

7 ENERGY THIEVES AND WHY THEY MATTER



Dr. Danielle J. Duperret, ND/PhD
Vibrant Health and Personal Excellence
Professor of Traditional and Quantum Naturopathy

7 Energy Thieves and why they matter

Lacking Energy?

Feeling Sluggish?

Unable to Focus?

Depressed?

Tired?

Proper Hydration!

Food Sensitivities!

Denatured Oils!

Fear and Worry!

Nature Deprived!

**7 Thieves: Find them... Capture them...
Close the Doors!**

7 Energy Thieves and why they matter

ARE YOU:-

- 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?



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

THIEF # 1: DEHYDRATION!

What do you drink?

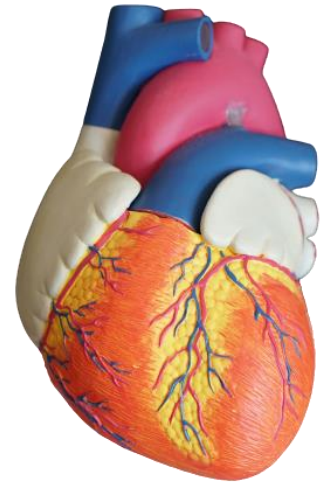
Coffee? Tea? Fruit Juices?

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?

You may have heard that this is "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:

THIEF # 1: DEHYDRATION!

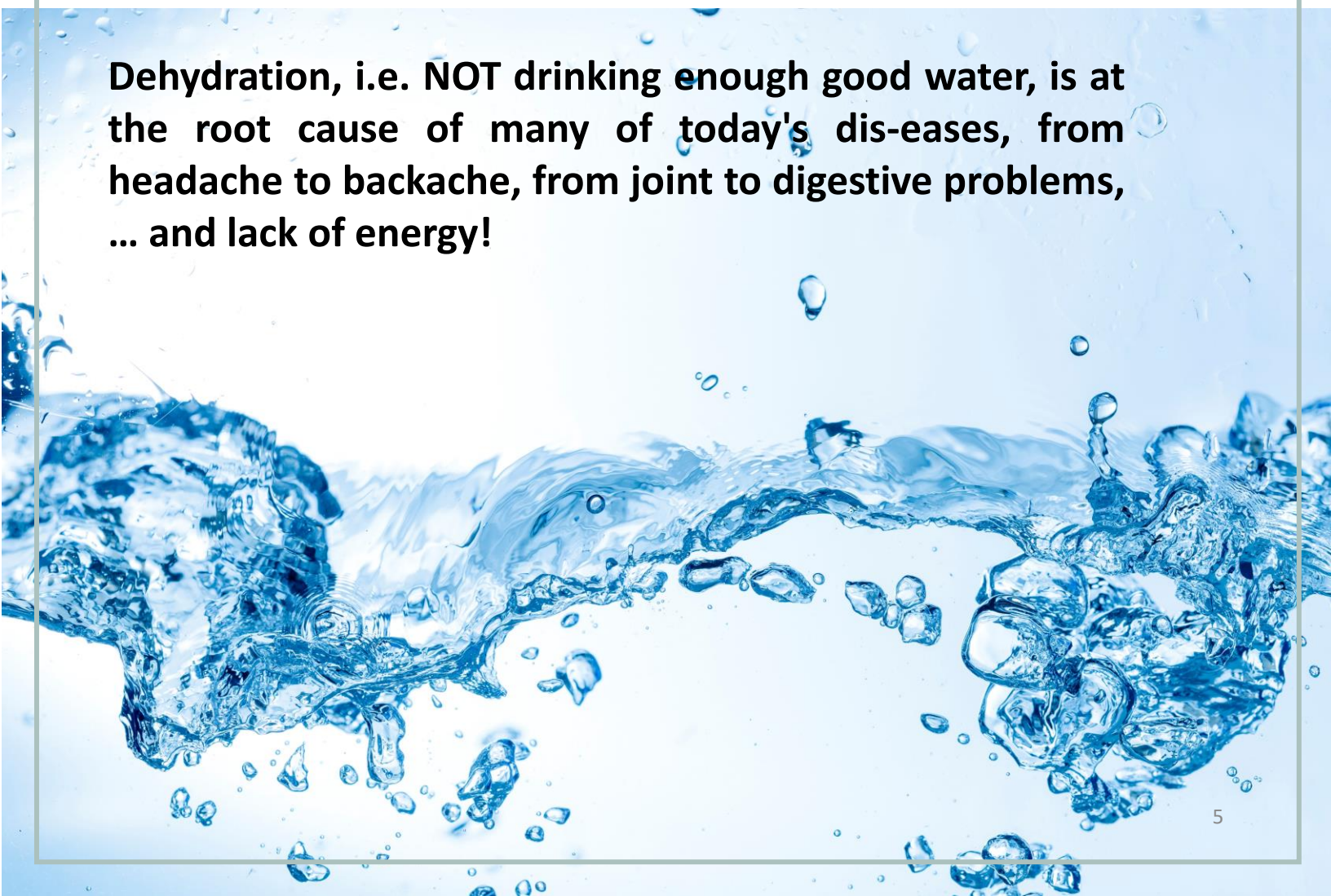
The inverse :-

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, from headache to backache, from joint to digestive problems, ... and lack of energy!



THIEF # 1: DEHYDRATION!

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 stays a pale-yellow color – see chart below.

URINE COLOR CHART



THIEF # 1: DEHYDRATION!

How much should you drink? The 8 recommended cups? It's a good start... but it really depends on:

- your activity (physical and mental),
- the seasons (summer or winter),
- and the part of the world you live in (Alaska or the Sahara Desert),
- whether you are traveling or staying home.

Personally, I have been using an AlexaPure water filter for several years. It works great for 1-2 people. You can even take it camping with you, as it's gravity fed. No need to worry about electrical shortage! The Berkey is another good choice. Be sure to choose a system that removes fluoride, chlorine, heavy metals, and all the pharmaceutical drugs that are being flushed down the toilet.

THIEF # 2: FOOD SENSITIVITY

1. 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 became easier: we now have a cornucopia of exotic foods from around the world for our enjoyment. However, people's digestive system became confused.

What does *your* particular digestive system thrive on? Blubber or fruits?



THIEF # 2: FOOD SENSITIVITY

2. Some 75 years ago, chemicals were added to our 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.



THIEF # 2: FOOD SENSITIVITY

3. What is JUNK FOOD? Food that is 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.



THIEF # 2: FOOD SENSITIVITY

CLOSE THE DOOR!

- Read labels! If you cannot pronounce what's on the label, it's likely that your body cannot digest it properly.
- 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 communication can take place within 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.



**Take care of your body as if your life depended on it...
because it does!**

THIEF # 2: FOOD SENSITIVITY

Potential Healthy Food Pyramid

Fruits



Healthy Fats



Proteins



Vegetables (lots of greens)



Water



According to Your Personal Metabolic Type

THIEF # 3: DENATURED OILS

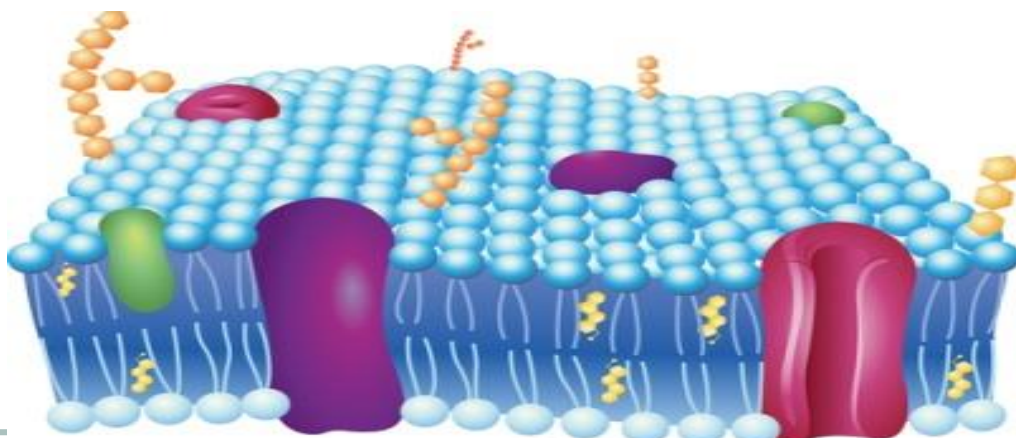
Your body is made up of cells, many different kinds of cells. Cells are complex living factories, which have a central component, the nucleus, and highly sophisticated departments, each with specific functions.



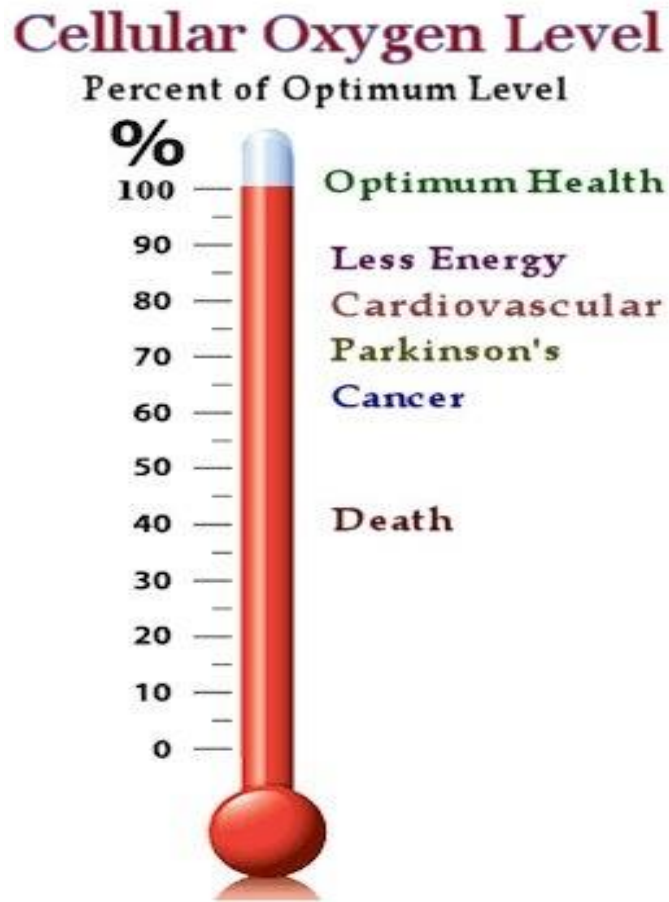
It is in the *mitochondria*, the little brown peanut looking things, that energy (*ATP-Adenosine Triphosphate*) for the functioning of your body is manufactured.

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 receptors, which are "doors," or "portals".



THIEF # 3: DENATURED OILS



If the receptors on the membrane 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.

THIEF # 3: DENATURED OILS

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...).



THIEF # 3: DENATURED OILS

Other oils/fats (olive, coconut, butter) have different important functions as well.

We focused on energy and ATP production in this article..

ONCE AGAIN, STAY AWAY FROM DENATURED COMMERCIAL OIL.

Do NOT get deceived by the words "natural" or "pure."

These words do NOT mean anything when it comes to food processing. The main goal of modern food oil processing is greater profits through longer shelf life.

“They” have a longer shelf life... but shorten your life!



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 feel uncomfortable. Love will make you move toward something or someone; fear will make you move away from something or someone.

What are emotions? Simply put, an e-motion is energy in motion.

We have cocktails of chemicals produced by our cells to move us. What we feel emotionally, we will feel physically as well.

Emotions can lift us up or tear us down.

Most emotions are designed to keep us alive and give us warnings that prompt us to act: run away, avoid others, fight back...

Emotions tell us that a danger is present and we should move quickly, or that all is well and we can relax.

F.E.A.R. has been given many acronyms over the years:

- **False Evidence Appearing Real;**
- **Forget Everything And Run;**
- **Face Everything And Rise.**

THIEF # 4: FEAR

I made my own acronym: F.E.A.R. =

Fabulous

Energy for

Awesome

Results

Fear is an emotion produced when we perceive a threat. It causes a change in brain and organ functions and alters our behavior.

Fear means "danger." Are we going to run, hide, freeze or faint?

What is the danger?



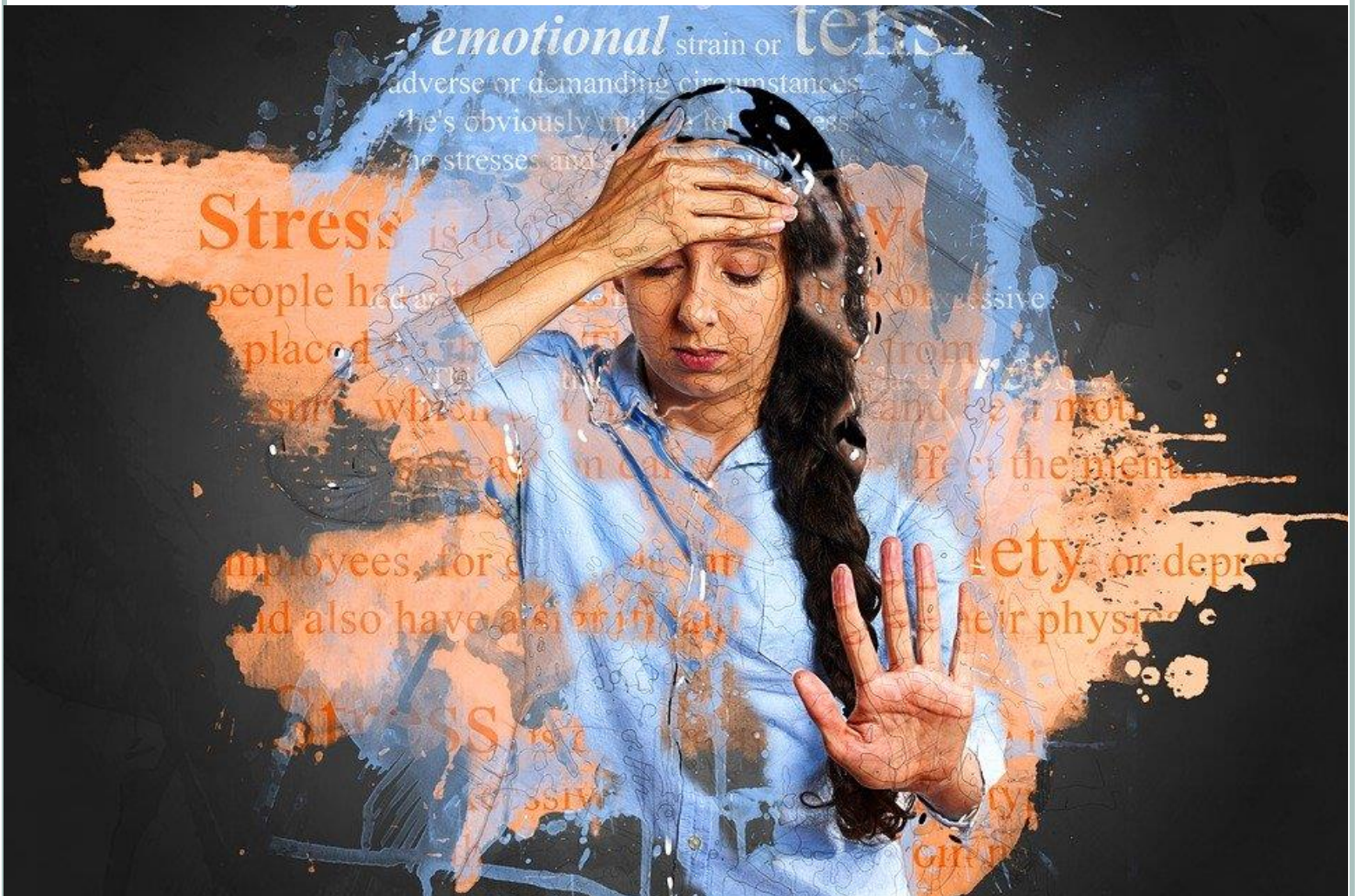
Fear is a useful emotion **WHEN** there are real threats, meaning immediate danger to our life, like our ancestors experienced when being chased by a saber-tooth tiger.

THIEF # 4: FEAR

Nowadays, we get stressed (a cover word for fear) when:

- we get a letter or phone call from an attorney or the IRS,
- when we listen to the news,
- when we drive in traffic,
- when we get too busy,
- when our body is not fueled properly,
- when there is too much noise, ... the list is endless.

This constant state of stress/fear robs us of vital energy which could be used to be more productive.



THIEF # 4: FEAR

CLOSE THE DOOR!

Unless there is an immediate threat to your life, do NOT allow fear to camp in your mind.

DECIDE to let F.E.A.R. turn into that Fabulous Energy for Awesome Results!

One of the most effective techniques I've discovered in my years of research and training, to release disempowering emotions such as fears and phobias, are the "Tapping Techniques," a type of psychological acupuncture, without needles.

My F.R.E.E.D.O.M. program* is a collection of many of these Meridian-Based Energy Therapies. More information on this program is found at the end of this document.

Don't let fear stop you. Use the F.R.E.E.D.O.M. Techniques (the acronym stands for *Freedom and Release of Emotional and Energetic Disturbances Or Mental blocks*). And that's exactly what they empower you to do: to RELEASE THE FEAR/STRESS!

F E A R
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?

THIEF # 5: DISEMPOWERING BELIEFS

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)?

A. 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.

B. 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.



THIEF # 5: DISEMPOWERING BELIEFS

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, do 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.



THIEF # 6: LACK OF TIME

When I was teaching a course in naturopathy to a class of health practitioners already busy with their 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.

Let me share a little story, that made me question "time."

I invited a family of 5 for dinner. It was still in my early days as a wife, fresh into a new country. It had to be perfect and wanted to prepare many courses.

This special meal was going to take me all day to prepare. I felt I did not "have time" for my daily 2-hr meditation, yet for some reason, did it anyway.

I thought I would be rushed, but then things got really weird.

THIEF # 6: LACK OF TIME

Cutting vegetables, a 20-minute task took only 5 minutes. Time warp happened with everything I did.

I remember it vividly, because I stopped 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.

We enjoyed a delicious 5-course meal, peacefully prepared, which was served on time.

THIEF # 6: LACK OF TIME



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,**
- **Eating processed foods.**

All of the above are in dissonance with our energy system.

Dissonance = loss of energy.



THIEF # 7: DIVORCED FROM NATURE

Nature is full of antioxidants, these molecules that prevent us from "rusting" (i.e. aging) before our time.

Taking antioxidant pills and potions is not as effective.

Planet Earth is here to give us her power, her energy. Are you neglecting her?

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 many diseases.

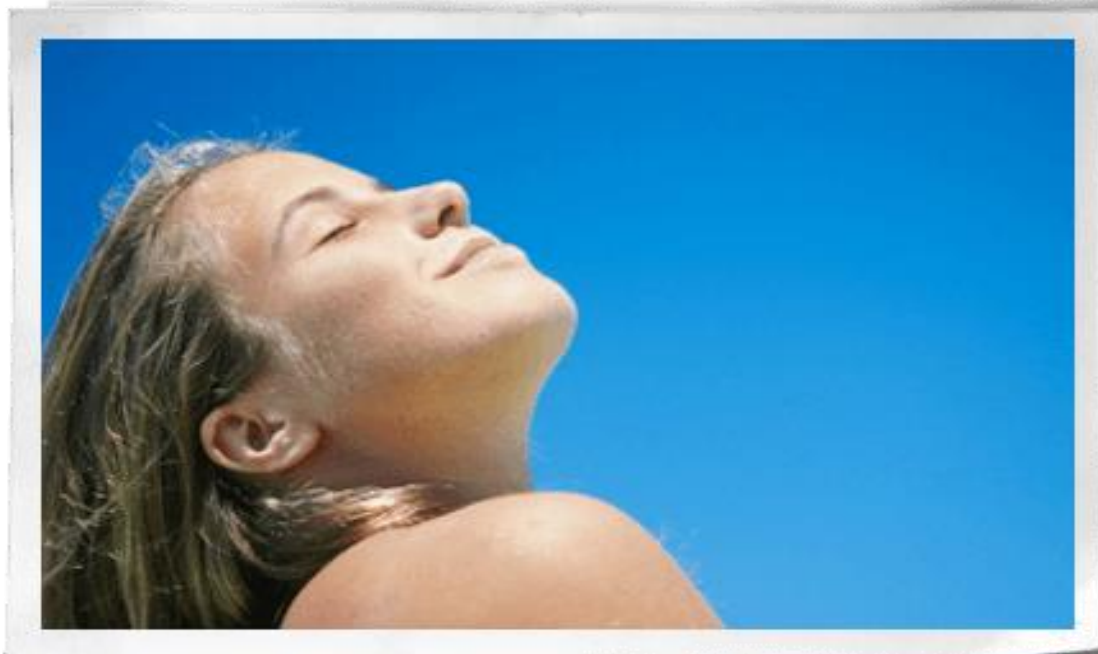
THIEF # 7: DIVORCED FROM NATURE

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.



THIEF # 7: DIVORCED FROM NATURE

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...**



SUMMARY

This very short report (as 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.



Close 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!

ABOUT



Dr. Danielle J. Duperret, ND/PhD

I was born and raised in the French speaking part of Switzerland. I studied psychology and nutrition with several Institutes in France and Switzerland.

After traveling through Europe, the Middle East and parts of Asia, I landed in the US in 1979, where I went on to earn 2 doctorates.

My areas of expertise are Natural Health, Mental/Emotional Mastery, Trauma/Pain Release, and Personal Excellence.

I authored several books and home study courses, and empower my clients/students to reach their highest potential, physically, mentally and emotionally.

I offer private and group consultations, workshops and webinars.

Dr. Danielle J. Duperret, ND/PhD
Professor of Traditional and Quantum Naturopathy

Facebook Group:

[Dr. Danielle's Step by Step Holistic Health](#)

***Inquire about the F.R.E.E.D.O.M. Techniques at:**

<https://daniellejcoaching.com> – 702-900-6730

Contact me for a free discovery session on my website

<https://daniellejcoaching.com>

