But this is exciting. You've made it to module eight of this nine module master class. You're 95% through it. And this is the last step of the entire master class.

This is it. You made it. Congratulations. One final step. And this step wraps everything we've learned together into it. Daily action plans. So you can follow it.

Modify it as you need, but really make it your own and make it stick. You know, over the past seven modules, we've covered everything from learning how to accept and even appreciate the fact that not only are we all going to die here on this planet, right, but how to not let death be a deterrent from living our best, healthiest lives and how we are all here to truly live and live with health and vitality.

We've covered the top three principles for taking back your power, and how to activate your own inner healing capacity. Based in science, I shared with you the blueprint questions and principles for building your integrative Success team.

We've explored the sympathetic the parasympathetic nervous system in depth, and I share with you the importance as well as practical strategies for keeping your parasympathetic response turned on as often as possible.

So your body activates its own inner healing capacity more often than not, right? I also gave you the 12 major cancer causing culprits and you have that PDF download.

Make sure you go through that if you haven't already. And how to immediately and effectively remove them from your life. Right. Then we went into depth about how to nourish and rejuvenate your body using the most scientifically proven nutrition and lifestyle choices and implementation and strategies.

And finally, in the previous module, we explored the science of movement. I gave you the four proven pillars of what I call medicinal movement that contribute to longevity and health and, helping to reverse cancer.

So at this point, having gone through all seven modules before this one, you have such a strong foundation, a set of principles, and more importantly, strategic action steps.

You can take every day moving forward to help your body heal. It's pretty exciting, right? And I just want to congratulate you and all of you for coming this far.

And here's the next part. This next step really helps bring it all together. Please note also, at the same time, as I've said before, there's no single blueprint or magical cure that can guarantee a cure for cancer.

I've never said that during this masterclass and never said that this masterclasses. You know the absolute answer and a for sure a cure, right? Not even the best oncologist or pharmaceutical companies can say that, especially when they have a 98% failure rate with chemotherapy, as we explored in depth in previous modules. But there are principles and foundations, along with methods and strategies that are proven for helping the body do what it is designed to do, and that is heal itself.

And that's exactly what we covered in depth so profoundly during this entire masterclass. During all the previous modules. And if for some reason you missed any of the previous modules, for whatever reason, it's imperative you go back through them before you complete this step.

And here's why. Step seven is really the combination and personalization of all the important information and strategies we covered throughout all of the previous modules.

This is really complementary to everything we've done up until this point, right? So without knowing all the

information we covered in previous modules, having the underlying foundations and the deeper reasons why as well as the science behind it, this step right now is only partially going to serve you.

All seven modules prior are literally prerequisite to fully benefit from the value of this final step. Okay, so as long as you've gone through all the previous modules, now it's time to make all of this your own and truly embody it.

If you haven't got your life rules, make sure you go do that and then come back to this step. It's that important. Okay, so I've designed a simple period print out called the Holistic Plan for Health and Healing.

And download that right now as we're talking about it. Okay. Print it out. We're going to go through it together. Now, why am I calling this holistic plan for health and healing one?

Holistic meaning holistic mind, body, emotions, spirit, everything we've been talking about nutrition, diet, exercise, environment, relationships. Everything. Right. Holistic.

That sort of means looking at everything, as a from a holistic viewpoint, not as separate individual things that don't contribute to one another. Because we know that's not how the body of the universe works.

Everything affects everything else, right? Remember what you put on and in your body becomes your body. And that's true for your mind. It's true for your emotions.

But we already covered so much in depth about the science behind all this and what you can do to take back control of your health, as we've been talking about.

But why health and healing? Why not just health? Or why not just healing? Why not just a holistic plan for healthier, holistic plan for health or holistic mind for healing? Here's why.

And this is kind of an important concept we haven't covered yet, but I think it's pretty important, right? It's super simple, but powerful is because even though they're interlinked health and healing, they're actually two different states of being.

Healing is the process. Health is the outcome, right? The reality is, right. We're always either healing and moving towards health, or we're deteriorating and moving towards disease.

Every second of our lives, one or the other, one or the other. And health is really a destination. But it's also kind of like following a rainbow or sunset or a sunrise, if you will.

You can move toward the rainbow every day. You know, if you just had this imaginary rainbow that was always there. If you've ever tried falling one you've been driving down.

You know, this actually happened to us. We were driving to Chaco Canyon one day, and this rainbow, you know, it was right in front of us and we were literally driving.

You could see we're getting closer, closer and closer. Closer. I've actually never been, like, right underneath, it seems, of where a rainbow is. But this was the time that we got so close to it.

First time ever in my life we were almost like right under it. Didn't see any leprechauns, didn't see any parts of gold. But you know, because of the, you know, how the light's reflecting, you actually would never get directly right under the rainbow.

At least I don't think that's really possible. But we got really, really close to it. Right. And even one day you might find yourself right next to that, to that metaphorical rainbow.

But if you stop moving, right, that rainbow is over there, further away, even disappears, right? So we like to look at healing as a constant process, like we're moving towards every day through our actions.

Right. That is helping us to achieve, to achieve a greater level of health and have to look at health as the ultimate goal for which, when we are healthy, then our lifestyles continue supporting the healing process.

So we never go back towards disease. So that makes sense. To put it kind of another way, let's say you follow all the principles of strategies we've covered from this masterclass, right?

And with the help of maybe a little bit of grace, you're actually able to reverse cancer. You reach a state of total health, right? But then you decide to go back to maybe your old lifestyle eating cheeseburgers, smoking cigarets, sitting around all day, not moving enough, you know, exposure to lots of toxins.

The disease is most certainly going to come back. Right? And then what happens is because you've backslid, you've gone backwards, back towards disease, and you have to start all over again with the process of healing, which unfortunately we know, you know, can take time.

So here's the difference. Let's say instead of that, you continue with the lifestyle that's actually helps you heal, right? Then you will constantly stay in a more balanced and harmonious state of healing and health, healing and health, healing and health.

And it will be much easier to stay healthy and vital without sliding backwards. Okay, so that's the goal to help you live healthier and more vital and transform your lifestyle.

Make it stick. Make it real. Make it enjoyable so you can enjoy more years ahead. Okay, so right now, if you haven't already, make sure you download a Holistic plan for health and Healing.

We know it's health and healing. It's a journey. It's a process to destination. But even though we get there, we're always continuing to do it again and again and again.

We never get there and the odds are there we can go back to our old ways. It's a lifestyle, a lifestyle, lifestyle, and it's a wonderful lifestyle. But when you're healthy, when you have energy, when you're vital, when you're not sick all the time, I can tell you it is worth every second of it.

Okay. Life is so much better, right? So I want you to fill this out together with me. We're going to go through it. I'll go through it together with you briefly, and then you can actually take your time afterwards, you know, maybe spend 10 or 15 minutes to actually fill it out completely.

But I just want to cover the basics of it with you. Right. So remember the as a as you're getting this ready, you know, let's say print it out, I want you to remember three principles that we covered early on.

Right. And in module two, which is taking back your power. What are those three principles? Do you remember? Three principles are become your own healer.

Be patient and never give up. Three principles taking back your power. Become your own healer. Recognize that your body is so well equipped, so powerful at healing itself when it's given the right environment, the right nutrients, the right support, the right medicinal movement, you know everything we've covered removing that toxins.

Your body heals itself, right? It's becoming your own healer. Second principle be patient. You know this takes time. We know with Elaine Gibson, you know, when she got cancer the second time, even though she was doing everything right up to that point, you know, she kicked it into another gear.

And one of the biggest things she started doing that she wasn't doing was meditating two hours a day. Remember? Remember that? She was just so stressed, overworked.

Same thing with doctor V. She recognized, you know, she was a naturopathic doctor who was living so healthy, got cancer. How she even when I asked her, she said it's because I know I was overworked, overstressed, not taking as good care of myself as I should have been.

Again, mental emotional healing is one of her major components. It's it's that she teaches others, how to heal from cancer and she, utilized for herself to heal herself from cancer.

Right. So this is critical. Everything we've covered here. But Elaine Gibson, cancer a second time stage for, implements an integrated approach. Juicing, nutrition, diet, exercise, everything you've been talking about.

But a big one. Adding two hours of meditation a day, an hour every morning, an hour every evening. And four years took her four years. But at 75 years young, not only is she totally cancer free, but she's living her best life ever, says the energy of a 30 year old.

She looks like she's in her 50s and she's 75. She's amazing and she's helping others. She's turned this into a life, passion and a purpose, giving her meaning.

And she helps others, you know, through the journey, right? That's why being patient. Yeah, it took her four years. Could take you less, could take you more.

At the very least, even if you don't reverse cancer. Right. The goal we've been talking about again and again, add more years to your life and add more quality, more quality, more quality, more vitality, more happiness, more energy fulfillment to the years that you do have left, right?

Be patient. It's for number two. It's going to take time. Principle number three never give up. Stay dedicated. Stay focused. Stay committed. Right. Even if you're going through challenges, you're going through ups and downs.

Or you know, we have the peaks and we have the valleys. We have the peaks and we have the valleys. I'll tell you, I've been in that valley more, you know, more times than I can count.

But I'll tell you what they come out of that. That peak is so glorious, and I really believe, you know it's happening to me more and more, I think can happen to all of us, really, is that the further along we get in our own healing journey, our own, you know, awareness journey on spiritual journeys that instead of this which you're still, you know, going up in terms of a place of, you know, let's say greater health, greater happiness, greater fulfillment, you know, it's not like this, right?

It's never been this way for me. I don't know if it's been that way for you, but but you're still going up. But it's like Boom Valley, big valley peak.

And then you're up here. Well, as you get further, further along in that, what I recognize is that those peak, those valleys get a little bit less, valleys get a little bit less intense, valleys get a little bit less intense.

Right. And that's that's a beautiful thing as we really focus on our health, really focus on our mind, the health of our mind, you really focus on, you know, healing the emotional traumas, doing all of the things we covered in the previous models to actually help you heal those emotional trauma so that your mind becomes your best friend and helps your body to heal.

Right. And then we have less and less valleys. But along your healing journey, I'm sure you've already had plenty of valleys. You know there'll be more and that's where this third principle so critical.

Don't give up. Keep going forward. Don't go into this for a month or two and go, it's not working for me. It's too hard I give up. Don't do that because it's not going to work.

If you do that right, you've got to stay committed, stay focused. Have you on a bit of success team that we talked about was going to help you through those challenges through those valleys.

Right. So you can stay on the path towards success and learning how to enjoy and appreciate the journey all along the way. So this is a time to truly implement those principles into your action plan.

All right. So let's go over right now real quick. Do you have it I'll just cover briefly and then since this is done you can you can fill it out. Right.

Because what's, what's what's important here. As soon as it's filled out, it's done. Now you might decide to modify it as you go. Or your integrative success team might encourage you to modify certain aspects of it for your own personal journey, which is great.

Just remember, stick to the foundations and stick to the principles that we've covered through this entire masterclass. Additionally, you'll always have a blank version of this plan, right?

So keep it on your computer, keep it on your phone. So if you need to change it from time to time, just print out anyone, modify it a little bit, stick it on your fridge next to your bed and make sure you follow through.

All right, you've made it this far. You owe it to yourself to leave it. At least give yourself a year, a year on this action plan right? See if you can make some progress.

If you don't see any improvements in one year, then it's time to change it up. But I promise you that by following this action plan fully, you'll be in a much better position to be able to add years to your life and life to your years.

And who knows, maybe, just maybe, you'll reverse cancer and help inspire others in the process, right? When? That'd be a beautiful thing. So let's go through it together now, right?

If you've got yours. And I also on the last page here, I'll show you, you know, remember we talked about what equals progress. How do we define progress?

How do we define results? You know, you want to be getting checkups every three months. Every six months, right? 12 months, six months, 12 months, 18 months, 24 months, 36 months, 48 months.

Right. So you can write down notes, you can write down progress. You can say, look, if the cancer is slowed in the first six months, that's progress. It's a cancer spread stops all together.

That's progress. If the cancer doesn't grow substantially out of control, any further, that's progress, right? That's what we're looking for. Little things that are progress.

If your energy improves in the first six months, your mental clarity improves your sleep improves your diet, nutrition improves. All these things improve.

Just your overall outlook on life improves in the first six months and you feel better. Your digestion improves in the first six months. That's all progress.

I want you to write all that down. Use this now. Of course you can expand on this. You can actually get a journal or notebook and really feel it in like really know take progress even on a week to week basis if you're really dedicating serious to it.

Right. Because then every week it's like every couple weeks every three weeks. But you get it, you know, six months is what it's going to take to to really start seeing some significant progress.

In most cases, if you're actually following everything with God through this entire masterclass. Right. So let's go back to page one. Number one, my healing goals.

Fill those out. Right. Simple, simple. These only be big long paragraphs. They don't need to be, you know, lots of sentences. It's like healing goals.

What are your healing goals right. Is it actually to fully reverse cancer? That's your goal. Write down reverse cancer number one right. If that's not really it, it's just I want to add more years to my life, more quality of life to my years.

Write it down. Okay. If it's, you know, I want to be around for, you know, my my grandson's graduation, right. Write it down. What are your healing goals?

What do you what do you personal goals here? We're going to get into some of your deeper reasons why as well. But what are your personal healing goals?

You know it's like I want more energy. I want to feel better. You know, I want less pain. You know, what are those healing goals, right? So I want you to take a minute, write those down.

As soon as we're done here. There's also a spot here for taking back your power. The daily affirmations, the daily declarations that we went through. All right, so you should have those on your mirror.

You should be practicing those with, the scientific method we discussed of how to actually embody those declarations. But here's a good reminder as well.

You put it on your fridge so you can see it every day. You know, with your healing goals on here again, put it on your fridge so you can see it every day here on your mirror, where you're going to see it every day to remind yourself every day.

Okay, the next one. My integrated success in this is just a place to put, the name and contact info of your integrative, functional or holistic and your nature Catholic doctor and your emotional healing expert just so it's there and handy when you have an emergency or you just have a day where it's like, who is that person?

Who would I need a call about this or whatever you got their contact info right here on this page, sitting on your fridge, email, phone contact, you know, all their basic information right there.

You get you got an emergency. You got to call the office or whatever it is. Boom. It's handy. Right. And then here just a little mindset piece you can just read every day as you walk past as you see it on the fridge.

Read this. I'll read it to you out loud. This is just a great little mindset affirmation reminder, okay? Inner peace is an absolutely essential part of my healing journey.

Healing my body is only one portion of the process. Healing my mind and emotions is just as important. I am committed to my healing process. I know it can take time and I know nothing is guaranteed.

But I will stay focused and committed to the journey. Remember the heart maps. The heart math method we we talked about in a previous module, Scientifically Proven Way to actually start activating your parasympathetic response and start embodying these kinds of affirmations into your subconscious.

A few big deep breaths into your heart. Hand on your heart. Close your eyes. Think of a few things to be grateful for. And now you're going to add this simple, simple, powerful declaration to your life every day.

In addition to the ones we have you do before or after or during. When you're brushing your teeth every morning and every night. Right? You can add this.

Put it on your fridge. Add this every day. Okay, so that's page one. Simple. But remember this whole thing is about being simple. More simple. It is. The more we're going to actually do.

Right. Let's go to page two. My fitness routine. Now remember I want you to go back through the previous module, and I want you to start with Monday, Tuesday, Wednesday, Thursday, Friday, Saturday if you're not doing any exercise.

All right, now ten minutes, ten minutes, ten minutes, ten minutes, ten minutes, ten minutes Sunday rest. Okay. Start there. If you're already doing something, maybe an hour, half hour, a couple hours, a week, now it's time to start adding on to that until I remember the plan I gave you.

And you can print that out and go through it until you're doing at least an hour each day and 90 minutes on Saturdays. Okay, we already went through all that previous model.

You can also download the other PDF. It's part of that that will allow you to create your schedule. But this fitness routine I want you to write it out.

Actually feel out what you're committing to, what you're willing to do, and then have a foundation to build on top of. Right? Remember the four pillars from additional movement.

So critical, so critical that you're doing these multiple times throughout the week. Right. We're doing light to moderate intensity cardiovascular training.

Right. Just a few times a week. Ideally Monday was Friday, also on Saturday, which is fast walking like jogging lights, swimming lights, cycling, right.

Things that just your heart rate up a little bit, but you can still hold a steady conversation. You're doing that for at least 30 minutes at a time. The next one is balance training twice a week.

Things that, help build neurological pathways in your brain. Things that help you in and implement energy healing practices into it, which are, you know, scientifically validated to help your body heal as well as, you know, like qigong, wisdom healing, qigong, as I talked about with you, for example, which is also meditation, it's visualization and sound healing and it's subtle movement and energy healing, which is going to help your spine, help your joints, you know, help your balance, right?

Qigong, yoga, tai chi, these kinds of things that really help your balance. But go deeper, which helped activate your parasympathetic nervous system. Right?

So fill this out. Commit to what you're going to do. Right. And then here's the next one. Healing and growing my mind and emotions. Remember we talked about biggest thing for Elaine Gibson was meditating every morning and every evening for one hour.

Biggest thing for doctor V is healing mental emotional trauma and also meditating and practicing, spiritual meditation practices. Remember we went in depth about this different forms of meditation, different ways for you to meditate, you know, just going outside in nature, watching sunset for half hour, an hour at a time, just sitting there thinking, contemplating, relaxing.

Right? Not thinking about stressful things, turning off the TV, turning off the news, you know, activating the healing response inside your body by entering parasympathetic nervous, parasympathetic state within your nervous system, by doing meditation and guided meditations are great.

You can get them for free. You can do qigong meditations, you can do Tibetan meditations, you can do Christian mystical prayer meditations. You can do any kind of meditation.

You find them on YouTube for free. You can download programs. You can do so many kinds good meditation. But committing to it. Here's my morning routine. Here's my afternoon routine.

Here's my evening routine. Remember the further along your cancer is, the more you need to do meditation. Plain and simple, right? Just like, oh, this wallet.

Who, when he had kidney cancer, you know, he started he went to town doing sound healing and qigong meditation. And guess what the tumor kept shrinking every few months.

Shrinking, shrinking, shrinking, shrinking, shrinking, shrinking until he understood the deeper causes, mental emotional causes of that tumor. And then he was able to do some innovative therapy, some cryo freezing therapy.

Right. Froze the tumor and it was gone. And in the process, he healed his anger and he healed his fear. Both two of the direct causes he knew in his heart were the cause.

The deeper cause of his cancer. Right. So. But how often was he doing it? Hours a day. That's critical. It's your life. It's your well-being. And you will feel so much better.

Do you think I can sit down and meditate for an hour at a time? Just get a track, an audio track, a guided meditation. Even if you fall asleep in it, that's fine.

Remember, the more you sleep, the more you nap. The more you're going to heal. So if you're like, oh, I meditate for 15 minutes and I fall asleep, good.

That's a benefit. We want you to sleep more. We want you to rest more. I want you to heal faster. But commit to your routine, okay? And my nutrition. I know this is not a spot to write out all your nutrition, all your supplements or everything.

These are just some key things, right? What's a key thing you can do for breakfast? Right. Are you going to, intermittent fast until lunch? Something we talked about. Right.

Give yourself at least 14 hours between meals. If you stop eating, you know, at, 7 p.m. at night, then you're not going to eat again until 9 a.m. or 10 a.m.

the next day, which could just be the green juice for breakfast that we talked about, which I would recommend. Granges one quarter of juice for breakfast just right.

Something like that, and something to give you a foundation to focus on lunch, right? When we talked about having a big salad. So if you're gonna have a big salad every day, commit to an at lunch, whatever else you have at lunch, it's fine.

But at least have a big salad, right? And dinner. We talked about having the the, you know, vegetable bean, mushroom, onion, super healing soup, anti-cancer fighting soup, to have every single day and different variations of it in the cookbooks I told you about in the previous modules, that you deliver cookbook from Doctor Jill Furman has a lot of great recipes in there.

You can put here healing soup. Right. Juices. So multiple juices throughout the day. Remember we talked about getting up to at least three quarts of fresh green vegetable juice every day.

I give you those recipes for that. You can look up vegetables, make sure the fruit in those juices is very low. Right? We want more greens, more cruciferous vegetables, more healing greens as we've talked about answer inflammatory and then supplements.

You can start writing down some of the key supplements that your integrative success team has. You know, through your blood test. It's suggested that you take write those down.

So this is Mark just as basic simple commitment. But at least have this for breakfast. I mean at least have this for lunch. Or at least have this for dinner.

You know, if you change it up from day to day, it's fine. But you're still going to have those foundational things, right? And there's a thousand soup recipes you can make.

There's a thousand juice recipes. You can make this a thousand lunch and breakfast, you know, salad recipes. You can make those that be exact same thing every day unless you like that.

And then fill it out here. So again, put this on your fridge next to the other one. So you have a commitment and a reminder and something that just helps guide you along. Okay.

Next page. Here's what I want you to fill in. Your deeper reasons. Deeper reasons why we went over this. In previous modules, I asked you to spend the time to actually sit with me and answer these questions.

My deeper reasons why I want to be healthy, why I want to reverse cancer. I want you to fill those answers in here. These are things, you know, whether it's still have a legacy you want to live, you still want to contribute to society.

You, you know, still want to be around for your grandchildren, be a role model, you know, get to the deeper reasons why you want to have more energy, vitality.

So, you know, for me, I want to be 95 years old and backpacking through the countryside with my, you know, grandchildren, even great grandchildren at that point.

Right? I have those kinds of ambitions and goals. I want to be a leader. I want to leave a legacy. I want to contribute to others lives in a meaningful way.

You know, I just I want to experience so many great things with my kids and grandkids and, you know, no matter how much time we have left or those two years or five years or ten years or 20 years or 50 years, what are your deeper reasons?

Why is it just so you don't feel pain anymore? Why don't you want to feel pain anymore? Because pain is hurts, is horrible. You know what? Pain. Okay, but what are the good things that that can bring you?

Well, you can actually go and experience more adventure. Maybe you can go take that rafting trip you've always wanted down the Grand Canyon. Maybe you can go and do something wild like, I hope you've always had a dream of going, you know, skydiving or horseback riding or rock climbing.

Whatever it is, find out your deeper reasons why and feel them in here again, putting this on your fridge next to the other ones are some place you can see it every day.

Is is not to fill out and put under your cover in a drawer is to fill out and put in where you're going to see it every day. The toxins you are, removing from your life.

Now, there's a checkbox next to each one of these I want to go through and check it off as soon as you've removed, okay. Get 80% of them done right away if you haven't already done that.

Like I told you in the previous module, go through this again. Check them off. If you still have 1 or 2 left on here, do what you need to do to get them checked off as soon as you can.

You got to get these toxins out of your life immediately and as fast as possible, okay. And reduced as much as possible. We already went over this progress updates, things that you're seeing, progress, results, you little tiny things.

Write them down. Even something small doesn't seem like progress. Write it down. Progress is progress is progress. And that's what we want. Want to make sure you're on the right track.

And again, you have your degree of success team to follow up with. You have your key experts in your corner and they're supporting you. You have all these modules to go back through again to support you on anything you miss.

Remember, you know, we don't retain all the information we hear or see or watch in the first go around, right? Some people retain 20%. Some people retain 30%.

When you're actually writing down what I'm asking you to do, you're filling up the PDFs is I'm asking you to do, you know, you're actually participating and engaging, you know, people retaining 70%, 80%, even 90%.

Right. But we still miss stuff. And there's still more for us to do. So what I would encourage you to do is go back

through this masterclass, give yourself a week or two, get things rolling, and then go back through and watch it again, module by module by module, taking even further notes, taking even more action.

Because it's that action is that it's the step by step process. It's the implementing. More of the good things are going to nourish you and help you heal, and getting rid of those things that are causing the cancer more and more and more that are going to help you achieve more progress. Right?

And if things are working for you, you need to change it up. Get that consulting, get the additional support from the experts that I've shared with you.

You know, make sure you're part of the Health and Healing Club so you can learn from all the, you know, insider experts that I have access to and continue to interview and bring their wisdom to you.

Right. So that's it. You've got your holistic plan. Obviously, you can add more to this. Obviously the super simple. But that's the key. Simple. So it's actionable right.

So now you're ready to go I just want to say congratulations. You have a holistic roadmap for supporting you on your healing journey for months and years to come.

And remember, it's important to track results and modify as needed every three months, every six months, you know, every 12 months and so on. So now that we finished going through your holistic health and healing plan, I want you to join me in the final module.

Okay, it's just a few minutes, very short, but I want to share with you some closing thoughts as we as we wrap up our time together. This this last module is super short, but please join me because I'm going to share my gratitude with you.

I'm going to share my final wishes with you, and I want to share some additional next steps for you. Okay, so please join me in the final module now and we will wrap up this entire masterclass.

See you there.