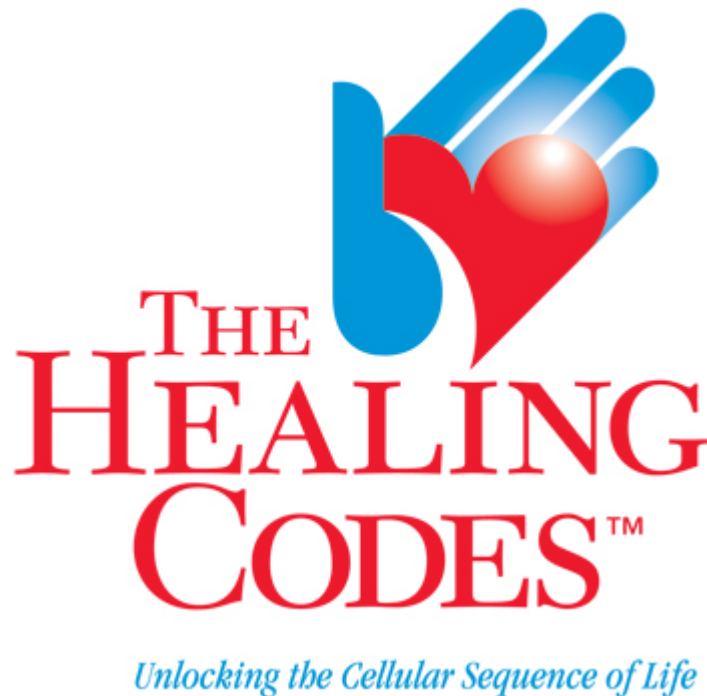


**Special Report Explaining
The Basic Principles Of**



**A New Revolutionary Healing System
Which Is Definitely Life-Changing
And For Many People Life-Saving...**

www.my-happy-heart.com/healingcodes.html

(Use the above link to receive \$100 discount on order!)

THE HEALING CODES

"The Healing Codes is truly a Nobel Prize worthy discovery!"
- Dr. Steve Robertson

95% of all the diseases is created by stress. And more importantly, if you nullify your stress, your body can overcome almost anything; pain, phobias or disease...

Discover how to:

- Super Charge your immune system.
- **Help your body heal itself.**
- Eliminate ALL your pain, stress, fear, depression and disease.
- **Turn your body's Defensive Cells into super Growth Cells that will not allow illness to develop within you!**

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The Healing Codes In A Nut Shell...

Stress IS created from our incorrect beliefs and our misinterpretations!

Because of these false beliefs and misinterpretations, we then view our lives, our **personal circumstances** and the world around us, as being dangerous and threatening to us.

And, when we feel threatened, the cells in our body are then **constantly forced** into a stress filled "defensive mode", as opposed to a normal, healthy, "growth mode".

When that continually happens - day in and day out - our bodies become so stressed, that they begin to break down, and we are no longer able to repair ourselves.

However, by using The Healing Codes, we are able to **correct these false beliefs**, and misinterpretations. When we do that, we stop viewing all our circumstances as threatening.

We then, stop creating the **constant stress within our bodies**. This allows our cells to move out of their defensive mode and into their growth mode.

Our immune system then **becomes "supercharged"** and we rid ourselves of illnesses, and protect ourselves from creating new ones.

The body is *the world's most perfect healing machine*, when our cells are not forced into a defensive position, brought on by stress.

Now you can use our **easy to follow**, step by step techniques, (we call them Protocols) to help your body completely heal itself from whatever you are dealing with and all it takes is 2 or 3, eight minute sessions a day.

That's about **15 - 30 minutes a day**, to be free of pain, stress, worry and disease!

About Us

The Healing Codes is a company founded by Dr. Alex Loyd, ND and PhD candidate and Dr. Ben Johnson, MD, DO, NMD.

Dr. Alex Loyd

Alex and his wife Tracey discovered she was clinically depressed after they got married. In a quest to find a cure for her depression, Alex went back to school to study psychology.

Over the next twelve years Alex traveled all over the country and to other parts of the world looking for a permanent cure for her depression. He prayed every day for twelve years for a cure. He found many treatments that provided many people excellent relief. But, a cure eluded him.

As he was ready to board a plane to home from Los Angeles, his cell phone rang and he could tell from his wife's voice, she was very upset again. He had been introduced to therapies he knew he could use to help her, but only if he was there.

After boarding the plane, he prayed again. All of a sudden, he felt like a massive amount of information on an undiscovered healing map within the body was being downloaded into his brain.

He grabbed a notepad and began to write as fast as he could. His hand was cramping. At one point, he said, "God, you're going to have to slow down or help me remember. I can't keep up." He then looked around to see if anyone had heard him. He wasn't certain if he had spoken out loud or not.

He began to use this information on his wife and with those he counseled. The focus was on relieving self-sabotage programs. Suddenly his clients discovered that physical issues were dissolving along with the mental problems they wanted to change.

Dr. Ben Johnson

Dr. Ben Johnson had founded an international cancer research and treatment facility just outside of Atlanta.

Ben was extremely low on energy and his muscles had begun twitching. He assumed this was caused from an accident and surgery and that it would heal.

After the conditions continued to worsen, he went to a friend of his for a medical workup. The doctor came back and told him he had Lou Gehrig's Disease. He went for a second opinion and was told the same thing by a doctor with no knowledge of the first doctor's diagnosis.

He went to the Internet and discovered; 80% of the people diagnosed with Lou Gehrig's Disease were dead within five years. He could find no evidence of any ten-year survivors.

He had been introduced to Alex's work and decided to make it a top priority to find out more. When there are no known mainstream cures nor treatments; it's time to start looking other places.

Ben went to one of Alex's seminars and purchased some of Alex's time. After eight weeks, he went back for another medical workup. He had no physical symptoms and no clinical traces of Lou Gehrig's Disease.

This is a company that love is building.

Almost all of the participants who are helping to get this company launched have personal stories that have caused them to invest their time, money and contacts. Almost no one is getting paid (as of this writing) and those who are being paid anything are not being paid their worth.

We are evangelists for new and better ways to create and maintain health.

We believe, and have a lot of evidence to base our beliefs on; this will be of help to everyone who will take the time to use these discoveries for themselves, families and friends.

We encourage you to take the time to find out what this system can do; because, when you need it, you don't want to start from scratch. So start today.

If you haven't already, sign up for a free audio interview by Bill McGrane of the McGrane Institute with Dr. Alex Loyd and Dr. Ben Johnson:

<http://www.my-happy-heart.com/healingcode-audio.html>

The Healing Codes How Does It Work?

Have you ever wondered: Why is there still no cure for diabetes, or migraines, or arthritis? Why do people still have to hear, "you've got cancer," "looks like Fibromyalgia," or "your heart is diseased?" Why do people still struggle with depression, or anxiety or, uncontrollable anger? And why, in our advanced and educated society, do we still struggle with the common cold?

Are these issues? Absolutely.

There are hundreds of issues, physical and non-physical, that are still being medicated and talked through daily, but the problems still remain. Why aren't our issues changing and getting better?

None of those issues are THE problem...

Where Do Our Problems Come From?

If we knew a person was going to develop a tumor in seven days, we might contact a hospital to perform an experiment. The experiment would be to perform a MRI daily, to pinpoint exactly when a person goes from being cancer-free to having a tumor. Days one through six, the MRI reports a clear scan. On day seven, abnormal cells representing a tumor are seen.

QUESTION: Where did the tumor come from? The one place we know it did not come from is from physical things seen and measured by the MRI. So, the tumor had to come from somewhere undetectable by the test.

Stanford researcher and cellular biologist, Bruce Lipton, Ph.D. released landmark research in 1998 that proves the unseen is the cause of the tumor in our example 95% of the time. Dr. Lipton built upon Albert Einstein's $E=mc^2$ (every problem is an energy problem) to scientifically prove the unseen cause of our hypothetical tumor.

According to Dr. Lipton's research, **the unseen cause is always a wrong belief.**

In other words, a wrong belief creates a destructive energy frequency that manifests itself as disease, physical illness, mental or emotional disorder, stress, or one of a hundred other problems.

It sounds great, but there's something missing...

Psychology, psychotherapy, spirituality, self-help, friendly and not-so-friendly advice all have been touting for hundreds of years the secret to fixing the critical beliefs that dictate our health. If wrong beliefs were the problem, then fixing them would result in healing the issue.

Despite all these efforts, things are getting worse:

- According to the CDC, there is more **heart disease** than ever before.
- Everyone knows someone with **cancer**.
- **Suicide rates** are increasing, especially among teenagers and senior citizens.
- **Obesity** is at epidemic proportions.
- **Autoimmune disease** has created the largest hopeless and helpless community in America.
- **Mental health** patients are weary of the treadmill of medication band-aids.

The healthcare nightmare is a daily headline news story. WHY?

Imagine A Picture...

Envision a picture that conveys something beyond words. It may be a vacation picture at a place of incredible beauty. It may be a painful picture of a challenging time in your life. It may be a prized picture that exudes love and is a constant source of strength.

Pierce Howard, Ph.D., in his recent book, *The Owner's Manual for the Brain*, shows that **all data is encoded in the form of pictures** proving that pictures are the primary source that everything else flows from - they are the language of our lives.

In recalling the pictures of your life, what feelings, thoughts, and beliefs are stirred?

Did you experience anger and fear at recalling a major trauma? Pure joy in re-experiencing an innocent child playing on the beach? Affection at a first love's gaze? Inspiration, imagining life that is to come?

Every feeling of sadness, anger, fear, or shame; every belief about yourself, others, and the world; every thought about the best course of action in a given situation-all of these exist because of, and are anchored to a picture.

- A belief is an interpretation of something.
- A thought is a rational reasoning about something.
- A feeling is an experience of something.
- The picture is THE something!

Feel free to share this report with any of your friends who could benefit from this!

These Images Are The Real Problem!

Since the dawn of time, an unknown force has been causing and maintaining our wrong beliefs.

Pierce Howard's research concludes that all information is stored in the form of images. These images are the real problem. It is almost impossible to heal any problem, long-term, without fixing the underlying picture. If this picture is not healed, then fixing the cell, belief, or feeling is usually a band-aid, allowing either the same problem to recur, or a new problem to manifest.

In 2001, Dr. Alex Loyd discovered the mechanism in the body that fixes the destructive underlying pictures, quickly, effortlessly, and completely. This mechanism is the hidden fuse box in the body that heals the pictures when the correct switches are flipped.

Your body needs the vitamins and minerals available in whole foods, it needs exercise, it needs plentiful water, and maybe even vitamin supplements. The Healing Codes techniques are another mechanism to add to your healthful practices.

Since this discovery, people from around the world, using The Healing Codes self-treatments, are fixing underlying pictures, which automatically heal wrong beliefs, which instantly heal destructive energies, which consistently heal...everything.

HOW UNHEALED PICTURES AFFECT YOUR BODY

The autonomic nervous system is the body's control center for stress.

When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection. The response is immediate, mobilizing the body's resources for immediate physical activity. The alarm/stress reaction brings huge amounts of glucose and oxygen to the organs most active in warding off danger.

This results in increased circulation, and a decrease in non-essential activities.

Building Up A Health Crisis...

During the alarm/stress reaction, immune, digestive, cardiovascular, neurological, and reproductive activities are inhibited. When the threat is over, the body automatically shifts your cells back into growth mode.

When the hypothalamus in the brain senses the energy frequency of fear, it activates the body's emergency response system and sends a signal to the pituitary, or master gland, that there is an emergency. The pituitary then sends a signal to the adrenal glands, which send out the adrenal hormone that puts the entire body into "fight or flight" mode.

"Fight or flight" is healthy when it allows the body to react to avoid a dangerous situation, and then returns to rest. It is *not* healthy however, for the body to activate "fight or flight" when the phone rings and then remain in that state chronically.

When the body is chronically in a "fight or flight" place, healing resources are diverted from the major organs, the immune system, and higher neurological functioning. If the body stays in this state for an extended period, illness, disease, and disorder are likely to follow...

Dr. Lipton's research concludes that the energy frequency of fear and wrong beliefs will cause the nervous system to go into "fight or flight." Every wrong belief is an interpretation of fear pictures.

The above process that activates "fight or flight" can lead to a health crisis - one cell at a time.

Remove Negative Energy From Unhealed Pictures

Dr. Lipton proved that *every cell is either in growth mode or self-protection mode* at any given time. A cell in growth mode is healthy and impervious to disease. A cell in self-protect mode is closed to needed resources of the body and is vulnerable to dysfunction and disease.

Cells switch from growth to self-protect mode when the HPA axis (fight or flight) is activated. The HPA axis is **wrongfully activated by the mistaken perception of danger!** A destructive picture leading to a wrong belief always causes this mistaken perception of danger.

The purpose of The Healing Codes is:

- to remove negative energy from unhealed pictures,
- to reduce or completely eliminate stress in the body.

Everyone wants abundant life filled with love, joy and peace. Unhealed pictures are what block us from this life. We all know of people with money, accomplishments, and fame who do not have love, joy, or peace and are miserable.

On the other hand, everyone with love, joy and peace, whether or not they have anything else, has abundant life. The Healing Codes Techniques help heal the unhealed pictures that block abundant life.

Summed Up

- According to Pierce Howard, Ph.D., and other researchers, the picture is first.
- If you change everything but the picture, you still have the problem.
- If you heal the picture, and nothing else, all of the problems heal.

Our Experience...

- Of the thousands of people who have used The Healing Codes self-treatments as prescribed, 99.5% have healed completely or dramatically?
- To our knowledge no one who has done The Healing Codes self-treatments, as prescribed, has developed a major disease?
- Unprecedented in 30 years, HRV results show immediate balancing of the autonomic nervous system?

(Our conclusions are amongst others based on reported failures and reported results and in 84% of cases tested.)

Heart Rate Variability & Stress

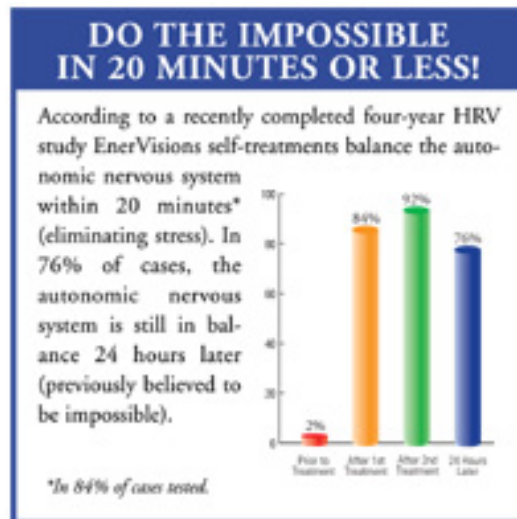
The best way to measure stress is by examining the current state of the autonomic nervous system (the stress control system). For the last 30 years, the best known way of measuring the nervous system is by looking at the Heart Rate Variability (HRV).

HRV is part of an elite category of tests, including CT scans and MRI's, that does not respond, even one percent, to placebo. In his most recent book, Dr. Roger Callahan reviews the 30 years of literature on HRV, and finds only two treatments that have ever been found to balance the autonomic nervous system. Both treatments took a minimum of six weeks.

As the autonomic nervous system goes, so goes our health.

According to Stanford cellular biologist Dr. Bruce Lipton, the autonomic nervous system is shifted out of balance by a wrong belief, or a belief based on a lie. When this occurs, very often the cells don't shift back into balance the way they are supposed to.

On the other hand, our healthy beliefs, the ones that are filled with truth, lead to wellness, peace, happiness, and true abundant life.



Feel free to share this report with any of your friends who could benefit from this!

"Depressed HRV (defined in terms of the standard deviation of the means of all "normal" intervals between two sequential beats without contained ectopic beats) has been shown to be associated with subsequent "cardiac events" such as angina, myocardial infarction, coronary heart disease, death, or congestive heart failure."

- Framingham Heart Study Group

"Low HRV may be a more powerful predictor of mortality than such standard determinants as left ventricular ejection fraction, wall motion abnormalities, frequency and complexity of ventricular ectopy, standard ECG indices, exercises capacity, and the signal averaged ECGT"

- Fallen and Kamath, 1995

"According to 30 years of medical research, Heart Rate Variability is the best test in existence of the state of the body's autonomic nervous system and is not even 1% susceptible to placebo."

- Peter Julian, Director, Advanced Cardiology

"The Heart Rate Variability test gives an incredibly accurate view of the autonomic nervous system (ANS) as well as the variability of the heart. It is extremely difficult to change the ANS because it is a stable characteristic. There is no placebo effect with the ANS."

- Fuller Royal, MD, Medical Director, The Nevada Clinic

"Analysis of HRV has become a standard tool for the evaluation of cardiac mortality with the general 'rule of thumb' that a reduced variability is a signature for disease and enhanced risk."

- Schmidt and Morfill, 1995

"In my opinion, within the near future all psychotherapies will necessarily be tested with this objective measure. This objective instrument is known to be free of placebo influence and, as more psychotherapists begin to use HRV, we will see an end to testing psychotherapies with a control group and statistical tests in an attempt to demonstrate that the miniscule effects of most feeble conventional approaches are greater than chance."

- Roger Callahan, PhD

Genetics Or Stress?

We've been told, and we believe, that the medical history of our family directly affects our health. Their cancers will be our cancers. Their weaknesses become our burdens. We believe we are helpless against inherited genetic issues or the stress of our everyday life.

What makes the difference?

Almost every expert says it is either genetic tendency, or stress. Research from the Institute of Heart Math and Stanford University shows that **stress produces genetic change**. Yet two people exposed to the same stressful situation are affected differently.

So what is it - genetics or stress? What is the truth?

Recent research shows that **all problems are caused by the same source**.

Multiple studies reveal that 75-90%% of all patients visit their doctor for illnesses and diseases that stem from a single origin. In 1998, Dr. Bruce Lipton, a cellular biologist at Stanford University Medical School, clinically proved that 95% of all problems arise from one thing: **stress**.

A recent web search found over 250,000 sites dedicated to the world's no. 1 killer. These sites included information on:

ADD/ADHD	Grief
Addictions	Guilt
Allergies	Meniere's Disease
Amourophobia	Migraine Headaches
Anger	Panic/Anxiety
Anxiety	Phobias
Autoimmune Disorders	Public Speaking
Cancers	Rape/Trauma
Cardiovascular Problems	Rejection
Child Abuse Victims	Sexual Issues
Chronic Pain	Stress
Dental Problems	Stuttering
Depression	Surgical/Medical Fears
Diabetes	Tinnitus
Eating Disorders	War/Other Trauma
Environmental Illnesses	Weight Issues
Fears	Obsessive Compulsive

This is only a sampling of the issues proven to result from stress...

Feel free to share this report with any of your friends who could benefit from this!

How Stress Affects Us

We are misinformed about how stress affects us. Stress affects us internally, which can manifest itself externally. What may be stressful to one individual may not stimulate stress at all in another. Why is stress such a culprit of peace for some, while not a concern for others?

The perceived problem is never the problem. The mysterious killer is stress. But, we have been lied to about what stress is!

It's not external; what affects one person has no effect on another.

It's internal - but its not genetic.

We have 100 million receptors directed to sensing our external environment, but we have 10 thousand billion brain receptors assessing our internal state. These receptors power **the television screen of the heart** that our autonomic nervous system constantly monitors.

In the previous chapter we spoke about how...

- The autonomic nervous system is the body's control center for stress.
- When the HPA-axis (Hypothalamus Pituitary Adrenal) is stimulated, the autonomic nervous system activates the "fight or flight" mechanism and shifts cells from growth mode to self-protection.
- The response is immediate, mobilizing the body's resources for immediate physical activity.
- The alarm/stress reaction brings huge amounts of glucose, oxygen, and blood to the areas most active in warding off danger.
- This results in increased energy to large muscles, and a decrease in non-emergency activities.
- During the alarm/stress reaction, immune, digestive, cardiovascular, neurological, reproductive and other non-essential activities are inhibited.
- When the threat is over, the body should automatically shift your cells back into balance, or growth mode.

We become sick *when the body doesn't return to a state of rest* after an emergency, or when the body's emergency response system is *activated for non life-threatening reasons* (because the phone rings, or we look at our check book, or we have to wait in traffic).

This creates the stress that kills!

WHICH PERSON IN YOUR FAMILY WILL DIE 20 YEARS TOO EARLY?



- *Will your mom's breast cancer kill you?*
- *Will your grandmother's clinical depression cause your son to be on Ritalin at age 5?*
- *Will your great-grandmother's anxiety cause your grandson's migraine headaches?*
- *Will your parent's divorce cause your sister's alcoholism?*
- *Will your brother's weight problem cause your heart attack?*
- *Will your father's diabetes result in your niece experiencing chronic earaches?*
- *Will your grandfather's rage ruin your marriage?*
- *Will someone you love die twenty years earlier than necessary?*

WHAT YOU BELIEVE, AND DON'T EVEN KNOW IT, IS KILLING YOU!

What is a belief?

It's an interpretation of something expressed as feelings, thoughts and actions.

What is a belief an interpretation of?

A BELIEF IS ALWAYS, 100% OF THE TIME, THE INTERPRETATION OF A PICTURE.

There are two kinds of pictures: a memory or a picture created through imagination.

Recall a painful memory or a worry you have about something. Can you see it? Feel it? Taste it? Touch it? Hear it? Experience it?

If you dwell on it long enough don't you start to feel bad? If you are like 98% of people, your answer to these questions is "yes."

Feel free to share this report with any of your friends who could benefit from this!

According to Pierce Howard, Ph.D. in *The Owner's Manual for the Brain*, **all incoming data is encoded in the brain as pictures.**"

When you recall or re-experience information, you recall it in the form of pictures.

When pictures are activated, whether from memories or through imagination, they can activate the *stress fire alarm*, which compromises our nervous system, and, if unchecked, leads to illness.

The threat is not "out there," but inside of us. We experience a threat when the internal activation of the autonomic nervous system is triggered by an unhealed picture.

On the other hand, when you heal the picture, everything else heals. In fact, unhealed pictures are the *only* thing we treat with The Healing Codes...

Energy Medicine

Sir Arthur Edington once said, *"Verily it is easier for a camel to pass through the eye of a needle than for a scientific man to pass through a door, and whether the door be a barn door or a church door, it might be wiser that he should consent to be an ordinary man and walk in rather than wait till all the difficulties involved in a really scientific method are resolved."*

Albert Einstein stated, *"It is possible there exist human emanations that are still unknown to us. Do you remember how electrical currents and 'unseen waves' were laughed at? The knowledge about man is still in its infancy."*

Albert Einstein proved that all matter is controlled by energy ($e=mc^2$).

All energy has a measurable frequency. In current medical technology, energy frequencies are measured with MRI's, CAT scans, PET scans, EEG's, and others.

A current kidney stone removal therapy works by raising the frequency of the kidney stone, causing it to explode internally.

The Healing Codes treatments also use energy to heal the body. The Healing Codes protocols heal the destructive pictures that are causing the wrong beliefs, which in turn are causing the energy frequencies of illness and disease.

WHAT IS IT?

Energetic medicine, or bio-energetic consultation, is the practice of assessing and correcting health issues by way of the body's energy system, which allows the body's own immune system to do its normal healing work. The body's energy system has been a fundamental part of traditional and alternative medicine for many, many years.

An EEG measures the electrical activity of the brain in a similar way as the ECG measures electrical properties of the heart. When the paddles are used to revive someone in cardiac arrest, it is with the accepted knowledge that the body and heart run on electricity.

Over the past 50 years, the alternative health community has also effectively used various electrical methods, such as electronic acupuncture machines to assess various illnesses through the energy system of the person. In fact, without the use of the body's energy system for assessment purposes, modern traditional medicine would be set back 50 years or more. Energetic medicine takes an additional step by using the energy system for correction purposes as well as for assessment.

Why Work with the Body's Energy System?

Atoms are made up of electrons, protons, and neutrons. They are electrical particles. All herbs, vitamins, medications, and healing products are made up of atoms. Therefore, they are all electrical and **each produces its own unique frequency**. (Everything electrical must have an electrical frequency!)

Therefore, all healing of any kind involves energy.

What's more, the energy seems to be the primary issue.

String Theory, the newest hope for a unified theory of matter, states that everything (rocks, air, or body tissue) is made of tiny strings of energy, each with its own unique frequency. Every cell in our body must have energy or it dies, even if the tissue, bones, blood, and chemicals are all fine.

Savely Yurkovsky, MD, founder of Field Control Therapy (FCT), stated that the energetic domain is the most fundamental in the regulation of homeostasis and is the true source of health and disease.

He notes that we cannot have disease without having first an *energetic disturbance in the cells and organs*, rendering the energy flow ineffective. He further points out that there are three predominant regulating domains in the human body, all of which are energetic in nature:

- 1) Electro-Magnetic,
- 2) Electric, and
- 3) Bio-Chemical.

Every cell in the body has electro-magnetic fields (EMF), electricity, and bio-chemical make-up. Electrical fields carry information data. Each cell contains field data. Each thought field contains data.

There are data fields that are passed on through generations by a phenomenon called *isomorphic resonance*. In people, some energy forces are easily measured with instrumentation, while other energy fields are very subtle, requiring the body itself to be the resonant measuring instrument.

Bio-Energetic Testing

How do we assess the roots of our problems? Most tests just identify and quantify the symptoms of the real problem.

The answer is found in bio-energetic testing, which identifies the body's **stress reactions** to various domains.

Although Dr. Savely Yurkovsky uses a resonant bio-energetic testing method different than The Healing Codes Technologies, he states, *"Bio-energetic testing is, in my opinion, the most sensitive single diagnostic tool that exists in the world today."*

He further states:

"I must tell from my own personal experience in reviewing the great body of literature that exists in the world today in various countries on the subject of bio-energetic testing, that when properly performed, it is far superior to any diagnostic modality that exists today in the world. It is far superior to any blood, laboratory, or imaging techniques in the sense of the depth of the penetration that these tests are capable of and able to register even minute deviation in bio-cellular fields that take place on the cellular, sub-cellular, and intracellular structures, in my opinion, including the DNA."

One might have the correct combination of chemicals, vitamins, minerals, water, protein, carbohydrates, fats, etc., but **none of this functions properly** when the information fields are disrupted.

Dr. Yurkovsky points out in his training that, *"the normal energy flow in a person's body carries a primary role for his or her proper maintenance of physiology and homeostasis."*

This has been taught for the last 5000 years in Chinese medicine, and is confirmed daily by the latest discoveries of science.

All health issues follow energy like a row of dominoes follows the first domino. When non-toxic and non-invasive corrections of the energy system are used to heal, the absolute bottom line root cause of the problem can be corrected - the first "domino."

When working with the body's energy system, one is simply **removing barriers to the body healing itself** as it was designed to do with miraculous efficiency.

All health problems arise from toxins or aberrant frequencies in the involved cells.

A healthy liver cell has a different frequency than a diseased liver cell in the same person. If the unhealthy frequency can be changed to a healthy frequency and maintained, the cell will heal and become a positive force to all surrounding cells.

This is the goal of energy medicine.

Energy Medicine vs. Traditional Medicine

Reductionistic (traditional) Medicine takes a complex set of components and reduces them to simple terms. This leads to the development of a synthetic chemical reduced from a complex natural source, down to its key ingredients, with the hope of achieving pharmacological success. In doing so, the support structure which is built into the natural source is not taken into account.

For example, Valerianaccae, from which Valerian tea is made from, is a naturally occurring part of a plant, which has been used for thousands of years to induce sleep and decrease stress. The reductionistic (traditional) medicine sought the key ingredient from the plant creating the synthetically derived Valium.

Millions of people depend on Valium to relax muscles and reduce tension. Valium was later altered, adding another synthetic form. The development of the synthetic Valium resulted in serious side effects that society has had to deal with in the form of Valium toxicity cases.

This process robs the Valerian tea of synergistic components such as vitamins, minerals, and trace elements which are needed to balance the naturally occurring reaction in the body.

The synthetic reductionistic process was thought to be a solution, but it caused a significant social problem. Over 30 clinics have been established in America to deal with Valium addictions. Valium toxicity has developed into one of the greatest chemically induced diseases known.

To date, there are no Valerian tea clinics anywhere in the world. In fact, there are no medical records of any Valerian tea toxicity or overdose ever...

In the same way, Quantum energy corrects health problems synergistically. The process of The Healing Codes simply seeks to *identify* and *eliminate problems* in the body's energy system that are preventing the body from healing itself as it was designed by God to do.

We receive all of our information from the body (not a standardized manual) and we do nothing invasive. Reductionistic (traditional) methods seek to find the malfunction and force the desired symptom reduction. This is usually accomplished through cutting, burning, or poisoning.

An Unhealthy Trend

In 1986, one million people were dying of heart disease and 870,000 were getting cancer. In 1991, one million were still dying of heart disease, and 1.2 million were getting cancer, of which 435,000 died from cancer alone. In 1993, one million were still dying with heart disease, and 1.2 million were getting cancer, with 720,000 dying from cancer alone.

Taking the low average of the two years, 4,713 men, women, and children die every day with cancer or heart disease. That is 141,390 persons every month on an ongoing basis. This is equivalent to the destruction, in lives, of *more than two atomic bombs every month*, which is more than 24 atomic bombs every year in the United States alone.

As far as human casualties, this makes any war that we have ever had almost insignificant in comparison! And it gets worse every year...

Why is this happening?

Individuals today have *over five hundred different insecticides and herbicides* in their cells. There is *five times more DDT* in the cells of every person in America than what we thought was safe ten years ago. There is *over ten times more strontium 90* in the bones of every person in America than what was considered safe ten years ago.

Environmental toxicity is now becoming a new area of study due to its pervasiveness in the world today. Petro-chemical toxins, vinyl plastic toxins, heavy metal toxins and the like put the body under more bio-chemical stress than was thought to be survivable in the recent past.

Today many sufferers of environmental illness are written off as psychological cases and their suffering is discounted in traditional medicine. We believe these sufferers of environmental illness are the "canaries" of our society. (In olden days, miners would keep canaries in the tunnels to warn them when the air was toxic. The birds would die first, giving the miners a chance to escape with their lives.)

Today those individuals with environmental illness are indicating that **our environment is becoming too toxic for us to live in and remain healthy** unless we take steps to safe guard our energy systems.

Many diseases are not the result of just one factor, but often are a dysfunction of the body as the result of multiple variables affecting the body. The new science of Energetic Medicine is based on chaos, wholeness, and fractal mathematics - all manifesting first in the body's energy system. This holistic therapy operates with the approach of balancing the body as a whole, chemically and energetically.

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Recent research indicates that Energy Medicine is the fastest growing area within the entire health field, and among the fastest growing professions in all fields. There is only one reason for this - IT WORKS!

The Healing Codes is a brand new modality in the exciting field of Energy Medicine. It addresses the energetic cause of the dysfunction. The Healing Codes is fast, effective and non-invasive. In the long run it is much more cost effective than modalities that never address the root cause...

The Quantum Connection

The Healing Codes unifies several established theories of physics and biology and adds a newly discovered and validated mechanism for healing.

In 1993, David Bohm proposed Super Quantum Theory (quantum potential), theorizing that **there is an unseen energy that pilots every cell and particle of the universe**. These pilots (Q) are beyond the fourth dimension geometry of space-time. Because Q acts beyond space-time, it can and does establish non-local connections. In other words, the super quantum of each cell is in instantaneous contact with all other super quantum throughout the universe (*Undivided Universe*, 1993).

In 1994, the Einstein, Padowski, Rosen experiment was conducted. This landmark study and experiment was called, "*The paradox in the brain: Transferred potential.*"

In this experiment, two strangers were given a few minutes to meet each other. They were separated into two electromagnetic cages, 50 feet apart, so they were unable to see each other. Both participants were hooked up to neurological probes.

A penlight was shined into one subject's eyes, which caused neurological activity to peak. At the same instant, the other subject registered the exact same neurological activity, even though he was resting comfortably with no light in his eyes. The experiment was repeated at greater distances with the same results.

The conclusion of the experiment:

It didn't matter how far the subjects were separated - the super quantum transfer of information would still occur instantly.

In 1993, under the direction of the United States Army Intelligence and Security Command, white blood cells, known as leukocytes, scraped from the mouths of volunteers were centrifuged and placed in a test tube. Probes from a recording polygraph were then inserted into the tube.

The donor of the cheek cells was seated in a room separate from his donated cells and was shown a television program with many violent scenes. When the volunteer watched scenes of fighting and killing, the probe from the polygraph detected extreme excitation in the mouth cells, even though they were in a room down the hall.

Subsequent repeats of the experiment produced the same results, even when donor cells were separated up to fifty miles apart, two days after the donation. The donated cells remained energetically and non-locally connected with their donor and seemed to "remember" where they came from.

The Healing Codes discovered a mechanism in the body that allows the "Super Quantum," described by Paul Pearsall, PhD in his book *The Heart's Code*, to be stimulated for the remote gathering of information, and to stimulate healing. It transfers the **conscious intent** of the person as an instruction to the "Super Quantum" pilot of each cell in the body, which then enacts a healing response in that cell.

The Healing Codes coaches individuals so they can treat themselves by healing wrong, destructive pictures that develop into beliefs. Clients are coached in self-treatment mechanisms that are a new and original system of hand placements and positions on the body.

This system yields unprecedented results in two areas:

- (1) Clients' reports of healing
- (2) Heart Rate Variability (HRV) pre- and post-tests

We Are Movin' and Improvin'

These are just some of the components of The Healing Codes. We continue to learn new and exciting ways of healing.

We do not intend to remain fixated on the understanding we have today, as that would disallow growth. As our awareness of paths to healing deepens, we want to extend our findings to you.

Therefore, more components may be added to The Healing Codes as they are learned and tested. We desire that our methods always be dramatically helpful, never doing harm to anyone.

TESTIMONIALS

How The Healing Codes Affected Them...

"Dr. Alex Loyd has the defining healing technology in the world today - it will revolutionize health. It is the easiest way to get well and stay well fast. Dr. Loyd may very well be the Albert Schweitzer of our time."

- Mark Victor Hansen, co-author of Chicken Soup for the Soul.

As breath is the substance of life, stress is the substance of death. It brings about death little by little. The Healing Codes brings Quantum change in the stress paradigm. It changes stress in a matter of minutes in a scientifically provable and reproducible way, thus eliminating the cause of illness and disease in the body. I HAVE NEVER SEEN THIS BEFORE!

- Dr. Ben Johnson, M.D.

This is the most profound body of knowledge I have ever experienced. Anyone serious about being their best will want to be touched by this experience. Knowing Dr. Loyd is like being with Einstein before Einstein was known as Einstein.

- Bill McGrane, President - McGrane Inst.

"My highest commendation goes to Dr. Alex Loyd. Alex and Dr. Ben Johnson have developed an incredible methodology for diagnosis and treatment. The Healing Codes exercises are Alex's brainchild and represent the most powerful treatment techniques in the energy field today. It was with Alex's help that the issues behind my own circumstances have dramatically changed. There's hardly an area of my life that has not been touched by his skillful and discerning gifts. Without apology, I affirm that his insights into The Healing Codes exercises have been divinely inspired."

- Dr. Richard Glenn, Ph.D.

"The Healing Codes is truly a Nobel Prize-worthy discovery!"

- Dr. Steve Robertson, D.C.

"We met Dr. Alex Loyd by phone after returning from India. We had flown into Cincinnati, OH, to give a seminar and both felt so ill with amoebas we had contracted that we told the organizer, Bill McGrane of the McGrane Institute, we didn't think we could give the seminar.

Bill immediately put us in touch with Alex who treated us with the Healing Codes. We had one day of rest before our seminar and that next day after using the Healing Codes a few times, we were feeling much better. By the time our seminar began we felt great, and afterwards the rave reviews from our participants suggested it was one of our best seminars ever.

The Healing Codes have consistently produced great results for us. They are simple, non-invasive, easy to do and effective. Beyond that, Dr. Alex Loyd is a deeply loving, caring man of the utmost integrity. It has been our honor and privilege to be associated with him."

**- Chris and Janet Attwood, Partners, Enlightened Alliances
Co-Founders, Healthy Wealthy nWise magazine**

"My son Christopher was diagnosed with leukemia at the age of seven months. Now, as a young parent, I didn't know what leukemia was and I did not know that it was cancer. I was soon to find that out.

"We went to St. Jude's in Memphis, TN, which is the leading cancer research hospital in the country. In the world in my opinion. We had the best doctors, we had the best nurses, just the best everything. Christopher had the best medical care there was. After nine months of treatment, he relapsed and his cancer came back. Now as a mom, that was the worst day of my life, because my baby had been through nine months of poison, toxic poison, pumped through his body to kill the cancer and yet the cancer was back. He had to go on a relapse protocol, which was a mixture of radiation and extra heavy-duty chemotherapy. He became very, very ill, just on the brink of death daily. The doctors gave him a less than 10% chance to live.

"During this time we prayed a lot and we never allowed anyone to speak death over Christopher. We prayed and prayed. We knew that God was a good God. We knew God healed. Healed people. We knew Jesus healed. We knew he sent his son to die for us and that Jesus took stripes on his back for our healing. We knew that, and we knew that our son could be healed. So we just continued to pray. We continued to stand in faith.

"On June 17, 1993, Christopher received a bone marrow transplant. At that point, the doctors again said he had less than 10% chance of survival because it was an unrelated donor. A wonderful woman from Wisconsin named Cindy Clausen was Christopher's bone marrow donor. We sang happy birthday to him. We felt like it was a new birth for him. And we felt like this donor was his second mom. The bone marrow transplant was really difficult in that we were in the hospital - literally in the hospital - for three solid months. He wasn't allowed to leave his room. His blood counts remained really low. He had to be kept in a very sterile environment. Five other children were transplanted at the same time as Christopher. One by one they got better. They got to go home. They got to get on with their normal lives. And I would sit there in the hospital and say, "I know my son's going to live. I know my son's going to live." Yet it didn't look like my son was going to live.

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"We finally got out of the hospital, but we had to stay in a hotel another few months before we could actually leave Memphis and go home. The five children that had transplants at the same time as Christopher came back and, one by one, they lost them. That was really scary for me because they all had a better prognosis than my son had and they lost their battles.

"We finally did get to go home. Christopher did get better. Christopher was a miracle, and I knew in my heart that this was a miracle from God. It might have been a slow miracle by my timetable, but it was a miracle nonetheless. And we give Him all the glory and all the honor for that miracle.

"Meanwhile, Christopher had to have some experimental treatments done on him to combat the Epstein-Barr virus. Children who have bone marrow transplants are susceptible to a myriad of things and one of them is the Epstein-Barr virus. He had some experimental treatments. We flew back once a week so he could have these injections of mouse genes treated with T-cells that, unless you're a doctor I don't guess you'd understand because I don't! They said that he was the third child ever to receive this therapy and he might live, he might die. One child had lived, one child had died, and we were the third and we could try it if we wanted to. So we prayed about that decision. We went ahead with the mouse gene therapy, and it worked for Christopher.

"So fast-forward a few years and Christopher is doing great medically. He has a few little problems. He has some thyroid problems. He's starting to have some growth problems. He has some behavioral problems. We're not real concerned. We're very happy that he doing great. He's progressing. He doesn't have cancer. You know, once you've had cancer everything else pales in comparison to that. A couple more years went by and things in his body started breaking down.

"Last year, in August of 2003 we had gone to St. Jude's for a six month's check-up, but they called me the day I got home and said, "You need to come back." I said, "Well, I'm not coming back. I was just there." They said, "No, you don't understand. You need to come back. Christopher needs to have surgery on his hips. If he doesn't have surgery right away, he may never walk again." So what was I going to do? I approached Christopher and I said, "Look, we're going to have to go back to Memphis. You're going to have to have surgery on your birthday." And he looked at me and said, "That's okay, Mom. At least I get to have another birthday." That really touched my heart. So we went back to Memphis, we had the surgery on his hips, they put pins in his hips, and he was in a wheelchair for a couple of months. We thought, "Okay. This is fine. This is a side effect of the radiation. No big deal."

"But then he started throwing up. And kept throwing up. And throwing up, and throwing up, and throwing up. He threw up for months. We took him to doctor after doctor, but they could not figure out what was wrong with Christopher. I'd already seen him go through so much. I'd already seen my baby suffer more than most people have to suffer in a lifetime, and I did not want to see my child have to go through anymore.

"I knew God had healed him and I knew God had given us a miracle, and I didn't understand why he was having to suffer even more. I knew that just was not God's will for him. I read the Bible, I know what it says, and nowhere does it say, "I'm going to heal you and give you a miracle and then make you suffer."

"After two months, they finally figured out that he had a sliding hiatal hernia. Part of his stomach was coming up through his esophagus. This went on through Thanksgiving, Christmas, New Years, until finally in the middle of January he had surgery. They wrapped his stomach around his esophagus. After that, we thought everything was fine. We thought, "Okay, this was one weird thing. No big deal. It's over. Two major surgeries in one year. We can deal with that. So let's move on."

"About two weeks later, he started throwing up again. We took him back to the doctors, they went in, and they dilated his esophagus because it had swollen to the point where no food was getting through. After the dilation he started eating regularly. In another week, he started throwing up again. We took him back to the doctor and they said, "You know, we could dilate him again, but you're going to end up with the same problem." At this point, we just threw up our hands and said, "We're just going to pray. We've done all we can do. We have nothing else to do for this child but pray."

"We did put him on a liquid diet for about three weeks - that was as long as he could tolerate it. Meanwhile, we were scheduled for another check-up at St. Jude's. I mentioned to his doctors, "He's had this stomach surgery and he's still throwing up, and we don't understand what's going on." They said "You really need to bring him back for tests. We need to know what's going on. He could have grafts of his host's disease, and his stomach could be attacking him internally."

"They also said his cortisol levels were really low - his adrenal function. When he was a little kid, right after the bone marrow transplant, one of the things that they would keep a constant eye on was his adrenal gland function to make sure his cortisol levels were high enough. For a while we had to carry around a shot of adrenaline in case he got in an accident. I was told by the doctors at St. Jude's that stress causes your body to deplete itself of adrenaline, and once that's gone, if there's a traumatic injury to the body but you don't have that adrenaline, you die.

"Well, at this point, I thought, "cortisol levels." I had talked to Jennifer once about the cortisol levels. I thought, "I'm going to go to Jennifer and see if she knows of any natural remedy. I'm going to ask her to pray for Chris, and I'm going to ask her if she knows of anything I can do about this." I went to Jennifer one night after services and said, "His cortisol levels are low and we have to go back." And Jennifer just got this twinkle in her eye like she was listening to the Holy Spirit and not really what I was saying. She said, "I'm going to give you the number of a man who I think can help you. He was instrumental in my own healing. You call him."

"I got his phone number. I called him the very next day, and it was Dr. Alex Loyd. That very day, he emailed me The Healing Codes package. I went over it that day. It sounded great to me, because when you are desperate, you will try anything. We had tried natural remedies on Christopher. We had done amino acids, vitamins, supplements, herbals. You name it, we had tried it. But he was still throwing up and the doctors were at a loss. So I read through The Healing Codes that night. The very next morning I started it on Christopher, and I started doing it on myself because I wanted to make sure I was good to do it on Chris.

"We had immediate results. Immediate results. From the very first time I did it on Christopher, he got up from our little session just happy, happier than I'd seen him in a long time. He was laughing, he was playing, he seemed to have a lot of energy that he hadn't had the past few months. He'd been very lethargic and very tired all of the time.

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"We had exactly twelve days from the time we started The Healing Codes to the time we had to be in Memphis where they were going to do a whole battery of tests on him to find out why he was throwing up. Well, twelve days is the initial protocol for The Healing Codes. We did the twelve days, and we went back to St. Jude's. They did CT scans, MRIs, upper GI's, blood work. you name it, they did it. And the results of every single one of those tests was clear. There was not anything, and he had stopped throwing up at this point, so I was convinced.

"The other thing that happened with The Healing Codes during those twelve days was that Christopher grew a centimeter. Christopher has to take growth hormone shots every single night - he has since he was six years old. He grew a centimeter. Normal growth for him is 2-3 centimeters in one year. We've continued to do The Healing Codes, and in the past month, he has grown three shoe sizes. Your foot is the first part of your body to grow, so you know when your foot grows, you're getting ready to shoot up. Well, Christopher is getting ready to shoot up three shoe sizes in one month.

"I am just praising God and I thank Dr. Alex and The Healing Codes. I thank him that he was obedient, that he was asking and seeking and knocking, because I truly believe that the Lord revealed this to Dr. Alex. I truly believe that Dr. Alex is being used to bring hope and healing and wholeness to so many people. My heart today is to share my story with you so that you can find hope and find healing and find wholeness. Try The Healing Codes. You have nothing to lose and everything to gain. The Healing Codes is truly an answer to prayer for both of us. We have been praying a very long time for every molecule in Christopher's body to come in alignment with the word of God.

"He *is* living and he's going to live. I have medical bills here totalling over a million dollars. What a million dollars in medical care could not do for Christopher, The Healing Codes has done for him."

-Melissa Ryan

I am a fierce dinosaur.
I wonder if I have a friend.
I hear cries of others like me.
I see others like me.
I want to be strong.
I am a fierce dinosaur.
I pretend that I have a home.
I feel happy.
I touch things like meat.
I worry that I will die.
I cry if I bite my tail.
I am a fierce dinosaur.
I understand what it feels like to be a dinosaur.
I dream that I am the strongest dinosaur.
I try to be the biggest dinosaur.
I hope I live.
I am a fierce dinosaur.

- Christopher Ryan

"I had a growth on my arm that had been getting larger for months. It was very hard. My doctor saw it and diagnosed me with a basal cell carcinoma, one of the most difficult cancers to get rid of. I understand that normally when you have them surgically removed, they come back again and again. After trying several things that had no affect my doctor saw me again and noted how much bigger the tumor was. He told me that I needed to have the tumor removed or it was liable to metastasize and then I could be in real trouble.

I told the doctor I wanted to try one thing first. I had recently heard about The Healing Codes and wanted to give it a try - I hated the idea of going under the knife. Well, what I experienced next was absolutely amazing - to the point that I have been telling people all over the world about The Healing Codes in my lectures ever since. I could tell a difference in the tumor in three days and in six weeks the tumor was completely gone.

That was a year-and-a-half ago - still to this day not a trace of the tumor has returned. I cannot recommend this process too highly. It is, in my opinion, a major breakthrough that heals any issue at its core. What the origination of the computer has done for business, The Healing Codes can do for health and healing."

- Larry

"All of my adult life I have been six feet five inches tall and big. I am tall, big-boned, and have carried a few more pounds than I would like. Although this has not been a huge issue to me, I had tried several things to lose weight and keep it off over the last 15 years - nothing had worked. My wife had done The Healing Codes work with Dr. Loyd and successfully healed an issue she had struggled with for years, so I asked Alex if he could help me loose a few pounds.

After a very short period of time, I had successfully lost 40+ pounds and had greatly increased energy. The best part is that I did not exercise more and I did not change my diet - all I did was find and heal a destructive memory from a trauma that happened to my family when I was a young child. I now know that this memory was broadcasting a fear signal to my cells, causing them to close, and my body to retain fat and other toxins. When the memory was healed through doing the exercises, the cells opened and my body was able to release the fat."

- H.

"In August of 2003, I had been having health problems for 3 years. The diagnoses I had received included: Hashimoto's thyroiditis, adenomyosis, fibroid tumors of the uterus, fibrocystic breast disease, laryngopharyngeal reflux disease, a gallbladder full of gallstones, Epstein Barr virus, panic attacks and chronic fatigue syndrome. I had spent thousands of dollars on medical bills. I had tried medicine, nutrition, and supplements. I was in bed for 2 months and the people of my church had to bring meals to my family. I could not function in

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my roles as a wife and mother. I had to take a sabbatical from my work for health reasons. I cried out to God. I said, "Lord, I know you are the author of healing and there is someone on this earth who has an answer for me who can help me. Please send them to me Lord, or me to them. Help, Lord, I need help!"

It was just a few days later that my brother called me to tell me about a guest on Mary Shrick's radio show and told me to turn on the radio. I did, and heard the last 5 minutes of the interview with Dr. Loyd, went to the web site and began my journey to healing. After doing the exercises 3 to 5 times per day for 6 weeks, I experienced a dramatic healing. An ultrasound performed 10 weeks after beginning the treatments showed no fibroid tumors!

When I questioned the doctors as to what could have caused this, one went so far as to say that the radiologist who read the ultrasounds which confirmed the fibroids for 2 years in a row must have been wrong. He could not explain the amazing healing. I have not taken thyroid medicine for the last year and am off of all prescription medicines. To this day, I have not had my gallbladder removed (I was told 2 1/2 years ago that it was packed with gallstones and should be removed). I have only had one gall bladder attack since beginning the exercises and that was early on in my treatment. I eat a normal diet and am doing wonderfully. My energy and strength have returned and I continue to practice the exercises daily.

I thank God for His healing of my body and for revealing His healing power through The Healing Codes discovered by Alex Loyd. I recommend The Healing Codes to everyone who needs a physical or emotional healing."

-Jennifer Crow

"I have personally witnessed in the last 7 months the power of The Healing Codes to enhance or release healing of the body. I have used the exercises for immediate and for long-term health issues. In one stunning instance, doing an exercise twice corrected an acute problem. Optimizing the immune system against infections has proven very effective. For the last several years, I have been plagued with colds, especially through holidays, at times of high stress, or when traveling.

I have not experienced colds or flu for the last 7 months, even though I have been under pressures from all these conditions. The simple 3-minute exercise for my immunity has been done once or twice per day. During this 7-month period, I have used a 5-minute immune system exercise daily for my 2 1/2 year-old daughter. She has been free of infections. I have begun to recommend The Healing Codes to my patients. They have been equally impressed."

- Alan Johnson, D.D.S.

"Suicidal depression had forced my family to make major changes out of their fear for my well-being. I had no energy, no desire for life, and everything seemed like a mountainous chore. My husband is an M.D. but he was at his wits end - we had tried everything. I was very sceptical when I heard about The Healing Codes, but I was more desperate. In less than two

weeks my depression was completely gone. Not only could I not believe it - no one around me could either. Now my entire family and a number of friends do the exercises - some do them everyday, some when a need arises. The Healing Codes has truly been a gift from God."

- Mary

"The Healing Codes has greatly improved my problems with heartburn, acid reflux and difficulty swallowing. The heartburn and acid reflux are almost nonexistent now. I have had only had one episode of difficulty with swallowing when I start to eat in about a month. I have used The Healing Codes for toothaches successfully. I used The Healing Codes for a tearing problem in my right eye. Before The Healing Codes, it took weeks to months to heal this problem when it occurred. I did one Healing Codes exercise in the evening and one in the morning. The problem disappeared before the day was over. It's fun exploring its many uses, and I no longer worry about my health. I work on healing myself from the inside out with Healing Codes exercises."

-Don W.

"WOW -- The Healing Codes is everything it claims to be and more! I have been working with the program for just 2 weeks and the results have been dramatic. I chose, as my first issue to work on, "food sensitivity." Over the past couple of years I have developed a strong physical reaction to the intake of any wheat products, i.e., breads, cereals, pastas, etc., dairy products; i.e., milk, ice cream, yogurt, cheeses, etc., and even some fruits and vegetables. It made eating a very tedious, boring and stressful activity.

Every once in a while I would make a mistake and eat something containing one of the aforementioned ingredients and my eyes would go haywire on me, with tearing, itching, burning and swelling for a week or two at a time. It was extremely taxing on my energy, productivity and mood. However, within just 2 or 3 days after beginning my Healing Codes exercises, I began to experience a noticeable change. My eyes started to clear up and my vision began to improve. My energy level greatly improved and I began to feel more upbeat and ambitious.

However, there were also some incredible ancillary effects taking place, as well. I am 69 years old and the wear and tear of old sports injuries, such as a dislocated shoulder and damaged knees, hip ankles, and elbow had taken their toll. Chronic pain was just a normal part of my day. My joints gave me fits when I worked out or walked up and down stairs. But now my shoulders, hip and elbow pain have literally disappeared, my knees still pop and make a lot of noise when I walk up and down stairs but the pain has diminished every day and has been virtually extinguished. I have been able to return to my normal heavy intense workouts of nearly 30 years ago and I feel great and energized.

As well, I feel that my brain is working much more efficiently and effectively. I thrive on generating new ideas for my business, and my life in general, and now ideas are flowing like

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running water. Wow, it feels Great! I have even lost about 5 pounds without even trying or thinking about it.

The bottom line is that anyone who takes themselves, their life, their health and their well-being seriously will, without question, want access to this program. It's simple, easy, powerful, and far outweighs in value and results the modest investment. It is without doubt the best system I have seen for one's current and future well-being. It has been one of those rare, but gigantic turning points in my life! And, yet that still feels like an understatement."

- Walt

"I have worked with The Healing Codes techniques for three years now and have seen RADICAL changes in my body, my heart and my mind. I started the work because of chronic illness. My symptoms included chronic fatigue, vaginitis, chronic bladder infections, and severe pain with periods, hypothyroidism and depression. After the first session I was amazed at how changed I felt!

Now I feel like a different person. I no longer struggle with food addiction issues, I'm not depressed and I have an overall sense of well being which is profound. I have been so impressed with the healing I have experienced; both inside and out, that I decided to become a coach myself. Last summer I started working with my mother, and have been giving her exercises ever since. My mother has suffered from depression all of her life. She is now completely off of Lithium (for bi-polar disorder) and has even received some healing in her ear (which had been constantly full of fluid). She is happier now than I have seen her in my life. I'm so grateful to Alex, for his vision and for this work. It really works!!"

- Trish

"A client called with a need to work on an issue. No picture needed to be found and the exercise was given. She came into my office and said she wanted to talk to me. She went on about how she had searched for years both alternative and allopathic parishioners only to finally give up. But because of her recent successes with other issues with The Healing Codes she had decide to work on a 22 year issue of embarrassing gas and poor digestion. She said it was absolutely amazing, she had done the exercise for four days and she had none of the symptoms since the first day. She stated that she would do The Healing Codes work every day of her life if she needed to."

- a Coach

"You should get a speeding ticket driving to a phone booth to order The Healing Codes."

- Dr. Tim Adair

"I just wanted to thank you for making this information accessible to everyone. It is simply amazing the way it works. During my first exercise I literally felt the stress lifting away from me. The steps are simple to follow. The results are incredible. I am an RN, and I know this information will truly change the way medicine is performed. Thank you again for sharing this amazing work."

- a Client

"I began working with Dr. Alex Loyd several years ago. Like so many people I had many stresses in my life, and like so many others I did not have the time for stress, or so I thought. I kept a very busy schedule, but thought that I was taking pretty good care of myself. I am a Naturopathic physician and advise others in health matters. The day came when I could no longer manage my own problems. Thankfully I was introduced to Dr. Alex Loyd.

You see, to completely heal and enjoy life the way God intended for us, it takes more than just vitamins and minerals. For me it took a lot more, I needed to understand why a problem exists and what it would take to eliminate the problem, not just cover it up. Dr. Alex Loyd began helping me with his Healing Codes. My family did not understand, but were thankful that this "something " was working.

You see I would come home from work and go straight to bed, I literally could do nothing else, and no one until Dr. Alex Loyd was able to help me. I will be forever grateful to Dr. Loyd and the pioneering work he is doing. To this day whenever a health issue comes up, my first call is to Dr. Loyd. I encourage you to take care of your body, provide the basic building blocks it needs to function, but be aware that disease can be traced in your body to stress and that the source of stress comes from the pictures of your heart. In your search for health, find the root cause; don't simply settle for covering up the symptoms. I believe The Healing Codes heals the root cause!"

- Dr. Jane

"In my Healing Codes practice with family and friends, before receiving paid customers, I realized that I had a problem. Since I believe in The Healing Codes system, and experienced dramatic healing personally, as well as witnessed healings in others, I discipline myself daily to be healthy and ready to work, market and provide a high quality service to people. My immune system is stronger! I have more energy! I set healthier boundaries! I relate to people with a deeper sense of wholeness in my mind, body and spirit! Before The Healing Codes, I only used my mind and spirit. The Healing Codes system has changed my life for the better, and I live more abundantly. As my folks say, what a bless'n!"

-Marita

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"One thing that has been very exciting for me is to realize that I don't have to get sick just because everyone else is or says I will. When I feel the slightest indication of a cold/flu etc. coming on, or feel the FEAR of getting sick taking over, I do a Healing Codes exercise and then test for the foods, supplements and hours of sleep needed to help in remaining healthy. I rarely get sick and find that if I do, it is generally pretty mild. The exercises are also working extremely well in helping a family member handle fear. I am a witness to how powerful this new work is. I am seeing incredible results in my life."

- Rose

"I was one of the most successful in the United States in my field until I developed severe symptoms and was diagnosed with chronic fatigue and fibromyalgia. After 2 years I was mostly bedfast, in constant pain, on 17 medications, and without hope. After doing The Healing Codes exercises for 6 months, I am: off all medications, am totally free of an incurable disease, feel better than I did before I was diagnosed, and am working again. In short I HAVE MY LIFE BACK!"

-Patty

"I've been in peri-menopause for several years. Although I have sought both medical and alternative solutions, my symptoms increasingly became more difficult. I had particular difficulties with my mood swings. It got to the point that last summer I felt completely at the end of my rope! I felt so sorry for me because everyone else in my life got time away from me, and I was stuck with me 24/7!

When I was introduced to The Healing Codes by Dr. Alex Loyd at a business convention in October, I can't describe the hope I felt. I was impressed with the money-back guarantee-- something that is unheard in the world of medicine. 'What can I lose?' I thought.

I purchased the self-treatment package to work on Menopause. I found the staff very helpful in getting me started. The results have been miraculous! In less than a week, I started feeling better. Life looked good, I was smiling again, and I was waking up refreshed.

I have diligently adhered to my exercise, and in three short months, my symptoms have completely disappeared. I am very grateful to The Healing Codes (and so is everyone around me!) I have recommended it to many of my friends and family. I know I want to continue with this work. It works and is so easy."

- Doris

"My biggest issues for a long time have been lack of restful sleep, poor energy, and feelings of rejection. After one Healing Codes exercise (which was last night) I slept 8 ½ hours, have had great energy all day, and have experienced a dramatically changed attitude - my rejection issues also seem to be resolved. INCREDIBLE!"

- Rob

"My son had been having night terrors for about 10 years. He would wake up most nights screaming with nightmares - we would try to comfort him but he was not awake and would not wake up. Sometimes the episodes would go on for a long time - it was exhausting and very traumatic for the whole family. We tried everything from changing sleep habits, to taking special herbs, to prayer, to doctors. Nothing helped! After one Healing Codes exercise the night terrors were healed and never returned - that was more than a year ago. I have told everyone who will listen to me to try The Healing Codes - it works!"

- D.

"I have increasingly been troubled with upper arm, shoulder and elbow joint pain. It has been gradually getting worse over the past 6-10 months. I had resigned to the belief that when a person gets older that is what their lot is. Therefore I didn't try anything to alleviate the pain. I have a high pain threshold and found it more annoying than painful. About three weeks ago I received the package from The Healing Codes to work on Tendonitis. I read through the Manual and found it to be clear and helpful and began doing the exercises immediately. The intensity I was experiencing was at an 8 out of 10. Nothing changed for about three days. Then I began to notice less pain, as I would raise my arms above my head. It continued to gradually get easier to lift my arms and do things in a raised position that had been either difficult or downright impossible before. After three weeks the intensity is down to about a 2 and at times a zero. I feel about 75% better in my arms and shoulders. This gives me a new lease on life - especially around my beliefs about getting older. Thank you."

-Jack

"Right after I learned how to do The Healing Codes exercises, I made a list of 20 or more issues I wanted to heal, because as practitioners, we had been charged to heal ourselves. This list included chronic fatigue syndrome, seasonal affective disorder, anxiety, childhood sexual abuse, PMS, irritability, low self-esteem, etc, etc, etc!! They have all healed!!! And some of those unhealed pictures healed in a day or less when they had not done so in well over 10 years of therapy. I didn't think there WAS healing for some of that stuff! But I'm happier than I've ever been! And I'm thrilled whenever I can share this with someone else."

- Jeanine

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"Following are my results after 2 weeks of doing The Healing Codes for perfectionism: During the first 3 minutes while doing the exercise, my left ear cleared. Other sensations that I felt were on the left side of my body. I felt sensations in the fold area where the hip/leg meet and sensations around my left breast. The 4th day I felt stomach cramps and sensations along the left side of my spine. I am also working with a good chiropractor who practices seven methods of healing including chiropractic methods so I think with all this help I am making good progress in getting my body out of stress.

My allergies are vastly improved as well. I am very pleased with this exercise and have noticed just this week, that I presented a program on my travel to Ghana and did it much more relaxed than any presentation that I have ever made (and I have been presenting over 27 years!). I also even left my bed unmade one day this week and it was okay!!!!"

- **Dee**

"I was diagnosed with chronic fatigue and fibromyalgia. In no time I had gone from a very successful business owner to bedfast and bankrupt. I was told by my naturopathic physician that one of the major causes was heavy metals in my body. This did not surprise me since I knew of some exposure through my life to heavy metals and I had read that this could cause a variety of illnesses and diseases.

My physician ran a diagnostic test and personally wrote on the printout that I had the highest concentration of heavy metals in my body that he had ever tested. I tried everything to get rid of them but nothing seemed to make much of a difference. I knew that some experts believed heavy metals could not be removed from the body by anything.

I did The Healing Codes exercises with Dr. Loyd for about three months and was feeling much better. I went back to my physician and had the test for heavy metals run again. The physician wrote on the printout that I had the least concentration of heavy metals in my body of anyone he had ever tested. Shortly after that my disease was completely healed. The Healing Codes is the most effective treatment of any kind I have ever seen - and I have the test results to prove it!"

- **P.C.**

"After having several issues in my life improve dramatically, I decided to use The Healing Codes techniques to work on a spot on my leg. It looked much like a freckle and would bleed occasionally. For nine years, I monitored it always noting any changes. After three months of Healing Codes exercises it fell off. I now have pink healthy scar tissue. Thanks from the bottom of my heart."

- **a Doctor**

"The Healing Codes has helped to heal a serious problem I had with painful swollen hands and a stiff shoulder. I was able to get in touch with some pictures from my very early childhood and work with the pictures to bring love to them."

- **Lorna**

"Integrity is the first word that comes to mind when describing The Healing Codes. In my opinion The Healing Codes is a #10. I know of nothing like it. Fast, effective, easy & it works...Wow! It really works."

- **Frances**

"This will surpass traditional medicine and aims to heal the cause of dis-ease and avoids bandaging the symptoms."

- **Lynn**

"I am still recovering from the effects of a fall that injured both ankles and knees to the extent that I was bedridden for over a year. I am still limited to the amount of time that I can stand and walk so I use my walker when I have to go distances over 150 feet or so --- I experienced re-injury by pushing myself too fast. I usually experience nagging pain, which can be very distracting. Using the different exercises has lessened the pain, the swelling in my knees is completely gone, and my left ankle still swells but recovers much more quickly and the sharp pain has gone. Before, a full day at a conference would lead to sleepless night because of the pain in my joints. I haven't experienced that since I started using The Healing Codes exercises on myself."

- **David**

"Because I saw great results as a client, I was determined to learn to do The Healing Codes for myself and those I cared about. I pay close attention to anything that I react to that doesn't seem appropriate for the circumstances. I work at finding the picture that is the root cause, and then do an exercise to heal the picture so my body stops physically reacting. In doing this work over the past year, I have watched colds and flu disappear within minutes of doing an exercise, have given up wearing wrist braces for carpal tunnel syndrome and a belt for lower back pain and have discontinued taking medication for constant headaches."

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I work through challenges that I would have run from a year ago, and I have an overall sense of well-being that I never thought was possible. I also have hope, which is the greatest gift of all. I know my life will continue to get better when not too long ago, I wondered how I could go on another day."

- **T.R.**

"I learned about The Healing Codes from a coworker who received relief for a physical issue which highly trained medical professionals had not successfully healed. I did not have a MAJOR stress issue, but I did have headaches, neck stress and some occasional dizziness, and osteopenia. After four months of doing the exercises my headaches, neck stress, and dizziness were gone. My chiropractor commented that for the first time, she did not have to adjust my neck.

After six months of using The Healing Codes self-treatments, I had a bone density test. My bone mass had increased 0.1. The nurse commented 'it is rare for one's bone mass to improve without taking the popular prescribed bone builder.' My physical therapist was also able to see changes in me during a recent massage. He commented that the stress level in my neck was way down from previous appointments.

Perhaps the most beautiful success is that I see people and the world more positively. Seeing without stress and pain shows how the world can be changed for the better one person at a time, beginning with oneself. I am so pleased with my successes with The Healing Codes that I am sharing it with anyone who will listen."

- **D.C.**

"I have had a phobia of driving in heavy traffic which I treated with EFT. I found the phobia would return whenever I was in very heavy traffic, especially at night. I would go into a panic attack while driving, which is very frightening. While in Nashville I worked on this issue with The Healing Codes exercises. On the way home I had to drive 10 hours in heavy rain through the mountains with no visibility...

I made it home without any bit of anxiety. Since then I have realized that this was not only affecting my driving, but also was a part of my life in many other areas as performance anxiety. I now find that I am very relaxed in every area of my life. The picture relating to this issue involves a neurotic nun who humiliated me in grammar school. Bless her heart! "

- **Maryanna**

"Personally, I have felt profound shifts taking place in my very stubborn and at times quite severe health problems as well as my emotional well-being. I am not completely healed yet,

but I have full faith that if I continue with The Healing Codes exercises, I will be completely well in the next several months."

- Lorrie

"Since starting the exercises given to me by a Healing Codes Coach for my chronic issue, the intensity of the early picture we found has decreased from a 9.5 to a 2. It is hard to put into words how therapeutic this has been. I didn't realize before receiving that coaching call how much power that old picture really held in my life. It is so freeing for that picture to be healed and no longer holding power over me."

- Carol

"As far back as I can remember, I have lived in a state of anxiety with churning going on in my stomach. Now, instead of living with constant 'what ifs' in my mind, I flow with life and deal with things as they happen; as they require thought or action."

- T.

"Within the few weeks I've been working with The Healing Codes, I've changed, now feeling free to talk to people and express my own opinion. That might sound insignificant for some, but for me it is a big step. I've dealt with an abandonment issue all my life, always worrying that if I say something, others might not like it and leave me, ignore me, or just not hear or see me-a fear of being invisible to others. Healing this belief makes a big difference in my daily life."

- Therese

"Always feeling like I had to perform to be accepted, my whole life turned into a performance. It's been amazing to me to realize that I don't have to perform beyond just being me to be accepted. I'm glad to be off-stage."

- Wayne

"I struggled with perfectionism for years. Everything I said was sprinkled with disclaimers. I worried that people were always judging me. After finding a picture related to my perfectionism, I used the exercises to heal that belief. What a difference. I am not afraid to speak out and say what I believe."

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- Lucy

"E. almost always had severe cramps and nausea before and at the onset of her monthly menstrual cycle. Last July she had a very bad episode. I worked with her after the episode on her pictures. She was going through a divorce at the time and it was almost final. She was concerned that the next month would be even worse. She did the exercise for several days. She was surprised when she began menstruating in August because she didn't have the usual PMS. 6 months later she has only had one mild episode of cramps and no nausea. She did the exercise at the time and the cramps disappear fairly quickly. She mentioned to me the other day that she is not suffering from seasonal allergies this spring and thinks it is because she did exercises for her allergies last year."

- E's Coach

"A recent graduate, D had already had five unsuccessful job interviews and was scheduled for a phone interview the following week. We did a Peak Performance exercise and the interview went well. She was offered the position and took it. She also used the exercise before writing an article that she had been putting off and she completed it promptly and was very happy with it. She is now working on weight loss exercises."

- D's Coach

"F. was depressed because of her mother's death and was having trouble getting into writing papers for her PhD classes. After one session with the exercises she was able to complete several papers and is now working on her dissertation."

- F's Coach

"Now, for an overdue report [about a fractured a rib from coughing with bronchitis]:

After our lunch, I came back home, did the exercise again, took a nap - and fell into a very deep sleep for about six hours (some nap!), got up for a short while after Lynn got home from her evening class, repeated the exercise, and then slept about another 10 hours. The sleep was so deep and refreshing as it was close to pain-free, and I woke up with no rib pain.

This was a day-and-night change from the previous weeks. I almost couldn't believe it. I've discovered that as long as I keep up with the exercises, the pain remains remarkably low. Thank you so much for this help. Several people spontaneously volunteered that I was walking and standing much more normally the next day. This is an outstanding result, but makes so much sense, since I know illness and injury with me tends to get emotionally-

charged, probably because I was sick a lot as a kid with respiratory and throat infections, and learned to do this then. Thanks!

- a Client

T. had come for career counseling and after that decided to try The Healing Codes to remove mental and emotional blocks that she had toward her career choice. She says: "The Healing Codes is amazing. I couldn't believe how quickly the picture dissolved and the feeling with it."

-T's Coach

"I had a partial rupture between my 5th and 6th vertebrae and a full rupture between the 6th and 7th. I did The Healing Codes exercises and physical therapy for four days and the pain was gone. Once the pain stopped, I quit my physical therapy and continued the exercises. Two weeks later, my doctor told me I no longer needed surgery. I still do exercises, and anytime I have an ache or pain, an exercise takes care of it immediately."

- Patrick

"I have a history of skin cancer going back several years. I have had a number of them removed but they seem to always either come back or new ones pop up somewhere else - it has been frustrating, painful, expensive, and a little scary at times. The last time I had one come up I did a Healing Codes exercise and the cancer was gone in less than a week - It was UNBELIEVABLE! Thanks."

- Steve

"I had been having chest pains and pain down my arm that had worsened over a several month period. I am middle aged and weigh a few more pounds than I would like - I was sure I had a heart problem. After doing The Healing Codes for about 10 days, all of the pain went away. The thing that impressed me about this system is that it not only heals but seems to do it permanently. Almost two years later I still have no discomfort."

- David S.

"I had a melanoma come up on my upper thigh. I called Dr. Loyd and told him that I would either be healed doing The Healing Codes, or I would die. I was not willing to go through

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chemo. While doing the exercises my melanoma got consistently smaller until it finally fell off - after only 6 weeks. I AM ALIVE AND WELL!"

- Lorea

"I was almost finished with the fence I was building when I bent down to lift one of the 4 by 4's. When I straightened up, I felt a sharp, excruciating jolt in my lower back. I immediately dropped the board and fell to my knees. Eventually, I managed to rise to a crouch and begin a long, painful journey upstairs to my bedroom. When I finally made it into my bed, I was able to find a lying position where the pain was tolerable.

I remained in this position for about a half hour when I began feeling another urgent sensation - the need to urinate. Much to my dismay, I could not sit up without knife-like back pain. Finally, I managed to roll over on my stomach and inch down off the end of the bed with movements that reminded me of a caterpillar. On my knees now at the foot of the bed, with my upper torso still resting on the bed, I found that this new position was not a solution; in fact, I had increased the threshold of pain, through which I would have to go, in order to stand up.

With nature demanding my immediate attention elsewhere, I had no choice but to lift up through the back pain and crouch into the bathroom. The pain was so bad when I made the upward move that I remember seeing a flash before my eyes. When my wife returned home, she called our doctor and he prescribed several prescription painkillers and muscle relaxers.

After two days on the medication, I was only marginally better. It was then that I called a friend from whom I had heard about The Healing Codes. Skeptical though I was about an unconventional treatment, I was also beginning to despair.

My friend arranged a conference call during which Dr. Loyd gave me three exercises along with advice on how to use them. After one day, my pain had subsided dramatically (I had quit taking the medication because it wasn't working). After three days it was gone almost completely (I only had a minor "crick-in-the-neck" type feeling) and I finished the back yard project. Since then I have not had a relapse and have continued to lead a normal active life."

- John

"Since 1973, I have been researching ways to help my family and myself with herbs, vitamins, alternative medicine, cooking and food. I have had intense and wonderful study of the scriptures. As a child of the King, when God told me " to rid myself of all such things as these: anger, rage..." (Colossians 3:8 and many more scriptures), in prayer, I would ask Him, "How do I do this?"

Dr. Alex appeared, and you know the rest of the story. After doing the Healing Codes for anxiety and panic issues, I immediately started to: (1) recognize negative statements from other people that were affecting me; (2) experience a change in shoe wear pattern; (3) sleep

on my back for the first time in my life; (4) have some sweet, sweet dreams after always having had disturbing ones; (5) have a slowed heart rate and blood pressure lowered 20 points (for a mile walking on treadmill, I have to do a .5 to 1 grade elevation at 2.4 miles per hour to kick that heart rate up); (6) experience an improvement in digestive problems I have had since birth, eliminating anxiety and panic; and (7) improve my ADD and brain fog problems. This list will be obsolete after I mail this, so much has changed over the past year."

- **Patricia**

"My emotions were running high. No rest, peace, rapid heart rate. I wanted to go into self-protect mode. I wanted to run like a deer after water. I was at a "10" rating of the emotion of fear. Not recalling a picture, I did a custom healing codes and in 15 seconds my heart rate dropped 25 points, and 30 seconds into The Healing Codes exercise I was back to my normal heart rate. I was out of the flight mode and on to the abundant life mode."

- **Patricia**

"I'd like to share a personal testimony of what I like to call my "Healing Codes Miracle." I had just finished the 12 days and I was on vacation on the East Coast away from my husband. The Healing Codes had really done me a lot of good. I felt differently in general, even euphoric a lot of the time. I felt so much love for everyone. I felt differently about everyone I was visiting. I saw them in a new light.

For a long time I have had unforgiveness issues with my husband. I was at a "10" rating of my negative emotions toward him. As going home to him approached, this issue was hung over me. I decided to refocus myself on unforgiveness with this issue in mind. When I arrived home, my husband and I sat down to talk and my negative emotions were gone! I was amazed since I had years of thinking that it couldn't change. This issue is now a 0!

I'm a Christian and I just have to say Praise God for The Healing Codes, it is a gift of God for me. It is rare that a day goes by that The Healing Codes do not make my day better in a very tangible way, unless I don't do them.

On the rare occasion that I don't take time to do the codes, everyone around me can see a difference and they ask, "Mom have you done the codes today?" Having been called on my commitment a few times, I now make sure I do my codes faithfully! I have now begun a brand new chapter in my life. My mission in life now, besides taking care of my family, is to learn all I can about this modern day miracle so that I in turn can use this tool to help all who will listen and all of those that I know God will direct to me as I pursue this new calling."

- **Tena**

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"My daughter K. is 10 years old. Ever since I can remember K. has always been insecure. Always needing much attention and basically very clingy. It has become unbearable over the last 5 or 6 months. My husband and I were at our wits end and did not know what to do. My sister-in-law introduced me to The Healing Codes.

I was a little skeptical at first but was still open. She did the Healing Codes on me for an issue I had with my son and it helped me a great deal. However, the real testimony is with my daughter Kelsey.

Kelsey has been obsessed with death for a long time. She has had nightmares, sleepless nights, days of crying, unable to go to school and an overall terrible experience because she thought either my husband or I was going to die. My sister-in-law encouraged us to try The Healing Codes on her. I wasn't sure how to approach it with her and tried to keep it very simple.

She seemed very open so I asked her to picture one of the pictures that have been bothering her. She did, started crying and rated it a 10. She picked her truth statements and I started the Healing Codes for peace on her. She started deep breathing and relaxing immediately. I didn't think she would sit still because she is usually very fidgety. She just sat there relaxed. When we were finished she was already very different. I was so excited. She said her picture was almost a 0 and she seemed very happy.

She kept asking me to do them with her. The next time she picked a different picture and also rated it a 10. Again after that she said the picture didn't bother her anymore. She doesn't have any more pictures and feels great. She is a different little girl. Praise God for the Healing Codes. I have witnessed a miracle in my daughter."

- **Sue**

"For years I suffered from chronic fatigue issues. One of the discouraging symptoms was that I became very susceptible to virus and bacterial infections. I was sick quite often with the "virus of the month". Because of The Healing Codes, the frequency of my illnesses has been dramatically reduced. An exciting discovery occurred when I recently felt the onset of viral symptoms. After talking to Dr. Loyd and starting The Healing Codes, my symptoms NEVER progressed and COMPLETELY disappeared within 24 hours. Absolutely amazing! In the past I would have suffered for days. Thank you, Alex!!!"

- **Phyllis**

"I have suffered from depression, guilt and extreme sadness since the death of my daughter last year. With the first of the holidays approaching since her death, I became even more depressed, with uncontrollable crying many, many times a day. I was living in seclusion, overeating, smoking more cigarettes than I would normally do, and the thought of suicide sat in the back of my mind. I cried out for help to the right person, that's for sure, and found The Healing Codes!

The first exercise rated a 10 and the next two did as well. But from that point on, life changed! I quit crying completely, my overeating has stopped, and I haven't quit smoking (yet!) but am back down to the amount I would normally consume. I found myself looking at my neighbors differently. Instead of getting annoyed with them I would say "No, bless your spirits" when they went by. Our interactions with each other changed instantly.

Today, if I think of my daughter's death, there are still no tears, no negative feelings of her or her death. I have been given such a great gift with the discovery of The Healing Codes. If I were to rate my feelings today, they would be a zero! What a turn around! I can hardly wait to discover the other changes I'll be going through!"

- Sydni LaJoie

"I would stop eating before I would stop doing The Healing Codes!"

- S. Wade

"I remember my Dad spanking me in front of the neighbor when I was about four. He never really told me why he spanked me even though I knew I had been playing with matches. I was so hurt that I went upstairs and threw myself on the bed and told God I did not want to live anymore. When I was six, I had to have an appendectomy for acute appendicitis. Years later, my ileocecal valve began to give me discomfort so I would talk to my body and ask it what I did to create this discomfort. My sense was that I created the appendicitis by holding the stress of that experience since I was four.

My father was killed when I was 15 --- I could not cry but about three tears and that was a week or so after the funeral. Even though I used forgiveness affirmations to forgive my Dad and this situation for 38 years, that love feeling was not there. Finally, after doing the Healing Codes for four weeks, I was able to allow myself to go back into that experience enough to release the trauma, and, for the first time in my life, I felt a sense of love and respect for my Dad. Finally, I would admit to myself that my best interest was the basis for his action. The Healing Codes seemed to dislodge the stress that I had been holding all these years so that transformation could occur.

"When I was on just my fourth day of the 12 days, I was allowing my truth statements about Love to flow and one of my statements was "On Valentines Day, I choose to receive a dozen purple roses but red will do. However, I'd be very happy with just one red rose and some Valentines. The next day, after some processing and the prayer, I was again letting my truth statements about Joy flow while doing the exercises. They went something like this: "I feel the joy of the doves that they found food to eat on my balcony right now. I choose to feel joy when I'm driving to the dentist today. I allow myself to feel joy when I'm at the dentist. I choose that the dentist be gentle and respect me, etc."" (I've had at least three traumatic dental experiences.)

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When I got to the dentist's, I have never had such a pleasant experience in a dental office in my life. Yes, I actually felt JOY when he so gently took his time with the injection. Tears were rolling down my face with JOY---there was NO pain whatsoever. When he finished, he told me about the five crowns he would need to replace and the cost of five gold crowns. It didn't phase me. I even went so far as to tell him that I wanted to do something that he probably never had happen before in his life and I said, "I want to tip you, not much, but I just want to take this opportunity to share and let myself really feel the joy inside." As I was scheduling my next appointment, I noticed that it was on Valentines Day and mentioned that to his assistant. She said, "Oh yes, that's a good day to come in because the Dr. has asked me to pick up enough red roses on Sunday so everyone can have one on Monday.

" I wish to express my appreciation to Mrs. Loyd for going into the pits of Hell so that these Codes could eventually be received from the Universe via Dr. Loyd. The Healing Codes allows those of us who choose it to move stagnant energy out of our bodies and ultimately experience Transformation. 'Ye are Gods; and all of you are children of the Most High.' (Psalms 82:6)"

- **Anna Marie**

"After using The Healing Codes for 12 days, the work is helping me stop eating when my body has had enough. It is weird to throw away food, but I just can't eat as much."

- **Susie H**

"I was on the telephone in discussion with a computer science person. Some of the conversation was foreign to me. I physically started to have rapid heart beats, shortness of breath and fragmented sentences. The person I was talking with paused and asked me if I was okay. I sat back in my chair, took a drink of water and a deep breath and commented that I had had a cellular memory surface. This happened two more times during the conversation, and each time I could certainly tell that it was a cellular memory occurring. Without the Healing Codes, I would never have been aware of what was taking place. EASY TO FIX THESE SYMPTOMS WITH THE HEALING CODES! I am so thankful to have at my finger tips a way to handle 'fight or flight.' Thank you Dr. Loyd."

- **Patricia**

"After I bought The Healing Codes, I began working with my coach on a frightening issue for me. I had to stand up against my daughter to protect my granddaughter and had to go to court for custody and protection. I was terrified of going to court. I didn't want to melt down and was very worried about how the whole thing was going to go. I felt like my stomach was in knots,

and was nauseated, even dizzy at times, and felt like I was losing my balance. My palms were sweating a lot even just thinking about what I had to go through.

When I did the Picture/Memory Finder to work on the earliest time I had been frightened like this, I remembered an event when I was about three or four years old. I used to talk to little fairies, and an uncle of mine scared the living daylight out of me by telling me that I was imagining this, that I had to stop it, that it was wrong, and I was bad, etc, etc.

As I did the custom Healing Codes exercise my coach gave me for this one childhood event when I was afraid of speaking up for my truth, I realized my fears were also connected to the time I was molested when I was five years old. I had subconsciously willed myself to be paralyzed for six months afterwards as a way of protecting myself. My fear of empowerment and standing up for what I believed came up very strongly. Within an hour of doing my Healing Codes exercise, I started to become nauseated and then feverish, and I ended up being sick for almost a week. [This was a strong healing response as the body got rid of such toxic fears and emotions.]

The wonderful thing about this whole experience was that my fear about standing up for myself was much dissipated, and I was able to stand up and go to court. For the first time in my life I felt really, really, really strong. I was a little nervous, but I felt like I had a pillar of light and strength moving through the core of my being that I never had before. I didn't have the meltdown I was terrified of. I didn't lose it in court. Instead, my heart just opened up much bigger to the situation and how difficult this was for all of us, my daughter and granddaughter and me.

Since then I've also been able to stand up to other people and speak my truth, and not let things build up and then have a blow up. So just doing this clearing has been absolutely amazing for me. I'm very grateful for The Codes. I'm working on lots of different issues doing my 12 days right now, and I'm finding lots of things healing and releasing and shifting in my consciousness and in my body."

- Ingrid

"I'd had chronic herpes for thirty years and lots of reoccurrences. I've been doing The Healing Codes for eight weeks, but not to get rid of herpes. Three weeks ago I realized that I wasn't having symptoms and neuralgia like I used to. Thinking it was Lent and giving up chocolate, that's what I gave credit to. A while later, I realized that it's probably The Healing Codes that's assisting me on the relief from herpes. So that's my miracle, and I'm grateful. Thank you."

- Susan

"I've been doing The Healing Codes for about 4 months, and over time lots of past physical injuries have been resolving. It's very surprising how that healing process unfolds. One example is when I started noticing I had a pain across the top of my foot simultaneously with a pain in a muscle that extends from where you sit on the sit bones and down my leg a bit, and

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also into the buttock and a bit into the sciatica. It really puzzled me where this came from all of a sudden, because I hadn't done anything to cause the pain. It took a couple of days while I was going through the Healing Codes process to remember that those were the identical symptoms from a time that my shoe caught in a small hole in the pavement as I was trying to run across the street before the light turned red. The rest of my body had continued to move forward and I was wrenched backward with my legs really wide apart because I was taking large strides. Those identical symptoms - I had them for a really long time, and they recurred over and over again if I got active or did stuff that was quite athletic. When I went through the Healing Codes process, it clicked that this old injury was finally resolving.

"Another example of how The Healing Codes has helped me process old injuries out of my body and resolve them: I had had a concussion to my inner ear from a car accident. It was pouring down rain, I couldn't see the road, and I hit a huge pothole. It was so deep my car almost flipped on its side. As the car righted, my head hit the very hard Volvo headrest at a point right behind my ear (called the mastoid process), and I immediately had a concussion to my inner ear. For two years following I had severe vertigo until I found a treatment that resolved it. Just recently, I started getting a really strange headache in that same area over a period of about three days. I didn't have any dizziness; I hadn't hit my head; I hadn't bumped into anything. At the end of several days doing the Healing Codes, I just felt something was clearer and lighter in that area, and it was identical to where my head hit the hard Volvo headrest. So I feel that whatever trauma was incurred - and I felt trauma not just in the bone in the muscular area, but inside my head -- was resolving. I know this trauma has now been released from my energetic body. "Also, for about a year and a half I had extreme swelling and congestion and lumps in my armpit down into the side of my breast. It was a very painful swelling and lumpiness, to the point that during the middle of the night I would actually wake up and cry out loud. I was afraid of waking my landlady who lives upstairs from me since my crying out was so loud because the pain was just so unbelievable. This happened on a regular basis, and it really disturbed my sleep and wasn't helping my health at all. I had all kinds of special mammograms, ultrasounds, and mammograms of the armpit. After doing The Healing Codes for about two months, I brought it to my doctor's attention that all that pain, swelling, and lumpiness was no longer there. It was completely gone."

- **Susie**

"Thank you so much for all your help and encouragement on the phone. We are noticing some differences in our family from doing the exercises. The atmosphere at home is more peaceful. Our sons, 4 and 6, are not arguing and fighting as much with each other. That, in itself is a blessing! They were driving me crazy with their almost constant bickering. I'm aware that my emotions and wrong beliefs are being healed. And I have hope now in some areas of our life that I had considered hopeless."

- **Judy**

"Starting back from the beginning, from my childhood. My life wasn't easy. Mentally, I wasn't all what I should have been. As I was growing up I always had different kinds of ailments.

Nobody knew why. Parts of bones dying. Heart murmurs. Things that aren't that unusual in children. But then growing up and getting older, I developed some uncommon things. At age sixteen I somehow got scarlet fever or rheumatic fever, which came very close to killing me. It took a heavy toll on me. All the while, I had had terrible migraines ever since a early age. When I was 9, I became unable to sleep without some kind of aid.

"Over the years I just kept getting more and more things. At age nineteen I was diagnosed with vaso depressor syncope, which means I cannot stay standing for more than fifteen minutes, or sometimes even sitting, without passing out. I also developed, somehow, fluttering and regurgitation or backflow in my heart. I had constant chest pain which hurt really badly if I was doing anything.

"So for the past two and a half years, I've been working a lot. I've been working for goals, which I thought everybody does. I've been working over 100 hours a week, averaging 90 hours. At 24, I could handle it. During that time I developed the heart problem. My migraines worsened daily. Constant pain. I'd go to work and couldn't do anything. I was throwing up at work frequently for no reason. The migraines were terrible. I was losing vision in one eye and both eyes. I was falling over a lot, almost blacking out.

"So I went to the doctor because I was tired of feeling tired. I could not keep up like I could two years ago and I wanted to know why. I went through a lot of tests. They found that I'd had two major blood vessels in my head shrink, but they didn't know what caused it. They also found that because of overworking myself my heart muscle was weakened. After a lot more testing, they realized that all they could do was give me drugs to try and ease the pain a little bit. It somewhat worked, but I was up to 1200 mg of this drug that they didn't really know much about, and it's actually bad for the heart, too. I found that it was making things worse for me.

"When I found out that my heart was not doing so well I called my dad and told him the news. I told him that I didn't know what to do because I wasn't done living yet. For the first time in the past couple of years I actually wanted to live. I wanted to make an effort with this life, which was something new to me.

"He told me about Dr. Loyd and The Healing Codes. I didn't really know what to expect from that, but I was willing to try because the doctors didn't have anything for me. I also believe in natural ways over doctors, anyway. A week later the package arrived in the mail. When I first spoke with Dr. Loyd, he told me to go ahead and start trying some of the exercises right away because of the condition I was in and the pain. After the first two exercises - I did one for my migraines and one for my heart that evening - I could feel a significant difference. The magnitude of the pain dropped significantly. I thought this just might be it. I was pretty sure by then, actually.

"The next morning I woke up. No headache. No migraine whatsoever. That was the first time in years. I could not believe it. I kept on with the exercises. I have not had any migraines. I have not had any heart problems or chest pain. I stopped throwing up. Since three weeks after starting the exercises, I have not had any dizziness, I have not fallen over. I'm off all my medications. Basically, I'm 100% healed.

"I'd definitely recommend this process and I'd just have to ask anyone who is skeptical, "Do you really think that man is supposed to heal with all these drugs and this man-made crap, or

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do you not believe that God intended us to live well and supplied everything for us?" It's just a matter of discovering it and realizing it and doing it. It's basically common sense."

- **Matt**

"The weekend before I talked to Dr. Loyd, friends of mine had to take their dog to the vet because he was basically dying. They found out that lyme's disease was taking over his body and causing his kidneys to shut down. He'd lost a lot of weight, about thirty pounds. The vet told the family they were going to have to put him to sleep. His gums were bleach-white and his skin was really tight because he was so dehydrated. My friend didn't know what was guiding him, but he came to me and started telling me what was going on with the dog. I started telling him about The Healing Codes. I said, 'I don't really know what else to say and you might think I'm crazy, but these Healing Codes, they just might work for him. They're the only option that I have for myself and it might be the only option that you guys have.'

"The next morning the dog's owners came over. I did an exercise for him that morning and at lunchtime. The wife came over and knelt down and looked at the dog's gums and jumped up and said, 'Wait, look at his gums.' We looked down and checked the dog's gums out and they were bright red. Completely different from before when they were bleached white. She jumped up and gave me this big hug. They started telling me that the vet had said to look at the dog's gums. if they stayed white his kidneys were still failing. They were given shots to give him if they weren't able to take the dog to the vet in time. So I asked them, 'What time did you give him the shot this morning?' They said, 'We didn't. Whatever you did made that happen.' I said, 'I didn't really do it, God did it.' They said, 'Whatever it was worked.'

"During 6 days of doing exercises on the dog, he gained back 7 pounds. The vet didn't know what to think. He asked them what they were doing. They said 'Giving him a lot of love.' The vet said, 'Whatever you're doing keep doing it.' After the week of doing exercises on the dog, the vet called them at 10 o'clock on a Sunday night, and told him that, 'I don't know what is going on. All the dog's blood levels are just about back to normal. This does not happen. I've never seen this before. Ever.' Incredible stuff."

- **Matt**

"I received the entire The Healing Codes package and I'm blown away. It's incredible. I was already using your exercises for myself, my husband, my pastor and my ferret so I was already in awe. Now I'm almost overwhelmed at how much more it can do. Speaking of which, my ferret had a mast cell tumor under her front leg which was almost the size of a marble. In one week, it is now the size of a pea. Thank you so much for this!"

- **Judith**

"I wanted to tell you of the glorious enlightening of the scripture that has been shown to me. God has been merciful and patient with me. All my head knowledge of the Word had not gotten into my heart because of all the blocks. When the feelings that accompany the issues of trust, faith, unforgiveness, patience, etc., do not line up with what is going on in the body, take a big look at the red flags and do not ignore them. A pill won't correct this, or surgery and so forth. But when the heart lines up with the head knowledge, WOW! I thank God for what he has given you to help us walk in the steps of the Savior."

- Patricia

"I've been using The Healing Codes for some time now, and the first time I started using it, I had a very bad pain in my heel. I had been to the doctor, and they said it was a little bit of a bone spur and a few tendons pulled and a few other things. By that time I'd had it for something like 7 or 8 months. So I started doing these Healing Codes and it went away in 3 days and it has not come back. Since then, I've used the program and I've seen a dramatic change in a couple of minor issues, but also emotionally. It seems to have a very good effect emotionally on me. And it's very easy to use. What I particularly like about it is you don't have to depend on anybody else. You can do it yourself. You can heal yourself, and I have known many people who have used this and have had similar success. So I'm very enthusiastic about it and wish a great deal of luck to the people who are promoting it."

- Joe Sugarman

"I started the 12 day program about two weeks ago. I had a number of seborrheic keratosis on my forehead and on my head and a large number of them on my back. I noticed that after about four days, the one on my forehead began to dry up and flake off. Within about ten days it was totally gone. On my head, the ones there had all been the size of pencil erasers and they were all gone. One the size of a penny is 90% gone. All of those that were on my back have shrunk tremendously. I've had these for probably fifteen years. They itched and caused me some problems. The doctor looked at them just a couple of weeks before I started this program and said, "Yeah, we need to take it off, it's getting pretty big." Now they are disappearing and continue to disappear and I expect to have them all gone within another week or two. Thank you."

- Wes

"First I would like to praise God for giving you the Healing Codes and Bless you for listening and taking action. Thank you, thank you, thank you. I ordered the Healing Codes and dove right in. When I had my first session with my coach, I told her that I had this problem with my ears, which were very itchy and scaly. After the phone conversation I had to get ready and go to work, so didn't have a chance to do the custom exercise. Meanwhile my ears were driving me crazy with there itching. On my lunch break, I did the exercises and the itching went away and has not itched since. Praise the Lord."

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"Before my second session I received an email from my Mother, 84, that she was having anxiety, where she dreaded leaving the house. Once she got out the door and got going she was usually ok, but she had a real tough time leaving. I knew she had an appointment in downtown San Francisco and that the weather was going to be rainy so, I called her and had gotten some pictures from her when my coach called for our session. I told my Mother I was going to treat for her, and my coach agreed that I could use the coaching call for my Mother. We went through the steps and found which picture to treat for. After the call I did the treatment and passed it on to my mother in Love as recommended. I hadn't got it down to a zero yet so later on I treated again getting it to zero and again passed it on to her in Love. The next evening I received an email from her saying my treatment had worked, as she didn't have any anxiety even though it was rainy and dark enough to use headlights when she went into town for her appointment. I called her and could immediately tell by her voice she was a lot better and more cheerful. She said that not only did the treatment work but she felt better.

Again thank you for providing the Healing Codes to the world and for your support."

- John

"I started with the method for an urgent issue. As I was doing the exercise codes for my endocrine system, I was not sure what truth focus statement felt right. We had recently been to a Kenneth Copeland Believers Convention where Kenneth taught us to "speak" the anointing that we desired over ourselves. I needed healing so I have been saying 'I thank You Lord that your healing anointing is working in me now.' On my second day of coding that is what automatically came out of my mouth. I thought that was so perfect, and felt really good about it. But God being the more than enough God that He is, said, 'Now put the pertaining virtue and body part or system in the phrase.' So I wrote out the one I was working on and said, 'I thank You Lord that Your "Love" anointing is working in my "Endocrine" system now.' As I did the exercise I felt the intensity shoot way up and I began to vibrate all over. It was very powerful. Throughout the day while doing other things, if I just repeat the phrase it seems to reactivate the effect of the exercises. God is awesome!"

- Mary

"The contacts I wear are supposed to come out once a week for at least 4 hours. This is a big improvement over taking them out daily although taking them out is not a big problem. For me the big issue has been putting them in. There have been times when I would try and try and eventually have to give up and try again later. Of course until I succeeded I couldn't see to read. There were many times when I would spend half a day trying to get my contacts in and one terrible day that I spent eight hours trying without success. I wasn't willing to give up on contacts, but every week putting them back in was an experience I dreaded. A short time after starting to do The Healing Codes I was astonished when both contacts went in on the first try. I realized immediately that it had to be a result of doing the exercises although it was not something I had consciously worked on and probably would not have thought of The Healing Codes as being something that would fix this problem. It was a total surprise and what a relief!

I realize that is the way contacts are supposed to work, but for me they always stuck to my finger rather than the eye.

"I have had chronic pain for years and consequently have taken all of the OTC pain remedies as well as many different prescription drugs. At the time I started to do The Healing Codes, I was consuming OTC pain remedies (Tylenol in particular) like they were M&M's, taking more and oftener than recommended as well as mixing in Ibuprofen and others. I was aware of possible problems but when in pain I simply shut my mind to the possibility. Pain was my major presenting problem. I cannot say yet that I am pain free although I have had several pain-free days. There has been one major and unexpected change. I'm not sure how long I had been doing the exercises when I realized that I had stopped taking all pain medication. I had not given any thought nor intended to do that. Somehow it just happened and had been that way for some time before I even consciously noticed. Taking something for pain just doesn't occur to me any more. It's as if that decision has been made and does not need to be reconsidered. I have effortlessly eliminated the ingestion of toxic substances which I feel sure will speed up my healing. It makes total sense although not something I would have thought of without The Healing Codes doing it for me. I'm sure my original thinking was more like I'll take something for pain until the pain stops.

"All my life I have had a severe reaction to insect bites ranging from giant welts and extreme itching from a mosquito bite to total body swelling from something like a wasp, hornet, or bee necessitating a trip to the emergency room for treatment because of the possibility that my throat would swell shut and cut off my ability to breathe. The unbearable result of any bite was always the itching. No matter what bit me the itching would start immediately and would continue unless I went to get shots. Some time ago I discovered a homeopathic remedy that really did alleviate this. However recently I contracted a bite on the top of my foot that caused a welt and itching as bad or worse than anything I had previously encountered. My homeopathic remedy was not working; I could not stop scratching; I was desperate and frantic to make it stop. I decided to do the exercises from the Immune category requesting in my prayer that all the healing energy from the treatment be focused on stopping the itching from that bite. Within a few minutes I suddenly realized that it had stopped although I could not say exactly when that happened. It was strange that it had stopped so completely that I almost could not remember that there had been itching. One other unusual effect was that although bites (on me at least) itch off and on for a long time; even if I could stop it, something would set it off again - this particular bite never itched again!"

- Donna Schwenke

"My life is so much more tolerable now that I use the healing codes regularly, though I have a ways to go. I received a decrease in my stress levels that was dramatic. I have grown as a person from the process and the affirmations. My perspective on myself has changed and I believe in my abilities as a person with less stress. I am working on my ethical issues little by little and when that conscious conflict is resolved my life will be different. I will be a more effective and functioning person. I look forward to accepting my power that I have been reluctant to accept. I am starting to understand my life and myself better.

I can't tell you how much I appreciate what you are doing for myself and others, and the hope you have given me for clearing my cell memories etc. I am standing in more appreciation than

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I have stood in and that is different than my expectations. The mental clarity and seeing a larger perspective is life changing also. Thank you."

- **Roxanne**

"My father came out of a coma because of the Healing Codes treatments. I remember the 1st week of January that my brother who lived there said, "Dad is doing better than ever." I do thank you so much for the knowledge I learned from you and for the extra 6 months we got to have him. It was truly a miracle!!"

- **Linda**

"I attended one of your unbelievable sessions. My HRV was so low you were concerned for me. I did only the code you taught us then. My depression has lifted, and I have been so well I forgot about doing them. Oooooops!!"

- **Marilyn**

"When we got The Healing Codes, we did the twelve days, and then I came back and went straight to diabetes. The blood sugar has not changed all that much, but what I have noticed is I tend to be more loving! I just feel more loving, I'm not holding resentment as long, forgiveness comes to my mind almost immediately. It's wonderful and I wanted to share that with you."

- **Emmanuel**

"I first heard you (Dr. Loyd) when you were interviewed on the Passion Series. I was very, very touched at that time, so the whole time, I was just having a very quiet cry. So that's what I'm finding that The Healing Codes are like for me. I had energy moving in my legs immediately from hearing you on that interview.

"You talked about conscious conflict and that conscious conflict can slow down your healing. Well, from the moment that I heard about The Healing Codes, I had a conscious conflict in my own environment where it was cluttered and was no longer suiting the way I wanted it to be. I live on two acres in a very small place and it was just over the top. Immediately, without me saying anything to my husband, he sold antiques that were too big for the bedroom. By the time FedEx was delivering the package the following week, I had completely redecorated our bedroom. I talk about feng shui, I feel a lovely vibration. Beauty is coming into our inner environment.

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"We're honey harvesters, so in my mind I picture the honeycomb that the bees develop. I picture that we've buried these images that we have like the bees do--we've built a little honeycomb and put them in there. We say the images are positive or negative, but you know what, it's just a picture. What the bees do, if it's an egg they cover it up with a little bit of wax on the top, or if it's the honey, when it's the right proportion, again, they cover it with wax. So either way, it's a gift. Either a little honey bee is going to come out when it's ready, or they're going to be able to access the nectar.

"So for me it's like Christmas everyday. It's like saying, 'Okay, I'm going to open this gift and it doesn't matter. I'm not going to say 'Oh, this is some terrible experience and I'm feeling really bad about it.' I know this is just a gift and I'm freeing up the energy, and that's what I'm picturing. That all of these bubbles are just freed energy. And it doesn't have a name, it's just freed energy.

- Renee

And the stories go on and on...We can't wait to add yours!

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