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INTERVIEW SERIES

**How One Man Cured His
Bipolar Disorder:**

An Interview With Paul Huljich



Michael Senoff's

HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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How One Man Cured His Bipolar Disorder: An Interview With Paul Huljich

Paul Huljich seemed to have it all. As one of the pioneers of the organic food movement, he enjoyed a net worth of 100 million when he cofounded a very popular organic business. Then one day, it all came crashing down when he experienced a terrifying mental breakdown that included thoughts that he was Jesus Christ and that he could fly. Paul was declared mentally insane, was made a ward of the state, and was told there was no cure for his insanity.

It was bipolar disorder. But Paul didn't take the doctors at their word when they said there wasn't a cure. He went back to his roots in organic food to look at what he ate, how he exercised, slept, his stress factors and the addictions and obsessions in his life. He never gave up, and he says he was able to cure himself. And in this interview, you'll hear all the lifestyle changes he made that did it.

You'll Also Hear...

- An in-depth look at exactly what bipolar disorder feels like from an insider's perspective
- The warning signs of the disorder – and the scary reason Paul says “prevention is far better than recovery”
- The exact protocol Paul followed to cure his bipolar disorder – down to his daily routine of diet and exercise
- The surprising role that chemical imbalance plays in bipolar disorder and the 4 neuro-chemicals you need to be listening to
- The problems usually caused by the standard treatment for this disorder (medication and institutionalization) and what should be done instead

Paul says the way doctors currently treat bipolar patients only turns them into walking time bombs. They live life never knowing when another episode will happen. But it doesn't have to be that way. And in this audio, you'll hear the wellness plan this man developed to cure his bipolar disorder without medication, and how you might be able to do that too.

Hi this is Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart

disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris Today we are talking with Paul Huljich, author of, "Betrayal of Love and Freedom." Paul thank you so much for joining is today.

Paul Why thank you, it's an honor to be on your show and have the opportunity to reach out to your listeners.

Kris So you have a really interesting story. You're from New Zealand and you were very successful, one of the pioneers in the organic food movement.

Paul Yes, that's correct. I co-founded with my 2 brothers, Best Corporation, that's homemade organic food. And I'm very proud, I've always believed that food should not only taste good but it should be good for you.

Kris You're a hard working guy and at one point it sounded like you had it all as far as material possessions and the good life. \$100,000,000 was your net worth?

Paul Yes, I worked very, very hard from an early age, a teenager, worked all my life and the only 2 focuses I had was my family and business. So if I got to the top I was the chairman and joint-CEO of a publicly listed that we took on the stock exchange. And I was sharing the success and building a home for the people I love most. I built a 30,000 square foot mansion with 18 bathrooms and a 25 yard indoor ground pool, it had a large outdoor pool, (inaudible) and heli-pad, and squash court. Everything you could think of. Ferraris and Porsches. Was I to know that due to stress being left unchecked, even though I thought I did have stress under control, I had the trainer coming 3 times a week, I was doing some form of meditation and yoga, mi had a reasonable diet, I eventually bi-polar disorder. And suffered this bi-polar disorder and experienced a terrifying full mental break down. Where I totally lost it and I was out of control. As a result I was certified insane and I lost all my rights

as a citizen, I was made a ward of the state. I was told there was no cure and that I would be confined to a chemical straight jacket for the rest of my life. I was a broken man. I was given no hope. I fought back against all odds and cured myself of bi-polar disorder.

Kris Paul that is an amazing story. I mean to just go to those heights and then to sink to those lows. Let's back up a little bit for those that are listening, because there's a lot of people out there that don't know what bi-polar disorder means. It's such a scary sounding title. What are some of the characteristics of that?

Paul Well, for all of your wonderful listeners out there if they could just think of lying in bed in the fetal position. Whereby you've got severe depression, it feels so cold, it feels so alone. The only safety and comfort is being in the dark. And the only way to escape the pain is through taking a sleeping tablet, because there's no pain when you're asleep. But you're so afraid, you don't wish to talk to anyone, you don't want to see anyone, and you feel so unloved. Now that is one extreme of bi-polar disorder. That is severe depression. On the other extreme of bi-polar disorder is manic. It's euphoria, it's where you think that the world is wonderful. You can do whatever you wish, you can fly, you can walk on water possibly, you feel you could do every business deal. You feel so good you just go out and buy 3 cars in one day even though you can't afford it. So the thing is that you're not rational. You lose all sense of common sense and you're not really aware of what you're doing. You could be in such a state that when you're in that particular moment you cannot later recall what you did. It's that terrifying. But everybody can have different degrees of bi-polar disorder. The extreme I just explained to you be it euphoric is when you have experience a full mental breakdown.

Kris And you were 45 years old when you empire kind of unraveled. Do you see some of the signs coming? I mean when you look

back were there things that had you done something differently your life would have taken a different way?

Paul Well of course. The biggest one is that if I had known about the book "Betrayal of Love and Freedom" 20 years ago I would have never gone there. Because the signs were all there. The early signs, the ones like if you grind your teeth, you're having to take sleeping tablets all these sort of things define that you're not happy. You're not following your inner feeling, because the chemical imbalance of which your full neuro chemicals, that effect everything to do with your mood, your thoughts, your feelings, your emotions, serotonin, melatonin, norepinephrine, dopamine, and endorphins. And those 4 neuro-chemicals are what makes you as a human being. And if you don't listen to your barometer of feeling, which is always telling you how you're feeling, your body, your brain, your mind reacts. So what happens is if you're feeding on an addiction that will even help your chemical imbalance to deteriorate even more. And what was happening to me is even though I had a trainer, even though I was in meditation and yoga and because I had a passion and love for food I had a reasonable diet, I was still on the road to distraction. I was betraying myself without being we're really aware of it. And that's the terrifying situation. When I was able to retrace as to what happened to me it all came back to strain.

Kris It sounds like for you had some of the stress reduction things in place but then on the other hand were you just what the workaholic?

Paul Yes, I was a workaholic. But you'll find a lot of people even though they're doing some of the stress reduction if it's not in keeping and in sequence with and harmony or is not too and optimum level to where your chemical imbalance is way out of whack too much, you'll still fall over. And you either have a stroke, heart attack, or a mental breakdown. And that's what's happening to a lot of people. And you only have to think about

what's happening with everyone today is that everybody tends to work to the quote. And there is a time that everybody can refer back to childhood when they could have been in a happy home, if they were lucky they would be in a happy home, where there wasn't much of use of urgent, there's a time when they take peace of mind, contented, and happiness. If you look of a happy child they are so happy and content with life but as we get older we are conditioned to replace that with goals and ambitions. Mine was replaced with ambition to succeed to think that material things would give me more options and give me more ways to enjoy with my loved ones. But that's not necessarily the case. And what I found is that I might have lost a fortune that I gained their richness of life. And the best laid out plans of mice and men as the great Scot poet said Robert Burns. My favorite time when I go for a walk here in New York City in central park. No matter what you plan and no matter what you think that you've got all covered it can all unravel because it did for me. In the end if I had a stigma, I was given no hope, I was a broken man and we have to fight back so that those warning signs if you don't adhere to them and you could end up where I've been. And it's very, very hard. Prevention is key, it is far better than recovery.

For more interviews on health, mind, body and spirit, go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris And I want to ask you about that too Paul because I know your book, "Betrayal of Love and Freedom" also your foundation that you've started in which I love the title by the way. Is it Mind, Wellness, Awareness?

Paul Yes, Mwella.

Kris You hear so much about mental disorders and things like that its own eyes are to see it in a positive light, because I think down

the line years from now they are going to find out that so much and this is chemical and become more conscious control of these. And I want to ask you Paul though, and the standard treatment here in the United States and it sounds like over there and New Zealand his medication or institutionalization. And I want to talk a little bit with you about what are the problems with that?

Paul

When I had my mental breakdown in on the day that I thought for few minutes that I was Jesus Christ and that I could walk on water, and it was also explained then that I thought I could fly. And I was jumping off 20 foot walls and had made my feet all bloody to the horror of my family. Or I was giving out \$100 bills at the local gas station. Or I had stripped off my clothes to my underpants in my own boardroom. What happens is that this is a very terrifying experience so when given the choice of a straitjacket, being taken away, being institutionalized, and let us not forget you've lost all of your rights, you've been made a ward of the state and these laws are throughout the world. Make a different forms that they all mean the same thing. You so what happen to a locally Britney Spears, she was taken away, she still hasn't gotten custody of her two wonderful boys, she still hasn't got the right to look after her own finances, and she's a wonderful person, very talented, hardworking, but if you have too much stress and if you're overwhelmed with too much of the quicksand of life of what's happening and does bring us down. So for my point of view and yes, I have to work out that if they are telling me you have to go on medication, and I thought to myself yes, that's all right but Dr. You're telling me it's a chemical imbalance. If I'm taking the medication why is it not curing me? You're telling me in time the condition of Bi-polar disorder will break through the medication and I will have a relapse. Which made me realize I'm a time bomb. I don't know when I'm going to go off and furthermore Dr. You're telling me that I have to take his medication all the time. And I said well isn't that a bit strange that if I came to you with a broken leg and you gave a medication for the pain, wouldn't I also want you to heal my leg? Instead you're giving me a band aid to go on top of the time bomb. I cannot live with that. So it made me Kris, search globally for answers. And looking for answers in the cure lead me to the world right now Mayo clinic in Rochester of Minnesota. And after talking to them the psychiatrist at the

Mayo clinic I further went to the manager clinic where I gave up my rights and institutionalize myself where my own family can get me out, not even my wife no one. I could not get out myself. The only people who could release me with the doctors. But I had to go into the lion's den to confront this mind condition. To fight back and find a cure and you have.

Kris And what did you find? I mean you been symptom free for a decade now. So obviously you've been successful.

Paul You know I've been at the Mayo clinic, I've been at the miniature clinic I sort of consider myself a crusader. And quietly spoke to every one about their condition, what were the symptoms, what happened to them and started to research all of the information. And at the same time I realized everybody had addictions and obsessions. And I also realized it was that revolving door, these people were always coming back. I never found anyone that had cured themselves of bi-polar disorder. And it terrified me. And then there was a turning point right there in the miniature clinic. When I came across a lady who had traveled great distances with a loved one to have electro-convulsive therapy, that's electric shock treatment. And she came with so much hope. Well after she had had the treatment I managed to talk to her sometime after. And when I looked into her eyes everything was revealed. Her hopes had evaporated and down came the despair. And that's when I realized right then, that I'm gonna fight and it'll be a fight to the death of bi-polar disorder or me trying to find a cure. So in finding a cure I never gave up, I never gave in to defeat, I never allowed my flame of hope to be extinguished, I never accepted it was genetic. And in searching for answers I retook back what caused me to develop and be at the mercy of bi-polar disorder. And because of my knowledge and pioneering it made me look at what we eat, what exercise we do, and what stress reduction technique I had to look at. And of course never forget about sleep. And how to say no to addictions and obsessions. So those 4 neuron chemicals had a lot to do with bringing together in harmony the body and the mind, your feelings and your chemical imbalance in the brain. And that's where I worked out the Mind Wellness Awareness 30 day program, which is very basic, because I didn't want to spend all of my time having to be concerned about my health. I like to be busy, I like to be active. And I wanted to reclaim back my

power. So that's what happened from the time I was in the drugs I was working very, very hard to come off them one day. That was my dream that was my hope. No matter what doctor told me that I will always be on them or gonna have a relapse. Secretly I never allowed my flame of hope to be extinguished, I kept it alive, no matter how small of a flicker of hope it was. I thought you can't take away my hope, I'm gonna fight back.

Chis It sounds like lifestyle was so important in all of this.

Paul We all get lost in it. It's just that when I understand so much about food. We eat too many processed foods. And what happens is, even exercise can be done at the wrong time. You have to understand that even with exercise, if you're exercising at night it's not the best for you. You'll wake up in the night or the early hours of the morning. You wouldn't have had a good sleep. And also what the serotonin's doing exercise at night it makes you hungry, you want to gave a sugar fix, it's really bad for you. If you're gonna do exercise you gotta do it in the morning. If you're gonna do exercise you gotta get up an hour early, drink a liter of room temperature purified water, which will help clean out the system. You should juice, you should put some vegetables aside and put them in apple cider vinegar. Because if you ate everything organic right now at this moment, you're only getting the benefit of what our soil was like, nutritional value in the 1960's. So we as human kind have polluted this planet very, very much. Now with all of the toxins out there, if you don't work out your food intake then the maximum nutritional value can go into the body, it must also go into the brain. But if you've got mercury and you've got an inflammation of the intestine line that the goodness can't get through and it's clogged up with pollutants a lot of nutritional value won't even get there. And then if you're taking depressants like alcohol, recreational drugs, smoking, and everybody has addictions and obsessions, because it's their way of releasing the stress, the pain, and the challenges of life. They need some way to release it and to feel good. But it's only temporary.

Kris Have you heard of Google Insight? If you do a Google Insight search on a word if it shows you the entire world, able show you where people are searching for things. And if you type in things like stress or headaches or obesity the industrialized world

comes up. Tremendous numbers of people searching for help in those areas. And the less developed worlds where they're still living in communities that are very supportive, they're not working 24/7 you don't see those searches. It's really fascinating. But I want to pass from Paul also because I know you've Betrayal of Love and Freedom and you've got this foundation Mwella that's M W E L L A .com, correct?

Paul Yes, Mwella.

Kris Now what is your hopes with Mwella?

Paul Well is to spread awareness that there that prevention is far better than recovery. The prevention of mind condition is the key. Because the closer you go to the end and more difficult it is to recover. And we want to work with other organizations and spreading awareness. It's my hope the people who read, "Betrayal of Love and Freedom" we'll pause for a moment and reflect where he or she is in their life and that it gives them hope and encourages them to follow their innermost feelings. It also gives people (inaudible) and brings people together so that people are more aware and then the 1 in 4 people that have got mind conditions. That again some empathy and understanding that there to know that you're not alone and that we should the more understanding and helping one another to help to fight back so that people can reclaim that their power.

Kris And Paul what is your best advice for people if there's somebody out there that's listening that is concern about the condition, their mind condition or a loved one is concern about someone what should they do? What's the first steps that they can take?

Paul Well the first step is I believe they should read Betrayal of Love and Freedom because it actually gives you in a fictional way but it is based on a true story inspired by my own true story as to what could happen to you. That's the first thing. The second thing is that you should be more aware of where you are right now in trying to fight back and work out a way that is you're

dying good? Are you going for nice good walk on your own without that iPod or earphones? And without a partner. You should just go out there on your own. Are you saying no to time with your addictions and obsessions? Are you getting a good amount of sleep? And what stress reduction techniques are you using? If what I'm saying is, a lot of people in can take some very positive steps and they're basic steps and they're very wonderful steps. They're the steps I took. And if they work for me they can work for everybody else no matter what age they are.

Kris We want to thank you so much for joining us today. I look forward to reading *Betrayal of Love and Freedom*. And thanks again for being with us today.

Paul Well thank you very much for the opportunity. As I said Kris it's been an honor to reach out to your listeners. Thank you.

That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).