



7

Energy Thieves

Find Them...

Capture Them...

Close the Doors!

Dr. Danielle J. Duperret, ND/PhD

Integrative Naturopathy and Holistic Life Mentoring



- **Lacking energy?**
- **Feeling sluggish?**
- **Unable to focus?**
- **Depressed?**
- **Tired?**

Many people feel that way. Are you one of them?

It does NOT have to be that way.

Are you opening doors for thieves to rob you of energy? Which door? Which thief?

Most importantly...

**Could you and would you close these doors to
PRESERVE YOUR ENERGY?**



Thief # 1: Dehydration!

What do you drink?

Coffee? Tea? Fruit Juices? Wine? Beer? Cocktails?

These may all be delicious, but...

What your body truly needs and craves for is... water!

The purest, freshest, most lively water available.

WHY?

Did you know that your heart pumps 1/3 cup of blood with every beat, which amounts to about 1,500-2,000 gallons (6'000-7'500 liters) per day?

Wait a minute... that was "old" science! The heart does NOT pump blood.

A few years ago, new discoveries told us that it was physiologically impossible for the heart to pump blood. It's the inverse that is happening: the blood circulating is what makes the heart beat.

Newer research still: it's the water in the blood that has a "propulsion system" which puts the whole process in motion. Thanks to the water, the blood with its life-giving nutrients can circulate and nourish every cell of your body.

Dehydration, i.e. NOT drinking enough good water, is at the root cause of many of today's dis-eases, including lack of energy.

What happens when a river stagnates? It becomes polluted, filthy. Waste products are not removed. It is the same with your body.

CLOSE THE DOOR! Drink enough purified water (NOT from plastic bottles) so that your urine is a pale yellow. How much will depend on your activity, the seasons, and the part of the world you live in.



Thief # 2: Food Sensitivities

Not too many decades ago, food was not a great challenge. You ate what you could gather, grow, fish or hunt. People who lived in the far north nourished themselves with blubber; people living in Equatorial regions ate a lot of tropical fruits and vegetables.

Transportation has become easier and people now have "mixed" digestive systems while facing a cornucopia of exotic foods from around the world. What does *your* particular digestive system thrive on? Blubber or fruits?

Some 75 years ago, chemicals were added to the food supply: colorings, flavorings, preservatives... and sugar, lots of sugars in different forms, from high fructose corn syrup to "zero" calorie artificial sweeteners (which damage your hypothalamus). Sugar is believed to be more addictive than cocaine. Did you fall into its trap? Since your body wants to stay alive, it "hides" these toxic elements here and there... in fat cells or tumor cells. Eventually, overload happens and troublesome symptoms start to appear.

Most processed foods are high in calories and low in nutrients. Without proper fuel, your body becomes stressed... and stress will rob you of energy. Your immunity will be low, pathogens will thrive, and your energy will sink further.

Your body is well engineered, yet cannot "do it all." It can either process the junk or give you the energy you need to lead a fabulous life. Many people suffer from food sensitivities (not eating the proper food for their particular digestive system); it makes them sleepy, unable to concentrate, sluggish and depressed.

CLOSE THE DOOR! Read labels! Eat truly natural, preferably organic foods that are high in nutrients and low in calories. Use unprocessed salt that is full of minerals and trace minerals so that good electrical communications can take place within your cells and between your cells. Find the fuel your digestive system thrives on. Give your body the same care you would a high-performance car: proper fuel, thorough cleaning and regular services.



Thief # 3: Denatured Oils

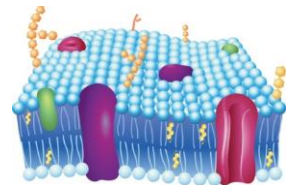
Your body is made up of cells, many different kinds of cells. Cells are complex living factories, which have a central component, the nucleus, and highly sophisticated departments, each with specific functions.



It is in the *mitochondria*, the little brown peanut looking thing, that energy (*ATP-Adenosine Triphosphate*) for the functioning of your body is manufactured. Everything, from flexing your muscles to thinking, depends on the production of ATP.

All cells are surrounded by a "skin", called the *cell membrane*, which is the cell's brain. It chooses which nutrients to let in through specialized "doors". It also lets waste products out.

The cell membrane is made up of 2 layers of fats (the little blue balls). If the cell membrane is healthy, it will let oxygen in, which is of prime importance to the manufacture of ATP. If the doors of the membranes are clogged, nutrients and oxygen do NOT get in, and waste products do NOT get out. The cell cannot manufacture energy and will eventually die... and so will you.



According to new research, the key to longevity is a healthy cell membrane. The health of the cell membrane is largely determined by the kinds of oils you eat.

CLOSE THE DOOR! Eat oxygen-friendly oils, which attract, hold and release oxygen easily. Stay away from denatured, commercial oils, which are oxygen barrier oils. They have been processed to take away their ability to hold oxygen (oxygen make them turn rancid quickly, thus lowering their shelf life).

The best oils relative to their ability to transport oxygen into the cells (thus to produce the energy you need to live) are organic, cold-pressed oils (flax, pumpkin, primrose, safflower, sunflower, hemp, walnuts, almond, sesame...).

Other oils/fats (olive, coconut, butter) have different important functions as well. We focused on ATP production on this page.

Thief # 4: FEAR

There are hundreds of emotions to be experienced, making life interesting. Emotions, in their basic form, fall into two categories: LOVE or FEAR. We either feel comfortable or uncomfortable. Love will make you move toward something or someone; fear will make you move away from something or someone.

What are emotions, or e-motions (energy in motion)? They are cocktails of chemicals produced by your cells to move you. What you feel emotionally, you will feel physically. Emotions can lift you up or tear you down.

Most emotions are designed to keep you alive and give warnings that prompt you to act: run away, avoid others, fight back... Emotions tell you that a danger is present and you should move quickly, or that all is well and you can relax.

F.E.A.R. has had many acronyms over the years: False Evidence Appearing Real; Forget Everything And Run; Face Everything And Rise. I made my own: "Fabulous Energy for Awesome Results."

Fear is an emotion produced when you perceive a threat. It causes a change in brain and organ functions and alters your behavior. Fear means "danger." Are you going to run, hide, freeze or faint? What is the danger?

Fear is a useful emotion WHEN there are real threats, meaning immediate danger to your life. Nowadays, you get stressed (a cover word for fear) when you get a letter or phone call from an attorney or the IRS, when you listen to the news, when you drive in traffic, when you get too busy, when your body is not fueled properly, when there is too much noise, ... the list is endless. This constant state of stress/fear robs you of energy which could be used to be more productive.

CLOSE THE DOOR! Unless there is immediate threat to your life, do NOT allow fear to camp in your mind. DECIDE to let that emotion turn into Fabulous Energy for Awesome Results! One of the most effective techniques to release disempowering emotions are the "Tapping Techniques." You owe it to yourself to learn them.

FEAR
doesn't stop
death, it
stops life.

Thief # 5: Disempowering Beliefs

Beliefs can empower you... or drive you into the gutter. Most beliefs are not based on factual certainty. "The world is flat" was a belief held for centuries. Beliefs shift according to cultures, times and scientific discoveries.

What do you believe about yourself? What do you believe about the world you live in? What about a specific situation? What do you believe about money? Sex? Men? Women? Religion? God? Politics? Food? Energy? Could there be another point of view?

96% of your reactions and habits follow the same patterns, day in and day out. You live on automatic pilot, having been programmed from early childhood (or even from before) to think, act and believe in a certain way... and you do.

Your beliefs will trigger emotions, actions and reactions. Observe your life, analyze your habits, actions, reactions and beliefs. Are they empowering (energy producers) or disempowering (energy robbers)?

If you have a "Platonic" approach to life, you believe in an idealistic world, not supported by real facts. Living "beside" life will drain your energy. You cannot stay full of energy while trying to escape life, whether positively or negatively.

Following a realistic approach to life, an "Aristotalian" model, will tend to generate energy. You observe and use your imagination to address potential aspects of a situation while keeping your feet on the ground. Finding solutions brings happiness and boosts your energy level.

When you feel successful, you have energy to spare. When you feel confident, your level of self-esteem and self-worth is high and you have lots of energy.

CLOSE THE DOOR! Socrates said, "An unexamined life is not worth living." Examine your life. Are your beliefs/habits empowering or disempowering? If disempowering, could you let them go? Would you let them go? When? Find your passion and live it!



Thief # 6: Lack of Time

"I don't have time... I have too much to do... I need more hours in my days..." seems to be complaints we hear a lot these days. My answer: Time was never meant for you to "have." New scientific discoveries in quantum physics show us that time (and space as well) does not really exist. If it does not exist, how can you "have" it... or NOT have it? Trying to control something over which you have no control frazzles your mind and robs you of energy.

"Time" is a means to an end. We tell history and our story using time, which is defined as "the indefinite continued progress of existence and events in the past, present and future regarded as a whole."

Thinking "I don't have time" puts you in a victim's position, robbing you of energy. When I was teaching a course in naturopathy to a class of health practitioners already busy with a full time job, I told them to use the mantra, "I have so much time, and so little to do." They looked at me in astonishment... Use it, it works. I am not sure how, but it "shifts" something in your brain/mind, which relaxes you and allows you to get more accomplished with far less stress.

Time is relative. You feel pressed for time when you are stuck in traffic and need to go to an appointment, yet time flies when you are having fun.

I invited a family of 5 for dinner. The special meal was going to take me all day to prepare. I felt I did not "have time" to meditate, but did it anyway, for 2 hours. I thought I would be rushed, but then things got really weird. Cutting vegetables, a 20-minute task took only 5. I remember stopping in front of the oven as I was putting loaves of bread in. Was I to set the timer for 60 minutes or 30, or...? I had somehow stepped into an alternate peaceful and timeless reality.

CLOSE THE DOOR! Time is irrelevant. Banish the thought of "not having time" from your mind and vocabulary. Focus on priorities, or better yet, ACTIONS. You DO have a choice and control over your actions, NOT over time.

When it comes to time, there is only "NOW."



Thief # 7: Divorced From Nature

We used to live in natural environments. As a kid, I played outside, hiked mountains, swam in lakes and rivers, skated in outdoor arenas and skied on real snow. Our bodies are tuned into nature. There is an energetic symbiosis.

Our world has turned artificial. We live in air conditioned environments, under fluorescent lights, wearing synthetic fabrics and eating processed foods, all of which in dissonance with our energy system. Dissonance = loss of energy.

Nature is full of antioxidants, these molecules that prevents us from "rusting" before our time. Taking antioxidant pills and potions is not quite as effective. Planet Earth is there to give you her power, her energy. Are you neglecting her?

Yes, we have brought "nature" into our homes: recorded CDs with sounds of crashing waves, gentle rain, wind in the trees or crickets singing in meadows. We buy devices to "ground" our beds or sheets. Do you think it's really the same? Where is the energy? Where are the antioxidants?

An "old" therapy is being rediscovered: walking barefoot on the ground, on a grassy meadow or along the ocean, on a sandy beach. A German physician used it to cure diseases. An American Indian custom was to lie down on the earth, to refresh and rejuvenate. The Earth has a magnetic force which revitalizes.

How about the sun? It's not your foe, it's your friend! What cured tuberculosis in Swiss sanatorium? The sun! What makes plants and food grow? The sun! What makes vitamin D and boosts your immune system? The sun! What can improve your mood? The sun! New research shows that many cancers and other diseases could be averted if we got enough sunlight.

CLOSE THE DOOR! Spend time in nature! We already mentioned that "not having time" is NOT an issue. It's a choice. Stop to smell the roses (they have a very high vibrational frequency), lie down on the ground and listen to the birds while watching clouds shape-shift in the sky, walk barefoot on a sandy beach at sunrise or sunset to let the sun rays energize you...

This very short report (since people have "no time") is highly distilled and meant to titillate your mind into wanting to find out more of what is truly available to you, so you can feel ALIVE and WELL and be filled with abundant energy.

- **Lacking energy**
- **Feeling sluggish**
- **Unable to focus**
- **Depressed**
- **Tired?**

Does NOT have to be part of your life.

We all face challenges and there are many ways to deal with them. Start by closing the doors to the thieves that rob you of energy. It will allow you to more easily solve problems and find opportunities.

Having bountiful energy for your Journey on Planet Earth is your birthright. Claim it!



Dr. Danielle J. Duperret, ND/PhD, was born and raised in Switzerland, where she studied psychology, parapsychology and nutrition.

She came to the US in 1979, where she got her 2 doctorates. She specializes in Quantum Naturopathy, Trauma Therapy and is an ADAANA Advocate.

She authored several books and home study courses. She empowers her clients/students to BE ALIVE and WELL on Planet Earth and to lead healthy, meaningful and fulfilling lives.

When You Change Your Energy, You Change Your Destiny!

Quantum Health and Excellence for 21st Century Challenges

Dr. Danielle J. Duperret, ND/PhD (USA)

Website: <http://qhe21.com>

Email: drd@qhe21.com

Phone: 702-900-6730