

CHANGE YOUR LIFE WITH PIDDDS 3-D LIVING



The Three-Dimensional Approach to Great Health

For this month's edition of "Top Form," Dubai House Finder has gone to Jose Garbe-Vilijn, creator of PIDDDS, Personal Integrated Dynamic, Diet and Determination Solutions. Having recently launched her "3-Dimensional Circle of Health" formula and just released her first book, Jose is ready to tell the world how to put your body back into its perfect state of functioning through amazingly simple and gentle steps.

The First "D" - Dynamics

Jose explains that the body must first be in proper alignment. "All health, even mental health, stems from the body's 'source' - our spine. If the body's spine is out of alignment then a number of problems can occur, from backaches to depression. Our vertebrae can be misaligned by many differing situations from uneven leg lengths, car accidents, sports traumas, birth and many others as simple as riding in a car for three hours in commute every day."

Jose explains that once a client comes in to see her at her clinic, she assesses their leg lengths, and the position of their vertebrae and sacrum. Invariably, there are some vertebrae out of position and she uses a dynamic non-manipulative procedure, using light pressure and the body's own motion to realign the legs, spine and sacrum into the correct positions. This procedure is called the Dorn Method.

The Dorn Method originated in Germany and was invented by Dieter Dorn, a lay-healer, and practiced there for around 30 years now. "There have been no cases of any injuries due to the Dorn Method," says Jose. "It is a simple and easy 'self-help method' - regular people doing simple daily exercises which is taught to them by a qualified Dorn Method practitioner. It only takes three sessions with someone to fix their alignment problems and often that is enough to cure their ailments. People often hear that symptoms are caused by 'wear and tear,' but Dieter Dorn, the inventor of the Dorn Method, states, there is no 'wear and tear,' instead there is misalignment. Dorn decided to share his findings and in 3 years time, doctors,

chiropractors, physio and massage therapists in Germany successfully practice the method. The Dorn Method is now fully integrated in Germany, recognized by many private insurance companies, and has started to travel the world. People often come to me as the last option once they've been diagnosed by their doctor to either have an operation or live with pain. Out of my experience, in most cases, the Dorn Method took the pain away. But don't get me wrong; what we do at PIDDDS is a compliment to traditional doctors. I work very closely with doctors at Manchester Clinic. We are very careful with each patient."

The Second "D" - Diet

This area of Jose's PIDDDS saved her life. Many years ago, Jose suffered from severe asthma. She was sick and tired of taking medication for it, so she went in search of a dietary answer to help her get off her medications and be free from her asthma. Through her search, she discovered a diet that centred on each individual's blood type, which affects the body's metabolism and the reactions the body has to certain foods. Jose began following this diet and in a very short period of time, she began getting relief from her asthma. Soon she didn't need her medication and now, to this day... she is asthma free. This diet of nutrient rich foods that were specifically compatible to her metabolic designation saved her life when nine years ago Jose suffered from a genetic disorder that kills most of its victims - brain bleeding. But Jose survived and she mainly credits her diet as the reason.

Since then, Jose has taken some of the vital knowledge from the blood group diet and has created the PIDDDS diet which

is complimentary to all blood groups. Instead of following the "Food Pyramid" as we were once taught, Jose teaches about the "Home Foods." She states that most people are wheat-intolerant and should avoid wheat products due to the gene-manipulated grains that are being used in the general market these days. "The gluten is too strong in these gene-manipulated grains. Studies are in the works right now on the effects of this super-power gluten. It is believed that the gluten is so sticky that it will attach itself to any newly created cell in the body and start a chain reaction. So for instance, if the gluten attaches to a brain cell, it is like glue and will quickly create plaque in the brain. This is under investigation right now."

Jose recommends staying on the PIDDDS diet for one month to reset your system and then after that, the client can slowly introduce foods that they love back into their diets. "For instance, after a month I recommend to start bringing your 'root' foods back into your diet," says Jose. "Like an Irish person can re-introduce potatoes into his diet. If he doesn't feel bloated after eating them, then he is welcomed to continue to eat them. Or tomatoes into a Mediterranean diet. If you still feel good after you eat them, then your body has accepted it. But in some cases, this isn't what happens. I had a client, PIDDDS type Blue, who couldn't wait to eat red meat again. But after she had it, it made her feel terrible



and bloated. She told me, 'it felt like a rock' in her stomach. She is now happy to not eat red meat."

Now don't get the idea that the PIDDDS diet is one that you are deprived of everything with flavour. That is not the case. "Some people, like PIDDDS type Red have to have red meat," says Jose. "I just recommend the PIDDDS general diet for one month and then you can add other foods from your PIDDDS type food list and according to your roots - many nationalities have gained alterations in their genes that allows for the comfortable assimilation of foods that don't necessarily abide by the PIDDDS type designation." This way, you eat

what your body was made to eat and the foods that your body wants.

The Final "D" - Determination

The first two "D's" make the third "D" possible, which is the mental health and determination to continue to live your life in a healthy and happy way. There are huge psychological results in the PIDDDS formula... not only does it realign your legs, spine and sacrum... but by doing so, it also unleashes pent up emotions and aggressions. "People who have certain vertebrae out of alignment will 'always have something getting on their nerves,' creating emotional manifestations, such as rebelliousness, depression and aggression," says Jose. "By simply realigning the spine, a huge release occurs and we often will have people sobbing for ten minutes or laughing hysterically. This is part of the process of PIDDDS. It is a three-dimensional system of health that deals with mental, physical and emotional well-being."

Once you have had the emotional release

from your spine, you will also experience an emotional exhilaration from your diet. "Once you are eating the right foods for your body, your body's systems will improve," says Jose. "Metabolism will increase, liver function will improve, acids will reduce, hormones will balance. You will gain energy and harmony. Your body's lean muscle to fat ratio will change, you will lose weight. You will be able to move more freely. You will want to move more. You will build the determination to continue this domino effect. You will be determined to exercise and be happier." At this point some people might be interested in building their determination further. They can do this on their own, through the support of PIDDDS, or for some, through a highly recommended treatment of hypnotherapy.

PIDDDS is an easy to follow, pain-free and rewarding system to get your body, mind and spirit in harmony... and in doing so, you will walk taller, be more energetic and lose a few pounds. As with all health programmes, you should alert your doctor to your participation. This system is recommended for any ailment ranging from infertility to knee pain, obesity to depression and should be executed in accompaniment to your current doctor's treatment. Once you feel you are ready to be weaned from your traditional medicine, it should be done under the close participation of PIDDDS and your current health care provider.

If you are interested in learning more about PIDDDS, becoming a certified Dorn Method practitioner, or to purchase her book visit the website at www.PIDDDS.com.