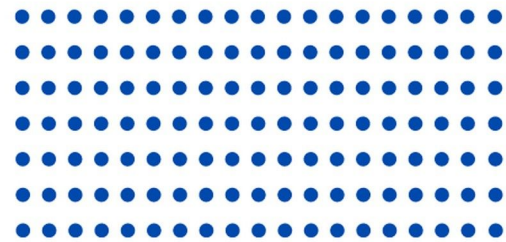


CHRONIC DISEASE EDITION

HEALING BLOCKS CHECKLIST



FOR PRACTITIONERS AND CLIENTS



PAUL KEENAN





Chronic Disease Healing Blocks Checklist



Identify Your Personal Healing Blocks.

Time To Complete: 10 minutes

Date:	First Name:	Last Name:
Tel:	Email:	

"All disease is caused by some sort of blockage. Whether it's blocked blood, lymph, oxygen, nutrition, nerve impulse, emotional energy, spiritual energy, or even what the Chinese, Japanese or Indians refer to as Chi, Ki, or Prana. When an area of the body gets blocked, it gets sick. It's that simple." - Dr. Richard Schulze

Top 15 Blocks

You lack knowledge of what's wrong or how to fix it.	
Unhealthy diet.	
Your body is toxic.	
You are missing nutrients.	
Lack of exercise.	
Poor quality sleep.	
Chronic Stress.	
Failing to address the underlying cause of your disease.	
Lack of available expertise.	
Lacking a structured healing protocol.	
Treatment, or protocol, is not individualized.	
Lack of Support.	
Insufficient funds.	
You are practising 'Grasshopper Medicine' (note). 	
You are practising 'Water-Pistol Medicine' (note). 	



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Physical

Poor elimination/drainage - backed-up lymphatic system.

Hidden or underlying infection - dental, post-surgery.

Chronic Inflammation.

'Leaky' or damaged gut.

Missing/unbalanced gut bacteria.

Hyper-sensitivity/reactivity to foods and supplements.

Poor digestion or malabsorption.

Weakened immune system.

Acidity/Low PH.

Shallow breathing/Low cellular oxygen.

Dehydration.

Cravings and Addiction.

Antibiotic or herbal resistance.

Adverse reactions to medicines or treatments.

Psych-Med withdrawal.

Chronic Fatigue.

Blockages - Restrictions to blood, lymph or nerve flow.

'One-size-fits-all' health solutions not working for you.

Hyper-coagulation (thickened blood).

Herxheimer Reactions - 'Die-off', or 'Healing Crises'.

Brain fog - Poor concentration or memory.

Relapse or flare-ups.

Environmental

Toxins - plastics, fire retardants, paints, glues, cosmetics, detergents, etc..

Mold mycotoxins.

Contaminated food, water, air.

Not enough time spent in Nature, un-natural living.

Toxic metals - Lead, Cadmium, Mercury, Arsenic, Fluoride.




Supplements

Using supplements like medicines - i.e one symptom=one herb.

Creating imbalance - i.e. mega-doses of one supplement or probiotic.
 Work too slowly or no effect.
 Triggering 'Healing Crises'.
 Wrong dosage.
 Contents not as advertised
 Missing the active ingredient.
 No healing factors - due to irradiation, heating, pasteurization, etc..
 Toxic or contaminated - GMO, synthetic, inorganic, rancid oils, harmful fillers.

"Chemicals, hormones, antibiotics, steroids, synthetic, plasticized, irradiated, GMO, de-natured, trans-fat, de-vitalized gunk is not "food". It's "poison". - Paul Keenan

Diet

Toxic, deficient 'food' - chemical, synthetic, irradiated, homogenized, de-natured, GMO, junk.
 Not using Food as Medicine.
 Eating the wrong food for your Type.
 Excess acid-forming food and drink.
 Antibiotics, steroids, hormones in the food supply.
 Pro-Inflammatory foods.
 'One-size-fits-all' or FAD diets.
 Breaking the **Laws of Opposites and Similars**. (note) 
 Missing one or more of '**The 6 Tastes**'. (note) 
 Ignorance of the '**Energetics**' of food. (note) 
 Consuming electron-deficient ('dead') food and drink.
 Eating out of line with nature's rhythms - wrong time of day, out of season
 Wrong diet for the climate and geography.
 Poor food combining.
 Overly complex, or sweet, juices and smoothies - Common with vegans.
 Poor eating habits - e.g. Overeating, eating too quickly, not chewing your food.
 Eating or snacking before you've fully digested your previous meal.
 Eating when stressed - 'self-tranquillizing'.
 Eating 'old' or rancid food - (too long in the fridge, rancid oils, leftovers).
 Raw or undercooked animal products - Sushi, pork.
 Chilled food and iced drinks - Puts out the digestive 'fire', solidifies fats.

Protocols

Lacking a properly-structured healing protocol.
 Protocol not individualized.
 Protocol is too complicated.

Not properly following the protocol - Missing steps. Or steps in the wrong order.	
You are 'cherry-picking' the bits you like. Ignoring the bits you don't.	
Failing to complete the protocol.	
Cheating - "But it's only one biscuit/coffee/cigarette/treat".	

You wouldn't take a holiday without planning ahead. Nor build a house without detailed drawings. Where is your plan for restoring your health?



Practical

Uneducated, unqualified, unethical or incompetent practitioners.	
Losing confidence in a solution or practitioner.	
Misdiagnosed or undiagnosed disease.	
Co-conditions/disorders.	
Unreliable or harmful tests.	
Failing to apply natural healing fundamentals - (e.g. fasting, detoxification).	
Choosing the wrong treatments, supplements or therapies.	
Relying on single solutions or 'Miracle Cures'.	
Addressing the wrong 'Layer' (Physical, Mental, Emotional, Energetic or Spiritual).	
Using the wrong healing tool for the job/layer	
Low quality products or services.	
Herxheimer Reactions - "Die-off" or "Healing Crisis".	
Brain fog, inability to concentrate or remember. Brain inflammation.	
Too-narrow focus on specific health issues.	
Unknown Cause - You have no idea what's keeping you sick.	



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Parasites/Pathogens

Worms, parasites, fungi, bacterial and viral infections.	
'Persister' pathogens. 	
Mold hyper-reactivity.	
Biofilm. 	
Excess focus on killing invaders - Applying 'Germ Theory' instead of 'Terrain Theory'.	
No Maintenance or Prevention Protocol (leading to re-infection).	
Relapses or 'flare-ups'.	

Parasitic/demonic influence on your thoughts, cravings and behaviour.

Knowledge

Ignorance of effective therapies/solutions.

Information overload.

Too many choices.

Inaccurate or biased health information

Opting for the first results in online search.

Being misinformed or uninformed.

Suppressed cures and competition.

Falling for false or exaggerated claims.

Confused by medical 'jargon', technical language or overly-complex instructions.

Financial

Cost of treatment.

Lack of family or spousal support

No access to charitable funding or government help.

Spending on tests instead of treatment.

Wasting money on the wrong treatments.

No health insurance or condition is not covered.

Support

Waiting too long to seek help.

No expertise available, locally.

Lack of ongoing support and guidance.

Lack of family or spousal support.

Trying to go it alone.

Feeling isolated and unloved.

Being told, "It's all in your head" and referred to psychiatrists.

Being drained by negative people - "Energy-Robbers".

Dental

Cavitations and Root Canals - 'Pus Pockets'

Metals in the mouth.

"When you eat, energy and vitality is taken up with preparing, consuming, digesting and eliminating food. The more you eat and snack, the less energy is available for cleansing and repair." - Paul Keenan

Energy

Low cellular voltage.

'Electrosmog' - EMFs, Radiation.

Collapsed Energy System/Mitochondria. 

Blocked or negative energy flow/frequencies - (Meridians/Chakras).

'Low-vibration' or dark entities.

Negative thinking - lowers frequency, creates acidity.

You are 'In the Pit' - feelings of despair, hopelessness, suicide.

You're in constant "Fight or Flight".

Preparing, consuming, digesting and eliminating food, leaving no energy for healing/repair.

Chronic inflammation is draining you.

Low Zinc. Low 'Ojas' (see book). 

Being drained by negative people - 'Energy-Robbers'.

'Electron Stealers' - (See book for full list).



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Attitude

You're not really serious. Health isn't a priority.

You've made health "The Doctor's job".

Refusing to change your ways/lifestyle.

Impatience. Wanting instant fixes.

Lazy or lacking motivation.

Scepticism and cynicism. Having a closed mind.

It's "too difficult", "too slow" or "too much effort".

Lack of self-belief and self-worth.

You are financially, or emotionally, benefiting from your illness.

Self-sabotage. You believe you "deserve" your disease.

It's always... "Tomorrow. I'll start tomorrow".

Can't see the wood for the trees - "Paralysis by Analysis".

Perfectionism.

Lack of Faith - Religious, Spiritual.

Chronic anxiety - Crippling your ability to act.

"If your glass is always half-empty and your mind closed to all other possibility, how are you going to heal?"

Beliefs

Guru-worship and listening to false idols - e.g. TV Doctors and celebrities.	
Lack of Faith. Believing we are just Body and Mind.	
Not using the 'Placebo Effect'	
'Nocebo Effect' - You believe you can't heal, so don't.	
"It's Genetic." - So why bother?	
"It's Incurable."	
Magical thinking - Believing an apple in one hand, negates the donut in the other.	
Believing Natural/Alternative Healing is "Quackery" or "Woo".	
Nothing works - You've "Tried everything".	

Other

SUBMIT

Guidance Notes

- Scroll down and check each item you think is preventing you from healing. If unsure, leave blank. For detail on individual items, refer to the audiobook, e-book or print version of [What's Keeping You Sick? Chronic Disease Edition](#)
- Be honest with your answers. You can't fix it, if you don't acknowledge it.
- **'SUBMIT'** loads your email program with my email... healingblocks@pm.me. If not, enter it, manually. **Save**, then **Attach** the completed form and **send** back to me, for review (optional).
- Don't panic. Not all blocks will apply to you and most are easy to resolve.
- Emotional trauma is best resolved with a Therapist or Alternative Practitioner.
- Differences between checklists and books may exist, until updated.
- To suggest improvements to this form, email healingblocks@pm.me

Additional Resources



[What's Keeping You Sick Chronic Edition](#)

[Healing Bundle - Special Offer](#)



Audiobook Sample

Practitioners/Therapists

For Custom Checklists, email healingblocks@pm.me or visit the [Practitioner Page](#).