

A Path to Wellness

A large, rounded rock formation, Uluru, is the central focus of the image. It is bathed in the warm, orange and red light of a sunset or sunrise. The sky is filled with soft, wispy clouds in shades of purple, blue, and pink. The foreground consists of a flat, open landscape with sparse, dry vegetation and a few small trees.

Lessons from the Aboriginals



The Healing Lessons of Australia's Aboriginal People

In the Australian Outback, a 50,000-year-old culture thrives despite a harsh, 130-degree desert climate and few material possessions. Far from primitive societies, however, some special Aboriginal groups are rich in community, gratitude, spirituality, and, most importantly, love.

The foundation of this simple lifestyle is the Aboriginals' understanding of the powerful connection between mind, body, and spirit and their belief in a universal consciousness—what some might call God, One Consciousness, or Spirit. Feelings and thoughts, they believe, create emotional and physical manifestations that become an integral part of who we are.

The world is to be richly learned from and released with gratitude,
freeing us to move on to the next lesson, challenge or opportunity.

Emotions dealt with through fear or avoidance result in illness or “dis-ease.” But within each person, these Aboriginals believe, lies the knowledge and capability to heal and create wellness through balanced thoughts and feelings. By recognizing our emotions and universal spiritual connection, we move toward a state of wellness and, in the process, are enriched by our encounter with life's inevitable challenges and lessons.







Dr. Gary Holz,
physicist, nutritionist,
PsychoNeuroImmunologist,
lecturer, and gifted healer.

The Personal Journey of Dr. Gary Holz

Through his own remarkable journey with disease, Dr. Gary Holz came to be healed by and subsequently learn first hand the simple yet powerful Aboriginal healing techniques. . . . But his path was not an easy one.

A relentless pursuit of scientific achievement in the 1980s earned Dr. Holz numerous awards and patents for his work in the aerospace industry. Neglect of his physical and emotional needs, however, also led to disease in the form of multiple sclerosis. By the early 1990s, he was a quadriplegic, paralyzed from the neck down. However, upon learning he had less than two years to live, Dr. Holz embarked on an unconventional journey—one that would change his life and belief system forever.

A gifted healer, Dr. Holz integrates science and ancient wisdom to expand the boundaries of healing.

Through the healing and love of a remote Aboriginal tribe, Dr. Holz acknowledged and released long-held, painful emotions, returning home from Australia with control of his muscles from the waist up and physical feeling in his entire body—something he had not experienced for seven years.

In the process, Dr. Holz learned that he, too, possessed great healing abilities, which he was to incorporate with the Aboriginal healing techniques and share with the Western World. Ever the scientist, Dr. Holz earned additional degrees in immunology and nutrition and attended seminary for five years, opening Holz Health Center in 1995. Here, through the practice of PsychoNeuroImmunology, Dr. Holz uses his remarkable gifts to assist others throughout the world to reach their own higher levels of physical, emotional, and spiritual wellness.





Connecting the Mind, Body & Spirit

The scientific study of the relationship between the mind (psyche), the brain (neuro), and the immune system (immunology) is known as PsychoNeuroImmunology.

Via the subconscious, our bodies physically manifest our thoughts and emotions. Our state of wellness or disease reflects conscious and subconscious choices of love, forgiveness, and gratitude or of fear, anger, and despair.

Utilizing the healing techniques taught to him by the Aboriginals, Dr. Gary Holz teaches others to recognize these connections and to experience and release repressed emotions and move toward wellness.

Our thoughts direct the body to physically create what our mind is focused upon.

The non-invasive process respects each individual's personal healing journey. With his or her permission, Dr. Holz is able to work remotely with anyone, anywhere in the world. Serving, he believes, as a humble conduit for a greater power of love and healing, he is able to both direct healing energy to an injured or diseased area within the body and to connect to the subconscious, identifying emotional blockages and guiding the release of thought patterns that hinder healing.

Through this blending of ancient wisdom and modern scientific understanding, patients achieve higher levels of physical, emotional, and spiritual wellness and deeper understanding of their mind/body/spirit connection.





Your Own Healing Journey

Regardless of the injury, illness, or disease* affecting your life . . . regardless of the prognosis you may have received . . .

Working in harmony, your body, mind, and spirit have the remarkable ability to create wellness. Your powerful mind, with its link to God/One Consciousness, has the capability to embrace solutions far beyond your accustomed boundaries—if that is the path you choose.

Moving from disease toward wellness means accepting a personal role in a growth and healing process that guides you from acknowledgment to empowerment. However, you will not be alone in your journey. The Holz Health Center counseling team will guide you with respect, confidentiality, and love. In person or working remotely, Dr. Gary Holz will utilize his unique abilities and Aboriginal healing techniques to treat the illness or diseased area of your body. Holz Health Center counselors will help guide you through the interconnected mental, physical, and spiritual aspects of your journey as you seek the balance necessary to achieve wellness.

Healing is a journey that you must consciously choose to take.

Are you ready to venture on your own limitless healing journey? Are you ready to choose the path to wellness?

**Holz Health Center has helped restore wellness to people with, among other challenges, cancer, chronic pain, AIDS, seizures, strokes, scoliosis, eczema, herniated disks, rheumatoid arthritis, brain tumors, fibromyalgia, vision, and sports injuries. Also, animals with feline leukemia, cancer, arthritis, and hearing and vision loss.*







Dr. Gary Holz
and Robbie Holz

Holz Health Center, Inc.

Dr. Gary Holz is a physicist, PsychoNeuroImmunologist, nutritionist, lecturer, and gifted healer. Dr. Holz attended seminary for five years and earned a Doctorate of Science in Immunology and a Master of Science in Nutrition from Westbrook University in New Mexico. He founded Holz Health Center in 1995.

Robbie Holz is a licensed counselor, animal communicator, and inspirational speaker. As a member of the Holz Health Center team, she counsels patients on their healing journey and serves as a spokesperson for Dr. Gary Holz, teaching the healing principles of the mind/body/spirit connection.

Holz Health Center is committed to the future of healing by merging science and the ancient wisdom of the Aboriginals.

Our Mission: To assist others in reaching higher levels of physical, emotional, and spiritual wellness through the healing love of God/One Consciousness/Spirit/Universe.

Open yourself to new dimensions of wellness.

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