

NO HEALTH

NO WEALTH

HOW TO OPTIMISE YOUR HEALTH

ROBERT A. OPIE

DO LIFE
BETTER

A practical guide for living a
HEALTHY & HAPPY LIFE

“This book will help you to do life better.”

“Being the richest man in the cemetery doesn't matter to me.”

Steve Jobs

Wise words from a wise man.

Being the richest man in the cemetery is not what life is all about.

Steve Job's tragic and untimely death at age 56, sent us all a stark reminder that when it really counts – money cannot buy back health.

Despite his vast financial wealth and intellectual genius, Steve Jobs was to learn the hard way, and pay the ultimate price.....

He got it humanly wrong, when he failed to observe and adhere to the No.1 universal principle of health and life:

“LIVE A BALANCED LIFE”

In this practical guide, I will be sharing insights, innovation and inspiration on what it takes – to live a balanced life of health and happiness.

By mastering the No.1 universal principle of life and health, you will soon find yourself mastering wellness – mastering life.....

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ACKNOWLEDGEMENTS

About the Author

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Rob Opie (B.Business.Science: UCT) is a brand strategist, speaker, author, performance coach to teams – and life coach to individuals.

For more than two decades, he has researched, distilled and modeled what the great champions of life know, what they do, and what they do not do, in order to live happier and healthier lives of fulfillment.

His special interest in health began way back in 1999, with the untimely loss of one of his golfing buddies to colon cancer – the legendary West Indian cricketer, Malcolm ‘Macko’ Marshall.

His death created a burning desire to find the answers where none seemed to exist - a burning desire to find the answers for those facing up to life’s greatest challenges – such as cancer, heart attack, motor-neuron, auto-immune and other chronic states of disease.

In his new book: ‘NO HEALTH. NO WEALTH’, Rob shares esoteric knowledge from more than two decades in the coaching/ knowledge business – to help YOU to do life better.

Prologue

A quick guide

to this book

Prologue: A Quick Guide to this Book

If you're looking for a medical science book, this is NOT it.

This book is crammed full of insight, innovation and inspiration on wellness – and the universal principles of health and life.

It will empower you with a better understanding of life's No.1, yet least understood universal principle of health and life:

'Optimum BALANCE leads to optimum HEALTH & HAPPINESS'

The book concludes with a game-changing and ground-breaking Q&A section– sharing wellness tips, whilst debunking some of the myths about health and life.

If you have any further questions, you are most welcome to contact myself directly at robopie@thegameplan.co.za

If you require further help and assistance you can book a one-on- one Health & Life coaching consult with myself – for details visit: www.thegameplan.co.za

Chapter One

Understanding

Health

Understanding health

“Love your life and body and good things happen”

Dr. Bernie Siegel

In health, the human body is designed to operate in a state of balance – and functions optimally as a harmonious, synchronised unit.

When the mind, body and spirit are all in sync, there exists an optimal:

“STATE OF BALANCE”

It’s our human task to create and maintain this optimal state of balance.

We can achieve this by observing and adhering to the all- important No.1 universal principle of life and health – the principle of life balance:

‘Too much or too little of anything – for too long – will create a state of imbalance.’

As emotional beings, we live mostly hectic, fast-paced lives and many stressors are often responsible for disturbing and disrupting this optimum state of balance.

Sometimes, we get it unwittingly wrong. Sometimes, we get it habitually wrong.

As human beings, we sometimes create fertile ground for various states of imbalance to evolve.

In reality, few of us even comprehend the inherent dangers of living life in a continued a state of imbalance.

When we do get it humanly wrong – the universe sends us a message via ‘*incidents or accidents*’.

Left to continue in a state of imbalance, the human body through ‘*our physiology*’ will ultimately send us a powerful message:

‘Live your life in balance – or face the consequences’

Often we fail to hear the universal or the physical message – and we continue to live our lives in an ongoing state of imbalance.

It’s this unabated state of imbalance, which will at some point in time, present itself as some state of disease – as opposed to our desired state of harmonious ease.

“Empower your health or you will be told what organs to remove - or drugs to take”

Dr. John de Martini

In life many of us have become near expert at putting our bodies to the ultimate test.

Luckily, the human body is built tough.

It can take many knocks and it has an innate ability to bounce back from most challenges.

In the next chapter we will delve into what you need to know, what you need to do and what you need to not do to avoid most of the human traps, and go on to live a happy and healthy balanced life.

Chapter Two

Creating and Maintaining

Life Balance

Creating and Maintaining Balance

“If you do not empower yourself, someone or something will overpower you”

Dr John de Martini

Indeed, if you want to live a healthy and happy life, you must empower yourself.

Knowledge is what it takes to create and maintain balance – wellness.

Sometimes we can learn from the most unlikely of sources.

Take one of Great Britain’s greatest ever athletes who shared the following wisdom on wellness:

“We all have a finite amount of energy. Whether you use physical, chemical or emotional energy it all comes from the same source. Wherever you focus your energy, you’re either filling or depleting the same well.”

– Sir Sebastian Coe

Sir Sebastian Coe has got it spot on.

There is only one HUMAN ENERGY WELL, and we are the key players when it comes to our own wellness.

It’s in our own hands as to whether we choose to fill or drain our ‘one and only’ well.

Our choice dictates whether we live a life of ‘balance or imbalance’ – ‘ease or disease’.

It's our human choice as to how we play the game of health and life.

Think of the HUMAN ENERGY WELL as having THREE buckets which determine our state of wellness – ease or disease.

At any given moment we're either filling or depleting our own finite human energy well via these three vital buckets – these three all-important realms of health and life.

They are:

- ❖ The PHYSICAL bucket – what we put into our bodies.
- ❖ The CHEMICAL bucket – what we put into our mouths & noses.
- ❖ The EMOTIONAL bucket – what we put into our heads.

Each bucket is of equal importance.

Life balance is our reward when we play the game right within all three realms of health and life – with all three buckets.

I have often witnessed people playing the game right in the physical and chemical realms – only to drain the well completely with their emotional bucket.

They soon find themselves in some kind of trouble.

Let's now take a closer look at each of the three realms – how they work – and how YOU can power up your game by creating and maintaining balance?

Creating and maintaining balance in the PHYSICAL realm.

Thanks to medical science, the medical aid industry, the internet and other sources – there exists a vast array of knowledge to help us play the game right in the physical realm.

We know how much sleep we need.

We know how much exercise we need.

We know how much sun we need.

These are just a few physical examples in the physical realm, and most of the time we know exactly how much we need– and how little we need.

The medical aid companies have even devised science based behavioural programmes which encourage and reward us to make all the right choices – to do life better.

It's becoming far easier for us to create and maintain to balance in the physical realm.

For example how much sun do we need– knowing that the sun is both good and bad for us?

Remember too much or too little– will present as an imbalance.

Balance is the key.

“Taken in moderation the sun is a source of vitamin D, is a mood enhancer, is a stress reliever, is a seasonal depression treatment, is a sleep-enhancer – and it has many more positive attributes.”

Too little sun can therefore present as a problem.

Too much sun can also present as a problem in the form of sunburn, heat exhaustion, heat stroke, sun damage, aging, keratosis – and it has many more negative attributes.

The universal principle of '*too much or too little for too long*' – is powerfully in play with the sun.

Too much or too little turns toxic for the human body.

When we are dealing with the sun, the universe is quick to send us a message to create and maintain more balance – to change our ways.

Whether it is too much or too little sun, sleep, exercise or whatever – the universal message is heard loud and clear in the physical realm – and we make amends to create maintain balance in our physical lives.

It all seems fairly straight forward in the physical realm, but how does it play out in the other two realms of health and life– chemical and emotional?

Creating and maintaining balance in the CHEMICAL realm.

Luckily when it comes to what we take in through our mouths and noses, there is no shortage of knowledge, advice and opinion – from many different professional sources.

However, the real challenge is what to believe – and what not to believe– as most of these messages are commercial.

The human smart thing is to rather listen to our bodies – taking heed of what our bodies are telling us.

In the chemical realm – our bodies are quick to tell us what it likes, and what it does not like.

Alcohol is an excellent example.

Taken in moderation alcohol does not present one with too much of a problem, but too much alcohol certainly creates a potent state of imbalance called a 'hangover'.

The message is powerful – and resounding.

Too much alcohol turns potentially toxic in the human body.

When we take in through our mouths and noses what the body does not like – it has a whole host of ways to teach us about the creation of 'an imbalance' – like indigestion, bloating, diarrhea, allergy, headache and many other digestive disorders.

We also have to be aware of what we take in through our nostrils – as there are many toxic pollutants in the air.

Be aware of environmental and climatic toxins – where you live.

Your current living space or geographic climate can be toxic for you as an individual.

Allergies are a common way, that the universe is telling us to restore balance.

When we are faced with an imbalance in the chemical realm, we are usually fairly adept at changing things– to restore a state of balance.

But then again, I have seen many people who are allergic to cats – but still keep cats in their house.....

“Before you heal someone – ask them if they are willing to give up the thing that made them sick.”

Hippocrates

You have to listen to what the universe is telling you.

This becomes an even greater challenge in the emotional realm – for all of us as emotional human beings.

This is where creating and maintaining balance becomes far more complex.

This is where the CRUX of this book lies.....

Are you ready?

You may be surprised to read some of the universal truths which follow in this next section – as this is the realm which the vast majority of medical doctors choose and want to ignore – for a multitude of reasons.

No wonder we are hearing more and more about how diseases like cancer, are destroying and devastating lives and families daily.

Let's begin.

Creating and maintaining balance in the EMOTIONAL realm.

“Human emotion is the ultimate resource – the ultimate force ‘

Anthony Robbins

Few of us comprehend the immense power within the emotional realm – the realm which we either fill or drain – every day, every hour, every minute, and every second– via the emotional bucket.

If we play it wrong here – either unwittingly or habitually – we will soon find ourselves in some kind of trouble.

When we drain the human well via the emotional bucket, we are effectively creating fertile ground for the onset of chronic disease.

It's here where most of the chronic diseases take form – including cancer.

Let's explore further.

Every day hundreds of human emotions can come into play – positive and negative.

Our human task is to get the balance right.

Remember the No.1 universal principle in play:

“Too much or too little of anything – for too long- will create a state of imbalance “

It's vital to know this, especially when polarized human emotions come into play.

Here are the most important ones which we all have to keep a very close eye on– as creating any imbalance here can and will create havoc with our health – and our lives.

**Resentment and Infatuation*

** Hate and Love*

** Guilt and Self-Worth*

** Criticism and Praise*

** Futility and Purpose*

Getting it wrong here by creating any states of imbalance, will see medical doctors quick to label YOU – and soon to be taking a host of symptomatic prescription drugs.

We are now at the real crux of this book, where I share esoteric knowledge distilled from extensive research – and hundreds of case studies.

Are you ready?

Are you open to learn?

Be aware.

These are what I term ‘THE BIG FIVE DESTRUCTORS OF HEALTH AND LIFE’ – from the emotional realm:

- Long term held RESENTMENT fuels CANCER– by sending the human cell formation process into festering disarray.
- Long term held HATE fuels HEART ATTACK – by constricting the flow of blood love and joy.
- Long term held GUILT fuels MOTOR NEURON DISEASE – by closing down the motor neurons.
- Long term held CRITICISM fuels the AUTO IMMUNE DISEASES – by clogging up the human body. (includes arthritis , rheumatism , fibromyalgia and others)
- Long term held FULTILITY fuels DEPRESSION & ADDICTION – by diminishing the meaning of life.

Now you know.

The consequences of ‘*too much for too long*’ can prove to be devastating.

When held onto for long periods of time – these potent negative emotions will turn toxic in the human body.

Sometimes they even claim lives.

It's here where Steve Jobs got it humanly wrong – meaning unwittingly and habitually wrong – by holding on to long term resentment.

It fuelled his pancreatic cancer.

By all accounts, Steve Jobs died a bitter man – unable to forgive– and unable to move on in his life.

'Resentment is a messy and confusing emotion to handle. It's bitter indignation. It's insidious. It festers. It's toxic. It's a belief that one has been treated unfairly and it can go on for years and years. It drives internal repressed anger, pain, and human frailty'.

Ultimately it's long- term resentment which creates a human emotional state of imbalance – and fertile ground for the onset of cancer.

You can read more on how long term held resentment fuels cancer in the frequently asked question part of this book – or visit my non- profit cancer resource site at www.cancerchampions.co.za

Now that you know about 'THE BIG FIVE DESTRUCTORS' it's important to also know about 'THE BIG FIVE CONSTRUCTORS' – from the emotional realm.

They are the positive ones which create and maintain health and happiness, and fortunately for all of us, they are far more powerful than the negative ones.

Here they are:

- UNCONDITIONAL LOVE.
- GRATITUDE
- ACCEPTANCE
- FORGIVENESS
- JOY

'Gratitude unlocks the fullness of life. It turns what we have into enough, and more. It turns denial into acceptance, chaos into order, and confusion into clarity. It can turn a meal into a feast, a house into a home, a stranger into a friend. Gratitude makes sense of our past, brings peace for today and creates a vision for tomorrow.'

Melody Beattie

There you have it.

Human emotion is the ultimate force – when it comes to our wellness and wellbeing.

The power which sits in the emotional realm is immense – and underpins the title of this book:

'NO HEALTH. NO WEALTH'

In closing

In closing

“You cannot teach a man anything, you can only help him find it within himself”

Galileo Galilei

The genius of modern medicine lies primarily in the physical and chemical realms of life and health.

What surgeons can do these days, simply amazes everyone.

The advancement of symptomatic prescription drugs has also been quite astonishing.

But, where modern medicine is coming up short, is when *‘the imbalance’* is created in the emotional realm.

Taking symptomatic drugs to address an imbalance in the emotional realm makes little or no sense.

It’s actually counter- productive.

When addressing imbalances in the emotional realm, one must first and foremost address the cause, not the symptom.

The universe is sending out a message to restore balance – not suppress it.

Fortunately the universe does provide us all FREE OF CHARGE with *‘the most powerful drug of all’*.

It’s called LIFE BALANCE.

Now you know.

With your HEALTH intact, you’re now free to pursue all the other forms of WEALTH namely: Financial, Business, Spiritual, Intellectual, Family, Beauty and Social.

Go Well.

Frequently asked questions

with incisive answers

Frequently asked questions with incisive answers.

In helping people, there are always common patterns – common questions.

Here are five of the most frequently asked questions – with game- changing answers.

I do hope they further empower you on your own personal road to health and happiness.

By providing compelling, incisive answers, I also do hope to dispel many of the myths around health and life – so that you can do life better.

If you would like my views on any other health related questions – you are most welcome to contact me direct: robopie@thegameplan.co.za

If you would like to find out more about the game-changing methodologies we use – namely THE GAME PLAN METHOD – please visit: www.thegameplan.co.za

If you require further help and assistance you can book a one-on- one Health & Life coaching consult with myself direct: robopie@thegameplan.co.za

How important is having a positive attitude in life – and health?

Here lies one of life's universal paradoxes.

It's impossible for us as human beings to be positive all the time.

The universe tells us so.

With positivity comes negativity, with day comes night, with right comes wrong, with light comes dark, with pain comes pleasure, with gain comes loss, with give comes take, with war comes peace, with happy comes sad, with love comes hate, with kind comes cruel, with fair comes unfair, with success comes failure, with win comes lose, with faith comes fear, and on and on life goes.....

The universe is perfectly balanced.

We live in a two- sided world.

If we want to only experience' the positive side' of life, without taking in 'the negative side' of life, we are effectively seeking to live in a one- sided, unbalanced fantasy world.

We are creating our very own unrealistic expectations in life.

It's a dangerous way to approach the game of life.

There is a far better way to play the game of life, in what I refer to as adopting

The Right Mindset

We all have to make a mindset choice:

It's either:

Victor or Victim

There is no middle ground with this choice in life.

People who choose to be victors – empower themselves.

People who choose to be victims – dis-empower themselves.

The answer therefore is to embrace the two- sided balanced nature of our universe.

With positive comes negative.

But, be 100% sure to adopt the right winning mindset:

A Victor's Mindset

You will then find yourself well on your way to living a life of health, happiness and fulfillment.

How important is the role of nutrition with health and life?

Nutrition plays a vital role in creating and maintaining health– and happiness.

Luckily, the inbuilt intelligence of the human body is evident when one considers the multiple and direct ways the universe has of sending us a message when we create any form of imbalance in the chemical food realm.

For example, indigestion, bloating, hangover, diarrhea, allergic reaction, acidosis, right through to gout.

Hence, the body reacts incisively when we take in food stuffs which the body regards as toxic.

It lets us know.

It's important to eat and drink in a balanced way – a balanced diet.

It's best to think of the human digestive system as a swimming pool.

A swimming pool requires an optimal balanced ph level if it is to operate effectively – with sparkling blue water.

Likewise the human stomach requires an optimal ph level – not too acidic – not too alkaline– if it is to digest food optimally.

We are tasked to maintain this optimal stomach ph level– so that the stomach enzymes can do their job right.

The challenge is that most foodstuffs in our modern world, once metabolized in the stomach – are acidic.

If we don't eat right, and take in an enough alkaline foodstuffs, we are effectively creating an imbalance, which can turn into chronic acidosis.

This can lead to other complications with our health, such as weight gain due to a slower metabolism process – and a host of other more serious diseases.

The answer is to create and maintain optimal balance – via eating a balanced diet – both acidic and alkaline in nature.

How does one prevent and/or cure cancer?

Here's the good news.

Cancer can be prevented. Cancer can be conquered. Cancer can be cured.

However, the reality is that cancer has become a billion dollar industry and there exists a lot of miss-information about cancer.

Too many myths.

Like war, cancer has become an economy, and those invested in cancer will tell you about the complexity of cancer.

Likewise, lawyers tell you about the complexity of law.

This is what professionals do – as it makes good business sense.

But, is cancer really that complex?

What if one takes a step back and asks the right question – to arrive at the right answer?

The human smart right question is:

What is the common denominator with every single cancer patient?

The answer is NOT smoking, the answer is NOT too much sun, the answer is NOT some food substance, the answer is NOT some air pollutant – and the answer is NOT some other chemical substance.....

THERE IS ONLY ONE COMMON DENOMINATOR.

Every cancer patient has it

LONG TERM RESENTMENT.

It's there – held either consciously – or sub-consciously.

Cancer is a HUMAN EMOTION DISEASE – created and fuelled when one unwittingly or habitually holds onto the highly toxic emotion called resentment.

The resulting emotional imbalance sends the human cell formation process into total disarray.

Cancer is the universe sending out a stern message – to restore emotional life balance.

The cure is to cut off the highly toxic fuel of cancer called: RESENTMENT.

Resentment is the potent fuel of all cancers.

Avoid it.

“Resentment is like drinking poison – and then hoping it will kill your enemies”

Nelson Mandela

How to steer well clear from having a heart- attack?

Most people believe that heart- attacks are related to lifestyle imbalances in the physical and chemical realms – hence being overweight and/or not exercising enough.

Well, I have seen cases where the healthiest people have heart attacks.

Doctors put this down to inherited genes.

But, is this really the case?

No.

Here's the plan if you want to steer well clear from having a heart-attack.

First and foremost create and maintain balance in the physical and chemical realms, but most importantly, ensure that your emotions are balanced.

Your heart is the vital organ which pumps the blood through your body – it pumps love – it pumps joy.

The heart is all about LOVE.

The danger arises when one is living in the world of polarized opposites – characterized by too much LOVE and too much HATE.

The resulting state is one of imbalance.

Take the high powered CEO, who one day decides to take the day off to play golf – and has a massive heart attack on the first tee – or while on holiday.

The CEO is stuck in a love and hate paradox – loving the power and the money – but hating the lifestyle– and time away from family/friends.

It's a polarized life of imbalance – called a danger zone.

'The human emotion hate has the power to constrict the heart – the power to stop the flow of life'

The universe helps by sending out early warning signals, but they are unlikely to be heard.

The CEO fails to take heed – and continues to live in an unbalanced world.

The imbalance takes its toll.

One day, it happens.

Heart - attack.

The answer is to avoid this LOVE/HATE imbalance.

Too much positive. Too much negative.

Seek more balance in life.

How to give up smoking and /or other addictions?

Addictions are a difficult nut to crack.

That's because the imbalance plays out in either the physical or chemical realm, but the real cause – the real imbalance lies in the emotional realm.

Examples of physical additions include exercise, sex, gambling and many more.

Examples of chemical addictions include smoking, recreational drugs, illegal drugs, prescription drugs, over the counter drugs, alcohol, food and many more.

Whatever it is, the imbalance leads to an adverse impact on health and life.

What to do?

If it is cigarettes which you want to give up – do a quick reality on yourself.

Write down a list of the benefits which come from smoking – then write down a list of drawbacks which come from smoking.

You will soon see that the list is hopelessly imbalanced.

Smoking is not a human smart move, when one honestly looks at the pros and cons.

Armed with this knowledge, it's important to now know the why – why people choose to smoke?

Smokers say that it's for enjoyment – to handle stress and anxiety – to socialize.

But, underlying this lies a need to nurture oneself.

The stressful emotions which fuel smoking are predominantly pain, fear, running from self and not knowing how to love self.

Smokers seek to counter- balance pain with pleasure.

The reality is that there are far better, far more pleasurable and far healthier ways to nurture oneself- other than smoking.

Lose the '*smokescreen*' by choosing something healthy – which you love to do.

Knowing the imbalance of drawbacks versus benefits, as well as knowing, that there are far better and far healthier ways to nurture one – opens up the high road to health and life.

A far better way to do life.

Quitting happens.

It's the human smart thing to do.....

Any further questions? Further assistance needed?

If you have any further health or life related questions you are most welcome to contact myself at: robopie@thegameplan.co.za

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You are also welcome to subscribe for free to my newsletter “INSPIRED INSIGHTS” which comes out weekly crammed full with insights, innovation and inspiration: Go to www.thegameplan.co.za

Thank you for taking the time to read this book.

Please do share it with family, friends and colleagues.

Acknowledgements

Thank you to all the great champions of health and life who have selflessly shared their experiences and esoteric knowledge.

First published by TGP MEDIA in 2019

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The Game Plan is a Durban and Johannesburg based Specialist Brand Consultancy

Websites: www.thegameplan.co.za and www.cancerchampions.co

Cover design, graphics and website thanks to Gill at Stone Hut Designs

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Thanks to all those who gave their valued input in the writing and edit process.

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Edit and layout by TGP Media (Pty) Ltd in 2019

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Disclaimer: An important note to the reader

The information contained in this book is not intended as medical advice and should not be relied upon as a substitute for consulting with your medical doctor. This information is shared to help you to do life better, and may not address all possible actions, precautions, side effects or interactions.

All matters regarding your health require the supervision of a medical doctor who is familiar with your medical needs.

