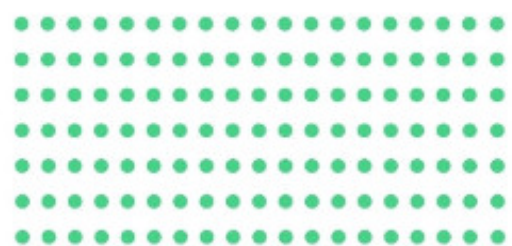


LYME DISEASE EDITION

HEALING BLOCKS CHECKLIST

FOR PRACTITIONERS AND CLIENTS



PAUL KEENAN





Lyme Disease Healing Blocks Checklist

Identify Your Personal Healing Blocks.



Time To Complete: 10 minutes

See Guidance Notes.

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 don't know why you are sick or how to fix it.	
Failing to address the underlying cause of your disease.	
Unhealthy Lifestyle.	
Your body is toxic.	
Lacking important nutrients - Vitamins, minerals, amino acids.	
Lack of movement/exercise.	
Poor quality sleep.	
Chronic stress - Physical, mental, emotional, energetic.	
No access to Lyme Disease expertise.	
Lacking a properly-structured Lyme Disease protocol.	
Protocol not individualized.	
Lack of emotional and technical support.	
Lack of funds.	
You are practising 'Grasshopper Medicine' (note). 	
You are practising 'Water-Pistol Medicine' (note). 	

Physical

Insufficient rest and relaxation.

Cell Danger Response - Chronic activation can block healing.

Poor elimination/lymphatic drainage.

Hidden or underlying infection – dental, post-surgery, mesh, stents, knee replacement, etc...

Chronic Inflammation.

'Leaky' or damaged gut.

Missing/Unbalanced gut bacteria ('dysbiosis').

Hyper-sensitivity/reactivity to foods and supplements

Poor digestion or malabsorption.

Weakened immune system.

Acidity/Low cellular oxygen.

Dehydration, contaminated water.

Cravings and Addiction.

Lyme Co-conditions/Disorders

Antibiotic or herbal resistance.

Adverse reactions to medicines or treatments.

Psych-Med withdrawal.

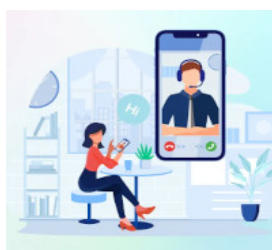
Chronic Fatigue.

Hyper-coagulation (thickened blood). Common with Lyme.

"Lyme Brain" - Brain fog, inability to concentrate or remember, inflammation.

Lumps, cysts, clots, tumors, restrictions to blood, lymph or nerve flow.

Relapse or flare-ups



Book a FREE Consultation

Environmental

Toxins - Chemicals, plastics, fire retardants, paints, glues, cosmetics, laundry detergents, pesticides, hormone-disruptors, etc..

Mold Mycotoxins - Causing hyper-reactivity.

Contaminated food, water, air.

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

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

Diet

Toxic, deficient 'food'.

Not using Food as Medicine.

Eating the wrong diet for your Type.

Excess acid-forming food and drink.

Consuming pro-inflammatory food and drink.

Breaking the **Laws of Opposites and Similars**. (note) 

Missing one or more of '**The 6 Tastes**'. (note) 

Ignorance of the '**Energetics**' of food. (note) 

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 without hunger.

Eating when stressed - 'self-tranquillizing'.

Eating 'old' food - too long in the fridge, spoiled, rancid oils, leftovers.

Eating raw or undercooked animal products - Sushi, seafood, pork.

Chilled food and iced drinks - puts out the digestive 'fire', solidifies fats.

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

Supplements

Using supplements as if they are medicines. i.e. one symptom=one herb.

Creating imbalance - e.g. mega-doses of a probiotic or vitamin.

No effect - Too weak or diluted.

Wrong dosage - Too much (more isn't better) or too little.

Triggering 'Healing Crises'.

Contents not as advertised.

No healing factors.

Harmful or contaminated - GMO, synthetic, inorganic, rancid oils, harmful fillers.

Protocols

Overly complicated or poorly designed

Not following the protocol - 'Cherry-picking' the bits you like. Ignoring the bits you don't.

Not doing the right things, at the right time, in the right order.

Failing to complete the protocol.

Cheating - "But it's only one biscuit/coffee/treat".


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

Practical

Uneducated, unqualified, unethical or incompetent Lyme Disease Practitioners.

Misdiagnosed or undiagnosed Lyme Disease.

Unreliable testing - you are working 'blind'.

Failing to apply natural healing fundamentals. (note) 

Relying on single solutions or 'Miracle Cures' - e.g. hyperbaric oxygen or Vit C.

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

Addressing the wrong 'Layer' - (note) 

Using the wrong healing tool for the job/layer.

Using low quality products or services - Ineffective.

Herxheimer Reaction or 'Healing Crises' - you feel unwell, so quit.


Too-narrow focus on specific health issues - MTHFR, SIBO, MARCONS, etc..

Unknown Cause.

Parasites/Pathogens

Worms, parasites, fungi, bacterial and viral infections.

'Persister' pathogens - (note) 

Biofilm - (note) 

Too-narrow focus on killing invaders.

No Maintenance or Prevention Protocol - Leading to re-infection.

Parasitic/demonic influence on 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 (e.g. corporate-bought 'science') or uninformed.

Falling for false or exaggerated claims.

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

Financial

Unaffordable treatment costs

No access to charitable or government funding.

Spending funds on tests of dubious value, instead of treatment.

Money invested on the wrong treatments.

Spending money on expensive solutions when cheap or free is available.

No health insurance, or condition not covered.

Support

Waiting too long to seek help.

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/family/friends - "Energy-Robbers".

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

Dental

Cavitations and Root Canals ("Pus Pockets") leaking infection.

Metals in the mouth.

Energy

Electro-sensitivity - 'Electrosmog', EMFs, 'Radiation poisoning'.

Weak or collapsed Energy System/Mitochondria. (note)

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

'Low-vibration' or 'dark' entities.

Negative thinking - lowers frequency, creates acidity.

Being in constant "Fight or Flight"/Inflamed - drains energy, adrenal fatigue.

Consuming electron-deficient ('dead') food and drink.

Lack vigor, vitality or 'life-force" - Ayurveda calls this 'Ojas' (note)

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 and unrealistic expectations.	
Lack of Faith - Religious, Spiritual.	
Crippled by chronic anxiety.	

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



Book a FREE Consultation

Beliefs

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

Other

SUBMIT

Note: Use a PDF Reader to complete and save your answers. Not a web browser.

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 any version of [What's Keeping You Sick? Lyme Disease Edition](#)
- Be honest with your answers. You can't fix it, if you don't acknowledge it.
- **'SUBMIT'** loads your email program with healingblocks@pm.me. If not, enter it, manually. **Attach** the completed form and **send** to me, for review (optional).
- While there are many blocks, don't panic. Not all will apply and most are simple to resolve.
- Emotional healing is best addressed 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? Lyme Disease Edition](#)

[LYMECLEAR Lyme Disease Protocol](#)

[Lyme Disease Retreat](#)

[Special Offer - Healing Bundle](#)



Audiobook Preview

Practitioners/Therapists

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