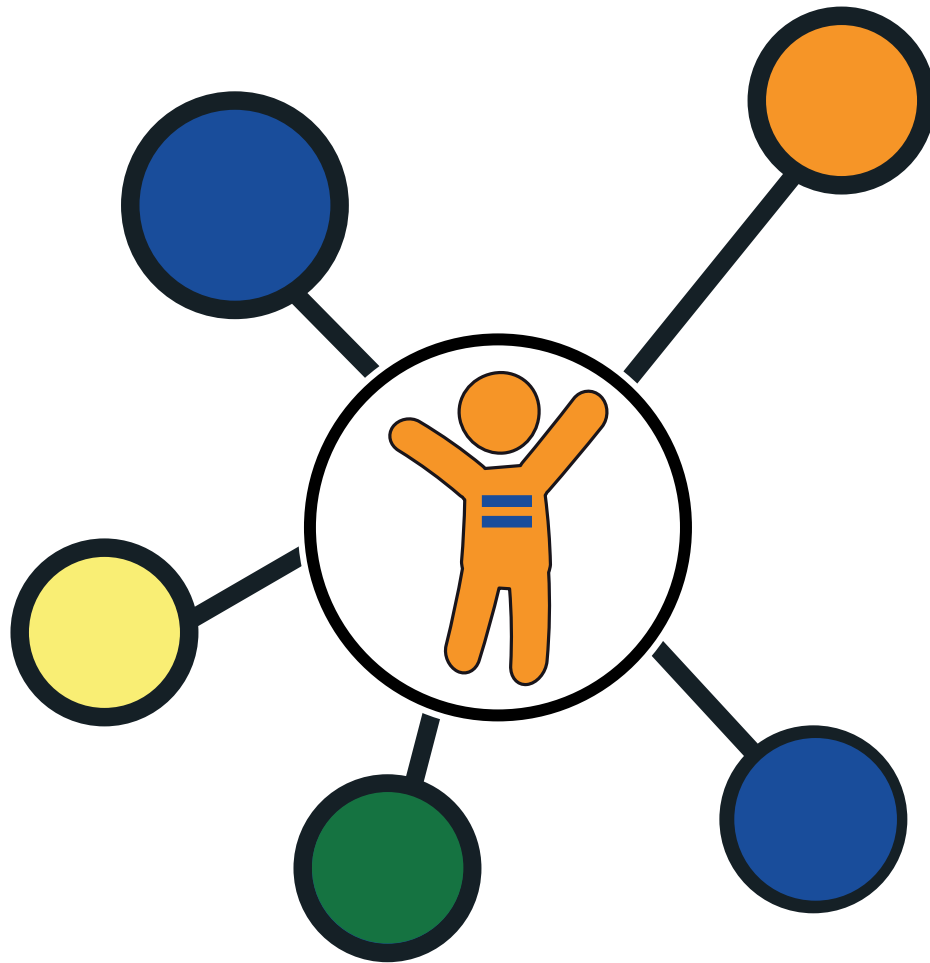


S.W.A.Y.S.



START WINNING AGAINST YOUR SYMPTOMS

SEVEN STEPS TO START HAVING DAILY WINS
AGAINST INVISIBLE ILLNESSES

Written by Cyndi Whatif

Allow Me to Introduce Myself

Hello, I'm Cyndi! I am so glad we have crossed paths. I hope I can help you find answers.



I once was in your shoes. I remember what it felt like to isolate myself because it made me less weak even though I didn't know why. Being out and about in society was exhausting. Being concerned whether or not the next bite of food would be safe food for me or not was scary.

I remember not wanting to go on outings with friends and family because if I became ill while out, I would ruin everyone's fun. I just figured I had the short end of the health stick, and I would be like this the rest of my life.

You see, I had struggled with chronic fatigue for over a decade. Struggled with trying to get doctors to understand where I was coming from and that it wasn't in my head or a desire for attention. When they stopped listening because they couldn't find the problem, I stopped going. It didn't make my problem go away. It just made me go away.

When I started developing many food and environmental allergies as well, I went back to the doctor. She discovered I had a faulty pituitary gland and told me I had a life expectancy of 38-42. I was already over 40!

So, you see, I know what it is like to be told bad news and the helplessness that comes with it. It sucks. Really sucks.

MEDICAL DISCLAIMER

This content is for informational or educational purposes only, and does not substitute professional medical advice from healthcare professionals. It is my personal experience and has NOT been proven yet. Reliance or use of this information is at your own risk.

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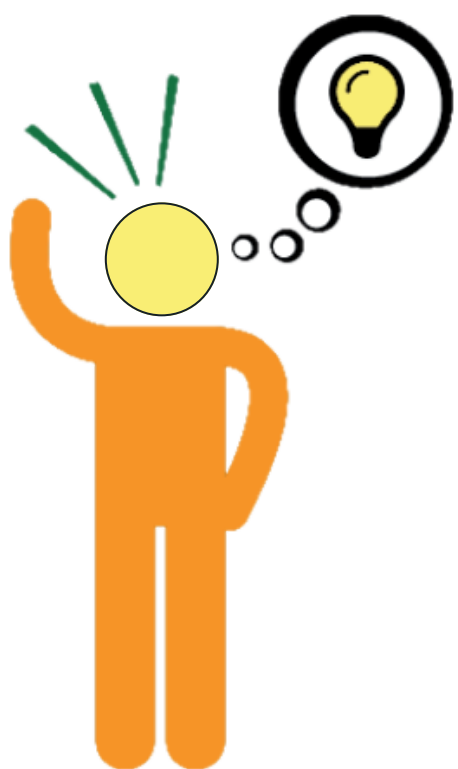
I Want to Give You Hope

I did not want to go down without a fight, even though I felt like I had no fight left in me. **Enter the good news.**

I believe I have discovered how chronic inflammation, allergies, and nutritional deficiencies are not the problem but the warning light of something else having gone wrong.



THIS IS MY NEW SCHOOL OF THOUGHT.



What I have discovered has enabled me to remove my fatigue, pain, severe food and environmental allergies, as well as live twelve plus years past the expiration date my doctors gave me.

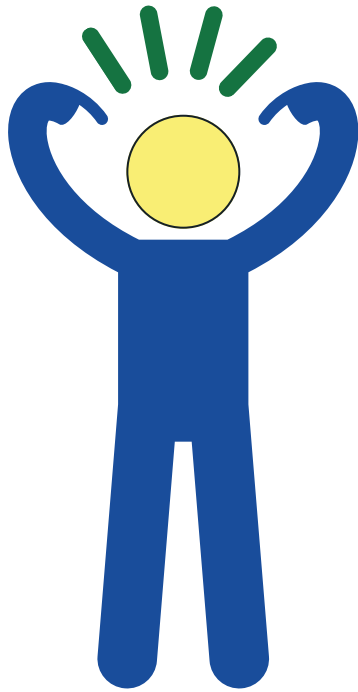
It wasn't quick for me, nor easy. It was uncharted territory. So many questions.

I was just looking for something that would make it possible for me to get my life back. I'm not there yet but I can see the finish line though. I see possibilities.

Because of the questions I have and the potential I see, I go by the pen name of Cyndi **Whatif**.

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We Are Different



In case you haven't noticed yet, we are different.

It is a little like those anonymous groups. We have to admit the problem before we can fix the problem.

My problem was not being a hypochondriac. My problem was an invisible illness.

Yes, something was wrong, but it just couldn't be seen. Looking at statistics, I also saw once you have an autoimmune disease, you're likely to get more.[1]

I did not want to go down that road. I needed to find a way to cut my health decline off at the pass.

By accepting we are different isn't enough though. I needed to do something about it.

WHILE SEARCHING FOR THOSE ANSWERS,
I LEARNED MANY THINGS OVER THIS PAST DECADE.

My mission in my life right now is to share what I have learned with as many people as possible. I know how much what I have learned has helped me. I do not know but do hope it will help others. So, I share...



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What I Have Learned

I believe we have a glitch in our immune system.

FIXING THIS GLITCH IS FIXING ME.
I WANT TO SHARE IT WITH YOU.

Why are we different?



Here is my hypothesis – educated guess – of why this is the case.

I have named it Defensive Individual Shield Hypothesis, DISH®. It acts as a protective barrier and a sorting system. I believe our bodies are supposed to automatically be doing these two jobs. This DISH® is supposed to enable our bodies to sort good ingredients from bad ingredients.

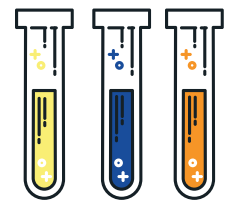
I believe my body failing to do this job is why I was so sensitive to so many foods, my environment, and being in my house with the electricity on.



What can we do about it?

I believe inflammation and nutritional deficiencies could be our bodies signal we are failing to do this sorting job. Our bodies need this sorting done regardless if it is done automatically or manually.

So, the solution is to do this process manually until the body is able to do it automatically.



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What I Have Learned (cont.)

Why this is important?



I acted on this assumption of faulty sorting and started doing it manually.

I have corrected many of my health challenges. Not all of them yet, but this is okay.

As long as I am sorting manually,
I don't have to be better before I can start feeling better.



What is this DISH® all about?

Understand it's all about frequencies. Frequencies this DISH® has which enables the body to sort.

This sorting enables me to help the body to keep the Good Guys I need while removing the Bad Guys I don't need. Something my body was unable to do in the past.

ALBERT EINSTEIN IS QUOTED AS SAYING,
"FUTURE MEDICINE WILL BE
THE MEDICINE OF FREQUENCIES."

Maybe this is why!

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Remember the Objective

Divide and Conquer

What I did. I leveled the playing field. I avoided acquiring more problems by protecting myself from unnecessary extra work. This enabled my body to focus its energy on what was causing my health challenges instead of focusing on my environment.

I NEEDED TO GET 'TO'
AND START 'ON' NEUTRAL GROUND.

The only way to be able to do this was to eliminate anything else the body was trying to combat. Stop bringing garbage in I would later need to take out.

One Step at a Time Creates Progress

I know it will seem like so much to tackle to get to zero. But it is kind of like a habit. Once it is in place the right way, you don't really need to think about it too much.

It may seem overwhelming and frustrating because there is so many things to consider. Focus on just one area at a time. It probably took me six months to accomplish this.

But it is impactful. Removing a polyester shirt removed my headache. How? I didn't know why at the time, but I stayed away from it. Now I know it was because of my sorting challenges. Correcting those challenges has enabled me to wear polyester again.

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Step One



Start Reading All Labels

With the idea in mind of stop taking garbage in so you don't have to worry about getting it back out again, label reading is very important. We want to give our detox organs a chance to focus on what is already in us that is making us sick, making us unable to sort.

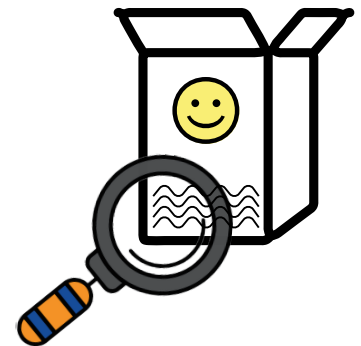
Give our bodies a chance to get to neutral ground. Being on neutral ground helps reduce symptoms.

We should label read food, clothing, cleaning products, furniture, EVERYTHING. We need to stay away from the Bad Guys.

What I did in the beginning was to just start reading them. I didn't act on them. I kept watching. The first patterns I started noticing were in my clothing. I preferred certain clothes. I felt good in them. They were all 100% cotton. Interesting.

One day I put on the grey hoodie I thought was so cute. I got a dull constant headache at the base of my neck for hours. I finally thought to ready the label. It was part cotton, part polyester.

I changed shirts. The headache was gone within ten minutes. Coincident, maybe. Tested it again a few days later. Yes, it was not a coincident. I was reacting to the polyester. I purged my closet of polyester and boxed them up. I hoped it would only be temporary, even if it was a long temporary. It was, but can wear it now.



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Step Two & Three

Clothing

2

1. Think nature made

- 100% Cotton
- Rayon
- Wool



2. Avoid man made

- Acrylic
- Polyester
- Nylon
- Blends



3. Be cautious of cleaning process for clothes

- Dry Cleaners
- Laundry detergent
- Fabric softener
- Bleach



Immediate Surroundings

I first needed to start being aware of where toxins were present and hiding in my immediate environment.

I would continually ask myself what items were made of. For example, just because it looked like wood or cotton does not mean it is the case. Search for answers.

Good

Wood
Stainless steel
Natural Stone



Not Good

Particle Board
Aluminum
Formaldehyde



3

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Step Four & Five



Food Prep and Storage



Sometimes we only focus on what we can and can not eat, It is easy to forget to factor in all other places food could become laden with toxins.

Good

Cast Iron
Stainless Steel
Glass



Not Good

Non-stick coating
Aluminum
Plastic
Microwave



Electricity

Nothing made me feel more like an outcast than others not understanding my electricity struggles.

- Choose your battles. If there is one form of electricity you cannot be without, choose to not have or modify another one.
- Be away from all electronics, including cell phone, a minimum of 30 minutes a day.
- Keep electrical objects a minimum of six feet away when possible.

When EMF bothered me too much

- I would turn off the router OR
- Cut the power at the breaker to one room in the house for temporary sanctuary.



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Step Six & Seven

Keep Looking for Options



I wasn't given a dead end road...I was told the bridge was out and I was running out of track. Something I knew in my gut ten years earlier, but didn't know where to look to find the problem. When the problem was finally found, they had no solution to it. (Hello, Invisible Illness)

I had already been doing integrative medicine, combining alternative medicine with conventional medicine. I think the only thing I hadn't tried yet was homeopathy.

I decided to add this to my already full tool box. I figured hey, what have I got to lose. Might as well check it out as well. It was a very wise decision for me. It was my introduction to wave canceling for health.

Get Good at Sway Testing

During this searching, I found new tools. I learned to work with those tools. One of which was sway testing, also known as muscle testing.

This tool was so handy because it enabled me to make minor adjustments on a constant basis to enable me to control my surroundings better. By controlling my surroundings, it in turn controlled my reactions...thus controlling my symptoms.



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Sway Testing Explained

There are three common types of self-muscle testing. The easiest one to learn is the sway test. This is the one I use predominantly.

Like any other skill in life, it requires a willingness to learn. It is a skill. Some may try it and then say, 'See, it doesn't work.' Well, I say are you doing it properly?

In the beginning, when I was first learning how to do this, I would start off by standing or sitting facing north. I would then ask 'the question' that I wanted my subconscious mind to tell my conscious mind the answer to.

For example, 'Am I allergic to this food?'

- If the answer was 'yes', my body would gently sway forward.
- If it was a 'no', then my body would push me back on my heels, or I would feel pushed back in my chair if I was sitting.



In the beginning, I could not feel a difference very easily when I was sitting. It was easier for me to notice a difference when I was standing.

SWAY FORWARD...YES.
SWAY BACKWARDS...NO.

The actual sway may vary for each person. I know someone who's head just bobs forward regardless of it being yes, or no, but she can 'tell the difference' between the answers.

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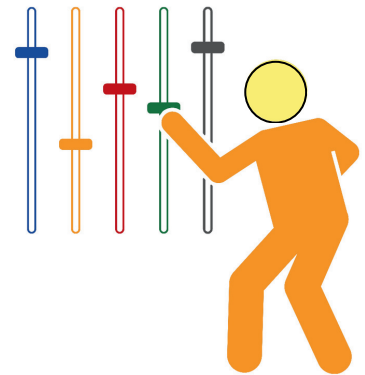
Importance of Sway Testing

Frequent Input Allows Frequent Adjusting

I believe the biggest benefit to sway testing is the instant information.

When I was so allergic to everything I ate, my sway testing probably protected me. Just because it was safe for me the first time I ate something, definitely did not guarantee it would be safe for me the next time.

I'm talking about food that is suppose to be good for you. I was allergic to broccoli and cauliflower. Come on. Really? It was INCREDIBLY frustrating - and scary - to say the least.



Adjusting I Needed to Do Manually

For me, when I knew my health was slipping away and there was no known answers to fix it, this was the only tool I had. It helped me to try to understand what my body was trying to tell me.

I had no choice but to figure out how to use it AND how to use it well. So that is what I did. Originally it was to just to be able to survive. But, when I discovered this faulty sorting...I was able to improve.

Realizing the lack of my body doing this frequent adjusting automatically made me realize I needed to do it manually. Sway testing enabled me to do this. The better I understood this system I've named Defensive Individual Shield Hypothesis (DISH), the less inflammation I had and the Good Guys (nutrition/hormones) I could keep in me instead of remaining deficient in them.

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Sway Testing Protocol

Standard Protocol

My homeopath recommended that I clear my mind and think about nothing else. I did as she suggested in the beginning.

HOW TO SWAY TEST

- Be hydrated
- Be facing north
- Sitting or standing is fine
- Clear your mind
- Try not to think about anything
- Relax
- Ask the question

Usually a sway forward meant yes, and backwards meant no.
(But everyone is unique in this.)

My Protocol

However, for me, it seemed like my conscious mind would always try to be in charge when I did it this way.

Through trial and error, I found that by following a slightly different protocol, the answers were more pronounced for me.

Let me share a few tips on 'How to Practice', 'Troubleshooting', and 'Sway Testing While Bedridden'.

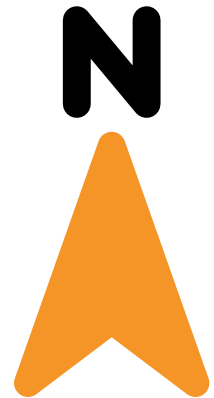
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How To Practice Sway Test

If you live in our house and you are caught saying, 'I can't do that,' whoever is in the room with you will then ask you, 'Have you tried it sixty times yet?' If you haven't, you aren't allowed to say that. (I can't remember when or what started that, but the kids even pulled that on me when I said, 'I can't learn the bass guitar.')

1. Prepare

1. Take a sip of water and leave it next to me.
2. Find out which direction is north.
3. Make my entire body face north.
4. If I don't know which way is north, use a compass.



On a curious side note, after doing the sway test for about a year, we were on a camping trip. I didn't know which way was north. (My husband did, but he was on a hike.)

- I was actually able to find north by asking, 'Is this north?'
 - No. I turned about 30 degrees to the right, 'Is this north?'
 - If a no, I did it again, until I had a yes. I found north!
- (My husband confirmed I was correct when he returned.)

I learned that I no longer needed to face north.

2. Recognizing 'yes' tends to be easier.

yes!

To begin with, I looked around the room and made true statements about what I saw. I felt for the sway. When I had felt it several times, then I tried for the no answer. It may not always be a sway. It may be very subtle. This is why it is important to get good at feeling what a yes feels like before moving on to a no answer.

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Practice Sway Test (cont.)

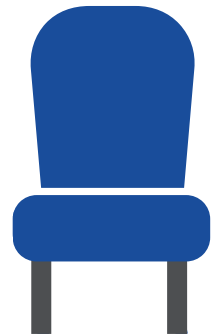
3. Start with What You Do Know

This can be complicated sometimes, depending on how you think. More specifically how much of a literalist you are.

For me, my dad was career military, so we lived in many places. It seemed like every geographic location had it's own words for things. I could not point at a couch and say that is a couch.

Why? Because it depended. Based on where we lived, it could either be a couch, sofa, or davenport.

Do you get the picture? I had to stick with the chair.



THERE NEEDS TO BE...
ONLY ONE CLEAR ANSWER.

I wouldn't choose colors or names of people for the same reason.

For example, if I looked at an object and said, 'that is red.' Is it? Or is it crimson, cherry, or garnet, etc.?

If the person has a nickname, it may confuse the subconscious mind as well.

Stick with looking at a cup or a glass, and saying what they are.

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Practice Sway Test (cont.)

4. Be Patient

Ask predominantly yes questions while you are practicing.

Have a ratio of at least 10 yes answers to every no answer.

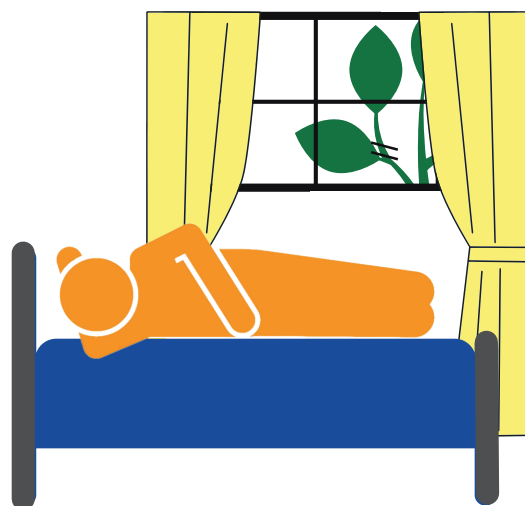
It is good to do this training frequently in the beginning to get a good feel for what the yes movement feels like.

Bed Ridden

If you are unable to get out of bed or sit up, you can still do the sway test.

It just takes a little more practice.

Lie flat on your back with no pillows.



Instead of practicing with yes answers, you will want to practice with no answers. It is easier to feel a 'no' than a 'yes.'

A 'no' will push me into the bed.

The yes answer, may just be no push at all if you are very weak. Eventually, it may become a head nod then a shoulder raise as your strength returns.

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Trouble Shooting

1. Be Hydrated

If I was dehydrated, the process would be hindered. Sometimes drinking some water with some minerals in it was helpful. Orange juice, if not an allergen, also worked.

I think it takes about 90 minutes for a glass of water to actually hydrate a body so, I try to stay hydrated throughout the day.



2. Get on Your Knees

Getting on my knees, changes the fulcrum location to make the answer more pronounced. I found this one to help incredibly in the beginning when I couldn't really tell if I was swaying. (And yes, sometimes I was so exhausted already that I would be swaying back in forth just to try to stay standing up. I know some of you know what I mean. If you don't, you are blessed.)

3. Be More Specific in Your Question

I know this seems strange, but the wording really matters. It is important to have a clear single understanding of each word being used. Also make sure to not use any negatives. (Oops, like what I did just now. I should have said, 'Avoid all negatives.')

It is petty, but it makes a difference. What can I say other than work on the skill. Trial and error and lots of practice.

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When Still Not Working

Sometimes the body will not sway at all. Other times it might sway both ways. I have learned that these are neither yes's nor no's but they are usually a 'it depends.'

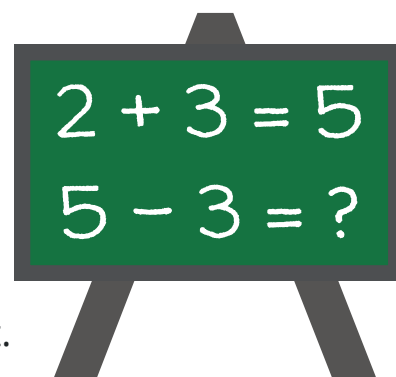
As I said, it does take some practice. It is kind of like an old car that needs to have everything tweaked just-right in order for the engine to turn over.

How You Say It Matters

My mom was an amazing woman.

She was also very smart.

She was 'received an A in college calculus – after being out of school for over a decade' – type of smart.



She unfortunately also had several strokes when she was only 42. She never recovered completely from them. It took her two years before she could eat, and another two from that before she could talk. She never regained use of her right side or clear diction.

BUT, she was totally mentally there. She had clarity of thought.

HOWEVER, something interesting happened.

She could not subtract anymore. Period. We would ask her, 'Mom, what is $2 + 3$?' She would say five. We would then immediately ask her, okay, then what is $5 - 3$?

She could not tell us! No matter how many times we told her the answer, she could not remember it when it was subtracting.

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When Still Not Working (cont.)

With this experience in my background, it got me to wondering when I would have trouble 'getting' a clear answer when I sway testing.

THE WORDING MATTERED.
ALOT!

My body did not understand the word not.

My body did not understand the word detox.

My body did not understand the word bad. (So I could not ask if this particular item was bad for me.)

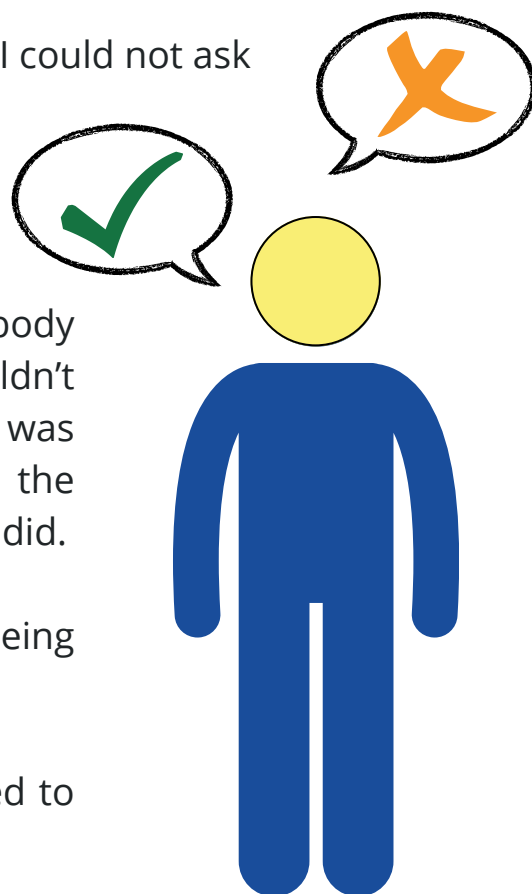
Those were the main ones.

What was interesting was that I could ask my body if it knew what a word meant. I guess it shouldn't have been a surprise when that question was answered. But, heck, I was still surprised at the whole idea of sway testing working as well as it did.

My body needed to understand what was being asked.

Instead of saying, 'Is this bad for me?' it needed to be the question of, 'Do I need to avoid this?'

Instead of saying 'Is this good for me?' it needed to be the question of, 'Is this beneficial for me?'



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Twaking the Sway Test More

Maybe You Need to Do Something Else ALSO.

When I would get a yes-no or no answer at all, I found that if I said, the question again and included the word 'with', I would get a clear answer.

As I progressed, I also noticed that there was a difference between the words 'with' and 'and'.

WITH: Needs combined with something.

Involved taking more than one supplement at the same time. Taking just the one supplement would 'trigger' the body to 'do something.' It would need other supplements to help the body to do the job that was triggered.

AND: Required something else needed to be done before, during, or after taking the supplement.

Ask if You Can Sway Test at This Time.

Sometimes I would consistently get a no, over and over, even though I was clearly having an allergic reaction to something. When I would hit a wall of no's like this when something was clearly wrong, I actually resort to this question. 'Can I get a 'yes' right now?' If it is a no, I will ask a family member to ask for me or try again later.

If I've had a string of no's from five or more questions, I would usually ask if I can get a yes. Sometimes it will be a no. Other times, it is a yes. When it is a yes, it just means I'm just looking for answers in the wrong place. I just needed to think some more.

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Four Guidelines for Tweaking

1. ONLY ASK QUESTIONS WITH ONE CLEAR INTERPRETATION.
2. AVOID NEGATIVES: IT GETS CONFUSING.
REMEMBER, TWO NEGATIVES MAKE A POSITIVE.
3. REMEMBER THE MAGIC WORDS: WITH & AND
4. AND IF ALL ELSE FAILS, ASK: CAN I GET A 'YES' RIGHT NOW?
IF NO, WAIT AND TRY AGAIN LATER OR
HAVE SOMEONE ELSE ASK FOR YOU.

Examples requiring WITH:

- Hold this jar and then I would be able to take this supplement.
- Yes, you can eat this, but first take this vitamin and wait ten minutes.
- No, the body is over-burdened and you need to wait, then it will be safe.
- Yes, but not right now. Something else has to happen first.
- Yes, but away from all electricity.
- Take this supplement, and then take the next one.



In a way, it is like dealing with a newborn.

The baby is crying because she is trying to communicate something to you. This same type of intuition process of understanding and communicating to get to the source of the need is what I was working to achieve with my body.

My body was screaming for help, but I just didn't understand what it was trying to tell me. I NEEDED TO FIGURE IT OUT.

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Time to Level the Battle Field

When my chronic fatigue began decades ago, a lady I knew tried to warn me about all the harm everyday items caused. She was allergic to everything. She believed all her problems stemmed from this and was sure it was my problem too. I did not want to believe her. I couldn't understand how those things could effect me so much when it didn't bother others around me.

But now I do. I totally understand it. We are different. Something had caused the errant sorting. I know this because the more sorting I manually did the less sensitive I became to everything. The less sensitive I was the less symptoms I had.

I have included a number of checklists I wish I had available when I first started. The goal here is to have less garbage going in so the body had less it would have to sort down the road. But if you are looking at these checklists and feeling overwhelmed. Remember to take it slowly. It probably took me six months to complete this.



When I did this, I prioritized getting good at sway testing first.

SMALL PROGRESS DAILY



AVOID OVERWHELM



KEEP MOVING FORWARD

The Order I Followed

1. Read Labels
2. Food
3. Clothing
4. Options
5. Surroundings
6. Electricity

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I Don't Want to Be Weird

IKR?! But...Remember they won't understand. Their bodies do the sorting automatically. Ours does not.* We are just doing this temporarily until it can. Granted my temporarily has been for ten years. But I spent five figuring out what was wrong and the next five understanding what I can do with the information to make my health situation better.

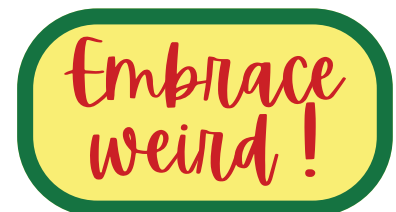
The low levels of chemicals or metals that seem safe to others just might be the straw that breaks our camels' backs. Not fair. Agreed. But we must move on. We can't stay there. If doing these things make us feel better, then does it really matter what we have to do?

Does the solution have to be easy in order for us to accept it. Or are we desperate enough to put in the work, no matter what, if it does give results. Interesting questions. Questions nobody will probably answer exactly the same.

Forgive me if I sound rough. I am giving you tough love here. These steps enabled me to get to a level battle ground so that I could figure out what else was wrong. In fact, I REALLY figured out this new concept I hinted at in the beginning of this booklet. I know what I am offering you now is hard work. Hard work some will walk away from. I will not judge you.

You may get tired, just looking at what all needs to be done. Remember to give yourself a few months to accomplish this. It should make a difference. It made a HUGE difference for me. By stopping the inflow of garbage, the outflow was finally able to exceed the influx.

*My hypothesis (Not proven *scientifically*.)



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Yeah, But...

To me, all this new information I was being given by my homeopath was overwhelming. It also was stuff I had never heard about before.

- How can this be?
- How does the body know?
- Is it spiritual?
- Is it demonic?
- Is it wrong for a Christian?
- Am I choosing a wrong path and choosing my health over following God?



To non-Christians, these questions may seem dumb. But to a Christian, these are incredibly important questions. Questions I dwelt on and researched diligently for a month before deciding for myself.

If this is you, and you are struggling with this, I encourage you to pray. I also encourage you to read the blog I wrote about this. ([HERE](#))

In the end, I do not believe it is spiritual in nature anymore than craving a certain food while pregnant could be spiritual. I believe the body knows what it needs and is just trying to figure out a way to tell us how to get it.

Anything can be worshipped, and if in the end this causes you to worship the process (creation) over God (creator), run away.

"WHAT THE MIND DOESN'T UNDERSTAND,
IT WORSHIPS OR FEARS." ALICE WALKER

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The Next Steps



If you are doing all these things and you are still stuck, I think you need to read my book. They may help you get closer to your answers, or at least let you know you are not alone in your searching.

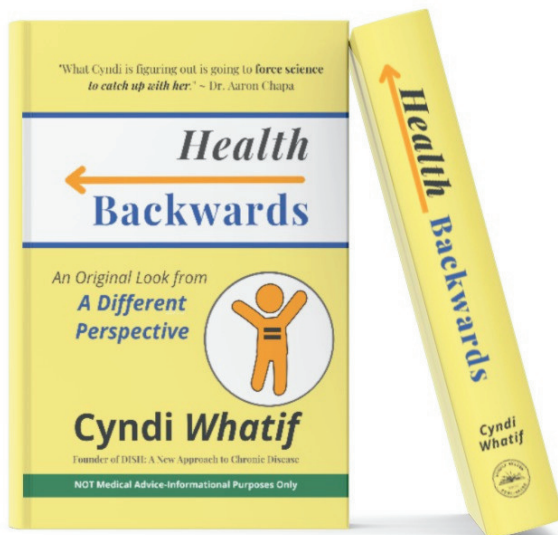
AVAILABLE IN EBOOK, PAPERBACK, HARDBACK, AND AI AUDIO!



Health Backwards: An Original Look from a Different Perspective

Would you like to get your life back?

What if chronic inflammation is not the problem but the warning light of something else having gone wrong?



My book explains:

- What I think went wrong.
- What it looks like when it is working.
- How I worked with it when it was broken.
- Why I think what I discovered is so important.
- With over 400 pages of information and graphics!

MEDICAL DISCLAIMER

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Clothing: Factors to Consider

Here is an interesting experience to keep in mind.

Cotton. Safe. Yes. But why can't I wear this 100% cotton sweater then?

Maybe it could be the color, but I wore that same color in a different shirt. I had a few young boys at this time who loved watching Hard Hat Harry educational videos. From one of those videos, I learned cotton may be sprayed with a chemical before harvesting. (**Defoliation**)

Yes, not fair. But looking back now, it was a clue about my sorting not working. But that is for a different book. I don't want to throw too much at you all at once.



Decals. The shirt may be fine, but what about the picture on it? For me, I was sensitive to vinyl and many decals are made from this.

Cleaning Products

Laundry. I had to be mindful of what brands of detergents I used. Some are more friendly than others. Each person is unique so each person has to figure this out on their own. Look for websites to recommend what to steer clear of. I just swayed tested and observed patterns. It was faster.

Dry Cleaners: Since dry cleaner solution was one of the contaminants in the Camp Lejeune water contamination, (**HERE**) I needed to avoid them for a long time. I can now wear clothing that has been dry cleaned.

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Clothing: Checklist Questions

ANALYZE THE SITUATION

- ☐ What are my favorite clothes made out of?
- ☐ Are there clothes I like but never wear? What are they made out of?
- ☐ Am I seeing a pattern of when I have a bad day and the material my clothing is made of?
- ☐ Do the same clothes consistently give me a good or bad day?
- ☐ With color theory aside, remember color is a frequency too. Are there certain colors you tend to avoid or lean towards?
- ☐ If you are starting to see patterns in materials or colors, have you considered organizing your closet based on those patterns?
- ☐ I wouldn't throw the problem clothing out. For me, I was eventually able to wear them again. Remember, the adjusting I mentioned. Some days it will be fine to wear the acrylic sweater and on other days it won't. Besides, its too cute to get rid of, right? 😊
- ☐ Don't forget undergarments as well. Socks are complicated. It was difficult to find non blends. I needed either 100% wool or 100% cotton.
- ☐ Are you seeing a pattern of natural vs. synthetic?
- ☐ Are you noticing a pattern of garments containing zippers or buttons?

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Clothing: Plan of Action

What has your wardrobe revealed to you? Did you practice any sway testing during this time? Do you think this new information will benefit you? Yes, blends can be frustrating. Remember small steps matter.

PATTERNS I HAVE NOTICED

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PLAN OF ACTION PRIORITIES

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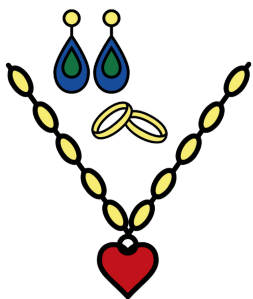
Items: Factors to Consider

This is where it gets complicated. It isn't cut and dry. Some items which are created naturally are also harmful because other things or chemicals might be added to them. Thank goodness for the sway test.

This can be very frustrating. However, it also supports the idea of my body failing to sort. My body could not tell the difference between the good version or bad version of the same thing. Therefore, it was rejecting something my body needed - resulting in inflammation.

Natural Materials

- Glass
- Ceramic
- Wood
- Fabric (See clothing.)
- Paper (but watch out for ink)
- Stone
- Marble
- Granite
- Cork
- Bamboo
- Wicker
- Porcelain



Man Made Materials

- Plastic
- Concrete
- Rubber/Latex (See clothing.)
- Vinyl
- Polypropylene
- Formaldehyde (I know natural but also chemical.)

METALS: TOTALLY DIFFERENT BALLGAME

We have the generally agreed upon Good and Bad Guys. But some fall in both categories. Some contain the minerals we need to survive. Thus the problem for us who are not automatically sorting.

Even the Good Guys like gold could cause problems because they tend to be mixed with other ingredients to get the durability we desire. There is the blending problem again.

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Items: Checklist Questions

ANALYZE THE SITUATION

- ☐ Wood is more expensive than particleboard. Many items we think are wood are not or are only so on the surface. This does not mean remodel your house. But it could mean less is more. Could the chemical laden piece of furniture be replaced with an item from a Used store like Salvation Army or Goodwill or my favorite, Disabled American Veterans?
- ☐ Are there rooms I don't want to go into? What could be the reason for this? Look around and see what the items are made of.
- ☐ Mold hides. Don't rule this out. Just because it isn't affecting anybody else does not mean it isn't affecting you. (*How is that for avoiding negatives? Sorry...*)
- ☐ I know I sound weird. **But if weird works, I guess I have to do it.** So I'll let you in on a little secret, here it goes - the color blue. Oh my! Some days it is fine and I actually need to be around it. While other days, I have to avoid it. But being aware of this and knowing I just need to remove the color from my surroundings to be better is baffling. I do it because it works, not because I understand why blue in particular is such a big factor for me. I am just manually doing this sorting for something I have yet to figure out.

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Items: Plan of Action

Do you have a favorite spot to sit? Is it a preference or a safe zone for you? In the beginning when I was doing this and overwhelmed at the enormity of it, I felt like, 'what's the point?' But it helped...so how couldn't I?

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Kitchen: Factors to Consider

Notice, I have not even brought up the topic of what food or diet to eat. Everyone is different. You need your doctor to tell you what to do. However, there are two things I do want to touch on in this category still.

Avoid Food Allergens

No matter how inconvenient it may be, if you have a food allergy or intolerance, avoid the food. I'm pretty sure that is what your doctor would say. Eating it would only contribute to the problem by creating additional work for the body to deal with - in many cases an inflammatory response.

Some say this inflammation is the source of the symptoms. If it is the only source, easy fix. If it isn't, at least you aren't dividing your body's efforts. Let the body focus on one thing at a time. Let it focus on whatever big problem is already there reeking havoc on our bodies.

Preservatives: If in Doubt, Leave it Out

Why does the United States allow so many things in our food? I don't know. Consistently reading labels out of habit can be a real eye-opener. I just had to follow my gut and my sway test. I would prefer to error on the side of caution and have the energy I needed than to eat the snack and be exhausted. But each person is their own person. Everyone has to do what they believe is best for them.

If you would like to do some of your own research, here are a few to start with: Brominated vegetable oil, some artificial food dyes, potassium bromate, rBGH/rBST, partially hydrogenated soybean oil, and the list goes on.

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Kitchen: Checklist Questions

ANALYZE THE SITUATION

- ☐ Is your kitchen a safe environment to cook in?
- ☐ Is your stove gas? (fumes) Electric? (energy field) Or a microwave? (radiation)
- ☐ Would it be possible to cook outside or in a slow cooker (low energy) for most of your meals?
- ☐ Are your utensils, glasses, and plates made out of plastic?
- ☐ Are you storing your leftovers in plastic or glass containers?
- ☐ How much are you using aluminum foil in your cooking? Could parchment paper be used in place of it?
- ☐ Many argue about the dangers of nonstick coating - and by companies trying to come out with a *safer* version - leaves me suspicious. If you take proper care of iron skillets, they are far less non-sticky than any sprayed on coating I've ever used. They may be expensive initially, but the ones I bought in 2000 are still working just as good, well actually better, than when I bought them. Considering I was having to replace my skillets every couple of years, the iron version are far cheaper in the long run.
- ☐ What are your baking pans made out of? Aluminum? Glass? Porcelain?

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Kitchen: Plan of Action

Some things I could not change. But by being aware of them, I could work around them to where I could reduce the symptoms I would have from them. I haven't used a microwave in ten years. Enough said.

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Electricity: Factors to Consider

Something to keep in mind is it goes above and beyond just the electricity. If I was using a microwave, I was dealing with radiation as well. If it was an air conditioner, what coolant is it? Are the ducts clean? The questions could go on forever. I just systematically ruled out or eliminated the problem so I could be in a safe environment to improve.

Sometimes It Only Takes Very Little

- Alarm clock - 1-5
- LED light bulbs - 4-15
- Radios - 5-20
- Fluorescent light bulbs - 10-40
- Speakers - 10-100
- Fans - 20-100
- Laptop Computers - 20-100
- Incandescent light bulbs - 40-100
- Televisions - 50-400
- Freezers - 80-250
- Refrigerators - 100-250
- Computers - 100-500
- Blenders - 300-800
- Gaming Computers - 500-1500
- Washing machines - 500-1500
- Air conditioners - 500-3500
- Vacuum cleaners - 600-1200
- Microwaves - 600-1500
- Waffle irons - 800-1200
- Coffee makers - 800-1200
- Toasters - 800-1500
- Electric griddles - 1000-1500
- Electric kettles - 1000-1500
- Irons - 1000-1500
- Electric stoves - 1000-3000
watts per element
- Hair dryers - 1200-1800
- Toaster ovens - 1200-1800
- Dishwashers - 1200-2400
- Dryers - 1800-5000

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Electricity: Checklist Questions

ANALYZE THE SITUATION

- ☐ Do you have a lamp or alarm clock next to you at night? Could it be moved six feet away?
- ☐ Do you feel better when you are outdoors?
- ☐ Is there a work around to avoid having your cellphone touching you constantly in your pocket? Can you use a small purse that can hang away from you instead?
- ☐ I never hold my cellphone up to my ear. I can't. I won't. Did you know there are kidney meridian points in the ears? Are you blocking them?
- ☐ How often do you wear earbuds? I tried them once. No thank you.
- ☐ Is there a way to keep electrical objects at a distance from you?
- ☐ Do you ever feel like your skin is too tight for your body?
- ☐ Do you ever get short tempered when around several electrical items at once?
- ☐ It could look like giving up on so many things other people get to do without a thought, but this to shall pass as the sorting becomes more automatic again. Don't compare oneself to others.
- ☐ I chose to compare how I felt before to after and base whether or not it was worth it. Sometimes yes. Sometimes no.

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Electricity: Plan of Action

As I grew stronger, I noticed I didn't need to go cold turkey with the electricity. I discovered if I was away from it during my weak times of the day, I could handle it the rest of the time. I also learned magnets helped.

PATTERNS I HAVE NOTICED

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Keeping My Options Open

The last thing I want to do is overwhelm you. I want to encourage you. I know what it is like to go down this insane rabbit hole of having to be hypervigilant. It sucks, but it is an option. An option I had to do to get past the hidden hump that was making my body attack itself.

Once I discovered this sorting malfunction, I was able to slowly and systematically reduce this hypervigilance. Ten years ago, there is no way I could have been on this computer long enough to type an email, let alone a 400+ page book - which I did. Heck, I couldn't wear polyester or a garment that was dry cleaned. I am doing both of those things right now as I am typing this. **Hope.**

Hope I want to share with others. I know how dark and lonely being so ill can make you feel. How misunderstood. **Dare to hope.**

In step six I talked about looking for options. I've included a broad list of what is out there as far as alternative medicine goes. But if you are like me, I was very reluctant about the idea of jumping in all the way. I started with what has been coined integrative medicine.

Integrative medicine is an effort to combine western medicine with alternative medicine. This is what got me searching for other answers in other places. First of all, it helped - a lot! Second of all, if western medicine is looking at including it, there must be something to it, even if we don't know what that 'it' is yet.

I have enclosed a cheat sheet of different options some people consider when and if they choose to give integrative medicine a try.

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Very Broad View of Options

Listed in Alphabetical Order.

Allopathic medicine: This is the only type of medicine I knew of growing up. It's centered around using drugs, surgery, preventative medicine, and other interventions. Western Medicine is predominately known for this.

Ayurvedic medicine: I did not know about this one until recently. But from what I understand it is about an individual's body type or constitution as the focus to know how to treat a person for optimal health.

Chiropractic medicine: It focuses on the musculoskeletal system. It thinks how well this functions has an overall effect on how the body functions. It uses spinal manipulation and other techniques.

Homeopathic medicine: It is most widely known for 'like cures like.' It also uses a highly diluted substance to help the body to heal itself. By my self-discovery of this DISH® frequency concept, it has caused me to be very intrigued with this method. I think it helps make the DISH's® frequency!

Naturopathic medicine: This method is what we tend to think of when we say healthy lifestyle. The focus is on natural solutions, herbs, supplements, and lifestyle changes.

Osteopathic medicine: This method emphasizes the body as a whole. It believes the body needs to be looked at as a complete unit in order to heal properly. This is sometimes referred to as holistic medicine.

Traditional Chinese medicine (TCM): This is acupuncture, herbal medicine, diet, and the concept of the body needing to be a balanced system for proper health.

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"HOW LONG SHOULD YOU TRY? – UNTIL.."

Jim Rohn



Desperate **TO BE WELL**

WINNING AGAINST INVISIBLE ILLNESSES

TO BEGIN IS THE MOST
IMPORTANT PART OF ANY QUEST
AND BY FAR THE MOST COURAGEOUS.

Plato



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1. Medline Plus. "Autoimmune Diseases." National Library of Medicine. Last accessed 31 March 2023. <https://medlineplus.gov/autoimmunediseases.html>

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