

# Life Style Support with Dr. Jewel Pookrum, M.D. 2018

Life Style Support is the **one –on –one interaction** between a trained professional in the sciences of “**Cognitive neurophysiology** and psychology and the patient. In these sessions, the patient is taught, supported, and trained to create or alter \***Neuronets** which, transmit frequencies of thought throughout the Brain. The mind is an energy field of frequent thoughts, which are processed by the brain into chemical instructions. These chemical instructions are the source of directives, which activate ALL functions of the body.

Too often, there are thought patterns in the mind which create or contribute to unwanted disease(s) in the body or unpleasant emotional states or both.

The primary tools of information used in LIFE STYLE SUPORT sessions are: Active Visual Rehearsal (AVR), Meditation, BRAIN BALANCING and Journaling. These procedures create the new neuronet and thoughts needed, to activate change in the body’s tissues.

It has been observed that 6-12 weeks of sessions ranging from, once to twice weekly are needed, to create the changes you desire in the tissues of your body.

- **A neuronet is:** many neurons (specific cells of the brain) linked together in the brain to carry a specific electromagnetic current which, is responsible for our ability to think, reason, and recognize emotions.
- **Consciousness is:** **Information** carried in the form of light energy, moving at a specific speed through time. Consciousness differs, based on the type of light and the speed of its movement through the brain. Thus, some thoughts travel very slowly and others very fast through our brain. This stimulates different parts of the brain to become aware of specific types of thoughts known as thinking.
- **Awareness:** when you are able to recognize that information is moving through you brain.
- **The Mind:** The byproduct of Consciousness and energy on the Brain relative to time and space.

**Below, I have provided just a few examples of how individuals, who apply the appropriate thoughts (electro magnetic frequencies) to the neuronet (s) of their brain, do achieve whatever they desire. Your enrollment into LSS will provide you with instructions, and when appropriately applied enables you to become an achiever of your heart’s desires.**

## **The Multi-Purpose Mind**

Before we begin, let's take a glimpse at what the mind is really capable of accomplishing.

**A well known figure once said:**

**"The greatest discovery of the 19th century was not  
in the realm of the physical sciences,  
but the power of the subconscious mind touched by faith.**

**Any individual can tap into an eternal reservoir of power that will enable them to overcome any problem that may arise. All weaknesses can be overcome, bodily healing, financial independence, spiritual awakening, prosperity beyond your wildest dreams. This is the superstructure of happiness."**

These words were said not by a guru on a mountaintop, nor a self-improvement writer, but by William James, the Harvard Psychologist known as the Father of American Psychology.

To the untrained mind, William James' statement may seem far-fetched, but modern discoveries are finding his words to be true.

Let's look at some examples of what happens when this "*eternal reservoir of power*" is harnessed properly.

## **Case #1 - Using the Mind in Sports**

Dr. Charles Garfield, former NASA researcher and current president of The Performance-Science Institute in Berkeley CA talks about a startling experiment conducted by Soviet sports scientists.

The study examined the effect of mental training, including visualization, on four groups of world-class athletes just prior to the 1980 Lake Placid, New York Olympics. The four groups of elite athletes were divided as follows:

**Group 1 – did 100% physical training.**

**Group 2 – did 75% physical training, 25% mental training.**

**Group 3 – did 50% physical training, 50% mental training.**

**Group 4 – did 25% physical training, 75% mental training.**

What the researchers found was that group 4 – **the group with the most mental training – had shown significantly greater improvement** than group 3.

Likewise, group 3 showed more improvement than group 2, and group 2 showed more improvement than group 1.

The results were astonishing. Who would expect that athletes training mentally would be able to advance further than their counterparts who were training physically?

Garfield said, “During mental rehearsal, athletes create mental images of the exact movements they want to emulate in their sport. **Use of this skill substantially increases the effectiveness of goal-setting**, which up until then had been little more than a dull listing procedure.”

**If mental exercises and visualization could have such a profound impact on athletes, what kind of impact could it have on you?**

Can you use the same principle to improve your attitudes, confidence and skills? Could it impact your learning ability; your golf swing; your ability to shed weight and stick to a diet?

The answer is yes.

We will explore these topics in a later chapter and show you **visualization techniques you can use** to improve the quality of your life.

## **Case #2 - Miraculous Healing**

The following story will challenge your idea of just how much your mind influences your body.

In 1950, a new drug called Krebiozen had received sensational national publicity as a “cure” for cancer and was being tested by the American Medical Association (AMA) and the US Food and Drug Administration (FDA). One of the researchers involved in this testing was a doctor called Bruno Klopfer.

One of Dr. Klopfer's patients, a Mr. Wright was suffering from cancer of the lymph nodes. All standard treatments had been exhausted, and Wright appeared to have little time left. His neck, armpits, chest, abdomen, and groin were filled with tumors the size of oranges, and his spleen and liver were so enlarged that two quarts of milky fluid had to be drained out of his body each day.

When Wright discovered that Dr. Klopfer was involved in research on Krebiozen, he begged to be given Krebiozen treatments. At first his doctor refused because the drug was untested and only being tried on people with a life expectancy of at least three months. Wright begged so hard, however, that Klopfer decided to give him one injection on Friday, though he secretly suspected Wright would not last the weekend.

Dr. Klopfer was in for a **big surprise**.

On the following Monday, Klopfer found Wright out of bed and walking around. Klopfer reported that his tumors had "melted like snowballs on a hot stove" and were half their original size. This was a far more rapid decrease in size than even the strongest X-ray treatments could have accomplished.

Ten days after Wright's first Krebiozen treatment, he left the hospital, and as far as his doctors could tell, with no signs of cancer. When he had entered the hospital, he had needed an oxygen mask to breathe, but when he left he was well enough to fly his own plane at 12,000 feet with no discomfort.

Wright remained well for about two months, but then articles began to appear asserting that Krebiozen actually had no effect on cancer of the lymph nodes. Wright, who was rigidly logical and scientific in his thinking, became very depressed, suffered a relapse, and was readmitted to the hospital. This time his physician decided to try an experiment.

Dr. Klopfer told Wright that Krebiozen was every bit as effective as it had seemed, but that some of the initial supplies of the drug had deteriorated during shipping. He explained, however, that he had a new highly concentrated version of the drug and could treat Wright with this. Of course, the physician did not have a new version of the drug and intended to inject Wright with nothing more than plain sterile water.

**Again the results were dramatic. Tumor masses melted, chest fluid vanished, and Wright was quickly back on his feet and feeling great. *Yet he had been injected with nothing more than sterile water.***

Wright remained symptom-free for another two months, but then the American Medical Association announced that a nationwide study of Krebiozen had found the drug worthless in the treatment of cancer. This time Wright's faith was completely shattered. His cancer blossomed anew and he died two days later.

Wright's story is tragic, but it contains a powerful message: When we are fortunate enough to bypass our disbelief and tap the healing forces within us, we can cause tumors to melt away overnight.

" learn how to tap into and control this powerful force."

The patient's mind alone, independent of the value of the medication, produced his recovery.

This event proves that your mind is so powerful that it can literally bring wonderful or tragic events to bear within days. Most people do not learn how to tap into and control this powerful force.

Many people do have their minds working for them, but in negative ways. Doctors call this psychosomatic illness - an illness caused by a person's negative belief system.

In your **Life Style Support Sessions (LSS)** we will teach you how to create positive belief systems and how you can use visualization to accelerate your body's rate of healing and recovery.

*References; Jose Silva, Ultra mind system and technique, 2006*

Please complete the LSS questionnaire and return to Dr. Jewel Pookrum. Please call 888-659-4486 or 770-349-9404 to Schedule your Life Style Support Sessions.

Prices and fees can be discussed at the time of scheduling.

Sincerely,

***Jewel Pookrum, MD, PhD, MFS***

Jewel Pookrum MD, PhD. MFS

*Founder of LSS and Head Facilitator*

*The J.E.W.E.L. University of Immortal Sciences (Juis)*

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