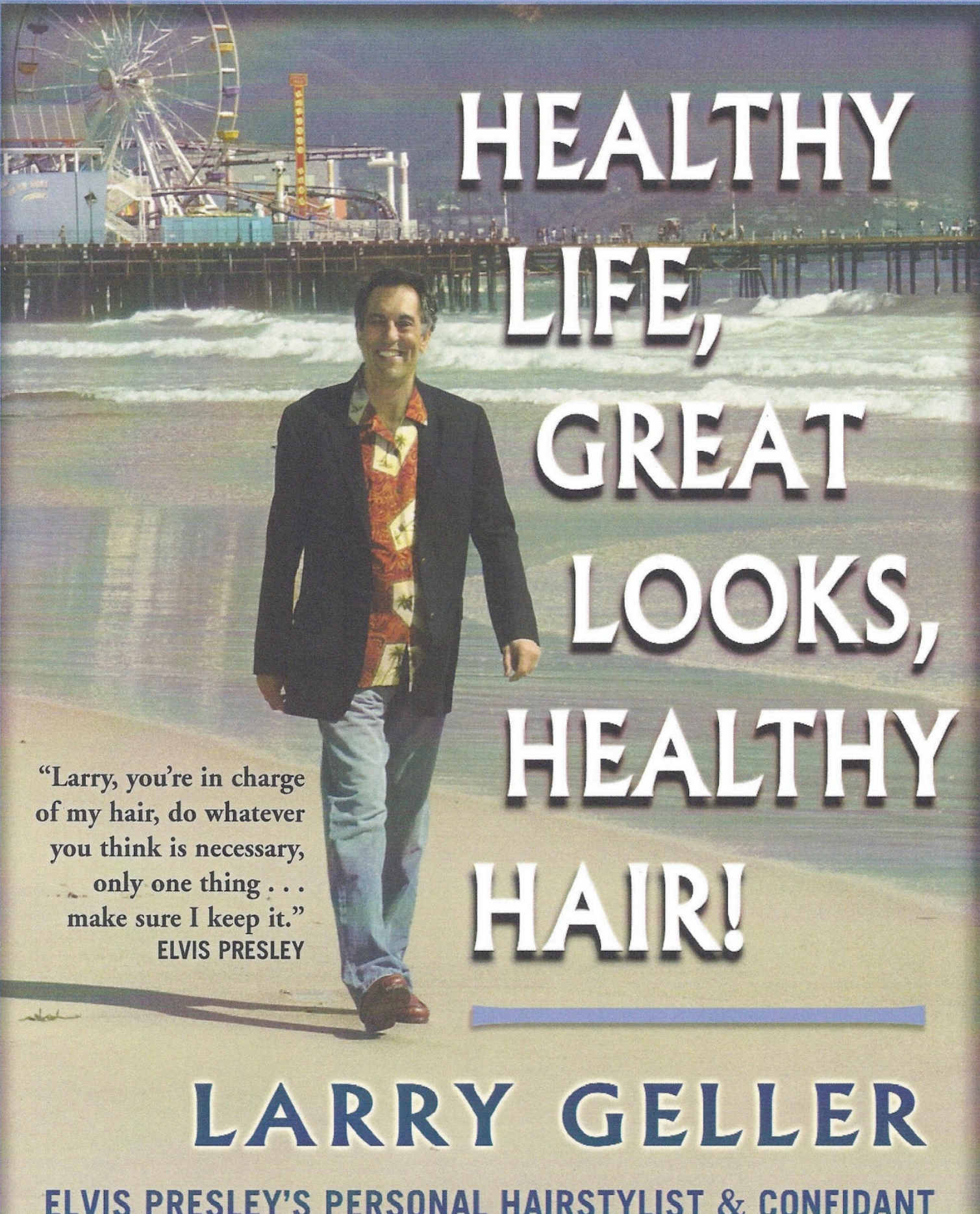


THE GELLERCARE PHILOSOPHY FOR THE WHOLE PERSON

A man with dark hair, wearing a dark blazer over a colorful patterned shirt and light blue jeans, is walking on a sandy beach. In the background, there is a pier with a large Ferris wheel and roller coaster tracks. The ocean waves are breaking on the shore.

HEALTHY LIFE, GREAT LOOKS, HEALTHY HAIR!

“Larry, you’re in charge
of my hair, do whatever
you think is necessary,
only one thing . . .
make sure I keep it.”
ELVIS PRESLEY

LARRY GELLER

ELVIS PRESLEY’S PERSONAL HAIRSTYLIST & CONFIDANT

TABLE OF CONTENTS

INTRODUCTION	3
ENLIGHTENED LIVING	5
DIET & NUTRITION	6
PROTEIN: Building Blocks of Life	7
CARBOHYDRATES: Fuel for the Body	8
FATS: More Fuel for the Body	9
FRESH FRUITS AND VEGETABLES: Living Food	11
ENZYMES: The Life Force of Food	12
WHOLE GRAINS: The Heart of Nutrition	13
FIBER: Nature's Broom	14
ANTIOXIDANTS & YOUR IMMUNE SYSTEM	14
WATER: For Life	16
VITAMINS & MINERALS	16
FRESH JUICES, HEALTH SHAKES AND SMOOTHIES: For Radiant Health	17
BODY WISDOM: The Master Key	19
THE POWER OF BREATH: The Power of Life	20
WALKING: Free Health Insurance	21
THE FIVE TIBETANS: For Rejuvenation	22
HEALTHY LIFE, GREAT LOOKS, HEALTHY HAIR!	24
HAIR & SCALP TECHNIQUES	25
HAIR CARE 101	27
READ THE LABEL!	29
SPIRITUAL POSSIBILITIES	31
STRESS: The Emotional Rodeo	32
RELAX AND REJUVENATE	33
MEDITATION: The Way of Awakening	35

INTRODUCTION

[Elvis Presley](#) changed my life. My close friend and client for many years, in many ways Elvis was also the inspiration for the work I am doing now. His impact on me is best captured by the symbol he always wore around his neck — the Chai — whose timeless meaning is “life.” It is his energy and vitality, the vulnerability and resiliency of his spirit that are the motivating force behind Healthy Life, Great Looks, Healthy Hair! I wrote it for those of you who want to live a healthier, richer, more abundant life in body, mind and spirit.

Every day since Elvis’ death, I have pondered why his life was cut so short. Yet, in truth, I know the answer; when I set aside my emotions and allow my intellect to take over, I accept the reality that years of neglect, a diet of junk foods, an exhausting and devitalizing lifestyle and toxic damage caused Elvis to lose his life.

As we grow older it’s only human that we look back and evaluate our life. In retrospect, is the world a better place for our being here? Over the years I have repeatedly asked myself: Did I contribute enough? What more could I have done?

Towards the end, Elvis’ body increasingly suffered from a host of debilitating health conditions, yet his youthful mind and the beauty of his spirit were still attuned to the idea that life is sacred. Ultimately his state of health became a source of concern and continual conversation between us. He woke up to the painful reality of his situation and acknowledged that without dramatic changes in his life, both personal and professional, he would not survive.

Sadly, forces against him proved to be too much, and Elvis lost his battle. There were many times in 1977, the year he died, that he could have acted on his newfound hope and determination. The tragedy and great mistake of his life was that he waited too long. Despite the best of intentions, he fell into the trap of procrastination that often keeps us from acting upon what we know is best. The lesson is: when clarity comes and you know what to do to enhance your life and the lives of others around you, don't hesitate. Life is too precious and too precarious.



ENLIGHTENED LIVING

What's the first thing that pops into your mind when you see or meet someone advanced in years—maybe even decades older than you—who is vibrant, energetic, youthful-looking and upbeat? Is it "What's their secret? How do they do it? Can I be like that at their age?"

To answer the last, and most important, question: Yes you can! The secret of physically fit and energized people at any age is really very simple: they are reflecting what they feel about themselves inside; they possess an inner strength, an inner knowing — an inner glow. They have made a conscious choice to do what it takes to stay as physically strong and healthy as possible — they also keep their mind active, and they are emotionally positive and spiritually whole.

Here's a good role model for us all: I read in the paper this morning about a 93-year-old widow who is running for City Council in a Southern California city of about 90,000 people. She rarely misses a Council meeting and is walking the precincts every day. Besides vigorously campaigning, she plays golf, goes to the gym twice a week to workout with her trainer, and has a woodworking shop in her garage where she's built her own furniture! How many people half her age could keep up with her?

So what are the secrets to a long healthy life?

DIET & NUTRITION



The genetic cards we are dealt certainly influence and are an important factor in our health and longevity. But how we play our hand is up to us. And how fortunate it is that we have all been given the great, invaluable gift of free choice. And what will you choose? Do you want to be as healthy as you can be? It's really that simple — it's up to you. You can choose to gain wisdom, greater insight, awareness and understanding as how to best navigate and improve your life.

Your body is a field of energy, information and intelligence designed to preserve youth, health and beauty — the temple of life. Nurturing your body is absolutely essential to increase your chances of living healthier and longer. Consuming an abundance of fresh vegetables, fruits, nuts and whole grains, and reducing your intake of animal fat, is the proven way.

Today most people understand that diet, physical activity and spiritual wellbeing are the basis for good health and vibrant living. One of the first steps to healthier eating is to learn what vital nutrients our bodies require and where to find them.

The life force in unadulterated natural food supports the life force in the cells of your body, so it can repair itself and thrive. Unfortunately, the typical American diet contains too many foods which are processed with additives, hormones and

chemicals that deny us the essential nutrients we require, and in some cases actually poison our systems.

Healthy nutrition is getting what you need in the right amounts: macronutrients such as protein, carbohydrates and good fats; plus micronutrients, including vitamins, minerals and essential fatty acids. By supplying our body each day with the elements of which it's composed, we can transform our health more dynamically and powerfully than we had once thought possible — provided that due attention is also given to our mind and spirit.

PROTEIN: Building Blocks of Life

According to the Nutrition Almanac, "Protein...is the major source of building material for muscles, blood, skin, hair, nails and internal organs, including the heart and the brain. Protein deficiency may lead to abnormalities of growth and tissue development. The hair, nails and skin especially will be affected, and muscle tone will be poor."

Where you should select your protein is, of course, an individual choice. I recommend that you get what you need from pure, live, non-toxic foods that yield a safe and full measure of vital protein nourishment. Most health experts advocate limiting your animal-derived protein (mostly fish, poultry and low fat dairy products), and supplementing with less concentrated forms of protein derived from live sources, such as nuts, grains, soybeans and legumes, in a diet of the freshest, least adulterated foods available.

a high animal protein diet is now considered detrimental to health and may cause or contribute to many of our most common diseases. Meat contains alarming amounts of toxic substances due to the chemical additives, such as antibiotics and hormones, which are injected into the animals. If you choose to make meat or poultry a part of your diet, try to protect yourself from unnecessary chemical and hormonal additives by purchasing products labeled organic, free range or Kosher. If you like meat, you don't have to give it up — but you should consider cutting back, and you can help reduce fat by selecting the leanest cuts.

The body thrives on natural, live foods, especially organic foods that are free enough from toxins to provide each of the billions of cells with all essential nutrients. Live foods — uncooked fresh fruits and vegetables — are the healthiest lifestyle on the planet; these foods still have the vitality of the plants and soil that produced them. Nuts, grains, seeds and legumes are also classified as live foods. All of the enzymes, minerals, vitamins, nutrients and life-giving energies of the food are still intact; these foods are full of life!

CARBOHYDRATES: Fuel for the Body

Carbohydrates and fats primarily serve as energy sources for the body, but they are also very useful for other functions. Carbohydrates, which comprise the bulk of most of the world's diet, are sugars, or compounds that break down into sugars in the digestive process. Starch is a common form of carbohydrates found in grains and starchy vegetables such as potatoes; various natural sugars are common in fruits, sugar cane, sugar beets and milk.

It's important to differentiate between simple and complex carbohydrates. Many diet proponents and dieters act as if "carbs" are evil — but not all carbs are created equal. Complex carbohydrates found in fruits, vegetables, whole grains, beans and seeds, are more slowly absorbed into the bloodstream, providing a steady source of energy to the body. The simple carbohydrates in sugar, white flour, etc., are the bad guys; since they contain little or no fiber to slow down the sugar entering your bloodstream, they create the "sugar high" you get from eating a candy bar or sweet roll. Keep in mind that food containing simple carbs, even if it doesn't taste sweet — such as that delicious pasta or pizza, or a slice of sandwich bread — will be treated as sugar by your body! The good news...if you indulge in your favorite foods in moderation you can really eat anything you like.

FATS: More Fuel for the Body

With fats, too, it's important to distinguish among the various types. There are three: saturated, polyunsaturated and monounsaturated. All fat-containing foods have all three, but in varying proportions. Fat is the most efficient source of energy, gram for gram, and it's also a rich source of vitamin E, an important antioxidant.

Briefly, saturated fat is found in animal products (meat, cheese, milk, eggs, butter) and many manufactured foods (pies, pastries, cookies — all the stuff you like). It raises the "bad" cholesterol (LDL), a major risk factor in heart disease, our biggest killer. Polyunsaturated fat lowers the LDL, and is found in vegetable oils and most nuts. One of these, omega3, found in high amounts in fish, has been shown to be

beneficial in preventing heart disease and stroke. It may also help prevent or control heart disease, cancer, arthritis, skin and hair problems and more.

Trans fats are unsaturated fats that have been hydrogenated in processing; they're usually found in soft margarine, mass-produced baked goods and take-out foods (your favorite burger and fries). They behave like saturated fats in the body, and may even be more damaging according to recent evidence. They not only raise LDL, but also lower the good cholesterol, HDL, another factor that may contribute to heart disease.

Probably your best bet are the monounsaturated fats such as olive, canola and peanut oils, olives, most nuts and avocado. They have the best overall effect, lowering the LDL and slightly raising the HDL. Diets high in these fats and oils are linked with good health: less heart disease, increased longevity, lower level of obesity and less cancer than the typical American diet.

In summary, fats provide energy, help build healthy cells and brains, make hormones, give you healthier skin and hair and, as a favor to your taste buds, carry flavor in food: cookies melt in your mouth, French fries are crispy and Mom's apple pie has a flaky crust. Just remember to minimize the unhealthy fats (animal sources and hydrogenated fats) and maximize the healthy fats (plant and fish fats). You will live longer and healthier, and your skin and hair will be radiant and glowing.

One last word on fats: If you want to lose weight, beware of packaged "low-fat" or "non-fat" cookies, etc. They usually contain lots of sugar to make up for the reduced fat and still taste good. Read the label!

FRESH FRUITS AND VEGETABLES: Living Food

Remember when your mother used to say, “Eat your fruits and vegetables!” Well, she was right. Fresh fruits and vegetables are the very backbone of any wholesome and balanced diet and are a major weapon against disease. An ever-growing mountain of evidence reveals that the more fruits and vegetables you eat, whether cooked or raw, the lower your risk of illness. Eating a variety of fruit and vegetables can help reduce the likelihood of developing chronic diseases, such as coronary heart disease and some cancers. Most people need to double their intake of fruits and vegetables.

To reinforce and give new meaning to your mother’s admonition, the latest and most exciting research in the promotion of wellness and the war against deadly diseases since the advent of vitamins is the discovery of phytonutrients. These are naturally occurring biochemicals that give plants their color, flavor, smell and texture. Phytonutrients were unknown until a few years ago, but their discovery is regarded as being as important as that of vitamins. They are not supplements, but power-packed nutritional elements found in fruits, vegetables, whole grains, legumes, seeds and green tea. Fruits and vegetables that are of bright color — yellow, orange, red, green, blue and purple — generally contain the most phytonutrients, but some less colorful vegetables like corn and onions are loaded with them.

Phytonutrients are part of Mother Nature's medicine chest, furnishing life-giving restoration to the trillions of cells of our bodies and offering a powerful weapon in the fight against cancer, heart disease and many other health problems. Some phyto aid in balancing hormonal metabolism and help to mend damaged cells; others act as potent immune boosters. More good news is that they may even slow down the aging process. It would appear that, once again, Mom was right.

Even though the majority of plant foods contain health-giving and remedial phytonutrients, the following are the phyto-richest food sources: tomatoes, broccoli, garlic, blueberries, chili peppers, beans and lentils, red grapes, artichokes, cherries, kiwi, strawberries, tangerines, oranges, eggplant, carrots, cabbage, watercress, onions, collard greens, nuts and seeds, apricots, limes, mangoes and papaya. Just writing the words makes my mouth water!

ENZYMES: The Life Force of Food

Enzymes are substances that are responsible for every activity of life and are a vital component of the digestive process, essential to the body's absorption of nutrients. Without them we would die. Every function of the body is dependent upon enzymes, including breathing, seeing, hearing and thinking. They are present in every cell, every organ and every tissue; without enzymes you wouldn't be able to digest food or move a muscle. The best source of enzymes from your diet comes from raw, unprocessed food such as fruits and vegetables, and from whole grains.

Enzyme deficiencies and aging go hand in hand. The number one health recommendation I would make to almost anyone, especially as you age, is to supplement your diet with digestive enzymes; they can make a big difference in how you feel and how long you will live.

Enzymes also play key roles in a healthy gut. Digestive enzymes help us break down proteins, fats, sugars, starches, and other carbohydrates. These enzymes and the complex processes of the digestive tract are vitally related to your health. If you fail to eat the proper foods or if you abuse your body with dangerous dietary choices, man-made chemicals, or a "burn-out" lifestyle, you could lose more than your "youthful appearance." Enzyme deficiency may also impair your immune function, resulting in illness or disease.

Even a partial enzyme deficiency may lead to the onset of disease. As our enzyme deficiencies grow worse, it gets harder and harder for the body to digest proteins, fats, sugars, starches, and other carbohydrates. The resulting poor digestion can open the door to a great variety of health problems

WHOLE GRAINS: The Heart of Nutrition

Whole grains are high-fiber, complex carbohydrate foods that are known to lower cholesterol levels. In areas of the world where unrefined whole grains make up a significant part of the diet, the incidence of hemorrhoids and colon cancer is low. The outer covering of the grain is the "bran" portion, a good source of roughage,

proteins, fats and minerals. Rich in antioxidant nutrients and phytochemicals, B vitamins, vitamin E, iron, zinc, selenium and magnesium, the whole grain provides complete nourishment. These are the top-ranking grains with the most nutrients, starting with the highest: amaranth, rye, oats, wild rice, millet, barley, buckwheat, whole wheat, brown rice and corn.

FIBER: Nature's Broom

Also known as "roughage," fiber is the stuff that keeps your digestive system running smoothly. Fiber is a vital factor in the defense against colon cancer, bowel disorders, coronary artery disease, hypertension, obesity, diabetes and a variety of other diseases. Fiber is highest in fresh fruit, vegetables, whole grains and dried beans and peas. Nuts and seeds contain fiber but are also high in calories, so be careful with these if you're concerned about your weight. As you increase fiber in your diet, remember to do it slowly and to increase your fluid intake as well. This is important because the action of fiber is facilitated by water.

ANTIOXIDANTS & YOUR IMMUNE SYSTEM

The immune system is a highly complex network of specialized cells that defends the body against disease. It is truly the healing power within — our special key to staying healthy, our own personal defense mechanism that allows us to be the ultimate healer of ourselves.

Protecting your immune defense system is absolutely vital for combating external enemies such as dangerous bacteria, viruses, parasites and environmental pollutants, as well as internal threats such as free radicals, cancerous cells and the devastating effects of emotional and excessive stress.

Biological warfare is being waged every moment of our lives — within each and every one of us. The bad guys are the free radicals. They mercilessly attack our cellular defense systems, disrupt metabolism, impair resistance to disease and contribute to aging and death. The good guys are called antioxidants or free radical scavengers, protecting the cells and other body constituents from being destroyed or altered by free radicals, neutralizing damage and rendering them harmless.

Antioxidant nutrients must be replenished daily. The problem we face comes from our poor diets, inadequate exercise, environmental pollution and mental and emotional stress. These severely hamper the chances for our bodies to manufacture enough biochemical commandos — antioxidants. Blueberries, blackberries, raspberries, strawberries and cranberries are among the top sources of antioxidants. Small red beans and kidney, pinto and black beans are all choices rich in antioxidants. Many apple varieties (with peel) are high in antioxidants, as are avocados, cherries, green and red pears, fresh or dried plums, pineapple, kiwi and others. Vegetables with the highest antioxidant content include artichokes, spinach, red cabbage, red and white potatoes (with peel), sweet potatoes and broccoli. In the nut category, walnuts, pistachios, pecans, hazelnuts and almonds are especially rich in antioxidants.

WATER: For Life

Water is absolutely indispensable to life. It is the most abundant substance in the body, comprising roughly two-thirds of it, as well as the most plentiful component in our diets. Without it, life — from plant to human — would cease to exist. We can live for weeks without food, but only days without water. Water transports vital nutrients and oxygen to the cells through the blood, lubricates tissues, regulates body temperature, hydrates the skin and flushes waste products and toxins. A good rule of thumb is to drink eight ounces of water daily, but as you learn to tune in to your body you will be able to respond to your own thirst. Most liquids and liquid-high food such as melons will contribute to your consumption — but be careful of using quantities of coffee or soda to get your liquid requirement.

VITAMINS & MINERALS

Vitamins and minerals are organic substances that are found in foods, indispensable to life. They regulate tissue growth, strengthen the body's defense against disease, and support and maintain the health of the human organism. Minerals aid the performance of vitamins in the body. We must supply minerals daily to support and recondition the bones, blood, heart, muscles, nerves, hair and teeth. Minerals are also imperative to glandular functions and essential for adequate blood circulation. Both vitamins and minerals are vital for energy and they protect you from premature aging and degenerative diseases.

In theory, all vitamins and minerals can be supplied by a well-balanced diet. However, most of us don't get what our bodies need, thanks to processed, adulterated and manufactured foods, as well as the depleted soil in which so many crops are grown. Consequently, our foods do not have the nutrient content that our bodies require to maintain a balanced healthy state. A deficiency in even one vitamin or mineral can endanger the whole body. Therefore I recommend taking [nutritional supplements](#) along with your good diet in order to saturate your body with nutrients that are missing from our soil and our food supply.

Supplements are a multi-billion dollar industry. But before you run out and spend a lot of money on supplements you don't need, or that might even be harmful to you — [have your hair analyzed!](#) Scientific hair mineral analysis testing offers an in-depth picture of your health history, revealing your body's storage of minerals over a period of time, not just what you ate that day, as with a blood or urine test. Hair mineral analysis is a state-of-the-art diagnostic tool that will reveal if you are toxic, or if you are out of balance with essential nutrients that could be at the root of your ill health or other quality of life issues.

FRESH JUICES, HEALTH SHAKES AND SMOOTHIES: For Radiant Health

Who doesn't love freshly squeezed juices and health shakes? If you haven't experienced one of these life-giving treats, you don't know what you're missing. They're delicious, and a fantastic way to provide natural, energy-packed nutrients. They are among the finest and easiest ways to replenish your body each day and to

receive an abundance of protein, minerals and vitamins, plus they're easily absorbed by our digestive system within minutes. You can find an endless supply of simple recipes on-line, and there are thousands of health stores that will make your drink to order.

BODY WISDOM: The Master Key



If your goal is like mine: to be as healthy, vigorous and youthful as possible no matter what your age, then you have some choices to make.

Regular exercise, intelligent nutrition and a life-affirming mental attitude are the keys to your own health, wellbeing and even the reversal of aging. A well-rounded exercise regimen includes activities and movements to enhance flexibility, strength and endurance. As you age, your muscles tighten, your tendons and other connective tissues around the muscles begin to shorten, restricting the movement of your joints — you become less flexible. The less you move, the less you're able to move.

The best exercise program is the one that you will do! It's important to choose activities that you like and will do consistently. You may like outdoor team sports, cycling or swimming — or you may prefer to work out in a gym or do yoga. Pick something you enjoy and you're more likely to stick with it — or mix them up. You

will help strengthen your muscles, increase your flexibility and circulation, and restore youthful activity.

Once you begin to practice you will soon discover just how readily your body responds to intelligent care. Remember, it's never too late to begin an exercise regimen — even people in their eighties and nineties have seen amazing improvement in their strength and flexibility. If they can do it, so can you and I!

THE POWER OF BREATH: The Power of Life

Life begins with our very first breath. It's the underlying principle of life, one of the most primal of life's instincts and one of the great miracles of existence, intimately bound with every aspect of life. Life is a series of breaths; we can live for weeks without food, days without water, but without breath we die in minutes. As our breath ceaselessly and effortlessly circulates throughout our bodies in consonance to some inner rhythm of its own, we are not even consciously aware that we are breathing at all. Breathing is synonymous with life. Yet for most of us it is just one more thing we take for granted. The way we breathe, the way we feel and our emotional and mental states are all interrelated.

The significance of breath, with its potential as a vehicle for increased health and power, has long been recognized in ancient cultures and traditions. More recently in the West, the breath has been recognized as a tool for inner growth, the key to opening the doorway to our spiritual nature as well as for its critical importance in cardiovascular fitness. Athletes and dancers rely upon proper breathing for maximum performance. Students of yoga, Pilates, karate and tai chi and other

related disciplines are well schooled in the ancient science of breath as a primary source of vital energy, for its rejuvenating and longevity effects as well as for providing inner calm and an improved sense of well being. Chi energy (prana, life force) is stimulated by deep rhythmic breathing and this type of breathing is the key to driving it through the meridian channels — power points of the body. Singers are well trained in deep, diaphragmatic breathing to achieve greater power and voice control, as proper breathing oxygenates the blood, allowing the voice its full range of expression.

Unfortunately, most adults do not breathe fully; they have lost the capability of “natural breathing,” a natural ability we once had as babies. As babies and young children, we breathed spontaneously and fully, with our entire body. But our sedentary work environments and lifestyles, along with the ever-increasing stress of our busy lives, have conditioned most of us to restricted, shallow breathing. Most of us breathe only in our upper chest, and this undermines our health, decreases our vitality and further increases our mental and emotional stress.

WALKING: Free Health Insurance

Just as we don't think consciously about our breathing, automatically inhaling and exhaling, so we rarely consider the value of simply putting one foot in front of the other. Do you consider the walking you do in the course of your day as exercise?

Walking is a type of preventative medicine that helps maintain your health, reduces unnecessary disease risk and contributes to your total well being and quality of life. In fact, it's one of the easiest and best activities in which you can participate, no

matter what your age or current state of health. Start with whatever you can do — even if it's only a few blocks — and build up your distance and speed as you are able. When I incorporated a thirty-minute walk into my daily routine, my health changed dramatically — I had more stamina, greater fitness and a heightened sense of well being. Now, I can't imagine how I ever lived without it!

Recent research results could hardly be clearer: Walking is the perfect exercise and one of the best ways to take charge of your health, and it's easy, safe and inexpensive. Walking is known to condition the heart, improve muscle tone and strength, relieve stress and help with back pain, osteoporosis, respiratory problems, diabetes, arthritis, cardiac rehabilitation and a variety of other health problems. If walking were a drug, it would be the discovery of the century!

Walking is wonderful therapy, a break from the stresses of life. It's that special time to allow yourself to re-connect your mind and body, to lose yourself in the perfect expression of rhythm and breathing — it's what most of us are designed from infancy to do.

THE FIVE TIBETANS: For Rejuvenation

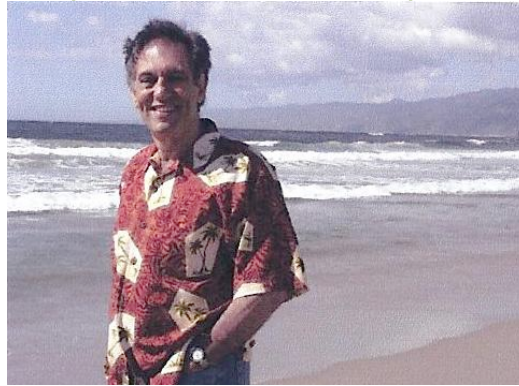
Originating in the Himalayas, the five yogic exercises known as the "Five Tibetan Rites" take only a minimum of daily time and effort but dramatically increase energy, physical strength and suppleness, as well as mental acuity. Regular practice of these postures relieves muscle tension and nervous stress, improves digestion, strengthens the cardiovascular system and leads to deep relaxation and wellbeing.

The five ancient exercises or movements stimulate the entire energy system in the body and are said to normalize hormonal balance, thereby holding the key to lasting youth, health and vitality. The Five Tibetan Rites are an ancient yoga-type routine discovered in the early 1900s by a British colonel, Colonel Bradford, who was living in a Himalayan monastery.

“Yoga helps you rise to the challenge of living. It keeps you from being ground down by circumstance. It puts fire into the body and mind and leads to being balanced and wise. It makes a lot of sense to practice.” —Chris Kilham, author *The Five Tibetans*

To learn more about the Five Tibetans, or Five Rites of Rejuvenation, you can go to www.10ac.com/five_tibetan_rites.htm. You can get Chris Kilham’s book for more background information, or learn the rites themselves on the website.

HEALTHY LIFE, GREAT LOOKS, HEALTHY HAIR!



When I became [Elvis' personal hairstylist](#) in 1964, I explained to him my concept of bringing internal health and vitality to the external beauty of the hair, as well as my ideas about style. Elvis said emphatically, "Larry, you're in charge of my hair, do whatever you think is necessary, only one thing...just make sure I keep it." Being responsible for the health and style of Elvis' hair, and the image that was to be seen on film, personal appearances, album covers and photos, was something I didn't take lightly.

With all that in mind, I created and used only the most beneficial, superior shampoos, conditioners, hair sprays and thickening agents to meet Elvis' specific hair needs. Because I dyed his hair black, I had to take extra precautions to ensure that his hair remained healthy and looked great. I probably resembled a mad scientist, or at the very least an alchemist, pouring and mixing various bottles of organic ingredients in Elvis' bathroom, creating special formulas...potions that worked wonders.

Towards the end of his life, Elvis was plagued by a variety of illnesses, which affected his body and thus his hair. Along with an array of prescribed medications, a steady diet of junk food and a lack of physical exercise, his body bore the full brunt of his exertions. Although I supplied him with a full spectrum of vitamins and minerals at every possible chance, his crown area eventually started to show slight signs of thinning. After his daily shampoo and blow-drying, I would always perform a deep scalp massage, followed by a thorough brushing. Elvis depended on my knowledge of hair care, and despite the array of forces working against the health of his hair, it always appeared full and thick, and looked great! I'm absolutely convinced that, if it weren't for the many years of continuous and prudent care, the downward spiral of Elvis' hair degeneration and loss would have accelerated much earlier.

HAIR & SCALP TECHNIQUES

The Scalp Energizer

The scalp energizer is one of my favorite techniques, and a potent way to stimulate and recharge the entire scalp, including the vast network of blood capillaries that serves that transport nutrients to the scalp. This vigorous exercise is a marvelous means of revitalizing a tired scalp and feeling it come alive.

Sitting or standing, slowly arch your body forward, curving the spine, and briskly rap your entire scalp with your clenched fists for about thirty seconds. Don't do it too hard; just exert enough force that feels good, but not enough to give you a

headache! Always remember to inhale and exhale slowly and deeply. Good circulation is absolutely imperative for the optimum health of your scalp, which is in turn vital for the optimum growth and health of your hair.

The Re-Charger

The scalp is the very “earth” from which your hair grows. When the scalp is supple, clean, healthy and breathing, your hair will have a greater likelihood of germinating new growth and remaining healthy.

A simple, valuable technique you can easily employ anytime during the day or evening is to run your fingers firmly and evenly with a little pressure over your entire scalp. Start from the top of your forehead and finish at the base of your skull. Do this several times during your day. You will find this feels wonderful, bringing a new surge of blood to the area and stimulating the hair roots, while at the same time relieving tension. This is a wonderful, instant pick-me-up and helps revitalize the entire hair-growth system.

Hair Pulling

Hair Pulling is a marvelous way to strengthen the hair root and give the scalp extra added vigor, and it too is a great pick-me-up. A sluggish scalp, frequently due to tension, can cause the hair follicle to atrophy. The hair pull will work wonders for that condition and in addition will start the process of reversing any damage and will stimulate new hair growth.

Standing or sitting, with your body curved forward and your head still down, use both hands to grab a clump of hair; vigorously pull and finish with a short yank. Do this all over the head for a few moments. Don't be afraid of pulling your hair out of

the scalp — it's not that fragile! You can start gently, and as your hair root strengthens you will be able to exert more pressure without any discomfort. With continual practice, this technique will add strength to each root and will help promote new hair growth as well.

As you study the section on diet and nutrition you will recognize the importance of vitamins and minerals, not only for the overall health of your body but also for the health and youth of your hair. Elsewhere you will learn more about the important links between stress, your mind and relaxation, and the health of your hair.

HAIR CARE 101

I remember one afternoon at Graceland, Elvis was watching me pour some pure aloe vera gel into one of my homemade shampoo concoctions. I caught a curious expression on his face, and then Elvis smiled humorously, "Larry, I don't know exactly what you're mixing there, but if you're goin' to put that stuff on my hair it better not do anything weird to me." Of course, as he already knew, my eccentric brews always did the trick.

I learned early in my professional career just how essential shampoo and hair care products were to the health and beauty of your hair. The surest, safest, and most effective way is relying on Mother Nature herself — an endless treasure cove of life-enhancing properties. The art and science of blending the correct combination of herbs, botanicals and other natural resources is the key to creating exceptional products, for healing and long-lasting health.

Every hair follicle is like a miniature factory where the individual hair is manufactured, supported by a vital blood supply system that transports the essential nutrients required for the development of that magnificent fibrous protein — our hair. Remember that it all begins with the food we eat. The proteins, minerals, salts, amino acids, hormones, vitamins, enzymes and oils that are present in the blood will eventually travel to the hair's manufacturing plant — the hair bulb.

Your hair and scalp require frequent cleansing. Don't be fooled into believing that you can beautify and keep your hair in a healthy state by using synthetic shampoos chemically produced in a laboratory. By using safe, quality shampoos, which are botanically based, combined with various plant and other natural ingredients, you can significantly enhance the quality and overall health of your hair — and a daily shampoo is the way to go. The fact is, if you allow more than three days to go by without shampooing, you are only asking for trouble.

Over the years I have watched many beautiful, thick heads of healthy hair slowly wither away because of infrequent shampooing, the use of harmful products and neglect. People who possess healthy hair usually care for it each day just as they care for their teeth, skin and the rest of their body. Daily cleansing with a nutritious, natural and restorative shampoo will deposit more strength and substance back into the hair.

Again, to achieve well-balanced and optimum health, or no matter what your hair problem might be, I always recommend to everyone to have his or her [hair](#)

[scientifically analyzed](#). Vitamin/mineral deficiencies or excesses can be corrected, and this is the very best solution not only for your hair, but also for your overall health and well being.

READ THE LABEL!

Just as with the food you eat, you need to read the labels on all the personal care products you have around the house. If you have to learn a new, complicated language just to figure out the true nature of the ingredient list, chances are they are synthetic chemical materials — some risky and potentially hazardous to your health. Get rid of them! Then visit your local health food store or go on the Internet to find better alternatives. Always remember to carefully read product labels. Finding a product in a health food store won't ensure its authenticity, but that's where you are most likely to find an honest and effective line of products that will live up to their promises.

Did you know that the majority of shampoos and personal care products used today are loaded with ingredients that are harmful to your health? Many popular, commonly used products contain known carcinogens and genetically damaging agents. These microscopic molecules actually penetrate the skin, which absorbs them like a sponge, and then enter the bloodstream, moving on to the liver, kidney, heart, lungs, tissues and cells. These toxic materials not only affect your health and energy, but potentially can create long-term degenerative effects.

The majority of shampoos sold today contain abrasive synthetic detergents and many other harmful petrochemicals and corrosive chemicals. Artificially produced

foaming and cleansing agents, typically found in shampoos today, should be avoided at all cost!

For example, sodium laurel sulfate (SLS) and sodium laureth sulfate (SLES), two closely related compounds, are potentially the most harmful ingredients used in personal care products. They are synthetic detergents and surfactants used to produce lots of bubbles and to clean your hair, and are actually a milder version of chemicals used in garage cleaners, engine degreasers and auto cleaning products! You will find them in over 90 percent of personal care products, including hand and body creams and lotions, bubble baths, shampoos and conditioners, toothpaste, skin care, shaving cream, shower gel, facial cleansers and many others.

The Parabens (Methyl, Propyl, Butyl and Ethyl) are preservatives widely used in cosmetics to inhibit microbial activity and to extend the shelf life of products. They are found in shampoos, conditioners, styling gels, nail creams, skin lotions, deodorants and other personal care products. Well-known to be highly toxic substances, Parabens have been responsible for many allergic reactions and skin rashes.

This is only the tip of the iceberg. The list of carcinogens, toxins, irritants, contaminants or other potentially harmful ingredients found in everyday products that pose a significant health threat is staggering!

SPIRITUAL POSSIBILITIES



Ageless beauty and spiritual well being arise from the harmonious union of our external image and our internal appreciation of self. My personal experience has brought me the realization that our deeper hungers cannot be satisfied on the material plane alone. Our ultimate aspiration is to connect with a higher power, the very source of life which pulsates throughout the universe, the earth and all beings.

This is what enlightened living is all about and what we all striving for: not only to possess a healthy, vibrant, youthful mind and body, but also to be awake and aware of the ultimate meaning of our lives, so that we actually feel the rapture and magic of being alive.

There exists an infinite, intelligent field of energy cascading through and penetrating every cell and tissue of our bodies — a universal intelligence that surrounds us and is within us, from which all life emanates. For every breath we take, every movement, impulse and sensation, every thought and feeling — all are part of the energy system that is life itself.

Now, in the twentieth-first century more than any other time in recent history, we are living in a time of profound transformation. Ancient wisdom teachings of the great world religions and new systems for spiritual growth are taking root everywhere. Their essential message is that there is a better way to live, urging us to explore life's mysteries, to strive to re-connect ourselves to the one source from which all life emanates.

STRESS: The Emotional Rodeo

Life without stimulus and stress would be incredibly dull and boring. We all need a shot of adrenaline in the system just to get things done. Life with too much stress and stimulus becomes overwhelming and debilitating, and may ultimately damage your health or well being.

Stress, tension and strain are the “wear and tear” our bodies experience and can create either positive or negative feelings, sensations or mental states in our body-mind functioning. As a positive influence, stress can help compel us to action; it can result in a new awareness and an exciting new perspective. A certain amount of stress and tension during work, play and relationships is healthy and necessary and

can strengthen and sustain your sense of vitality and passionate engagement with life.

However, there is a significant downside to stress that can have a serious and detrimental impact on our bodily health and our emotional well being, affecting the quality of our human relationships. As a negative influence, chronic stress can result in feelings of distrust, rejection, anger and depression, which in turn can lead to health problems such as headaches, upset stomach, rashes, insomnia, ulcers, high blood pressure, heart disease, stroke and weakened immunity.

Thoughts and emotions are actually physical “things” that have a profound influence on every cell, organ and system of the body; any alteration or condition of one affects the other. What we think and feel will eventually be manifested in the body, one way or another.

RELAX AND REJUVENATE

Tension and anxiety are not something new; every age has certainly had its own share of troubles and strife. Time and again, the struggle to survive, wars, plagues, political tyrannies, disease, poverty and natural catastrophes have victimized humankind, tearing deep and ripping apart the very fabric of life.

Even without catastrophes or disasters, we live our daily lives at an unnaturally accelerated pace and under constant pressures to survive, achieve and succeed. The same technological advances that appear to make our lives easier actually add new inner turmoil and stresses by keeping us in a state of constant change, our

brains constantly downloading and processing new and ever-changing images and data. And instant information demands instant decisions and actions.

Take some time each day to relax and feel the sensation of your muscles melting down, of lightness and that natural warm feeling of letting go of stresses and worries. Give yourself a real treat — you deserve it — for a deep session of relaxation is an elixir that permeates the entire being. Its effect is indescribable. Life stresses themselves don't necessarily change, so how we learn to deal with them can really make the difference. Healthy living is a matter of balance. Together with other aspects of your lifestyle, such as what you eat, your physical activity and how you handle stress, relaxation is part of the balancing process.

Deep relaxation means to deeply relax both mind and body. It helps you center yourself, allowing your body to regenerate as the free flow vital energy, circulates your life force to nourish the organs that need it. This establishes greater harmony throughout your system, permitting your mind to unwind and lowering the volume on the continual inner "buzz" that, if you're like most of us, clutters up our inner space. It is quite common that when we experience anxiety episodes we begin to feel a decreasing sense of self-worth and our ability to handle our usual range of activities diminishes.

MEDITATION: The Way of Awakening



The answer to “why meditate?” is as obvious as the answer to “why be healthy and happy?”

Along with the “why” may come the “what” — because meditation is often misunderstood and mischaracterized. It’s not just sitting cross-legged in a dark room with incense burning, chanting a mantra given to you by your guru. When I first heard about meditation even that image wasn’t well known, so my own ideas about it were much more vague and mysterious.

As I inquired, studied and learned more — even one day wandering into a meditation hall — I began to realize that this was something that could change my life. I was captivated by the stillness and aliveness that I experienced together in that room. I knew I had to go much deeper into this practice, and to make it part of my life.

My intellectual studying revealed that art and science of meditation did not arrive in our present era, but originated in India and China; it lies at the heart of all the world’s great spiritual and religious traditions and paths of wisdom. The seeds that have been sown centuries ago are now sprouting all over the place.

In my personal struggle to discover my spiritual center of gravity I began experiencing profound states of relaxation. My emotional turmoil gradually ebbed and the roaring torrent of my mental stream became more focused. Through this

new, exciting and mysterious path I had entered, meditation became the way of awakening and cultivating deep inner awareness, by restoring some balance and clarity between my inner and outer world. We go into meditation so we can come out of meditation more conscious and better equipped to live our lives.

Derived from the Latin *mederi*, meaning to heal, meditation's role in medicine has grown in the past several decades in leaps and bounds. It now has a legitimate role having widespread acceptance in the medical community and hospitals. Major universities all over the world have conducted medical and scientific research to measure the significant physical and psychological values of meditation. Some of the actual benefits of mediation that has been well documented are: stronger and healthier heart, slimmer and better-looking body, reversed biological aging, reduced stress and anxiety, stronger immune system, decreased muscle tension, better sleep patterns, reduced tension headaches and migraines, laser-like focus, improved learning ability and memory, improved creativity, enhanced emotional resilience, greater happiness and peace of mind, and clear life purpose.

When Elvis and I met in 1964, he expressed a desire to meditate. I explained to him the basic principles, gave him several books on the subject, and he began to meditate occasionally. During the last few years of his life, in the mid-seventies, he began to meditate more frequently. As his health began to deteriorate he turned to meditation for renewed energy and physical relief from mounting pressures and various health problems, as well as for its spiritual benefits. Just a few years earlier he could perform two shows a night and then sit up in his hotel room until the wee hours of the morning entertaining friends. Now a single show zapped all his energy. His blood pressure shot up, and he would say wearily, "Larry, let's meditate; it helps

bring down my blood pressure — the doctors don't know everything, and their damn pills don't help me — meditation is the only thing that really does the job."

Yet there's so much more to the story.

The practice of meditation is an ancient prescription, a timeless panacea for the biological, psychological, social and the cultural - touching every aspect of our lives. Yet at the very root of all the amazing and transformative qualities found in the vast universe of meditation it really just simply boils down to a way of being, a way of seeing, a way of knowing. It is the gradual and painless removal of all the fetters and conditioning of our minds, enlightening the hidden dimensions of our lives yet to be discovered. It's the authentic pathway to the very core of your being, in what is sometimes called the natural state, or pure awareness.

Rather than ask how to meditate, look at the ways in which you may already be doing so. Think about how you feel when you listen to beautiful music or see a sunset; where your mind goes when you're walking, running or doing any other repetitive or rhythmic physical activity; you may even be meditating when you're washing dishes! For your own personal approach to a more structured kind of meditation, there are countless sources in books and on the Internet. We each must find our own way to that state that transcends the demands and stresses of our daily lives. Being spiritual is not a matter of becoming anything — it's always a matter of "seeing through" with transparent eyes.

Copyright 2011 by Larry Geller

This publication contains the opinions and ideas of its author. It is intended to provide helpful and informative material on the subjects addressed in the publication. It is offered with the understanding that the author and publisher are not engaged in rendering medical, health, or any other kind of personal professional services in the book. The reader should consult his or her medical, health, or other competent professional before adopting any of the suggestions in this book or drawing inferences from it.

The author and publisher specifically disclaim all responsibility for any liability, loss or risk, personal or otherwise, which is incurred as a consequence, directly or indirectly, of the use and application of any of the contents of this book.