

## Autoimmune Secrets: Xianhua Li, N.E.W.S.T.A.R.T.

Jonathan Otto: I'm here with Xianhua Li and she works here at the Weimar Institute. She's a bible health worker and she works as well in massage therapy. And she uses this to help people, to help people get better. And I'm just really curious because I like massage. I think everybody loves massage. And I would love to know how I can use it and how the person watching can use it to help them with different health challenges. What have you seen with massage? Have you seen massage as being able to help people recover from diseases and lifestyle challenges or anything of the like?

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Xianhua Li: Yeah. Massage and hydro is very powerful. Things like massage is good but we combine with massage and hydro together. And also we combine with the spiritual part together. So that's become very powerful. You want me to explain?

Jonathan Otto: Yeah, please.

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Xianhua Li: So first what we are doing is that we believing that 99% of what we are doing is from God and also 1% of what we are doing is just lifestyles. So what I'm doing right now in here is that just helping people 1% just encourage them. And also spiritually and physically just helping them enhance their healing. So first what I'm doing is that we pray with the people. When we're starting the treatment, we pray with the people, asking the prayer requests. And also I share the Bible quote with them. Sometimes I know that it's only one or two minutes we share with a Bible quote like that. But it just every time I had a patient when they just start with a Bible quote, they just touch because the way I'm reading it to them, it's just what they needed. So with spiritually, they just got really touched in the beginning and we start with the hydrotherapy first.

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So I have a lot of patient, they're having-- I don't know if you know about neuropathy? So neuropathy is a lot of diabetes patient, they don't have a good circulations and they go like numbness. They don't have good feelings. So they can't feel their legs and feet and we do the contrast bath with them which is like 30 seconds hot and 30 seconds cold and repeat for three times, hot, cold, hot, cold, hot, cold like that. So temperature will be really low one or two. But one day, I was drying her toe. It's very interesting, she started feeling. She starting like moving her toes. And she told me that, "I never felt my toe like this." She started feeling tickle. She started feeling her feeling back. When she was very, very touched because a lot of doctors been discouraging her. She was very sad. But it just very feels good that she can feel her toe again.

[00:03:30] So a lot of miracles are happening. Even just the massage and hydro but it's just like a lot conversation, a lot of connections with them. So meeting their needs. Not even just psychically, just like spiritually, yeah. Sometimes I just sit there, listen to their problems. Yeah. And then sometime, they asking a lot of Bible questions. People that are coming here, it's not just their physically, they're emotionally and mentally very, very ill. So they're looking for the solutions.

Jonathan Otto: That's amazing. What does it mean to you to see somebody get better and to see them have hope? And to feel that support when you're working with them. What does that mean to you?

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Xianhua Li: It means a lot has happened because I'm a Christian. For me, when Jesus, when he was here, what he did is a teaching, preaching healings. And when I see God is using me as a tool to help in their life. This is enhances the Jesus come second coming. So a lot of people their coming is not a Christian. They're Christian but they're not say believing. But when they're coming here to accepting, they feel the gospel love. That means like the whole world to me. It just like my missions, my goal is that I want to become a missionary. This is a mission fuel that I'm serving. Yes. Serving my clients, spread the gospel to each one of people.

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Jonathan Otto: You said that it was like heaven?

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Xianhua Li: Yeah. I'm a Christian but before I come here, I was a [inaudible 00:05:01] Christians. So I got converted. My goal in life is like I want to earn money. I want to get rich. That was my goal. Get a nice car. That's my goal. But when I started serving other people, I'm going to get convert again and talk about Jesus more. And my heart is full. I don't feel like emptiness. I don't feel like loneliness. I feel like full. My love is full. So I want to let other people feel this. What I'm doing right now is that you think it's very small but I'm satisfying because I'm sharing the love to them. And later on, you won't see fast like they will get better. They will better or mood changing but very interesting. In 18 days, like first week and end of week, they're totally different person. When I see that, this is taste of heaven. Just like so heavenly.

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And I'm working with all like spiritual people in here like who are all Christian. We have the same goals, same minded. This is little taste of heaven. Yeah.

Jonathan Otto: And you think that God is happy with the work that you do? And with who you are?

Xianhua Li: Yes.

Jonathan Otto: Do you feel God's presence in your life?

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Xianhua Li: Yeah.

Jonathan Otto: You do?

Xianhua Li: Definitely every day because we have to experience in God every moment by moment. As I'm serving here because as I am leaving every day, I'm searching for God because if I want to share with the love to the people, I need to command with the God every moment by moment. If I don't do that-- I can do by myself, later on I'll be dreaming. I'll be so exhausted because from me, coming from God, it will be more-- God will take care of me.

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Jonathan Otto: That's great.

Xianhua Li: Yes.

Jonathan Otto: Well, I appreciate you sharing that. You really care about what you do and that's great. And you have a passion for souls. You seem really interested in people and their happiness. And for you, the thought of seeing somebody saved and being in heaven, seems like it's more important than the car and house and those things. What was it like to change? Because it sounds like a lot of your years were lived chasing money. And then now, you're living this different reality. What is it like to change like that and to have your goals shift from how they were, yeah, to the things of this world to the things of heaven and eternity?

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Xianhua Li: First, for me when I was young, when I was 15 years old, I really, really wanted to become a NEWSTART leader and doing all these things. And after growing up, I forgot about that, as I'm growing up because my goal is like earning money and getting a nice car. All my goals are like that way. As I growing up, I feel like my heart is not getting full because what I'm doing is chasing for the world, my heart is becoming empty and empty and empty. I'm very, very depressed. But when I starting [inaudible 00:08:45] the church. So it was not warm, it was not too cold but as I'm searching for God more, I'm really realized that when I'm serving the Lord, my heart starting to be full again. And then I come to Weimar and I experiencing like NEWSTART, I was student here experiencing all the massage and hydro learning that I can learn it in other place. But here, they teaching us how to combine spiritual and also all the health part to get combined together as a one.

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[00:09:30] So that just really caught my attentions. This is what I wanted to serve as a missionary serving here because I experienced it and I want to do that.

Jonathan Otto: That's great. That's great. So now let's go in detail about massage. So how can I use massage in my life to just help my body? I'm curious as to like with the choices I make. So if I look at where I live locally in San Diego, I could go get a deep tissue, Swedish massage. I could get a Thai massage. I'm not even aware of whatever else might be offered.

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Xianhua Li: There are all kinds of massages.

Jonathan Otto: Yeah. Which are the most regular? I know that they're very common. What else is very common?

Xianhua Li: Mostly what I learned is that Swedish massage, deep tissue massage, lymphatic massage, lymphatic drainage massage.

Jonathan Otto: People can go and get local massage done at just any kind of corner.

Xianhua Li: Oh, yeah.

Jonathan Otto: And it's good, right?

Xianhua Li: Yes.

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Jonathan Otto: It's good to help relax people and is it good in some ways for lymphatic training? Even if it's somebody's husband or wife is massaging them, it's still good for them, right?

Xianhua Li: You know these days a lot of people get abused because they don't have a nice touch. But nice touch, it helps you to relax you. They have to calm you down. You stress, [inaudible 00:10:56] you feel really relaxing. If massage is not language. So massage it helps you to remove stress, remove depressed. It helps with insomnia like detox you, give you circulations, remove the tension. Also helps when fighting the cocaine addictions. It helps you overcome that too. And also help you with more-- for example, when you have working area like work more better a lot of big companies start hiring massage therapists to massage them. So you can get a massage in everywhere place. But here what we are doing is a little different because we are combining massage and hydro and spiritual part together. So that's why it makes it so special in here. And also combined with other doctors and nurses and everything together. You become one.

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[00:12:00] So what I've been doing here is that we're treating patient according to their symptoms. We can give them nice, relaxation massage but if you have some area has a problem, you know back pain, we're going to target that for them. And we have a leg [inaudible 00:12:19] or we have something, some like sciatic

[00:12:30] nerve issues. So we're just going to targeting one by one. So, for example, if you have a back pain or we're going to do to [inaudible 00:12:32] is a hot compress. So we do the hot and cold treatment from there. So apparently if we do several times, a lot people they starting getting better. And then after that, we'll give them a good, nice massage. And it's just basically treating them according to their symptoms, targeting their symptoms. We can give them full

[00:13:00] massage. We can do that but we're more targeting the symptoms so they can get better right away.

[00:13:30] And if they have any depressions, we have a lot of depression patients going through the program too. So what we are doing, that would be the contrast emerging bath it will basically make hot like tolerable around 104, 106. Then we do the cold for like really cold so they will have to enhance their circulations and their brains get the really good circulation too. So they will think better. It really helps too. You can try too, if you're tired. And also it increase your immune systems too. So once you are doing every day, your body just very, very just ready for the day. The hydro and massage just like

[00:14:00] move your energy. Actually this is a lot of the patient, they love massage and hydro. That's the best for them. They love that so much because they're so

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*(NOTE: speaker names may be different in each section)*

Xianhua Li: That's the best for them. They love this so much because it's so relaxing. They don't know the cold part, but they know it's good for them.

Jonathan Otto: Yeah, and you feel good straight after the cold beer, right?

Xianhua Li: I feel good straight after pouring some cold to the client. For them, they don't like it at first, but they know it's good benefit because the cold helps them decrease their inflammations for them and actually bring more bloods to them. They don't like the cold at first but they love the after-effects, so a lot of patients come to me, "I hate cold, but, I know it's good for me. I wanna do it."

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Jonathan Otto: And some people will do it just because they love the feeling they'll get after.

Xianhua Li: Yeah, it's very invigorating, and it has so many miracles happenings, especially I told you about neuropathies, and also so many back pains, so many leg pains, they have sciatic pains. We have a lot of good results on there.

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Jonathan Otto: Wow. You're saying that people that have nerve pain, neuropathy, that they can get a relief where they stop feeling pain?

Xianhua Li: In neuropathy, yes. Basically, they feel more because [inaudible 00:15:22] it helps them increase their circulations. So if the [inaudible 00:15:27] circulates well that means they're bringing fresh blood into there, so they can remove all the bad stuff and they can bring the good fresh blood and nutrients into that area. So if you do more often, eventually you can feel the ... 'cause I have so many cases they have on neuropathies ... I have so many patients they starting feel immediate ... feeling their legs and toes.

Jonathan Otto: And pain going away?

Xianhua Li: Yes, pain going away, and most of the time we are checking ... We have a lot of before and after we have on neuropathy scores a lot of people most of them they've dropped dramatically.

Jonathan Otto: That's excellent. And can you tell me how this protocol is done? So they get in and out of the hot and cold so it can be done maybe with a shower?

Xianhua Li: Mm-hmm (affirmative).

Jonathan Otto: Someone gets in a hot shower first, then cold, then hot, then cold, and they do that repetition how many times?

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Xianhua Li: You can do three-five times; it depends how severe you are. Usually I do three times; if somebody has really severe depression or leg pain I'll do four times or five times. So normal people we do three times- three minutes hot, 30 seconds cold, and then repeat for three times. Hot/cold, hot/cold, hot/cold.

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Jonathan Otto: So then it would take ... If you do that three times, three minutes in the hot each time, then you're looking at nine minutes for the hot and then 30 seconds times three 90 seconds for the cold. You say 30 seconds for the cold?

Xianhua Li: 30 seconds for the cold.

Jonathan Otto: So you're looking at 10 minutes, right?

Xianhua Li: 10 minutes.

Jonathan Otto: So it doesn't take long to do this?

Xianhua Li: No it doesn't take any long time [inaudible 00:17:22].

Jonathan Otto: Wow, that's amazing, and then end on the hot or the cold?

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Xianhua Li: We always end with the cold, because when we doing hot our pores are open, so we wanna close. Then cold pushes away the blood, so they send the blood to your organs so we can use that ... the circulation in your body. We always end with the cold. Actually it's really good for your skin too if you end with the cold.

Jonathan Otto: So it can help clear up acnes, pimples and things like that? Is it helpful for that or not?

Xianhua Li: Acne?

Jonathan Otto: Yeah.

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Xianhua Li: I don't know but it's really good for ... I'm doing it every day; it's really helping for your skins too so you moisturize your skin.

Jonathan Otto: You feel the difference?

Xianhua Li: Oh yes. If I don't end with the cold I feel very exhausted; if I end with the cold, I feel more invigorating and ready for the day. You should try it.

Jonathan Otto: Great. Yeah I will; I have done quite a bit, but I haven't been doing it recently. I think it's because I just forgot about it in a sense, so it's really great having the reminder. Sometimes I end up with the hot just because I wanted to and I didn't realize I wasn't supposed to.

Xianhua Li: And also always end with the cold because cold it will help give you more energy, but during the night time you don't wanna do that.

Jonathan Otto: So you don't do hydrotherapy just before you go to bed?

Xianhua Li: You do it for only neutra bath. You can do neutra bath because it helps relaxes you. Somebody has insomnia, somebody has extreme stress, you just wanna calm and relaxing treatment before bed. If you do cold, it helps to invigorate you it helps ... you might, for me it's okay. For some of the people it disturb their sleeping, so right before bed you wanna do the tepid neutra bath. That will be really good.

[00:19:30] We have a lot of case someone has a severe headaches we have a treatment it, just take care of it right like that. Someone has a headache, so we do the hot and cold foot bath, and then we take care of the headache right away.

Jonathan Otto: Really?

Xianhua Li: Yes.

Jonathan Otto: So hot and cold foot bath, and how long do you put your feet into the foot bath for?

Xianhua Li: Foot bath it's same thing it's 3:3:3 methods; three minutes hot, 30 seconds cold, and repeat for three times.

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Jonathan Otto: So you fill up two clean dust bins?

Xianhua Li: Any kind of ... yeah.

Jonathan Otto: Does that mean it comes up to your knees?

Xianhua Li: No you don't have to-

Jonathan Otto: It could just be the feet?

Xianhua Li: ... Yeah, feet.

Jonathan Otto: Wow. Just the feet, have it as hot as possible without it hurting you?

Xianhua Li: It depends how hot you can tolerating it, just comfortable hot; it's not that painful hot.

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I have one of my friend he had a severe headache so much headache. What we did, is we did a hot and cold foot bath and then put the cold on their heads, the ice on their head. In 10 minutes he just get better right away because sometimes you have a headache, because you have too much pressure around their head. So what we are doing is, if you do hot and cold there, you'll send the blood to down there. If you put cold in here you have less blood in there, so that's why they will helps you decrease your headache.

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Jonathan Otto: I love that, that's wonderful. And so you've seen that work-

Xianhua Li: Oh yes.

Jonathan Otto: ... quite commonly?

Xianhua Li: I can say 99%.

Jonathan Otto: Really?

Xianhua Li: Yes 'cause most of my guests when they have a headache, they all has a headache, but when we do that, after we do that, after the hydrotherapy they just... How's your headache doing? "Oh, it's better. I didn't even think about that."

Jonathan Otto: These are people with really bad headaches?

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Xianhua Li: Oh yes, headache. Most of them is stress headache, stress and tension headaches. [inaudible 00:21:37] severe one it takes time, but most of headache it cures right away.

Jonathan Otto: So then how does that help to remediate that issue 'cause say for example someone that's getting headaches ... I'm somebody that never gets a headache. I don't even know what one feels like, right?

Xianhua Li: Mm-hmm (affirmative).

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Jonathan Otto: Would this treatment help them to stop getting headaches, or is it a combination of things like is it 'cause some people might be getting 'cause they're dehydrated, right?

Xianhua Li: Yep.

Jonathan Otto: And that's probably the most common reason why people get headaches?

Xianhua Li: Yeah, dehydration is most common one. And mostly we are coming ... the patient is that they're drinking enough water, 'cause we are recommending they drink enough water.

[00:22:30] Some of them there's a complaint of headache well so try then okay drink more water, then they, "Oh, I think my headache is from the dehydration." They know that.

[00:23:00] And if not the dehydration, we'll do the contrast in hydrotherapy then that will help them too. A lot of people thinking when they had it they have to take the medication first, but they can try the hydrotherapy or checking water, drink enough water, and then do that. If the drinking water is not taking headache away, you can do the [inaudible 00:23:01].

Jonathan Otto: Go ahead. Great, and then do you think the foot bath has any long-term help to prevent headaches or to have people not have them as-

Xianhua Li: That is your lifestyle, how you are taking the stress. 'Cause headache is coming from, dehydration, it's coming stress, it coming from tensions, it coming from

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allergy reaction, all kinds of reasons. It depends where you getting your stress, where you getting your symptoms, but it will helps you to prevent that if before getting headache. If you feel you're getting headache, it will help to prevent that; if you do that it will be prevented.

Jonathan Otto: It's a good way to work towards those goals. There's no reason why people should have headaches if they're following the eight pillars of the health laws.  
[00:24:00] There's no reason why people should be getting headaches unless there's something spinal; spinal could happen, right?

Xianhua Li: Mm-hmm (affirmative), yeah.

Jonathan Otto: You guys for chiropractic or?

Xianhua Li: No, we are only working for massage-

Jonathan Otto: Yeah, but are you for it in favor of chiropractic or ... you don't have a policy which is against chiropractic?

Xianhua Li: Well we have I can't do it 'cause I'm not the-

Jonathan Otto: But if somebody wants to go see a chiropractor you won't say, don't do that?

Xianhua Li: Oh, no.

Jonathan Otto: It's good for [crosstalk 00:24:28]. Yeah, I see a chiropractor.

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Xianhua Li: Yeah, chiropractor is whatever they need; if it help them they can do it. Chiropractor is more like bone reshaping.

Jonathan Otto: But if somebody has a spinal issue then it can cause headaches ... entire spine those things I've seen it happen a lot.

Xianhua Li: [crosstalk 00:24:49].

Jonathan Otto: Yeah, my wife gets that so often her headaches are spinal.

Xianhua Li: Spinal, yeah.

Jonathan Otto: It's very interesting, right?

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Xianhua Li: Yeah. Then you should ... PT will be help. Also if when she gets really headache, just simply massaging their necks because when they getting headache because their muscles are tensing, up so that gives them a headache

too. So for that case, if it's really severe, you can do the nice neck massage and head massage slightly; that will be help for her headaches too. Also, you can try the foot bath if it helps.

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Jonathan Otto: Alright, we talked about the foot bath, the hydrotherapy, so if someone does it in a full shower or somebody does it with their feet, but-

Xianhua Li: We have a lot of kinds of natural remedies, hydrotherapy, we have so many kinds. Shower is one kind, and emerge in baths, sauna, steam bath, and charcoal bath, and [inaudible 00:25:47] for Arthritis and so many different kind of treatments.

Jonathan Otto: [00:26:00] And then you were talking about the incorporation with massage. So how does someone do the hydrotherapy, and then they get a massage immediately after or before?

Xianhua Li: They won't get hydrotherapy first and then they get the massage because hydrotherapy helps you to get your muscle is ready, it's already soft with softness, 'cause hydrotherapy it give your muscle warm so we can just dig into you right away ... saves a lot of time.

[00:26:30] If you do only massage, you have the warming of the tissue first you have to ... You cannot just dig in right away 'cause your muscle is not ready. So you wanna warming of your tissues first and then we have to do it, but you do hydrotherapy first your body's already ready and you're already relaxing so it's easy to treat it.

Jonathan Otto: I could do hot and cold treatment in my home, and then I could drive to the masseuse straight after?-

Xianhua Li: Oh yes.

Jonathan Otto: ... And then massage?

Xianhua Li: Oh yes.

Jonathan Otto: Great, and then the one thing I'm missing is ... and that could go for 60 minute massage? 90 minute?

Xianhua Li: It doesn't matter ... whatever your pocket-

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Jonathan Otto: Pocket and time, right?

Xianhua Li: Yeah, pocket and time.

Jonathan Otto: But 30 minutes may be a little short, right?

Xianhua Li: Because we don't have in here, we can only half and half hours; we have to fit it in so we only focusing on the-

Jonathan Otto: So you do it in 30 minutes?

Xianhua Li: Yeah.

Jonathan Otto: That's great, so it does work; you can do it in just 30 minutes?

Xianhua Li: Yeah you can do it, but we only focusing on the one problems.

Jonathan Otto: So just neck or back or?-

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Xianhua Li: Yes. So we have a lot of for the shoulders people can come in, and we have a lot of issues about neck so what we are doing just targeting them one layer by layer. You know muscle has layers?

Jonathan Otto: Mm-hmm (affirmative).

Xianhua Li: A lot of layers and then the connection, insertion, everything we just work with that.

Jonathan Otto: And now you mentioned the spiritual. Now how do you combine, because you have this three-fold approach, so how do you do the spiritual in this time?

Xianhua Li: You know what? when we starting with a prayer we are inviting God's spirit right in there, and the spirit is working 'cause when we starting prayer-

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**Section 2 of 3** [00:14:00 - 00:28:04]

**Section 3 of 3** [00:28:00 - 00:40:57]

*(NOTE: speaker names may be different in each section)*

Xianhua Li: And the spirit is working because when we started in prayer, they started asking a lot of questions about, "So, what's your religion looks like?" They started opening up like, "You know what, I have this kind of problems." So one thing would happen is that though, yes, she knows I'm praying for her. She said, "You know what, I want to go home to this NEWSTART lifestyle. So, and then she told me that, "But my husband. I'm afraid that he's not supporting

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me. But I don't want to force him." So we said, "Let's pray about it." So we started praying and then she just come to me like, "You know what? God answered our prayers." Like, "What happened?" She said that, "My husband just called me that he is supporting me whatever ... Because he's a big meat eater. But he's supporting me." And he's willing to follow whatever she does.

[00:29:00] So that's the one I'm ... So people notice when they come here, people notice. And then they can feel it. And then when we started with a Bible verse, Bible quote and then I started singing to them too during the treatment, especially when they were doing the code, singing hymns to them. They feel it. The [inaudible 00:29:17] feel is that you can feel somebody here is healing you.

[00:29:30] You can feel that somebody's hand is over you. Because sometimes I pray. I just did a massage. They were just like, "You know what? I feel so great. My pain is gone." I was like use many things. God ... They can feel God is present with me because we always start with a prayer. God's holy spirit is in there. Touching your voice.

Jonathan Otto: That's wonderful. Well, thank you so much. Is there anything else you feel like you'd like to ... Oh, essential oils. Do you ever use essential oils with massage.

Xianhua Li: Yes, we use essential oils.

Jonathan Otto: Really. Like what?

[00:30:00] Xianhua Li: We're using lavender. A lot of lavenders because it helps with the relaxations. We use wild orange. It helps with when somebody has anxiety because we have a lot of people having anxieties and stress. It helps with de-stress for you and we use a eucalyptus oil. Helps when you do [inaudible 00:30:20]. So we create a steam. We put eucalyptus oil, dilute it in the water, then we pour in the stone. You create all the steams and you inhale that. It feels so good. So we use that for clients. When they're severe in stress, that really helps patients.

Jonathan Otto: Lavender, wild orange.

Xianhua Li: We have a peppermint, we have a serenities, we have basil, we have ginger. We have a deep blue. Deep blue is really good for someone who have a really muscle tensions. So we use that. We have a fever therapy too, sorry. Have you heard of a fever therapy?

[00:31:00] Jonathan Otto: Yeah, it's hypothermia, right?

Xianhua Li: No. Fever therapy is that somebody has a cancer so that treatment helps cure the cancer cells. So we have a lot of patients ... Some of our patients come in ... They have a cancer. So some people choose to do the fever therapy because

[00:31:30] what they are doing is we recreate our core temperature like 102 to 103.5. We create a fever for them. And then when we studied creating fever, that what that can do is it helps because once they're circulating well, they have enhanced the cure and success to kill all the cells. All the bad. Because from your bone marrow release a lot of white blood cells so they are so powerful so what they are doing just success in killing the, all the cancer cells. So a lot of people, they are doing that too. The fever therapies. It really is really helping.

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Jonathan Otto: So it's fever therapy and they're inducing fever?

Xianhua Li: Yeah. Creating more fevers.

Jonathan Otto: Right. Through heat?

Xianhua Li: It's a tub. It's water. It's a tub. We start with 108, 107 or 106 to 108. Depends how patient they can tolerate it. So they go in there and in 10 or 15 minutes it creates the fever. So starting at that time, we put cold, icy cold on their head and we can pour ice water because your brain doesn't like the hot. So we keep pouring the head cold and then their heart rate increase, their ... It's a really tiring treatment but it's really powerful treatment.

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Jonathan Otto: Yeah because I think it was after a certain study that was done that was showing that people went into fever ... This was accidentally, they just got fevers because they were sick but then the cancer just left immediately after the fever. Some of these were studied and then it became treatment. Is that how you understand how it was discovered?

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Xianhua Li: Yeah for me, what I understand is that it's from ... When I got training in the book, they teach us that fever treatment helps you fight with the cancer. It's kind of similar with the chemotherapy. So a lot of people that ... When they ...

[00:33:30] Some of my patients, instead of chemotherapy, I don't recommend it to everybody. I don't recommend everybody doing it. But some of my patients, they choose to do the hydrotherapy. They want to do the natural way. So they [inaudible 00:33:44]. Some people they've done chemotherapy and they come doing it again. But it was very helping them.

Jonathan Otto: Yeah? Yeah. What are the results that you see with people who have cancer that do the fever treatment?

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Xianhua Li: Fever treatment? I didn't get back with them but they ... It seems healthy. Because after that, they are leaving so I don't have the chance but a lot of people, they're coming back and doing that more so it helps.

Jonathan Otto: Yeah. That's great. Thank you. Thank you. Well I think that this is really great. What are some of the benefits of using hydrotherapy in conjunction with the

massage and then even the spiritual combined. What are some of the benefits someone can receive?

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Xianhua Li: Relaxation. It just helps you physically, mentally, and spiritually just relaxing and your ... Because when your heart is starting trouble and your heart becomes anxious ... You know the Bible verse, a merry heart is like a medicines. You know the Bible verse?

Jonathan Otto: A merry heart is like medicine?

Xianhua Li: Yeah. A merry heart is like a medicine, like a medicine, it's a merry heart. A  
[00:35:00] broken spirit dry up the bone but the merry heart [inaudible 00:35:00]. It's a song.

Jonathan Otto: That's beautiful.

Xianhua Li: Thank you. So in here, when they're starting relaxing, the healing comes through and they open heart to their God, open heart to the God and they just ... It helps you relaxation. It helps you to remove the stress. You know stress is  
[00:35:30] cause of all the diseases. Relaxation, stress and also everything. A lot of things, especially emotional part too. A lot of emotional parts and anxieties and a lot of things like that.

Jonathan Otto: Well, excellent. And then you've got anxiety. It can help with anxiety and depression?

Xianhua Li: Yes. Yes. Definitely. Because a lot of people that are in the anxiety, especially when Dr. Natalie had brought up depression with programming here. What  
[00:36:00] they are doing is recommending it to the program people. They do twice a week, twice a day do the hydrotherapy to them. It's very beneficial because it helps you to enhance your circulation for them. Once you circulate, you sleep well. You don't feel laziness anymore.

Jonathan Otto: Great. Great. Cool. Well thank you so much. This is perfect.

[00:36:30]

Xianhua Li: I know that helping you help people when they're having that kind of disease. Because my dad was a cancer too. But I have a hope that ... One thing that my dad got recovered is that understand God's love and His love motivates him to get better. It's like, I can tell one percent is lifestyle but the one percent is very important. Lifestyle is very, very, very important. But 99 percent is connection with God. I think if 99 percent, if we have a good connection with God, the one  
[00:37:00] percent just comes out because you love God and you want to do it. And my dad, he got baptized. He got cancer and then he was ... He got baptized and then he's helping the people ... He passed away too because he fell off the

wagon. But I want to encourage you, trust in the Lord. He has an amazing plan for you and yes. And come to NEWSTART!

[00:37:30]

Jonathan Otto: Great. That's great. Thank you for sharing that. Your father ... Your father's death seems like it really impacted you.

Xianhua Li: Yes. In China there's a NEWSTART too. So my dad ... All kinds of cancer patients are there. In China, you can't pray with the people. Here, you can pray with them. It's just so ... And my daddy's stage, his cancer he has to be diagnosed with ... He passed away in four months later and either one you have to transplant from your daughters or from your siblings.

[00:38:00]

Jonathan Otto: And he passed?

Xianhua Li: Passed away?

Jonathan Otto: Mm-hmm (affirmative).

Xianhua Li: No, he didn't. He got ... He didn't pass away right like that. So what we did is that we decided to go to the China NEWSTART. We tried to, started to do that. But obviously China is a big meat eater. Meat is everything. So even the doctor recommend you eat a lot of meat, prepare, ready to passing away or transplant but he went to NEWSTART. He did the NEWSTART lifestyle. So he eat ... He was a very happy person. So one of the patients, he had a three. He's had a cancer cell three. I don't know how the measurement but my father was seven. So he was "Hey, why are you sad? Mine is seven, yours is three. Mine's bigger than yours. Be happy." And then he would just have a good heart and encouraging a lot of people and he got almost one month ... One year later, he went back to the hospital and then they can't find the cancer cell anymore, so.

[00:38:30]

[00:39:00]

[00:39:30]

Jonathan Otto: Oh, they can't find the cancer cell anymore.

Xianhua Li: Yeah. First time when he went there, the cancer cell grew bigger. So we got really discouraged but one year later, he went back. They can't find it anymore.

Jonathan Otto: So he's cancer-free.

Xianhua Li: Cancer-free.

Jonathan Otto: Oh, your dad's alive!

Xianhua Li: Yes, he survived. But he got off the wagon. We think he started negotiating. Maybe a little fish will be okay. So he went back. He got sick again. He went to NEWSTART again and do that.  
[00:40:00]

Jonathan Otto: But is he cancer-free now or?

Xianhua Li: He survived for five or six years more after that but his body finally gave up on him.

Jonathan Otto: Yeah. Got it.

Xianhua Li: But I see that miracles from my daddy because a lot of people say only surviving for four months. Almost five years. Five or six years more. So.

Jonathan Otto: And was it cancer that took his life?

[00:40:30]

Xianhua Li: No, actually it was cirrhosis.

Jonathan Otto: What's cirrhosis?

Xianhua Li: You know cancer, you have a ... You become a ... I don't know the english.

Jonathan Otto: Bloated? Big belly?

Xianhua Li: Yeah. Fluid.

Jonathan Otto: Fluid, yeah.

Xianhua Li: Because your liver is not functioning anymore. That took him.

Jonathan Otto: Okay. Thank you for sharing. That was a beautiful message. I really appreciate it. That was great.

Xianhua Li: Praise the Lord.

Jonathan Otto: Yeah, amen. Thank you.

Xianhua Li: Thank you.