

# Fountains of Youth

ADDING LIFE TO YOUR YEARS  
AND YEARS TO YOUR LIFE

Dr. Debra Lawson



# ACKNOWLEDGEMENT AND SINCERE THANKS TO:

**Andrew Griffiths:** *Best-selling author, awesome friend, and my writing coach – I would not and could not have done this book without you. Thank you for your never-ending encouragement over the past decade.*

**Gary M Douglas,** *the founder of Access Consciousness, and Dr. Dain Heer,* *the co-founder of Access Consciousness: Thank you, thank you and thank you! The tools of Access Consciousness have been just exactly what I required and desired.*

**George V Treatt:** *Thanks George; it was a dark and stormy night. I miss you.*

*Sincere gratitude to my parents and grandparents who sadly are not here to read this.*

*Lots of love and gratitude to all of my family, who are all so far away: you are always here in my heart. Thank you for the contribution you have made to my life.*

*And to my handful of friends (you know who you are) who are here with me on the journey, I am so grateful you are in my life.*

First published in 2017 by Dr. Debra Lawson

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ISBN 978-0-987-4066-4-4  
Text Design: Sweetlip Design  
Cover Design: Sweetlip Design

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# ABOUT THE AUTHOR

**Dr. Debra Lawson** is a Doctor of Chiropractic practicing in Cairns, Far North Queensland, Australia. She has been a chiropractor since 1996 and a Massage Therapist and Colon Hydrotherapist since 1983. Dr. Deb, as her patients call her, walks her talk and has guided many people through the often-confusing journey to health.

In *Fountains of Youth* Dr. Deb shares with you a distillation of what she has gleaned “so far”. She has a no-nonsense, easy-to-understand style of writing. Her goal in writing *Fountains of Youth* is to distill and simplify some key aspects of healthy aging and provide information that may add life to your years as well as years to your life.



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# ABOUT FOUNTAINS OF YOUTH

*“Your Fountains of Youth will be found in the choices you make on a day-to-day basis.”*

In *Fountains of Youth* we will be exploring the idea that there is indeed more than one path or “fountain” to pursue in maintaining your youthful health in a proactive way. Of course, there is no fountain of youth, as much as we would all like for there to be one (and no pixie dust either, which I find particularly upsetting).

But this is no shock, is it?

“Fountains of Youth” is a metaphor for the choices that lead to healthful aging and adding more life to your years as well as years to your life.

It is your life, and the choices you make will create your health reality.

## **STAYING YOUTHFUL AND HEALTHY**

There are so many things you can do to contribute to staying youthful and healthy. By youthful I mean younger in health – body, mind and spirit – as well as mental attitude. In writing *Fountains of Youth* I have drawn from both my professional education as a Doctor of Chiropractic and my own personal journey as a youthful older woman.

It would be ridiculous for me to say that I know what is right for you and your health. Only you can choose what is right for you. One thing I am acutely aware of though is that in the area of health there are many choices, along with much contradictory information. This can be very confusing. So how do you know what to do? In this sea of possibilities, what should you choose to get the health results you desire?

There is no one just like you – there is only one you. The best choice for you can and should only be made by you. So if you have come here looking for “the answer” I am sorry to disappoint you – and at the same time I am pleased to remind you that you have the answers to what is right for you within you. You need only ask and listen. We will be exploring this in detail in upcoming pages.

I am happy to inform you that there are many choices – “fountains” – that, when combined, have the potential to give you exactly what you require and desire. So please, feast on the information and options presented here and choose what is right for you.

My purpose in writing this book is to share with you some really awesome things I have learned along my journey of getting older while doing my best to maintain my youthful health. I am sure that you will find at least a few things that will make a huge contribution to you.

I see this as just the beginning of great things to come.

*Are you ready?*

## **YOUR DAILY CHOICES**

Health and wellbeing are not created all at once but instead one bit or bite at a time. And you, and only you, can make those choices for yourself on a day-to-day basis.

You will not find any generic fluff here, but instead great information gleaned from my 30 years in healthcare. Great information helps you to make great choices. Great choices make for a great life. You have the power.

One thing is for sure: we are living longer than ever before. If you are like me you want to live a long and healthy life. This book is about doing what you can to make sure that your body and mind make it through the whole journey with you: intact. I see this as a worthy goal for us all. Do you agree?

The last thing you want is to get to your twilight years with a sharp mind but a body that will not keep up, or equally as undesirable an ever-ready body with a mind that has long since gone. Correct? So when would now be a good time to take action? (Yes, this is written this way intentionally.)

If you really don't want the same results that most people are getting, you are going to have to do some things differently. Are you up for doing things different to the masses?

## **YOUR JOURNEY STARTS HERE ...**

So where do we begin? From my perspective we can only start from where you are right here and now. Welcome to Fountains of Youth/ YOU-th.

I am so excited and grateful to share this journey with you.

I am pretty sure that since you have picked up this book there must have been something that resonated with you. Was it the idea that there is a fountain of youth after all? Or did you pick up this book because you thought – she is nearly 60? *I'll have what she is having?*

I am so happy to tell you that there are many choices – aka “fountains” – that when combined in the areas you require will give you amazing results, even after age \_\_\_\_ (fill in the blank with the age you are, or the age you have decided that it all falls apart). Interestingly, it seems to be

age 40, 45 or 50 that most people I have spoken to have some beliefs around things going downhill from there. Have you heard anyone say, “When I hit \_\_\_ my body just started falling apart”?

Many of us seem to have some “programming” that says it all goes down the gurgler once you hit a certain age. That may be true for most people, but it need not be true for you. What if that was just someone else’s “interesting point of view” and you could choose *not* to have it be your point of view?

Where did these ideas come from anyway? Is this something you chose to believe or did you just take it on from ... who knows where? This is definitely something worth thinking about, especially since it could be the key to your own Fountain of Youth. I would encourage you to also question whether or not you have any other disempowering beliefs about aging, health and your body, and if so where did they come from?

So yes, I am a woman who is around the age of 59, which is amazingly close to 60, and I am proud of it (and secretly shocked and in disbelief; do you know what I am talking about?).

So if you too are in the 40+ age range and really want to be proactive with your own health, I assure you, you are in the right place. Or perhaps you would like to know a few of my secrets? I will be revealing all, literally and figuratively.

So yes, time is passing, as in days, weeks, months and years, but I believe getting old and turning into a granny is optional. If you are like me then you are not willing to passively do nothing and watch your health become a distant memory. You want answers and you want them now, or yesterday when possible, and that is what this book is about.

## **HOW DID I END UP HERE (WRITING A BOOK FOR YOU)?**

*“You never know where a step in a new direction will lead you.”*

To really understand where I am coming from in *Fountains of Youth*, you may want to know a little more about my life. (If not, feel free to skip this section.)

I wasn't always so health minded. I grew up in the Midwest USA, and quite frankly our diet was shocking. We had a milkman (do any of you remember that?) and I drank a lot of milk, way more than a baby cow. And I ate and drank a lot of sugar in all its many forms. I was a Pepsi addict and I loved sweet-tarts; I literally ate them till my tongue bled. White wonder bread and margarine were our daily bread. Not much fresh was served besides iceberg lettuce and tomatoes. In fact, I thought I hated vegetables because most of what we had was canned and cooked to death. We had an electric can opener on our

counter because so many cans were opened on a daily basis. We loved pizza, fried chicken, hot dogs, hamburgers and the like. The standard American diet – “SAD” really.

Things started to change for me once I left home: I recall vividly when I discovered that garlic powder made the burgers I was cooking taste much better – it was a revelation, almost a religious experience. As I began to explore different foods I realized that I enjoyed cooking and making yummy food. Slowly I began to figure out what I liked and began to explore “health food” and seafood, which was abundant in Florida but had not been so available in Michigan.

My twenties were a time for all things new and exciting; in fact, everything was new and therefore very exciting. I attended my first meditation class and became a daily meditator. I also saw a mysterious class called “yoga” advertised and signed up with a friend. Believe it or not, neither of us had ever heard of yoga before. I can remember giggling as we were on our yoga mats trying to put our bodies in some really strange and wonderful positions.

Around that same time I also became a vegetarian, and boldly ridiculed my friends for eating dead, decaying flesh, and wore a hat that said “Bean Sprouts” – as only the truly sanctimonious can do.

Believe it or not I was a smoker. I remember one day looking down at the cigarette in my hand and saying to myself, in no uncertain terms, “This filthy habit is incongruent with the me I choose to be”, and I quit cold turkey right then and there. I must say I really impressed myself

that I was so strong and unwavering even in the face of peer pressure. This was the beginning of a whole new life for me on many levels.

I was living the life of my dreams. I had a beach-front apartment (absolutely heaven having come from snowy, cold Michigan) just steps away from Skips House of Rock and Roll, where I walked back and forth in the sand all day in my itty-bitsy bikini serving drinks to the regulars who came to listen to live music and “catch some rays”. Working for tips, as you do in the US, I always had a pocket full of change. What could be better?

Before or after work I would drag my windsurfer down to the beach and go for a ride. I taught myself to windsurf, which I must admit did take a while. Three months of being regularly thrown into the water but I finally learned.

I went on to become a windsurfing instructor, saving people the grief I went through learning on my own. (Thank you Tom Gribbin for gifting me the windsurfing trainer to get me started in my own business; I still owe you a lesson.)

Even though I was 5ft nothing and 99 pounds (45 kgs), I wrestled that windsurfer sail as often as I could, and I absolutely loved it. Because of all my super hero physical activity I ended up with some pretty tight and sore muscles and visited the local Neuromuscular Therapist for a treatment. After that NMT treatment I knew “that was what I wanted to do when I grew up”.

In order to do that I would need to go to Massage Therapy School. You should have heard my parents on the phone (they lived in Michigan and I was living in Florida). They said in unison: “You want to do *what?*”

In the 1980s massage therapy was not a commonplace career like it is today; in fact, it was downright weird. Little did I know then that this was the very beginning of my lifelong path, which still continues on today to all things health related and “weird”.

The true definition of weird is, “Of spirit, fate and destiny”, according to Gary M Douglas, the founder of Access Consciousness. (For more information check out [www.accessconsciousness.com](http://www.accessconsciousness.com).)

It turns out my family have been right about me all along; I am weird, and continue to embrace my weirdness.

It was also the first step toward me studying to become a chiropractor, and indeed the first step toward me being here right now writing this book for you. I attended Massage School, and this is also where I became a Colonic Therapist because it was “just a part of the curriculum”. Rest assured, I will definitely tell you more about Colonic Hydrotherapy in a later chapter. But for now, think water, a hose and a private part of your anatomy.

No, I never really did choose to sign up for a course in colonics, it was just another requirement, like anatomy. However, I cannot tell you how pleased I am that it was part of my course. I actually cannot imagine being as healthy as I am now without colonics. Colonics have

been one of my own personal Fountains of Youth since 1983. I mean this sincerely.

So in 1983 I graduated as a massage therapist and Colonic Therapist and went on to study with Paul St John, the founder of NMT Neuromuscular Therapy in the US. I attended the seminars and I also spent a lot of time in Paul's clinic soaking up as much as I could about the "how to" of helping people alleviate pain through NMT. I will always remember something Paul said at a seminar: he was telling us about a case where a man hit his leg with a car door and had massive pain, and he said, "So being the genius that I am, I massaged it".

And that is what I have done as well since 1983, and I must say the results continue to astound me. I currently combine the NMT techniques I learned so long ago with Chiropractic care in my clinic. (Thanks Paul for your contribution.)

Then, after many years in practice as a Neuromuscular Therapist, there was a fork in the road. I found myself in a situation I had never imagined happening – I got divorced. After lots of soul searching and through a few "coincidences", I found myself deciding to go to Chiropractic College. I decided that this was my next logical step, so that I could take my work with my clients to the next level.

Now this was a six-year adventure that I certainly would not like to repeat, but at the same time I am so glad I did it. Making a long story short, when I graduated from Chiropractic College in 1996 I did my

internship and the Florida boards (this took another year ... so we are up to seven years now), and at the same time I was also studying a non-surgical technique for kids with scoliosis which I ended up offering in Australia for six years based in Cronulla, which is south of Sydney.

My office was called the Scoliosis Centre, and I had patients all over the country (Australia) due to a very flattering television interview on *A Current Affair* which highlighted the work I was doing with children around the country. As a result, I began doing frequent visits to Melbourne, Adelaide, Perth and Brisbane.

Mind you, when I first came to Australia I really did not know I would be staying. I came for a three-month adventure, and one thing led to another, as they do, and it is now getting very close to 20 years that I have lived in – and loved living in – Australia.

Ever since those fateful meditation, yoga and massage classes, I have been rather obsessed. And that obsession has been to live the healthiest life, to look and feel young and healthy, to have energy and vitality, and to help other people to do the same. This has been the focus of my practice. For three decades now, I have done exactly that.

Along the way I have continued my love of studying weird and wonderful things that make a difference to health and being all that you can be. I will be sharing many of these wonderful things, “my secrets”, with you in the upcoming chapters.

It is my hope that this book will be an inspiration to you, perhaps a

starting point for adopting a few new things into your life that may make a huge difference. Perhaps I will expose you to a few things that maybe you did not even know existed. If you actually already know all of this, I hope you will appreciate the reminder and the nudge in the right direction.

Whatever our individual stories are, we have at least one thing in common, and that is that we are women. And if you are reading this now, you are probably just like me and want to be healthy and sexy and – above all – you do not want to turn into a “granny”.

Let’s have some fun exploring these Fountains of Youth together.

*Dr. Deb*

# CHAPTER 1

## **CHOOSING TO CHOOSE**

*"Asking a question makes you aware of the choices available and your choice creates awareness. What if you gave yourself permission to choose, and then to also allow yourself to be free to choose again if you chose to? Have you given yourself permission to choose the life you want?"*

Are you willing to give yourself the freedom to choose what you would really like to have in your life in all areas? Are you willing to choose what you really need in life for your health?

“Choice is never final. Choice is a continuous process. You choose and then you choose again. And again. And again.” (Excerpt from *Being You, Changing the World* by Dr. Dain Heer.)

Yes, I know it may seem like once you choose, that is it – you are stuck with it. “You made your bed now you must sleep in it.” I remember my father telling me this as a child. “Daughter, you can do whatever you want (make a choice) but remember you live with the consequences.” This was a bit of good advice, and a slight threat I think. What if that is not actually true?

What if the idea of making only one choice, the best choice, and then you are stuck with it was keeping you stuck? Do you sometimes choose *not* to choose for fear of making the wrong choice? Did you know that choosing *not to choose* is still a choice? So, if no matter what you do – choose or not choose – you are making a choice, how about choosing what you would really like to choose?

So, at this point you have made the choice to pick up this book (good choice). And I have chosen in writing this book to choose the most impactful and vital information I am aware of at this time. So that you can choose what is the best choice for you and your health going forward. You see, it is all choice.

## **A CONTINUOUS PROCESS**

The choices we make definitely create the life we live. However, it is important to know that choice is never final. Choice is a continuous process. You choose and then you choose again. And again. And again.

When it comes to health, we have the opportunity to choose on a daily basis. If you have made some less desirable choices in the past, don't beat yourself up about it, just choose again. Your body and all of its cells are constantly being recreated, and you can create a completely different level of health by using the information provided here.

Choices around our health can turn out to be the most vitally important. Health is wealth.

Choosing to choose is your first Fountain of Youth.





## CHAPTER 2

# CHOOSING TO FEEL FABULOUS

*"It is a good idea to stop every once in a while and just take an inventory of how you are doing/going. It is easy to get swept up in the busy-ness of life and forget about your most important responsibility, which is you."*

When was the last time you felt truly fabulous? For your sake, I am truly hoping your answer is *I feel fabulous everyday – and now*. But perhaps you are thinking ... *fabulous*? I would be happy with *good*.

I understand that “feeling good” is a relative term. *Good compared to what?* Good compared to how you would like to feel, or good compared to how you used to feel a certain amount of time ago, or good as in how you would prefer to feel?

In this context, you make your own definition. Compare where you are currently to where you would like to be. And please also leave some room for even better than you can currently imagine, and allow the universe to deliver to you something beyond your wildest dreams. How does that sound to you? To me it sounds fabulous.

What do you picture when you think of someone over 40 or 45? How about 50, 60, 70, 80 or 90? Do you have an image or idea or feeling of what that is? Is this something you have really thought about and decided for yourself? Or is it a conglomerate that you have absorbed and taken in from who knows where?

Are you willing to update your ideas about what any age – particularly *your age* – means for you?

## **TAKING STOCK:**

### **RATE YOUR CURRENT LEVEL OF FABULOUSNESS**

In my practice I hear a lot of people telling me about what is wrong with them. This is not a criticism; of course they tell me what is wrong – this is why they are there. They are there to have me help them fix whatever ails them. Fair enough; this is normally why we go to the doctor, correct?

Well, what if you could become your own doctor of sorts and find the ways and means to help you help yourself? I don't mean that you never enlist the assistance of anyone else. I just mean, what if you became the authority on you and took back your power to know what you require and desire? On all levels ...

I invite you to ask yourself where you are and where you would like to be. Unfortunately, there will not be a magic chart at the end that tells you what all this means. This is just for you. Perhaps this will jog your memory about a few things that it is time to do something about. All these topics and more will be covered in the upcoming chapters. (By the way, I have noticed that I never get people complaining about too much energy, too little pain, too much health or too much sex ... funny that.)

**If you could choose anything to add more life to your years, what would it be?**

- What would it take for you to feel fabulous?
- What do you know you need to do, to take better care of you?
- What is your diet like? Are there some new choices you would like to make?
- If you asked your body what it wants, what would it say?
- How is your sex life?
- Are you sexy and vital?
- Are you “orgasmically” happy?
- How is your pelvic floor strength?
- How do your spine and back feel? Are you flexible and pain free?
- How is your bone density? Do you know how to keep your bones strong?
- How is your muscle strength and tone?
- Do you feel like you need a good detox?
- How is your digestion? How do you feel after a meal?
- How is your elimination? Are you “regular”? Do you feel bloated?
- Do you feel your hormonal balance is under control? Or do you know it has gone down the gurgler?
- Do you have a physician and/or natural health providers on your team?
- What is your homocysteine reading? Do you know why this is so important?
- Do you take supplements?

- Are you in need of some high-tech support? (For example, oxygen therapy, infrared sauna.)
- How is your brain function? Are you sharp as a tack or a bit fuzzy?
- How is your memory? As good as ever, or “What were we talking about?”
- How well do you sleep? Like a log, or up and down all night like a yo-yo?

This is just the beginning. But I think you get the idea. The point is there are many aspects to creating an amazing, healthy life, and where we are at any given moment varies for us individually. But what if you could choose to have things be just the way you would like them?

Yes, I know this may sound a bit Pollyanna, airy-fairy, with a triple dose of pixie dust, but you know what? You only have one life (at least at this moment), and I am pretty sure nobody on their deathbed wishes they had spent more time at the office or more time being depressed, or – worse yet – more time not having any sex. Seriously.

Well ... that was a bit of a rant, but I am pretty sure you will agree.

So where are you currently: body/mind and spirit? And where would you like to be? Only you can say. If you could wave a magic wand and create a life you love, what would you love to create? What would you choose?

And this ladies (and the sneaky gentlemen reading this, because it is for ladies) and more is what we will be exploring in *Fountains of Youth*.

I guess I *really* have my work cut out for me (pass me some more pixie dust – I think I am going to need it).

Choosing to feel fabulous is a Fountain of Youth.

