

**TOMASA MACAPINLAC**  
**A HOLISTIC BLUEPRINT:**



**THE FIVE ESSENTIAL KEYS  
TO MENDING & MANAGING  
DIS-EASE**



# **A HOLISTIC BLUEPRINT:**

**THE FIVE ESSENTIAL KEYS TO  
MANAGING AND MENDING DIS-EASE**

## INTRODUCTION

I have pulled a chapter out of my book, [30 Days to a Vibrant, Younger You](#) and have updated it to these five pillars that I live accordingly. It has been an evolution of my work and my own healing journey of 25 years.

What I've come to realize is that everything holds a vibration and that vibration affects our body, our well being and our way of being. Every activity that you engage in and who you interact with can effect your personal energy field.

Every day, in every moment, our cells are regenerating. The question is, how do you want your cells to regenerate? And what kind of energy do you want to go into those cells?

Cells are like sponges soaking up all that you feed them:

- Thoughts
- Food
- Experiences
- Chemical Gases
- Energy

In this ebook, I'm going to share with you some lifestyle habits that are natural, some based on ancient practices and

wisdom that will help you have more vibrancy in your life. These five essential keys are the foundation or rather pillars for a healthy lifestyle.

Most people who usually have a pretty healthy lifestyle find that they learn some new things to incorporate in their lifestyle after reading this chapter in my book, 30 Days to a Vibrant, Healthier, Younger You.

Many who follow and continue the practices as a lifestyle change, find that their health and well being improves from shedding weight, to diminishing pain to healthy vitals, and the list goes on.

May you find harmony and infinite vitality on this journey of health and healing.

# 1. Be Caught with the Right Thoughts

*“Thoughts become things. If you can hold it in your mind, you can hold it in your hand.”* **Bob Proctor**

We all have to start somewhere. I say you start with the mind. The mind is a beautiful thing. It’s like a computer. We program it to what we want it to think whether that be conscious or unconscious. Yep, what shows up in our life is what we have been thinking, and when we don’t know how something showed up in our life, we have to understand that either something greater is guiding us or perhaps it is part of the 80 percent that we are unconscious about. You see we are only about 20 percent conscious and truthfully the average person accesses only about 2 percent of her conscious thoughts.

The world has a set belief that as we age, our bodies start to break down. Aches and pain start to set in. Health challenges that our parents might have encountered are passed down to us. We are getting better at overcoming many types of cancer. We are concerned about what statistics show about the different decades of the aging process.

You can choose to buy into what the collective conscious beliefs are about aging. Or you can choose to have your own thoughts about aging. I have chosen to have the latter. Let me tell you that I have had a lot of beliefs to overcome since much of what I do today, wasn't encouraged as a young child (the time at which your subconscious mind is hypnotically programmed). I'd never been encouraged to exercise and I wasn't taught to spend time in nature. I have chosen to live my life very differently than what was modeled for me when I was growing up.

So now it's time to ask you....If I were to wave a magic wand....

- What would you want your body to look like?
- How would you like your body to move?
- What kind of health would you like your body to have?

When women age, one of their biggest concerns is menopause. Everyone thinks that you are "supposed" to have hot flashes and night sweats, no sleep, and serious weight gain. This is a myth. We have to be cognizant of what we are feeding our mind and what the people around us are feeding it. Some of

us are like sponges, soaking up all the thoughts and things people are saying. I remember when one of my family members was going through menopause. She had severe hot flashes, and she projected all of her experiences onto her younger family members who were right behind her in age, including myself. However, I chose to cancel, delete, and reprogram my mind to know that menopause could be the best years of my life. I will admit that I went through a short phase of experiencing menopausal symptoms in my own life, but I chose to nip them in the bud by looking at what was truly causing them and applying the techniques described in my book, 30 Days to a Vibrant, Healthier, Younger You.

One day, one of my former dance class friends commented on two pictures she saw of me on social media - one taken of me in my thirties and one of me now in my fifties. She said, “The pictures say that you can look great in your thirties, but you can look even better in your fifties.” Truthfully, I feel like the picture in my thirties shows me concealing all the emotional and physical pain that I was dealing with back then, and my fifty something photo shows how vibrant I now feel because of the inner work I have done and continue to do.

What's happening on the inside can show up on the outside. It might not be apparent at first glance, but if someone were to look deeply, they can feel and see what's going on the inside. Emotions and thoughts do show up on the surface...so it's important to get your thoughts in alignment with how you want to experience life. Your thoughts will be the basis of how you move forward in embodying self-care rituals that can help you have vibrant health no matter what age you are. The goal is be better than you were when you didn't have the experience and the wisdom that you now or will have in your mature years.

**Call to Action:** Jot down some answers to the “magic wand” questions listed above so you can get started on setting the FOUNDATION for your health.

## 2. Fuel with Fresh Food

*“Let food be thy medicine and medicine be thy food.”*

**Hippocrates**

*Food is medicine.* What you put into your body becomes *you*, based on the nutrients and the energy of the preparation.

Fast, take-out, pre-cooked and packaged food might be convenient for you at the time, but in the long run, is it the best choice for your body? All of these types of foods may well be prepared with high levels of sodium leaving you wondering why you have high blood pressure. And if you are already stressed, they will only add insult to your body’s internal health challenges. It might seem overwhelming and burdensome but preparing your own meals will be one of the healthiest choices you can make for yourself and loved ones. If you don’t have the convenience of working from home or a personal chef to prepare healthy holistic meals for you, take one day a week (Sunday, perhaps) to do meal prep for the entire week. Preparing meals can be very therapeutic. It’s like putting love in your food that

essentially gets consumed by your body, thus love is consumed by your body.

Always use healthy, sustainable sources of food, whether you are a vegetarian, vegan, or an omnivore:

*Animal Protein:*

- Beef - Organic and Grass-Fed (non-gmo)
- Chicken - Organic and Free Range
- Fish and Shellfish - Wild (not farm raised, farm raised is likely to be fed antibiotics)
- Lamb - Organic and Grass-Fed
- Pork - Organic and Grass-Fed
- Turkey - Organic and Free Range

*Fruit:* Always Organic (gmo-free)

*Vegetables:* Always Organic (gmo-free)

*Best Ways to Cook/Prepare Your Food:*

- Raw (during the warmer months and seasons)
- Steamed
- Baked

- Boiled
- Lightly Broiled
- Lightly Grilled
- Sauteed with Water (only use oil for flavor after the food is cooked)
- With LOVE, always; when anger is in our cooking, it is passed on to the people eating the food and may show up as stomach aches, digestive issues, etc.

\*Notice that I didn't mention the microwave! The microwave is a modern convention that takes all the nutrients out of your food. If you wouldn't use it to heat your baby's milk, then guess what... it's not good for you either! If you have a microwave, you can use it to clean your sponges because it will kill all of the bacteria in them.

*Oils that May be Used for Cooking:*

- Avocado Oil
- Ghee (clarified butter)
- Coconut Oil

\*Notice that I didn't list olive or flax oil. Olive oil and flax oil should not be heated; they should only be used for salad dressings or drizzled on cooked food. Cooked oils that are heated beyond their heat point cause free radical cells, thus breeding inflammation and dis-ease in the body.

*Minimize or better yet Eliminate:*

- Refined sugar (even if it's organic!)
- White flour
- Gluten (especially if you face health challenges with skin, lungs, allergies, autoimmune labels such lupus or multiple sclerosis, or mental health challenges such as ADD, ADHD, autism, bipolar disorder, or schizophrenia)
- Alcohol (use only occasionally to celebrate, not to drown your sorrows or de-stress)
- Coffee and other caffeinated drinks (they give you a false sense of energy, thus taxing your adrenals)
- Nightshades (including tomatoes, eggplant, and peppers), especially if you have joint issues,

autoimmune diseases, or any signs of  
inflammation in the body

All shelled nuts and seeds should be cleaned with grapefruit seed extract (GSE) solution, rinsed and soaked 2-24 hours (depending on the seed or nut) in water before consuming. Because there can be enzyme inhibitors in nuts and seeds, soaking your nuts and seeds helps you to digest them easily.

It's always better if you use fresh seasonings with your food instead of dried seasonings; we don't know if the dried seasonings have mold or harmful bacteria from drying out.

Grow an herb garden of:

- Sage
- Rosemary
- Thyme
- Basil
- Mint
- Oregano
- Marjoram

*Our bodies also don't get enough minerals to keep it healthy. Here are some good sources of minerals:*

- Himalayan or good Sea Salt
- Seaweed (including dulse, kelp, or wakame) - Seaweed is always great to season or cook with or eat as a snack. You might limit your intake if you have a thyroid health challenge.

*Eat as many green leafy vegetables as possible:*

- Collards
- Kale
- Swiss chard
- Mustard greens
- Spinach
- Romaine lettuce
- Bok Choy

The more color in your fresh food, the more vibrancy it creates in your body and your life!

If you have digestive issues (e.g. bloating, flatulence, belching, etc.) then you definitely need to follow *macrobiotic*

*guidelines* on food combining (for more information, see the article, [Why food combining is important? http://selfcarequeendom.com/self-care/macrobiotic/](http://selfcarequeendom.com/self-care/macrobiotic/)):

- Eat animal protein only with green leafy vegetables.
- Eat green leafy vegetables with animal protein or starchy vegetables like carrots.
- If you are going to consume potatoes, then only eat red potatoes which have a low glycemic index.
- Fruit is always eaten by itself at least twenty minutes before consuming anything else.
- Melon should only be eaten alone at least an hour before consuming anything else.
- Grains, legumes, and beans can be consumed only with vegetables, whether they are green leafy vegetables or starchy ones.
- The only beverage to consume with meals is either hot tea or wine because anything else will dilute your natural digestive enzymes needed to digest your food.

Fruit juice is nothing more than sugar, even if it is not refined. If you are trying to lose weight, do not drink fruit juice

at all. The whole fruit is better off being eaten because it has fiber to help you eliminate easily and effortlessly.

On another note, you can enjoy desserts, or sweets, as long as the ingredients are healthy. Sugar can be substituted with date syrup, maple syrup, honey, or monk fruit.

Gluten contains glyphosate, which is a known carcinogen that can wreak havoc on your digestive system. Today there are so many gluten-free flour options from gluten-free flour mixes to almond, coconut, chickpea, oat, brown rice flours and so many more. Having a healthy gut is important today to rid yourself of allergies, asthma and many autoimmune dis-eases.

Call to Action: Pick one thing that you can change today in your eating plan that can improve your health and record what you experience.

### **3. Rock on without the Toxins**

*“We need to accept the seemingly obvious fact that a toxic environment can make people sick, and that no amount of medical intervention can protect us.” Andrew Weil M.D.*

Eliminate as many toxins in your life! I am starting with a smoke-free, non-alcohol (or occasional drink for celebrations) lifestyle. Smoking ages you fast! Alcohol is fermented sugar, and sugar will age your skin quickly and affect your liver as well. I watched my dad die at the age of 67 after suffering from pancreatic cancer. He smoked and drank heavily plus worked in an environment full of chemicals to refinish furniture when I was growing up, and my experience of him reflected what he was consuming; he was belligerent and prone to fits of rage. You think the toxicity from his liver having to process the alcohol had something to do with it?

Now when I talk about toxins, I’m talking about personal care products, household cleaning products and the home furnishings that might contain toxins as well. There are so many toxins in non-green, everyday cleaning products that we just

may be able to solve some of our chronic health challenges (i.e. coughing, wheezing and skin problems, headaches, etc.) if we just eliminated these toxins. There is less work for the body when it doesn't have to figure out what to do with the toxins that enter it. The skin is like a huge lung covering your bones, muscles and fascia, thus it is very absorbent of what it breathes and consumes. Honestly, the body reacts like a computer that hasn't been programmed to handle the toxins.

As a rule of thumb, if you can't pronounce the ingredients in a product then you probably shouldn't be using it on your body. For starters, you want to make sure all of your personal care products are free of parabens and sodium lauryl sulfate. These contaminants, which have been linked to causing cancer, disrupting the endocrine system, putting your hormones out of balance, and reproductive toxicity, can be disguised in your personal care products many ways. To get more information about this and a complete list of chemicals that you want to avoid in your personal care products, check out: <http://www.safecosmetics.org/>.

Regarding your household cleaning products, you most definitely want to avoid bleach and ammonia, and ultimately the mixture of these two products, as they can create a chemical reaction of a cloud of gases that can damage your lungs. And avoid those sweet smelling fragrances in your laundry detergent, which may leave you with a headache, respiratory problems, sneezing, watery eyes and more. I remember staying at a friend's house and when I walked in her home, I could immediately smell the chemicals from the laundry. My head not only hurt, but my eyes were red and watery. My first guess was that her laundry detergent didn't gel with me as I'm used to avoiding irritants and chemicals in such products.

The best solution is to create your own cleaning products, and you will find that many of your allergies and health projects begin to dissipate.

*Ingredients needed to create cleaning products:*

- Dr. Bronner's Castille Soap
- Peppermint, Lemon, Orange Essential Oils
- Olive Oil to help clean wood surfaces
- Distilled Water

- Baking Soda (if you want some scrubbing power)
- Hydrogen Peroxide

On a larger level, if you own your home, you might want to consider hardwood floors and tile instead of carpet. New carpet has Volatile Organic Compounds (VOCs) which include highly toxic chemicals such as formaldehyde and acetaldehyde, along with benzene, toluene, perchloroethylene, and more. (Can you pronounce all of those words?) In the short term, immediately after new carpeting is installed, VOCs may cause health challenges such as headaches, nausea, and nerve problems, along with irritation to your eyes, nose, and throat. Plus, if you have chronic asthma or allergies, you might notice that they improve or disappear without the carpet. I noticed that when I moved to a home with hardwood floors, my long-standing breathing challenges disappeared completely.

Also, when you paint, use no-VOC paint, because the toxins can cause all kinds of health challenges as mentioned above with the carpet. I can speak volumes of this as a holistic practitioner who painted my session rooms using no-VOC paint. I remember my nephew helped me paint one of my offices, and

he told me that I didn't need to go to such extremes and buy expensive paint. I remember telling him that I help people with their health challenges, so I'm not going to create more health challenges for them by creating a toxic environment for them to receive sessions. Later, my nephew finished the job for me and was amazed how there were no toxic fumes and how much better he felt doing the job. He endorsed my choice of no-VOC paint after his experience of painting my session room.

Get started by getting rid of all the toxins in your household that may be keeping you sick with chronic health challenges. I have to tell you that when I cleaned this area up in my life, my breathing challenges went away. Where can you start? Start small, perhaps with just your makeup and skincare. Regarding skincare, using just pure oil on your skin is better than lotion. Here's what my skincare friend Erin Massengale of Danu Skincare shared with me many years ago-- "When we make lotion and add water, we have to put in a preservative so it doesn't oxidize and go bad. It is best to just use an oil such as avocado oil when you get out of the shower or bathtub." That's your lotion: oil on wet skin. It's actually less expensive to buy yourself a large bottle of

avocado oil (it helps create supple skin, which is important when you are over 40!) and slather it over your body when you get out of the shower.

Call to Action: What action will you take to improve your living environment, personal care products...pick one and stick to it and then pick another one, began replacing your personal care products one-by-one and you will see your health improve especially if you have chronic everyday health challenges such as allergies.

## 4. Be Wise with the Exercise

*“When it Comes to Health and Well-Being, regular exercise is about as close to a magic potion as you can get.”* **Thich Nhat Hanh**

Exercising on a daily basis is great, but I recommend that you do something that feeds your soul. For example, I love to dance, so I used to take dance classes at least twice a week. The little girl inside of me (my inner child) loved to have fun with the dance movements as my adult body enjoyed the cardio workout that it gives my heart and body plus the warm-ups not only stretched my body but strengthened it. Another way I work out and feed my soul is hiking in nature. I love communing with nature as a daily spiritual practice. It's a way to clear my mind and to connect with Spirit. Unbeknownst to me at the time, I had been hiking 2.1 miles daily, on average, while communing with nature. I shed pounds without even trying, and my core seemed to be stronger. It worked for me because I am not the type of girl who goes to the gym to do squats and lift weights...that's just not my cup of tea. Instead, I strengthened

my core during warm ups in dance and increased my stamina through hiking.

I have a friend and client, Ruby, who loves to go for daily walks to feed the kitties in her neighborhood. I remember her telling me that she could never get down to a size 4. After watching her for a year or so, doing some of the daily ancient rituals presented in my book, 30 Days to a Vibrant, Healthier, Younger You plus exercising naturally, her body went from a size 14 to a size 4. She was amazed by the results!

A senior client of mine enjoys swimming and swims 5 days a week in the morning. I leave you with this question:

**Call to Action:** What activity do you like to engage in that gives your body movement and feeds your soul (and yes, sex can count...but it's not the only activity to engage in)?

## 5. Energize to Harmonize

*“Everything is energy and that’s all there is to it. Match the frequency of the reality you want and you cannot help but get that reality. It can be no other way. This is not philosophy, It is physics.”* **Albert Einstein**

Some people go get acupuncture, chiropractic adjustments or other modalities done on themselves once or twice a week. I think these are great treatments when you have a long withstanding problem that needs to be handled. The key is: How do you maintain your body daily by yourself?

You have tools right at your fingertips to help you on a daily basis and even at a moment’s notice. Every day, when we wake up, we step into a vortex of the world and all of its energies. Sometimes we are blindsided by what we are hit with; other times, we can feel it coming on. Many of us are empathic and don’t know what energies we are feeling, so we wonder what is wrong with us. The cleaner we keep our energy, the less likely we are to take on someone else’s energies. After my introduction to the Asian Healing Arts in 1996 while

experiencing extreme fatigue and a compromised immune system, I decided to delve deeper to learn more about what exactly this type of healing was and why it worked. Quickly, it became a part of my daily regimen, and I knew that I had to go study acupuncture/Chinese Medicine, Jin Shin Jyutsu and Shamanic work. Eventually in 2011 the Vibrant Energy Flow System™ was born!

The Vibrant Energy Flow System™ is a blend of the most potent material from acupuncture, a Japanese healing art called Jin Shin Jyutsu and the Chakra Balancing System. My original released audio version of the Vibrant Energy Flow System™ included daily and quick Self-Care Rituals to help keep you balanced and, many times, solve your health challenges in ways that might have left your physician scratching their head, wondering why it worked instead of medication. It is the very thing that stopped all of my frantic, mommy-wearing trips to the pediatrician's office to figure out what was wrong with my daughters. I even had my pediatrician ask how I kept my daughters so healthy because she only saw them for well-care visits. I remember revealing in a secretive, matter-of-fact way that I was a healing arts practitioner and

therefore kept my girls healthy with good nutrition and my hands-on healing. The pediatrician was very supportive and said to me, “I think it’s great! Whatever works!”

To put it simply, we human beings have electromagnetic fields, just like our electronic devices. We are quite sensitive when our energy fields start leaking energy or experiencing tears. An argument or conflict can cause such an energy leakage or tears. Sometimes we are very giving individuals (rescuers, I like to call us, always ready to help others), and we wonder why we suddenly feel tired when we are around certain individuals. Well, others feel our energy and want to take it from us, so they do. Interestingly enough, because we are vulnerable we don’t know what’s hit us when really on the energetic level someone has taken our energy. Many walk around feeling depleted all the time and some go get help from an energy healer like myself. Illnesses such as an everyday cold or flu or serious life threatening illnesses can cause our inner circuitry to go haywire. Therefore, the Vibrant Energy Flow System™ can help rewire our inner energetic circuitry. When we rewire our inner circuitry, we can relax, recharge, and restore our energy, resulting in us feeling vibrant and looking youthful.

Some may think that I am pulling this information out of a hat, but what I am sharing is an integration of healing modalities that have been around for more than 5000 years, long before Western medicine was even born. Many esteemed doctors, including Andrew Weil, MD, who is known for his integrative and holistic approach to medicine, endorse touch therapies similar to the Vibrant Energy Flow System™ - “Because there is such a profound connection between mind and body, anything that can put a person in a state of relaxation can be a great benefit. Studies have shown that when a person is deeply relaxed, heart rate and blood pressure decrease, blood flow to the bowels and bladder increases and breathing becomes rhythmic and slow. This creates an optimal environment for the body's natural immune resources to take over and promote healing.” (<http://www.drweil.com/health-wellness/balanced-living/wellness-therapies/healing-touch/>)

Christiane Northrup, MD, an OBGYN who believes in the integrative approach to medicine states in the forward of Donna Eden’s book, *Energy Medicine for Women* - “I began experimenting with energy medicine in my gynecological

practice many years ago, using it when I had to perform invasive office procedures such as endometrial biopsies, the removal of IUDs, tests that involved ejection of the dye into the uterus. I sensed how disruptive these routine procedures were to the body's natural energy fields, so as a final part of the treatment, I would have my patients lie down and I would move my hands in long passes above her body. Something in this simple act seemed to help re-stabilize the body's energy fields. Many women would report immediate relief of pain or cramps, pleasurable tingling sensations in the areas that had been traumatized or deepening calm throughout their body...Your hands hold powerful medicine - "energy medicine" - that beyond just soothing the body after an invasive procedure is able to able in itself to prevent or help overcome challenging illnesses."

With all this talk about the credibility of hands-on healing, you can continue learning more about hands-on energy healing, finish reading and applying simple hand applications from my book - [30 Days to a Vibrant Healthier, Younger You](#) to help you harmonize your body, decompress your stress, and

efficiently and effortlessly living life, thus unleveling your self-care from the inside out.

## Spotlighting a Grateful Client



**“I am very grateful for all of Tomasa's work, from her hands-on treatments to the online courses I've taken from her.”**

“When I take a class with Tomasa, even though she isn't in the room physically, I feel like she is there while she guides a group of us through hands-on work. Her amazing energy and personality comes right through the Zoom meeting. And after each class, I feel clear, relaxed, and refreshed, and ready to meet whatever new challenges might come my way. Tomasa is generous with providing self-help tools, recordings of each session, slides, handouts, and other tools that help her students maintain their well being after the class.

During the shelter-in-place, I have continued my online classes with Tomasa, and I enjoy using the simple and very useful self-help tools she teaches. This has helped me maintain my body and feel more calm daily, even with the ongoing stress of COVID-19 in the world. I feel confident and at ease knowing that I have tools at my fingertips. And whatever might come up, I know I can use the self-help tools to feel more at ease again. I am very grateful for Tomasa's work.”

M.R. of Oracle

**T**omasia Macapinlac is the Self-Care Queen, dedicated to providing transformational bodywork and healthcare solutions from the inside out to improve one's health, mind and wellness. Tomasa is a nationally recognized Diplomat of Asian Bodywork Therapy, by National Certification Commission for Acupuncture and Oriental Medicine (NCCAOM), who's given thousands of sessions to women and men with lasting results. Initiated as a Shaman of the Enqa tradition, Tomasa also helps you dive deeper to access the subconscious mind to heal not only yourself but generations to come.



You can find more information about Tomasa's work at

<https://www.selfcarequeendom.com>.

