

# **GENE PHILLIPS**

**P. O. BOX 293210, NASHVILLE, TN 37229-3210**

**Mobile: 615-430-8169**

**I'm Gene Phillips, born in Colquitt, GA, May 27, 1946. I've studied health and wellness with a passion since 1978, and have never had any form of illness, other than the occasional common cold. My weight has been the same from the age of 18 to present day, March 2012, between 165 and 175 lbs.**

**This will be detailed, but is so relevant to the conclusion of my life changing experience at Genesis Healing Center!**

**During the summer of 2004, my age being 58, my blood pressure started being a little high, 140's to 150's, over 85 to 98. I've never had an issue before!!! I'm exercising, eating healthy, drinking spring water, as I refuse to drink faucet water, even though our government agencies will swear faucet water is totally clean and safe...not for me!!! And no sodas of any form, in any container!!! No dairy! My milk needs are satisfied with almond and soy milk!**

**April 2004, I was in Birmingham, AL, on business, had just completed about a 2 mile, fast pace walk, in my hotel room, sending an e-mail to my care group leader from Church, and just as I hit send, I felt the blood stop in the middle of the back of my neck. I jumped up and opened the motel room door, before I passed out in the room, and no one would find me until housekeeping came in!!! However, I must have jolted the clot loose, as blood restored to my brain, and I was fine, except for a little numbness of my lips and tongue. I took a shower and drove to the nearest hospital, which was Brookwood Medical Center. I shared my experience and they put me in a medical room and started EKG. I had an attack and couldn't get my breath....stat comes the call for a doctor! I recovered after a few seconds. They ran test, x-rayed my chest and after about a half hour, the doctor comes in, reporting no damage to my heart, blood pressure was a little above normal, no sign of any stroke damage...don't know what caused this blockage other than was most likely a transient stroke.**

**I was sent to a hospital room and hooked to heart monitor and blood thinner IV, for overnight observation. I called Pat Johnson, my care group leader, shared this story and asked her to send out prayer request for me, to our group! I was feeling totally normal, watched TV until I fell asleep, up early the next morning and at 7:30 AM, was wheeled to and placed in the MRI tunnel. Still feeling a hundred percent, blood pressure has remained normal! Back to my room after the MRI, waiting for a doctor to review.**

**Around noon, a lady doctor appeared, stating they have reviewed the MRI and everything looks great, that another doctor will be by shortly to give me a full report. Then comes my Angel Doctor, reporting there was no brain damage, no heart damage and that my arteries are totally clear, that if I have any clogged arteries, they're so small it doesn't matter! Stay with me now.....this will all tie in with my results from a seven day cleansing stay at Genesis!!!**

**So my Doctor Angel said all test look great, and I was feeling great, so he asked me to walk up and down the hall way for about a half hour, and if I don't have any difficulty, I will be released! I breezed up and down that hallway with no problem....thanking God for such great care and for no damage from that apparent transient stroke!!! I am totally giving God the glory for bringing me through this with no damage to my body!!!! He's jogged my brain to let me know something isn't right! Now I need to use the good sense He has given me, to correct the problem!!!**

**These high rises in blood pressure resumed from time to time for the next year, as I felt lethargic, much more than usual!! I started noting everything I had to eat or drink, just before the rise. My personal diagnosis was too much coffee..which I have had 3 to 4 cups of coffee, practically every day since I was around 27. I was fine if I only had two cups of coffee in the morning, but if I had another cup around noon or shortly after, my blood pressure would go up. I learned it wasn't just coffee causing my problem!!! And it was medically proven it wasn't clogged arteries!!!! But stay with me and you'll see my problems were the result of an impacted colon!!!!**

**One of many concerned episodes was I was coming from Columbus, OH, got to the East KY area, started getting a little dizzy and the next thing I remember, I was sitting in a Wal-Mart parking lot...and have no memory of getting there.**

**Sharing these stories with my dear friend Brenda Lee, Genesis Healing Center, she asked me to check in to Genesis for a week of cleansing. My response was that I'm regular, don't need to do a cleanse! One of my favorite sleeping positions has been on my stomach, but for the three or four previous years, it has hurt when I lay on my stomach!!! Brenda pushed on my transverse colon, and it was hard!!! She comically told me I was full of crap!!! That hard transverse colon is thesis caked against the walls of my colon, for years!!! She asked me to humor her or something like that, to check in for seven days and trust her to take care of that! We've known each other since around 1999, and I know she has studied all over the country...and I trust her totally!!! So I did check in for seven days, April 2005.**

**We (there were five others doing this same seven day detox program.) couldn't eat anything...Brenda and her staff provided a cleansing formula four times a day, followed an hour later with nutritional products to replenish our body of nutrients being removed by the detox process, and fresh carrot/veg juice throughout the day. We each had a gallon of purified water, and by the end of the day, we had to have consumed that entire gallon. Our days were spent exercising and watching DVD's to educate us on how toxins build up in our bodies over the years. Each day was an education to last a lifetime!!**

**After the 3<sup>rd</sup> day, I started smelling chemicals from my thesis!! And after the 4<sup>th</sup> day, I just knew there was nothing left to come out!!! Now this is graphic, and nasty, but this is something everyone needs to know!!! After the 4<sup>th</sup> day, black strings of stuff, like black liquorish, started coming out of my body, for the next 3 days!!!! That was the layers of thesis that had started building against my colon walls in my younger years!!!**

**After this 7 day detox, I had lost twelve pounds, and to look at me, I looked the same!!! Blood pressure was 115 over 68 and stayed in that range, a few numbers on either side from time to time!!! I felt like I had been steamed cleaned and like I was 18 again!!!**

**From the results of that seven day detox, what Brenda had taught me, and us, as we all went through this detox program, and what we had learned during our daily educational classes, I have shared with everyone who will listen!!!!**

**My April 2005 Genesis experience has taken my health and wellness to a very significant, higher level!!! Fortunately I have a dear friend who understood what was happening with my questionable health issues!! I listened to my friend, did everything she instructed, and gained so much great knowledge and restored health!!!**

**I'm not stopping my story here, as I want to make sure every reader gets this!!!! I already knew the shape of the colon! What Brenda taught me, in what a seven day detox proved...that over the years, probably started as a teenager, thesis started collecting in the pockets and walls of my colon, like it does with every human!!! I was in excellent health until that wall of thesis got to a clogged point at age 58, that all these health issues started occurring!!! So caked on the walls of my colon, that a giant 1960's Baby Ruth size candy bar thesis started getting smaller and smaller, to the size of a big tootsie roll! Reason!!!! As that wall of thesis continued to build over the years, that colon tunnel for my thesis to pass out my anal, got smaller and smaller!!!! Gross, but fact!!! More and more thesis stuck in these colon pockets and walls, leaking into my body, into healthy cells and causing havoc in my body!!! After my 7 days Genesis detox, my colon walls were cleaned, washed out on the 6<sup>th</sup> and 7<sup>th</sup> day with colonics, running**

**about 5 gallons of water through my colon each time, washing everything clean!!!! My healthy cells were now getting healthy nutrition!!! Brenda taught me a regular maintenance program I can do at home, and I make it a point to check into Genesis at least once a year for a tune up!!!**

**Now at 66, 67 on May 27, 2012...My health has been and remains excellent!!! No health issues, weight the same range of 165-175, blood pressure normal and below, as I continue to live a very active lifestyle with my work, which includes periodic climbing the Appalachian Mountains with a 20-25 pound backpack, and 2.5 hours in the gym 3 times a week, and basic calisthenics every other day! Still feeling 25-30, doing everything I want to do, with no pain, no health issues!!!**

**There is so much more for one to learn!!!! If you have health issues at any age, knowing what I know now, a total detox program is the first place to start!!! Check into a proven facility, where you have others doing the same thing, in that controlled environment, with knowledgeable staff...have an open mind, and if it happens to be Genesis, shut up and listen to them!!! You will always be the winner!!!! I will be happy to talk with anyone, one on one, about my experience!!! Talk to the staff at Genesis! Give them 7 days to restore your health!!!! Understand if you're obese, it will take you longer to detox, because you have a lot more stuff to detox!!! It may take 2 to 4 weeks for some of you!!! Make an appointment with the staff at Genesis and let them evaluate your individual situation!!!! I trust them with my life!!!!**

**If I'm beat up in a car accident, shot, fall off a roof or such injuries...Please get me to the nearest hospital!!!! If I'm diagnosed with illness...short of requiring surgery....I'll be checking in to Genesis Healing Center!!!!**

**Gene Phillips, Nashville, TN**