

Restorative Healing Begins with Rest

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Synopsis

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What is the most scientifically effective way to overcome degenerative illnesses? What is the quickest way to overcome breathing problems or skin rashes? What is the most efficacious way to beat PTSD and re-energize your body? Listen to the most powerful secret of restorative healing discovered serendipitously by a 9/11 survivor. Oral Patrick was terminated from his job on the 83rd floor of the World Trade Center the day before 9/11 when the planes destroyed the buildings and killed many of its occupants. In the ensuing weeks and months, he volunteered to go back to Ground Zero to assist with the search and rescue effort. As a result, he developed chronic eczema and bronchitis from the toxic pollutants in the air. After he was terminated from his job as a computer systems engineer, he was on the verge of homelessness, and his relationships experienced severe challenges during this time as friends and family withdrew. However, unlike many of his counterparts who succumbed to illnesses related to the toxic exposure, he was completely restored. Patrick recovered by using alternative therapies that deliver safe results without the need for drugs with severe side effects or invasive procedures. In *Restorative Healing Begins with Rest*, he shares how he overcame seemingly insurmountable obstacles to recover by using techniques for resting the mind, body, and spirit. Resting activates the innate self-healing power of the body. Circadian-based fasting, which is resting the digestive system, is one of the most effective ways to heal from chronic degenerative conditions. Additionally, he used meditation techniques, in conjunction with music, to heal emotionally by reconnecting authentically to the superconscious self.

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