

**HealthBoss**  
**University LIVE 6/11**



**HEALTH INDEPENDENCE**  
Training for  
**HOME HEALERS**

**RELEASE #1**

**“ From a Health Care Victim  
to a Health Boss ”**

**Keynote address — June 3, 2011**

**Dr. Irina Kossovskaja**



## Foreword

Dear Community!

Below you will find my hand-written Notes from **HealthBoss University LIVE 6/11** event that took place June 3-5, 2011 in Austin, TX.

These are the notes that I made for my own presentations, as well as the ones I took listening to other Practical Professors. **THEY WERE NEVER MEANT AS PUBLIC**, so do not expect any "academic" presentation 😊 And yet, they will give you a good "starting point", an overview of what was presented at the event, as well as the reference points and "memory joggers" in the future

(at least that's how I use them).

Why am I making them public now? There are several reasons.

1. The world is changing fast, along with every field of human experience – including Health Science (thank Goodness). And what is emerging on a horizon is a new system of Health Care based on **Self-Care**. We called it the **Home Healer** movement.

The new health care model is all about YOU declaring your **Health INDEPENDENCE** and taking responsibility for your own health, at the same time taking back CONTROL and POWER that you didn't have for quite some time.

Yes, sounds good, but how and where do you get enough **KNOWLEDGE** to become health independent? Where do you find enough health CONFIDENCE and COMPETENCE?

At the **HealthBoss University**, where else?! 😊

I am sharing with you my Notes to show that even the most complicated health topics can be made simple and fun, and that the health science does not necessarily have to be a "rocket science" or a "brain surgery" (actually, I hope you will never see what brain surgery actually looks like; you would be surprised...) 😊

Your body has a very intuitive and comprehensive design – and as soon as you understand how it works, it is easy to make sensible and confident choices in maintaining the "most valuable instrument that you will ever own". I wish my Notes would help you do just that.

2. I think the information given at the HealthBoss LIVE 6/11 was **priceless** – and there are very little chances you can get most of it anywhere else.

Yes, we are making this information available on DVDs, but what if you cannot afford them? With my Notes, you will at least have some guidelines to follow, and some food for thoughts. I hope these thoughts will ignite your curiosity – and in the process of satisfying it you will have your own "AHA!" moments, which feel sooooo good 😊

3. I also hope that my Notes will give you enough information and encouragement, and you will NOT feel like **Helpless Hopeless Worthless Victim** any longer when your health is concerned. As our Practical Professors will show, you really CAN reverse even the most debilitating disorders; you really CAN be Your Own Health Boss!

**Home Healers, it's YOUR Time.**

To Your Health Independence,

Dr. Irina

# 1) HealthBOSS Class 6-14

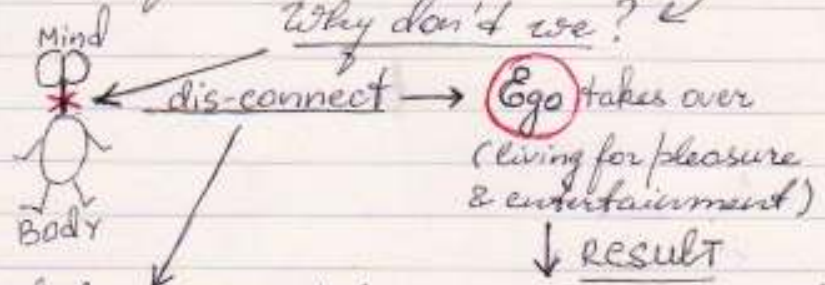
## Day 1. PART 1.

Home Healer, it's YOUR TIME! **me** ↓

From a Healthcare Victim to a Health BOSS



Bella story: Cats know their best  
Why don't we?



Ex: 1) Hemorrhoids from "bathroom pleasures" ← Body is misunderstood → violated

2) Immune System disorders due to killing 99.9% microbes around kids  
You kill bugs  
Bugs kill you (escalation of war)

confused Immune System

Confusion & ignorance create **FEAR**  
"We fear what we don't understand"

Health ignorance & fear created

**NOT TRUE!!!** **BIOMEDICINE** → our slow **KILLER!**

American Health Myths:

Reductionistic paradigm as foundation

- 1) Health = Absence of Disease ???
- 2) Pain & Inflammation are BAD
- 3) KILL Dis-ease! ("war on disease")  
(Disease is a healing reaction, KILL Disease = KILL Healing)
- 4) Drugs will fix you ... → = cutting off your tongue
- 5) Drugs are safe
- 6) Doctor knows best → ??? → Dr's are #3 leading cause of DEATH in USA (JAMA, 2002)
- 7) My pain is someone else's problem

→ NO responsibility = NO POWER = NO Control

Causes of all mental-emotional **Victim**

**EVIL**

~~HELP!~~  
~~\$\$\$~~



bitten by Healthcare snake










**Home Healers** movement (= "Homesteaders of Healthcare")

- claim back the POWER
- develop Health Confidence & Competence
- become Health Independent

Be Your Own Health BO\$\$!

How?



- 1) Change mindset = take responsibility
- 2) Learn & Understand your Body - & Your Disease  = 
- 3) Re-learn SKILL to HEAL
- 4) Learn to "Trust Yourself FIRST"  → 
- 5) Develop Invincible Mindset
- 6) Set a Goal → Develop a PLAN 
- 7) Get the Tools  
- 8) GO - and keep going.
- 9) KEEP FAITH

faith is NOT in believing that God will save U; It is in KNOWING that God will

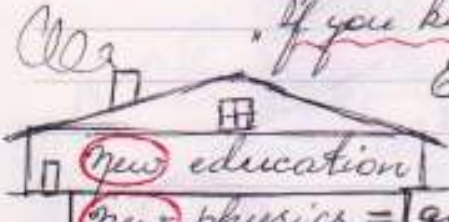
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YOU can do it!

We'll help → **KBUL** (HealthBoss University)

"If you know the WHY - you can do the HOW"

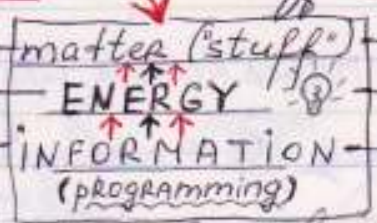
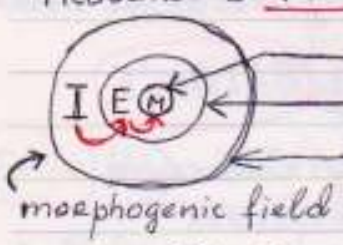
Education is your **KEY** → **🔑**



**new physics** = quantum physics →  $E = mc^2$

HealthBoss **MATRIX**

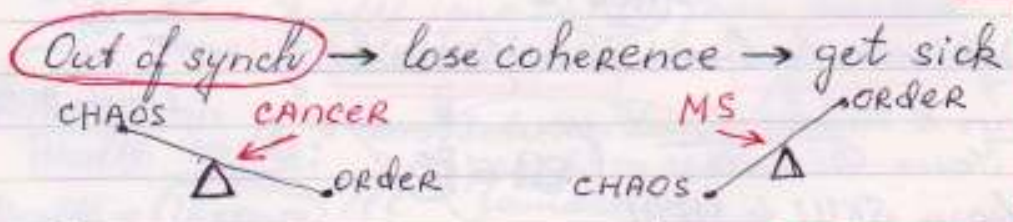
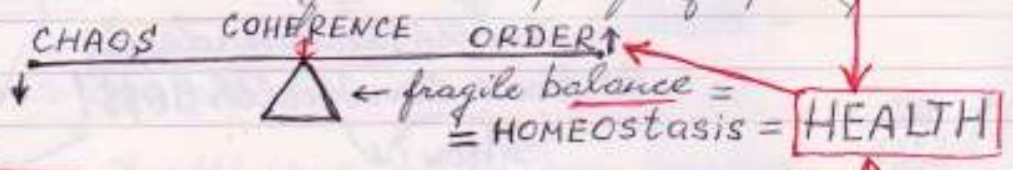
energy **IS** mass



ORGANIZED & condensed E makes M  
I organizes E

We are organised & informed Energy

Well organized Energy creates **COHERENCE** = **🎵**  
(the body orchestra plays symphony)



[Synch = coherence = health]

**COMMUNICATION**

depends on

The better **information flow** = communication - the more "in synch" we are → **HEALTH**



**HEART MATTER**



Soft LASER ① LIGHT

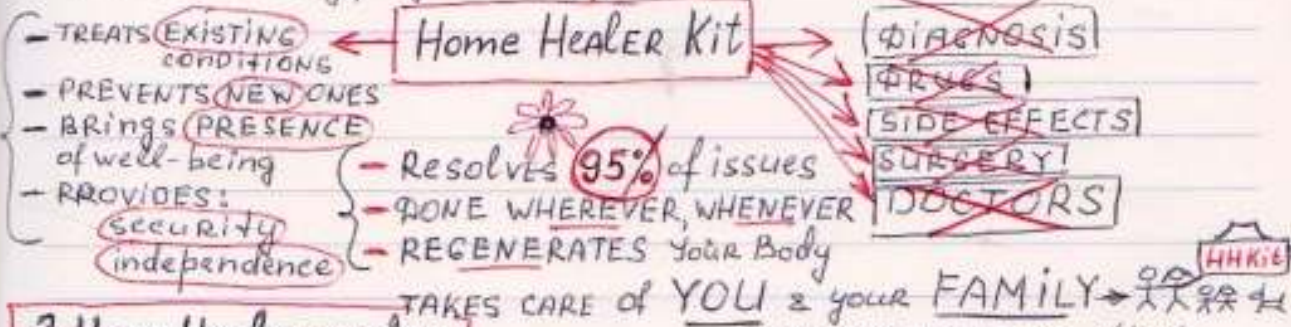
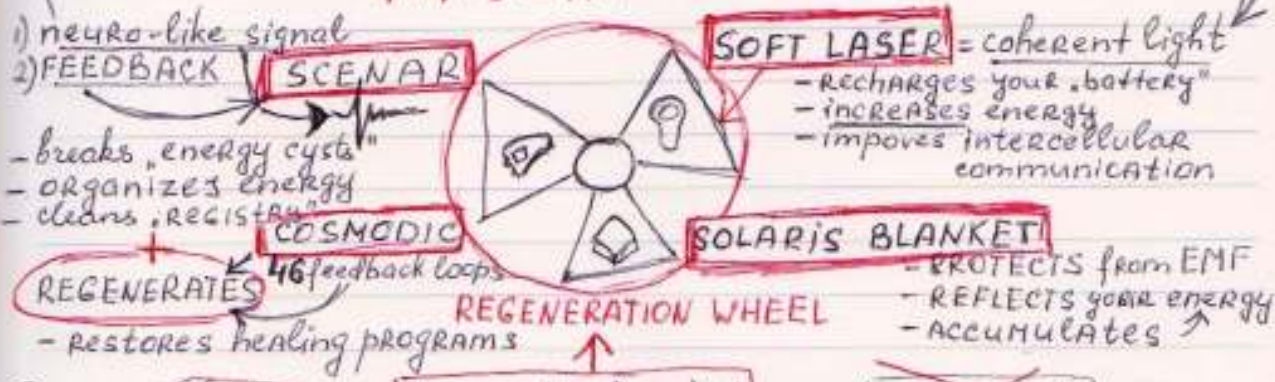
SCENAR ① ELECTRICITY

COSMODIC ① REFLECTION

SOLARIS Blanket

1+1+1=111

for your perfection & protection (WINNIN TEAM!!!)



**3 HomeHealer credos:**

- 1) As long as the body is alive, it CAN HEAL
- 2) While it's healing, DO NOT INTERFERE!
- 3) HELP it heal!!!

ENJOY YOUR BODY - it's the greatest instrument you'll EVER own...  
**Home Healer, it's YOUR TIME!**

I hope you enjoyed my Notes—and found something in them that may positively affect your life and the lives of your loved ones.

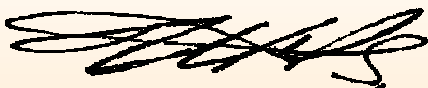
Please leave me your **FEEDBACK** on the blog at [www.HomeHealerToday.com](http://www.HomeHealerToday.com)

I would REALLY like to know what you think.

Thank You for being a part of my Community of **Home Healers**.  
Let's grow it together! :-)

To Your Health Independence,

*Dr. Irina*

A handwritten signature in black ink, appearing to be 'Dr. Irina', written in a cursive style.