

Contents

Acknowledgments	vii
Introduction	1
Key 1	
Understanding Water Gain versus Fat Gain	
What We Saw	17
What We Asked	20
How We Eat Now	27
How to Flush Out Net Water Weight	36
Building Your Health Capital	45
Key 2	
Understanding Your Internal Fountain of Youth	
A Cinderella Story	55
Searching for a Magic Wand	56
Finally, Cinderella	62
What Sam Found	64
A Few More for the Road	71
Key 3	
Understanding Posture: What Are You Doing at the Gym?	
Muscles that Flex	79
Posture, Aging, and Exercise	83
What about Bones? A New Look at Osteoporosis	93
Hormone Balance: A New Idea about Bones	97
Coming Around	102

Key 4

Understanding the Whole You: Unifying Mind, Body, and Spirit

My Journey towards Three-Part Being	105
How I Learned about the <i>Tao of Music</i>	110
Peace Begins at the Cellular Level—How Cellusonic Music Works	113
The Power of the Music	121
Galvanic Skin Response	125
The Phoenix—Living Feng Shui	129
The Holy Grail and the <i>Tao of Youth</i>	130

Key 5

Understanding Your Largest Organ: Skincare from the Inside Out

What's Inside?	133
How I Got to This Point	140
What You Put on Your Face	144
Wild Camellias and Soup	149
If You're Getting It Fixed	159
Conclusion	165
Appendix: <i>I Ching</i>	167
Sources & Resources	168
Index	182