

Introduction

INTRODUCTION

The Los Angeles Dodgers executive waited patiently in the clubhouse. He took a breath as their famed pitcher entered the room. It would have been acceptable to make a phone call, but he wanted to deliver the news personally.

“Tommy, your services are no longer needed,” he told the respected player.

The veteran pitcher bowed his head, resting it in his hands. An awkward silence took over the usually noisy clubhouse.

Baseball was his dream. Baseball was his life. He’d been one of the most consistent pitchers in the majors. His work ethic was unequalled. His attitude is always positive, and his professionalism was a model for all to follow. However, an injury caught up with him. The Dodgers were signing younger, healthier talent. Tommy simply didn’t fit the bill anymore. His time was up.

Nevertheless, Tommy learned a few things in his career. Struggle has so many benefits. Struggle teaches us to respect success. It shows us the value in hard work and uncovers the

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kind of wisdom embedded in a disciplined life. Through struggle, Tommy learned to never, ever quit. Having been in many battles on the pitcher's mound against formidable opponents, he learned that even in the bottom of the ninth with two strikes against you, there is still a chance. Most of all, he learned that in the midst of anxiety, disappointment, and fear, ask three questions. These three questions could calm any storm and provide hope when no hope was around. On that day, he took his head out of his hands, looked at his boss, and asked,

“Is there a chance?”

“Do I have a shot?”

“Is there something I can do?”

The executive, in an effort to be honest, smiled courteously and wished him well. Tommy had recently blown out his arm. His kind of injury was career ending. Sadly, he could no longer execute the bending motion needed to wind up and throw a major league ball. By all reasonable estimates, his career was over. No one had ever recovered from a tear to the ulnar collateral ligament. But Tommy, whose question was ignored by the executive, instead closed his eyes and asked himself,

“Is there a chance?”

“Do I have a shot?”

“Is there something I can do?”

Tommy then left the clubhouse and went directly to meet with

an experienced surgeon. He asked the surgeon his chances of playing again if he had an experimental surgery on his pitching arm. This was 1974, long before many of the leaps in orthopedic surgery existed. The surgeon leveled with Tommy and told him his chances are one percent that he would ever pitch again. To which Tommy asked, “What are my chances if I don’t have the surgery?”

“Zero,” the surgeon answered.

“I’ll have the surgery then,” Tommy responded. “I’ll give myself a chance.”

Tommy asked the Dodgers for one favor: when spring training begins, please allow him to try out. In his words, “I have something the young players don’t have; I have experience.” Tommy continued, “If the younger pitchers are better than me, I will respectfully leave the field and never bother you again—but know one thing, for the next year I will be practicing every single day. When I come back, I’ll be ready.”

Tommy returned to spring training, tried out, and was resigned by the team. He went on to win 164 more games with the Dodgers all because he refused to let go of hope. Fast-forward fourteen years later. Tommy was forty-five years old—the oldest of all players in major league baseball at the time. He was playing for the New York Yankees. The Yankees decided to cut Tommy from its roster to make room for younger talent. Tommy asked

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his team these questions:

“Is there a chance?”

“Do I still have a shot?”

“Is there anything I can do?”

Tommy won his job back and played four more years with the New York Yankees until he retired in 1989 as one of the longest playing pitchers in baseball history. He always had hope. He always gave himself a shot.

Today, the name of Tommy John is famous not just in sports, but also in medicine. In medical parlance, a Tommy John surgical procedure indicates you've torn your ulnar collateral ligament. Your doctor will take a tendon from another place in your body and use it to replace the torn ligament in the medial elbow in order to fix your arm. The procedure was named after someone unwilling to give in, someone who refuses to accept what life dished his way. He decided to live on purpose. He decided to perpetually hope.

It can be difficult to hold onto hope for your health when health professionals tell you your time is up. It can be emotionally debilitating when diabetes, cancer, emphysema, or any number of diseases begin to ravish your body. Where do you go? What do you do when your hopes of traveling the world or spending quality time with you grandchildren seem to be fading away? Ask yourself these questions:

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“Is there a chance?”

“Do I still have a shot?”

“Is there anything I can do?”

And the answer to all of these questions is a resounding “Yes!”

The days of medicine as we know it are over. Today, patients are now bold enough to participate in their healing. Brave enough to do more than listen to diagnosis, but instead, facilitate a new diagnosis through their actions. Having great healthcare is awesome, and having great physicians is always advised. However, neither money nor professionals can do for you what your mind and your belief can do for your body.

We all watched it happen. Billionaire Steve Jobs had everything, and what he didn't have, he created. Yet, out of nowhere at the age of fifty-six, sickness ended his life. Jobs had access to the finest, most innovative medical treatments known to man. There were no resources unavailable to him, yet he didn't survive. The human body often suffers when one assumes the only solution for its ailments must be found among synthetic creations—solutions by the hand of man. Mother Nature does know best. She knows how to fix what is broken, and she starts her healing at the cellular level.

There are trillions of cells in your body. Cells are the building blocks of life. Cells are the foundation without which nothing can exist. But when you think of a foundation, you think of

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permanence. Did you know your cellular structure has not only permanence, but also flexibility? Did you know your cell structure can transform instantly? Did you know your cells can regenerate outside of its kind? To activate your cells' amazing capacity, you must engage your eight genomic triggers of *support, motivation, food, motion, emotion, breath, sleep, and resilience*. When this is done, the human cell can bring into existence that which doesn't, in whole or in part, exist within itself. So why should you care? Does this have any real-world application outside of coffee table trivia? Yes, it does. If you have cancer, Alzheimer's, diabetes, or any degenerative disease, you must firmly understand your body is not only able to fight the disease, but can also create a new body within you. A healthy you inside of the sick you.

Your body can circumvent the current path of your sickness and build highways to health. This gives hope. But not only that, you need to understand that this very hope is in and of itself a cell. Hope isn't just belief or random optimism. Hope is the body's medicine. Penicillin for the soul. Hope is its own physiology—a tree of life with deeper roots than death. With hope, you can do the impossible. You can achieve greater sustainable health than you've ever witnessed.

Hope is its own example. There's no first mover needed. The magic of hope is this: one doesn't have to be exposed to hope to experience hope. Your body, your mind, and your spirit have

ingrained in its very being all you will ever need to expect the best, most exciting adventurous living you can imagine.

I've found that most people are more comfortable going where they've never been if they have a map. Maps are evidence that someone has gone before us and memorialized the journey we now travel. So with map in hand, we replace anxiety with courage because we trust the intent of the map designer was for us to arrive safely. We drive highways at night because we assume the integrity of satellites haven't been compromised and so we are willing to, even with a newborn in the backseat, traverse mountainous terrain because we trust the system. A courage-generating system called GPS. Note how GPS doesn't require we have any personal knowledge of anything it presents to us as truth. We simply follow directions.

Medicine is very similar to GPS. Doctors, nurses, and practitioners don't have time to explain everything they know. They cannot transmit into our understanding all of the nights studying thousands of pages and highly intellectual tests required to put on the white coat. They engage us while we travel this journey called life. They assess where we are and tell us, from their elevated vantage point, how to get to our destination. Patients trust their knowledge and intent. Patients place their future in the hands of medical professionals. But there is one doctor you must trust *first* with your health before you ever see

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your primary physician. This doctor is your body.

Your body is the single greatest doctor on earth. Understanding this will reshape how you treat it, what you feed it, and who you allow around it. Once you go to see a physician, you are once removed from the most effective “healer” of the body—the body itself. We all know wonderful doctors and must always seek their highly skilled advice. But your body understands itself better than a physician ever could. Listen to it.

As you read this book, be empowered; be challenged; be bold. Allow these groundbreaking concepts of your eight genomic triggers to fuel your curiosity. Then challenge yourself to change your life, bending it toward health and away from disease. Finally, be bold enough to spread the news about the potential for all your friends and loved ones to do the same. Understanding your eight genomic triggers can end so many of your health problems before they have a chance to start. Most importantly, act now because this thing called life is far more unpredictable than it is short.