Dr. King's
NATURAL MEDICINE

A COMPLETE HOME-HEALING GUIDE TO

Healing from Stress

Turning Dis-Stress into Eu-Stress

by Dr. Frank King

INSIDE THIS GUIDE

- Reset your Emotional Stress Reflexes
- Key acupuncture & reflex points
- Reset your Physiological Stress Receptors
- Advanced protocols for lasting calm

DISCLAIMER

Dr. King shares these insights, protocols, techniques, and product recommendations to help you take an active role in your health. This guide is educational and intended to complement, not replace, medical advice, diagnosis, or care. If you have a health condition, take medication, or are pregnant or nursing, speak with your healthcare professional before starting a new technique or product. Follow each product's label directions.

ABOUT THE AUTHOR

Meet Dr. King



Dr. Frank King, DC, ND

Founder, Dr. King's Natural Medicine

As a child, I was so sick that doctors thought I might have leukemia. It wasn't until we were at the end of our rope that my mother took me to a natural practitioner—and my health was transformed. Before long, I was so healthy I was outrunning the other kids, and that experience made me want to become a natural doctor myself.

In 1979, I opened a multi-practitioner natural health clinic, where we became known for helping people with challenging health concerns. Before long, "Specializing in Difficult Cases" became the tagline on our business cards.

Throughout my years in practice, we used a wide variety of natural healing approaches, but I became especially interested in homeopathic medicine. The results I witnessed were remarkable, and the more lives I saw transformed, the more convinced I became that homeopathy had the potential to help far more people than I could ever reach through my clinic alone.

In 1989, I founded my own FDA-registered manufacturing facility in Asheville, North Carolina, where we continue to make my pure water base homeopathic medicines today. What began as a line for healthcare practitioners is now available to everyone as Dr. King's Natural Medicine.

My Give Back Commitment

Now, in my mid-70s, I have made a from-the-heart commitment to freely share the most effective home-healing protocols, techniques, and lifestyle tweaks I have learned throughout my clinical practice and career.

The word *doctor* comes from the Latin meaning "to teach." My goal has never been simply to sell products. My mission is to freely give back what I have learned throughout my life and career and empower people with the knowledge and tools to take an active role in their health and reach their personal potential.

> *"The human body is designed to be healthy. The new frontier in healthcare is found in awakening your inner ability to heal."*
> **— Dr. Frank King**

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WELCOME

Introduction

We all face stress that affects us in varying degrees from early childhood through adulthood and into our senior years. Stress affects us both consciously and subconsciously in our lives, impairing our health and personal potential.

Stress and burnout are now at an all-time high, according to the American Psychological Association (APA).

Stress creates neurological disruptions in your brain and body that require a basic neurological reset to heal physically, mentally, and emotionally. These simple, easy-to-implement techniques can open the doors to enhance personal potential for children, adults, and seniors.

Doctors of all practices agree on one thing: stress is the cause of, or a contributing factor in, nearly every health problem and impairs us personally.

In this guide, I share the home-healing protocols, techniques, and lifestyle tweaks that have empowered my patients to overcome the negative effects of stress and prevent it from impairing their lives. I have observed these healing tools to be essential to enhance your optimal health, lift your life higher, and awaken personal potential above and beyond your current capability.

The following home-healing techniques have been proven powerful, safe, effective, and easy for everyone to implement. They have been successfully used by thousands of doctors globally for decades. It's time everyone knows how to implement these wonderful tools to benefit the whole family.

Dr. Frank King
Founder, Dr. King's Natural Medicine

PART ONE

Understanding Stress

What dis-stress and eu-stress are, and why turning one into the other is the beginning of your healing.

01 Understanding Stress

02 Your Great Transformation Begins Here

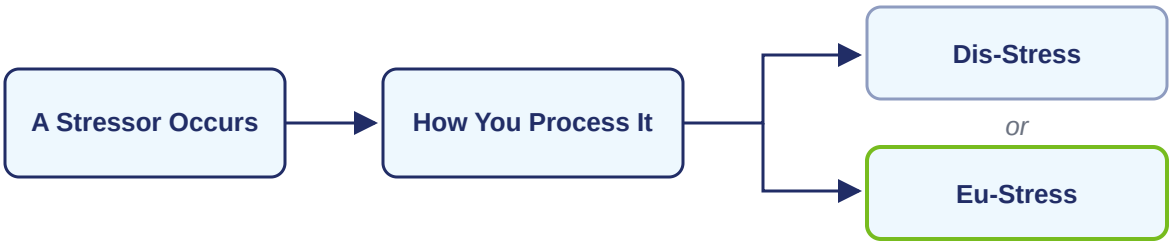
03 Healing Involves Evolving Higher

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CHAPTER 1

Understanding Stress

Dr. Hans Selye, the father of stress research and awareness, said the absence of stress is death. The problem is when stress becomes dis-stress (dis- means difficulty processing stress). Dr. Selye describes two ways stress affects us.



Dis-Stress

- Dis-stress is your difficulty processing stress
- Leads to disease (dis-ease)
- Creates anxiety, fear, anger, bitterness, unforgiveness, depression, and so many issues we face in life
- Disrupts you from reaching your full potential in life
- Damages your DNA and can be passed on genetically and through learned behaviors to your children — patterns like anxiety, fear, phobia, anger, bitterness, depression, and physical health issues can run in families

Eu-Stress

- Eu-stress — the "eu" comes from the Greek for "good," the same root as euphoria. Inner euphoria is what you experience when you learn to simply let go of dis-stress and positively process the stimulus of stress into eu-stress
- Leads to developing a new attitude of seeing stress as your friend, signaling a specific message or call to action to resolve, overcome, and grow
- Creates new empowerment, promoting peace, joy, love, passion, purpose, vision, hope, faith, and a steadfast persistence and resolve
- Equips you with the sustenance to reach your higher potential in life
- Heals and strengthens your inner DNA to pass on greater health and potential to your children — patterns of peace, joy, passion, and purpose can run in families too

CHAPTER 2

Your Great Transformation Begins Here

Turning dis-stress into eu-stress is what I call “Your Great Transformation.” You have greater power and potential within you to heal and optimize your life. Through the following personal healing techniques, you discover the pathway to awaken your potential and live a more empowering and fulfilling life:

- ✓ To quickly turn negative dis-stress loops into powerfully positive eu-stress loops
- ✓ To begin making better choices
- ✓ To make new life-giving lifestyle tweaks that stick
- ✓ To take empowering actions that work

There is an innate capacity for emotional strength and resilience within you. When developed, you may discover that you are capable of more than you realize.

The human body was designed to be healthy. There is a growing awareness today of its ability to heal and the important role you can play in improving your health and quality of life.

Real healing goes deeper than suppressing symptoms. Symptoms associated with stress can signal that something needs attention, prompting you to act, address the cause, and make positive changes.

HERING’S LAW OF CURE

The symptoms of stress are not to be suppressed, but expressed and listened to, so you can discover the causes and create greater wholeness. Dr. Constantine Hering documented that real healing follows a specific “direction of cure”: as you grow constitutionally stronger, previously suppressed symptoms may briefly resurface — lighter and shorter — on their way out. That temporary release is a good sign, not a setback.

True healing is:

- ✓ Letting go of the disruptions of dis-stress
- ✓ Allowing stress to direct you to life-giving solutions called eu-stress
- ✓ Enabling you to discover and develop empowering emotions
- ✓ Creating an inner awakening
- ✓ A growing of your consciousness
- ✓ A proactive journey of empowering choices
- ✓ A higher vision of purpose
- ✓ A healing of inner disruptions
- ✓ Restoring your optimal physical health
- ✓ A tapping into a greater measure of your wholeness
- ✓ Your inner space vs. outer space — there is more to discover, explore, and experience within your inner-verse potential now than in all of outer space

CHAPTER 3

Healing Involves Evolving Higher

Healing is evolving beyond just what your doctor can do for you. Healing is the revelation of how much you can do for you. Doctors in general are there to help you and, hopefully, to partner with you to enhance your health and life. Natural healing doctors can help implement, guide, and refine your optimal expressions of life. But real healing manifests within and through the proactive actions you choose to take.

Awaken Your Potential
Reveal Your Uniqueness

The more proactive you become, the more empowered you will be. My greatest surprise and personal reward in 50+ years of holistically treating people was not in the successes of helping people with so many physical and so-called incurable issues. It was seeing the tremendous transformations that manifested in people releasing dis-stress and awakening the power of eu-stress. Here are a few of the life-changing results you can expect:

- ✓ Personal growth and fulfillment in what life has to offer
- ✓ Enhanced quality of family relationships
- ✓ Work success, ability, and promotions
- ✓ Experiencing greater joy in life
- ✓ Living life with a higher level of love, passion, and purpose
- ✓ Discovering gifts and abilities you did not know you had

Your holistic healing journey helps more than physical issues. It creates greater wholeness that naturally awakens personal growth and potential. The measure to which you implement my healing protocols determines the measure of benefit you receive. You can awaken the power of life's potential within you to a higher level than you realize.

Engaging new life-giving lifestyle tweaks and healing techniques can restore and refine your new inner qualities. When you activate your brain, nervous system, reflex responses, body functions, and acupuncture points, you internally awaken your dynamic human function. You become more mindful, conscious, and aware, with greater authority, responsibility (ability to respond), and accountability (ability to account) to experience a higher quality of life.

Healing from Stress begins your upward journey into the realms of wholeness that unveil the greater dynamics within you for a better life. Here are two of my favorite foundational steps that have proven to be most effective in beginning your journey and experiencing your Great Transformation.

PART TWO · STEP ONE

Resetting Your Emotional Stress Reflexes

How to release the emotions that work against you and cultivate the ones that work for you.

04 Your Emotional Stress Reflexes

05 Identifying Your Emotional Stress Reflexes

06 Resetting Your Emotional Stress Reflexes

07 Healing Together

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CHAPTER 4 · STEP ONE

Your Emotional Stress Reflexes (ESR)

Your ESRs, also called Emotional Neurovascular Reflexes, are the neurological gateway to your emotional stress centers in your brain and related body functions. ESR opens the pathway to reset and release disruptive, dysfunctional emotional dis-stresses and cultivate healthier and higher emotions that promote eu-stress for living a more dynamic and fulfilling life.

Your good intentions and efforts with positive thinking and words of affirmation are great and essential for living your best life. But they only scratch the surface until you reset your ESRs, which are like fuses that have been blown by the disruptions of dis-stress and traumas you've lived through or inherited.

You are an Emotional Being
Emotions are not to be suppressed
They are to be developed

Society in general teaches us that emotions are a negative thing — that an emotional person is someone to steer clear of. We have missed the boat on what emotions really are and what they can do for you. Because of this, most people deal with emotions by suppressing them, which leads to oppression and then depression.

How Not to Deal with Negative Emotions

01 Avoidance

People naturally tend to avoid any situation that may generate negative emotion. They shrink back from opportunities, calculated risks, and discovering their potential and gifts.

02 Denial

Dissociation from your feelings is a hard road to travel. It leads to compromises, victimization, self-sabotage, and a suffocation of your feelings.

03 Drama

Some dive into, indulge, and dramatize their negative emotions. They personally identify with them and can pass the pattern on to their children.

04 Over-analysis

Many therapeutic approaches over-analyze negative emotions, digging into the deep, dark past to explain the present. Over-focusing on the problem becomes the problem.

Emotions are a powerful part of human life — a driving force that navigates your life. Emotions are not your enemy; they are not to be suppressed but expressed in their highest forms. Emotions rule over intellect and the will, which is why willpower alone rarely works over your deeper emotions. Think of emotions as E-Motions (Energy in Motion). You can wisely fit your emotions into two functional categories.

When **Unresolved**

- Making bad decisions
- Reacting with self-sabotaging actions
- Shrinking back internally from your deeper heart's desires
- An inner oppression that silences, suppresses, blocks, and blinds you to potential you may not yet know exists
- Paralyzing the development of positive potential within you

When **Resolved**

- The ability to positively process stresses and challenges into solutions
- A growing love of life, of others, and of self
- Strength and stability of inner peace beyond temporary circumstances
- A growing inner joy that isn't squelched by the challenges of life
- Greater faith, empathy, forgiveness — and the euphoria of eu-stress

Turn on the lights. People are designed to optimally function with positive, life-enhancing eu-stress emotions. The following healing techniques equip you with the neurological reset abilities to release the disruptions of negative emotions and restore your life with empowering positive ones — the way light dispels darkness.

WHY I AM FREELY SHARING THIS

The word *doctor* comes from the Latin meaning "to teach" — I have taken this seriously. I have been safely and effectively sharing and refining these home-healing techniques with patients for 50+ years. Engaging patients with the knowledge of these home-healing tools is where we have seen the real power of transformation take place. The time is now to provide these valuable healing insights and tools directly to everyone to experience and enhance personal healing and wholeness — freely.

CHAPTER 5

Identifying Your Emotional Stress Reflexes

Emotions control our actions and lives more than we realize. They are like a double-edged sword: they can cut deeply, disrupting and impairing our lives, or they can activate inner strengths that lift our lives much higher. Knowing how to reset the neurological pathways connected to your emotions empowers you to manage them so they work for you rather than against you.

The ESRs, also called Emotional Neurovascular Reflexes, were first discovered by Dr. Terence Bennett in the early 1930s. They were later developed by Dr. George Goodheart and other doctors and found to help clear stress, improve specific organ functions, and strengthen muscles. They have been taught to and successfully applied by thousands of doctors around the world for decades.

Emotional dis-stress is a neurological disruption that requires a neurological reset using your emotional stress reflexes to heal. Transforming negative emotional dis-stress into positive emotional eu-stress is the gateway to experiencing a new, empowered, euphoric life you are designed to live. It's interesting how we instinctively reach for our forehead when experiencing an emotional shock.

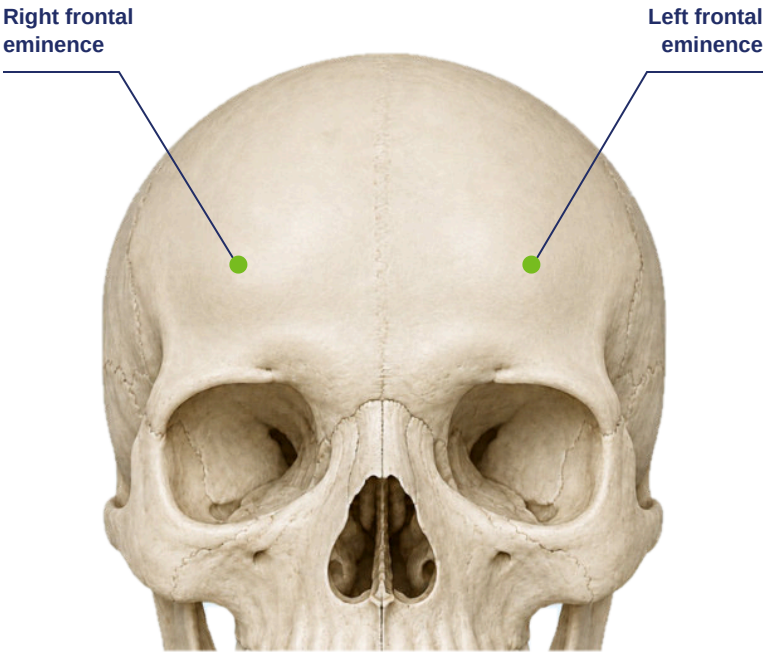
I have shared many happy tears with my patients over the years, releasing emotions that had burdened them for years. The emotional reflexes, when simply held with your fingertips on your forehead, begin to activate the neurological pathway deep within your brain centers to release the blocks caused by negative emotional dis-stress.

You have two Emotional Neurovascular Reflexes located on your forehead. Resetting these reflexes is essential for healing emotional trauma, including inherited patterns and learned responses that can run within families. No matter how long-standing or deep the emotional trauma may be, these reflexes are essential.

- ✓ To reset, restore, and release negative dis-stress loops
- ✓ For a quick de-stress anytime, anywhere

CHAPTER 5 · CONTINUED

The Two Emotional Neurovascular Reflexes



1

Locate the points

Your two frontal eminences are the gentle bony rounds on your forehead, midway between your eyebrows and your original hairline. In a mirror, find both points with the pad of your forefinger or middle finger.



2

Hold the points

Rest a gentle touch over both reflexes — not deep pressure. Breathe slowly through your nose and tune in to the stress that comes to mind until both pulses feel strong, steady, and synchronized.

CHAPTER 6

Resetting Your Emotional Stress Reflexes

Now you're ready to take the deeper dive into your ability to release, restore, and transform your emotions into life-giving, empowering ones. Releasing the disruptions of negative emotions with ESR opens and clears the pathways to personal growth and builds new emotional strengths.

When negative emotions continue to occur, listen to them. They are simply signals for you to make strategic changes. They are not your enemy and are not to be suppressed — they are your personal guide to reveal what you need for your transformation.

Regular practice will deepen your healing, awaken awareness of subconscious emotional issues when they are ready to be released, and develop your proactive pathway into emotional maturity to live life higher, at a more effective and fulfilling level.

How to Practice

1. **Locate your reflex points**
   In a mirror, find your two frontal eminences and touch them with the pad of your forefinger or middle finger of each hand.
2. **Get settled**
   Sit or lie down in a quiet place, propping your arms on pillows so they don't tire.
3. **Make gentle contact**
   A gentle touch with a slight tug of the skin over each point — not deep pressure. Feel for a faint pulse under each fingertip.
4. **Breathe circularly**
   Slow, steady, shallow diaphragm breathing through your nose, in and out without pausing between breaths — this is "respiratory assist."
5. **Tune in and hold**
   Visualize the stress that comes to mind and let the process unfold until both pulses feel strong, steady, and synchronized. A session typically takes about 5 minutes.
6. **Replace with positive emotion**
   Once the stressor has been identified, replace the negative emotional response with positive emotions that counter it, such as love, peace, joy, and forgiveness, shifting your response from dis-stress to eu-stress.

SLOW & STEADY RESPIRATORY ASSIST

Every internal brain and body function is connected to the rhythm of breathing, and so are these techniques — I call this "respiratory assist." Practice "circular breathing": slow, continuous diaphragm breathing without pause. Breathing too deeply may cause your arms to move and lose contact with the pulses, so keep it low and steady. The oppression of negative emotions causes you to pause between breaths; continuous airflow helps free you to release it.

Your Emotional Neurovascular Reflex pulses are truly unique — they don't come from the pumping of your heart like your other pulses. It's theorized they come from your neurological fetal development in the womb, acting like fuses that require resets when over-strained — a common occurrence found in almost everyone.

How Your ESR Pulses Progress

No Pulse
Reflex is dormant or blocked

Faint & Erratic
Fades when you recall a stressor

Steadying
Pulse strengthens as the neurological pathway is restored

Strong & Synced
Both sides pulse together — reset

When you think of a specific stress, person, place, or event, the pulses may fade or get erratic — that's a stress factor your mind-body wants to process and replace with a positive, empowering emotion. As you replace and build positive emotions that become strengthened with time, you become more resilient and empowered. The emotional healing process may also bring awareness of unconscious emotional dis-stresses that were suppressed or even inherited — processing these is just as powerful.

Be patient with the pulses as your reflexes activate your healing. If a session takes longer than 5 minutes, that's okay and worth the time it takes for the results it creates. Each session often becomes easier and faster as you address what comes to mind.

Dr. King's Whole Health Assessment & Healing Progress Tracker

Use my free Dr. King's Whole Health Assessment & Healing Progress Tracker, available at drkings.com, to measure, monitor, and manage your progress toward optimal healing and personal growth.

Dr. King's Neuro Walk

Continue your healing journey with my free Neuro Walk, available at drkings.com. This guided practice helps reorganize neurological disorganization, making your healing more permanent while awakening greater health, resilience, and human potential.

CHAPTER 7

Healing Together

Healing with a trusted friend can make this technique easier to learn and often more effective. Take turns holding each other's pulses and guiding one another through the reset. In the beginning, it may take longer than the typical 5 minutes to feel the pulses synchronize, and many people find this easier with a partner than on themselves.

As your confidence grows, consider practicing with a small group of family or friends who are genuinely committed to improving their health. Healing doesn't have to be a solitary journey. Learning and practicing together can encourage consistency, deepen understanding, and create lasting support.

Healing Together in Practice

During my years in practice, some of the most rewarding moments came from bringing people together to learn these techniques. What started as a few patients interested in learning more soon grew into small groups of friends and family practicing together. We gathered in a large treatment room with treatment tables and chairs arranged in a circle. Patients encouraged one another, shared their experiences, and celebrated their progress. Those sessions became one of my favorite parts of the day. Everyone left feeling encouraged, energized, and more empowered in their healing journey.

Activating your emotional reflexes provides two primary results.

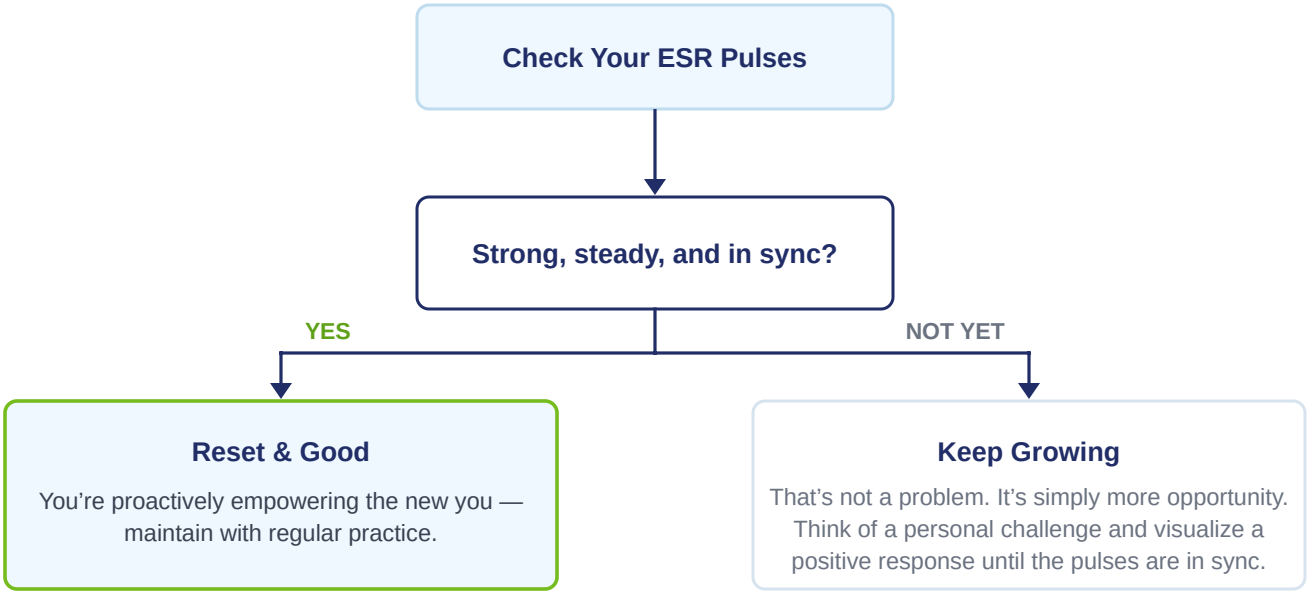
01 Releases the Past

Eliminates and releases negative or disruptive emotional dis-stresses that have been replaying and repeating in your mind and life for some time. Left uncorrected, negative emotions set you up for similar issues to recur.

02 Programs the Future

Proactively activates the programming of positive, life-enhancing emotions — functional neuroplasticity that works for you and sticks, creating positive, lasting change in your identity.

You can practice this technique as often as daily if needed, tapering to weekly for a season. As you heal and become more whole — with more love, peace, joy, passion, purpose, and forgiveness operating in your life — the emotional reflex technique will become less needed for releasing negative emotions and more proactively applied to programming positive ones.



Supercharge your neuroplasticity. Neuroplasticity is the brain's ability to change, reorganize, form new neural pathways, strengthen existing ones, and eliminate unwanted ones — supporting new learning and cognitive resilience at any age. The measure you put into these techniques is the measure you'll get out of them. I call this your Great Transformation from dis-stress to eu-stress.

Professional Assistance, When Wanted

- ✓ Applied Kinesiology (AK) — chiropractors and other doctors
- ✓ Neuro Emotional Technique (NET) — chiropractors and other doctors
- ✓ Touch for Health — therapists and lay practitioners
- ✓ Thought Field Therapy (TFT)
- ✓ Emotional Freedom Technique (EFT)

I have no financial connection with these organizations.

PART THREE · STEP TWO

Resetting Your Physiological Stress Receptors

Where dis-stress settles in the body, how to find it, and the daily habits that reset it — including the way you already breathe.

08 Resetting Your Physiological Stress Receptors

09 Whole-Body Breathing

10 Integrating Your PSR Into Daily Life

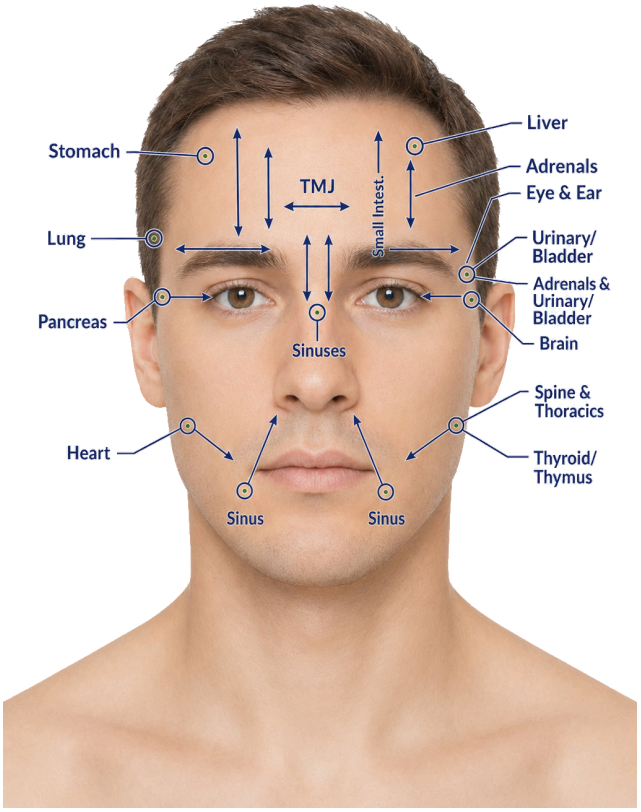
11 Auricular / Ear Acupoint Therapy

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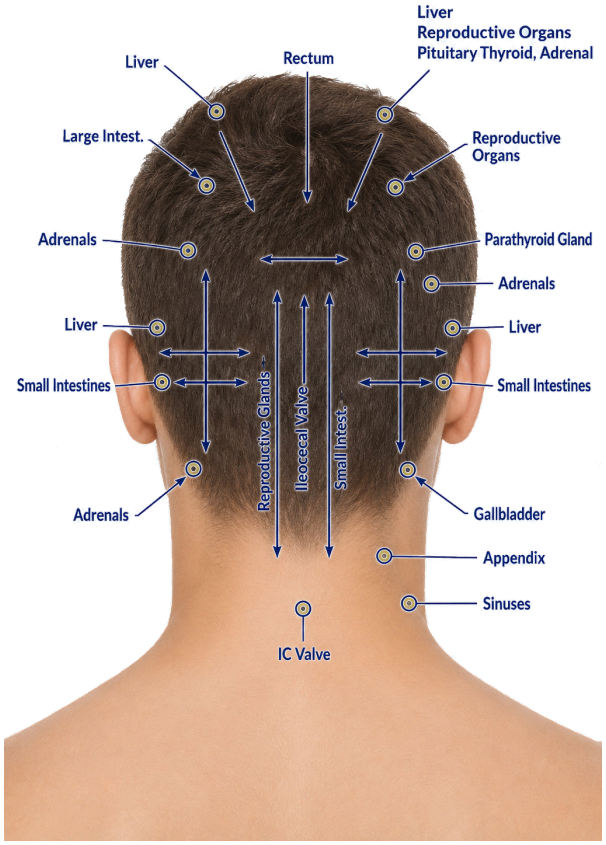
CHAPTER 8 · STEP TWO

Resetting Your Physiological Stress Receptors (PSR)

PSRs are the pathways to resetting and restoring the disruption and damage dis-stress has caused to specific areas of your physical health. You will likely find several active PSRs — dis-stress disruptions affecting your physical body. This is common in most of us. Note the 73 Physiological Stress Receptors on the charts — located on your face and head/scalp, each directly connected to a specific organ, gland, or body part.

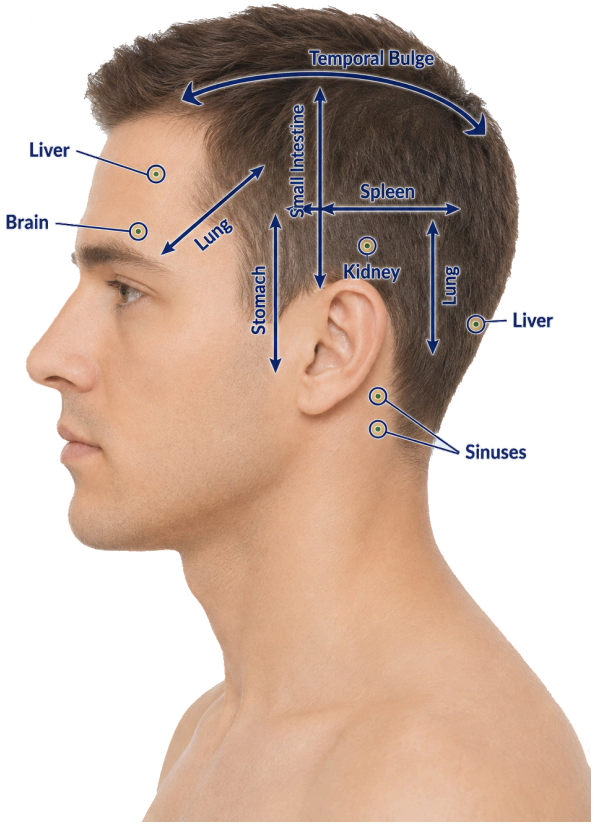


FACE

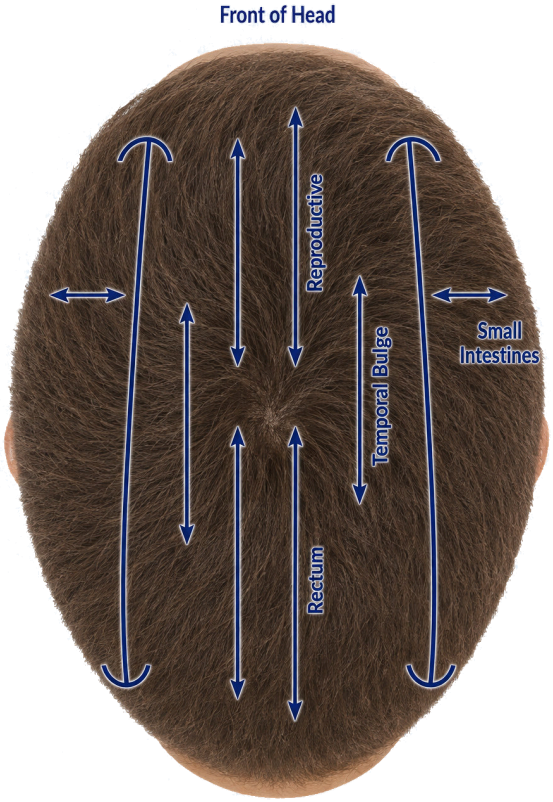


BACK OF HEAD

CHAPTER 8 · CONTINUED



SIDE OF HEAD



TOP OF HEAD

Your Physiological Stress Receptors

73 receptor points across your face and scalp, each connected to a specific organ, gland, or body part.

73 receptor points to check

An itch response marks an active point — stimulate briskly until it clears.

PSRs are like fuses or circuit breakers that blow out with the disruptions of dis-stress affecting your physical function and health. It takes time for your body to heal from the damage of dis-stress — recheck weekly to optimize your organ, gland, and body functions. PSR corrections help restore the associated body functions and can help prevent physical health issues related to dis-stress.

CHAPTER 8 · CONTINUED

PSR Reset Protocol

1. ### Stimulate briskly
   Use your fingers, hands, a hairbrush, a washcloth, or a dry brush massager over the receptor areas.

2. ### Watch for the itch
   An itch response marks an active PSR that needs a reset — you'll feel it wanting you to come back and relieve it.

3. ### Repeat until it clears
   Stimulate daily until the itch response is gone. When the itch is gone, the receptor has been reset.

4. ### Recheck weekly
   Note the active PSRs and the physical areas they represent in your Dr. King's Whole Health Assessment & Healing Progress Tracker, and add targeted therapies for any weak areas you discover.

BREATHE WHILE YOU STIMULATE

Breathe through your nose using a diaphragm breath while stimulating your PSRs. Nearly every reflex and receptor in your body functions with respiratory assist — breathing is connected to all your functions and an essential part of every healing technique.

CHAPTER 9

Whole-Body Breathing

Diaphragm breathing is vital for everyone. Most people have forgotten how to breathe fully. Breathing with just your chest fills only the upper half of your lungs. Breathing with your diaphragm fills the lower half — the way you are meant to breathe. Oxygen is the most important and common nutrient we need. Your diaphragm is one of your largest muscles for a reason: it pumps, activates, and massages the flow of fluids and energy for your heart, lungs, liver, gallbladder, pancreas, spleen, kidneys, adrenals, bladder, stomach, small intestines, large intestines, and reproductive organs.

Chest Breathing

- Shallow — fills only the upper lungs
- Chest and shoulders rise and fall
- Common under stress and tension
- Little movement or massage of internal organs

Diaphragm Breathing

- Full — fills the lower lungs completely
- Belly/abdomen expands outward on the inhale
- The way you are naturally meant to breathe
- Pumps and massages the heart, lungs, and digestive organs

QUICK SELF-CHECK

Push your fingers into your belly at the lower front of your ribcage. You should feel the effects of your diaphragm moving downward as you breathe in. Practice slow, continuous diaphragm breathing — in and out through the nose, without pausing between breaths.

CHAPTER 10

Integrating Your PSR Into Daily Life

How you can easily integrate the restoration of your PSRs into your daily routine.

1. **Massage your scalp**
   Whole-hand contact massaging the hair on your head can give you a “bad hair day” look — best done at home, followed by brushing your hair.

2. **Stimulate while you shampoo**
   You can easily stimulate your PSRs while shampooing and conditioning your hair.

3. **Use a washcloth on your face**
   A washcloth is an easy way to stimulate the PSRs located across your face.

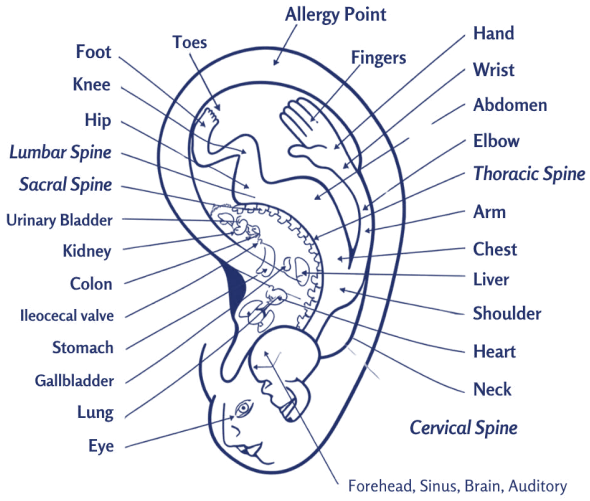
4. **Brush 50 strokes, twice daily**
   When you have active PSRs, this is an excellent way to reset them — and a good habit for hair and scalp health generally.

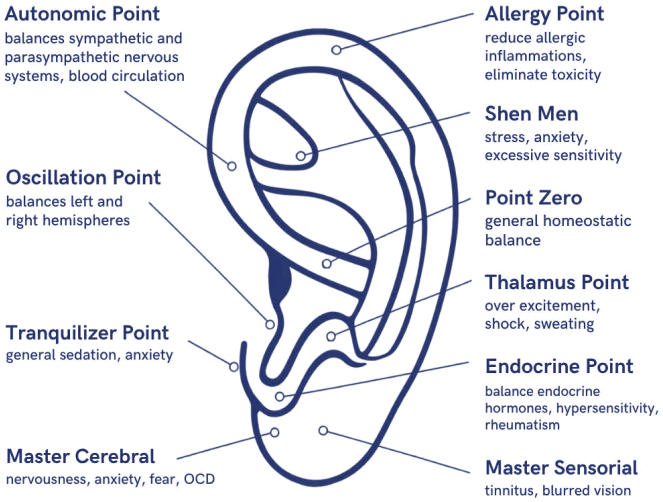
5. **Brush over your ears**
   The upper third of your ears carries the Shen Men acupuncture point — an overall balancing point that calms the mind, alleviates stress, reduces anxiety, and activates the vagus nerve for better digestion and calm.

CHAPTER 11

Auricular / Ear Acupoint Therapy

There are over 200 acupuncture points in each ear. I have found these points to be highly effective in optimizing health, especially with resistant health issues. Look at your ears in the mirror — they look like an upside-down fetus or infant. Your earlobe is your head, the top of your ear is the buttocks, and your legs, arms, and spine are in the curvatures of your ears. The points relate to your body parts in a very similar way anatomically.





Active points in your ears will feel a little tender when running a brush over them. The same is true when deeply massaging them using your finger and thumb. The tender points are generally small, about the size of a ballpoint pen tip.

Typical PSR / Ear Point Reset Timeline

Daily
Stimulate active, itchy, or tender points

1–2 Weeks
Tenderness begins to ease

1–3 Months
Full reset, depending on severity

Ongoing
Lighter maintenance as you grow

The more proactive you are with your home-healing protocols — building your health and implementing your higher functions of love, peace, joy, passion, purpose, and forgiveness — the higher your health and well-being will go. As you personally grow, less maintenance and repair time is required.

PART FOUR

Your Next Steps

My recommended natural medicine, my mission, and more free home-healing resources to continue your healing journey.

12 My Recommended Natural Medicine

13 Why Choose Dr. King's Natural Medicine

14 Our Mission

15 Continue Your Healing Journey

Dr. King's®

CHAPTER 12

My Recommended Natural Medicine

For additional support to optimize your results and maximize your healing journey, I recommend:



911 Stress & Anxiousness

Fast-acting relief of:

- ✓ Nervousness & Restlessness
- ✓ Impatience & Irritability
- ✓ Minor Anxiousness
- ✓ Fear & Worry

CHAPTER 13

Why Choose Dr. King's Natural Medicine

What you get	The Dr. King's Difference
Pure water base	**No strong alcohol or sugar base, as found in many traditional homeopathic formulas**
Essentially taste-free	**No strong alcohol taste or added sweetness**
Gluten-free	**Made without gluten-containing ingredients**
Spray delivery	**Easy, one-handed spray for on-the-go use**
Easy pump dosing	**Each spray delivers a measured amount—no measuring, no spills**
More in each bottle	**2 oz amber glass bottle with over 400 sprays**
A lasting product	**Four-year shelf life**
Doctor-formulated	**Created by Dr. King from decades of clinical experience**
More than a product	**Free home-healing eBooks, protocols, and techniques to help you take an active role in your health**
From practitioners to you	**Originally made for healthcare practitioners; now available to everyone**

CHAPTER 14

Our Mission

I've never wanted to be just another product entrepreneur selling items off a shelf. My mission has always been to empower people by freely sharing the home-healing techniques and discoveries I've developed over 50+ years of treating thousands of patients and researching natural healing methods. That same mission led me to create homeopathic medicines in a pure water base, removing the strong alcohol and sugar commonly found in traditional homeopathic products, while developing highly potent formulas that are safe and easy to use.

A Legacy of Natural Medicine

1979

Research begins

I began integrating homeopathic medicine into comprehensive natural care, launching a lifelong journey of discovery and innovation.

1989

Company founded

I founded my own FDA-registered pharmaceutical manufacturing company to develop high-potency, pure water base homeopathic medicines, now known as Dr. King's Natural Medicine.

Today

A growing legacy

More than 500 homeopathic medicines later, my mission remains the same: to freely share the techniques and natural medicines that have transformed the lives of thousands of patients throughout my career.

Family Owned & Operated

We're a family-owned company making doctor-formulated homeopathic medicines in our own FDA-registered facility. I'm passionate about putting the healing knowledge and techniques I've gained through my clinical practice into your hands, freely, so you can take an active role in your own health.

CHAPTER 15

Continue Your Healing Journey

SIGN UP FOR MY FREE NEWSLETTER

Sign up at drkings.com and watch for more of my free eBooks, including Energizing Technique (ET); Whole-Body Breathing & Your Diaphragm Muscles; and Activating Your Cerebral Spinal Fluid Flow.

- ✓ Follow me at drkings.com for more healing protocols — I have so many helpful solutions to share
- ✓ Share with others to help in their personal healing revolution — have healing parties with kindred people, performing these techniques on each other

REFERENCES & RESOURCES

Visit drkings.com for more resources, including free eBooks with my home-healing protocols and techniques, the Dr. King's Whole Health Assessment & Healing Progress Tracker, and my natural medicines.

Dr. King's®

Continue your healing journey

Free home-healing eBooks, the Dr. King's Whole Health Assessment & Healing Progress Tracker, and the full line of Dr. King's Natural Medicine.

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