

Tom Nuyens Presents



ALIVE ACADEMY

The 4 ROOT Causes of Dis-ease

+ HOW TO ADDRESS EACH ONE OF THEM NATURALLY

- ✓ Without spending lots of money (on Pharmaceuticals,...)
- ✓ Without doing anything preposterous to keep yourself healthy

 CHECKLIST

By law I am not allowed to claim that it will work the same for you.
So to protect all that I have worked for and to be able to keep sharing these insights,
I add the following disclaimer:

Any information on diseases and treatments available at this website is intended for general guidance only and must never be considered a substitute for advice provided by a doctor or other qualified healthcare professional.

Always seek the advice of your physician or other qualified health care professional with questions you may have regarding your medical condition. Tom Nuyens may at any time and at his sole discretion change or replace the information available on this channel. To the extent permitted by mandatory law, Tom Nuyens shall not be liable for any direct, incidental, consequential, indirect or punitive damages arising out of access to or use of any content available on this website, including viruses, regardless of the accuracy or completeness of any such content.

The information contained in this checklist is for general use purposes only. The information is provided by Alive Academy and while we endeavor to keep the information up to date and correct, we will make no representations or warranties of any kind, express or implied, about the completeness, accuracy, reliability, suitability or availability with respect to the Academy or the information, products, services, or related graphics contained in this website for any purpose. Any reliance you place on such information is therefore strictly at your own risk. In no event will we be liable for any physical damage including without limitation, indirect or consequential injuries or damage whatsoever arising from work outs or in connection with, the use of this website. Through this site you are able to link to other websites which are not under the control of Alive Academy. We have no control over the nature of those websites. The inclusion of any links does not necessarily imply a recommendation or endorse the views expressed within them.

- ✓ I will give you the mentioned secrets
- ✓ that made me dis-cover and overcome the root of all my dis-eases (including my life threatening disease)
- ✓ and makes my body measure 16 years younger than my actual calendar age. (My metabolic age measures 31 - My actual calender age: Almost 50 years old)



**“Only when we Know & Solve the Root Cause,
we can heal the Root,
together with its symptoms,
Once and for all”**

Tom Nuyens

WELCOME, BIO & MISSION

After having won the first Mister World, Tom Nuyens kept feeling an emptiness inside despite his world success and gathered status symbols.

He still felt an underlying feeling of unworthiness, restlessness and emptiness even though on the outside he painted a golden mask of success.

Tom started questioning everything, since we all are brought up with the belief that being successful, will solve all of our issues and will make us feel completely fulfilled, but he experienced himself the illusion of this conditioned belief.

He learned everything about physiology, psychology and philosophy and still couldn't find the answer to the question, where is TRUE relief and fulfillment, where we all are looking for, to be found?

After many more years of searching, without finding, his patience became richly rewarded.

He found were true and lasting fulfillment is to be found and how to experience

our independent, vibrant aliveness and deep smile once we have dis-covered it.

Together with acquiring the photography and film skills from the best photographers and film makers worldwide, when he stands in front of the camera, together with his new lens through which he has dis-covered the beauty of the world, Tom became an international photographer and inspirational film maker.

Tom survived a life threatening disease when he was eight. He became very grateful for having had a second chance of living. Health became his wealth. He learned and questioned everything about advertised and conventional health and nutrition and found that:

“Most of our Conditioned Health claims are flat out wrong and sometimes even provide us with the opposite outcome of what they make us believe.”

He found through his own experience, we can even reverse aging, prevent and even reverse genetic diseases.

He managed to reverse his metabolic age (physical age) to measure 16 years younger (measures: 31 years) than his actual calendar age (almost 50 years)

He does this by de-conditioning and becoming 'natural' again in every sense of the world.

Tom still works as an underwear model for the same underwear clients as 35 years ago, so his mission is to share & inspire by example.

His mission is to pay forward how to dis-cover your own lasting fulfillment, aliveness, and deep smile again.

Tom wants to help you to dis-cover your unique talents and gifts you are born for to give to the world.

And he wants to help you reset your body to your most healthy, strong and vibrant state as the fundamental base for the independent, abundant life you are designed for.

After more than 20 years of coaching the same steps, one on one with heart touching results, his mission expanded to help as much people as possible Online too to break free from the very inside out.

Especially in times of miss-information and censoring, it is my moral obligation to stand up and share.



Tom Nuyens

The 4 ROOT Causes of Dis-ease

ROOT CAUSE #1: TOXICITY



HOW TO ADDRESS TOXICITY?

As you can see in the drawing, our body can constantly be exposed to toxins. The good news is, the intelligence of our body is very good at eliminating toxins within reason.

First and foremost, we must become very aware of what is toxic and mitigate our exposure to toxins.

My intention is that the drawing helps you with this awareness.

Our body produces Free Radicals (unstable atoms) to be able to eliminate toxins from our body.

When our Free radicals (produced to eliminate toxins) are not being neutralized in our body, then the unstable atoms, cause diseases and signs of aging.

Processed food produces more Free Radicals (unstable atoms).

We can neutralize the unstable disease/aging effect, of Free Radicals by consuming a lot of anti-oxidants (like glutathione = super anti-oxidant (produced by our body by using amino acids like cysteine, glutamate & glycine from for example beef, fish, poultry) & by reducing processed food.

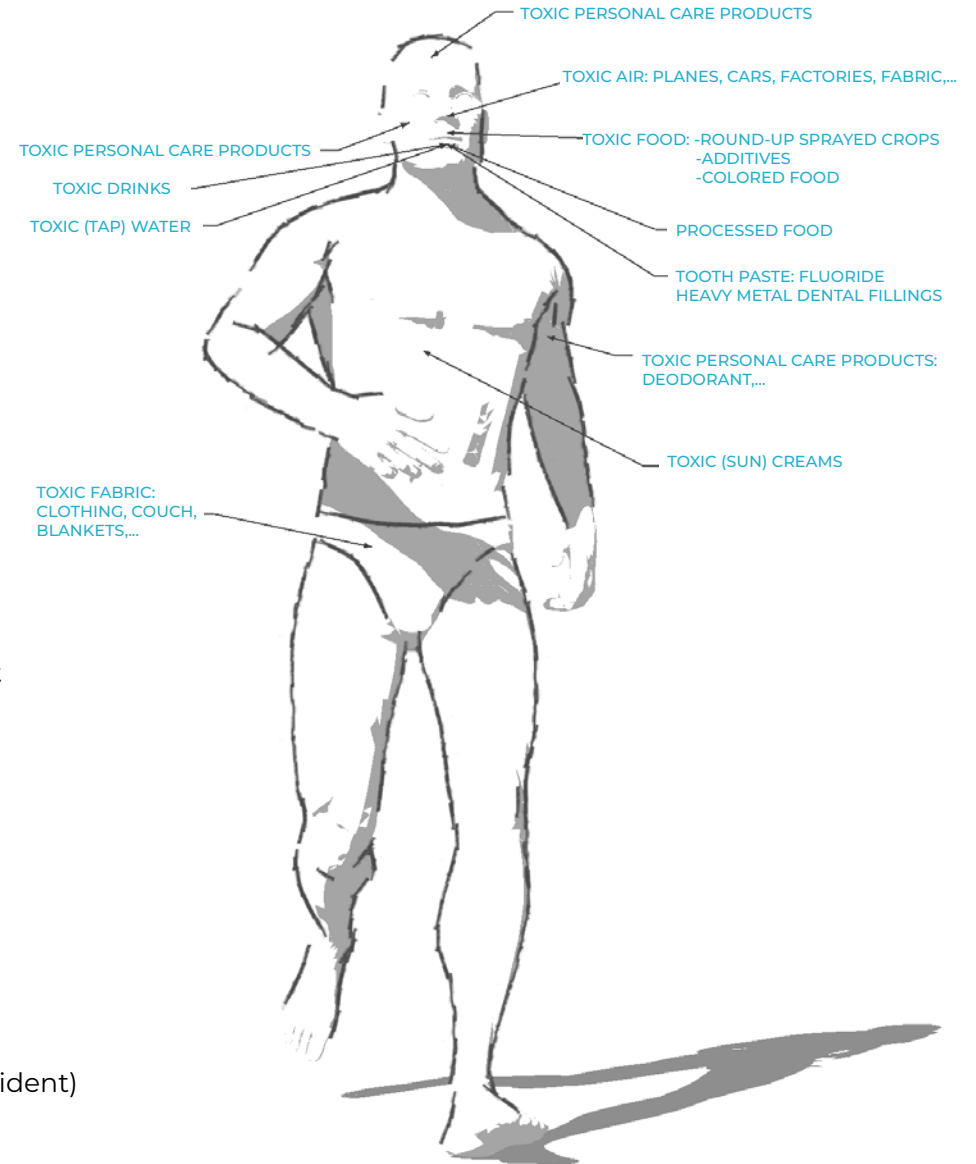
CHECK THE BOXES

I understand that to address the root cause of toxicity, I have to:

Understand where toxins come from and mitigate my exposure to them.

Consume enough Anti-Oxidants (for example glutathione = super anti-oxidant)

Detox my body naturally (more in depth in future video)



The 4 ROOT Causes of Dis-ease

ROOT CAUSE #2: LACK OF PROPER NUTRITION



HOW TO ADDRESS LACK OF PROPER NUTRITION?

Addressing lack of proper nutrition speaks for itself. Just like already mentioned in the previous root cause, disease, we have to make sure, we eat enough anti-oxidants, to be able to neutralize the free radicals that our body produces for elimination of toxins.

When we do not consume enough anti-oxidants, then our body does not have enough anti-oxidants, therefore will not be able to eliminate toxins.

Accumulation of toxins in our body, without being able to eliminate, is the root cause of most chronic diseases and cancers.

In order to flush out the toxins out of our body, we need to drink (unadded, unflavored) source mineral water with essential electrolytes (Magnesium, Salt, Potassium, Calcium,...)
Without these essential electrolytes, there is no cell-conductivity or cell-flow, which means our body can not open and flush out the toxins.

CHECK THE BOXES

I understand that the accumulation of toxins in our body, without being able to eliminate, is the root cause of most chronic blockage or diseases and cancers.

I understand that to address the root cause: 'lack of proper nutrition, I simply need to consume enough unprocessed & anti-oxidants rich food (for example super anti-oxidant Glutathione from beef, fish, poultry,...)

I need to drink enough (unadded, unflavored) natural source mineral water with essential electrolytes (Magnesium, Salt, Potassium, Calcium,...)
Without these essential electrolytes, there is no cell-conductivity or cell-flow, which means our cells can not open and flush out the toxins.

The 4 ROOT Causes of Dis-ease

ROOT CAUSE #3: ELECTRIC & MAGNETIC FIELDS



HOW TO ADDRESS EMF?

Electric and magnetic fields (EMF) are all around us:
Wifi, Radio, Magnetron, Phone,

You probably know that we humans are also electrical beings.
When we move a muscle, it is orchestrated by an electrical impulse coming from our brain.

EMF also cause our body to produce free radicals in order to repair itself from them. Too much exposure, for example to cell phone, can prevent our body from reparation, which might result in a tumor close to the ear.

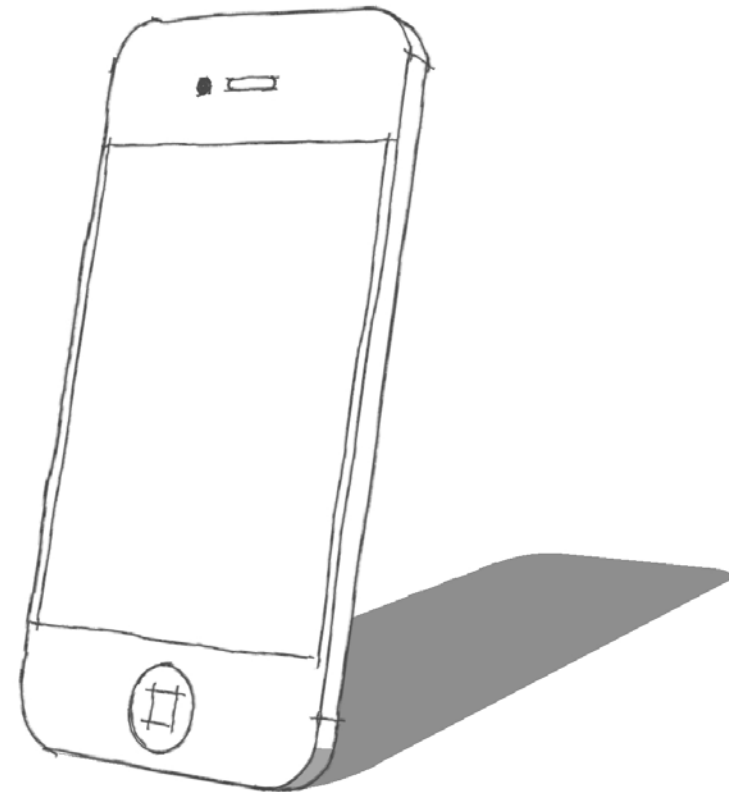
We can not eliminate EMF, but we surely can mitigate them.

CHECK THE BOXES

I understand I have to mitigate my exposer to EMF, by reducing my cellphone usage, if I use it, I use wired earplugs. To not use wireless earplugs, because they turn our brain, into a emf transmission center.

I will put my phone on Airplane mode when I sleep.

I will switch off Wifi in my home during sleep.
(Our sleep is our restoration state, making sure there are no EMF's close to our head, gives our body the opportunity, to restore from toxins and EMF's accumulated during the day)



The 4 ROOT Causes of Dis-ease

ROOT CAUSE #2: PROLONGED CHRONIC STRESS



HOW TO ADDRESS PROLONGED CHRONIC STRESS?

When we are in stress or in fear, our body gets into primal survival mode, which is very beneficial short-term in situations of acute danger to survive, to direct all of our energy to boost our fight and flight reactions almost super humanly. For example: we could run way faster if we are chased by a dog, we could lift up a small car, when a child lies underneath, etc

So although these primal fight and flight mode can be very beneficial short term in certain situations, it is very taxing for our body and can result in diseases, when experienced chronically.

Why is that? Well, when we are in fight and flight mode (Fear, Stress,...) chronically, our body literally injects itself constantly with fight and flight biochemicals like cortisol and adrenaline. These biochemicals being injected chronically, literally knocks our immune system down and makes us prone to diseases.

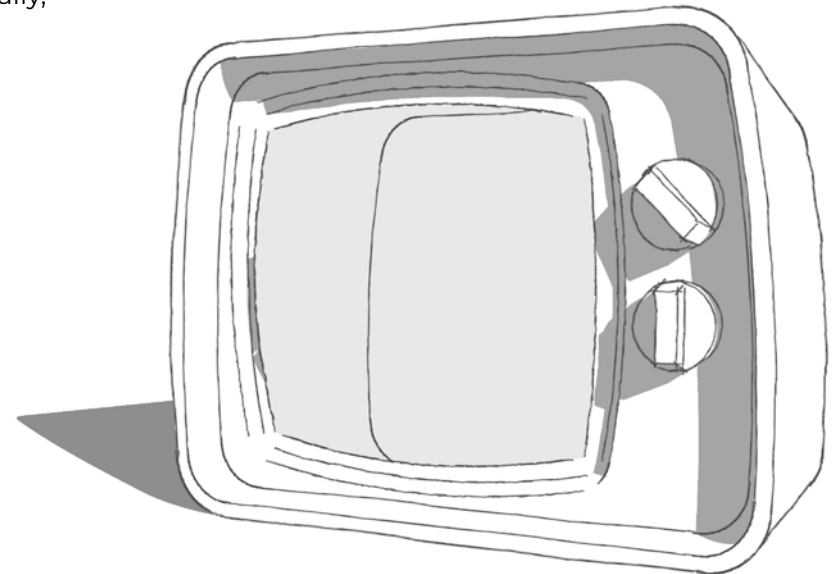
So it is key to reduce experiences of fear, stress, drama, chronically, to prevent or reverse dis-ease and consequential diseases. Solving the root cause of all fear, stress, anxiety,... is the best thing we can do for both our mental, but also our physical health.

CHECK THE BOXES

I understand that the continuation of fear and stress in our body, knocks our immune system down, and makes us weak and prone to dis-ease and consequential diseases.

To reduce weakening Fear & Stress, I will to stop feeding myself constantly with fear and stress (Turning of the News will stop injecting my body with immune weakening fight and flight biochemicals.)

I understand that solving the root cause of all Fear, Pain, Stress, Trauma, anxiety, once and for all is the best thing we can do for both our mental and physical health.





I wish that addressing these 4 root causes of disease
will drastically improve your health

When you are ready to break FREE

Step-by-Step: How I Broke Free from All my Fear, Pain, Stress, Trauma,
Anxiety, Dependencies and Addictions, Once and for All, Starting from the Very Root
(without Having to Relive or Suppress Them).



to BOOST
My Mental + Physical Health



I wish you the same

[Click here](#)