

**HEALTHY**

**Dr. Robert Bacher**

***Do you think you can improve Nature?  
Nature can't be improved  
If you try to improve it  
you will ruin it***

**Tao Te Ching**

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# Introduction

It has long been my vision to change society's definition of the term "health care".

As a doctor, the resistance I have faced on a daily basis to change people's blind, unquestioning faith in a health care system that suppresses the symptoms of pain and disease but does nothing to correct their root cause is extremely disturbing.

The current mainstream health care system is a huge business. Treating/suppressing symptoms of pain and sickness is how they make their money.

A large percentage of the population seems content to accept this health care system in which you wait until you are sick, and then take a pill to "cure" it. This is not health care. It is sick care. It has nothing to do with health!

True health and healing come from inside of you. Like when you scrape your knee and it heals by itself with no outside intervention or "treatment". This natural ability to heal applies to all healing, regardless of the diagnosis of a doctor.

Health is your personal responsibility. To BE healthy you need to LIVE healthy. This includes how you think, eat, exercise, handle stress, and choose healthy surroundings.

**HEALTHY** outlines my health care system. It explains the underlying cause of sickness and pain, how to reverse and prevent it, and how to cultivate vibrant health and longevity.

# **The HEALTHY Program**

**The HEALTHY Program** is a five part natural health care system designed to cultivate radiant health, heal chronic pain and sickness, and allow you to enjoy a long happy life.

**The five parts include:**

- **Positive Thinking**
- **Meditation**
- **Taichi**
- **Plant Based Diet**
- **Invest in Nature**

Below I will explain each part and how and why this is the best and most complete health care program for you.

# Positive Thinking

You must think positive always.

If a negative thought enters your mind, immediately take a deep breath, and as you exhale, let it go and replace it with a positive thought.

Intention is the power of your mind to transform your thoughts into physical reality. In this case, to manifest perfect health and healing sickness, pain, and suffering through positive thinking and a healthy mental outlook.

Each time you think a thought, visualize a situation, imagine a scenario, or use your intention in any way, you are forming your future.

Positive intention will bring positive results. Negative intention will bring negative results. It is that simple.

You have a choice. When you awake each morning, you can take a deep breath, smile, and decide today will be the best day of your life... or you can wake up and focus on negative stuff and have a miserable day.

You decide how you will feel, what you will do, and how you will live in every situation.

Every time a negative thought, emotion, or situation comes up, let it go and replace it with a positive one.

It may take a little practice, but give it some time and be patient. Be kind to yourself. You can do it!

# Meditation

**Stress is the number one cause of health problems.**

Stress causes tension in your nerves and blockages in your Qi (vital energy) circulation. These are major causes of sickness and pain.

## **Emotional balance**

Negative emotions such as fear, anger, and sadness adversely affect the function of specific organs and weaken your immune and nervous systems. This can lead to many types of health problems.

## **Regular practice of meditation:**

- Relaxes your body
- Quiets your mind
- Balances your emotions
- Restores normal (natural) function to all of your body systems

***Through meditation you learn how to feel tension and consciously let it go. When you let go of tension, you are letting go of the primary cause of your sickness, pain, and suffering.***

## **How to Meditate**

- Choose a place that is quiet with fresh air.
- Sit on a chair with your feet shoulder width apart or on a cushion with crossed legs
- Rest the palms of your hands on your knees.
- Keep your back straight and body relaxed to avoid becoming tired or lazy.
- Close your eyes and breathe normally.
- Focus your mind internally and let go of all thoughts.
- Let your body relax and allow your mind to become quiet and still.
- Practice for a few minutes and gradually increase the time.

# Taichi

Taichi (or taiji, shortened from taijiquan) is a martial art based on ancient Chinese culture, medicine, and philosophy. Millions of people all over the world practice taichi daily for its wonderful benefits for health and fitness, healing chronic pain and illness, relieving stress, and reversing the effects of aging.

**Taichi's benefits are the result of three unique "internal" principles:**

- the use of intention to guide movement rather than brute force
- pure relaxation or "letting go"
- silk reeling force or continually spiraling full body movements

Taichi builds a strong body and sound mind, self respect, discipline, confidence, concentration, and improves overall quality of life.

Taichi's gentle flowing movements have a profound calming and soothing effect on your central nervous system. Its regular practice can relieve back and joint pain and arthritis, stabilize blood pressure, improve circulation, and keep your mind and body feeling young and alive.

Taichi is a treasure to humankind. Its regular practice can transform every aspect of your life - this can not be described in words.

**Below are two basic exercises for you to feel the wonderful benefits of taichi:**

- **Learn the Chen Taichi Daily Dozen** - a series of 12 gentle joint rotation exercises to loosen up your muscles and joints, increase circulation, relieve and prevent joint pain and injuries, and reverse the effects of aging (10 minutes)
- **Learn the Taichi Back Stretch** - a simple back stretch performed while standing to increase your spinal mobility and correct the alignment of your spinal vertebrae - the best exercise to heal and prevent your back pain and restore youthful spinal pliability (2-3 minutes)

**To learn more taichi see last page "How to Learn More"**

# Plant Based Diet

## **The purpose of eating is to:**

- nourish your body
- supply your cells with the nutrients necessary for growth and repair
- provide energy for your mental activity, physical movement, and physiological function

In today's world of processed foods, toxic energy drinks, and fast food franchises, we have lost sight of the purpose of eating.

## **Pain and sickness are caused by inflammation.**

Foods can be categorized as acid forming or alkaline forming.

Acid forming foods cause inflammation.

Alkaline forming foods eliminate inflammation.

## **Acid forming foods that cause inflammation:**

- refined sugars
- processed grains
- saturated fats
- animal protein & processed oil products

These foods have proven to be the source of many chronic degenerative diseases, cancer, nervous and immune system disorders, and cardiovascular disease.

## **Alkaline forming foods that eliminate inflammation:**

- fresh fruits and vegetables
- raw unprocessed nuts and seeds
- sprouted grains

These foods provide all of the nutrients needed to cultivate vibrant health, enhance cellular growth and repair, and reverse chronic pain and degenerative diseases.

***A plant based diet is 100% alkaline forming and therefore reduces and eliminates the inflammation which causes chronic pain and disease.***

**Visit the most complete website online for Plant Based Diet:**

**[Forks Over Knives Website](#)**

# **Invest in Nature**

## **Nature is the ultimate teacher and healer.**

Nature has a wonderful therapeutic effect on your entire being. Viewing a breathtaking sunset, listening to the birds sing, and walking barefoot on the beach all feel so amazing and positively affect your health and wellbeing.

## **Feeding your senses and “letting go”.**

When you are outdoors, your senses absorb many different forms of energy. You smell incredible fragrances, absorb the sun’s warmth into your bones, feel the breeze touching your skin, hear the wind whistling through the trees, and breathe salt air. It all feels so good! Your nervous system reenergizes. Your muscles relax and let go. Your brain slows down and takes a break from thinking all the time.

## **Precious priorities.**

Everything you need to cultivate vibrant health is found in Nature. Take time each day to be outdoors and enjoy these simple natural pleasures, because they are what make life so precious!

***Practicing taichi and meditation outdoors in Nature is an integral part of The HEALTHY Program.***

# A Message from Dr. Bacher

Since 1969 I have dedicated my life to the practice and teaching of martial arts, natural health, and healing. This includes taichi, qigong, karate, yoga, meditation, and a variety of natural healing systems.

My desire to help others suffering with sickness and pain inspired me to become a Chiropractor. My passion for taichi led me to Chen Family Village, China, the birthplace of taichi, to learn the original Chen family art from 19th generation lineage Grandmaster Wang Xi'an. After years of intensive training with Master Wang, he authorized me to teach his system, with specific instructions to share what I learned from him in the West.

I have taught in assisted living facilities, hospital cancer wards, drug rehab clinics, a special hospital for osteoporosis and degenerative joint diseases, public and private schools, colleges and universities, exclusive yacht and country clubs, community centers in the heart of the ghetto, and even a youth prison. In every one of these places the people benefitted from learning taichi and meditation.

Mainstream health care today is based on suppressing the symptoms of pain and disease rather than addressing their cause. My desire to offer an alternative to this motivated me to learn everything I could about natural health and self healing, and to create a health care system that cultivates radiant health and longevity. **The HEALTHY Program** is that system. It teaches you step by step how to reclaim your health and vitality, heal chronic pain and sickness, and to experience a better overall quality of life.

It is my intention to reach out to as many people as possible around the world and share this knowledge to end sickness, pain, and suffering.

Please share **The HEALTHY Program** with everyone. Help me to spread this vital information and together lets make the world a happier healthier place to live!

If you have any questions please [send me an email](#) .

Thank you,  
Dr. Robert Bacher

# **How to Learn More / HEALTHY Links**

- [Learn Chen Taichi Basics Online](#)
- [Learn Chen Taichi Form Online](#)
- [Learn The Wuji Standing Method Online](#)
- [Learn Chen Taichi in Costa Rica](#)
- [Visit our Website](#)
- [Join our Facebook group](#)
- [Our You Tube Channel](#)
- [Contact Dr. Bacher](#)
- [Forks Over Knives Website](#)

# **The HEALTHY Program**

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