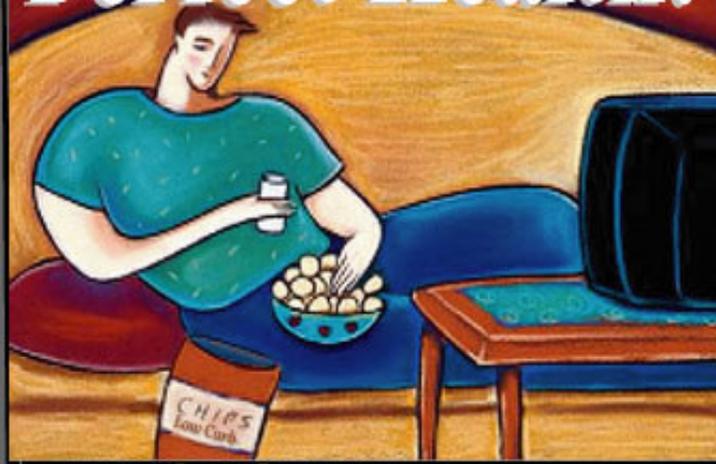


# Detox the Lazy

## *Way To* **Perfect Health!**



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If *you* knew the secrets to curing...

**Your best friend's CANCER...**

**Your spouse's HEART DISEASE...**

**Your parent's ALZHEIMER'S...**

**Your own CHRONIC PAIN...**

Wouldn't you want to tell the world  
**RIGHT NOW?**

Dear Health Conscious Friend:

*Of course you would.* And so do *the researchers* who made the discoveries you'll read about here!

These breakthroughs have already delivered results beyond patients' wildest dreams...

And they *could* be in your medicine cabinet tomorrow...

**But instead of getting to you,  
THEY'RE GETTING BURIED**

I'm not saying there's a conspiracy. It's just how the medical system works:

*If nature made the cure*, you can't patent it...

If you can't patent it, you can't mark it up for mega-profits...

And that means you can't pay for TV commercials, you can't deluge doctors with samples, you can't endow universities to bless it with *their* research, and you can't afford the legal shenanigans to push it through the FDA. *No wonder* the National Academy of Sciences now reports...

**IT could TAKE UP TO 17 YEARS  
for discoveries like these to  
reach doctors and hospitals!**

But I'm happy to say we've done all the research for you. The following "recourses" will provide a summary of years of diligent research that is free for you to read, evaluate and use.

## **YOU ARE WHAT YOU EAT**

"The old adage 'you are what you eat' is fast being replaced by the more accurate 'you are what you absorb.' And what we're absorbing is shocking."

Toxic heavy metals find their way into our bodies daily. Cosmetics, antacids, car and truck exhaust, tuna fish, bass and trout, seafood, shellfish, canned foods, lipstick, buffered aspirin, tobacco smoke, drinking water, amalgam "silver" dental fillings, laxatives, vaccines, fertilizers, processed cheese, industrial pollution, insecticides, herbicides, medications, and many more, contain toxic heavy metals. Toxic heavy metal contamination is so pervasive in our environment that it is no longer a question of whether one has been exposed to toxins, but rather the level of exposure. Toxic heavy metals in your body affect three main areas: the nervous system, cardiovascular system and immune system. Heavy metals, such as mercury, lead, arsenic, nickel, aluminum and others disrupt nerve cell growth and metabolism and have been implicated in a variety of conditions. Do you know your level of toxic heavy metal exposure?

Symptoms like indigestion, bloating, headaches, fatigue, and allergies, as well as the more severe diseases of our time, like cancer, Alzheimer's, lupus, muscular dystrophy, environmental illnesses, and fibromyalgia, may all be connected directly or indirectly to some form of toxic overload.

Unfortunately, each of us is bombarded by toxins daily; through preservatives, pesticides and other food additives, chemicals in tap water, air pollution, pharmaceuticals, mercury in dental fillings, and even hidden external stressors such as radiation.

So the question is: how can we detoxify our bodies in order to give good nutrition, exercise, and supplements the optimal chance they need to help us stay healthy? Of course, there are a number of detoxification methods which you will learn more about in this document.

## **THE DETOX REVOLUTION**

The toxins and carcinogens found in the air we breathe, the water we drink, and the foods we eat can overload our systems and endanger good health. Whether you're born with surprisingly "good" genes or "bad" genes, you can still boost your body's ability to cleanse itself of these harmful substances by following the breakthrough program presented in *The Detox Revolution*.

By now, the health benefits of such foods as green tea and soy have been well touted. But what you may not know is that through a carefully structured diet balancing the right "superfoods" with supplements and lifestyle strategies you can help your body perform at optimum levels of health and energy, while greatly reducing the risk of disease. Written by an internationally respected, thirty-five-year veteran in cancer research and nutrition, *The Detox Revolution* promotes the importance of building a new, more rational food pyramid, with special emphasis on incorporating surprising superfoods, including blueberries, grapefruit, carrots, rosemary, ginger, broccoli sprouts, onions, walnuts, spinach, watermelon, and salmon, as well as such sinful favorites as red wine, dark chocolate, and coffee! Based on the American Medical Center's heavily researched findings, Thomas J. Slaga, Ph.D., clearly outlines how practicing healthy eating habits strengthens your body's detoxification and immune systems, thus preventing such degenerative and deadly diseases as diabetes, arthritis, stroke, cardiovascular disease, and cancer.

Throughout his revolutionary program, Dr. Slaga incorporates scores of helpful tips from the research done at AMC Cancer Research Center, which proclaim the many detoxification benefits of:

- Installing water filters in the kitchen and bathroom taps, as well as showerheads

- Adding a little watercress to your salads and sandwiches everyday
- Incorporating a liberal amount of spices in your diet
- Marinating meats with garlic, onions, turmeric, or rosemary
- Finding a dry cleaner that utilizes less harmful cleaning methods
- And much more!

*The Detox Revolution's* easy-to-follow program includes a cancer risk test, Dr. Slaga's research-based supplement recommendations, and delicious, innovative recipes that make it easy and tasty to incorporate the superfoods into your everyday eating.

Cleanse yourself of the toxins that invade your body every day and live a longer, healthier life with *The Detox Revolution*.

Optimize your body's ability to fight disease with breakthrough program from a world-renowned scientist

Which foods really enhance your body's ability to cleanse itself of toxins? Which supplements work in conjunction with superfoods to supercharge your body's ability to fight disease? What lifestyle changes can add years to your life? Find out how to rid your body of life-threatening contaminants with the breakthrough program found in *The Detox Revolution*. Based on his thirty-five years of experience in the field, world-renowned researcher and scientist Thomas J. Slaga, Ph.D., reveals the vital role good nutrition plays in genetic function and your body's ability to neutralize carcinogens. Here you'll learn how to harness the detoxifying powers of superfoods and discover the AMC Cancer Research Center's strategies to increase your DNA's repair activity—the first step toward preventing cancer and other degenerative diseases.

Publisher: McGraw-Hill Companies, Published: 2003

Fictionwise Release Date: June, 2003

## **NUTRITION AND HEALTHY EATING**

*"Your food shall be your medicine"*

*Hippocrates*

Our NUTRITIONAL DIETS play a major role in maintaining good health, and on the other side, promoting bad health and disease. Our bodies are made up of glands, cells, tissues, and organs. They can remain healthy ONLY by receiving their proper nutrients through a Healthy Diet Plan. We can supply these necessary nutrients through the food we eat, provided we eat a well balanced diet. This is necessary to build and maintain good health.

Nutrition is also used in the cure of disease. The main cause of disease in our bodies is due to the lowered immunity responses of our systems that cannot repel or fight off disease. This is linked to poor nutrition. What IS the definition of disease? According to Webster:

dis- separation, reversal, opposite of

ease- easy, freedom from pain or trouble, comfort

So, disease is defined as- The reversal of comfort. The opposite of freedom from pain or trouble.

Our bodies have a tremendous healing power but can perform only when given the necessary nutrition. This is a method of prevention of disease and self-healing.

The problem with our diets today is that it is heavily influenced by fast food, or quick serve menus. Just click on the link for McDonalds to see what you get with the so called bargain contained in the SUPER SIZE. The average American diet is bad and getting worse!! “Nearly 50 cents of every dollar spent on food in the United States is spent on fast food restaurants or take out”. Over the last three decades, fast-food franchises have taken over our country and can be found in abundance in most every town USA. They are so predominant that they have knocked the "mom and pop" operations out of business. At least there, you would have found a meat and vegetables on the menu along with the hamburger and fries. At least the hamburger and fries would have been fresh meat and potatoes instead of the pre-processed and pre-frozen garb available at the franchises. At least there, every meal would not have been exactly like every other meal available at franchises all across our country and now, unfortunately, all across the world. What do the fast food diets do for our natural health?

They provide our bodies with:

Too much refined sugars (soft drinks)

Too little fiber (refined foods)

The result of this is OBESITY.

1 in 2 Americans are estimated to be overweight

1 in 3 Americans are estimated to be obese

If this is our diet, and we are raising children, what are we doing to ourselves and teaching our children? We are promoting disease and obesity throughout our entire family and setting our children up for a lifelong battle. Why not teach them from the beginning about nutrition and a well balanced diet?

So what can I eat to enjoy a healthy diet and natural health? All you have to do is eat a well BALANCED diet from the four basic food groups and limit the intake of all the rest.

As I said earlier, Our Creator carefully placed everything that we need on this planet to sustain our bodies. We simply need to enjoy the harvest. It's time to get back to the basics of healthy dieting and balanced nutrition.

A healthy diet plan is a well balanced diet, low in saturated fat and refined sugars and carbohydrates. Research has shown that diseases caused by a deficiency can be corrected when all the necessary nutrients are supplied, providing irreparable damage has not been done. Please follow the links to the left. You will find information that you may have never seen before. Remember, if you have a weight problem you **DON'T NEED TO PURCHASE A DIET PLAN OR TRY A NEW FAD DIET**, this information is free and it is real. Using it will give you the results you seek. These are all natural foods that are readily available in your grocery store, produce market, or garden. Don't fall victim to a promise of weight loss that will only set you up to fail and make you feel bad about yourself. You are a real person who has value. You are **NOT BAD**. You simply need to retrain your eating habits. Being overweight is a real problem in America today. Too many franchises, no doubt. Use this information. **IT WILL WORK..** I lost the weight I wanted to when I began this healthy diet plan and you will too!!!

Just follow the links to the left which describe each of the food groups and their values. You will find tips on which foods are considered "healing foods" and which are considered "fatty" foods. Foods that are most close to their natural state are the most healthy. Read about each group before making your decision. I would be interested to know which group you have chosen to focus on.

## **VEGETABLES**

Vegetables should be the building blocks that you use to build a firm foundation for Natural Health. They contain minerals, vitamins, and enzymes. Vegetables derive from many parts of the plant including the leaves (lettuce, spinach and other greens), roots (carrots, radishes, turnips), fruits (peppers, tomatoes, cucumbers), stems (celery), flowers (cauliflower, broccoli, artichokes), bulbs (garlic, onions), seed (beans, peas), and finally the tubers (potatoes).

Vitamin A is an essential vitamin for promotion of good vision, healthy skin and strong bones. Vitamin A is found in carrots, spinach, peppers, yellow pumpkin and chicory. Vitamin C is found in peppers, tomatoes, cabbage, cauliflower, broccoli, and potatoes. This vitamin helps produce collagen in the red corpuscles, connective tissues and hemoglobin. It is also a great anti-oxidant.

Vegetables are high in mineral content as well. Spinach is high in iron while broccoli, cauliflower and spinach contain large amounts of calcium. Vegetables also contain large amounts of minerals like sodium, potassium, magnesium, and phosphorous.

Vegetables contain fibrous elements, which aids in human digestion. Their ability to absorb large quantities of water benefits sufferers of constipation and diverticulitis, while reducing the absorption of cholesterol and sugars preventing diabetes and cardiovascular damage.

Care should be exercised in the preparation of vegetables. The most common mistakes are peeling and overcooking. Most of the vitamins lie just underneath the skin, so in peeling the skin you are peeling away the vitamins. Leave the skin on whenever possible. During cooking many of the vitamins and mineral break down and dissolve away. Avoid this by simply steaming vegetables in a small amount of water and leaving the vegetable crisp. Vegetables are always at their maximum value when eaten raw. Do this as often as you can through snacks and salads. Raw vegetables are a great snack to take to work, your children will love them at home, and you can get two to three servings a day this way. Keep in mind that broccoli is a natural cancer fighter and you should eat it every time that you see it. You are on your way to Natural Health!!!

For more in-depth information on vegetables and their healing abilities, consider reading my new eBook. It gives you exact information on vegetables such as members of the allium family (onion, leeks, etc), asparagus, cruciferous family (collards, lettuce, greens, etc), beans, beets, all the way to zucchini!!

## **FRUIT**

Fruits are another excellent source of minerals, enzymes and vitamins. Easily digested, they take on a cleansing effect on the blood and digestive tract. They carry a high percentage of water and are very low in fat. They are good sources of the anti-oxidant vitamins A and C, foliates and fiber. Fruit should be eaten as often as possible, several times throughout the day. Always eat fresh fruit when possible, but can be substituted with dry fruits (raisins, figs, prunes) and fruit juice. No, not fruit beverage, which is full of sugar. Check the label for the words 100% fruit juice. Get in at least two to three servings by taking apples, bananas or grapes to work to snack on. At home enjoy grapefruit (natural fat burner) and oranges. Purchase the Ruby Red grapefruits, they are naturally sweet and you don't need sugar. When your favorite fruit is not in season, eat the dried version. Do this to begin enjoying NATURAL HEALTH!!!

### **Fortification**

To prepare the liver and the rest of your body for the toxin "attack" that detoxification will trigger, it's a good idea to stimulate glutathione production with the glutathione precursors I told you about last week. Supplements of the amino acid NAC (N-acetylcysteine), and an intake of whey (milk-serum-protein

concentrate) are two excellent methods to insure that reserves of glutathione will be there when you need them.

As for dietary needs, safe detoxification is promoted with a moderate intake (at least 4 ounces daily) of clean, untainted protein. This means organically raised, hormone-free poultry, fish, and lean beef. Besides being an effective glutathione precursor, protein is needed to ensure that the liver can produce adequate enzymes to break down toxins into water-soluble elements for elimination. Conversely, excessive levels of carbohydrates (pasta, bread, cereals, potatoes) can actually hinder this process.

Also include lots of fiber-rich and antioxidant-rich vegetables (particularly broccoli and kale, known to help prevent cancer) in your pre-detoxification diet plan. What not to include? The usual suspects: processed, refined white flour; white sugar; margarine; vegetable shortenings; and artificial sweeteners like aspartame.

The antioxidant properties of silymarin (found in milk thistle) can help buffer the liver from the damage of alcohol, drugs and other toxic substances. Herbal supplements of dandelion root and milk thistle also support the liver function and will aid the detox process.

## **REJUVENATE YOURSELF!**

For most people, a four-week period of pre-detox is sufficient. For those with liver problems, elevated liver enzymes, or a history of substance abuse, the period should be prolonged, perhaps as long as six months in extreme cases. And as with any new health regimen, before attempting a fasting program (or any other means of internal cleansing) it's a good idea to consult your doctor - and hopefully you're fortunate enough to have a physician who is knowledgeable about both nutrition and detoxification.

You've probably seen the articles that appear frequently in any number of health publications that describe some sort of detox fasting regimen. More often than not it's a "juice fast," and inevitably it's described as a "quick and easy" energy booster. If only it were that simple.

The most important detoxifying organ is the liver. But the liver's capacity for detoxification can be overwhelmed when the fasting process suddenly fills the bloodstream with toxins that the body has been accumulating and storing for months or even years.

Another good example of how "crash" fasting can be harmful is the effect that such fasts can have on glutathione levels. Last week I sent you an e-Alert about glutathione ("The Workhorse" 1/9/03), the powerful antioxidant that every cell of your body requires to fight disease and repair damage. Animal studies have shown that after just 36 hours (and most cleansing juice fasts require at least 48 hours), the body becomes drained of the enzymes and nutrients (including glutathione) that are necessary for safe detoxification.

According to The Journal of Applied Nutrition, the antioxidant properties of glutathione are crucial during an internal cleansing regimen, because the resulting metabolic byproducts can damage the liver and other organs if they don't have enough glutathione to help break down the toxins. In addition, without the proper level of enzymes and nutrients, metabolic waste products have an opportunity to prey on the immune and endocrine systems.

If you're ready to feel the lightest and most energetic you've felt in years, then you'll want to read the information in the 2004 update of my special report: *The Detox Bible: How to Rejuvenate Your Body on Nature's Operating Table*.

## **What is a Detox Routine?**

Simply put, a detox routine is an all-natural method of giving your body the time and conditions it can use to rebuild and heal. There are many different detox routines in the world of natural health:

- water fasting
- juice fasting
- minimal eating
- herbal detox
- detox baths
- colon cleansing
- caloric restriction
- and many others

## **Drink More Spring or Filtered Water to Improve Every Facet of Your Health**

You've heard it repeatedly: make sure you drink at least eight 8-ounce glasses of water per day. The key words are "at least," because, unless you are a child or the size of a child, you need more water than that. The rule of thumb is, for every 50 pounds of body weight you carry, drink one quart of bottled spring or filtered water per day. The average person weighs 150lbs, so they should drink three quarts per day. A 200lb person should drink a full gallon per day. Athletes should drink even more than that. Follow these guidelines and you've adopted one of the most crucial health habits.

Our bodies are mostly water, and so this ongoing intake of water is essential to our every function. Drink the appropriate amounts, and everything is much more likely to function at optimal levels. Don't drink enough water, and over the short term you will experience routine fatigue, dry skin, headaches and constipation; over the longer term, every body function will degrade more quickly. It really is as simple as that.

Things get a bit more complicated in what type of water to drink. Bottled spring water and filtered water are both good options. Do not drink tap water or distilled water.

The spring (not "drinking") water should be bottled in clear polyethylene or glass containers, not the one-gallon plastic (PVC) containers that transfer far too many chemicals into the water. Filtered water can be obtained through low-cost filters, such as those provided by [Brita](#) or [PUR](#) brands. Another recommendation of mine is the GE Smart Water, which was top rated in Consumer Reports December 2002.

Tap water should be avoided because it contains chlorine and may contain fluoride, toxic substances that, with ongoing consumption, can have dire consequences for the body. Distilled water should also be avoided because it has the wrong ionization, pH, polarization and oxidation potentials, and can drain your body of necessary minerals. It has been tied to hair loss, which is often associated with certain mineral deficiencies.

Finally, drink water at room temperature if possible, as ice-cold water can harm the delicate lining of your stomach.

Read more about the benefits and right types of water -- and beverages to avoid -- in the [eating plan](#). You can also use our powerful search tool, or explore some of the links below.

Finally, the extensively researched and fascinating book, [Your Body's Many Cries for Water](#), should be required reading by all, and definitely belongs on every health care practitioner's bookshelf.

## **ARE YOU TOXIC?**

### **Aspartame Can Harm Your Health**

**By Dr. Joseph Mercola**

I wrote the following letter to the editor of the British Medical Journal for an absurd editorial they wrote and they posted my letter last month.

Aspartame, an artificial sweetener containing two amino acids, aspartic acid and phenylalanine, can be found in products such as NutraSweet and Canderel. Many health disasters, which are highlighted by horrific personal accounts found on websites against aspartame, can be attributed to its use. Disasters that result from aspartame use include:

- Cancer
- Hair loss
- Depression
- Dementia
- Behavioral disturbances

Public concern of the dangers related to aspartame is being taken seriously by health agencies. These concerns prompted a review of aspartame, which involved over 500 reports. It concluded that the allotted daily intake of aspartame was entirely safe, except for those people with phenylketonuria, a metabolic disorder caused by an enzyme deficiency.

With around 10 percent of a person's daily calorie intake provided by sugar, the notion has been raised whether replacing sugar with a non-nutritive, non-caloric sweetener like aspartame could eliminate obesity.

Marketing strategies for aspartame claim that it aids in embracing a healthy way of life and prevents obesity. This evidence however remains inconclusive.

Aspartame is 180-200 times sweeter than sucrose or sugar. By displacing saturated fat the risk of heart disease may be reduced. Further, large amounts of sucrose will increase triglycerides, a main component of the metabolic syndrome, and lead toward promoting heart disease. Marketing for aspartame focuses on the idea that it may aid in the elimination of dental decay, due to sugars forming bacteria in the mouth. The problem with this theory is that sugar is not the main culprit behind decay; rather it is caused by fluoride deficiency and prolonged exposure to sugar between meals.

In order to eliminate the concern of aspartame, manufacturers are encouraged to use cocktails of sweeteners, making it difficult for anyone to reach the allotted daily intake.

**British Medical Journal October 3, 2004**

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Dr. Mercola's Comment:

In the past, the British Medical Journal has always done a decent job on reporting medical issues. However, it seems they dropped the ball with their editorial on aspartame (NutraSweet).

Because I feel so strongly about the negative outcomes caused by aspartame, I posted a letter to their site explaining the truth behind this artificial sweetener.

If you still believe that aspartame is not dangerous you are in for a serious surprise. There are far too many people who are clueless about its serious dangers.

You see, although aspartame is about 180-200 times sweeter than the refined sugar it is meant to replace, it is known to erode intelligence and affect short-term memory. Once upon a time, aspartame was on a Pentagon list of biowarfare chemicals submitted to Congress, which just goes to show you how lethal a chemical it really is.

There were many health disasters listed that could pertain to aspartame use, however the most common complaint, aside from seizures, is headaches. According to a nutrition consultant, diet could be one of the reasons 18 million Americans suffer from migraines, with aspartame listed as a possible culprit.

Because more than 5,000 products contain aspartame, it's in your best interests as well as your family's health to read the labels of any processed food you're concerned about.

What you must understand is that your body does not do well with regular sugar, let alone synthetic sugar substitutes. About 70 percent of the population suffers from an excess of insulin, which is often marked by excess weight, high blood pressure, diabetes or high cholesterol. Nearly all of these people would benefit from avoiding ANY sweeteners, and this includes sucralose, until their signs of excess insulin are resolved.

If you want to better understand why I feel so strongly about aspartame -- a toxic poison you need to avoid at all costs -- you'll want to consider viewing *Sweet Misery*, a 90-minute documentary that perfectly summarizes its history.

## **METHODS TO DETOXIFY**

### **INFRARED SAUNAS:**

#### **Medical Applications of Infrared Heat Therapy**

##### **Passive Cardiovascular Conditioning Effect**

**LuxSauna**, the Infrared Thermal System makes it possible for people in wheelchairs, or those who are otherwise unable to exert themselves or who won't follow through on an exercising and conditioning program to achieve a cardiovascular training effect. This also allows for more variety in any ongoing program.

"Many of us whom run do so to place a demand on our cardiovascular systems, not to build big leg muscles. Regular use of a sauna may impart a similar stress on the cardiovascular systems, and its regular use may be as effective, as a means of cardiovascular conditioning and burning of calories and regular exercise." \*

\*As reported in the Journal of American Medical Association (JAMA), August 7, 1987.

**Due to the deep penetration**, over 1½" to 2" into the skin, of the infrared rays generated by these **LuxSauna Thermal Systems**, there is a heating effect deep in the muscular tissues and the internal organs. The body responds to this deep-heating effect via a hypothalamic-induced increase in both heart volume and rate. This beneficial heart stress leads to a sought-after cardiovascular training and conditioning effect.

**Medical research confirms** the use of sauna provides cardiovascular conditioning as the body works to cool itself and involves substantial increase in heart rate, cardiac output and metabolic rate. As a confirmation of the validity of this form of cardiovascular conditioning, extensive research by NASA in the early 1980's led to the conclusion that infrared stimulation of cardiovascular function would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flights. Blood flow during whole-body hypothermia is reported to rise from a normal 5-7 pints per minute to as much as 13 pints per minute.

"**The 1980's** was the decade of high-impact aerobics classes and high-mileage training. Yet there was something elitist about the way exercise was prescribed: only strenuous workout would do, you had to raise to between X and Y, the only way was to 'go for the burn'. And such strictures insured that most participants were relatively young and in good shape to begin with. Many, many Americans got caught up in the fitness boom, but probably just as many fell by the wayside. As we've reported, recent search research shows that you don't have to run marathons to become fit - that burning just 1,000 calories a week is enough. Anything goes, as long as it burns these calories." Reported in the Wellness Letter, October 1990, from the university of California Berkeley.

### **Outstanding Caloric Consumption and Weight Control**

In Guyton's **Textbook of Medical Physiology**, we find that producing one gram of sweat requires 0.586 kcal. The JAMA citation referred to above goes on to state that, "A moderately conditioned person can easily sweat off 500 grams in a sauna, consuming nearly 300 kcal - the equivalent of running 2-3 miles.

A heat-conditioned person can easily sweat off 600-800 kcal with no adverse effects. While the weight of the water loss can be regained by dehydration with water, the calories consumed will not be. " Since an **EZe Infrared Thermal System** helps generate two to three times the sweat produced in a hot-air sauna, the implications for increased caloric consumption are quite impressive. Assuming "a Sauna," as mentioned in JAMA, to last for 30 minutes, some interesting comparisons may be drawn. Two of the highest calorie output forms of exercise are rowing and marathon running. Peak output on a rowing machine or during a marathon run burns about 600 calories in 30 minutes.

An **EZe Infrared Thermal System** can, thus, play a pivotal role in both weight control and cardiovascular conditioning. This would be easily valuable for those who don't exercise and those who can't exercise yet want effective weight control and fitness maintenance program and the benefits that regular exercise can contribute to such a program.

**Musculoskeletal Cases** - success reported with Infrared treatments by medical researchers:

- **TMJ Arthritis**
- **Traumatic Arthritis**
- **Acel-decel Injury Sequelae**
- **Tight Shoulders - relaxed**
- **Shoulder Pain - relieved or eliminated**
- **Low Back Pain - relieved**
- **Brain Contusion - accelerated healing**
- **Post-exercise Muscle Pain - vital to competitive athletes**
- **Adhesions - lengthened or more easily broken; they are common in competitive athletes, trauma and repetitive stress syndromes**
- **Arthritis: Cervic, Rheumatoid, DID, esch**

**substantially relieved or improved**

● **Muscle Tension - relaxed**

● **Compression Fracture - Example; pain stopped for 3 days with only a single treatment**

● **Disc-protrusion Related Neuralgia**

● **Spinal Cord Shock - post traumatic shock reversed**

● **Muscle Spasms - reduced or eliminated Bursitis - eliminated**

"Medical practitioners make use of Infrared Radiant Heat to Treat Sprains, Bursitis, peripheral vascular diseases, arthritis, and muscle pain..." according to the McGraw/Hill Encyclopedia of Science & Technology.

Dr. Rubin P. Lysiak M.D. of the O&P Medical Clinic has reported great success with the use of infrared treatment for:

● **Whiplash**

● **Arthritis**

● **Shoulder Stiffness**

● **Menopause**

● **Gastroenteric Problems**

● **Insomnia**

● **Rheumatism**

● **Acne**

● **Sciatica**

● **Ear Diseases**

The following is summarized from Therapeutic Heat and Cold, 4th Edition, ED. Justus F. Lehmann M.D., Williams and Wilkins, Chapter 9 or concluded from data therein. Generally it is accepted that heat produces the following desirable therapeutic effects:

### **1) It increases the extensibility of collagen tissues**

● Tissues heated to 110°F and then stretched exhibit a non-elastic residual elongation of about 0.5 - 0.9% that persists after the stretch is removed which does not occur in these same tissues when stretched at normal tissue temperatures. Thus 20 stretching sessions can produce a 10 - 18% increase in length in tissues so heated and stretched.

● This effect would be especially valuable in working with ligaments, joint capsules, tendons, fasciae, and synovium that have become scarred, thickened or contracted.

● Such stretching at 110°F caused much less weakening in stretched tissues for a given elongation that a similar elongation produced at normal tissue temperatures.

● The experiments cited clearly showed that low-force stretching can produce significant residual elongation when heat is applied together with stretching or range-of-motion exercises, which is also safer than stretching tissues at normal tissue temperatures.

● This safer stretching effect is crucial in properly training competitive athletes so as minimize their "down" time from injuries.

## 2) It decreases joint stiffness directly

- There was a 20% decrease in stiffness at 110°F as compared with 90°F in rheumatoid finger joints, which correlated perfectly to both subjective and objective observation of stiffness.
- Any stiffened joint and thickened connective tissues should respond in a similar fashion.

## 3) It relieves muscle spasms

- Muscle spasms have long been observed to be reduced through the use of heat, be they secondary to underlying skeletal, joint, or neuropathological conditions.
- This result is possibly produced by the combined effect of heat on both primary and secondary affects from spindle cells and from its effects on Golgi tendon organs. The effects produced by each mechanisms demonstrated their peak effect within the therapeutic temperature range obtainable with radiant heat.

## 4) It produced pain relief

- Pain may be relieved via the reduction of attendant or secondary muscle spasms.
- Pain is also at times related to ischemia due to tension or spasm which can be improved by the hyperemia that heat-induced vasodilatation produces, thus breaking the feedback loop, in which the ischemia leads to further spasm and then more pain.
- Heat has been shown to reduce pain sensation by direct action on both free-nerve endings in tissues and on peripheral nerves. In one dental study, repeated heat applications led finally to abolishment of the whole nerve responsible for pain arising from dental pulp.
- Heat may both lead to increased endorphin production and a shutting down the so-called "spinal gate" of Melzack and Wall, each of which can reduce pain.

## 5) It increase blood flow

- Heating of one area of the body produces reflex-modulated vasodilations in distant-body areas, even in the absence of a change in core body temperature; i.e. heat one extremity also dilates; heat a forearm and both lower extremities; heat the front of the trunk and the hand dilates.
- Heating of muscles produces an increased blood flow level similar to that seen during exercise.
- Temperature elevation produces an increase in blood flow and dilation directly in capillaries, arterioles and venuies, probably through direct action on their smooth muscles. The release of bradykinin, released as a consequence of sweat-gland activity, also produces increased blood flow and vasodilatation.
- Whole-body hypothermia, with a consequent core temperature elevation, further induces vasodilatation via a hypothalamic-induced decrease in sympathetic tone on the arteriovenous anastomoses. Vasodilatation is also produced by axonal reflexes and by reflexes that change vasomotor balance.

## 6) It assists in resolution of inflammatory infiltrates, edema and exudates

●The increased peripheral circulation provides the transport needed to help evacuate the edema which can help end inflammation, decrease pain and help speed healing.

## Blood Circulation

All of the following ailments may be associated to some degree with poor circulation and, thus, may respond well to the increased peripheral dilation associated with Infrared application:

- Arthritis
- Sciatica
- Backaches
- Hemorrhoids
- Nerve Tension
- Diabetes
- Neuritis
- Rheumatism
- Strained Muscles
- Fatigue
- Stretch Marks
- Menstrual Cramps
- Upset Stomachs
- Varicose Veins
- Bursitis
- Children's Over- tired Muscles
- Leg and Decubitus Ulcers - failing to heal using conventional approaches
- Post-operative Edema - treatment with infrared has been so successful that hospital stays were reported to have been reduced by 25%
- Peripheral Occlusive Disease - "The goal is to maintain an optimal blood flowrate to the affected part In general the temperature should be maintained at highest level which does not increase the circulatory discrepancy as shown by cyanosis and pain."

From "Therapeutic Heat and Cold" pp. 456-7

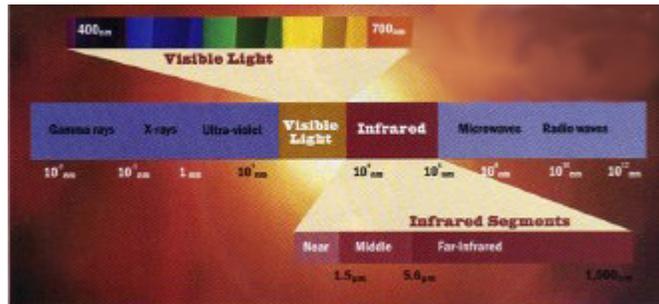
**Popular in parts of Asia and Europe for more than a decade, therapies and healthcare products based on far-infrared technologies are making their way into North America.**

### **WHAT DO KNEE WRAPS, CAPS, QUILTS, MATS, HAIR DRYERS, SOCKS AND SAUNAS HAVE IN COMMON...?**

If you say they warm you up, you're on the right track. But if you know that all these objects and more are now being designed to radiate far-infrared light--an important energy force that promotes healing--you're among a growing number of people who are onto new techniques in energy medicine.

Perhaps one should say old techniques but new technologies. After all, the body's use of infrared rays is literally as old as our species. Traditionally we've gotten our daily dose of infrared from sunlight, which is composed of all the energy wavelengths in the electromagnetic spectrum (see Quick Definition). Today we're seeing new technologies employing far-infrared energy in healthcare products and in clinical protocols such as hyperthermic therapies for detoxification and cancer treatment

Energy medicine is very old, too--at least as old as the first Qigong masters and other ancient practitioners of healing touch therapies. These healers all had in common the ability to emit energy through their hands, and so do many modern day healers, such as Dolores Krieger, Ph.D., R.N., who began teaching healing touch techniques in the U.S. in the 1970s. Contemporary researchers have now proved that these forms of energy medicine use wavelengths in the infrared range.



In the above representation of the electromagnetic spectrum we see that infrared wavelengths are just below ("infra") visible red light. The infrared (IR) portion is further divided into three segments of wavelengths, which are often measured in microns, or micrometers. (A micron is equal to one millionth of a meter.) The near-IR segment is 0.7 to 1.5 microns; middle-IR is 1.5 to 5.6 microns; and far-IR is 5.6 to 1,000 microns.

In a study at the National Yang-Ming Medical College in Taipei, Taiwan, published in the "American Journal of Chinese Medicine" in 1991, researchers measured the energy Qigong masters emit from their palms. The researchers employed electronic detection equipment but were also able to detect infrared energy by a rise in air temperature near the masters' palms. The study showed that emitted infrared "Qi", or "Chi" (pronounced "chee" and essentially meaning energy in Traditional Chinese Medicine), has positive effects on human fibroblasts, the cells that rebuild connective tissue. The study also showed that infrared "Chi" stimulated a significant increase in cell growth, DNA synthesis and protein synthesis in cells.

### QUICK DEFINITION

The electromagnetic spectrum is the entire range of radiant energies, measured as waves or frequencies. Electromagnetic refers to the ability to exist as both particle (matter) and wave (energy). The spectrum is usually divided into seven sections, from the longest to the shortest wavelengths:

- Radio
- Microwave
- **Infrared**
- Visible
- Ultraviolet
- X-Ray
- Gamma-Ray radiation

Researchers in Japan have also performed studies of this infrared energy from the human palm, which they call "Kikoh". At the Niwa Institute for Immunology in Tosashimizu, Japan, researchers examined "Kikoh" as well as materials that emit far-infrared radiation, including common granite stone, tourmaline (a type of granite), ceramic disks and hot spring water. In findings published in 1993 in the "International Journal of Biometeorology," they reported that materials emitting far-infrared (FIR) energy appear capable of potentiating functions of white blood cells. These functions include increased immune defense response in which white blood cells surround and ingest small living things (such as bacteria) and cell wastes.

There's at least one startling connection between the infrared "Chi" of healing hands and far-infrared products like the knee wrap. In a situation in which you've pulled a ligament or muscle, for instance, the knee wrap can become the healing hands. Both employ the same healing mechanism: They stimulate a degree of inflammation--a positive sign that fibroblasts are doing their job. Most people don't realize that inflammation is necessary for a period of time to heal such injuries, and they suppress this natural healing

process by overusing ice and ibuprofen. Instead, the FIR wrap helps to trigger healing by radiating far-infrared energy through its special ceramic-coated fibers and gently but deeply warming the injury site.

But is this warming effect different from that of a hot water bottle or heating pad? Yes, the vibrational energy of far-infrared light is unlike that of the heat energy we use, for example, in cooking. Think of it as the difference between leaning over a pot of boiling water and standing outside in the sunlight. Steam from boiling water can burn the skin but it doesn't heat internal organs. Sunlight heats us in a profound way, however, because it contains penetrating far-infrared rays as well as the full range of energy in the electromagnetic spectrum.

Everything in the universe emits and absorbs certain wave energies. If we look at a graphic representation of the electromagnetic spectrum (see illustration), we see that infrared waves are longer than those in the visible range, falling just below ("infra") visible red light in the spectrum. Although the wavelengths of far-infrared are too long for our eyes to perceive, we experience the energy as gentle radiant heat.

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At the molecular level, FIR exerts strong rotational and vibrational effects that are either biologically benign or, in certain processes, biologically beneficial. This healing ability stands in contrast to the damaging effects of short wavelengths, such as X-rays and gamma rays. The molecular effects of FIR are actually measurable through IR spectroscopy, a method of analyzing the emission and absorption of infrared light that reveals changes in atoms and molecules caused by IR energy. In healthcare, these effects are being harnessed to promote healing.

Humans, like other living organisms, have evolved to have a unique absorption spectrum and to respond specifically to particular electromagnetic wavelengths (EMWs). German professor Fritz Hollwich, Ph.D., conducted a study in the 1970s showing that individuals who sat under cool-white fluorescent lighting had elevated levels of the stress hormones ACTH and cortisol. There was no such stress response in individuals who sat under full-spectrum lights that simulated sunlight. (As a result of studies like this, the fluorescent lights are legally banned in German hospitals and medical facilities.) Dr. Hollwich's study is one of many that have shown that light has stimulatory and regulatory effects on biological systems.

Leon M. Silverstone, D.D.Sc., Ph.D., B.Ch.D., L.D.S., R.C.S., is a contemporary expert on many of the effects of EMWs. Much of his research, first in England and now in the U.S., has focused on developing non-invasive devices for neuromodulation of disorders such as clinical tremor and chronic pain. Dr. Silverstone explains that solar light energy is transmitted to the brain by nerve endings in the skin. "These energy impulses stimulate the hypothalamus," he says, "And this has an important controlling effect on the production of neurochemicals. Given that neurochemicals regulate processes such as blood pressure, immune response, sleep, mood, and so on, there is little doubt that we exacerbate a wide range of health problems by spending the greater part of our lives indoors under inadequate lighting conditions."

Far-infrared light penetrates beyond the skin level and is absorbed efficiently by cells below, whereas visible light is mostly bounced off the skin surface. Near-infrared is mostly absorbed at the skin level and raises the skin temperature. Far-infrared can penetrate up to 4 centimeters (about 1-1/2 inches), exciting the vibrational energy of molecules and resonating with cellular frequencies. We can't exactly perceive the deep heating effects of FIR, though, because our body's ability to sense heat is mainly at the skin level. Nonetheless, the effects of FIR rays promote bioprocesses such as increased metabolism and blood circulation, and can raise core body temperature. NASA certainly understood some of these effects when it developed FIR materials for radiant heat during space travel. Hospitals have also taken advantage of some of these properties to keep newborn babies warm using FIR materials around incubators.

Studies have been done--predominantly in Asia and Europe over the past few decades--to advance the understanding of FIR in bioprocesses. A fundamental finding from classical studies is that FIR appears to have "normalization effects" on living organisms. In a recent study at the Experimental Animal Research Laboratory at Meiji University in Japan, researchers found that mice in a group exposed to FIR had a significantly higher survival rate than that of the control group.

Findings like these don't surprise Fred Slingo, founder of 21st Century Innovative Products and a pioneer U.S. importer of FIR products and information. Slingo has spent a lot of time talking to researchers, reading FIR studies and keeping up with the many U.S. patents for FIR products being applied for, especially by the Japanese. He says he and his colleagues are constantly investigating new FIR products.

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For many, the biggest news in FIR technology is its application in the evolving science of detoxification, and the device being used is the far-infrared sauna. At home and in clinics, these saunas are said to yield many benefits--including relief from different kinds of pain; stimulation of immune response; improvement in skin tone and conditions such as burns, eczema and acne; and the accelerated burning of calories. But the detox application is health news that can benefit everyone.

Traditional wisdom has suggested that saunas work largely by promoting detoxification through the sweat," says John C. Cline, M.D., B.Sc., C.C.F.P., A.B.C.T., Medical Director of the Cline Medical Centre and Oceanside Functional Medicine Research Institute, located on Vancouver Island, British Columbia, Canada. "Saunas also stimulate cells to release toxins which can then be eliminated by the liver and bowel. Several published studies have now shown that this hyperthermic therapy can bring about the rapid removal of a wide range of toxic substances from the human body.

The FIR energy emitted in these saunas may induce two or three times the sweat volume of conventional saunas, yet they operate at a much cooler air temperature range: about 110° to 130°F, compared with 180° to 235°F in a conventional sauna. Many individuals who cannot tolerate a conventional sauna, steam room or sweat lodge will find FIR saunas pleasant. The lower heat range is also safer for those with cardiovascular risk factors or fragile health because lower temperatures don't dramatically elevate heart rate and blood pressure. Dr. Cline points out that methods to induce sweating have been used for centuries to bring about improved health and relief from disease. "Over 2,000 years ago," he says, "the famous Greek physician, Parmenides, stated 'give me a chance to create fever, and I will cure any disease.' This traditional wisdom has certainly stood the test of time. Using methods ranging from hot mineral baths and sweat lodges to saunas and steam baths, individuals have enjoyed the revitalizing effects of induced hyperthermia--the artificial elevation of body temperature.

### **Scientists are taking a serious look at hyperthermic therapy as a means to detoxify environmentally ill individuals.**

Sweat therapy has also been used for many years by miners in Europe to prevent and treat occupational heavy metal poisoning, and studies have now demonstrated that hyperthermic therapy can bring about significant detoxification from heavy metals including mercury. But only in recent years has science begun to seriously examine this age-old healing technique. Now, organizations such as the U.S. Environmental Protection Agency have taken a serious look at hyperthermic therapy as a means to detoxify individuals who are ill from exposure to environmental poisons. Environmental medical specialist Doris J. Rapp, M.D., of Scottsdale, Arizona, a well-known pediatrician, allergist, homeopath and past president of the American Academy of Environmental Medicine, states unequivocally, "Everybody in this country needs to be detoxified because we've all become 'toxic dumpsites.'" Dr. Rapp began using a far-infrared sauna

personally after seeing a similar procedure being employed in a German clinic. She was impressed with the clinic's work in detoxifying young children and infants. Dr. Rapp affirms that her FIR sauna causes her to perspire profusely, and she adds, "I'm hoping to see more patient outcome studies on FIR sauna use--studies that will further evaluate the efficacy of this treatment and impartially evaluate the various saunas.

Hyperthermic detoxification using these saunas is not only uniquely helpful in removing fat-stored toxins from the body but also as an adjunct to mercury removal. Dr. Dietrich Klinghardt, M.D., of Seattle, who has been called "the holistic doctors' doctor and teacher," is one of the pioneers in combining the use of FIR saunas with the chelating agent DMPS in a heavy metal detox protocol. Dr. Cline explains, "Given that hyperthermic sauna therapy removes metal contaminants from the body by a different mechanism than chelation therapy mechanism than chelation therapy we have found that it may be used to further the benefits derived from chelation therapy. And we have also found that it may be an alternative for those who are unable to undergo chelation.

Research conducted by U.S. scientists has demonstrated that close to 80,% of individuals with chronic fatigue syn- drome will improve markedly by a guided detoxification program. The program involves nutritional organization of detoxification using a low-energy diet and UltraClear Plus, a medical food product designed at the Functional Medicine Research Center in Washington. This approach, called 'enterohepatic resuscitation,' is being used by healthcare practitioners around the world. We combine this approach with hyperthermic therapy using the far-infrared sauna, as well as exercise and chelation. The results we are seeing are very promising.

Dr. Rapp adds, "If far-infrared saunas work, why wait to use them? In our homes and healthcare facilities, we need to use these saunas to detox the same way we exercise-safely and effectively.

People need information about what nutrients and minerals to take, how to stay hydrated, and a reminder to shower after the sauna.

Heating of the tissues enhances metabolic processes. Greater cellular energy production facilitates healing. Viruses, tumors and toxin-laden cells are weaker than normal cells. They tolerate heat poorly. Raising the body temperature causes infections to heal more quickly. Hyperthermia or fever therapy help combat infections and even cancer. Our bodies develop fever when ill to enhance metabolism and help kill germs.

Saunas enhance circulation and oxygenate the tissues. They open the nasal passages and assist the sinuses to drain. A major eliminative organ, most people's skin is very inactive. Many do not sweat. This may be due to synthetic or tight clothing that does not breathe. Sedentary living and sun damage also inactivate the skin. Hundreds of chemicals affect the skin from lotions, soaps, creams and deodorants. Other are cleaning solvents, detergent residues and chemicals from bathing water.

### **How Do You Know If You Need Detoxification?**

**Toxic overload** has been implicated in many health conditions, from fibrocystic breast disease (FBD) in women to attention deficit hyperactivity disorder (ADHD) in children. Symptoms of overload include fatigue, headaches, joint or muscle pain, frequent colds and flus, signs of allergy and hormonal imbalance. chemical sensitivity, sinus congestion, psoriasis and other skin conditions, loss of dexterity, insomnia and more. Psychological symptoms include poor concentration, memory loss, mood changes, mental confusion and changes in behavior. To set up an appropriate detox regimen, consult a physician.

Repeated use of the sauna slowly restores skin elimination. Toxic chemicals and metals can be removed faster than with any other method. It is a daily habit that pays many dividends. Steam baths, sweat lodges, vigorous exercise and hot tubs are more extreme and less effective.

## **MERCURY DETOXIFICATION PROTOCOL**

### **DETOX IN THE SAUNA**

**By Lawrence Wilson, MD**

Everyone today is exposed to heavy metals and toxic chemicals. Particularly for slow metabolizers, a very good method to detoxify the body is the far-infrared sauna. Its dry, warming energy is highly compatible with the human body. It heats the tissues several inches deep, enhancing metabolic processes. One can construct an excellent home sauna for under \$75.00.

#### **Sauna Benefits**

Heating of the tissues enhances metabolic processes. Greater cellular energy production facilitates healing. Viruses, tumors and toxin-laden cells are weaker than normal cells. They tolerate heat poorly. Raising the body temperature causes infections to heal more quickly. Hyperthermia or fever therapy help combat infections and even cancer. Our bodies develop fever when ill to enhance metabolism and help kill germs.

Saunas enhance circulation and oxygenate the tissues. They open the nasal passages and assist the sinuses to drain. A major eliminative organ, most people's skin is very inactive. Many do not sweat. This may be due to synthetic or tight clothing that does not breathe. Sedentary living and sun damage also inactivate the skin. Hundreds of chemicals affect the skin from lotions, soaps, creams and deodorants. Other are cleaning solvents, detergent residues and chemicals from bathing water.

Repeated use of the sauna slowly restores skin elimination. Toxic chemicals and metals can be removed faster than with any other method. It is a daily habit that pays many dividends. Steam baths, sweat lodges, vigorous exercise and hot tubs are more extreme and less effective.

#### **Types of Saunas**

The traditional sauna is electric, wood or gas fired. Preheating to 150-200 degrees is required for copious sweating. The intense heat is difficult for many to tolerate, especially when ill.

Far-infrared heats the body, the air remaining cool. Sweating begins quickly and the experience is rather pleasant. Preheating is unnecessary which saves electricity. Most use ceramic elements to generate gentle heat. Excellent, but costly, another option is to use infrared bulbs. The latter also provide warming and stimulating color therapy.

According to research, far-infrared is more cleansing than traditional saunas. The deep penetration of the infrared energy allows the cells to eliminate better.

#### **The Sauna Experience**

Supervision and Safety. Saunas are safe for most people providing one follows a few simple rules. Remain inside no longer than 30 minutes at a time. Rest lying or sitting for 10 minutes afterwards. This allows time

to eliminate dead cells and other debris. Drink mineralized water before and after the sauna. Make sure the bowels move regularly, as sauna therapy will increase elimination.

Use the sauna with supervision if you have a chronic condition. If debilitated or very heat-sensitive, begin with a shorter time. The presence of an attendant or friend is also most helpful. Those with multiple sclerosis, hyperthyroidism, hypertension or serious heart conditions should consult a health professional.

Slow metabolizers may use the sauna up to twice a day. Upon arising and at bedtime are excellent if time permits. Evening is probably best if you use it once a day. If ill, however, the morning is better when energy levels are higher. Less often is also acceptable if beginning or to maintain your health. If you are very debilitated, begin with once a week. Work up to daily use as you feel able. Fast metabolizers should use the sauna once or twice a week.

Taking the Sauna. Drink two glasses of mineralized water before entering the sauna. Add juice or minerals to your water if it is mineral-free. The infrared sauna will not work through clothing. Men, position yourselves so the testicles are not directly exposed to infrared energy. Pass the time meditating or review your day.

Use a small towel to wipe off the sweat. Not recommended are talking or working in the sauna.

Ventilate the sauna whenever you use it. This may be built into the design. This avoids breathing toxic gases. If you use a bathroom or closet, leave the door slightly ajar.

Bulb Saunas. Turn every few minutes if your sauna uses heat bulbs. Sit on a stool or a chair without a back. Face the bulbs, turn to the side and around to the back.

Avoid touching the hot bulbs, though looking at them is fine. Do not let water, a towel or clothing touch the bulbs when they are on.

Finishing Up. Remain in the sauna no more than 30 minutes. Use your judgement regarding the time. The temperature should not exceed 110. Some days you will sweat more than others.

When finished, take a shower, warm or cool but not hot. Avoid using soap as you will be clean. Soap leaves a film and clogs the pores. Wash off the sweat with a skin brush or loofa. Brush all over, even face and hair. Painful at first, it soon feels wonderful. Brushing enhances the cleansing effect. Shampoo and conditioner use only if needed. Most contain chemicals toxic to the body. Also skip most lotions and creams. These also contain harmful chemicals.

After the sauna drink a glass of water. Sit or lie down for at least 10 minutes. These simple steps allow your body to reap the full benefit of the sauna experience. As you become healthier, you will sweat more easily. Also, to heat up the sauna will take longer. The body dissipates heat more efficiently and fewer cellular toxins are there to be removed.

### **An Integrated Health Program**

Results are much better when saunas are part of an integrated program. To your diet add extra sea salt or kelp granules to replace minerals lost through sweating. Eat natural foods grown on mineral-rich soil. Rest and sleep plenty, and exercise a little each day. Breathe deeply clean, fresh air. Reduce your exposure to toxic chemicals. Create and maintain a positive environment. Stay happy and bright regardless of what others may say and do.

## Constructing a Sauna at Home

Four, red heat bulbs from the hardware store are mounted on a piece of 1/2" plywood, 40" high and 15" wide. The unit is placed in a small bathroom or closet at least 4' long, 3' wide and 6' high. In addition to the wood and bulbs, you will need four flush-mount bulb sockets, fifteen feet of heavy lamp cord, a medium-heavy duty male wall plug and 8 wood screws to fasten the sockets to the plywood. An on-off switch and a thermometer are optional, but recommended.

Mount the sockets on the plywood in a diamond shape. The bottom socket is in the center, 1' from the bottom of the plywood. Two sockets are 28" from the bottom of the plywood and 10" apart. The top socket is centered on the plywood and 3' from the bottom. This should form a narrow diamond shape.

Large sockets sold as fixtures can only be wired from the back. Drilling the holes will be more work. You may find smaller flush mount sockets that can be wired from the front. Wire the sockets together in parallel so one bad bulb won't disable the unit.

With each use, instead of plugging the unit in, it is easier to have a switch. The best is probably a wall switch that can handle 1000 watts. This requires an outlet box screwed to the plywood. Keep sweaty hands off the switch as they could cause a short.

The bulbs must be the red type, of 250 watts each. Do not use the clear ones as their spectrum is not correct. You must not touch the bulbs during use, or let water or anything touch them. Observe all cautions as with any appliance exposed to heat and moisture. If children or the disabled will use the unit, consider a protective screen. Bend some chicken or stucco wire around the bulbs and staple it to the wood. Another way is to recess the bulbs or place them in reflectors. If building an enclosure, you could place the bulbs behind.

Lean the unit against a bathroom or closet wall. Secure it so it won't fall over. The enclosure needs be small enough to hold the heat, and large enough to turn around. The other option is to build an enclosure of wood, glass or cardboard. Build the unit at least 4' by 3' by 6' high. Siding made of cedar or fir is a popular option. The siding slides into a frame and no nails are needed. Walls can be built as modules, then screwed together.

Plywood will also work, since the enclosure stays relatively cool. Some sauna companies use glass for at least one wall. Glass reflects far infrared energy but is not a good insulator. Cardboard is the least expensive. Tape or staple together two refrigerator boxes. Ventilating the sauna is a good idea. To allow gases to escape, leave a crack around the door or somewhere else high up.

## DIETARY MERCURY DETOX

### 1. Diet

Avoid all sugar and milk, limit all processed foods and most grains, especially wheat.

It will be important to have a high protein diet as the sulfur bearing amino acids in the protein will greatly facilitate detoxification. Do **NOT** attempt to fast during DMPS mercury detoxification. If you are a vegetarian you will be at **HIGH** risk for complications from DMPS unless you have a large amount of protein.

Whey protein can be used as a supplement as it is high in glutathione and branched chain amino acids. Two large tablespoons are used per drink and that can be taken once a day and twice a day for the week prior to DMPS chelation.

Autistic children can't use this product as it contains casein. They can use pure branched chain amino acids. You can start with one capsule twice daily and mix with food. Work up to two capsules twice a day for the week prior to DMPS chelation.

## 2. Beneficial Bacteria

Take one quarter to one half teaspoon once a day of a high potency high quality strain. It is vital to have an optimized bowel flora for detoxification.

## 3. Maintain two to three bowel movements per day

If you are not having this many bowel movements make certain that your thyroid status has been checked. It is very common for mercury to affect the thyroid. If your thyroid function is fine then you should add some magnesium.

If you are on long-term magnesium it is important to take some calcium with it or after awhile you will develop an imbalance in your calcium magnesium ratio which could result in severe cramping.

Freshly ground flax seed several teaspoons per day will facilitate intestinal movement and also contribute some healthy essential fatty acids.

## 4. Unload the connective tissue with Chlorella or ProChitosan

Chlorella and ProChitosan are an important part of the detoxification program, as approximately 90% of the mercury in our bodies is eliminated through the stool. Chlorella is an algae and, unlike Prochitosan, has protein high levels of chlorophyll and other nutrients which can be used for nourishment.

The chlorella powder is the most cost effective approach but some people will prefer the tablets or capsules for convenience. A simple way to dissolve the powder is to place it in a container with a lid partially filled with water. Then tighten the lid and shake to dissolve and drink the solution.

**Caution:** About 30% of people can't tolerate chlorella. This may be due to optimized function of the enzyme cellulase. If you are unable to tolerate this it would be wise to consider adding an enzyme with cellulase in it to help digest the chlorella.

**Dose:** One can start out with a one quarter of a teaspoon of the powder (one 500 mg tablet) once a day initially to confirm that there is no hypersensitivity present. Work up slowly over one to two weeks to a dose of one teaspoon (ten tablets or capsules) per day. Once you tolerate this dose you are able to use it to bind the mercury. Use this dose starting two days prior to your chelation and for one day afterwards. The chlorella will thoroughly coat your intestine and bind like a sponge to any mercury that the DMPS liberates into the gut.

The above dose is based on a 150 pound adult. If you are using the program for children reduce the dose proportionately. (So a 30 pound child would have have 30/150 or 1/5 (20%) of the dose).

**Caution:** If at any time one develops nausea or starts "burping up" the chlorella taste then the chlorella should be stopped immediately as a food sensitivity is developing which will only worsen if you continue taking it. If this happens you should switch to ProChitosan This binds similarly to mercury. Its dose is dependent on your bowel movements.

If you have one bowel movement a day or less you should start two days prior to the DMPS . If you have two or more bowel movement you can start 24 hours prior to the DMPS. Stay on it for 24 hours after the DMPS. So you will be on it either two or three days. The dose is two capsules three times a day. Be sure to drink it with plenty of water and increase magnesium if constipation develops.

Porphrazyme from Biotics Research is another alternative to chlorella that many clinicians have had success with in mercury detoxification.

## **5. Start Garlic or MSM**

It would be wise to start on garlic regularly to enhance sulfur stores. Use the food, rather than the supplement garlic. Try to get in three cloves per day, but decrease the dose if your odor becomes socially offensive.

Again, as indicated in the chlorella section above, children will have proportionately lower doses.

MSM is a form of sulfur which will help your body to remove the mercury. The initial dose is one capsule twice a day. Increase by one capsule a day until you are at three capsules twice a day. If you have root canals and are chronically sick you may want to increase to five capsules three times a day.

## **6. Start Cilantro**

Cilantro will help mobilize mercury out of the tissue so the DMPS can attach to it and allow it to be excreted from the body. The best form of cilantro is a tincture available from Dragon River (505-583-2348).

The dose is one dropper applied on the wrists and rubbed in twice a day for the two weeks preceding the DMPS IV. It is used the morning prior to the DMPS chelation but can be stopped for the following two weeks. The tincture is also particularly useful for any joint pain and could be rubbed on the joint that is hurting as an alternative.

You can also augment the tincture with using the herb. It is not as potent, but certainly will add to the program. However, like chlorella, many people are sensitive to oral cilantro. So, if you develop any nausea or discomfort after eating cilantro do not use it orally.

## **7. Mineral Replacement**

It is important to have a generally healthy mineral base. The body works better with toxic metals than no metals at all. Enzymes have certain binding sites that require a metal for them to perform their function as a catalyst. When you are deficient in magnesium, sodium, zinc and other minerals, the body does not let go of the toxic metals very easily.

Selenium and zinc are particularly important trace minerals in mercury detoxification and should be used for most people.

Generally the citrate form of minerals works quite nicely unless one has a low blood phosphorous level. It is important to not take copper or iron though unless a clinician has examined a hair analysis and or blood work and recommended these minerals. Thorne Research has Citramins II, which is citrated minerals without copper or iron.

## **Hydrochloric Acid:**

If you do not have a sufficient amount of hydrochloric acid secreted by your stomach then it will be very difficult to ionize mineral supplements to absorb them properly. There is a hydrochloric acid reflex present on the lowest rib approximately one inch lateral to the midline. If this area on the rib is tender to palpation there is a strong likelihood the person is deficient in hydrochloric acid and would benefit from supplementation.

This is especially common in individuals over 50 years old, and also in individuals with food allergies. One to six capsules or more of Betaine hydrochloride is generally taken with the first bite of every meal for proper digestive support. The Betaine can be discontinued once the reflex point is non-tender to deep palpation.

### **Monitoring Your Mineral Dosing**

It will be very important to monitor your mineral levels during the detoxification program. This should be done initially and at least **every 6-12 weeks**. I only recommend two labs to do this work. Trace Elements and Analytical Research as they are the only two labs that do not wash the hair samples prior to analysis.

### **8. Digestion and Gall Bladder Support for Autism**

Liver and gallbladder congestion are major issues in states of toxicity. To insure that your gallbladder bile flow is functional add magnesium taurate or taurine, butyric acid (Butyrex 559-433-3110)

The dose of the Butyrex initially is 1/8-1/4 of capsule. Gradually increase the dose to 5 capsules 3 times daily. The Butyrex has a offensive odor which is lessened by keeping it in the freezer. Additionally inserting the powder in applesauce, raw honey or elderberry cough syrup may improve compliance.

Digestive enzymes (containing lipase) and CCK (stimulates contraction of the gall bladder. These can be used one hour after meals containing fat. CCK is taken after dinner (high fat meal)

- young children 1/4 tablet
- older children 1/2 tablet
- teenagers 1 tablet
- adults 2 to 4 tablets

Your ability to clear toxins will be impaired if you do not have proper fats to support digestive function. Your diet should contain adequate fat from unprocessed pure oils. Omega Nutrition, Flora or Arrowhead Mills

- sunflower
- safflower
- sesame

**OR** fats naturally found in foods:

- seeds
- nuts
- avocado
- free range organic poultry, eggs, or meats

### **9. Antioxidants**

Vitamin C and E. It would be wise to take Unique vitamin E one capsule per day and about 250-500 mg of vitamin C with each meal. If you are exercising aggressively you can take 1000 mg of C 15-30 minutes prior to exercising. It is also wise to consider adding 2-4,000 mg of Vitamin C powder to a half gallon of water and drinking that throughout the day.

It will be **VERY** important to take 2000 units (typically five of the 400 unit capsules) of vitamin E the day of and the day after the DMPS injection as this will decrease the side effects of the detoxification reaction considerably. You can also take 1-2 grams of vitamin C immediately prior to the DMPS injection.

## **10. Start Monthly DMPS Injections, Suppositories or Transdermal**

You should **not** have DMPS if you still have amalgam fillings. If they have been removed the injections can be started on a monthly basis. Collection of the urine is then done to analyze how much mercury is being excreted. One must urinate completely prior to the injection.

I perform the analysis at 90 minutes as that is most convenient, but others do four or 24 hour collections. The DMPS injections are generally given about six times or until the level drops into single digits or you are feeling better.

### **For pediatric patients**

You can click [here](#) to find out why I don't recommend DMSA mercury chelation. Since an IV is such a traumatic event for most children it is probably wise to use a rectal suppository version of DMPS which is available from most compounding pharmacists. Another alternative is to apply the dose transdermally with DMSO. This is very similar to the way that the hormone secretin is being used for many autistic patients.

The dose is 5 mg of DMPS per kg of body weight and is generally given once a month. The urine collection for pediatric patients incorporates a bag to collect the urine for mercury analysis.

## **11. DMPS Alternative**

Some people do not tolerate DMPS well. This is especially true for those who have damage in the central nervous system, such as those with MS or ALS or children with fragile brain architecture. If this is the case there are several options. PCA (peptid clathrating agent) spray can be used. The dose is 4 sprays under the tongue every day or every other day. One may use a dipeptide amino acid or mixed mineral succinates such as Champion Nutrition Muscle Nitro.

## **CLINICALLY SPEAKING**

### **Repeated sauna therapy reduces urinary 8-epi-prostaglandin F(2alpha).**

**Masuda A, Miyata M, Kihara T, Minagoe S, Tei C.**

Department of Cardiology, Respiratory and Metabolic Medicine, Kagoshima University, Kagoshima, Japan.

We have reported that repeated sauna therapy improves impaired vascular endothelial function in a patient with coronary risk factors. We hypothesized that sauna therapy decreases urinary 8-epi-prostaglandin F(2alpha) (PGF(2alpha)) levels as a marker of oxidative stress and conducted a randomized, controlled study. Twenty-eight patients with at least one coronary risk factor were divided into a sauna group (n = 14) and non-sauna group (n = 14). Sauna therapy was performed with a 60 degrees C far infrared-ray dry sauna

for 15 minutes and then bed rest with a blanket for 30 minutes once a day for two weeks. Systolic blood pressure and increased urinary 8-epi-PGF(2alpha) levels in the sauna group were significantly lower than those in the non-sauna group at two weeks after admission (110 +/- 15 mmHg vs 122 +/- 13 mmHg, P < 0.05, 230 +/- 67 pg/mg x creatinine vs 380 +/- 101 pg/mg x creatinine, P < 0.0001, respectively). These results suggest that repeated sauna therapy may protect against oxidative stress, which leads to the prevention of atherosclerosis.

### **Effects of repeated sauna treatment on ventricular arrhythmias in patients with chronic heart failure.**

**Kihara T, Biro S, Ikeda Y, Fukudome T, Shinsato T, Masuda A, Miyata M, Hamasaki S, Otsuji Y, Minagoe S, Akiba S, Tei C.**

#### **Departments of Cardiovascular, Respiratory and Metabolic Medicine, Kagoshima University.**

**Background** The aim of the present study was to determine whether repeated 60C sauna treatment improves cardiac arrhythmias in chronic heart failure (CHF) patients, because ventricular arrhythmias are an important therapeutic target in CHF. **Methods and Results** Thirty patients (59 +/- 3 years) with New York Heart Association functional class II or III CHF and at least 200 premature ventricular contractions (PVCs)/24 h assessed by 24-h Holter recordings were studied. They were randomized into sauna-treated (n=20) or non-treated (n=10) groups. The sauna-treated group underwent a 2-week program of a daily 60 degrees C far infrared-ray dry sauna for 15 min, followed by 30 min bed rest with blankets, for 5 days per week. Patients in the non-treated group had bed rest in a temperature-controlled room (24 degrees C) for 45 min. The total numbers of PVCs/24 h in the sauna-treated group decreased compared with the non-treated group [848 +/- 415 vs 3,097 +/- 1,033/24 h, p < 0.01]. Heart rate variability (SDNN, standard deviation of normal-to-normal beat interval) increased [142 +/- 10 (n=16) vs 112 +/- 11 ms (n=8), p < 0.05] and plasma brain natriuretic peptide concentrations decreased [229 +/- 54 vs 419 +/- 110 pg/ml, p < 0.05] in the sauna-treated group compared with the non-treated group. **Conclusion** Repeated sauna treatment improves ventricular arrhythmias in patients with CHF. (Circ J 2004; 68: 1146 - 1151).

### **Repeated thermal therapy improves impaired vascular endothelial function in patients with coronary risk factors.**

**Imamura M, Biro S, Kihara T, Yoshifuku S, Takasaki K, Otsuji Y, Minagoe S, Toyama Y, Tei C.**

First Department of Internal Medicine, Faculty of Medicine, Kagoshima University, Sakuragaoka, Kagoshima, Japan.

**OBJECTIVES:** We sought to determine whether sauna therapy, a thermal vasodilation therapy, improves endothelial function in patients with coronary risk factors such as hypercholesterolemia, hypertension, diabetes mellitus and smoking. **BACKGROUND:** Exposure to heat is widely used as a traditional therapy in many different cultures. We have recently found that repeated sauna therapy improves endothelial and cardiac function in patients with chronic heart failure. **METHODS:** Twenty-five men with at least one coronary risk factor (risk group: 38 +/- 7 years) and 10 healthy men without coronary risk factors (control group: 35 +/- 8 years) were enrolled. Patients in the risk group were treated with a 60 degrees C far infrared-ray dry sauna bath for 15 min and then kept in a bed covered with blankets for 30 min once a day for two weeks. To assess endothelial function, brachial artery diameter was measured at rest, during reactive hyperemia (flow-mediated endothelium-dependent dilation [%FMD]), again at rest and after sublingual nitroglycerin administration (endothelium-independent vasodilation [%NTG]) using high-resolution ultrasound. **RESULTS:** The %FMD was significantly impaired in the risk group compared with the control group (4.0 +/- 1.7% vs. 8.2 +/- 2.7%, p < 0.0001), while %NTG was similar (18.7 +/- 4.2% vs. 20.4 +/- 5.1%). Two weeks of sauna therapy significantly improved %FMD in the risk group (4.0 +/- 1.7% to 5.8 +/-

1.3%,  $p < 0.001$ ). In contrast, %NTG did not change after two weeks of sauna therapy (18.7 +/- 4.2% to 18.1 +/- 4.1%). CONCLUSIONS: Repeated sauna treatment improves impaired vascular endothelial function in the setting of coronary risk factors, suggesting a therapeutic role for sauna treatment in patients with risk factors for atherosclerosis.

## **HOW MANY CONTROLLED SCIENTIFIC STUDIES ARE THERE AND BY WHOM AND FOR WHOM?**

"Over the last 25 years, Japanese and Chinese researchers and clinicians have completed extensive research on infrared medical treatments and report many amazing discoveries. In Japan, there is an 'infrared society' composed of medical doctors and physical therapists dedicated to further infrared research. Their findings support the health benefits of infrared therapy as a method of healing."

What devices were actually used in the studies?

Far Infrared Ray technology was used. Probably manufactured in Japan.

Who manufactured them?

Food gets cooked regardless of who manufactured the frying pan. Point being, FIR technology was used to produce the results.

Are any of these studies directly related to the devices used in saunas or do they use other forms of infrared devices?

The studies are about FIR technology. If the sauna incorporates FIR technology, then yes the technology is related.

What's the difference between an actual heater and infrared heater in a sauna (in other words take out the infrared part)? "FIR Expands capillaries, which stimulates increased blood flow, regeneration, circulation and oxygenation.

2) FIR is excellent for detox. Scientists in Japan report that in the FIR treatment of clogged capillary vessels, heat expands the capillaries and then initiates the start of a process to dissolve hidden toxins.

FIR thereby promotes elimination of fats, chemicals and toxins from the blood: Poisons, carcinogenic heavy metals - toxic substances from food processing - lactic acid, free fatty acids, and subcutaneous fat associated with aging and fatigue - excess sodium associated with hypertension - and uric acid which causes pain. Furthermore, if sebaceous glands are activated, accumulated cosmetics in pores can be eliminated through the skin (sweat and oil glands) rather than by the kidneys.

3) FIR stimulates enzyme activity and metabolism - One hour under the HotHouse burns over 900 calories by raising the metabolism and body temperature. FIR heat also breaks down cellulite - trapped water, fat and waste.

4) FIR promotes the killing of many pathogenic (disease causing) bacteria, viruses, fungi and parasites.

5) FIR promotes rebuilding of injured tissue by having a positive effect on the fibroblasts (connective tissue cells necessary for the repair of injury). Furthermore, it increases growth of cells, DNA syntheses, and

protein synthesis all necessary during tissue repair and regeneration. Excellent for healing burns, scar tissue and skin problems.

6) FIR relieves nervous tension and relaxes autoneuro muscles thereby helping the body make the most of its intended healing abilities. Reduces soreness on nerve endings and muscle spasms as muscle fibers are heated.

7) FIR strengthens the Immune System by stimulating increased production of white blood cells (leukocytes) by the bone marrow and killer T-cells by the thymus.

8) FIR strengthens the Cardiovascular System by causing heart rate and cardiac output increase, and diastolic blood pressure decrease - Extensive research by NASA in the early 1980's led to the conclusion that far infrared stimulation of cardiovascular function would be the ideal way to maintain cardiovascular conditioning in American astronauts during long space flight."

What's the difference in quality and cost from hospital units versus general cheap public units and why? "Dr. Tadashi Ishikawa, a member of the Research and Development Department of Fuji Medical, received a patent in 1965 for a zirconia ceramic infrared heater used in the first healing infrared thermal systems. Medical practitioners in Japan were the only ones using infrared thermal systems for 14 years. In 1979, they were finally released for public use. The technique has been further refined into infrared thermal systems that have been sold in the USA since 1981. One use of infrared heat in the USA has been in the form of panels used in hospital nurseries to warm newborns. To date, there have been over 700,000 infrared thermal systems sold in Asia for whole body treatments. An additional 30 million people have received localized infrared treatment in Asia, Europe, and Australia with FIR lamps, which emit the same 2-25 micron wave bands as employed in a whole body system. In Germany, physicians in an independently developed form have used whole body infrared therapy for over 80 years."

Dr. Tadashi Ishikawa, a member of the Research and Development Department of Fuji Medical, received a patent in 1965 for a zirconia ceramic infrared heater used in the first healing infrared thermal systems. Medical practitioners in Japan were the only ones using infrared thermal systems for 14 years. In 1979, they were finally released for public use. The technique has been further refined into infrared thermal systems that have been sold in the USA since 1981. One use of infrared heat in the USA has been in the form of panels used in hospital nurseries to warm newborns.

So... What's the difference? Well, I could go out to an Italian restaurant and pay over twenty dollars on spaghetti. Or I could go to the grocery store and buy spaghetti sticks, and then I could come home and make me one serving which costs me only about fifty cents. Spaghetti is spaghetti. FIR is FIR. You know the old saying; whatever floats your boat.

They have made this technology available to the public. Kinda like Hulda Clark's parasite zapper. There was a time when that kind of stuff was not available to the public. However, the zapper got refined to the point where the public were able to purchase one--even make one of their own.

What double-blind controlled studies exist of infrared versus conventional sauna and particular ailments?

Health challenges below, have been reported in Japan and China, as alleviated, reduced or eliminated:

Cancer, Leukemia, Prostate Cancer

Asthma, Bronchitis, Sinus problems

Excess Body Fat/Weight Loss, Cellulite

High Blood Pressure, Chronic Nephritis

Circulation problems - Rheumatism, Chilblains, Gout, Body Odor  
Hemorrhoids and Piles  
Swelling, Inflammation - Arthritis, Tendinitis, Tumors, Mastitis  
Back, Shoulder, Neck and Muscular Pains - Lumbago  
Neuralgia and Abnormal Nerve Functions - Herpes, Paralysis, Sciatica  
Skin Elasticity and Texture, Chapping, Skin Aging, Wrinkles  
Clogged Pores, Pimples, Acne  
Damaged, Burnt and Scarred Tissue  
Toxicity, Hepatitis, Cirrhosis, Cystitis, Uric Acid  
Gastric and Duodenal Ulcers  
Menstrual problems, PMS, Yeast problems, Menopause  
Fungus, Viruses, Bacteria, Parasites  
Migraine, Headaches, Nose Bleeds  
Earache, Tinnitus  
Carpal Tunnel Syndrome  
Diabetes Mellitus  
Sports Injuries  
Colds, Flu, Fever  
Obesity

The following health challenges have been reported in Japan to be alleviated or reduced by the use of infrared therapy:

- Asthma, bronchitis (cleared up)
- Rheumatoid arthritis (7 out of 10 cases resolved in one clinical trial)
- Benign prostatic hypertrophy (reduced)
- Cancer pain (greatly relieved pain in later stages)
- Cirrhosis of the liver (reversed)
- Chroneís Disease (gone)
- Cold hand and feet (a physical therapist discovered 20-50% improvement was maintained)
- Cystitis (gone)
- Duocenal ulcers (eliminated)
- Compression fracture pain
- Gastritis (relieved)
- Hemorrhoids (reduced)
- Hepatitis (gone)

- High blood pressure (in the case of a diabetic a systolic decrease from 180 to 125 +
- concurrent weight loss)
- Keloids (significantly softened and, in some cases, completely gone)
- Leg ulcers (healed when previously static and resistant to other care)
- Menopause
- Pain preventing sleep or limiting sleeping positions (relieved)
- Post-surgical adhesions (reduced)
- Radiation sickness (relieved signs and symptoms)
- Sequelae of strokes (Hemiparesis relieved over time)

A clinical trial in Japan reported a successful solution for **seven out of seven cases of rheumatoid arthritis** treated with whole-body infrared therapy.

**Dr. Masao Nakamura** of the O and P Medical Clinic in Japan reports success with the use of infrared heat treatment for the following:

- Acne
- Arthritis
- Ear Diseases
- Gastroenteric Problems
- Insomnia
- Menopause
- Whiplash
- Sciatica
- Shoulder Stiffness

### **Musculoskeletal Improvements with Infrared Heat**

**Success has been reported from infrared treatments by Japanese researchers** for the following musculoskeletal conditions:

- Arthritis, Gout, Rheumatoid, DJD (each substantially relieved or improved)
- Adhesions (common in competitive athletes, trauma, and repetitive stress syndromes)

- TMJ Arthritis
- Acel-Decel Injury Sequelae
- Low-Back Pain (relieved)
- Bursitis (eliminated)
- Brain Contusion (accelerated healing)
- Disc-Protrusion Related Neuralgia
- Compression Fractures (in one situation pain stopped for three days with one treatment)
- Muscle Tension (relaxed)
- Muscle Spasms (reduced or eliminated)
- Post-Exercise Muscle Pain (good results - vital to competitive athletes)
- Shoulder pain (relieved or improved)
- Spinal Chord Shock (reversed post traumatic shock)
- Tight Shoulders (more relaxed)
- Traumatic Arthritis

#### Ear, Nose, and Throat Conditions Relieved with Infrared Heat

The Japanese report the following ear, nose, and throat conditions relieved with infrared heat treatments:

- Body Odor
- Chronic middle-ear inflammation of infection
- Clogged pores (unplugged of cosmetics, unexcelled skin texture and tone)
- Dandruff (increased blood flow through the scalp)
- Eczema and Psoriasis (respond well)
- Lacerations (healed quicker with less pain and scarring)
- Nettle rash
- Nose bleeding (reduced)
- Skin Conditions (improved)

- Teenage skin problems (clearing acne and blackheads)
- Poor skin tone - Scars and pain from burns or wounds (decreased in severity and extent)
- Sore throats
- Tinnitus (chronic severe case cleared with 10 infrared treatments)
- Used routinely in burn units throughout Asia.

#### Interesting FIR Therapy Medical Facts and Data:

Infrared sauna is thought to be 7 times more effective at detoxifying heavy metals

such as mercury, aluminum, and even cholesterol, nicotine, alcohol, ammonia, sulfuric acid and other environmental toxins, as opposed to conventional heat or steam saunas.

The human body is a reservoir of all kinds of bio-toxins which cannot be expelled immediately and become stored in the body, thereby triggering illness. When toxic gases such as sulphur dioxide and carbon dioxide, or potentially fatal heavy metal toxins such as mercury, lead and chlorine, meet large water molecules, they are encapsulated by clusters of water and trapped in the body. Where these toxins are accumulated, blood circulation is blocked and cellular energy is impaired. However, when a 7 to 14 micron FIR wave is applied to these large water molecules, the water begins to vibrate. This vibration reduces the ion bonds of the atoms which are holding together the molecules of water. As the water evaporates, the encapsulated gas and toxins can be released.

#### **Infrared therapy increases blood circulation and oxygen supply to damaged tissues**

(aiding reduction of chronic joint and muscle pain or sport injuries), promotes relaxation and comfort, induces sleep and relieves stress.

**German medical researchers** concluded one session of infrared therapy for over 1 hour can have **significant reduction of blood pressure** thanks to a persistent peripheral vessels dilation. They also noted that blood viscosity was improved. After 1 hour of infrared radiance, there is a significant decrease of blood pressure - cardiac ejection resistance - total peripheral resistance -and significant increase of heart rate, stroke volume, cardiac output, and ejection fraction.

#### **Acne - Infrared Lasers verse Infrared HotHouse or Infrared Lamp**

"Infrared lasers such as Smoothbeam or CoolTouch, are becoming a very popular method to treat acne - particularly very resistant cases. They seem to work by shrinking the sebaceous glands, and you get relatively quick results. They hurt like hell though." ~ *Jeffrey Dover, MD, Boston, ELLE Magazine March 2004*

Three to four infrared HotHouse or infrared lamp treatments appear to open pores that have been malfunctioning for years, forcing out clogging cosmetics, and loosening dry outer skin, healing acne and scars, **WITHOUT PAIN.**

**Sunburn** - According to the *Clayton's Electrotherapy, 9th Edition*, infrared radiation is the only antidote to excessive ultraviolet radiation.

#### **Far Infrared Therapy and Electromagnetic Fields**

Recently there have been reports detailing the hazards of exposure to certain kinds of electromagnetic fields, such as those from high-tension power lines, cell phones, or from computer display terminals. Infrared heating systems have been tested in Japan and found free of toxic electromagnetic fields. The Swedish National Institute of Radiation Protection has also concluded that infrared heaters are not dangerous. Instead, Japanese researchers have reported that **infrared radiant heat antidotes the negative effects of toxic electromagnetic sources.**

*The McGraw-Hill Encyclopedia of Science and Technology* reports medical practitioners make use of infrared radiant heat to treat sprains, strains, bursitis, peripheral vascular diseases, arthritis, and muscle pain.

**Therapeutic Effects of Infrared Heat** - *Chapter 9 of Therapeutic Heat and Cold, Fourth Edition, Editors Justus F. Lehmann, M.D., Williams, and Wilkin.* Infrared Heat Therapy does the following:

- Decreases joint stiffness
- Relieves muscle spasms
- Increases blood flow
- Leads to pain relief
- Affects soft tissue injury
- Increases the extensibility of collagen tissue
- Assists in resolution of inflammatory infiltrated, edema, and exudes

### **Potential Use Of Far Infrared In Dental Clinics**

Mr. Shu of Ninomiya Yuri Dental Clinic used far infrared ray in his dental clinic for some years. "I have successfully treated many common dental diseases, for instance, pyorrhea alveolaris, gum inflammation, tooth pain, and muscular spasm." Mr. Shu indicated that the use of far infrared ray is undergoing research. Dr. Akira, Director of the Meitoku Association of Dentists and Dr. Waaataru of the Kawano Dental Hospital also use far infrared treatment on a regular basis for gum inflammation and post dental pain suppression.

### **Artificial Body Parts**

"The HotHouse feels wonderful on an artificial hip...it is so comforting. When pins or metal have been inserted, it does not harm, as it doesn't get over 98 degrees. Keeping it at that constant temperature doesn't make the body go up and doesn't make it go down. If a person is recovering from a break and has metal pins in the body, the HotHouse is very soothing to them." ~ *D.Sudweeks, Pleasant Grove, Utah, January 27th, 1999*

### **Pneumonia**

C.Dunson, a Lymphologist in Utah reported that within 15 minutes of a client being treated with the HotHouse and lymphology therapy, their pneumonia was cleared. Infrared therapy in both Japan and China has proven to be outstanding for asthma, bronchitis, colds, flu, sinusitis and congestion as it clears inflammation, swelling and mucous clogged passages, as testified to in Dr. Yamazaki's book below.

**Dr. Toshio Yamazaki, M.D.** owns a clinic in Japan where she has done **extensive research** on the therapeutic uses of far-infrared therapy. She is the author of *"The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy"* which presents the clinical effects of far infrared ray therapy.

Besides **cancer**, Dr. Yamazaki reports continual successful treatments of many other diseases by use of FIR waves - treatments not only by her but also by many other doctors. The list of diseases - documented in her book - includes stress induced chronic diarrhea, abdominal distention, ulcerated large intestines, gastritis, facial numbness, haemorrhoids, shoulder, back, and knee pain, rheumatism, hypotension, diabetes, weight loss, breast and abdominal tumours, low blood pressure, asthma, anaemia, burns and scalds, body odour, early onset of baldness, fracture of cervical vertebra, radiation exposure and related diseases...

For more info you can pick up a book called *'The Scientific Basis and Therapeutic Benefits of Far Infrared Ray Therapy'* Written by acclaimed Japanese medical doctor, Toshio Yamazaki.

Now that I answered your questions... I am just tickled to ask you something. In the name of science, what are these "cosmic stones" that you are recommended in an earlier post?

Sample questions are:

How many controlled scientific studies are there and by whom and for whom?

What devices were actually used in the studies and who manufactured them?

Are any of these studies directly related to the cosmic stones or do they use other forms of cosmic stones?

What's the difference between a regular stone and a cosmic stone (in other words take out the cosmic part)?

What's the difference in quality and cost from cosmic stones versus general cheap regular stones and why?

What double-blind controlled studies exist of cosmic stones versus conventional stones and particular ailments?

Cheerio, Marvin

*My source for information is <http://www.chimachine4u.com/>*

## **Research Reveals Benefits of Infrared Sauna Use Far-InfraRed Energy (FIR)**

### **INTRODUCTION:**

#### **Why Is Detoxification Important**

Excerpted from: *Literature Review & Comparison Studies of Sauna/Hyperthermia in Detoxification*, Townsend Letter for Doctors, June 1992 Zane R. Gard, M.D. & Erma J. Brown, BSN, PhN

The past 150 years have been a time of incredible progress for medicine, science and industry. Because of these advancements we now enjoy longer, more productive lives. However, there are many who pay a tremendously high price for our modern lifestyle. The by-products of our chemical technology have resulted in ubiquitous contamination of our atmosphere, lakes, oceans and soil. Our natural environment is now permeated by a barrage of "unnatural" substances.

Unquestionably, many of the chemical sources have been in existence for centuries. However, today we are exposed to chemical concentrations far greater than were our ancestors. Although the human

mechanism is known to be accommodating, ecological alterations are now occurring at a faster rate than our bodies are able to adapt. We are now faced with a situation where inadequacies or uncertainties centering around the manufacturing, use, storage, and disposal of toxic chemicals, have resulted in an overwhelming number of environmentally -induced illnesses.

Since 1965, over 4 million distinct chemical compounds have been reported in scientific literature. Over 6000 new chemicals were added to this list between 1965 and 1978. As of 1981, of over 70,000 chemicals in commercial production, 3,000 have been identified as intentionally added to our food supplies and over 700 in drinking water. During food processing and storage 10,000 other compounds can become an integral part of many commonly used foods. Added to this list of potential body toxins, petrochemicals, industrial waste, medical and street drugs, radiation (X-rays, nuclear fallout etc.) and tons of pesticides, herbicides, and insecticides, the result is an incredible chemical avalanche to have befallen the human race in a relatively short period of evolutionary history.

There is currently a wealth of scientific evidence showing that thousands of drugs, preservatives, pesticides, and other pollutants remain stored in the body long after exposure. We know for example that an organochlorinated pesticide such as the metabolites of DDT have a half life of between 20 and 50 years in the fat deposits of humans. According to the U.S. Environmental Protection Agency over 400 chemicals have been detected in human tissue; 48 were found in adipose tissue, 40 in breastmilk, 73 in the liver and over 250 in the blood.

The process of bodily accumulation and storage of toxins is known as "toxic bio-accumulation". Though the predominate storage site in the body is the fatty tissue, toxins may re-enter the bloodstream during times of physical stress (i.e.. illness, fasting, excessive heat, exercise) or emotional stress. Every organ that is accessible to these chemicals, which have been mobilized or released from the fat, is being continually exposed at low levels. As stated by Dr. William L. Marcus, Senior Advisor and Chief Toxicologist for the U.S. Environmental Protection Agency, "It's a chronic exposure. That's why chemicals like dioxin, even in small amounts, are extremely dangerous. Unfortunately the human body has no previous experience with these chemicals and there is no natural machinery in the body to break them down, much less eliminate them.

Human accumulation of such compounds as DDT, PCP, PCB, and dioxin, reflect biologically persistent chemicals which are partitioned in the body from water into lipids. Eventually the metabolizing of xenobiotics (chemicals foreign to the biological system) leads to the accumulation of the chemicals and/or their products in lipid deposits throughout the body, particularly in adipose tissue. The simple chemistry involved in this process can be illustrated by the fact that some chemicals readily dissolve in water, while others dissolve only in oil bases. Oil soluble chemicals therefore have a tendency to accumulate in body fatty tissue or lipids, which are also insoluble in water. There is no such thing as a fat "cell"...[rather] almost every cell has a fat component. The brain has a high fat content as does virtually every organ.

Directly or indirectly, toxic residues find their way into our air, food and water supplies. The net effect of this ecological overload is to alter the body's balance or "homeostasis". This interference with our natural biological tendencies to restore internal balance, results in "disease" in one form or another. According to Professor Edward J. Calabrese of the University of Massachusetts, and author of *Pollutants and High Risk Groups*, "It is this homeostatic process which neutralizes the pollutant's effect and returns the system to equilibrium."

Marshall Mandell, MD, nationally renowned in the field of bio-ecologic medicine, wrote in a recent publication that the influx of chemicals in our society today "has resulted in a lowered threshold of

resistance and subsequent inability to cope with the natural and unnatural environment due to altered body metabolism, enzyme dysfunction, nutritional deficiencies, and hormonal imbalances." Health depends on the balance of both external and internal environmental forces.

There is a wealth of literature documenting illnesses in humans from exposure to chemicals as listed above. These illnesses include cancers of virtually every organ system of the body, as well as leukemia, liver disease, pulmonary damage, anemia and blood changes, nervous system disease, immune system damage, psychological damage, reproductive and fertility impairment, and kidney dysfunction. There are also many sub-clinical abnormalities that are suspected to result from presumed chemical exposure and the list grows longer each year.

In response to the above facts, many health care practitioners have been recommending a vast array of detoxification programs. Circulating toxins and toxic bowels need proper cleansing. The removal of these toxins is relatively well known. When toxins are deposited in fat storage sites this becomes much more complicated. The only way to remove toxins from the fat storage sites is to mobilize the toxic fat. Heat-stress [of a sauna] is an effective method of removing fat-stored toxins from the body.

### **Advantages of the Far-InfraRed Sauna...**

“Many people with chronic illnesses find the high temperatures inside a regular sauna or steam room intolerable. In these traditional systems, the inside of the body is heated completely from the surface of the skin. Even though you feel very hot in these units, the heating is quite shallow - only a few millimeters below the skin. In the Far-InfraRed sauna, invisible light rays emanate from several Far-InfraRed emitters. This Far-InfraRed light penetrates deep into the fat and muscles of the body, creating a more powerful detoxifying influence upon the deeper tissues of the body. As well, since the air temperature remains much lower than in a traditional sauna, the individual feels more comfortable. Sweating often begins before the person feels very hot at all and the sweating is more profuse than in a traditional sauna”.

## **1. Reported Far-Infrared Health Benefits**

Natural Lower Back Pain Relief Without Drugs - Just One of the Far Infrared Sauna Benefits

Far infrared sauna benefits are tremendous. If you want to find natural lower back pain relief without drugs, infrared saunas could be your answer. Do you frequently feel the effects of chronic fatigue syndrome or Fibromyalgia? Treatment and therapy for these symptoms can incorporate infrared saunas and their powerful effects.

More far infrared sauna benefits:

- Pain Relief.
- Weight Loss.
- Detoxification.
- Increased Circulation.
- Cholesterol Removal.
- Boosts Immune System.
- Normalizes Blood Pressure.
- Fibromyalgia Pain Relief.
- Reduces Stress & Fatigue.
- Speeds Healing to Cuts & Bruises.
- Reduces Swelling and Inflammation.

- Removes Stress & Fatigue.
- Improves Joint Stiffness.

#### Burn Calories...

In response to the warming effect of Far-InfraRed, heart rate, cardiac output and metabolic rate increase. These reactions provide a 'passive exercise' effect, which amazingly, can burn up to 600 calories in 30 minutes. Far-InfraRed has been researched by NASA and determined to be an ideal way to maintain astronauts' cardiovascular fitness during space flights.

#### Detoxification...

Modern day environmental toxins often become trapped within our bodies. Far-InfraRed energy has the ability to mobilize these tissue bound toxins, which are then expelled in our sweat. Our tissues absorb Far-InfraRed energy up to a depth of 2" thus, the sauna releases toxins from throughout our body. Contaminants, including mercury, lead, pesticide residues, solvents and by-products of fossil fuel combustion, are expelled through the skin thus, bypassing the liver and kidneys. Avoiding placing a toxic burden on one's liver and kidneys is a major advantage of sweat detoxification.

#### Pain Relief...

Far-InfraRed has been used throughout Europe and Asia to treat a wide array of muscular- skeletal ailments. Conditions such as arthritis, bursitis, Fibromyalgia, backache, sprains and strains often benefit from this deeply penetrating heat. Far-InfraRed stimulates cardio output and causes blood vessels to dilate. The enhanced blood flow brings pain relief and healing to muscles and other soft tissue.

#### Strengthen Immune System...

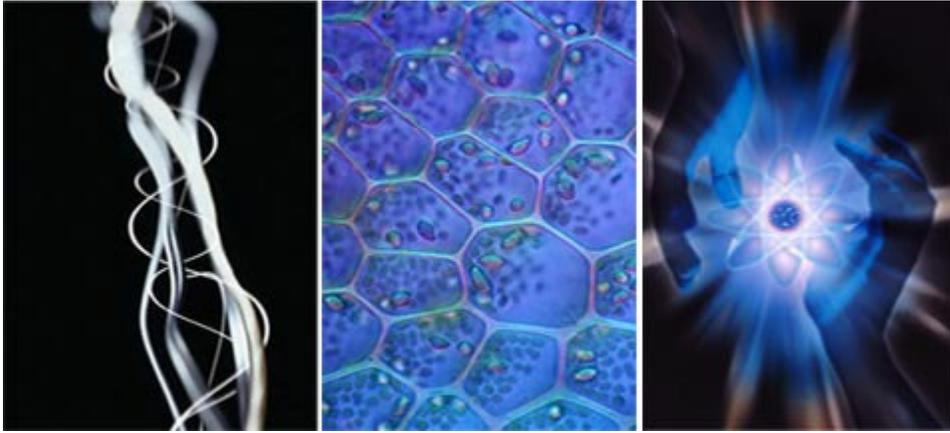
The famous Greek physician, Parmenides, stated: "Give me the power to create fever and I shall cure any disease." An artificial fever is created in the sauna as the Far-InfraRed deeply warms our bodies and aids our immune system. This is a relaxing and effective way to "nip a cold or flu in the bud"!

#### Skin Care...

The sauna is often helpful in the treatment of acne, psoriasis and eczema. Skin is left soft and smooth with improved tone and elasticity as the profuse sweating experienced with Far-InfraRed deeply cleanses the pores.

## **2. Far-infrared cellular purification**

Dr. Toshiko Yamazaki, MD owns an infrared therapy clinic in Japan where she has done extensive research on the uses of Far Infrared Therapy or Infrared Light Therapy. In her book, "The Science of Far-Infrared Therapies," she explains that one of the reasons FIR (Far Infrared Therapy) has beneficial results in a variety of illnesses is the ability of FIR waves to remove toxins with mercury detoxification, which is often at the core of many health problems. Since humans are bio-accumulators, numerous toxins that disturb natural body healing and cannot be removed immediately after entry are stored in our bodies and prevent future natural body healing.



a 10 micron far-infrared light wave reaches up to 2 inches deep inside the body's tissue cellular vibration occurs when the light waves penetrate the cells and reach the large water molecules, this vibration reduces the ion bonds of the atoms that are holding together the molecules of water, resulting in a release of toxins

### **3. Detoxification and Far Infrared Therapy**

When toxic gases such as sulphur dioxide and carbon dioxide or toxic substances such as lead, mercury, or chlorine meet large water molecules, water clusters encapsulate them. Where these toxins accumulate, blood circulation is blocked and cellular energy is impaired. Mercury detoxification begins when a 10 micron Far Infrared Therapy wave is applied to these large water molecules and the water begins to vibrate.

This vibration reduces the ion bonds of the atoms that are holding together the molecules of water. As the vibration continues, breakdown of the water molecules occurs and encapsulated gases and other toxic materials are released. Scientists in Japan report that in the Far Infrared Therapy wave treatment of clogged capillary vessels, a similar process occurs: heat expands the capillaries from Far Infrared Therapy and then initiates the process to dissolve hidden toxins.

Far Infrared Therapy also helps to improve nervous disorders, digestive disorders, weight loss, and normalize blood pressure.

### **4. Heat Treatments Get Rid of Toxins**

By Raymond Francis, M.Sc.

Reprinted from "Never Be Sick Again"

Not only do saunas feel good, they are good! Saunas get your heart beating and your blood circulating, helping the body to detoxify in unique and important ways. Toxins do the damage, and saunas help with damage control. Saunas or other treatments help to accomplish detoxification in the following manner: A layer of fat and oil exists just below the surface of the skin. Heat from the sauna increases skin temperature, causing those fats and oils to "melt" and ooze out of the skin's oil glands. As sweat and oil are secreted, the toxins dissolved in them are secreted as well. By excreting these toxins and then washing them off your body, your toxic load is lowered and cellular health improves.

Choose a temperature that can be tolerated for an extended period of time-thirty minutes to an hour or more. The point is not to sweat out a lot of water, but to rid your body of oil-soluble toxins. Our skin contains sweat glands and oil glands, both of which help us detoxify. Sweat gets rid of water-soluble toxins, and even helps to eliminate toxic heavy metals such as mercury and cadmium. Oil glands help remove oil-soluble toxins that the body would otherwise have a difficult time eliminating. We have created a world filled with oil-soluble toxins such as gasoline, solvents, pesticides and ingredients in toothpaste and personal care products, and the body is not able to dispose of them efficiently. The longer the skin is heated, the more oil-soluble toxins are eliminated.

Be careful not to overheat! The challenge is finding an environment where you can keep your skin temperature up for an extended period of time without overheating or dehydrating. Overheating and perhaps feeling dizzy can happen easily if you stay in a steam room, a hot tub or the top bench of a hot sauna too long. Choose a "low temperature" sauna (110-120

degrees), and use it for an extended period of time-an hour or more is best-though you may have to work up to this duration gradually. Remember: Drinking adequate amounts of water before, during and after your sauna is essential in order to prevent dehydration.

A good supplement program, containing fat-mobilizing vitamins and essential fatty acids makes the sauna even more effective. Be sure to shower afterwards; prevent those toxins from reabsorbing back into your body by washing with a nontoxic Castile soap.

Taking saunas or other "heat treatments" is not a luxury, but like exercise, is a physical responsibility and an important element of the physical responsibility and an important element of the physical pathway. Incorporating saunas after exercise is even better. Exercise begins to mobilize toxins and saunas continue the process. You may need to make a few sauna visits before you can tolerate extended periods of time, but the benefits of these heat treatments are incredible. These treatments feel good for very good reasons; they provide beneficial physical stimulation-including increased lymphatic and cardiovascular circulation, as well as the removal of toxins-all of which are good for the health and function of your cells.

## **5. Its a Toxic World**

Today more than 77,000 chemicals are in active production. Our exposure to these chemicals is greater than at any time. More than 3,000 chemicals are added to our food supply. More than 10,000 chemicals in the form of solvents, emulsifiers and preservatives are used in food processing and storage. When ingested these chemicals can remain in the body for years, altering our metabolism, causing enzyme dysfunction and nutritional deficiencies, creating hormonal imbalances and lowering our threshold of resistance to chronic disease. We are continually subjected to poor air quality, chemically contaminated food and water, household cleansers, paint fumes, pharmaceutical drugs, pesticides, heavy metals (including mercury) and the list goes on and on. Today, studies show that most of us have between 400 and 800 chemical residues stored in the fat cells of our bodies. These chemicals and heavy metals make up the "total toxic burden". When our bodies exceed the limit that we can excrete, we begin to store these toxins. This bioaccumulation seriously compromises our physiological and psychological health and leads to chronic disease.

### **Toxicity Symptoms**

The following symptoms are often related to toxicity: allergies, acne, anxiety, burning skin, brain fog, chronic fatigue, chemical sensitivities, depression, eczema, frequent colds or flu, feeling "sick all over", insomnia, loss of dexterity, low body temperature, memory loss, mood swings, muscle and joint pains and poor concentration. If you have three of more of the above symptoms, you should strongly consider Our High Tech Health Far Infrared Sauna.

### **Detox, Detox, Detox**

Far Infrared Saunas are recognized by health practitioners worldwide as perhaps the most effective method of removing both chemical and heavy metal toxins from the body. The combination of "resonant absorption" and low heat makes this the detox method of choice for chronically ill patients as well as those that are well and wish to stay that way by reducing their "toxic burden".

"A sauna used to be thought of as a luxury. But studies now confirm that diet and environmental chemicals cause 95% of cancers. Furthermore, as the first generation of man exposed to such an unprecedented plethora of daily chemicals, we have learned that stored or undetoxified chemicals can mimic any disease. "Incurable" chronic diseases that were thought to have no known cause often disappear once toxic chemicals are gone. Since the far infrared sauna is the safest, most efficacious and economical way of depurating stored toxins, this makes it a household necessity."

Sherry A. Rogers, M.D., Northeast Center for Environmental Medicine

Internationally known expert in environmental medicine

Author of; Detoxify or Die, Tired Or Toxic? , Total Wellness, Wellness Against All Odds, Depression Cured at Last, Pain Free, and No More Heartburn

Our methods of eliminating toxins in the body are few. We are limited to the faeces, the urine, perspiration and respiration. When the liver, kidneys and lungs have been damaged by chronic exposure to environmental toxins our ability to rid our bodies of toxins becomes severely limited. Through various methods we can cleanse the liver and

kidneys, which will help us address future toxins, but we are still left with the fat-stored (lipophilic) toxins and heavy metals stored in connective tissue and the brain.

## **6. Infrared sauna detoxification studies**

- **Graph Results of Pre & Post BioToxic Reduction Studies**
- **BioToxic Reduction Case Histories**

**Authors of Study:** Zane R. Gard, MD & Erma J. Brown, BSN, PhN TLfDP, October 1992

### **Detoxification for Systemic Lupus Erythematosus A Case History**

Many of the patients evaluated and treated with the Bio-Toxic Reduction Program meet the 1982 Criteria for Diagnosis of Systemic Lupus Erythematosus according to Dr. Zane R. Gard who presented Drug and Chemically-induced Lupus-Like Syndrome to the American Lupus Foundation in January 1988 in Los Angeles, California. This review of 12 Lupus-like patients indicated that certain susceptible populations may develop Lupus-like conditions as a result of deficiencies within the body's own detoxification mechanisms following excessive drug or chemical ingestion or exposure. This impairment causes an untimely elimination of toxic substances rendering the body susceptible to chronic diseases such as Lupus. These patients were all treated either the Bio-Toxic Reduction (BTR) program and all abnormal immunological profiles returned to normal limits as well as none meeting the Criteria for diagnosis of Lupus. Only three of these patients have had continuing health problems primarily consisting of chemical sensitivity, however all but one have had normal immunological profiles. The worst of the group had been on steroids therapy for over 17 years and as long as she avoids chemicals to which she is sensitive, doesn't require steroid therapy. She has had full use of her hands (which were claw-like) since her therapy 7 years ago. Only when she is overburdened will immunological tests be abnormal. When this occurs she also has a mild Lupus flare with joint stiffness and swelling.

Her history is as follows: This 32-year-old female was diagnosed having Systemic Lupus Erythematosus (SLE) at the age of 15. Over eleven surgeries had been performed including a sinovectomy of the hand, an appendectomy and a splenectomy. She had been plagued with health problems which included chemical sensitivity, pain and swelling of her joints (which resulted in restricted use), sinusitis, nosebleeds, headaches, ear infections and fatigue. By the time she came to BioTox her condition had deteriorated considerably. She suffered from muscle weakness and spasms, blurred vision, depression, mood swings and had been previously diagnosed as having Sjogren's syndrome, myofacial syndrome, hypertension and latent tetany.

A fat-biopsy revealed elevated levels of chlorinated pesticides and she was placed on the BTR program. Her headaches soon disappeared, but her joint pain would flare, then subside during sauna sessions. After 30 days in BTR, she began to hallucinate as a response to the release of fat-stored anesthetics, accompanied by a distinct anesthetic odor. The hallucinations were usually followed by a response similar to that of a patient in a recovery room. She frequently needed assistance both in and out of the sauna. In addition to very close monitoring of her condition to prevent injury, oxygen with special mask was frequently used.

Upon completion of the BTR program, 100% range of motion returned to all of her joints, with no inflammation or soreness. The myofacial syndrome had cleared, along with the headaches, fatigue, and depression. While she still has multiple chemical sensitivities and allergies, the BTR Program has resulted in a 90% improvement of her lupus condition, without the use of medication. She continues to sauna following exposure to prevent the symptoms of SLE. She has enjoyed a near normal life since 1984. Her brother also has lupus and originally was in better health than his sister. Now she feels she is 100% better than her brother who is on conventional therapy. She now feels she is 50% improved, however is not careful with avoiding exposures to chemicals she is sensitive to.

Zane R. Gard, MD & Erma J. Brown, BSN, PhN, TLfDP, October 1992

### **Detoxification for Arthritis A Case History**

This 56-year-old female school counselor (Case #27) came to the clinic with severe arthritis in her left knee. At the time of her initial evaluation, she had been scheduled for a surgical knee replacement, recommended by her previous

physician. Her health began to deteriorate after the school had been remodeled. Nine out of twelve teachers at this school also developed serious health problems. The school was also located near a dumpsite, which contributed to the "toxic overload." Serum blood analysis for volatile hydrocarbons revealed high levels. She also tested positive to formaldehyde and isocyanate antibodies.

After the first day on the BTR Program, her arthritic symptoms began to ease and she could ride the stationary bike with little difficulty. She spent 21 days on the program and within three weeks of completion, she experienced a full range of motion and freedom from pain. She no longer required medication or surgery. Serum chemical analysis showed drastic reductions in stored toxin levels within 21 days. She was able to return to work in a contaminated school building, however has had some problems since.

## **Detoxification for CNS Depression & Chronic Fatigue**

### **A Case History**

This 25 year-old female (Case #23 - [Graph 2](#)) suffered from CNS depression, anxiety, excessive crying, headaches, confusion, excessive fatigue, and multiple chemical sensitivities. She reported that her symptoms began 5-6 years earlier after being on birth control pills for 2 months. Her symptoms gradually became more severe after the office where she worked had refinishing work done on some cabinets. The lacquer fumes made her ill and she began experiencing debilitating fatigue along with an intensification of her chemical sensitivities, headaches, and depression. Blood tests and medical evaluation indicated she suffered from Chronic Fatigue Syndrome, Leukopenia (very low white blood count), elevated volatile hydrocarbon levels, and antibody/immune sensitivity to formaldehyde, isocyanates, and trimellitic anhydride. She made a remarkable recovery following treatment. Her energy level dramatically increased. Serum chemical analysis indicated an elimination of most of the volatile hydrocarbon levels. Her health is returning. She was able to return to work and continue living a normal lifestyle.

Source:  
Zane R. Gard, MD & Erma J. Brown, BSN, PhN, TLfDP, October 1992

## **Detoxification for Multiple Chemical Sensitivities**

### **A Case History**

This 30 year-old female (Case #2-See [Graph 4](#)) was evaluated for multiple chemical sensitivities. Chief complaints included headaches, musculo-skeletal pain, asthma, depression, poor memory retention, fatigue, numbness of the extremities, anxiety states, eye/head pressure and chronic flu-like symptoms. At the time of evaluation, the patient was essentially confined to a controlled environment. She spent nearly nine months in a room within her home stripped of carpeting or synthetics (essentially free of any chemically-derived furnishings or products) and required either oxygen or air filtration outside the controlled environment. The patient was unable to tolerate synthetic fabrics, cosmetics, perfumes and other scented products, pesticides, paints, inks, smoke, exhaust fumes, and natural gas.

Prior to coming to our center, this patient was evaluated by 35 physicians over an eight-year period. She had been prescribed tranquilizers and anti-depressants, which were unsuccessful in controlling her symptoms. This patient was totally disabled for three years due to the severity of reactions upon exposure to chemical substances. However, her condition was not properly diagnosed until coming to our office. Fat-biopsies (via needle aspiration) detected the presence of pesticides as well as other toxic residue. A comprehensive history revealed several possible causes of her condition. She lived within one mile of a city landfill for 20 years. On two separate occasions, she moved into a home within a week after extermination. She also worked in the cosmetics and clothing industry for ten years. She was diagnosed as having a lupus-like syndrome, immune dysfunction, seizure disorder (abnormal EEG), and extreme chemical sensitivity, secondary to chemical exposure.

She completed 43 days on the BTR Program. Her health restoration was associated with significant decreases in toxin levels (see [Graph 5](#)). The patient's overall condition improved by 85%. A post-program EEG showed no evidence of seizure activity. Follow-up immune profiles indicate restoration of immune function. She was again able to manage her household, drive, and within six months resumed employment. Though she remains sensitive to a degree, her condition is controlled.

Source:  
Zane R. Gard, MD & Erma J. Brown, BSN, PhN, TLfDP, October 1992

## **Detoxification for Jaundice and Liver Toxicity**

### **A Case History**

This 46 year-old female (Case #56) suffered from constant headaches. Her history revealed she had been exposed to DDT and chlordane more than 10 years earlier. The patient reported her intense headaches began after her condo had been treated for ants. Her headaches became constant for several months before she came to BioTox. Blood serum tests indicated she had elevated levels of xylene, as well as metabolites of DDT and chlordane. Tests also indicated she had a strong antibody response to trimellitic anhydride, formaldehyde, and isocyanates.

She reported being sensitive to many chemicals, and generally feeling ill since the onset of her headaches. After she underwent the Bio-Toxic Reduction Program her headaches were relieved and she felt generally in good health. Several months later, however, she returned feeling very poorly with a jaundiced appearance. Blood tests indicated a serious liver problem. An MRI and CAT-Scan revealed a large mass in her liver which was determined to be a hemangioma. She began medical treatments to bolster her immune system and aid her liver, and later spent two more weeks in BTR. Within a few weeks her color was back to normal and her overall health had improved. She has felt fine since and has had no further complications, but is advised to avoid chemical exposures.

Toluene is a known central nervous system depressant. Because it is a fat-soluble, it accumulates in the fat with repeated exposures. Toluene exposure is often accompanied with isocyanate exposure, which compounds the effects of toluene on the body. Isocyanates and toluene together produce damaging effects on the immune system, depress the CNS, and may cause pulmonary sensitivity. Permanent chemical sensitivity may result from chronic exposure to toluene or isocyanates.

Source:

Zane R. Gard, MD & Erma J. Brown, BSN, N, TLfDP, October 1992

## **Detoxification for Asthma and Upper Respiratory**

### **A Case History**

A 41 year-old male (Case #11) was evaluated in 1984 with chief complaints of suicidal depression, severe anxiety states, abdominal pain, pyrosis, chest congestion, headaches, mood changes, memory impairment, nausea, insomnia, and generalized malaise. Seventy-percent of his work involved repair of inflatable boats in an enclosed workspace. He worked routinely with epoxy resins, paint thinners, varnishes, and latex, which contained volatile hydrocarbons such as toluene and benzene. The acrylic adhesives contained isocyanates, a known pulmonary sensitizer. Working in excess of 50 hours per week his symptoms became more severe and he felt ill most of the time. Within seven months of the onset of his symptoms he had become totally disabled.

A pulmonary specialist diagnosed him as having toxic "occupational" asthma, induced by solvent exposure. A gastroenterologist determined that he had severe reflux esophagitis caused by the toluene exposure. Though the patient did not have a history of drug or alcohol abuse, he was referred to a rehabilitation clinic. It was believed that his severe depression may have been associated with substance abuse. He was also placed on numerous psychotropic medications to combat his depression. All treatments proved unsuccessful.

Serum chemical analysis revealed an extremely high level of toluene at 39.0 ppb and antibodies to isocyanate, TMA and formaldehyde. He was placed on the BTR Program and his lungs cleared within 3 days. He completed 52 days of program time and his health had improved by 85%. He no longer suffered from severe toxic asthma, headaches, or depression. Post-BTR serum chemical analysis revealed no detectable levels of toluene, or any other volatile compounds.

Source:

Zane R. Gard, MD & Erma J. Brown, BSN, PhN, TLfDP, October 1992

## **Detoxification for Occupational Exposure to Chemicals**

### **A Case History**

The case reviewed in Graph 5 exhibited symptoms of numbness, gastrointestinal distress, insomnia and impotence. This 44 year-old male (Case #63) was self-employed as a pest control operator with a primary exposure to methyl bromide for 11 years. His only protective device was a porous rubber mask. His chief complaints were confusion, fatigue, nervous exhaustion, poor memory, insomnia, speech difficulty, muscle weakness, muscle aching and twitching, hyperexcitability,

chemical hypersensitivity, abdominal gas and bloating, impotence, constipation and left sided numbness of face and arms.

He enjoyed good health until 1984 when he began experiencing extreme chest pressure with pain radiating towards the left shoulder. He was admitted to the hospital and underwent surgery to repair lesions in his coronary artery. Although the operation was a success, his health did not improve significantly. He began to feel numbness on the left side of his face, upper extremities and below the knee. He had difficulty using his left hand, and at times found it difficult to speak.

He was evaluated by many physicians, including neurologists and toxicology specialists. They concluded that he suffered from organic brain syndrome induced by occupational exposure to toxic chemicals. His long-term exposure to methyl bromide had been a major contributing factor in his coronary lesions, and had resulted in cerebral dysfunction due to diminished arterial blood flow to a portion of the brain. Approximately 18 months after the onset of his health problems he came to BioTox. His blood was tested for methyl bromide and its impurities. Dichloromethane and chloroform were found in his blood. He spent 27 days on the BTR Program, after which his health greatly improved. The numbness and speech difficulties were gone, and many of his other symptoms were much improved. Independent physicians who had tested him before he came to BioTox estimated his condition had improved 70% following therapy. His condition would gradually deteriorate starting about 6 months following detox indicating detoxification pathways were impaired. At three and four years post therapy his condition is considered 50% improved. He functions well for about 4 hours, then requires rest. He has sustained permanent damage resulting in permanent disability.

Source:  
Zane R. Gard, MD & Erma J. Brown, BSN, PhN, TLfDP, October 1992

## 7. Detox: Infrared Sauna vs. Conventional Sauna

In one study performed by American researchers, the sweat of people using a conventional sauna was found to be 95 to 97% water while the sweat of those using an infrared thermal system was 80 to 85% water with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise.<sup>1</sup> Mercury is the most toxic element on earth, second only to plutonium.

Hyperthermic detoxification using these saunas is not only uniquely helpful in removing fat-stored toxins from the body, but also as an adjunct to mercury removal. Dr. Dietrich Klinghardt, M.D., of Seattle, who has been called “the holistic doctors’ doctor and teacher,” is one of the pioneers in combining the use of far-infrared saunas with the chelating agent DMPS in a heavy metal detox protocol.

Dr. Klinghardt explains, “Since hyperthermic sauna therapy removes metal contaminants from the body, we have found that it may be used to further the benefits derived from chelation therapy. And we have also found that it may be an alternative for those who are unable to undergo chelation. Research conducted by U.S. scientists has demonstrated that close to 80% of individuals with chronic fatigue syndrome will improve markedly by a guided detoxification program.<sup>2</sup> We combine this approach with hyperthermic therapy using the far-infrared sauna, as well as exercise and chelation. The results we are seeing are very promising.”

Dr. Klinghardt adds, “If far-infrared saunas work, why wait to use them? People need information about what nutrients and minerals to take, how to stay hydrated, and a reminder to shower after the sauna. It’s not going to do much good to spend time detoxifying if you don’t wash off those toxins afterwards. And don’t overlook the importance of educating yourself and your children about sources of environmental toxins and allergens. Your future health depends on it!”

feature	LuxSauna	vs	hot rock or steam sauna
proven benefits	pain relief, detoxification, increased circulation, weight loss, lowered blood pressure and cholesterol, cellulite removal	vs	no data
maintenance	nominal	vs	extensive

mold and mildew	no	vs	yes
warm up time	15 to 20 minutes	vs	45 minutes to an hour
sweat analysis	80% water, 20% toxins	vs	97% water, 3% toxins
fresh air circulation	allowed	vs	disallowed
assembly time	less than an hour	vs	days or weeks
electrical cost	\$2 to \$3 a month	vs	can double your power bill
medical use	used by physicians	vs	no data
heat	dry, gentle, radiant	vs	harsh, claustrophobic, humid
stereo music	am/fm cd player optional	vs	disallowed
portability	break down in minutes	vs	permanent

## 8. Heat therapy for pain relief

New clinical research on pain offers evidence to establish a novel class of pain -- "heat responsive pain" or HRP -- which encompasses several common pain conditions that can be treated with the use of heat therapy. Researchers studying HRP have observed remarkable therapeutic benefits by using continuous low-level heat therapy for treating lower-back, upper-body and menstrual pain, all conditions that fall under the new HRP classification.

"For centuries, healthcare providers have used topical heat to relieve minor aches and pains, but today, we are just beginning to understand the full range of therapeutic benefits that heat offers," said pain expert Peter Vicente, Ph.D., Past-President of the American Pain Society and Clinical Health Psychologist, Riverhills Healthcare, Cincinnati, OH. "Through new clinical research, we have found that heat activates complex neurologic, vascular and metabolic mechanisms to mediate the transmission of pain signals and effectively provide relief for a variety of pain conditions."

### Heat Therapy More Effective Than Analgesics for Low Back Pain Relief

SOURCE: New Jersey Medical School At UMDNJ--New Jersey Medical School -Researcher Finds Heat Therapy More Effective Than Analgesics for Low Back Pain Relief -Study Published in May 15 Issue of the Journal Spine

NEWARK, N.J.--(BW HealthWire)--May 15, 2002--Low level heat therapy is more effective than over-the-counter oral medications for relieving low back pain, according to the results of a nationwide study led by a sports medicine researcher at the University of Medicine and Dentistry of New Jersey (UMDNJ).

In the six-month study involving 371 patients, participants were given the maximum recommended non-prescription dosages of ibuprofen and acetaminophen or low level heat therapy for two days to treat acute low back pain.

The results showed that the low level heat therapy provided significantly more pain relief beginning on the first day of treatment than the oral analgesics and that the effects lasted more than 48 hours after the treatment was completed.

"Although clinical guidelines in the U.S. have recommended the use of self-administered heat, this is the first study to compare the effectiveness of topical heat treatment versus oral analgesics for treating muscle pain and stiffness," according to Dr. Scott F. Nadler, director of sports medicine at UMDNJ-New Jersey Medical School in Newark and co-investigator of the study.

"Confirming that this treatment is effective is important to patients because it gives them a treatment option that does not have the potential risk to the liver, kidneys, and gastrointestinal tract than can accompany inappropriate analgesic usage," said Dr. Nadler, who is also an associate professor of physical medicine and rehabilitation at the medical school.

Source: HealthNewsDigest.com, Date Published: 2002-10-01

## **9. LuxSauna for Weight Loss**

### **Far-infrared hyperthermia clinical study review for weight loss**

#### **Title of Study**

*Repeated Thermal Therapy Improves Impaired Vascular Endothelial Function in Patients With Coronary Risk Factors*

Authors:

Dr. Imamura, et.al, Kagoshima Japan

Publication and Date:

Journal of the American College of Cardiology, 2001

#### **Purpose of Study**

To determine whether Infrared Sauna therapy improves blood vessel function (endothelial) in patients risk factors such as high cholesterol, high blood pressure, diabetes and smoking. This dysfunction represents an early stage of atherosclerosis (hardening of the arteries).

#### **How did they do it?**

Studied 25 men with at least 1 risk factor. Patients were treated in an Infrared Sauna for 15 minutes once a day for 2 weeks.

#### **Results: Infrared Sauna Treatment**

- **Significantly lowered blood pressure**
- **Significant weight loss**
- **Significantly lowered blood sugar**
- **Significantly increased blood flow**
- **Lowered cholesterol**
- **Lowered triglycerides**

#### **Conclusion:**

- Repeated Infrared Sauna treatment improves impaired blood vessel functions in patients with high blood pressure, diabetes, smoking and high cholesterol. This suggests a preventive role for sauna use for atherosclerosis.

### **Burn up to 600 calories in a 30-minute LuxSauna session**

As the body works to cool itself, there is a substantial increase in heart rate, cardiac output and metabolic rate. Blood flow during whole-body hyperthermia is reported to rise from a normal 5 to 7 quarts per minute to as much as 13 quarts per minute.

This benefit was recognized in the prestigious **Journal of the American Medical Association** as long ago as August 1981: "Many of us who run do so to place a demand on our cardiovascular system, not to build big leg muscles. Regular use of a Sauna imparts a similar stress on the cardiovascular system, and its regular use may be as effective, a means of cardiovascular conditioning and burning of calories, as regular exercise."

For most healthy people, as well as for most patients with stable coronary heart disease, sauna bathing is well tolerated, safe, and has therapeutic value, according to a study published today in The American Journal of Medicine. A comprehensive review of the world's biomedical literature (1966 to the present) was carried out by investigators from

the Department of internal medicine and University of Oulu, Finland, and the Division of Cardiology, Washington Hospital Center, Washington D.C. The authors examine the benefits and risks of sauna bathing for healthy adults and children, as well as for patients with coronary heart disease, hypertension, and congestive heart failure.

A moderately conditioned person can easily sweat off 500 grams of sweat in a sauna—the equivalent of running three to four miles or 475 to 600 calories. While the weight of the water lost can be regained by rehydration with water, the calories will not be.

## 10. Causes and Treatment for Mercury Toxicity

### Far-infrared sauna detox for mercury

In one study performed by American researchers, the sweat of people using a conventional sauna was found to be 95 to 97% water while the sweat of those using an infrared thermal system was 80 to 85% water with the non-water portion principally cholesterol, fat-soluble toxins, toxic heavy metals (such as mercury and aluminum), sulfuric acid, sodium, ammonia and uric acid. This unusually high concentration of heavy metals and other fat-soluble toxins is not found in the sweat from normal exercise. Mercury is the most toxic non-radioactive element on earth.

Hyperthermic detoxification using these saunas is not only uniquely helpful in removing fat-stored toxins from the body, but also as an adjunct to mercury removal. Dr. Dietrich Klinghardt, M.D., of Seattle, who has been called “the holistic doctors’ doctor and teacher,” is one of the pioneers in combining the use of far-infrared saunas with the chelating agent DMPS in a heavy metal detox protocol.

Dr. Cline explains, “Since hyperthermic sauna therapy removes metal contaminants from the body and we have found that it may be used to further the benefits derived from chelation therapy. And we have also found that it may be an alternative for those who are unable to undergo chelation. Research conducted by U.S. scientists has demonstrated that close to 80% of individuals with chronic fatigue syndrome will improve markedly by a guided detoxification program. We combine this approach with hyperthermic therapy using the far-infrared sauna, as well as exercise and chelation. The results we are seeing are very promising.”

Dr. Rapp adds, “If far-infrared saunas work, why wait to use them? People need information about what nutrients and minerals to take, how to stay hydrated, and a reminder to shower after the sauna. It’s not going to do much good to spend time detoxifying if you don’t wash of those toxins afterwards. And don’t overlook the importance of educating yourself and your children about sources of environmental toxins and allergens. Your future health depends on it!”

### **warning: mercury is a biohazard**

**When an amalgam filling (containing 50% mercury) is removed from your mouth, it must be contained in the same way as any other toxic waste.**

### Early causes and detection of mercury toxicity

Early signs of mercury contamination include: decreased senses of touch, hearing, vision and taste, metallic taste in mouth, fatigue or lack of physical endurance, and increase salivation. Symptoms may progress with moderate or chronic exposure to include: anorexia, numbness, headaches, hyper-tension, irritability and excitability, and immune suppression, possibly immune dysregulation. Advanced disease processes from mercury toxicity include: tremors and in coordination, anemia, renal dysfunction or failure, Not that in mercury contamination of long duration, renal excretion of mercury (and normal metabolites) may become impaired, and the urine level of mercury might be only mildly elevated or not elevated at all due to kidney failure.<sup>1</sup>

**Dental amalgam, or what dentists call "silver fillings," is made from 50% mercury, 35% silver and 15% tin. This blend is easy for a dentist to work with, and requires much less expertise in its application than, say, a composite, or a softer, non-toxic material. In the mid-1980s, clinical studies showed a significant level of mercury vapor is released into the body by simply chewing your food. Of the three Heavy Metals in an amalgam filling, mercury is the most toxic. In fact, it is the second most toxic element on Earth, next to plutonium. By law, mercury is to be treated as a bio-hazardous waste when removed from the dental patient's mouth, and disposed of accordingly.**

Mercury is also used in vaccines, explosive detonators; in pure liquid form for thermometers, barometers, and fungicides and pesticides. The fungicide/pesticide use of mercury has declined due to environmental concerns, but mercury residues persist from past use.

Methylmercury, the common poisonous form, occurs by methylation in aquatic biota or sediments (both freshwater and ocean sediments). Methylmercury accumulates in aquatic animals and fish and is concentrated up the food chain reaching high concentrations in large fish and predatory birds. A daily dosage of fish can cause 1 to 10 micrograms of mercury per day to be ingested, with about three-quarters of this (typically) as methylmercury.

Mercury enters the body not just through contact, but through inhalation as well. Persons who should be concerned about mercury intoxication, aside from those with dental amalgams in their mouths, are dentists, dental assistants, dental office personnel, and anyone who has been around the use of amalgams.

However, a serum or urine mercury level is an inadequate test, because mercury does not like to come out of the cells in which it is stored. A proper test is conducted with DMPS, which liberates a large amount of mercury. Urine mercury concentration, according to Godfrey and Campbell, shows a sixty-fold increase after DMPS administration in people with amalgam, a thirty-fold increase in dental personnel without amalgams, and only a ten-fold increase in people who have had their amalgams removed followed by a course of chelation therapy.<sup>2</sup> These are average figures, of course, and the study quoted was carefully controlled and statistically significant.

A high output of mercury in the urine in the absence of DMPS administration means nothing except that mercury does not readily come out of the intracellular space.

Sources:

1. Methylated Mercury is 100 Times more Toxic than Inorganic Mercury: Birke G. et al "Studies on Humans Exposed to Methyl Mercury Through Fish Consumption", Arch Environ Health 25, 1972 pp 77-91.

2. Vimy MJ, Lorscheider FL Intraoral mercury from dental amalgams. J Dent Res 1985;64:1069-1071

## **Lawsuit Filed for Mercury in Vaccines Causing Autism**

An announcement was made today by the law firm of Waters & Kraus, the firm that filed the first known lawsuit alleging that a mercury preservative in children's vaccines caused neurological damage to an infant ultimately diagnosed with autism.

Waters & Kraus is leading a consortium of ten firms in as many states that are actively prosecuting cases of this nature (firms listed below).

Andy Waters, the lead attorney in the cases, announced that his firm is now in possession of a previously unreleased confidential report authored by Centers for Disease Control scientists which studied autism as a potential neurological injury caused by mercury in children's vaccines.

A different version of the report was made public and has been cited by the recent Institute of Medicine study as inconclusive on the issue of whether the mercury-based vaccine preservative known as thimerosal has contributed to cause a nationwide epidemic of regressive autism and other neurological disorders in small children.

The confidential version of the study, however, clearly demonstrated that an exposure to more than 62.5 micrograms of mercury within the first three months of life significantly increased a child's risk of developing autism. Specifically, the study found a 2.48 times increased risk of autism - that is to say, children with the exposure were more than twice as likely to develop autism as children not exposed.

In the United States, courts of law have generally held that a relative increased risk of 2.0 or higher is sufficient to substantiate that a given exposure causes disease. As but one example, in the case of Cook v. United States, 545 F.Supp. 306, at 308 (Northern District - California 1982) the Court stated that, "in a vaccine case, a relative risk greater than 2.0 establishes that there is a greater than 50% chance that the injury was caused by the vaccine."

Waters indicated that, in many of the cases his firm has evaluated, including the case filed in a Texas state court on behalf of the Counter family, the affected child received more than 62.5 micrograms of mercury through pediatric vaccines in the first three months of life.

The confidential report, which was obtained by the SAFEMINDS support and advocacy group, states:

"As for the exposure evaluated at 3 months of age, we found increasing risks of 'neurological developmental disorders' with increasing cumulative exposure to thimerosal ... within the group of 'developmental disorders'... for the sub-group called 'specific delays,' and within this subgroup for the specific disorder 'developmental speech disorder,' and for 'autism,' 'stuttering' and 'attention deficit disorder.'"

Waters called the report's contents and the fact that it was kept from the public as "shocking, but unfortunately not surprising, given the political influence of pharmaceutical companies and the tremendous liability they face if they are forced to compensate thousands of families for the costs of care that these children require."

Waters added that "no amount of money can give these children back the potential that they were born with, and no amount of money will comfort the parents that watched helplessly as their children literally just slipped away."

The purpose of the lawsuits his firm is currently prosecuting, said Waters, is "to bring to the surface the truth on this issue, a truth that government agencies seem unwilling to admit, perhaps for fear that parents will stop vaccinating their children, and to force the companies that profited from this disastrous mistake to shoulder the responsibility that so many families now bear on their own, often without even the aid of health insurance benefits."

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DR. MERCOLA'S COMMENT:

If you know someone who may have suffered a vaccine injury, please have them place a call to either Melissa Miles at (214)357-6244 for media inquiries, or Victoria Gibson at (800)226-9880 for client inquiries. They may also call the firms listed below for more information about class action lawsuits against the vaccine manufacturers.

It seems that one of the most effective strategies for ending this nightmare of autism caused by mercury and vaccines will be through legal actions. The drug companies need to be held responsible for selling products that may be causing damage.

The vaccine litigation wars are just beginning in the US. Numerous contaminated vaccine suits against manufacturers are already in progress in the UK.

If you are not yet aware of the connection between autism, mercury and vaccines, please read Dr. O'Shea's excellent review below.

By age two, American children have received 237 micrograms of mercury through vaccines alone, which far exceeds current EPA "safe" levels of .1 mcg/kg. per day. That's one-tenth of a microgram, not one microgram.

Not all vaccines have mercury. It is put in as a preservative in the multi-use vials. So if, for whatever reason, you chose to give you child an immunization, please ask the doctor for the SINGLE use vial.

I would suggest watching him or the nurse actually drawing it up out of the vial and then actually asking for the vial to confirm that it is the single dose vial.

It is this mercury, and other vaccine side effects, that have contributed to the enormous rise in autism that has been experienced, not only in the US, but all over the world.

Day of birth: hepatitis B-12 mcg mercury:

30 x safe level

At 4 months: DTaP and HiB on same day - 50 mcg mercury:

60 x safe level

At 6 months: Hep B, Polio - 62.5 mcg mercury:

78 x safe level

At 15 months the child receives another 50 mcg:

41 x safe level

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References:

Other firms working with Waters & Kraus to prosecute individual cases involving thimerosal exposure are:

ANDERSON & KRIEGER, APLC 40925 County Center Drive, Suite 210 Temecula, California 92591 Telephone: 909-296-5090

DOGAN & WILKINSON 726 Delmas Avenue Pascagoula, Mississippi 39567 Telephone: 228-762-2272

DORAN & MURPHY, LLP 1234 Delaware Avenue Buffalo, New York 14209 Telephone: 716-884-2000

EVERT & WEATHERSBY, L.L.C. 3405 Piedmont Road, Suite 225 Atlanta, Georgia 30305-1764 Telephone : 404-233-8718

HENDRICKSON & LONG 214 Capital Street P.O. Box 11070 Charleston, W. VA 25339 Telephone: 304-346-5500

JONES, MARTIN, PARRIS, & TESSENER LAW OFFICES, PLLC 410 Glenwood Ave., Suite 200 Raleigh, North Carolina 27603 Telephone: 919-821-0005

LEACH, SCHWARZ & STRASSBERG 11 Bala Ave. Bala Cynwyd, Pennsylvania 19004 Telephone: 610-668-7964

MARTZELL & BICKFORD 338 Lafayette Street New Orleans, Louisiana 70130 Telephone: 504-581-9065

WISE & JULIAN, PC 3555 College Avenue Alton, Illinois 62002 Telephone: 618-462-2600

## **Methylated mercury from coal burning power plants is contaminating our food and water supply**

One particularly dangerous form of mercury is methylated mercury, which is produced by the chelating systems of certain bacteria. If inorganic mercury is found in your amalgams and these bacteria are found in your digestive tract, the inorganic mercury will eventually make its way to the bacteria where it will be converted to methylated mercury and from there make its way to your brain. Methylated mercury is hundreds of times more toxic than inorganic mercury and has a particular affinity for the brain where the symptom complex can include mild to severe intellectual impairment and/or emotional impairment. Only chelation or detoxification therapy (through DMPS and/or Infrared Thermal Systems) can fully and reliably remove this toxin from your body.

Methylated mercury emitted from coal burning power plant stacks and other sources is carried by winds through the air and eventually is deposited to water and land. Mercury can be deposited locally, or it can travel great distances – depending on the form in which it is emitted, the height at which it is released and atmospheric conditions.

Methylated mercury concentrations in the air are usually low and of little direct concern. However, once mercury enters water – either directly or through deposition from the air – biological processes transform it into methylmercury, a highly toxic form of mercury that *bioaccumulates* in fish and other animals that eat fish. When a substance bioaccumulates, its concentration increases as it moves through the food chain.

Human exposure to mercury occurs primarily through consumption of contaminated saltwater or freshwater fish. Methylated mercury contamination in large, predatory fish can be thousands of times higher than concentrations in the water.

At high doses, mercury exposure can cause tremors, inability to walk, convulsions – and even death. At levels more commonly seen in the United States, documented mercury exposure effects include more subtle – yet still serious – damage to the senses and brain.

Women of childbearing age and people who regularly and frequently eat highly contaminated fish (or large amounts of moderately contaminated fish) are the most likely to be at risk from mercury exposure. Those groups include subsistence fishermen and some Native American populations.

The developing fetus is the most sensitive to the effects of methylated mercury, because its brain is developing rapidly; therefore women of childbearing age are at the greatest risk. Children of women exposed to relatively high levels of methylmercury during pregnancy have exhibited a variety of abnormalities, including delayed onset of walking and talking, cerebral palsy and reduced neurological test scores.

Children exposed to far lower levels of methylmercury in the womb have exhibited delays and deficits in learning ability. In addition, children exposed after birth potentially are more sensitive to the toxic effects of methylmercury than adults, because their nervous systems are still developing.

Source

Methylated Mercury is 100 Times more Toxic than Inorganic Mercury: Birke G. et al "Studies on Humans Exposed to Methyl Mercury Through Fish Consumption", Arch Environ Health 25, 1972 pp 77-91.

### **warning: mercury is a biohazard**

**When an amalgam filling (containing 50% mercury) is removed from your mouth, it must be contained in the same way as any other toxic waste.**

### **Effects of mercury vapor on dentists**

An ounce of prevention is worth a pound of cure. It is much better to never have amalgams put in. If you already have them, it is recommended that they be removed by a holistic dentist as soon as possible.

Amalgam, or what dentists call "silver fillings," is made from 50% mercury, 35% silver and 15% tin. This blend is easy for a dentist to work with, and requires much less expertise in its application than, say, a composite, or a softer, non-toxic material. A significant level of mercury vapor is released by simply chewing your food.

The federal agency responsible for regulation of allowable levels of substances at the workplace has established 50 ug./cc as the maximum allowable level of mercury level in the workplace. The average level of mercury vapor in the mouths of people with amalgams varies between 50 and 150 ug./cc. When removed from your mouth, dental amalgam is considered a toxic waste by the Environmental Protection Agency and must be handled in a certain way to protect dental office personnel from mercury poisoning. This is the same metal, unchanged, which just came out of your tooth!

U.S. dentists, with some notable exceptions, disparage the idea of amalgam-associated mercury toxicity. This is unfortunate for their patients, as well as for the dentists themselves. There is little room for doubt, the unusual incidence of depression and high rate of suicide in dentists is related to mercury toxicity. Europe, led by Sweden, where dental amalgam is being phased out, is coming around to an official recognition of this problem. Soon or later, American dentistry must follow. Hopefully, sooner, more than later.

The official American Dental Association position on amalgam is that not enough mercury is released to pose a hazard this despite hard evidence to the contrary. Dental schools have long taught the rationalization that the mercury is bound to the silver in the amalgam and does not escape to poison the patient. This is wrong.

In the U.S., dentistry, as a profession, does not question this party line. They respect authority as represented by their trade union, the ADA, too much to be objective about the matter. Of course, there are exceptions, as more and more dentists are becoming affected by the mercury vapor, themselves, and are turning to more alternative methods of detoxification, such as DMPS chelation and infrared sauna detoxification. In fact, many of these are already taking hard core preventive measures such as wearing protective gas masks during the drilling process.

In Europe, as usual in such things, there is much more awareness about this issue. Dentists in Europe recommend against using amalgams and suggest the use of composite (a plastic substance) or gold to fill teeth recently deprived of their rot.**or all dental patients.**

Source: Friberg L. Kullman I. Lind B, et al. Mercury in the central nervous system and its relationship with amalgam fillings. *Lakartidningen* 1986;83:519-122 (Swedish)

## **Important Facts About Mercury**

- Mercury is the most toxic non-radioactive element on earth.
- A silver colored mercury amalgam filling normally contains 52% mercury.
- On average, an amalgam filling weighs 1 gram and contains ½ gram of mercury.
- The typical adult carries ten amalgam fillings containing about 5 grams of mercury.
- ½ gram of mercury in a ten acre lake would warrant issuance of a fish advisory for the lake.
- Running shoes with mercury lights in their heels were banned by the Minnesota Legislature in 1994 because they contained a ½ gram of mercury in them and this was considered dangerous to public health.
- The use of mercury amalgams has been banned and are on a scheduled phaseout in Germany, Austria, Denmark and Sweden.
- A proposition passed in California in 1994 requires a warning in dental offices using mercury amalgam stating that "the people of the state of California have determined that the use of mercury in dental amalgam causes birth defects and other health problems." The proposition also requires that permission must be obtained from a patient before placing hazardous material in the mouth. (The new law is being contested by the ADA and California Dental Association, and is tied up in Federal Court).
- Legislation is now being proposed in Minnesota for a similar "Informed Consent" legislation for all dental patients.

## **Far-Infrared Cellular Purification**

- Detoxifies heavy metals including mercury, lead, cadmium, and aluminum.
- Detoxifies arsenic, formaldehyde, pesticides, agent orange, industrial chemicals, and gasoline.
- Detoxifies alcohol, nicotine, heroine, and prescription drugs.
- Purifies the body on a cellular level.

## Autoimmune Disorders

The diagnostic arena now occupied by autoimmune disorders provides us with terms that could best be described as "alphabet soup." Such problems include RA (Rheumatoid Arthritis), HT (Hashimoto's Thyroiditis), HAD (Human Adjuvant Disease), MS (Multiple Sclerosis), ALS (Amyotrophic Lateral Sclerosis or, more commonly, Lou Gehrig's disease) and MCTD (mixed connective tissue disease). Should we now add MT (Mercury Toxicity)?

These conditions plus others, such as Crohn's Disease, Raynauds's Disease, Systemic Candidiasis, Diabetes, and even Alzheimer's Disease are now believed by many to be autoimmune disorders.

- When patients are afflicted with such disorders, they come into their physician's office with all, or some, of these symptoms:
  - Generalized morning stiffness
  - Skin rashes
  - Dry eyes and mouth
  - Joint pain
  - Immune dysfunction
  - Axillary lymph node swelling
  - Subcutaneous nodules (skin bumps)
  - Neurological symptoms (ringing in ears, burning and numbness sensations)
  - Chronic fatigue
  - Depression and/or environmental sensitivities

The clinical assessment usually shows a connective tissue disorder, the result of the immune system attacking the tissues of the body. The immune elements of T-lymphocytes, B-cells and "PAC-man" cells, instead of attacking bacterial, viral and yeast fungal invaders, attack the cells of the thyroid (HT), joint surfaces (RA), peripheral vascular bed (Raynaud's) or the skin cells with patches across the nose and cheeks (lupus) erythematosus).

There are no simple answers for this perplexing group of problems, yet insights are beginning to arrive on the clinical horizon that may indicate why T-cell mediated lesions are developed and a screening questionnaire has been developed to help assess this problem (see Mercury Toxicity Questionnaire). Patients who score more than five "yeses" should be referred to a dentist familiar with "silver" amalgam removal.

Any filling in the mouth that looked silver when it was new and is gray or black now is probably 50% mercury, the rest being copper, silver, tin, and zinc. There are numerous amalgam mixes on the market. They have names like Dispersalloy®, Spheraloy®, and Tytin®. The mercury content ranges from 43 to 54%.<sup>1</sup> Although these fillings are commonly called silver fillings because they look silver for the first few days of the eight to twelve years they survive in the average human head, mercury fillings would be a more accurate label. (And speaking of accurate labels, the origins of the word mercury are both interesting and provocative. Mercury was the God of Commerce in the Roman Empire and meant fabrication, trickery, thieving and slight-of-hand.) In this article the more formal term "amalgam" is used. The name "amalgam" reflects the ability of mercury to bind or amalgamate powdered silver and other metals into a hard filling.

Evidence that these fillings give systemic pathology as well as periodontal disease exists. In one study it was observed that when 50 subjects without amalgams were compared to 51 subjects with amalgams, there was a greater incidence of problems in the latter group. They experienced greater incidence of chest pains, tachycardia, anemia, fatigue and tendency to tire easily. They also had significantly higher blood pressure, lower heart rate and lower hemoglobin.<sup>2</sup>

A study in Canada has shown that pregnant sheep with new silver amalgams have elevated levels of mercury in their fetuses within two weeks of placement of the fillings. Further studies on monkeys showed the same findings. These studies were done by Viny, Takahasi and Lorscheider at the University of Calgary, Faculty of Medicine.<sup>3</sup>

In addition to the reports from the United States, Canada and Japan, European researchers have observed many adverse

reports concerning amalgams. On February 18, 1994, mercury fillings were banned in Sweden for children and youth 19 years of age because evidence showed them to be a trigger of autoimmune disorder.

Although mercury fillings have been widely used in the decades since, research demonstrating that such fillings are safe has yet to be done. Research that has been done and reported in scientific literature demonstrates that:

1. Mercury escapes from fillings in the form of vapor created by chewing. It then enters the bloodstream and is delivered to all parts of the body, including the brain. (A recent autopsy of an 82 year-old women from St. Paul with confirmed Alzheimer's disease had studies done by the Mayo Heavy Metals Lab. Brain tissue examination showed 5.3 UGIG mercury (53 times normal levels). The pathologies reported "neurofibrillary tangle" in the brain sections that are common in such patients. She had multiple amalgams.)
2. People with mercury fillings have higher levels of mercury in their urine, blood and brain than people without fillings.

Another significant European development about mercury amalgams was reported when Degussa AG, the largest producer of dental amalgams in Germany announced it would no longer provide such amalgams because of pending and future lawsuits. This was based on a Federal Court ruling that dentists who use such amalgams face legal liability.<sup>4</sup>

Next came a series of studies by Dr. Catherine Kousmine of France, who reported that illnesses like MS and chronic polyarthritis, both autoimmune diseases, are triggered by silver amalgams. This is outlined in her book, *La Sclerosa and Plaques Est Guerissable (Multiple Sclerosis is Curable)*.

One more European study on MS comes from Great Britain. It reports that the highest incidence of MS is found in Northern Ireland and the Scottish Island of Orkeny and Shetland. They also have the highest incidence of dental cavities and dental fillings. This provides more suspicion that mercury is a possible link to autoimmune dysfunction.

### **Conclusion**

It is our conclusion that mercury toxicity is an autoimmune disorder. This was summarized recently in an article in *Advance magazine*.<sup>4</sup> Its wide range of symptoms can only be accounted for multiple adverse effects on the immune system, nerve tissue and connective tissue in general. The Mercury Toxicity Questionnaire has now been tested on over 200 patients and will serve as a warning/alert to clinicians when patients have scores of "yes" in five or more of the questions. Such patients should then be referred to dentists with special knowledge of mercury amalgam removal and replacement with nontoxic composites and dental materials.

### **References**

1. Public Health Service, US Department of Health and Human Services, *Dental Amalgams: A Scientific Review and Recommended Public Health Service Strategy for Research, Education and Regulation*, January 1993, Washington, DC, p. 1.
2. Ziff, M.F. "Documented clinical side effect to dental amalgams." *Adv. Dent. Res.* 1992; 1(6):131-134.
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### **History of the debate about mercury**

French dentists were the first to mix mercury with various other metals and plug the mixture into cavities and teeth. The first mixtures, developed in the early 1800s, had relatively little mercury in them and had to be heated to get the metals to bind. In 1819, a man named Bell in England developed an amalgam mix with much more mercury in it that bound the metals at room temperature. Taveau in France developed a similar mixture in 1826.<sup>1</sup>

When amalgams were introduced to the US in 1833 by two French entrepreneurs, the Crawcour brothers, amalgam use was denounced by a substantial number of American dentists. So strong was the opposition to amalgams that the American Society of Dental Surgeons, formed in 1840, required its members to sign pledges promising not to use them.<sup>6</sup> It is an intriguing historical note that the common term for mercury in Germany in those years was "quick silver." The German pronunciation for "quick" is "quack." Thus, those dentists who used mercury were called "quacks." This term has now come to mean anyone who is an "ignorant pretender to medical skill" (*The Random House Dictionary of The English Language*). In 1848, the Society found 11 of its New York members guilty of "malpractice for using amalgam" and suspended them. Internal debate over this issue led to the demise of the Society in 1856. Its successor organization,

the American Dental Association, sought to unite dentists and, in its early days, did not take a stand on the issue of amalgam safety. The Encyclopedia Britannica reports that "amalgams were not altogether in good repute until after 1895," which suggests that the ADA was supporting the use of amalgams by then. Despite the efforts of a few researchers in this country and Europe to call attention to the dangers of mercury named Dr. Alfred Stock who published numerous articles prior to World War II,<sup>7</sup> and Hal Huggins, a Colorado dentist who has spoken out against amalgams for the last 20 years,<sup>8</sup> debate about the safety of mercury fillings remained muffled until recently.

The amalgam safety debate was revived in this country first by a 1989 Environmental Protection Agency declaration that amalgams are a hazardous substance under the Superfund law,<sup>9</sup> and then a December 1990 broadcast of a program by "60 Minutes" that presented a devastating critique of amalgams. The program created a stir throughout the country.

"Switchboards lit up at the state dental societies, dental schools, and the American Dental Association," said Consumer Reports.<sup>7</sup> The American Dental Association got calls from two dozen reporters. The publicity was the apparent cause of the following activity in 1991: and FDA hearing; a conference sponsored by the National Institute of Dental Research; and a call for a review of the research by the US Public Health Service.

The dental establishment was furious with CBS. The ADA attacked CBS in the January 7, 1991 edition of its newspaper for "the irresponsible ways in which viewers were led to the conclusion that amalgam filings are unsafe." To the contrary, said the ADA, "scientific evidence...suggests mercury amalgam is safe to use." The ADA newspaper published statements by Dr. Harold Loe, director of National Institute of Dental Research, criticizing CBS for having "an obvious bias" against amalgams. Dentists all over the country received information packets from the ADA, including copies of the ADA newspaper and a 1986 article from Consumer Reports. The ADA also promoted its message in a two-minute video news release sent to 700 TV stations on December 17, 1990, on its weekly radio show on December 18, 1990, and in its journal, the Journal of the American Dental Association.

The 1986 article by Consumer Reports pooh-poohed those who criticize the use of mercury in fillings. The article concluded: "Dentists who purport to treat health problems by ripping out fillings are putting their own economic welfare ahead of their patients' welfare...Except for a few people with a genuine allergy to mercury we know of no one who's been harmed by them."<sup>7</sup> Consumer Reports published a similar article in May of 1991 which the ADA and the MN Dental Association have also distributed widely. This article criticized research showing that silver-mercury fillings are unsafe and concluded that "amalgam fillings are still your best bet."<sup>8</sup>

"60 Minutes" and the anti-amalgam movement have other critics besides the ADA and Consumer Reports - they include the Arthritis Foundation, the Multiple Sclerosis Society, and the ultra-right Accuracy in Media<sup>9</sup> - but no one has more credibility on this issue than the ADA and Consumer Reports. For that reason, it is important for anyone trying to understand this issue to understand the arguments of these two organizations and why their arguments fail.

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## Mercury toxicity questionnaire

By Keith W. Sehnert, M.D.

The patients of the Dr. Keith W. Sehnert Clinic in Minneapolis are given the following questionnaire. Patients who score more than five "yeses" are referred to a dentist familiar with "silver" amalgam removal.

### About the Doctor

Keith W. Sehnert, MD. is in private practice in Minneapolis. He has written or coauthored 14

books and over 200 scientific papers in the field of medical self-care and nutrition. His most recent book, coauthored with Michael Schmidt and Lendon Smith is *Beyond Antibiotics*.

	Question	Yes	No
1.	Have you had sore gums (gingivitis) often over the years?		
2.	Have you had mental symptoms such as confusion, forgetfulness?		
3.	Has severe depression been a frequent problem?		
4.	Has ringing in the ears (tinnitus) been present?		
5.	Have TMJ (temporal mandibular joint) problems been a concern of yours?		
6.	Have you had unusual shakiness (tremors) of your hands or arms or twitching of other muscles?		
7.	Do you have "brown spots" or "age spots" under your eyes or elsewhere in the skin of your body?		
8.	Have you tended to have more colds, flu, and other examples of infectious diseases than "normal"?		
9.	Have you had food allergies or intolerances?		
10.	Have you been to many doctors for your health problems and they have usually said "There is nothing wrong"?		
11.	Do you have numbness or burning sensations in your mouth or gums?		
12.	Do you have numbness or unexplained tingling in your arms or legs?		
13.	Have you developed difficulty in walking (ataxia) over the years?		
14.	Do you have 10 or more "silver" fillings?		
15.	Do you often have a "metallic" taste in your mouth?		
16.	Have you ever worked as a painter or in manufacturing/chemical or pesticide/fungicide factories or in pulp/paper mills that used mercury?		
17.	Have you worked as a dentist, hygienist, or dental assistant?		
18.	Have you ever had Candida-Related Complex (CRC) or yeast infections (vagina, mouth, or GI tract)?		
19.	Do you have a lot of bad breath (halitosis) or white tongue (thrush)?		
20.	Have you frequently had low basal axillary temperature (below 97.4 degrees F.) over the years?		
21.	Do you have problems with constipation?		

22.	Do you have heart irregularities or rapid pulse (tachycardia)?		
23.	Do you have unexplained arthritis in various joints?		
24.	Is it common for you to have a lot of mucus in your stools?		
25.	Do you have unidentified chest pains even after EKG's, X-ray, and heart studies are normal?		
26.	Is your sleep poor or do you have frequent insomnia?		
27.	Have you had frequent kidney infections or do you have significant kidney problems?		
28.	Are you extremely fatigued much of the time and never seem to have enough energy?		
29.	Do you have irritability or dramatic changes in behavior?		
30.	Are you on antidepressants now or have you been in the past?		

### Important Facts About Mercury

- Mercury is the most toxic non-radioactive element on earth.
- A silver colored mercury amalgam filling normally contains 52% mercury.
- On average, an amalgam filling weighs 1 gram and contains ½ gram of mercury.
- The typical adult carries ten amalgam fillings containing about 5 grams of mercury.
- ½ gram of mercury in a ten acre lake would warrant issuance of a fish advisory for the lake.
- Running shoes with mercury lights in their heels were banned by the Minnesota Legislature in 1994 because they contained a ½ gram of mercury in them and this was considered dangerous to public health.
- The use of mercury amalgams has been banned and are on a scheduled phaseout in Germany, Austria, Denmark and Sweden.
- A proposition passed in California in 1994 requires a warning in dental offices using mercury amalgam stating that "the people of the state of California have determined that the use of mercury in dental amalgam causes birth defects and other health problems." The proposition also requires that permission must be obtained from a patient before placing hazardous material in the mouth. (The new law is being contested by the ADA and California Dental Association, and is tied up in Federal Court).
- Legislation is now being proposed in Minnesota for a similar "Informed Consent" legislation for all dental patients.

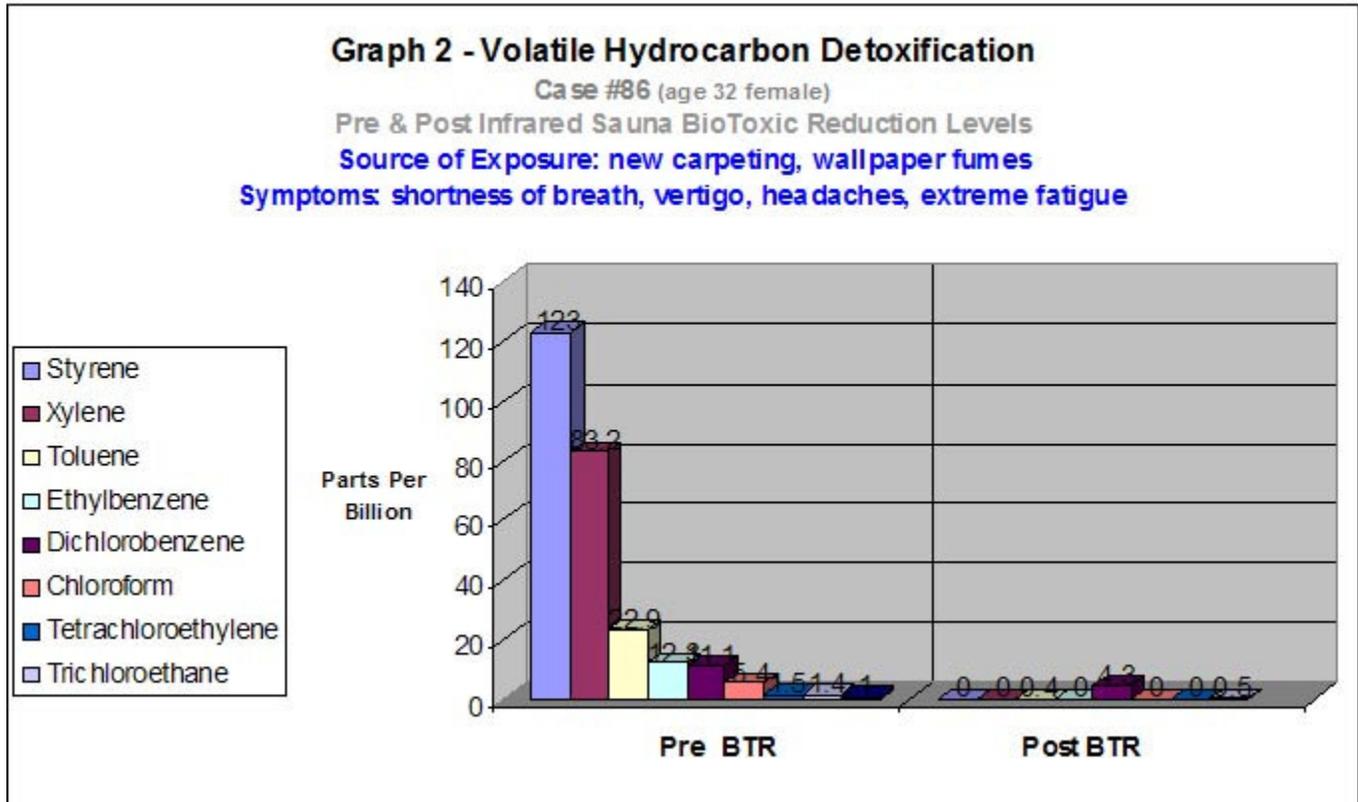
### Far-Infrared Cellular Purification

- Detoxifies heavy metals including mercury, lead, cadmium, and aluminum.
- Detoxifies arsenic, formaldehyde, pesticides, agent orange, industrial chemicals, and gasoline.

- Detoxifies alcohol, nicotine, heroine, and prescription drugs.
- Purifies the body on a cellular level.

## Graphic Analysis of Detoxification

**Graph 2 – Volatile Hydrocarbon Detoxification**



**Graph 3 – Formaldehyde Detoxification**

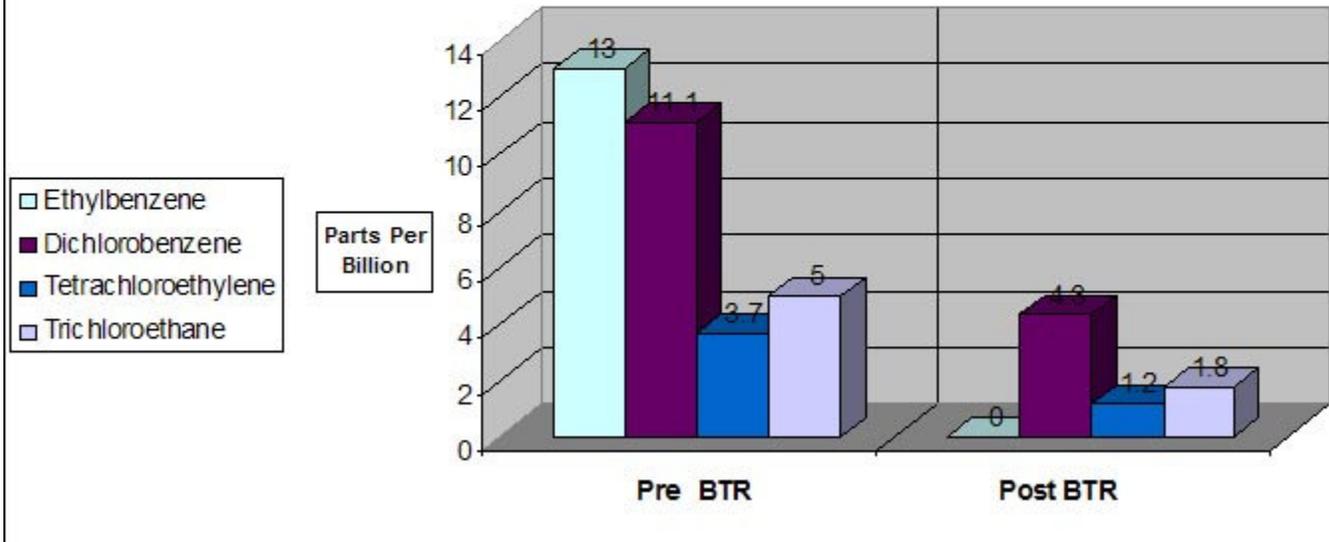
### Graph 3 - Formaldehyde Detoxification

Case #23 (age 25 female)

Pre & Post Infrared Sauna BioToxic Reduction Levels

Source of Exposure: wood cabinetry lacquer fumes

Symptoms: CNS depression, anxiety, fatigue, and chemical sensitivities



### Graph 4 – Textile Chemical Detoxification

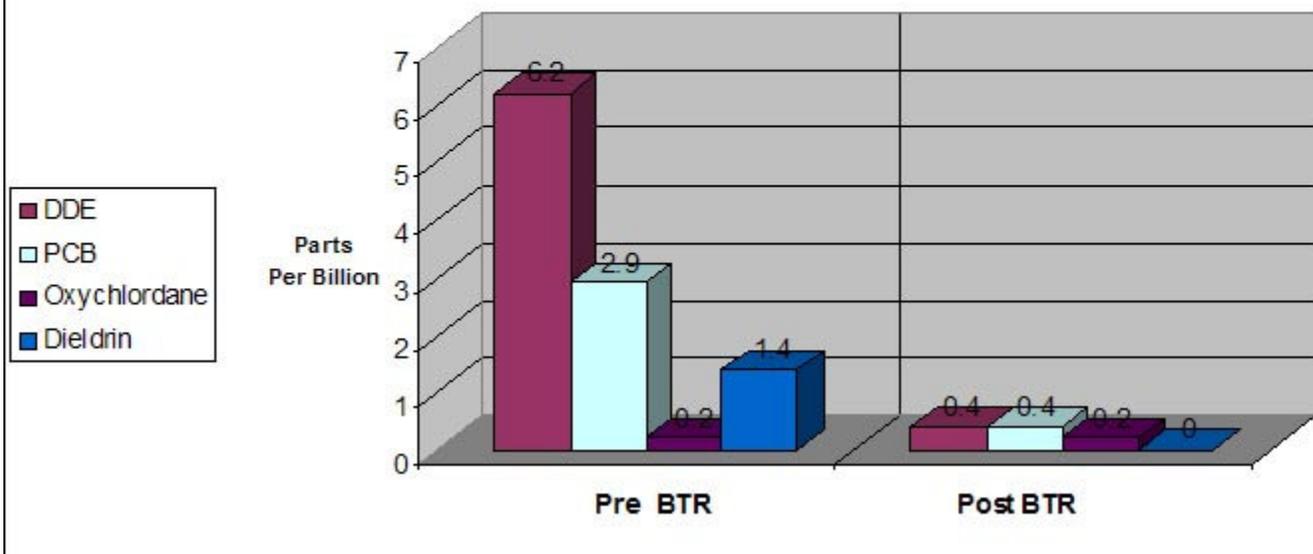
#### Graph 4 - Textile Chemical Detoxification

Case #2 (age 30 female)

Pre & Post Infrared Sauna BioToxic Reduction Levels

Source of Exposure: working in textile plant for 10 years

Symptoms: headaches, numbness, depression, muscle pain, flu-like symptoms



### Graph 5 – Pesticide Detoxification

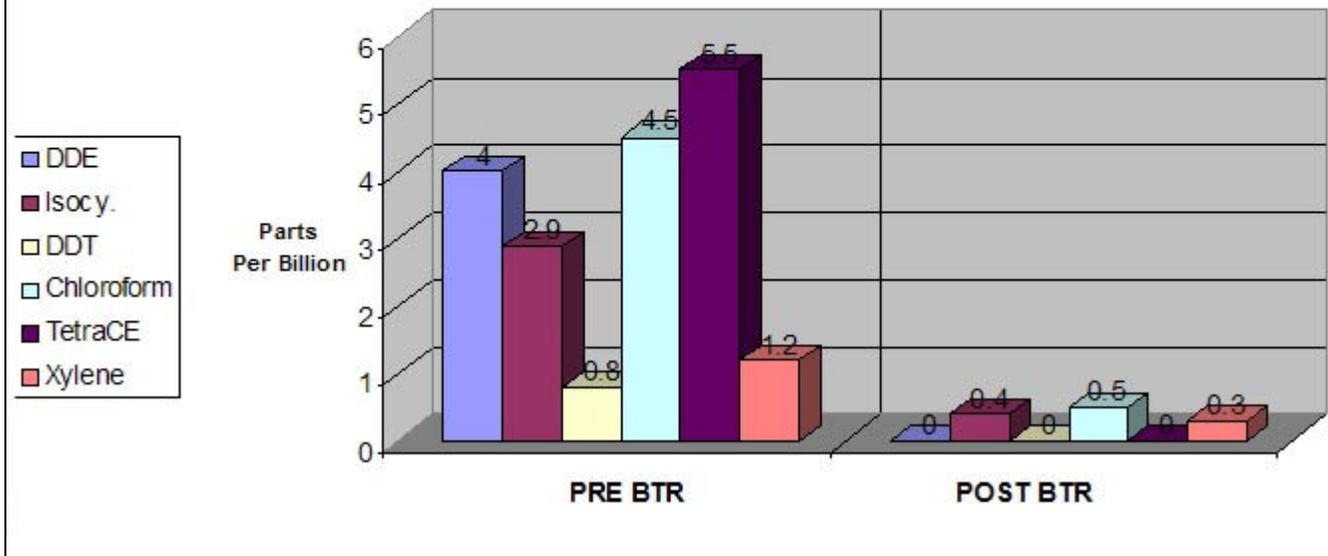
### Graph 5 - Pesticide Detoxification

Case #56 (age 25 female) & Case #60 (age 37 male)

Pre & Post Infrared Sauna BioToxic Reduction Levels

Source of Exposure: pesticides from flea bombs, garden sprays

Symptoms: paralysis, muscle aches, seizures, fatigue



Graph 6 – Agent Orange & DDT Detoxification

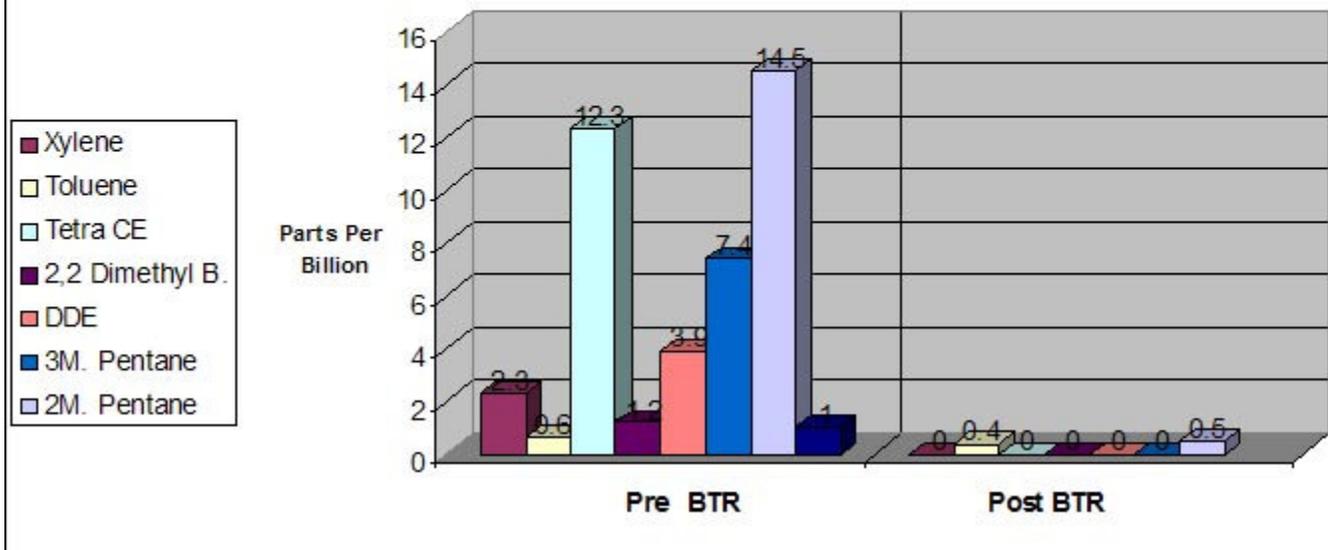
### Graph 6 - Agent Orange & DDT Detoxification

Case #86 (age 41 male)

Pre & Post Infrared Sauna BioToxic Reduction Levels

Source of Exposure: served in Viet Nam

Symptoms: dizziness, tingling, numbness, depression, difficulty swallowing



### Table A Infrared Sauna Detox

Pre and Post BioToxin Reduction Program Comparison of 6 Peripheral Neuropathy Patients

case #	age	source of exposure	program days	medical complaints	toxicants	pre-program results	post-program results	symptom reduction
17	40	tenting of house with mehtyl/B chlordane re-exp.: tap water tested for toxins	2-28 day	CFS; aching, cramping, extreme weakness of muscles, paralysis of extremities intermittent				90 - 99%
21	46	sodium pentothal	1-16 day	parasthesia of hands				99%
31	37	pesticides flea bombs; exposed to powder in yard	2-28 day	CNS dep. peripheral neuropathy musculoskeletal disorders	DDT DDE chlordane heptachlor hept. epoxide transnonachlor endosulfan benzene toluene tri. m. benzene xylene dichlormethane chloroform tetraCE dichlorobenzene	0.8 ppb 3.4 12.5 0.9 0.6 1.6 11.6 2.0 1.5 0.6 1.2 4.8 4.5 5.5 2.8	0.0 1.1 0.0 1.0 0.3 0.0 0.0 0.0 0.0 0.0 0.3 0.0 0.5 0.0 0.0	99%
60	37	pesticide sprays in home and garden, all her life	1-16 day	extreme fatigue, muscles weak occasional seizure like activity; paralysis of legs intermittent	DDE isocy., antiparietal antibrush B.	0.6 2.3 1.5 0.5	0.0 0.0 0.0 0.0	99%
69	53	volatile hydro-carbons	2-28 day	CNS dep. peripheral neuropathy foot drop	benzene toluene ethylbenzene styrene 1, 1, 1, 1, TCA TCE	2.3 1.0 0.5 0.7 6.8 0.9	2.1 1.0 <.5 <.5 0.9 <.5	75% temporary
63	41	agent orange	2-28 day	dying back neuropathy of legs	toluene, xylenes 1, 1, 1, TCA TCE tetra CE 2, 2 dimethyl B. cyclopentane 2M. pentane 3M. pentane HCB DDE	0.6 2.3 1.5 0.5 1.4 1.2 4.1 14.5 7.4 0.4 3.9	0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0 0.0	50%

## ARE YOU CLEAN INSIDE?

If you've come to this site looking for information about **colon cleansing, constipation, parasites, IBS, bloating** as well as other topics listed to the right, then you've come to the right place as DrNatura.com is the **#1 Online Colon Cleansing Resource**. What you're about to find out is absolutely amazing, and the solutions we offer may be the answer to your prayers, as so many here will testify.

## Elements of the Detoxification Program

For complete details, see L. Ron Hubbard's book, "Clear Body Clear Mind." [Click here](#) to purchase this book online (from Barnes and Noble).

### Daily doses of immediate-release niacin:

Niacin stimulates lipid mobilization by triggering the release of free fatty acids into the bloodstream. It has been demonstrated that, while free fatty acid levels drop initially after taking immediate-release niacin, they rise markedly within two hours and continue at high levels for some time. (Sustained-release niacin is not used, as it has been associated with liver dysfunction.)

### Moderate aerobic exercise:

This increases circulation, which ensures quick distribution of the niacin throughout the body and carries mobilized toxins to the excretory routes. Running is preferred, but this can be changed if medically indicated.

### Intermittent sauna to force sweating:

As shown in several studies on this procedure, sweat is a primary elimination route for toxins. Sauna temperatures range from 140 to 180 degrees, lower than the typical health-club sauna. The sauna must be well-ventilated. Subjects take frequent showers, both to cool down and to remove substances from the skin and prevent their re-absorption. Liquids are administered and participants are monitored for signs of dehydration and heat exhaustion.

### Ingestion of cold-pressed oils:

These are provided to prevent mobilized toxins from being re-absorbed by the intestines because the body needs lipids. Polyunsaturated oils have been found to enhance excretion of extremely persistent chemicals, without depositing fat in the liver.

### Vitamin and mineral supplementation:

The oil taken to prevent re-absorption of mobilized toxins may also reduce absorption of important nutrients. A resulting deficiency could increase the toxicity of mobilized chemicals such as PCBs. An increased intake of nutrients prevents such toxic effects, as well as balancing the intake of niacin.

A summary of research supporting the elements of this program is found in an Appendix to the Proceedings of the First International Conference on Chemical Contamination and Human Detoxification. This document can be found in the "**About Detoxification**" section of this website.

## **BOWEL CLEANSE & DETOXIFICATION**

### **Herbal Home Colonic Formulas by: Dr. Richard Schulze**

INTESTINAL FORMULA #1

INTESTINAL FORMULA #2

BOWEL CLEANSING & DETOXIFICATION

Index - The Cancer Homepage

## **NUTRITION**

### **SUPERFOOD**

This is the way to start your day, EVERYDAY. The adult dosage is 2 rounded to 4 rounded tablespoons per day. If you need extra nutrition, because of an illness, you can take an additional 2 tablespoons in a drink in the afternoon.

In the morning, I suggest to take a blender, put in 8 ounces of fresh fruit juice, 8 ounces of purified or distilled water, ½ to 1 cup of fresh organic seasonal fruit and two rounded tablespoons SuperFood. I have started my day for the last 20 years with this morning drink.

If you choose to have another dosage of SuperFood in the afternoon I suggest 8 ounces of carrot juice, 4 ounces of a vegetable combination (beets, greens, etc.) and 4 ounces of purified or distilled water. You can also do the same fruit drink as in the morning. SuperFood can be mixed with either fruit or vegetable juice.

## **BOWEL CLEANSING & DETOXIFICATION**

### **INTESTINAL FORMULA #1:**

Patient Type #1: The sluggish bowel type. This formula is for 97 % of my patients. The ones who need a help getting their bowel working frequently enough. Follow the directions for Intestinal Corrective Formula #1 on page 14 of this handbook.

Patient type #2: The irritated bowel type. This is only a small percentage of my patients. This is the exception to the rule, those with bowels that work too often, more than 3 bowel movements a day. This includes those that have colitis, irritable bowel syndrome, Chrones disease, etc. If your bowels are irritated, hot or are working too frequently, skip this formula and go to the Intestinal Corrective Formula #2.

### **INTESTINAL FORMULA #2:**

Patient type #1: The sluggish bowel type. Continue to use Intestinal Corrective Formula #1 until your bowels are moving 2 to 3 times a day and the consistency is softer. Wait at least one week before adding the Intestinal Formula #2, but you can wait a month if necessary. Once you have achieved 2-3 bowel movements a day, begin the Intestinal Corrective Formula #2. You want to use up the entire 8 ounce jar within one week. That's about 1 heaping teaspoon 5 to 6 times a day. Follow the mixing directions on the can or the directions in the Intestinal Detoxification Program sheet. Repeat this the second month by consuming 1 more 8 ounce jar in a week.

Patient type #2: The irritated bowel type. Since you will not be taking the Intestinal Corrective Formula #1 at any time during this program, unless you get constipated, you can use the Intestinal Corrective Formula #2 on a daily basis, to sooth your bowel and solidify your bowel movements. You can use this formula continuously during the first two months of this program, you can use this formula forever if you wish. You may find that 1 teaspoon a day does the job, you may need three. Experiment to see what dosage is best for you.

## **IMMUNE SYSTEM STIMULATING**

### **ECHINACEA PLUS**

Use at least 1 bottle of Echinacea Plus each month for the first two months. Follow the dosages later in this handbook.

## VICTIMS OF A TOXIC COLON

Most people have never considered this simple question: Are you clean inside? We shower, brush our teeth and wash our hair on a daily basis, but we tend to ignore cleansing our insides until some form of disease sends us a wake-up call. Believe it or not, our insides, especially the colon which functions as the “sewer system” of our body, also requires regular cleaning. **Constipation, parasites, IBS, gas, bloating, stomach pain, chronic fatigue, digestive problems**, etc. can all be signs of a toxic colon. The things that can actually lurk in an unclean colon are truly staggering. The following is a quote from the January 11, 1999 issue of *USA Today*:



...

Victims of a toxic colon **"Most people who eat the standard American 'goo and glue' diet have about 5-10 pounds of matter stored in the colon. It's said that, according to the autopsy, John Wayne had 40 pounds of impacted fecal matter in his body at death. Elvis reportedly had 60 pounds."**

### Why Is Colon Cleansing So Crucial?

We are all exposed to thousands of toxins and chemicals on a daily basis at work, in the home, through the air we breathe, our food and water supply, and through the use of pharmaceutical drugs. In addition, we are eating more sugar and processed foods than ever before in human history and regularly abuse our bodies with various stimulants and sedatives.

### "Death Begins in the Colon"

These toxins and “dead” foods lead to poor digestion, constipation, toxic colon build-up, weight gain and low energy. These common symptoms are more than just an inconvenience – they can lead to long-term health problems and serious disease.

**“Of all the polite topics of conversation, the state of one's intestines is probably at the bottom of most people's lists. Let's face it: Irritable bowel syndrome, constipation, gas, diverticulitis and colon cancer are simply not things we like to discuss. And yet, as the old expression goes, death begins in the colon. Don't believe it? Ask any coroner. Autopsies often reveal colons that are plugged up to 80 percent with waste material.”**

– *Vegetarian Times*, March, 1998

[click here to enlarge](#)

### “Parasites May Rule the World”

This waste material is home to, in the words of *National Geographic*,  
"a sinister world of monstrous creatures that feed on living flesh: parasites". *Discover* magazine published a feature article in its August 2000 issue:



**“Every living thing has at least one parasite that lives inside or on it, and many, including humans, have far more. ...Scientists...are only just beginning to discover exactly how powerful these hidden inhabitants can be, but their research is pointing to a remarkable possibility: Parasites may rule the world. The notion that tiny creatures we've largely taken for granted are such a dominant force is immensely disturbing. ...**

**We are collections of cells that work together, kept harmonized by chemical signals. If an organism can control those signals — an organism like a parasite — then it can control us. And therein lies the peculiar and precise horror of parasites.”**

The combination of environmental toxins, an unhealthy diet and parasites poses a grave danger to humans. **“In fact, parasites have killed more humans than all the wars in history”**, reported *National Geographic* in its award-winning documentary, *The Body Snatchers*.

(For detailed information about parasites, [click here](#).)

## **Do You Need Internal Cleansing?**

How do you know when it’s time to free your body of parasites, accumulated toxins and other waste material? Read the list below, and if you identify one or more conditions as part of your daily life, then you should seriously consider internal cleansing.

- **Chronic constipation**
- **Frequent gas & bloating**
- **Excess weight**
- **Frequent fatigue**
- **Impaired digestion**
- **Irritable Bowel Syndrome (IBS)**
- **Recurring headaches**
- **Bad breath**
- **Hemorrhoids**
- **Irritability**
- **Frequent colds**
- **Protruding belly**
- **Parasite infestation**

Each year the average American consumes 150 lbs of sugar and 566 cans of soft drinks (“liquid candy”)<sup>(1)</sup>. According to the U.S. Department of Agriculture, that is equal to **“52 teaspoonfuls of added sugars per person per day.”**<sup>(2)</sup> Can you imagine yourself sitting at the kitchen table gobbling down 52 teaspoons of white sugar – every single day? Well, that’s exactly what most of us are doing without even realizing it!

## **Why is every other American chronically ill?**

Junk food consumption has increased drastically in the last few decades. Compared to 1981, in 2001 the average American consumed in one year: 45 large bags of potato chips - up 78%; 120 orders of French fries - up 130%; 190 candy bars - up 80%; 120 pastries or desserts - up 95%; 150 slices of pizza - up 143%<sup>(3)</sup>

What long-term effects may we expect from such progressive dietary degeneration? A new movie called *Super Size Me* documents precisely what physical and psychological changes take place when one consumes too much junk food. Last February, filmmaker Morgan Spurlock decided to become a human guinea pig by eating three meals a day for 30 days at McDonald’s. The film centers around the impact this had on his health and life. As reported by the *New York Post* on January 22, 2004.:



“Scores of cheeseburgers, hundreds of fries and dozens of chocolate shakes later, the formerly strapping 6-foot-2 New Yorker - who started out at a healthy 185 pounds - had packed on 25 pounds. But his supersized shape was the least of his problems. Within a few days of beginning his drive-through diet, Spurlock, 33, was vomiting out the window

of his car, and doctors who examined him were shocked at how rapidly Spurlock's entire body deteriorated.

'It was really crazy - my body basically fell apart over the course of 30 days,' Spurlock told The Post. His liver became toxic, his cholesterol shot up from a low 165 to 230, his libido flagged and he suffered headaches and depression.'<sup>(4)</sup>

### **Toxins “stimulate neurons to death”**

Junk foods and soft drinks contain dangerous additives, chemicals, and many are laced with excitotoxins “found in such ingredients as monosodium glutamate [MSG], aspartame (NutraSweet<sup>®</sup>), cysteine, hydrolyzed protein, and aspartic acid”. Excitotoxins are **“substances added to foods and beverages that literally stimulate neurons to death, causing brain damage of varying degrees.”**<sup>(5)</sup>

No one's put it better than nutritionist, Carol Simontacchi, in her best-selling book *The Crazy Makers*: **“Food industries wantonly destroy our bodies and our brains, all in the name of profit.”**

**Our health has become a victim  
of someone else's profit margin**

No wonder nearly half of the U.S. population has at least one chronic condition, and 60 million have more than one according to Johns Hopkins University.

### **How to maintain health and vitality?**

Understanding that our quality of life is determined by our daily choices, we have the power to improve our health and well-being quickly and dramatically. Optimum nutrition is a key factor, but our health depends not only on what nutrients we eat, but how much of those nutrients are absorbed and how well and regularly the body's waste products are eliminated.

**“Through my 25 years in medical practice and health care...I have come to believe that the cleansing/detoxification process is the missing link in Western nutrition and one of the keys to real healing. I have seen hundreds of patients over the years transform regular or persistent illness into health and greatly improved vitality.”** – Elson M. Haas, M.D. founder and medical director of the Preventive Medical Center of Marin and author of several popular health books

With the proper use of cleansing and detoxification we can maintain health and vitality, even as we age.

### **WHERE TO START?**

Any cleansing program should begin in the colon, the last portion of the digestive system. The colon's job is to compact the chime, absorb water, and receive B-vitamins that are produced by healthy intestinal bacteria. One of the most renowned nutrition experts in the world, Dr. Bernard Jensen, D.C., Ph.D., author of many popular health books, states:

**“In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating over 300,000 patients, it is the bowel that invariably has to be cared for first before any effective healing can take place.”**<sup>(6)</sup>

We could actually compare the function of the colon in our bodies to a sewer system in a large city. Just imagine for a second what would happen if the sewers in our area became clogged by some debris. Undoubtedly, within a short time the whole neighborhood would be filled with filth and an unbearable stench. This is the same process that occurs in our bodies when the elimination system is not functioning properly. When the colon is clean and healthy, we experience an overall well-being. When it is congested with stagnant waste, poisons back up into the system and pollute the inner environment. This is called auto-intoxication or self-poisoning.

## **SIGNS OF SELF-POISONING**

In her best-selling book, *Internal Cleansing*, Dr. Linda Berry, a chiropractor and clinical nutritionist, summarizes the symptoms of self-poisoning.

“If you experience any of the following symptoms, you may be experiencing auto-intoxication (a process whereby you are poisoned by substances produced by your own body as a result of inadequate digestion and elimination), and therefore you might want to consider some type of internal cleansing program:

- Allergy or intolerance to certain foods**
- Bad breath and foul-smelling gas and stools**
- Constipation, diarrhea, sluggish elimination, irregular bowel movements**  
Frequent congestion, colds, viruses
- Flatulence or gas and frequent intestinal disorders**
- Frequent headaches for no apparent reason**
- General aches and pains that migrate from one place to another**  
Intolerance to fatty foods
- Low energy; loss of vitality for no apparent reason**
- Lower back pain**
- Lowered resistance to infections**
- Needing to sleep a long time**
- Pain in your liver or gall bladder**
- Premenstrual syndrome (PMS), breast soreness, vaginal infections**  
Skin problems, rashes, boils, pimples, acne

If you have severe symptoms or any serious disorders, seek the attention of a competent health care provider. The above list is only meant to indicate some of the symptoms of auto-intoxication. Anyone who has been on a Standard American Diet for more than two years would benefit from periodic cleansing, especially if you live in an urban area.”<sup>(7)</sup>

Every cell of our body is affected by self-poisoning. When the toxins accumulate in the nervous system, we feel irritable and depressed. We feel weak if they back up into the heart, bloated if they reach the stomach and our breath is foul if they reach the lungs. If the poisons try to escape through our skin, rashes and blotches develop, or we look pale and our skin appears wrinkly. If the toxins make it to the glands, we feel fatigued, lethargic, our sex drive may cease and we appear to look much older than our actual age.

**Constipation – common sign of a toxic colon**

The most common sign of a toxic colon is chronic constipation. Constipation is commonly defined as a condition where the fecal matter is so tightly packed together that bowel movements are infrequent and incomplete, causing much difficulty and straining, and producing dry, hardened feces. The accumulation of this old, hardened feces sticks to the walls of the colon, inhibiting its proper function of absorbing the remaining nutrients. Instead it is forced to absorb the toxins from the build-up and fight the parasites that make this debris their breeding ground. The passage through which the feces are forced to travel is also greatly reduced in diameter so the stools become much narrower, even as thin as a pencil sometimes. In our society, bowel movements of the chronically constipated may be looked upon as normal. But going to the bathroom once every few days, sitting there straining for half an hour and passing black, hard pebbles that drop to the bottom is not only abnormal, it is also serious trouble waiting to happen.

### **Diverticulosis and Diverticulitis**

Many people have small pouches in their colons that bulge outward through weak spots, like an inner tube that pokes through weak places in a tire. Each pouch is called a diverticulum while the condition is diverticulosis. About 10 percent of Americans over the age of 40 have diverticulosis. The condition becomes more common as people age. About half of all people over the age of 60 have diverticulosis. When the pouches become infected or inflamed, the condition is called diverticulitis<sup>(8)</sup> The main cause of diverticular disease is a low-fiber diet.

### **The role of fiber**

Our widespread colon problems begin with our unhealthy Western diet that is deficient in plant fibers. Fiber is indispensable in maintaining a healthy colon. A person with a healthy colon should in fact have two to three bowel movements per day. With the help of fiber, elimination should be complete, fast and easy.

Dietary fiber plays a crucial role in the proper function and maintenance of the colon. “Increasing the amount of fiber in the diet may reduce symptoms of diverticulosis and prevent complications such as diverticulitis. Fiber keeps stool soft and lowers pressure inside the colon so that bowel contents can move through easily. The American Dietetic Association recommends 20 to 35 grams of fiber each day.”<sup>(9)</sup>

For colon cleansing it is best to use a fiber supplement designed specifically for this purpose. Good-quality supplements contain both soluble and insoluble fiber and are formulated to loosen the stool, absorb and sweep away fat and toxins, reduce transit time, and make elimination effortless and complete.

## **WHAT TO EXPECT DURING CLEANSING**

When we start using an effective fiber supplement, we can expect some startling occurrences within a few days. The fiber goes to work immediately by loosening the hardened feces on the walls of the large intestine and gradually sweeping it out of the body. If we are not repulsed to look at what’s leaving our body, we’ll be surprised to see a lot of mucus and all the different colors of debris. It’s hard to believe that all these things could actually be lurking inside us. What’s even more shocking is that among the different colors and shapes people often notice various forms of parasites.

### **Are you carrying parasites around in your body?**

This is unfortunately a lot more frequent than most would like to believe. According to United Nations data:

**“Overall, about 1.5 billion people have roundworms, making it the third most common human infection in the world. Whipworm infects 1 billion people... More than 1.3 billion**

**people carry hookworm in their gut, and 265 million people are infected with schistosomes.”<sup>(10)</sup>**

It is true that most of these infections occur in developing countries, but the rate of parasitic-related disorders in North America is skyrocketing. An astounding number of people would test positive for parasites. This is from the Parasitology Department of the University of Cambridge, England: “Pinworm. An extremely common nematode infection, particularly in temperate areas such as Western Europe and North America... It has been estimated that the annual incidence of infection is over 200 million, this probably being a conservative figure. Samples of caucasian children in the USA and Canada have shown incidences of infection of 30% to 80%, with similar levels in Europe.”

Humans can actually play host to more than a hundred different types of parasites, ranging from microscopic ones to tapeworms that are several feet long. Contrary to popular belief, parasites are not restricted to our colon alone, but can be found in any other parts of the body - in the lungs, the liver, in the muscles and joints, in the esophagus, the brain, the blood, the skin and even in the eyes!

**“Parasites are the missing diagnosis in the genesis of many chronic health problems, including diseases of the gastrointestinal tract and endocrine system. Most individuals would be truly amazed if they knew the extraordinarily high number of Americans who are unknowingly infected by parasites...”** – Dr. Hermann R. Bueno, Fellow of Royal Society of Tropical Medicine and Hygiene of London

It is extremely easy to come in contact with parasites. Contaminated water, undercooked meats, improperly washed fruits and vegetables, are just some of the common sources of infections. Transmission from pets or other infected persons is also quite common. Overuse of antibiotics further adds to this problem as this can interfere with normal intestinal flora and lower the body’s resistance.

Fiber supplements help to get rid of parasites, but they are not enough. We need to use specific herbal formulas to deal with this issue. Some of the most potent herbs for parasite cleansing include Black Walnut hulls, Wormwood, Pau D’Arco, Garlic, Yellow Dock, Pumpkin seed, Male Fern root, False Unicorn, Fenugreek, Grapefruit Seed extract and Prickley Ash bark.

### **Weight Loss Is Almost Guaranteed with Internal Cleansing**

There’s an important added benefit to internal cleansing that most people experience: weight loss. With a sluggish, toxic digestive system, metabolism slows down, the energy level drops and we’re simply not strong enough to start burning off stored fat through exercise or other means. An internal cleansing program can help restore balance in the body and increase the metabolism, reactivating the body’s fat-burning mechanism. Plus, after a thorough detoxification program, you’ll find yourself much more inclined to make healthier dietary and lifestyle choices. Through a detoxified system, improved digestion, balanced metabolism and a healthier diet you will have no trouble maintaining a healthy weight.

### **Other Benefits**

High energy and weight loss are just some of the many benefits you can achieve through a comprehensive cleansing program.

the following added benefits of an effective detoxification program:



### **The Prevention of Illness**

- An Improvement in Physical Appearance**
- A Boost in Emotional Well-Being**
- A Sharpening of Mental Capabilities**
- An Enhancement in Digestion**
- The Elimination of Unhealthy Food Addictions & Allergies**
- The Attainment of Ideal Weight**
- A Minimizing of the Effects of Aging**
- Spiritual Renewal <sup>(11)</sup>**

### **“The secret to great health”**

In my opinion, we are not going to change the catastrophic situation where every second person is chronically ill until we place as much emphasis on internal cleansing as we do on external hygiene, such as brushing our teeth or washing our hands. If you are middle-aged, you’ve taken about 15,000 showers in your lifetime, and you’ve brushed your teeth close to 30,000 times. Still, you won’t stop doing that just because you’ve done it so many times. Here’s an interesting question: If you have to keep cleansing your skin and teeth daily, then wouldn’t you think it makes equal sense to clean the inside of your body at least periodically?

Of course detoxification should not be limited to the colon. It is just as important to detoxify the liver, kidneys, arteries, and in general, every cell in the body. [You can read an excellent article about this [here](#).] But internal cleansing must start with the colon, because if this region is kept unclean, it will contaminate every other part of the system.

The importance of internal cleansing can best be summed up in the words of Dr. Paul Bragg, one of the “fathers” of natural medicine in the U.S. and the author of dozens of highly successful health books:

**“The secret to great health can be described in three words: Cleanse Your Body! Engrave these three words permanently in your memory.”**

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## COLON/KIDNEY DETOXIFICATION

### What Is Detoxification?

Detoxification is the process of clearing toxins from the body or neutralizing or transforming them, and clearing excess mucus and congestion. Many of these toxins come from our diet, drug use, and environmental exposure, both acute and chronic. Internally, fats, especially oxidized fats and cholesterol, [free radicals](#), and other irritating molecules act as toxins. [Poor digestion](#), colon sluggishness and dysfunction, reduced liver function, and poor elimination through the kidneys, respiratory tract, and skin all add to increased toxicity.

Detoxification involves dietary and lifestyle changes which reduce intake of toxins and improve elimination. Avoidance of chemicals, from food or other sources, refined food, [sugar](#), caffeine, alcohol, tobacco, and many drugs helps minimize the toxin load. Those lifestyle changes are a direct result of choices you make in your life. I was first introduced to methods of breaking through procrastination and making life-altering decisions by the popular motivational speaker [Tony Robbins](#). Tony Robbins has helped me make marked improvements in not only my health but other aspects of my life as well. I highly recommend his life-changing programs.

When detoxifying your colon, it is also important to incorporate [probiotics](#) in your diet to replenish your intestinal flora.

### Colon cleansing

Bowel movements are the basis of your health. If you don't have at least 1 bowel movement per day, you are already walking your way toward disease. Man's body has not changed very much in the past several thousand years... however man's diet has certainly changed a lot. All the refined [sugar](#), white flour, hormone/antibiotics-filled meats we constantly ingest constitute an assault on our bodies. We are continuously violating our bodies by eating terrible foods. [Colon cancer](#) is the 2nd leading cause of cancer deaths in the U.S.

So, all congestion and toxins must be removed, and it must begin with cleansing of the bowel.

One of the most frequent bowel problems that people experience today is constipation.

A constipated system is one in which the transition time of toxic wastes is slow. The longer the "transit time," the longer the toxic waste matter sits in our bowel, which allows them to putrefy, ferment and possibly be reabsorbed. The longer your body is exposed to putrefying food in your intestines, the greater the risk of developing disease. Even with one bowel movement per day, you will still have at least three meals worth of waste matter putrefying in your colon at all times.

Disease usually begins with a toxic bowel. Those having fewer bowel movements are harboring a potentially fertile breeding ground for serious diseases. Infrequent or poor quality bowel movements over an extended period of time may be very hazardous to your health.

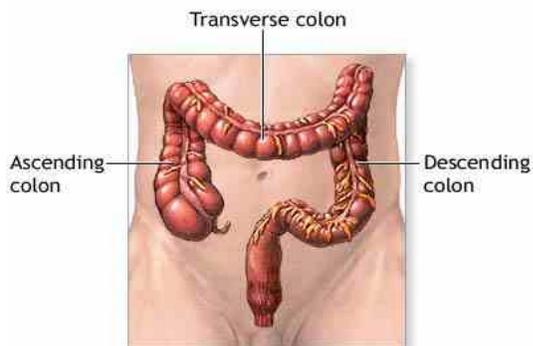
### A Proper Colon Cleansing Program Removes the Mucoïd Plaque From the Colon.

Even a thin layer of mucoïd plaque weakens the body. Nature intended mucoïd plaque to be sloughed off. But due to stress and diet, most Americans have many hardened layers of mucoïd plaque. The healthy colon weighs about 4 pounds. One autopsy revealed a colon choked with 40 pounds of impacted mucoïd plaque!

A proper colon cleanse and detoxification program prepares your body for optimal health by removing the mucoid plaque.

Begin transitioning to a diet rich in **raw fruits and vegetables** with very few **cooked or processed foods** to help keep your digestive system free of mucoid plaque. Regular and easy elimination will be the rule, toxins will not build up and foods will be fully digested and utilized. This optimum nutrition allows rejuvenation and peak vitality. Of course it was a process of years or decades to get the body so full of plaque and toxins, so it will be a process, although faster, to detoxify and get your body pure and back to its highest possible state of health.

"Colon cleanse" or "Bowel Cleanse" or "Intestinal Cleanse" or "Intestinal Therapy" are terms referring to a procedure (or a therapy) which has as its main goal having a clean bowel. A real "bowel cleanse" can take from 3 to 4 weeks up to a year, depending on the person. But don't get discouraged, it's worth it!



Of course, there are many products out there which use names like "colon cleanse" or "bowel cleanse" or "Intestinal Cleanse" or "Cleanser", etc. BUT! A real "bowel cleanse" usually does not result just from using a single product. It is rather a procedure which may include use of many different products, and few days or weeks of **FASTING**. A good intestinal cleanse will also include a **parasite cleanse**.

### Natural Colon Cleansing

More often than not, natural colon cleansing means following a colon cleansing diet along with taking some colon cleansing products which may include ingredients (herbs) that are known to kill **parasites and worms**, which contain **digestive enzymes**, which contain **probiotics** (beneficial bacteria), which contain herbs that stimulates liver, gallbladder and intestines, also **psyllium husk or seeds**, **Cascara Sagrada**, or **flax seeds**, or slippery elm, among others...

**Herbal colon cleansing** using psyllium, internal cleansing herbs and other natural colon cleansing products, is an essential part of a good detoxification program. A good intestinal cleansing program will help you get rid of pounds of foul-smelling food debris which may be impacted inside your colon.



The person on a typical Western Diet holds 8 meals of undigested food and waste material in the colon, while the person on the high fiber diet holds only 3. The [herbal colon cleansing page](#) and the [colon health page](#) explain in detail how you can embark on a good colon cleansing program for yourself.

## **Every One Can Benefit From A Good Colon Cleansing Program**

Whether or not your bowel is clean or dirty, or whether or not you have mucoid plaque inside your bowel, everyone benefits from doing a colon cleanse. It improves your health and your well being.

A good cleansing program should always begin by removing the waste in your colon, the last portion of your food processing chain. If you attempt to clean your [liver](#), blood, or [lymph system](#) without first addressing a waste filled bowel, the excreted toxins will only get recycled back into your body.

## **Decrease Bowel Transit Time With Intestinal Cleansing**

The longer your body is exposed to putrefying food in your intestines, the greater the risk of developing poisonous gases that are caused by foods you don't tolerate. These poisonous gases can enter your bloodstream, irritating your organs and joints. Alternating between constipation and diarrhea, or diarrhea alone, are also indications of foul matter in your intestines. And finally, the much more serious problems of [cancer](#) and [immune system](#) dysfunctions begin with a toxic bowel.

Once we truly understand the "single greatest challenge our body faces is the effective removal of wastes and toxins ", we will never again undermine the importance of frequent, high quality, bowel movements.

As the colon becomes impacted with dry putrefactive waste, its shape and function are affected in numerous ways. It may stretch like a balloon in certain areas, or develop diverticula (pouches on the intestinal wall which may become infected), or fall down upon itself (prolapsed colon). All of these colon malformations greatly impair your large intestine's ability to function, which in turn places severe strain on your digestive organs and glands and affects nutrient assimilation and absorption. The colon is the body's "sewer system", and if not treated properly can accumulate toxic poisons, which are absorbed into the bloodstream. This in turn can cause many diseases.

A standard bowel cleanse contains:

- [fasting on water, juices, raw fruits and vegetables](#)
- [Probiotics](#)
- [Psyllium husk and/or seeds](#) or [flax seeds](#)
- [bentonite clay](#) (green clay)
- salt water enema

Bentonite clay and [flaxseeds](#) assist with the colon cleansing process. Bentonite is a type of edible clay that acts as a bulk laxative by absorbing water to form a gel. It binds toxins such as [pesticides](#) and helps to carry them out of the colon. Flaxseeds also absorb [water](#) and expand in the colon, allowing toxins and mucus to be removed. In addition, flaxseeds have been found to lower cholesterol levels.

As part of your colon cleansing program, take one tablespoon of liquid bentonite and one tablespoon of ground flaxseeds in a glass of water first thing in the morning (wait at least 1/2 hour before eating) and before bed. Drink at least [8 glasses of water per day](#) or constipation may result. Bentonite intake should be reduced and timed away from medication intake as it may interfere with absorption. I find one of the best places to buy a high quality colon cleaning product containing bentonite clay is [here](#)

LEMON JUICE in water also has a slightly laxative effect and stimulates the digestive juices. Squeeze half a lemon into warm water and drink immediately after rising in the morning, before having the bentonite clay and flaxseed drink.

An important component of a colon cleansing program is the use of probiotics to help replenish the population of friendly bacteria which resides in your colon.

### **Kidney cleansing**

Did you know that your chances of developing a kidney stone in your lifetime are 1 in 10? In 1995, more than 3 million people in the U. S. had some type of kidney condition such as an infection, kidney stones or cancer. More than 300,000 people suffer from renal failure each year and undergo dialysis or await a kidney transplant.

Your kidneys are 2 bean-shaped organs, each about the size of your fist. They are located in the middle of your back, just below your rib cage, on either side of your spine. Your kidneys weigh about 0.5% of your total body weight. Although the kidneys are small organs by weight, they receive a huge amount -- 20 percent -- of the blood pumped by the heart. Every day, your kidneys process about 200 quarts of blood to sift out about 2 quarts of waste products and extra water.

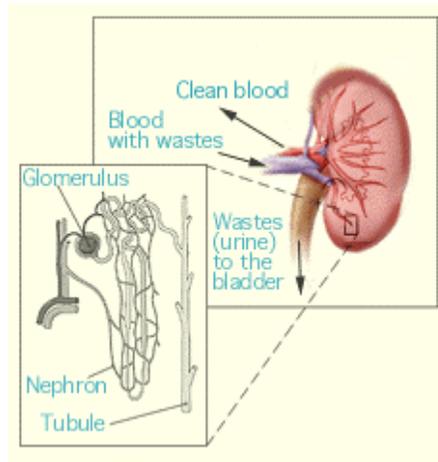
The actual filtering occurs in tiny units inside your kidneys called 'nephrons'. Every kidney has about a million nephrons. In the nephron, a glomerulus--which is a tiny blood vessel, or capillary--intertwines with a tiny urine-collecting tube called a tubule. A complicated chemical exchange takes place, as waste materials and water leave your blood and enter your urinary system.

The large blood supply to your kidneys enables them to do the following tasks:

- Regulate the composition of your blood
- keep the concentrations of various ions and other important substances constant
- keep the volume of water in your body constant
- remove wastes from your body (urea, ammonia, drugs, toxic substances)
- keep the acid/base concentration of your blood constant
- Help regulate your blood pressure
- Stimulate the making of red blood cells
- Maintain your body's calcium levels

Your kidneys receive the blood from the renal artery, process it, return the processed blood to the body through the renal vein and remove the wastes and other unwanted substances in the urine. Urine flows from the kidneys through the ureters to the bladder. In the bladder, the urine is stored until it is excreted from the body through the urethra.

A **kidney cleanse** is any procedure that involves drinking a huge amount of liquid, and taking care what you are eating. Just a better diet with more water can sometimes be enough! Any form of bowel cleansing will also help kidneys. **Juice fasting** is also a kidney cleanse, and any other form of fasting that incorporates a lot of liquids, will in the same time clean a kidney.



The easiest way to do a **kidney cleansing** is to purchase 20 to 100 pounds of watermelon (few huge melons), sit in a bath filed with water, eat all the watermelon throughout a day (as much as you can), while continually emptying your urinary bladder into the water. In this way, people have dissolved big stones, and then passed small kidney stones out of their body. Note that this kidney cleanse is not suitable for diabetics.

**90% of this book is available online, here: [The Cure for all Diseases](#)**

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## **Liver cleanse - Gallbladder cleanse - Liver flush**

Excerpt from the book:

"Cleansing the liver of gallstones dramatically improves digestion, which is the basis of your whole health. You can expect your allergies to disappear, too, more with each cleanse you do! Incredibly, it also eliminates shoulder, upper arm, and upper back pain. You have more energy and increased sense of well being.

It is the job of the liver to make bile, 1 to 1.5 quarts in a day! The liver is full of tubes (biliary tubing) that deliver the bile to one large tube (the common bile duct). The gallbladder is attached to the common bile duct and acts as a storage reservoir. Eating fat or protein triggers the gallbladder to squeeze itself empty after about twenty minutes, and the stored bile finishes its trip down the common bile duct to the intestine.

For many persons, including children, the biliary tubing is choked with gallstones. Some develop allergies or hives but some have no symptoms. When the gallbladder is scanned or X-rayed nothing is seen. Typically, they are not in the gallbladder. Not only that, most are too small and not calcified, a prerequisite for visibility on an X-ray. There are over half a dozen varieties of gallstones, most of which have cholesterol crystals in them. They can be black, red, white, green or tan colored. The green ones get their color from being coated with bile. Notice in the picture (pg. 545) how many have imbedded unidentified objects. Are they fluke remains? Notice how many are shaped like corks with longitudinal grooves below the tops. We can visualize the blocked bile ducts from such shapes. Other stones are composites- made of many smaller ones- showing that they regrouped in the bile ducts some time after the last cleanse.

At the very center of each stone is found a clump of bacteria, according to scientists, suggesting a dead bit of parasite might have started the stone forming.

As the stones grow and become more numerous the back pressure on the liver causes it to make less bile. Imagine the situation if your garden hose had marbles in it. Much less water would flow, which in turn would decrease the ability of the hose to squirt out the marbles. With gallstones, much less cholesterol leaves the body, and cholesterol levels rise.

Gallstones, being porous, can pick up all the bacteria, cysts, viruses and parasites that are passing through the liver. In this way "nests" of infection are formed, forever supplying the body with fresh bacteria. No stomach infection such as ulcers or intestinal bloating can be cured permanently without removing these gallstones from the liver.

#### Preparation

- You can't clean a liver with living parasites in it. You won't get out many stones, and will feel quite sick. **Zap daily the week before**, or get through the first three weeks of the **parasite killing program** before attempting a liver cleanse. If you are on a parasite maintenance program, do a high dose program the week before.
- Completing the **kidney cleanse** before cleansing the liver is also recommended. You want your kidneys, bladder and urinary tract in top working condition so they can efficiently remove any undesirable substances incidentally absorbed from the intestine as the bile is being excreted.
- Do any **dental work first**, if possible. Your mouth should be **metal free** and bacteria free (cavitations are cleaned). A toxic mouth can put a heavy load on the liver, burdening it immediately after cleansing. Eliminate that problem first for best results.

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Liver cleanse and gallbladder cleanse flush NO surgery

#### Ingredients

**1/2 Cup Olive Oil Extra Virgin (= 1.25 dl)**

**1 Big grapefruit (2 small) (Or 3 lemons)**

**4 tablespoon EPSOM salts = ( MgSO<sub>4</sub> + 7H<sub>2</sub>O)**

**(EPSOM salts = Magnesium Sulphate = EPSOMITE = Magnesium Sulfate Heptahydrate)**

**3 cups water (=750 dl)**

**(P.S !! 1 cup = 250 ml = 2.5 dl = 0.25 l )**

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**[Comment inserted by webmaster:**

**You can substitute 3 cups water (=750 dl) (that is used in this recipe to dissolve Epsom salt) with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice . That way you will not feel unpleasant taste of Magnesium Sulphate (= Magnesium Sulfate = Epsom salt = MgSO<sub>4</sub> + 7H<sub>2</sub>O) ]**

**[If using lemon juice, do not blend juice with oil.  
Drink little oil, little juice, from 2 differnt cups.**

**If you mix oil and juice, it may (it doesn't happens always) sligtly congeall, and get a slimy consintence that is not easy to**

**swallow.  
It may become slimy.**

**It never happens with grapefruit juice!]**

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Choose a day like Saturday for the cleanse, since you will be able to rest the next day.

Take no medicines, vitamins or pills that you can do without; they could prevent success. Stop the parasite program and kidney herbs too, the day before.

Eat a no-fat breakfast and lunch such as cooked cereal with fruit, fruit juice, bread and preserves or honey (no butter or milk), baked potato or other vegetables with salt only. This allows the bile to build up and develop pressure in the liver. Higher pressure pushes out more stones.

**2:00 PM.** Do not eat or drink after 2 o'clock. If you break this rule you could feel quite ill later. Get your Epsom salts ready. Mix 4 tbs. in 3 cups water and pour this into a jar. This makes four servings, 3/4 (three fourths) cup each. Set the jar in the refrigerator to get ice cold (this is for convenience and taste only).

**[ You can substitute 3 cups water with 3 cups freshly pressed grapefruit juice, or freshly pressed apple juice, it tastes better .]**

**6:00 PM.** Drink one serving 3/4 (three fourths cup) of the ice cold Epsom salts. If you did not prepare this ahead of time, mix 1 tbs. in 3/4 (three fourth) cup water now. You may add 1/8 (one eighth) tsp. vitamin C powder to improve the taste. You may also drink a few mouthfuls of water afterwards or rinse your mouth. Get the olive oil (ozonated, if possible) and grapefruit out to warm up.

**Alternative Schedule 1:** Omit the first Epsom Slats dose at 6 p.m. Take only one dose, waiting till 8 p.m. Change nothing else. Many people still get stones with one less dose. If you do not, do the full course next time. "The Cure For HIV and AIDS" By Hulda Clark pg.585

**8:00 PM.** Repeat by drinking another 3/4 (three fourths) cup of Epsom salts. You haven't eaten since two o'clock, but you won't feel hungry. Get your bedtime chores done. The timing is critical for success.

**9:45 PM.** Pour 1/2 (half) cup (measured) olive oil into the pint jar. Add 2 drops HCl to sterilize. Wash grapefruit twice in hot water and dry; squeeze by hand into the measuring cup. Remove pulp with fork. You should have at least 1/2 (half) cup, more (up to 3/4 (three fourths) cup) is best. You may use part lemonade. Add this to the olive oil. Also add Black Walnut Tincture. Close the jar tightly with the lid and shake hard until watery (only fresh grapefruit juice does this).

Now visit the bathroom one or more time, even if it makes you late for your ten o'clock drink. Don't be more than 15 minutes late. You will get fewer stones.

**10:00 PM.** Drink the potion you have mixed. Take 4 ornithine capsules with the first sips to make sure you will sleep through the night. Take 8 if you already suffer from insomnia. Drinking through a large plastic straw helps it go down easier. You may use oil and vinegar salad dressing, or straight honey to chase it down between sips. Have these ready in a tablespoon on the kitchen counter. Take it all to your bedside if you want, but drink it standing up. Get it down within 5 minutes (fifteen minutes for very elderly or weak persons).

Lie down immediately. You might fail to get stones out if you don't. The sooner you lie down the more stones you will get out. Be ready for bed ahead of time. Don't clean up the kitchen. As soon as the drink is down walk to your bed and lie down flat on your back with your head up high on the pillow. Try to think about what is happening in the liver. Try to keep perfectly still for at least 20 minutes. You may feel a train of stones traveling along the bile ducts like marbles. There is no pain because the bile duct valves are open (thank you Epsom salts!). Go to sleep, you may fail to get stones out if you don't.

**Next morning.** Upon awakening take your third dose of Epsom salts. If you have indigestion or nausea wait until it is gone before drinking the Epsom salts. You may go back to bed. Don't take this potion before 6:00 am.

**2 Hours Later.** Take your fourth (the last) dose of Epsom salts. You may go back to bed again.

"The Cure For HIV and AIDS" By Hulda Clark pg.585

**Alternative Schedule 2:** After taking the first dose of Epsom salts in the morning, wait two hours and take a second dose of the oil mixture (but only 1/2 cup) and go back to bed. After two more hours take another dose of Epsom salts. This schedule can increase the number of stones you remove."

**After 2 More Hours** you may eat. Start with fruit juice. Half an hour later eat fruit. One hour later you may eat regular food but keep it light. By supper you should feel recovered.

**How well did you do?**

Expect diarrhea in the morning.

Use a flashlight to look for gallstones in the toilet with the bowel movement.

Use colander to make sure you collect all stones



Look for the green kind since this is proof that they are genuine gallstones, not food residue. Only bile from the liver is pea green. The bowel movement sinks but gallstones float because of the cholesterol inside.

Calcified stones and stones containing protein may sink, but colander will catch all stones.

Count them all roughly, whether tan or green. You will need to total 2,000 stones before the liver is clean enough to rid you of allergies or bursitis or upper back pains permanently. The first cleanse may rid you of them for a few days, but as the stones from

the rear travel forward, they give you the same symptoms again. You may repeat cleanses at two week intervals. Never cleanse when you are ill.

[HPS editors note: I started passing chaff through normal bowel movements after my 4th colon cleansing fast, approximately after a total of 4x14= 56 days of total colon cleansing within 9 months. The chaff continued in normal bowel movements for 8 months! Thousands of tiny stones, looked like small popcorn and small bee pollen granules, others looked like moth wings. Sometime I would drop at one bowel movement 50-100 pea size stones that would float in the water. It was truly an experience. Almost daily for 8 months! When I did my first Dr. Clark's liver cleanse I immediately dropped over 200 pea size green and tan stones, and when I examined them I was shocked. They crushed in my fingers and what I found was pure fat, pure cholesterol. Can you imagine hundred of them. Also in my second liver cleanse I had the same experience].

Sometimes, the bile ducts are full of cholesterol crystals that did not form into round stones. They appear as a "chaff" floating on top of the toilet bowl water. It may be tan colored, harboring millions of tiny white crystals. cleansing this chaff is just as important as purging the stones.

How safe is the liver cleanse? It is very safe. My opinion is based on over 500 cases, including many persons in their seventies and eighties. None went to the hospital; none even reported pain. However it can make you feel quite ill for one or two days afterwards, although in every one of these cases the maintenance parasite program had been neglected. This is why the instructions direct you to complete the parasite and kidney rinse program first.

This procedure contradicts many modern medical viewpoints. Gallstones are thought to be formed in the gallbladder, not the liver. They are thought to be few, not thousands. They are not linked to pains other than gallbladder attacks. It is easy to understand why this thought: by the time you have acute pain attacks, some stones are in the gallbladder, are big enough and sufficiently calcified to see on X-ray, and have caused inflammation there. When the gallbladder is removed the acute attacks are gone, but the bursitis and other pains and digestive problems remain.

The truth is self-evident. People who have had their gallbladder removed surgically still get plenty of green, bile coated stones, and anyone who cares to dissect their stones can see that the concentric circles and crystals of cholesterol match textbook pictures of "gallstones" exactly."

## HEALTHY WISDOM FROM DR. MERCOLA

### DOCTORS ARE THE **THIRD** LEADING CAUSE OF DEATH - THE US, CAUSING **250,000 DEATHS** EVERY YEAR

This article in the Journal of the American Medical Association (JAMA) is the best article I have ever seen written in the published literature documenting the tragedy of the traditional medical paradigm.

If you want to keep updated on issues like this [click here](#) to sign up for my free newsletter.

This information is a followup of the [Institute of Medicine report](#) which hit the papers in December of last year, but the data was hard to reference as it was not in peer-reviewed journal. Now it is published in JAMA which is the most widely circulated medical periodical in the world.

The author is Dr. Barbara Starfield of the Johns Hopkins School of Hygiene and Public Health and she describes how the US health care system may contribute to poor health.

#### ALL THESE ARE DEATHS PER YEAR:

- **12,000** -- unnecessary surgery [8](#)
- **7,000** -- medication errors in hospitals [9](#)
- **20,000** -- other errors in hospitals [10](#)
- **80,000** -- infections in hospitals [10](#)

- **106,000 -- non-error, negative effects of drugs 2**

**These total to 250,000 deaths per year from iatrogenic causes!!**

What does the word iatrogenic mean? This term is defined as induced in a patient by a physician's activity, manner, or therapy. Used especially of a complication of treatment.

Dr. Starfield offers several warnings in interpreting these numbers:

- First, most of the data are derived from studies in hospitalized patients.
- Second, these estimates are for deaths only and do not include negative effects that are associated with disability or discomfort.
- Third, the estimates of death due to error are lower than those in the IOM report.<sup>1</sup>

If the higher estimates are used, the deaths due to iatrogenic causes would range from 230,000 to 284,000. In any case, 225,000 deaths per year constitutes the third leading cause of death in the United States, after deaths from heart disease and cancer. Even if these figures are overestimated, there is a wide margin between these numbers of deaths and the next leading cause of death (cerebrovascular disease).

Another analysis concluded that between 4% and 18% of consecutive patients experience negative effects in outpatient settings, with:

- 116 million extra physician visits
- 77 million extra prescriptions
- 17 million emergency department visits
- 8 million hospitalizations
- 3 million long-term admissions
- 199,000 additional deaths
- \$77 billion in extra costs

The high cost of the health care system is considered to be a deficit, but seems to be tolerated under the assumption that better health results from more expensive care.

However, evidence from a few studies indicates that as many as 20% to 30% of patients receive inappropriate care.

An estimated 44,000 to 98,000 among them die each year as a result of medical errors.<sup>2</sup>

This might be tolerated if it resulted in better health, but does it? Of 13 countries in a recent comparison, the United States ranks an average of 12th (second from the bottom) for 16 available health indicators. More specifically, the ranking of the US on several indicators was:

- 13th (last) for low-birth-weight percentages
- 13th for neonatal mortality and infant mortality overall <sup>14</sup>
- 11th for postneonatal mortality
- 13th for years of potential life lost (excluding external causes)
- 11th for life expectancy at 1 year for females, 12th for males
- 10th for life expectancy at 15 years for females, 12th for males
- 10th for life expectancy at 40 years for females, 9th for males
- 7th for life expectancy at 65 years for females, 7th for males
- 3rd for life expectancy at 80 years for females, 3rd for males

- 10th for age-adjusted mortality

The poor performance of the US was recently confirmed by a World Health Organization study, which used different data and ranked the United States as 15th among 25 industrialized countries.

There is a perception that the American public "behaves badly" by smoking, drinking, and perpetrating violence." However the data does not support this assertion.

- The proportion of females who smoke ranges from 14% in Japan to 41% in Denmark; in the United States, it is 24% (fifth best). For males, the range is from 26% in Sweden to 61% in Japan; it is 28% in the United States (third best).
- The US ranks fifth best for alcoholic beverage consumption.
- The US has relatively low consumption of animal fats (fifth lowest in men aged 55-64 years in 20 industrialized countries) and the third lowest mean cholesterol concentrations among men aged 50 to 70 years among 13 industrialized countries.

These estimates of death due to error are lower than those in a recent Institutes of Medicine report, and if the higher estimates are used, the deaths due to iatrogenic causes would range from 230,000 to 284,000.

Even at the lower estimate of 225,000 deaths per year, this constitutes the third leading cause of death in the US, following heart disease and cancer.

Lack of technology is certainly not a contributing factor to the US's low ranking.

- Among 29 countries, the United States is second only to Japan in the availability of magnetic resonance imaging units and computed tomography scanners per million population. 17
- Japan, however, ranks highest on health, whereas the US ranks among the lowest.
- It is possible that the high use of technology in Japan is limited to diagnostic technology not matched by high rates of treatment, whereas in the US, high use of diagnostic technology may be linked to more treatment.
- Supporting this possibility are data showing that the number of employees per bed (full-time equivalents) in the United States is highest among the countries ranked, whereas they are very low in Japan, far lower than can be accounted for by the common practice of having family members rather than hospital staff provide the amenities of hospital care.

**Journal American Medical Association July 26, 2000;284(4):483-5**

**DR .MERCOLA'S COMMENT:**

Folks, this is what they call a "Landmark Article". Only several ones like this are published every year. One of the major reasons it is so huge as that it is published in JAMA which is the largest and one of the most respected medical journals in the entire world.

I did find it most curious that the best wire service in the world, Reuter's, did not pick up this article. I have no idea why they let it slip by.

I would encourage you to bookmark this article and review it several times so you can use the statistics to counter the arguments of your friends and relatives who are so enthralled with the traditional medical paradigm. These statistics prove very clearly that the system is just not working. It is broken and is in desperate need of repair.

I was previously fond of saying that drugs are the fourth leading cause of death in this country. However, this article makes it quite clear that the more powerful number is that doctors are the third leading cause of death in this country killing nearly a quarter million people a year. The only more common causes are cancer and heart disease.

This statistic is likely to be seriously underestimated as much of the coding only describes the cause of organ failure and does not address iatrogenic causes at all.

Japan seems to have benefited from recognizing that technology is wonderful, but just because you diagnose something with it, one should not be committed to undergoing treatment in the traditional paradigm. Their health statistics reflect this aspect of their philosophy as much of their treatment is not treatment at all, but loving care rendered in the home.

Care, not treatment, is the answer. Drugs, surgery and hospitals are rarely the answer to chronic health problems. Facilitating the God-given healing capacity that all of us have is the key. Improving the diet, exercise, and lifestyle are basic.

Effective interventions for the underlying emotional and spiritual wounding behind most chronic illness are also important clues to maximizing health and reducing disease.

### **Aspartame... the BAD news!**

Article courtesy of: Mark Gold [mgold@tiac.net](mailto:mgold@tiac.net)  
(researcher for twenty years on such subjects)

#### [Equal, Nutrasweet, Equal Measure, Spoonful, Canderl \(E951\)](#)

Aspartame was not approved until 1981, in dry foods. For over eight years the FDA refused to approve it because of the seizures and brain tumors this drug produced in lab animals. The FDA continued to refuse to approve it until President Reagan took office (a friend of Searle) and fired the FDA Commissioner who wouldn't approve it. Dr. Arthur Hull Hayes was appointed as commissioner. Even then there was so much opposition to approval that a Board of Inquiry was set up. The Board said: "Do not approve aspartame". Dr. Hayes OVERRULED his own Board of Inquiry.

Shortly after Commissioner Arthur Hull Hayes, Jr., approved the use of aspartame in carbonated beverages, he left for a position with G.D. Searle's Public Relations firm.

Long-Term Damage. It appears to cause slow, silent damage in those unfortunate enough to not have immediate reactions and a reason to avoid it. It may take one year, five years, 10 years, or 40 years, but it seems to cause some reversible and some irreversible changes in health over long-term use.

**METHANOL (AKA WOOD ALCOHOL/POISON) (10% OF ASPARTAME)** Methanol/wood alcohol is a deadly poison. People may recall that methanol was the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin.

The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jello).

Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." The recommend a limit of consumption of 7.8 mg/day. A one-liter (approx. 1 quart) aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit.

The most well known problems from methanol poisoning are vision problems. Formaldehyde is a known carcinogen, causes retinal damage, interferes with DNA replication, and causes birth defects. Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr Woodrow C. Monte, Director of the Food Science and Nutrition Laboratory at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic, or carcinogenic effects of chronic administration of methyl alcohol."

It has been pointed out that fruit juices and alcoholic beverages contain small amounts of methanol. It is important to remember, that the methanol in natural products never appears alone. In every case, ethanol is present, usually in much higher amounts. Ethanol is an antidote for methanol toxicity in humans. The troops of Desert Storm were "treated" to large amounts of aspartame-sweetened beverages which had been heated to over 86 degrees F. in the Saudi Arabian sun. Many of them returned home with numerous disorders similar to what has been seen in persons who have been chemically poisoned by formaldehyde. The free methanol in the beverages may have been a contributing factor in these illnesses. Other breakdown products of aspartame such as DKP, may also have been a factor.

In a 1993 act that can only be described as "unconscionable", the FDA approved aspartame as an ingredient in numerous food items that would always be heated to above 86°degrees F (30°Degrees C).

Much worse, on 27 June 1996, without public notice, the FDA removed all restrictions from aspartame allowing it to be used in everything, including all heated and baked goods.

The truth about aspartame's toxicity is far different than what the NutraSweet Company would have you readers believe. In February of 1994, the U.S. Department of Health and Human Services released the listing of adverse reactions reported to the FDA (DHHS 1994). **Aspartame accounted for more than 75% of all adverse reactions reported to the FDA's Adverse Reaction Monitoring System (ARMS).** By the FDA's own admission fewer than ONE PERCENT of those who have problems with something they consume ever report it to the FDA. This balloons the almost 10,000 complaints they once had to around a million. However, the FDA has a record keeping problem (they never did respond to the certified letter from the WEBMASTER of this site... a major victim!) and they tend to discourage or even misdirect complaints, at least on aspartame. **The fact remains, though, that MOST victims don't have a clue that aspartame may be the cause of their many problems!** Many reactions to aspartame were very serious including seizures and death. Those reactions included:

## **DORway documents now linked to SYMPTOM!**

**Abdominal Pain**

**Anxiety attacks**

**arthritis**

**asthma**

**Asthmatic Reactions**

**Bloating, Edema (Fluid Retention)**

**Blood Sugar Control Problems (Hypoglycemia or Hyperglycemia)**

**Brain Cancer (Pre-approval studies in animals)**  
**Breathing difficulties**  
**burning eyes or throat**  
**Burning Urination**  
**can't think straight**  
**Chest Pains**  
**chronic cough**  
**Chronic Fatigue**  
**Confusion**  
**Death**  
**Depression**  
**Diarrhea**  
**Dizziness**  
**Excessive Thirst or Hunger**  
**fatigue**  
**feel unreal**  
**flushing of face**  
**Hair Loss (Baldness) or Thinning of Hair**  
**Headaches/Migraines dizziness**  
**Hearing Loss**  
**Heart palpitations**  
**Hives (Urticaria)**  
**Hypertension (High Blood Pressure)**  
**Impotency and Sexual Problems**  
**inability to concentrate**  
**Infection Susceptibility**  
**Insomnia**  
**Irritability**  
**Itching**  
**Joint Pains**  
**laryngitis**  
**"like thinking in a fog"**  
**Marked Personality Changes**  
**Memory loss**  
**Menstrual Problems or Changes**  
**Migraines and Severe Headaches (Trigger or Cause From Chronic Intake)**  
**Muscle spasms**  
**Nausea or Vomiting**  
**Numbness or Tingling of Extremities**  
**Other Allergic-Like Reactions**  
**Panic Attacks**  
**Phobias**  
**poor memory**  
**Rapid Heart Beat**  
**Rashes**  
**Seizures and Convulsions**  
**Slurring of Speech**  
**Swallowing Pain**  
**Tachycardia**  
**Tremors**  
**Tinnitus**  
**Vertigo**  
**Vision Loss**  
**Weight gain**

**Aspartame Disease Mimics Symptoms or Worsens the Following Diseases**

**Fibromyalgia**  
**Arthritis**  
**Multiple Sclerosis (MS)**  
**Parkinson's Disease**

**Lupus**  
**Multiple Chemical Sensitivities (MCS)**  
**Diabetes and Diabetic Complications**  
**Epilepsy**  
**Alzheimer's Disease**  
**Birth Defects**  
**Chronic Fatigue Syndrome**  
**Lymphoma**  
**Lyme Disease**  
**Attention Deficit Disorder (ADD)**  
**Panic Disorder**  
**Depression and other Psychological Disorders**

How it happens:

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin (Stegink 1984, page 143). Free methanol begins to form in liquid aspartame-containing products at temperatures above 86 degrees F.. also within the human body.

The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid, ant sting poison. Toxic formic acid is used as an activator to strip epoxy and urethane coatings. Imagine what it does to your tissues!

Phenylalanine and aspartic acid, 90% of aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. But when unaccompanied by other amino acids we use [there are 20], they are neurotoxic.

That is why a warning for Phenylketonurics is found on EQUAL and other aspartame products. Phenylketenurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenylalanine breaks down into DKP, a brain tumor agent.

In other words: Aspartame converts to dangerous byproducts that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of aspartame go straight to the brain, damage that causes headaches, mental confusion, seizures and faulty balance. Lab rats and other test animals died of brain tumors.

Despite the claims of Monsanto and bedfellows:

1. Methanol from alcohol and juices does not get converted to formaldehyde to any significant extent. There is very strong evidence to confirm this fact for alcoholic beverages and fairly strong evidence for juices.
2. Formaldehyde obtained from methanol is very toxic in \*very small\* doses as seen by recent research.
3. Aspartame causes chronic toxicity reactions/damage due to the methanol to formaldehyde and other break down products despite what is claimed otherwise by the very short, industry-funded experiments using a test substance that is chemically different and absorbed differently than what is available to the general public. "Strangely enough", almost all independent studies show that aspartame can cause health problems.
4. A common ploy from Monsanto is to claim that aspartame is "safe" yet a few select people may have "allergic" reactions to it. This is typical Monsanto nonsense, of course. Their own research shows that it does not cause "allergic" reactions. It is there way of trying to minimize and hide the huge numbers of toxicity reactions and damage that people are experiencing from the long-term use of aspartame.

## Summary

Given the following points, it is definitely premature for researchers to discount the role of methanol in aspartame side effects:

1. The amount of methanol ingested from aspartame is unprecedented in human history. Methanol from fruit juice ingestion does not even approach the quantity of methanol ingested from aspartame, especially in persons who ingest one to three liters (or more) of diet beverages every day. Unlike methanol from aspartame, methanol from natural products is probably not absorbed or converted to its toxic metabolites in significant amounts as discussed earlier.
2. Lack of laboratory-detectable changes in plasma formic acid and formaldehyde levels do not preclude damage being caused by these toxic metabolites. Laboratory-detectable changes in formate levels are often not found in short exposures to methanol.
3. Aspartame-containing products often provide little or no nutrients which may protect against chronic methanol poisoning and are often consumed in between meals. Persons who ingest aspartame-containing products are often dieting and more likely to have nutritional deficiencies than persons who take the time to make fresh juices.
4. Persons with certain health conditions or on certain drugs may be much more susceptible to chronic methanol poisoning.
5. Chronic diseases and side effects from slow poisons often build silently over a long period of time. Many chronic diseases which seem to appear suddenly have actually been building in the body over many years.
6. An increasing body of research is showing that many people are highly sensitive to low doses of formaldehyde in the environment. Environmental exposure to formaldehyde and ingestion of methanol (which converts to formaldehyde) from aspartame likely has a cumulative deleterious effect.
7. Formic acid has been shown to slowly accumulate in various parts of the body. Formic acid has been shown to inhibit oxygen metabolism.
8. There are a very large and growing number of persons who are experiencing chronic health problems similar to the side effects of chronic methanol poisoning when ingesting aspartame-containing products for a significant length of time. This includes many cases of eye damage similar to the type of eye damage seen in methanol poisoning cases.

### Toxicity Effects of Aspartame Use Selection of Health Effects from Short-term and/or Long-Term Use

Note: It often takes at least sixty days without any aspartame NutraSweet to see a significant improvement. Check all labels very carefully (including vitamins and pharmaceuticals). Look for the word "aspartame" on the label and avoid it. (Also, it is a good idea to avoid "acesulfame-k" or "sunette.") Finally, avoid getting nutrition information from junk food industry PR organizations such as IFIC or organizations that accept large sums of money from the junk and chemical food industry such as the American Dietetic Association.

If you are a user of any products with aspartame, and you have physical, visual, mental problems... take the 60-day no aspartame test. If, after two months with no aspartame your symptoms are either gone, or are much less severe, please get involved to get this neurotoxin off the market. Write a letter to the FDA, with a copy to Betty Martini (for proof of how the FDA doesn't keep proper records). Write your congressmen. Return products containing aspartame to the point of purchase... for a FULL refund. Make a big stink if they

WON'T give you a full refund! Tell all your friends and family... and if they stop using aspartame and also "wake up well"... get them involved in the same way.

Aspartame is an "approved sweetener" because of a few greedy and dishonest people who place profits above human life and well-being. With the FDA and our Congress culpable, only an INFORMED and ACTIVE public will affect its reclassification from "food additive" to TOXIC DRUG, and removed from the human food chain.

## **Achieve Independent Health With Your Optimized Nutrition Plan: Getting Started**

I have broken my nutrition plan down into three phases: Beginner, Intermediate and Advanced. Success comes in steps, and this program has been designed to allow you to make your journey to optimal health in a step-by-step manner.

Almost everyone should begin at the "Beginner" level. The exceptions are those who are already implementing the advice found there, and those with serious diseases or other conditions that may want to - or have been advised to - take the more extensive measure of implementing the advice found in several or all of the stages to promote healing and health.

While making every change within phase is ultimately recommended to help you reach your optimal health, to determine which areas you may want to put the most initial focus on, you should assess your "Four Factors" -- insulin, weight, blood pressure, cholesterol -- as defined below. You should also periodically update your knowledge of your four factors to determine the progress you are making.

Each of the steps in these three phases has been placed there based on my clinical experience: while most people will benefit from taking the plan stage by stage, if you are just beginning but there are steps in the Intermediate or Advanced plan that you are eager (or have been advised) to implement now, by all means do so. Likewise, if you have achieved many, but not all, of the steps in the Beginner plan and would like to move on to some steps in the Intermediate plan while continuing to work on the unfinished ones in the Beginner, go for it.

If some changes present more challenge than others, just keep working at them. Remember, health is the greatest commodity you can ever have, so every step you succeed at taking throughout these three phases, whether it feels large or small, is a great leap forward in this most important journey. If you get discouraged at any point, keep this in mind: It is your one and only body and mind, and, more than anything else, it is worth it.

One more important point before you proceed, though:

### **Listen to Your Body!**

If any food or supplement that is recommended by me, or anyone else, makes you nauseous or sick in any way, listen to your body and stop it immediately! Your body will always provide you with a better indication of what is good for you. Most people notice a remarkable improvement in the way they feel in anywhere from a few days to a few weeks. If you are not doing better, this may be your body's clue that you will need a knowledgeable health care professional that understands insulin and fat biochemistry who can help fine-tune your individual program.

## **THE FIRST STEP TO HEALTH: ASSESS YOUR "FOUR FACTORS"**

There are four time-tested, clinically proven gauges of health that you can use to determine your own level of health. They are:

- **Insulin levels**
- **Weight**
- **Blood pressure**
- **Cholesterol levels**

These four factors are your signs on the highway to optimal wellness. You can use these proven health indicators to monitor your success on the beginner's nutrition plan. Additionally, you can use these indicators to figure out when to move to the intermediate level of this nutritional plan. You'll feel comfortable, confident and psychologically ready to move on to the next level, and your indicators of health will be in their optimal ranges

### **Factor #1: Your Insulin Level**

So what's the deal with insulin levels? Well, you need insulin to live, but you probably have far too much insulin floating around in your body. Most adults have about one gallon of blood in their bodies and are quite surprised to learn that in that gallon, there is only one teaspoon of sugar! You only need one teaspoon of sugar at all times -- if that. If your blood sugar level were to rise to one tablespoon of sugar you would quickly go into a hyperglycemic coma and die.

Your body works very hard to prevent this by producing insulin to keep your blood sugar at the appropriate level. This reaction keeps you from dying when you eat sugar. Unfortunately, it turns out that **high levels of insulin are quite toxic for your body**. Anytime you eat grains and sugars, you are increasing your insulin levels. If you have high cholesterol, high blood pressure, diabetes, or are overweight, it is highly likely that you are eating far too many grains. When I reference diabetes I am referring to the most common type, type 2 diabetes, which typically occurs in adulthood and is associated with increased weight. Type 1 diabetes is actually a problem with not enough insulin, as the pancreas loses the ability to manufacture it.

### **FBS: The Fasting Blood Sugar Test**

To find out your insulin levels, you need to get tested by your doctor. The test you need to ask for is a fasting blood sugar test, which can also be called an FBS, glucose test or blood sugar levels test. It consists of a small withdrawal of blood after a fasting period of six hours.

#### **Facts about FBS:**

- **This test is profoundly useful.** It's one of the least expensive tests in traditional medicine, yet it is one of the most powerful ones. A normal fasting blood sugar should be around 87 mg/dL.
- **Watch out for abnormal levels.** When the blood sugar rises above 100 mg/dL I become very concerned with respect to the possibility of diabetes. This suggests insulin resistance and inability to control blood sugar levels. Diabetes is not usually diagnosed until the blood sugar rises above 126 mg/dL. However, it is my contention that this is far too late in the process. A blood sugar over 100 can usually predict future diabetes that is even 10 or more years down the road.
- **FBS can tell you about your insulin levels.** A high fasting blood sugar is a strong indication that your insulin levels are too high. High blood sugar levels can attach to the proteins in your body and rapidly accelerate the aging process.

- **Look for levels below 90.** I think it is safe to say your fasting blood sugar should be below 90. Once you achieve this, you can consider advancing to the intermediate level nutrition plan. Fortunately, a fasting blood sugar is a very inexpensive test!

Another helpful test would be to actually measure your fasting insulin level. You can safely ignore the reference ranges from the lab as they are based on "normals" of a population that has highly-disturbed insulin levels.

I do these tests regularly in my office. Your fasting insulin level should be 5 or below -- the lower the better. A fasting insulin level above 10 suggests profound insulin disturbances; the higher the number, the worse off you are. It's unusual to have levels above 20 in someone who is not already diabetic. When you get tested, if your insulin level is below 5, you can use this as an indication that it might be safe to progress to the intermediate level nutrition plan.

Once you normalize your weight and exercise, you can reintroduce grains into your diet at a lower level to optimize your health.

## **Factor #2: Your Ideal Weight**

This second factor is something we struggle with more and more; millions and millions of people are overweight in the U.S. and the percentage just keeps going up. To read about the epidemic of obesity in America and around the world, please type any relevant keyword into my search engine and click "search." You'll find lots of information to help you understand this truly troubling problem.

One effective and simple method to figure out if you have a weight problem is as follows: With a tape measure, comfortably measure the distance around the smallest area below the rib cage and above the umbilicus (belly button). Waist circumference, perhaps surprisingly, is the best simple anthropometric measure of total body fat, is better than BMI (body mass index), and is also the best simple indicator of intra-abdominal fat mass. So if you measure your waist, men would be classified as obese if their waste size was above 40 and women if it were above 37.

BMI is a good tool, however, to find out what your ideal weight should be. The National Institutes of Health has a good BMI calculator.

**Your ideal weight is important for this nutrition plan.** This is not only because I am committed to helping your body heal and become healthier, but also because extra body weight and obesity can have major negative psychological effects that impair your ability to be optimally healthy. **If you are not at your ideal weight -- overweight or underweight -- you should start with the Beginning nutrition plan and stay there until you have achieved your ideal body weight; then I advise you move into the Intermediate plan, to further optimize your body to fight disease and live a longer, more energetic life.**

## **Factor #3: Your Ideal Blood Pressure -- 120/80**

Your blood pressure ideally should be about 120/80 without medication. If you are on medication you will be delighted to know that this nutrition plan tends to normalize elevated blood pressures in the vast majority of people.

Although elevated insulin levels are one of the most potent contributors to elevated blood pressure, it's also common for stress, tension or anxiety to contribute to this problem. After you begin my nutrition plan and

follow it for several months, if you don't see an improvement in your blood pressure you need to seek out a health care professional who is well-versed in using stress-relief methods, such as my personal favorite: EFT.

In my clinical experience, over 95 percent of patients with elevated cholesterol or triglyceride levels respond to a reduced carbohydrate and insulin level correction approach. This is especially true for triglycerides. In over 20 years of practicing medicine I have never seen an elevated triglyceride level fail to drop in response to a low carbohydrate program.

#### **Factor #4: Your Ideal Cholesterol Level**

Most people are seriously confused about their cholesterol levels. This is because too much emphasis is placed on the importance of the total cholesterol. A far more important predictor of cardiovascular risk is actually the ratio of good cholesterol (HDL) to total cholesterol.

I use the percentage of HDL and obtain this number by simply dividing the HDL by the total cholesterol (HDL/Total Cholesterol). Ideally this number should be above 24%. Levels below 10 are very dangerous and usually indicate an imminent cardiovascular problem. Ideally this level should be 30 or higher. It rarely gets above 50, but to the best of my knowledge, the higher the number the better. Normally this is not true for a lab value, but because this is a ratio, I believe we can make this assumption.

It is important to note that some clinicians actually obtain this ratio by dividing the total cholesterol by the HDL (Total Cholesterol/HDL). In this case, the numbers should be lower. The cut-off point for a poor ratio would be any number greater than 4 with greater than 10 having serious problems. This number rarely drops below 2.

It's important to note that there are a small subset of individuals born with a genetic condition called familial hypercholesterolemia (about one in 500 people) in which their cholesterols are typically around 350 or higher. While this program will help to moderate their cholesterol levels, they usually do not normalize with a low insulin program such as this. [Learn more about hypercholesterolemia.](#)

If you're using your HDL percentage to figure out when to transition to the intermediate nutrition plan, you must use caution and consult a trained natural health care clinician if your cholesterol is above 350.

You can also use the triglyceride to HDL ratio (Triglyceride/HDL) as another indicator of insulin disturbance. This ratio should be below 2. The higher this number is the worse your insulin control may be.

There does not appear to be a similar genetic condition for triglycerides so you could use the Triglyceride/HDL ratio below 2 as one indication that you are ready to move on to the adaptation phase.

### **Achieve Independent Health With My Nutrition Plan**

Welcome to the condensed version of my nutrition plan. For my entire dietary program, which also includes over 150 brand-new recipes, read about my new book, **Dr. Mercola's TOTAL HEALTH Cookbook & Program** (I have guaranteed the book for life or your money back because it WILL improve your health and weight!)

My program comes from decades of experience -- decades spent learning from extensive research, conferring with my professional colleagues, and most of all, successfully treating many thousands of patients. Whether you are struggling with weight issues, facing some disease or condition, or you consider yourself reasonably healthy, I am certain that if you adhere to the recommendations summarized below and

presented in full in my new book linked above, they will help you achieve the happy and healthy life you so richly deserve.

So what makes this nutrition program different from all the other diets you've tried? It's based on fact. There are no miracle cures here, just tools to help you understand your body and achieve optimum health.

Many of the world's leading dietary experts adopted one-size-fits-all dietary solutions that they believe can be universally applied. While there are indeed certain universal truths, such as the danger of sugar and toxins, if one adopts this principle, my experience has taught me that a one-size-fits-all approach doesn't work.

**Fact: One person's food may be someone else's poison.**

Many diets will reverse one condition in one person but have no effect, or even worsen the condition, in another person due to differences in metabolic biochemistry. Just as we all differ tremendously with respect to our outward physical appearance, we are also unique on an internal (biochemical and physiological) level -- we all process foods and utilize nutrients differently. When you adopt a diet based on your specific "metabolic type," you will resolve most health disorders and achieve optimum health.

When your health problems are addressed in a symptom-oriented or piecemeal fashion, you will often experience temporary relief. However, your problems never really go away. They frequently shift to other parts of your body or recur in a short period of time. In contrast, when you address your metabolic type -- the unique biochemical needs that are based on your specific genetics -- your health problems will be treated at the causative foundational level, and you will have a permanent solution for regaining your health.

For more on metabolic typing including learning your type, and for the full detail on my entire dietary and health program versus the condensed version here, I urge you to check out my new book, Dr. Mercola's TOTAL HEALTH Cookbook & Program NOW.

**Fact: You won't be hungry.**

You need not worry about being hungry on this plan. When you address your specific nutritional requirements you will not have any hunger pains. When you finally balance your diet needs, your food cravings will disappear, and you will wake up each day with more than enough energy. If this isn't happening, then this is your **giant clue** that you are not giving your body something it needs, and you will have to modify your program.

**Fact: You can do it! With my three-level approach, I've made this program manageable.**

The main difference in these levels is a progressively more rigid adoption of healthy eating principles. These are most often counter-cultural recommendations, but they are designed to bring you to optimal levels of wellness and health. All three levels have the same requirements for carbohydrates, proteins, and high-quality fats. Normalizing your insulin level will be a major key to improving your health and is essential for success in all three levels. One of the major differences will be the type of proteins that are allowed in each phase. Higher-quality proteins are gradually implemented as one chooses progressively healthier levels.

**Important: When you change levels, you need to apply any restrictions from your previous level, as they are not repeated in the higher levels.**

As you progress through the various levels, each one becomes more difficult, yet more freeing. Soon you will be enjoying a level of health you never dreamed possible!

## **Achieve Independent Health With Your Optimized Nutrition Plan: Getting Started**

I have broken my nutrition plan down into three phases: Beginner, Intermediate and Advanced. Success comes in steps, and this program has been designed to allow you to make your journey to optimal health in a step-by-step manner.

Almost everyone should begin at the "Beginner" level. The exceptions are those who are already implementing the advice found there, and those with serious diseases or other conditions that may want to - or have been advised to - take the more extensive measure of implementing the advice found in several or all of the stages to promote healing and health.

While making every change within phase is ultimately recommended to help you reach your optimal health, to determine which areas you may want to put the most initial focus on, you should assess your "Four Factors" -- insulin, weight, blood pressure, cholesterol -- as defined below. You should also periodically update your knowledge of your four factors to determine the progress you are making.

Each of the steps in these three phases has been placed there based on my clinical experience: while most people will benefit from taking the plan stage by stage, if you are just beginning but there are steps in the Intermediate or Advanced plan that you are eager (or have been advised) to implement now, by all means do so. Likewise, if you have achieved many, but not all, of the steps in the Beginner plan and would like to move on to some steps in the Intermediate plan while continuing to work on the unfinished ones in the Beginner, go for it.

If some changes present more challenge than others, just keep working at them. Remember, health is the greatest commodity you can ever have, so every step you succeed at taking throughout these three phases, whether it feels large or small, is a great leap forward in this most important journey. If you get discouraged at any point, keep this in mind: It is your one and only body and mind, and, more than anything else, it is worth it.

One more important point before your proceed, though:

### **Listen to Your Body!**

If any food or supplement that is recommended by me, or anyone else, makes you nauseous or sick in any way, listen to your body and stop it immediately! Your body will always provide you with a better indication of what is good for you. Most people notice a remarkable improvement in the way they feel in anywhere from a few days to a few weeks. If you are not doing better, this may be your body's clue that you will need a knowledgeable health care professional that understands insulin and fat biochemistry who can help fine-tune your individual program.

### **The First Step to Health: Assess Your "Four Factors"**

There are four time-tested, clinically proven gauges of health that you can use to determine your own level of health. They are:

- **Insulin levels**

So what makes this nutrition program different from all the other diets you've tried? It's based on fact. There are no miracle cures here, just tools to help you understand your body and achieve optimum health.

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As you progress through the various levels, each one becomes more difficult, yet more freeing. Soon you will be enjoying a level of health you never dreamed possible!

- **Weight**
- **Blood pressure**
- **Cholesterol levels**

These four factors are your signs on the highway to optimal wellness. You can use these proven health indicators to monitor your success on the beginner's nutrition plan. Additionally, you can use these indicators to figure out when to move to the intermediate level of this nutritional plan. You'll feel comfortable, confident and psychologically ready to move on to the next level, and your indicators of health will be in their optimal ranges

### **Factor #1: Your Insulin Level**

So what's the deal with insulin levels? Well, you need insulin to live, but you probably have far too much insulin floating around in your body. Most adults have about one gallon of blood in their bodies and are quite surprised to learn that in that gallon, there is only one teaspoon of sugar! You only need one teaspoon of sugar at all times -- if that. If your blood sugar level were to rise to one tablespoon of sugar you would quickly go into a hyperglycemic coma and die.

Your body works very hard to prevent this by producing insulin to keep your blood sugar at the appropriate level. This reaction keeps you from dying when you eat sugar. Unfortunately, it turns out that **high levels of insulin are quite toxic for your body**. Anytime you eat grains and sugars, you are increasing your insulin levels. If you have high cholesterol, high blood pressure, diabetes, or are overweight, it is highly likely that you are eating far too many grains. When I reference diabetes I am referring to the most common type, type 2 diabetes, which typically occurs in adulthood and is associated with increased weight. Type 1 diabetes is actually a problem with not enough insulin, as the pancreas loses the ability to manufacture it.

### **FBS: The Fasting Blood Sugar Test**

To find out your insulin levels, you need to get tested by your doctor. The test you need to ask for is a fasting blood sugar test, which can also be called an FBS, glucose test or blood sugar levels test. It consists of a small withdrawal of blood after a fasting period of six hours.

#### **Facts about FBS:**

- **This test is profoundly useful.** It's one of the least expensive tests in traditional medicine, yet it is one of the most powerful ones. A normal fasting blood sugar should be around 87 mg/dL.
- **Watch out for abnormal levels.** When the blood sugar rises above 100 mg/dL I become very concerned with respect to the possibility of diabetes. This suggests insulin resistance and inability to control blood sugar levels. Diabetes is not usually diagnosed until the blood sugar rises above 126 mg/dL. However, it is my contention that this is far too late in the process. A blood sugar over 100 can usually predict future diabetes that is even 10 or more years down the road.
- **FBS can tell you about your insulin levels.** A high fasting blood sugar is a strong indication that your insulin levels are too high. High blood sugar levels can attach to the proteins in your body and rapidly accelerate the aging process.
- **Look for levels below 90.** I think it is safe to say your fasting blood sugar should be below 90. Once you achieve this, you can consider advancing to the intermediate level nutrition plan. Fortunately, a fasting blood sugar is a very inexpensive test!

Another helpful test would be to actually measure your fasting insulin level. You can safely ignore the reference ranges from the lab as they are based on "normals" of a population that has highly-disturbed insulin levels.

I do these tests regularly in my office. Your fasting insulin level should be 5 or below -- the lower the better. A fasting insulin level above 10 suggests profound insulin disturbances; the higher the number, the worse off you are. It's unusual to have levels above 20 in someone who is not already diabetic. When you get tested, if your insulin level is below 5, you can use this as an indication that it might be safe to progress to the intermediate level nutrition plan.

Once you normalize your weight and exercise, you can reintroduce grains into your diet at a lower level to optimize your health.

## **Factor #2: Your Ideal Weight**

This second factor is something we struggle with more and more; millions and millions of people are overweight in the U.S. and the percentage just keeps going up. To read about the epidemic of obesity in America and around the world, please type any relevant keyword into my search engine and click "search." You'll find lots of information to help you understand this truly troubling problem.

One effective and simple method to figure out if you have a weight problem is as follows: With a tape measure, comfortably measure the distance around the smallest area below the rib cage and above the umbilicus (belly button). Waist circumference, perhaps surprisingly, is the best simple anthropometric measure of total body fat, is better than BMI (body mass index), and is also the best simple indicator of intra-abdominal fat mass. So if you measure your waist, men would be classified as obese if their waste size was above 40 and women if it were above 37.

BMI is a good tool, however, to find out what your ideal weight should be. The National Institutes of Health has a good BMI calculator.

**Your ideal weight is important for this nutrition plan.** This is not only because I am committed to helping your body heal and become healthier, but also because extra body weight and obesity can have major negative psychological effects that impair your ability to be optimally healthy. **If you are not at your ideal weight -- overweight or underweight -- you should start with the Beginning nutrition plan and stay there until you have achieved your ideal body weight; then I advise you move into the Intermediate plan, to further optimize your body to fight disease and live a longer, more energetic life.**

## **Factor #3: Your Ideal Blood Pressure -- 120/80**

Your blood pressure ideally should be about 120/80 without medication. If you are on medication you will be delighted to know that this nutrition plan tends to normalize elevated blood pressures in the vast majority of people.

Although elevated insulin levels are one of the most potent contributors to elevated blood pressure, it's also common for stress, tension or anxiety to contribute to this problem. After you begin my nutrition plan and follow it for several months, if you don't see an improvement in your blood pressure you need to seek out a health care professional who is well-versed in using stress-relief methods, such as my personal favorite: EFT.

In my clinical experience, over 95 percent of patients with elevated cholesterol or triglyceride levels respond to a reduced carbohydrate and insulin level correction approach. This is especially true for triglycerides. In over 20 years of practicing medicine I have never seen an elevated triglyceride level fail to drop in response to a low carbohydrate program.

## **Factor #4: Your Ideal Cholesterol Level**

Most people are seriously confused about their cholesterol levels. This is because too much emphasis is placed on the importance of the total cholesterol. A far more important predictor of cardiovascular risk is actually the ratio of good cholesterol (HDL) to total cholesterol.

I use the percentage of HDL and obtain this number by simply dividing the HDL by the total cholesterol (HDL/Total Cholesterol). Ideally this number should be above 24%. Levels below 10 are very dangerous and usually indicate an imminent cardiovascular problem. Ideally this level should be 30 or higher. It rarely gets above 50, but to the best of my knowledge, the higher the number the better. Normally this is not true for a lab value, but because this is a ratio, I believe we can make this assumption.

It is important to note that some clinicians actually obtain this ratio by dividing the total cholesterol by the HDL (Total Cholesterol/HDL). In this case, the numbers should be lower. The cut-off point for a poor ratio would be any number greater than 4 with greater than 10 having serious problems. This number rarely drops below 2.

It's important to note that there are a small subset of individuals born with a genetic condition called familial hypercholesterolemia (about one in 500 people) in which their cholesterol levels are typically around 350 or higher. While this program will help to moderate their cholesterol levels, they usually do not normalize with a low insulin program such as this. [Learn more about hypercholesterolemia.](#)

If you're using your HDL percentage to figure out when to transition to the intermediate nutrition plan, you must use caution and consult a trained natural health care clinician if your cholesterol is above 350.

You can also use the triglyceride to HDL ratio (Triglyceride/HDL) as another indicator of insulin disturbance. This ratio should be below 2. The higher this number is the worse your insulin control may be.

There does not appear to be a similar genetic condition for triglycerides so you could use the Triglyceride/HDL ratio below 2 as one indication that you are ready to move on to the adaptation phase.

To learn more about this fascinating ratio, check out this link:

## **Welcome to the Beginner Nutrition Plan!**

I feel it's best for most people to start at the beginner level of this nutrition program. However, if you're healthy and highly committed to improving your health, you can go straight to the intermediate or advanced section. I do recommend reading through each plan, though, as recommendations that are mentioned in each plan aren't repeated when you go to the next level. The reasons I recommend most people starting at the basic level are twofold:

- There are several basic requirements in this beginning level plan that will take time and patience to integrate into your daily life, and these requirements are essential to move on to my intermediate and advanced nutrition plans.
- You need to allow your body to adjust to lowered insulin levels.

There is, however, a general principle that is useful for everyone, no matter what level you choose:

**Listen to your body!**

As I mentioned in the introduction, this is one of the most important principles in this series of recommendations. If any food or supplement makes you sick in any way, stop it immediately! You have the tools to tell if something is good for your body or not -- please use them!

### **Step 1: At least one third of your food should be uncooked.**

There are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food can destroy these micronutrients by altering their shape and chemical composition. Regular vegetable juicing will easily help you reach this goal of 1/3 raw food in your diet.

### **Step 2: Eat more vegetables.**

Let us first start out by describing what you can and should definitely eat more of: vegetables. ALL vegetables promote health, unless you are allergic to them or they cause gas or intestinal problems; consult my "Recommended Vegetables" list for the healthiest choices.

It would be best to consume your vegetables uncooked, but you may have to lightly steam them initially.

Vegetables contain phytochemicals, which are powerful natural agents to promote health. They will also help to alkalinize your system, as most of us are far too acidic. Most people benefit more from increased vegetables than from extra vitamins. You will normally need a large amount of vegetables to optimize your body's pH acid/alkaline balance

Nearly everyone would benefit from eating as many vegetables as possible within the allowances of their metabolic type design limits, or their unique biochemical individuality. Please remember that you are unique, and your body knows best and will tell you, what is an optimal amount for you. An Eskimo simply can't eat as much vegetables as a Peruvian Indian can. Not only would they feel poorly but they'd likely develop a ravenous appetite matched only by their sweet cravings, as well as who knows what degenerative process and emotional imbalances.

The best way to determine the amount of vegetables your body requires is by finding out your metabolic type. While we all need vegetables to stay healthy, the type and amount should be determined by what metabolic type you are. There is a basic test you can take to find out your metabolic type which is detailed in my new book, TOTAL HEALTH Cookbook & Program. Carbohydrate metabolic types need far more vegetables in their diet than protein metabolic types. One of the easiest ways to fulfill your vegetable intake is through regularly consuming vegetable juice.

In other words, let your body report back to you how accurate your appetite/taste buds are at gauging what is right for you.

### **Step 3 : Keep your vegetables fresh.**

If you are unable to obtain organic vegetables, you can rinse non-organic vegetables in a sink full of water with 4-8 ounces of distilled vinegar for 30 minutes, or use the solution described at the end of this article.

Please be sure and squeeze as much air as you can out of the bag that holds the vegetables and then seal it. The bag should look like it is vacuum-packed.

I do this by holding the bag against my chest and running my arm over the bottom of the bag to the top, which bleeds the air out of the bag.

This will double or triple the normal storage life of the vegetables.

#### **Step 4: Limiting sugar is critical.**

Eating refined sugar weakens your immune system and promotes yeast overgrowth. All non-diet pops have 8 teaspoons in each can. Most packaged cereals have sugar as their major ingredient. Avoid most natural sweeteners (including corn syrup, fructose, honey, sucrose, maltodextrin, dextrose, molasses, rice milk, almond milk, white grape juice, fruit juice sweetened, brown rice syrup, maple syrup, date sugar, cane sugar, corn sugar, beet sugar, sucralose and lactose).

When in doubt about the sugar content of a food you can always look at the list of ingredients and see how many grams of carbohydrates are listed. Unless the carbohydrates are from aboveground vegetables you should be concerned that they represent sugars that could alter your insulin levels.

#### **Step 5: Avoid hypoglycemia.**

Most of us eat large amounts of grains and sugars that cause us to have large amounts of insulin circulating in our blood. When you stop eating grains your body will take several days to lower your insulin levels. In the meantime the high insulin levels will cause you to have many symptoms such as dizziness, confusion, headaches, and generally feeling miserable.

If you eat every two hours for the first few days of your transition you will be able to avoid this temporary side effect. You will need to eat some protein, such as an egg, piece of chicken, turkey, fish or some seeds along with a vegetable such as a piece of celery, cucumber or red pepper. This will help to prevent hypoglycemia and stabilize your blood sugar.

Even after your system has adjusted, it will be wise to eat 4-6 meals a day. Eating more frequently has been shown to normalize cholesterol levels. It will also help your adrenal glands better regulate cortisol levels.

Many people ask about Equal or Nutrasweet (Aspartame). These artificial sweeteners need to be eliminated. There are more adverse reactions to Nutrasweet reported to the FDA than all other foods and additives combined. In certain individuals, it can have devastating consequences. If you are healthy you can use a few teaspoons of sucralose intermittently. One should also avoid artificial chemicals like MSG.

#### **Make a Menu -- If you fail to do this, you are planning to fail**

Most people have great difficulty implementing these suggestions unless they sit down once a week (at a time when you are well rested, fresh and relaxed) and plan every meal for the week ahead.

A good rule for working people is to prepare your meals ahead of time. For example, make your lunch for the next day before you go to bed. Also, to know what you will be eating for dinner before you leave the house in the morning. This way you can go to the store or take the appropriate items out of the freezer. This is strongly advised. Those who don't do this will more easily slip back into their old, more comfortable, and less healthy eating habits.

#### **Ten Recipes**

All you need to do is find at least ten recipes that you like. That is all that most families use. You might have to try ten recipes to find one that you and your family enjoy, but that is ok as it is all part of the

process. It is vitally important to have a variety. Do NOT rotate between two or three meals or you will burn out and stop the program. Variety is the key.

### **Step 6: Learn to distinguish physical food cravings from emotional food cravings.**

If you are seeking sweets or grains because of an emotional challenge, you will want to consider using the simple and rapidly effective psychological acupuncture technique, EFT, to rapidly help you control your emotional food cravings.

Many people don't understand that emotional well-being is essential to physical health. In fact, in terms of dieting for weight loss, not addressing emotional issues -- whether small or serious traumas from the past -- is the primary reason that most people who lose weight often fail at keeping the weight off.

If you are maintaining negative thoughts and feelings about yourself while trying to take physical steps to improve your body, you will not succeed. It will be like repeatedly washing your car in an effort to keep it clean during a dust storm. Fine-tuning your brain to "positive" mode is absolutely imperative to achieve optimal physical health.

Many people shun this notion, not because it doesn't make sense, but because the medical establishment has conned them into believing that it means they'll be shelling out many thousands of dollars over the coming months or years to traditional psychological care.

Well, some of the traditional psychological approaches may sometimes work, but there is a better solution. It's psychological acupuncture, an inexpensive, simpler and proven way to eliminate the negative emotions barring you from a full and healthy life. And the Emotional Freedom Technique -- or EFT -- is the most powerful form of this technique available.

### **EFT Can Help You:**

- **Relieve most emotional traumas**
- **Abolish phobias and post-traumatic stress**
- **Shatter food cravings that sabotage your health**
- **Eliminate or significantly reduce most physical pain and discomfort**

If you feel that your own emotions, or your own self-image, may be your own worst enemy with this (or any) nutrition plan, I highly recommend you read my free EFT manual and consider trying EFT on your own. You may also want to consider my EFT series on DVD or VHS, which provides in-depth discussions and lessons on EFT, and also provides an in-depth discussion of this nutrition plan. EFT is an easy technique to learn, and because of its incredibly high success rate at helping people instill positive emotions, it is also gaining widespread popularity quickly.

### **Beginner Plan: Protein**

Proteins are nutrients that are essential to the building, maintenance and repair of body tissues such as skin, internal organs and muscle. They are also the major components of our immune system and hormones. Proteins are made up of substances called amino acids -- 22 of which are considered vital for health. The adult body can make 14 of these amino acids, but the other eight, known as essential amino acids, must be obtained from what we eat. Proteins are found in all types of food, but only meat, eggs, cheese and other foods from animal sources contain complete proteins, meaning they provide the eight essential amino acids.

According to my experience, most people don't eat enough protein. A person's protein intake varies and depends on your sex, height, weight and exercise levels. Normal protein intake ranges from 20 to 50 grams at each meal.

### **Lesson 1: Look at the package.**

If you are eating packaged foods, the number of grams of protein per serving is listed on the package. For whole foods, 3 ounces of most meats will provide about 20 to 25 grams of protein. A 4-ounce hamburger, which is processed, only has about 20 grams of protein while typical lunchmeats have about 5 grams per slice. One egg has about six grams of protein and a cup of milk (not typically recommended) has 8 grams.

### **Lesson 2: Eggs are an excellent source of protein.**

- **Go organic.** Omega-3 eggs contain a 1:1 omega 6 to 3 ratio, while commercial eggs contain a 19:1 omega 6 to 3 ratio.
- **Don't be afraid to eat eggs.** You can easily eat one dozen eggs per week, as they will not cause your cholesterol to increase. Scientists have shown that infants who eat the adult equivalent of 40 eggs per week don't have problems.
- **Don't eat eggs daily.** If you are cooking your eggs, it's important to avoid eating them daily because you may develop an allergy to them. You should not eat eggs more than five days a week if you prepare them conventionally. This will change as you advance in the program; you can tolerate eggs on a much more frequent basis if you don't cook them.
- **You can use egg substitutes.** You can increase your protein intake by using pasteurized egg whites or egg substitute products in this phase. However, while they are acceptable in this phase, these products are eliminated in the intermediate phase.

The best way to prepare eggs is to not cook them at all, but this is an advanced technique.

### **Lesson 3: Restrict your intake of dairy products.**

Milk, yogurt and cheese are allowed in this phase but are drastically reduced in the intermediate phase. If you have allergies, consider avoiding all dairy, or at the very least, milk. When eating yogurt, please pay special attention to the carbohydrate content as many contain added sweetener, which dramatically increases the carbohydrate content. Also, low-fat dairy products are densely packed with carbohydrates and should be avoided.

### **Lesson 4: You can eat all meats in this phase.**

All meats, including lunchmeats, are allowed in this phase. It would be wise to purchase lunchmeats that are preservative-free. You will move toward higher-quality protein sources in the intermediate phase of the program; however, if you want to try two types of meat that come with my highest recommendation and taste as good as, if not better than, prime beef, consider ostrich and bison. Because both ostrich and bison taste great and are very versatile, this is not a difficult switch to make, and yet these are two of the healthiest meats on earth. Both ostrich and bison are now available in my "Recommended Products" section, or you can sometimes find them in select health food and grocery stores

### **Lesson 5: Become aware of your soy intake.**

All soy products are allowed in this phase, though soy is not, despite a lot of popular belief, really that good for you - amongst other issues, it can weaken your immune system (input the term "soy" in our search engine to find dozens of articles on soy's health drawbacks). Soy products will be excluded in subsequent phases, with the exception of fermented soy products like tempeh, miso and natto.

### **Lesson 6: Think about your fish and seafood intake.**

All fish and seafood products are allowed in this phase but are progressively eliminated in subsequent phases due to fish and seafood contamination with mercury and other toxins; sadly, seafood and fish, whether from the ocean, lakes and streams, or farm-raised, is all showing signs of such contamination, and so even otherwise healthy fish are now advised against and will be phased out in subsequent phases

### **Lesson 7: Nuts and seeds are okay for now, but...**

Nuts and seeds are allowed in this phase but are progressively eliminated in subsequent phases. However, consider lowering your nut intake now if you have:

- Excess weight
- Obesity
- High cholesterol
- High blood pressure

The only exceptions will be flaxseeds and walnuts, which can be consumed in moderation in future phases as they help you balance your omega-6 and omega-3 fats. (Most Americans consume dangerously low levels of omega-3. Fish oil, which is purified of any contaminants found in fish meat, is the best source of omega-3, as it also contains the essential fatty acids DHA and EPA. Flax seeds and walnuts are amongst the next best choices, though they don't contain DHA and EPA.)

While seeds and nuts are relatively low in carbohydrate, nuts are dense sources of calories and should be used in moderation. Even in this first phase, you can try to phase out other nuts and just consume walnuts and flaxseeds moderately:

- **Flaxseeds:** Several tablespoons of freshly ground flaxseeds make great sense as flax has plenty of beneficial water-soluble fibers, similar to Metamucil, to normalize your bowel movements.
- **Walnuts:** It is best to limit walnuts as they are dense forms of calories and could sabotage your weight loss if more than a few per day are consumed.

### **Lesson 8: Watch your bean and legume intake.**

If you do not have a problem with insulin, these foods are acceptable in this level. If you have high insulin levels, you will want to avoid beans until you have normal insulin levels. If you have achieved your ideal weight, you can introduce beans. Symptoms of high insulin levels include:

- Excess weight
- Obesity
- High cholesterol
- High blood pressure

Remember that beans have carbohydrates and are sources of good, but not complete, proteins. Add some additional proteins to your meal if beans are your primary protein source at any meal.

## **Beginner Plan: Carbohydrates**

Carbohydrates provide fuel for the body in the form of glucose, which is a sugar. There are two types of carbohydrates -- simple and complex. Simple carbohydrates are sugars, such as the ones found in candy, fruits and baked goods. Complex carbohydrates are starches found in beans, nuts, vegetables and whole grains.

In October, the government released a report that told us that two-thirds of us are either obese or overweight. Folks, we have an epidemic on our hands! This is the result of eating far too many processed foods and believing the low-fat diet myth.

If this is new information for you, it will be very important to read one of the most important articles on the site, [Reduce Grains and Sugar to Lose Weight and Improve Health](#), which discusses the reasons you need to radically reduce the amount of grains in your diet.

What most people don't know is that you don't actually need carbohydrates -- they aren't essential for survival. If you ate no carbohydrates, like many traditional Eskimos do, you would be fine as long as you had enough high-quality protein, fat, water and minerals. While both grains and vegetables are carbohydrates, most grains should be avoided and most vegetables are acceptable. I don't advocate a zero carbohydrate diet, as I believe we all need vegetables to achieve optimal health.

Your body prefers the carbohydrates in vegetables rather than grains because it slows the conversion to simple sugars like glucose and decreases your insulin level. On the other hand grain carbohydrates will increase your insulin levels and interfere with your ability to burn fat..

### **Lesson 1: Find out your insulin level.**

This step necessitates a trip to your doctor. The test you need to ask for is a fasting blood sugar test, which can also be called an FBS, glucose test or blood sugar levels test. It consists of a small withdrawal of blood after a fasting period of six hours.

A fasting blood glucose level test is very powerful, yet it's one of the least expensive tests in traditional medicine. A normal fasting blood sugar should be around 87 mg/dL.

When the blood sugar rises above 100 I become very concerned with respect to future diabetes. Any fasting blood sugar over 100 suggests insulin resistance and inability to control blood sugar levels.

Diabetes is not usually diagnosed until the blood sugar rises above 126 mg/dL. However, it is my contention that this is far too late in the process. A blood sugar over 100 can usually predict future diabetes that is even 10 or more years down the road.

For an interesting and quick read to motivate your avoidance of sugar check out my article "[108 Ways Sugar Can Ruin Your Health.](#)"

**Lesson 2: Scale back, or completely eliminate, all grains, beans and legumes in this phase; the higher your insulin levels, the more ambitious your grain-elimination should be.**

Grains to eliminate include:

- Wheat

- Spelt
- Barley
- Amaranth
- Millet
- Oats
- Rice
  
- Rye
- Quinoa
- Teff
- Potatoes (This is actually a vegetable, but it digests more like a grain.)
- Corn (This is considered a vegetable, but it is technically a grain.)

Highly processed food products are not recommended, regardless of insulin level. These include:

- Breads
- Pasta
- Cereal
- Bagels
- French fries
  
- Chips
- Pretzels
- Waffles
- Pancakes
- Baked goods

**Avoiding grains frequently causes weight loss.** If you don't want to lose weight you can increase grains in your diet, but I strongly recommend that you contact a knowledgeable health care professional that understands insulin and fat biochemistry to help fine-tune your individual program.

If you want to eat beans, soak them for 48-72 hours, rinsing every 12 hours prior to cooking them. You can then cook them for 8-12 hours in a crock-pot. These steps ensure that the protein will be more easily digested. Additionally, selecting beans for your blood type may make some sense.

### **Lesson 3: Eat the best vegetables.**

Remember this important principle: vegetables are generally good, but not all vegetables are created equal. For example, increasing your vegetable intake with salads is a good start, but I would advise avoiding iceberg lettuce. Why? It has minimal nutritional value. Red and green leaf lettuce, along with romaine lettuce and spinach, provide much more nutritious options. Also, finding organic vegetables is important. However, if you can't obtain organics, any vegetable is better than no vegetable! Take care with non-organic vegetables by washing them and removing peels and cores when possible.

My Recommended Vegetables List provides a guide to the most nutritious vegetables, and those to limit for their high carbohydrate content. Remember: the greener the vegetable, the more nutritious it will be.

Finally, at least 1/3 of your diet should be raw foods, and vegetables are an obvious choice to help achieve this. While vegetable juicing is an important step later in this nutrition plan, I encourage you to try it now, as it is an easy and enjoyable way to consume all the vegetables your body requires.

## Lesson 4: Reduce your intake of sweeteners.

It's best to avoid sweeteners whenever possible, but for the beginning level the following sweeteners are acceptable:

- Honey
- Rice syrup
- Beet sugar
- Maple syrup
- Molasses

Avoid using high fructose corn syrup.

You may use artificial sweeteners at this level, but please avoid Nutrasweet (aspartame). There are more adverse reactions to Nutrasweet reported to the FDA than all other foods and additives combined. In certain individuals, it can have devastating consequences. If you are healthy you can use a few teaspoons of sucralose intermittently.

It is helpful to avoid artificial chemicals like MSG. You can use sucralose, acesulfame K and saccharine in moderation. Using a sweetener will likely increase sugar cravings in the majority of people using them so use them with extreme caution. Please be sensitive to changes in your body, especially if you notice an increase in your sugar or grain cravings and consider stopping them if you notice those changes.

### Further Reading:

- Fructose is Not an Acceptable Sugar
- Fructose is No Answer For a Sweetener
- The Potential Dangers of Sucralose

## Beginner Plan: Fats

Did you know that your brain is about 60 percent fat? The fats you eat strongly influence your level of brain function. Some nutritional anthropologists believe the human brain would not have developed as it did without access to high levels of DHA (a type of fat) found in fish and wild game. Just two generations of high omega-6 and low omega-3 fats can lead to profound changes in brain size and function.

Fat is made of fatty acids attached to a substance called glycerol. Fats play an important role in the body; they are essential to build cell membranes, clot blood, absorb vitamins, cushion vital organs and protect us from extreme temperatures.

### Lesson 1: It is the type of fat that matters, not the amount.

Learning about fats can be confusing. When you go to the grocery store, you're confronted with advertisements telling you that a product is low in fat, or a product is made with partially hydrogenated oil. To make sense of all the labels, I've compiled the following list of definitions for you:

- **Saturated fats:** Saturated fats are found in animal products such as butter, cheese, whole milk, ice cream, cream and fatty meats. They are also found in some vegetable oils-namely coconut, palm and palm kernel. Saturated fats are not as dangerous as you think. In fact, coconut oil is quite healthy and is the oil to use for cooking since it is far less likely to be damaged through heating. If you'd like to learn more about the role dietary fats play in your health, be sure to check out these excellent research studies.

- **Trans-fatty acids:** These fats form when vegetable oil hardens, a process called hydrogenation, and can raise LDL (bad cholesterol) levels. They can also lower HDL (good cholesterol) levels. They can also lower HDL levels. These fatty acids have been linked repeatedly to heart disease.
- **Monounsaturated fats:** The best oil here is olive oil. Canola oil is also in this category, but I advise avoiding it and using olive oil instead.

## **Lesson 2: Learn about the importance of omega-3 and omega-6 fats.**

Omega-3 fats, **DHA** and **EPA**, are essential for brain and nerve function. The ratio of omega-6 to omega-3 fats in the U.S. diet is typically about 15:1, but it can be as high as 25 or 50:1. The ideal ratio is about 1:1, as this is what our ancestors consumed. To state it simply: for every omega-6 fat they ate, they ate one omega-3 fat. But most Americans are consuming 15 omega-6 fats for every one omega-3 fat.

In cell membranes, omega-3 fats improve your cell's response to insulin, neurotransmitters and other messengers. They also help the repair process when your cells are damaged. On the other hand, omega-6 fats contribute to insulin and membrane resistance, altering your mood, and impairing learning and cell repair. To avoid high levels of omega-6, it is important to avoid all vegetable seed oils.

Please understand that it's not only necessary to consciously consume omega-3 fats, but it is just as important to lower your omega-6 fat intake. If you don't lower your omega-6 fats to acceptable levels, your omega 6:3 ratio will not be low enough, and you will not receive many of the wonderful benefits of omega-3 fats such as reduced risk of heart disease, cancer, stroke, Alzheimer's, arthritis and many other degenerative illnesses.

## **Lesson 3: Learn about the benefits of fish oil.**

I am often asked what addition to the diet, outside of increasing the intake of water and fresh green vegetables, I most recommend to fight and prevent disease and live longer. My answer is easy: fish oil.

Americans consume a dangerously insufficient amount of omega-3, a fat essential to good health but only found in fish oil and a few other foods. Meanwhile, our intake of omega-6, another fat found in corn, soy, sunflower and other oils, is far too high. The ideal ratio of omega-6 to omega-3 should be 1:1, but the typical American's ratio ranges from 15:1 to 50:1!

I am convinced that this lack of omega-3 in our diets is a primary reason behind many of the diseases Americans face, and our shorter lifespan in relation to many other "first world" countries such as Japan or Greece.

Benefits of omega-3 found in fish and cod liver oil:

- Helps fight and prevent heart disease, cancer, depression, Alzheimer's, arthritis, diabetes, hyperactivity and many other diseases
- Increases your energy level and ability to concentrate
- Provides greater resistance to common illnesses such as flu and cold
- Helps pregnant women avoid premature births, low birth weight and other complications

While a helpful form of omega-3 can be found in flaxseed, walnuts and a few other foods, the most beneficial form of omega-3 -- containing two fatty acids, DHA and EPA, which are essential to fighting and preventing both physical and mental disease -- can only be found in fish.

I advise against eating any fish meat from any source, as mercury and other toxins are becoming too prevalent in all varieties, but I do highly advocate routinely consuming fish oil/cod liver oil, which has been purified of all contaminants. On this site, I offer the highest quality and purest fish oil/cod liver I know of - you can find proper dosage information for fish oil and cod liver oil, and the difference between the two, on the fish oil page.

#### **Lesson 4: How to Know If You Are Taking Too Much Fish Oil**

Basically, though, because cod liver oil is high in vitamin D, and your vitamin D levels are often too low in cool months but okay in warm months (because the sun is a primary source of vitamin D) remember this: Take fish oil in the warmer months and cod liver oil in the fall, winter and early spring months. If you live near or close to the equator, you will most likely only need to take fish oil, not cod liver oil, as your vitamin D intake from the sun will be sufficient.

Most of us can safely take up to one teaspoon of cod liver oil for every 25 to 40 pounds of body weight during the winter, early spring and late fall months.

Omega-3 deficiencies have been tied to the following problems:

- **Mental sharpness on awakening**
- **Depression/well-being**
- **Weight gain**
- **Brittle fingernails**
- **Allergies**
- **Arthritis**
- **Quality of sleep**
- **Memory problems**
- **Dry hair**
- **Dry skin**
- **Concentration**
- **Fatigue**

If you are sick the normal dose of fish oil is one 1,000 mg capsule with 300 mg of EPA/DHA for every ten pounds of body weight.

One teaspoon of cod liver oil is equal to about 3 and one half capsules and there are three teaspoons in one tablespoon so one tablespoon would equal about 10 capsules.

This dose can be reduced if you are healthy and if you are in a summer climate with warmth and sun exposure.

If you start the fish oil and notice that one or more of the above symptoms improve that is a very good sign.

If after a time on the fish oil your symptoms return for no apparent reason, that is a good clue that you are taking too much fish oil and should stop for a short while to help your body eliminate the oil and then resume at a lower dose.

Unlike vitamins and minerals whose intake is usually relatively constant, the amounts of essential fatty intake is quite variable so following the above will help fine tune your dose so you can fully benefit from the true miracle health benefits that fish oils provide.

## **Beginner Plan: Beverages**

Let's start with the most important element of your diet: Water! Water makes up more than 70 percent of your body's tissues and plays a role in nearly every body function from regulating temperature and cushioning joints to bringing oxygen to the cells and removing waste from the body. Therefore, it's vital to pay attention to what you drink.

### **Lesson 1: Drink 1 quart of water for every 50 pounds of body weight per day.**

Drinking enough water is one of the most simple, basic, and important health steps you can take.

Your body needs 1 quart of water per 50 pounds of body weight to function at an optimal level. If you normally don't drink enough water, you'll have to build up your water intake gradually to prevent running to the bathroom every few minutes.

Your bladder will adjust to this level after a short period of time, and you can keep increasing your water intake until you reach optimal levels. Try increasing your intake on this schedule:

- **Week 1:** Drink 1 quart of water per day.
- **Week 2:** Drink 1.5 quarts of water per day.
- **Week 3:** Drink 2 quarts of water per day.
- **Week 4:** Drink 2.5 quarts of water per day.
- **Week 5:** Success! 3 quarts of water per day (adjust according to your weight).

If you drink the recommended amount of water, you can easily avoid dehydration, which can have profound effects on your health. Dehydration can cause:

- Fatigue
- Dry skin
- Headaches
- Constipation

### **Lesson 2: Drink your water at the right pace.**

It's important to sip water all day long. Depending on your size, your body can only process a bit more than a glass of water per hour. If you drink much more than this at one sitting, the extra water will not be used, but merely flushed down the toilet bowl. So keep your water bottle with you all day long. This way you can confirm precisely how much water you are drinking.

### **Lesson 3: Drink healthy water.**

Healthy water? I bet you thought all water was healthy! Don't be tricked! Healthy water is only water that has been treated to avoid contamination. Nearly all municipal water supplies have chlorine and fluoride added. Europeans have known for many years that fluoride is toxic and have long since removed it from their water supplies. Be sure and obtain a filter to avoid chlorine and fluoride. Unhealthy arsenic levels are in about 5 percent of the water supplies and can cause you health problems.

Additionally, thousands of tons of drugs are flushed down the toilet, and many wind up in your water supply, as most filtration plants aren't designed to remove them.

There are several ways to obtain healthy water in your home:

- **Buy bottled spring water.** This kind of water is acceptable, but it's expensive and also negatively impacts the environment.
- **Avoid distilled water.** While this is a controversial area in natural medicine, I believe there is enough evidence to recommend avoiding distilled water as it has the wrong ionization, pH, polarization and oxidation potentials. It will also tend to drain your body of minerals.
- **Filter your water.** There are two main types of filters that I recommend:
  - **Carbon filters:** These work well to remove impurities but may not remove fluoride. I highly recommend the PUR Faucet Mount Water Filter. Another recommendation of mine is the GE Smart Water, which was top rated in Consumer Reports December 2002.
  - **Reverse osmosis:** This type of system removes most impurities and is suggested at the intermediate level.
- **Store your water safely.** Try not to purchase the one-gallon cloudy plastic (PVC) containers from your grocery store as they transfer far too many chemicals into your water. The five-gallon containers and the clear bottles (polyethylene) are a much better plastic and will not give the water an upalatable plastic taste.
- **Find an economical solution:** Pur and Brita are two high-quality and leading brands in water filtration. PUR Faucet Mount Water Filter is a solid and economical choice, while Brita water filtration pitchers are also a good choice (Brita filters costs approximately 24 cents per gallon, while bottled water costs about \$1-2 per gallon!)

#### **Lesson 4: You can use lemon juice to add a bit of flavor and normalize your body's pH level.**

You can add lemon juice to your water occasionally to help flavor it and normalize your body's pH if you're too acidic. However, be careful not to use the lemon juice continuously or you run the risk of developing an allergy to it.

#### **Lesson 5: Assess your water delivery system.**

If you have a water softener, you need to divert the softened water away from the kitchen tap to a reverse osmosis system. If you have municipal water you will also want to add a filter to your shower to remove the chlorine, as this exposure could actually be greater than exposure from drinking your water. If you are on your own well, this is not necessary.

#### **Lesson 6: Monitor all other fluids.**

- **Coffee and tea:** In this level you can have unlimited coffee and tea unless you are pregnant. Caffeine has clearly been associated with pregnancy complications and should be avoided by all pregnant women. If you struggle with insomnia or anxiety, please avoid all caffeine.
- **Alcohol:** Beer, wine, and distilled spirits are allowed in moderation. Moderate alcohol intake is defined as a 5-ounce glass of wine, a 12-ounce beer or 1 ounce of hard liquor with a meal. You will have to count these as carbohydrates, however!

- **Juices:** Fruit juices are also allowed in the beginning level, but you should seek to limit them as much as possible as they contain large amounts of sugar.
- **Avoid all soft drinks!** I don't ever advocate drinking any soft drink for any reason. There isn't any reason for anyone to drink soft drinks. This is one of the easiest things to change. An interesting fact: for every can of soda that a child drinks per day, his or her risk of obesity increases by 60 percent.

### **Further Reading:**

- Drink More Spring or Filtered Water to Improve Every Facet of Your Health
- Two-thirds of Americans Don't Drink Enough Water

## **Beginner Plan: Supplements**

**It is my goal to limit supplements.** I believe you can obtain most of the nutrition you need from wholesome food. There are some exceptions, but it is quite rare where someone really benefits from a shopping bag full of supplements.

### **Lesson 1: Chromium may help sugar cravings.**

If you have problems with sugar cravings, some people have found chromium to be useful to control it. However, please be aware that it is far more likely that your sugar cravings are related to consuming extra carbohydrates or emotional issues that can be treated with psychological acupressure tools like EFT.

### **Lesson 2: Avoid iron in your supplements.**

Please avoid iron in all your supplements unless your serum ferritin is decreased. It is rarely needed and can be quite toxic. Even then I would advise against supplemental iron unless you can't eat red meat. If you must take supplemental iron please make sure it is carbonyl iron as that is the safest form currently on the market.

### **Lesson 3: Carefully evaluate your need for a multi-vitamin.**

Multiple vitamins are generally not necessary if you are eating a healthy diet, but you may want to take a multiple vitamin until you progress to a higher level.

### **Lesson 4: Make sure you get enough vitamin D.**

Vitamin D is a fat-soluble vitamin. It's found in food, but also can be made in your body after exposure to ultraviolet rays from the sun. The major function of vitamin D in your body is to maintain normal blood levels of calcium and phosphorus. During the summer months, you will get enough vitamin D from just spending some time outside every day.

In the winter months, though, you will most likely not get enough vitamin D if you don't live in place that is sunny a lot of the time (such as the southwest U.S.). In that case, I strongly recommend cod liver oil, which is high in vitamin D and omega-3 (an essential fatty acid most Americans are in dire need of) -- because cod liver oil can vary greatly in quality, I have researched multiple brands and offer the highest quality cod liver oil in the "Recommended Products" section of the site.

### **Lesson 5: Be careful with Tylenol.**

If you take Tylenol regularly, you should be on N-acetyl cysteine to prevent organ damage.

## **Lesson 6: Smell your vitamins.**

It is important to smell your vitamins. If they smell bad, you should not take them. It is your body's signal that they are not good for you.

If you do take many supplements, a convenient way to store and transport your supplements is a small fishing tackle box (available at sports stores).

## **Lesson 7: If you are on the go, consider "supplementing" with a convenient but real food source.**

While nothing can substitute for the health benefits of real vegetables, I do understand that sometimes people's hectic lifestyles simply make consuming the proper meals impossible, especially if you are into the healthy habit of vegetable juicing. I would first urge you to reevaluate the prime importance of your health and try to prioritize your healthy eating accordingly -- when it comes down to it, health is the basis of life, as it provides energy, longevity, avoidance of disease, and the ability to focus on other areas, so what is really more important than eating properly?

Still, for those times when you know you cannot sit down to a proper meal, there are a few healthy substitutes on the market that, because they are not vitamins at all but instead actual convenience foods, cannot technically be defined as "supplements." These foods often come in powder or other convenient formats. I have used a number of these -- you can find a selection at any health food store -- but still have found only one that I trust, and can highly recommend to you: Living Fuel.

Living Fuel, which you can find in my "Recommended Products" section, is a highly nutritious "superfood" consisting of multiple natural ingredients. It comes in a convenient powder format, making it an ideal substitute for those times when you are truly on the go and cannot sit down to a healthy meal. Again, I do not advocate always using it in place of healthy meals -- there are properties in raw vegetables and other whole foods that simply cannot be replicated in any processed food -- but products like Living Fuel Rx are a much better option than not eating healthy at all. (What's more, some people also routinely mix Living Fuel Rx into their favorite recipes, or sprinkle it on top of salads, to ensure they are achieving maximum health.)

## **Beginner Plan: Lifestyle Changes**

Along with all the dietary changes you are making, there are some basic changes to your lifestyle that will help you along the path to optimal wellness.

### **Lesson 1: Practice techniques, such as EFT, to control anxiety and stress, eliminate self-doubt and negativity, and instill self-control and peace of mind.**

(If you haven't already focused on this repeated Lesson from the Beginner phase, it is important to focus on this now.)

There is no greater enemy to your physical health than a negative self-image or high stress. Many people initially succeed at implementing a diet -- whether it is to lose weight, heal a disease, or strengthen their body against sickness -- but then fall back to the old habits... and therefore, the "old" body. Why? Because the emotional barriers were never overcome in the first place.

To truly succeed at this nutrition plan, I highly recommend you work on overcoming your emotional barriers, whether they're based on life's anxiety-factors or emotional traumas.

There are a host of techniques to instill positive emotions and thoughts and create a sense of inner-peace, and the best rule is to find the one that works for you, whether it is considered traditional or "alternative," and keep on using it. In my clinical practice, I have tried a variety of methods, and have been exposed to many more (both traditional and alternative) through my medical background, but none have come close to the success rate I have experienced with the "Emotional Freedom Technique," or EFT.

I highly recommend you at least give EFT a try. EFT is a form of psychological acupuncture that, while it appears a bit unusual to some at first, can almost seem miraculous in its ability to erase negative emotions and instill positive ones.

With EFT, while mentally focusing on the psychological/emotional issues in a positive manner through the use of affirmations, pressure is applied to the same energy points used for thousands of years in acupuncture (these energy points are finally even being recognized as legitimate by the pharmacy- and surgery-addicted American medical establishment.) These energy points are only tapped, though, not punctured as in acupuncture, as it has been shown that pressure on these points is all that is necessary to activate the body's bioenergy. This combination of positive mental focus on the issue(s) and physical stimulus to the body's biochemistry is amazingly effective at eliminating the issue -- be it stress, cravings, trauma, etc. -- quickly.

I routinely use EFT in my practice and I highly recommend it for optimal your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

#### **EFT is very easy to learn, and will help you:**

- **Remove negative emotions**
- **Reduce food cravings**
- **Reduce or eliminate pain**
- **Implement positive goals**

You can learn how to start using EFT on yourself and those close to you right now with my free online EFT Manual. For the most in-depth approach to using EFT routinely in your life, consider my EFT series on DVD or VHS; this series also comes with my complete nutrition plan discussion that includes real-world demonstrations.

NOTE: This is the only lesson that will be repeated in each phase of my nutrition program, as it is crucial to long-term success.

#### **Lesson 2: Control your eating habits.**

- **Vary your foods.** It is important to avoid regularly having the same food every day of the week. However, if the food is uncooked and is good to consume for your metabolic type, this concept is not as critical.
- **Eat every two hours.** Most of us eat large amounts of grains and sugars that cause us to have large amounts of insulin circulating in our blood. When you stop eating grains your body will take several days to lower your insulin levels. In the meantime the high insulin levels will cause you to have many symptoms such as dizziness, confusion, headaches, and generally feeling miserable. If you eat every two hours for the first few days of your transition you will be able to avoid this temporary side effect. You will need to eat some protein, such as an egg, piece of chicken, turkey or fish, or some

seeds, along with a vegetable such as a piece of celery, cucumber or red pepper. This will help to prevent hypoglycemia and stabilize your blood sugar.

- **Eat more often during the day, rather than less often.** Even after your system has adjusted, it will be wise to eat four to six meals a day. Eating more frequently has been shown to normalize cholesterol levels. It will also help your adrenal glands better regulate cortisol levels.

### **Lesson 3: Make sure you always get a good night's sleep.**

To get a good night's sleep, it's important to sleep in complete darkness. I suggest:

- Get between seven to nine hours of sleep every night.
- Avoid before-bed snacks, particularly grains and sugars.
- Sleep in complete darkness or as close as possible.
- No TV right before bed.
- Avoid using loud alarm clocks.
- Keep the temperature in the bedroom no higher than 70%.
- Get to bed as early as possible. Our systems, particularly the adrenals, do a majority of their recharging or recovering during the hours of 11PM and 1AM.

For more information on these and other sleep suggestions, see my [Guide to a Good Night's Sleep](#).

### **Lesson 4: Start exercising, especially if you need to lose weight.**

At a bare minimum, everyone should exercise for 30 minutes per day. If you need to lose weight, it is important to exercise at least 60 minutes every day. Also note that, if you are diabetic, you will not be able to control your diabetes without exercise as part of your regime. If you are just beginning exercise, work up to 60 minutes slowly; you can combine several shorter exercise periods to reach your daily 60 minutes. There is a synergy with diet and exercise that is incredible. You will not be able to control diabetes without exercise.

Swimming is one of the best exercises on the planet, but if you are like most people your only option is swimming in a chlorinated pool. I strongly advise avoiding this since you will absorb more chlorine by swimming in a chlorinated pool than you would by drinking tap water for one week. Swimming in a lake, ocean or other natural water body is recommended. Peroxide (not bromine) is also an alternative for chlorine in your pool, and a product called Baquacil is available at most pool stores.

See [Exercise to Improve Your Body and Your Brain](#) for much more on my exercise recommendations, and to access an exercise table to plan and chart your progress. I also recommend you explore the following articles:

- [Short Periods of Exercise Add Up -- Includes my general recommendations](#)
- [Aerobic Exercise Better to Reduce Blood Pressure](#)
- [Routine Exercise Snuffs Out Common Colds](#)
- [Exercise Good for Depression](#)
- [Exercise Lowers Women's Breast Cancer Risk](#)
- [Sugar and No Exercise Increase Pancreatic Cancer](#)
- [Exercise and Cancer](#)
- [Exercise Reduces Ovarian Cancer Risk](#)
- [Exercise Decreases Death From All Causes](#)

### **Lesson 5: If you're smoking, don't quit now.**

I know, this sounds unusual. This is generally the first thing most health professionals ask you to do. What you may not know is that sugar is a far more dangerous influence to your health than cigarettes.

It is more important to stop eating sugar before you stop smoking. If you try to do both at once you will most likely fail. I want you to start feeling better before you even think about stopping smoking. I do recommend that everyone should stop smoking, but taking on the task of quitting should only be done once you have an optimal diet in place and you are already feeling good.

### **Lesson 6: Minimize drugs.**

Minimize the unnecessary use of drugs, and seek safe and effective alternatives when possible. Especially troublesome are antibiotics, anti-ulcer drugs, birth control pills OR estrogen for menopause unless you are having hot flashes. If you take Tylenol regularly, you should be on N-acetyl cysteine to prevent organ damage.

### **Further Reading:**

- Eating More Frequently May Lower Your Cholesterol
- Proof For Assertion that Sugar is More Dangerous Than Smoking
- Mercury Exposure as Potent as Smoking to Heart Disease Risk
- Aspirin, Like All Other Drugs, Can Be a Poison
- Antibiotics in Poultry
- 70% of All Antibiotic Use Is In Agriculture

## **Welcome to the Intermediate Nutrition Plan**

Once you have started to reap the benefits of the beginner phase and you have some time and practical experience under your belt, you will want to consider advancing to the intermediate level. This level is designed to move you even further toward optimum health so that you can harvest all of the delights and pleasures that come along with occupying a healthy body.

As covered in "Nutrition Plan: Getting Started," you need to make sure the following four factors have reached acceptable levels::

- Weight
- Blood sugar/ insulin level
- Cholesterol level
- Blood pressure

If they haven't, you either need to analyze your success at following the beginner recommendations, or find a trained health professional to help you figure out the piece of the puzzle that's missing (there are highly qualified physicians focused on natural health throughout the U.S. and much of the world -- often a call to your local health food store will set you in a good direction. If you live in the Midwest, or are willing to travel, you may want to consider becoming a new patient here at The Optimal Wellness Center.)

The suggestions in this level are not as "out there" as the advanced level, but they will take some getting used to. Revisit your personal plan and use the tools provided there to help you successfully assimilate all of the intermediate level recommendations.

Congratulations on making it to the intermediate level. My sincere wishes for your success with this intermediate level of my plan. Remember, radiant health is within your reach!

## **Intermediate Plan: Protein**

### **Lesson 1: Up the ante to organic eggs.**

Remember eggs? Now that you've reached the intermediate level, it's time to move up to organic eggs. Organic eggs don't have to be certified, so if you are fortunate enough to know someone who is growing chickens and controls the food and conditions, those eggs are typically better than organic store-bought eggs. However, if you only get one organic food it should be eggs. Non-organic eggs are acceptable, but less than optimal.

**An interesting fact about eggs:** You can increase your egg intake up to two dozen a week, as your cholesterol level won't increase.

The best way to prepare eggs is to not cook them at all.

Eggs are one of the richest sources of dietary cholesterol, so the way you cook them will influence the level of oxidized cholesterol in your blood. Oxidized cholesterol contributes to hardening of the arteries and increases your risk of heart disease.

High heat will promote this oxidation. Since there is iron in the egg white, when it combines with the egg yolk that will also oxidize the cholesterol. Scrambled eggs or omelets are one of the worst ways to prepare eggs.

The best way to prepare eggs is to not cook the egg yolk at all. In the advanced technique, you will want your yolks runny and intact until just prior to eating.

### **Lesson 2: Eliminate all fish from your diet, unless you know they have been tested and are free of harmful mercury.**

Fish, whether farm-raised or caught from the ocean or freshwater sources, should now be avoided, as almost all fish are contaminated with mercury, PCBs and DDT. The only exceptions to this rule are 1) sardines and anchovies, as they are small enough to have minimal contamination; 2) fish that you know have been tested and shown not to contain harmful levels of mercury and other toxins (I have been searching the market for safe sources of fish, perhaps those caught from more pristine water sources that may still exist, and will certainly make any announcements toward this end in my [free newsletter](#))

Instead of consuming fish, it is now best to obtain the important omega-3 fats with DHA and EPA fatty acids from fish or cod liver oil. Reputable fish oil/cod liver oil, like the Carlson brand I offer and highly recommend, is purified of mercury and all other contaminants and tested and certified by independent agents for that high purity.

### **Lesson 3: Get valuable omega-3 fats from your meat.**

Another way you can receive the necessary omega-3 fats is eating meat that is allowed to range free. Most wild game fit this description, but is not readily available for most us. Grass-fed beef or poultry are reasonable alternatives. Range-fed poultry is available from most health food stores or local farmers growing chickens.

You must also be careful when purchasing grass-fed beef at most stores. Many advertised grass-fed beef is not. Please remember: all cattle are grass fed, but the key is what they are fed during the months prior to being processed.

Cattle are routinely shipped to giant feedlots and fed corn to fatten them up. You will need to call the person who actually raised the cow, not the store manager, to find out the truth about your beef. The least expensive way to obtain authentic grass-fed beef is to find a farmer you can trust who is growing the beef, and then buy a half a side of beef from him. This way you save the shipping and also receive a reduced rate on the meat.

An inexpensive yet effective way to determine if the meat is really from a grass fed animal is to purchase the ground beef. Slowly cook the beef until done, drain and then collect all the fat. Grass-fed beef fat will be relatively thin compared to traditionally prepared ground beef. It will also be a liquid at room temperature as it has very few saturated fats.

However, most of us live in large urban areas and do not have the time for this process. Just as it would be ideal to have an organic garden and grow your own vegetables, most of us elect not to do that due to time or space limitations.

One great way to get grass-fed beef is through our online distributor, Grassfed Organics.

#### **Lesson 4: Avoid soy.**

Soy is the latest craze in health foods, but I recommend avoiding soy unless it is fermented or sprouted. Most soy is not a health food! Although it has many beneficial properties, it also has digestive enzyme inhibitors that will impair your ability to break down protein. It also contains phytic acid, which will bind minerals. Fermented soy (tempeh, natto and miso) and soybean sprouts don't have these problems. You should avoid tofu, soy protein products, soymilk and especially soy baby formula, which should never be used for infants.

Please visit my [soy information page](#) for more details. At this level you should avoid all non-fermented soy products. You can review the material on soy for further details on why this food should be avoided unless fermented. If you use protein powders, it's important to avoid soy protein.

#### **Lesson 5: Limit your nut and seed intake.**

Except for walnuts, almost all nuts have high levels of omega-6 fats, and if eaten in excess they can unbalance the ratio of omega-6 to omega-3 fats in your body. Unless you are already very healthy, it is important for you to limit your use of most seeds and nuts. Sprouting them would help somewhat, but unbalancing the omega 6:3 ratio can have profound negative health consequences for your body. Most all of us already have an excess of omega-6 fats in our diet.

#### **Lesson 6: Avoid dairy.**

It is clear that most people benefit from avoiding commercial milk that is loaded with hormones, pesticides and antibiotics. However, even if you are able to obtain organic milk that is free of these contaminants, you are still left with a food that is pasteurized and homogenized.

Pasteurization is done to protect you from potentially dangerous infections like TB and brucellosis, but it unfortunately changes the structure of the milk proteins, particularly casein, to a far more allergenic food and is a major reason why milk allergies are the number one form of food allergy.

In this level, you need to eliminate milk if you haven't already done so. You can have cheeses, particularly raw milk cheeses, if your body tolerates them well.

## **Lesson 7: Phase out protein powders, consider a healthier "convenience" food if necessary.**

In this level, consider phasing out protein powders as a regular source of food as they are highly processed and not "real" foods. If you are traveling and you know your only choice will be the terribly unhealthy hotel foods, instead consider taking a convenient food product with more extensive nutritious value such as Living Fuel. While nothing can substitute for real vegetables and the other whole foods advocated in this nutrition plan, Living Fuel Rx -- not only high in protein but almost every vitamin -- is certainly a better choice than protein powders, and an outstanding substitute when you simply cannot prepare your own meal. But if it is between only your protein powder and the terribly unhealthy hotel food (or the like), of course stick with your powder!

## **Intermediate Plan: Carbohydrates**

### **Lesson 1: Only eat quality vegetables.**

At the intermediate level, I recommend that all of your vegetables be organic. Organic varieties of vegetables will decrease your exposure to dangerous pesticides. Additionally, they have two to five times more nutrients as compared to non-organic vegetables. Most people agree that they also taste much better. It is important to remember though that nearly any non-organic vegetable is better than no vegetable at all.

### **Lesson 2: Avoid all grains.**

I believe that most people's health is improved by avoiding all grains. This also includes durham flour and semolina from which most pasta is made. You can obtain most of your fiber from vegetables, which is a far healthier choice. Additional foods to eliminate at this level are:

- **Corn:** It is best to stop all corn products, including popcorn and corn chips. Corn is not a vegetable but a grain! Corn and corn products are often difficult to digest and can contain mold toxins that can be very toxic for the body. Please avoid all foods with corn listed in the first five ingredients.
- **Potatoes:** Potatoes will raise insulin levels beyond what would be considered ideal in most people. If you do not have problems with weight, high blood pressure, diabetes, or high cholesterol, they can be used with a protein meal. Try to never have commercially prepared French-fries. They are an extremely toxic food, as they contain 100 percent trans-fatty acids.
- **Wheat:** The only grain food that sometimes works is sprouted grain bread. It will not work for most people, however, unless you need to gain weight and aren't sensitive to wheat.

### **Lesson 3: Start using Metabolic Typing.**

The purpose of the beginner plan is to normalize your metabolic biochemistry, and that involves addressing your specific nutritional needs in a unique and comprehensive way. You'll correct your imbalances with the small number of regulatory mechanisms that manage the vast number of biochemical reactions taking place in your body. If you haven't done so already, I highly recommend you read the book *Metabolic Typing* for a detailed explanation of the program.

Metabolic typing is a dynamic process that does far more than simply assign you to a broad, fixed category that roughly approximates your nutritional needs. It is a much more precise and flexible system of a series of simple self-tests that enable you to tailor your diet with accuracy; that is, you'll know what foods are good for your metabolic type -- you won't have to guess and see!

Since Metabolic Typing is not a static system, the process allows you to adjust your diet if your metabolism shifts. It is important to realize that your metabolic type isn't carved in stone.

#### **Lesson 4: Apply the Metabolic Typing system by completely removing all sugars and grains from your diet for at least one week.**

Most of us are addicted to grains, so this is best done as soon as you are ready to implement the approach. A gradual reduction just won't work for most people as your insulin levels will continue to increase. This means that your cravings for sugars and grains will be high, and you will not reap the benefits of lowered insulin levels.

It's important to normalize your insulin levels so you can remove the distorted signals your body has been giving you all these years. Once you are off all grains and sugars for a week, your body may tell you that you need to resume them, but most people benefit from remaining off of them for some time. You will know. Your body will make this very clear. If your energy level is dramatically improved and most of your health complaints are gone or significantly better, then this is a giant clue that you are on the right path. If you are not better, you will want to consider reintroducing small amounts of grains back into your diet.

#### **Lesson 5: Retrain your body's response to sweets.**

If you are overweight, you have likely trained your hormone system to respond very aggressively to sweets. As soon as anything sweet hits your mouth your body will instantly release insulin. This occurs even when it does not need it, such as when you are using low calorie sweeteners. Pavlov proved this principle over 100 years ago.

He began to feed his dogs in association with the ringing of a bell. After a certain time the dogs were shown to salivate profusely in association with the ringing bell even when the actual sight or smell of food was not present. Pavlov regarded this salivation as being a conditioned reflex and designated the process by which the dogs had picked up this reflex classical conditioning.

You have also experienced this conditioning. You've developed a link between your taste buds and your brain that will cause your body to produce insulin the moment you eat anything sweet, even if it is not grains or sugar. This will sabotage your efforts to lose weight successfully, as you will keep on having cravings for sugar and grains.

It's just a matter of re-educating your taste buds. It will be essential to have no sweets for few weeks; once you clean your palate of grains, foods will taste better than ever. You can use this as an opportunity to explore the use of spices and organic foods, as they typically taste much better once you eliminate your body's response to sugar.

#### **Intermediate Plan: Fats**

Since you've made many of the essential changes for fat consumption in the beginner phase, the intermediate phase instructions are quite simple:

- As I've said in the carbohydrate section for this level, never have commercially prepared French-fries. They are one of the most toxic foods you could eat. Most have 100 percent trans fatty acids.
- Eliminate margarines, as they are another source of trans fatty acids.

- You should regularly be consuming fish oil/cod liver oil by now, as it is one of the few and best sources of omega-3 fatty acids that most people are sorely lacking in their diet but are essential to optimal health.
- Olive oil is not only acceptable but highly recommended as it has a fat in it called squalene. This is a potent antioxidant and will protect the fish oil from going rancid (becoming oxidized) once it is in your body.
- Avocados, walnuts, egg yolks, coconut oil and butter are acceptable sources of fats.

**Please Note:** If you are a "Carbohydrate Metabolic Type," you will need about 15% of your diet as fat. If you are a "Protein Metabolic Type," you may need up to 50% of your diet as fat. This is why it will be important to understand what metabolic type you are.

If you have not been metabolically typed via a medical practitioner, I highly recommend you read the book *The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry* to help you understand your type.

Here is a very general guideline to follow in the meantime, though: the more you enjoy steak and feel good with it, the greater the percentage of fat you will need in your diet. If you feel wonderful as a vegetarian and comfortable with very little meat, then you will likely need much closer to only 15% of fat in your diet.

## **Intermediate Plan: Beverages**

### **Lesson 1: It's time to move up to a reverse osmosis water filtration system!**

Unlike most carbon filter systems, reverse osmosis will actually remove from the water the fluoride that most municipalities in this country add. Reverse osmosis will remove virtually all contaminants from the water, including fluoride, especially when combined with a pre- and post-carbon filtration system. You can obtain them locally from Home Depot or Coast Filtration (800-542-6723).

If you don't want to install a reverse osmosis system, you can often get water that has been filtered by reverse osmosis at health food stores. They provide containers, and you fill them right there in the store.

Try not to purchase the one-gallon cloudy plastic (PVC) containers from your grocery store as they transfer far too many chemicals into the water. The five-gallon containers and the clear bottles (polyethylene) are a much better plastic and will not give the water that awful plastic taste.

### **Lesson 2: Limit chemical exposure from your shower water.**

Most people do not recognize that their shower is a significant source of chlorine exposure. It is best to put a filter on your showerhead. If you take a bath, fill it up from the shower. The filters are \$29 (part #181128) at 800-642-2112. These are probably not necessary if you obtain your water from a well. Remember, you should have a reverse osmosis system for your drinking water if you have a water softener.

### **Lesson 3: Avoid flouride.**

Did you know that nearly all of Europe used to add fluoride to their water supply, but after they studied the issue more carefully decided to remove it?

In terms of beverages other than water, I would recommend starting to cut down and eliminate them. In the advanced phase, the only recommended beverages are water and breast milk for infants. To make it easy, choose one beverage to eliminate and focus on that for a month.

### **Further Reading:**

- [Drink More Spring or Filtered Water to Improve Every Facet of Your Health](#)
- [Americans Don't Drink Enough Water](#)
- [Flouride Recommendations Page](#)

## **Intermediate Plan: Supplements**

### **Lesson 1: Get active bacteria into your diet.**

Live active cultures of lactobacillus, acidophilus and bifidus are important. These are the good inhabitants of the gut that help to control the yeast and bad bacteria that are also in your gut. Active cultures are living and therefore are best kept refrigerated. There are literally dozens of different types on the market and many of them simply do not work. I recommend Flora Source in my own office since it is a very effective, highly potent, multi-strain products.

It's best to take these products ONCE per day after drinking 1 glass of BOTTLED OR FILTERED water, or with some food. This reduces the acidity of the stomach and allows the powder to be more effective.

### **Lesson 2: You can use supplements to help relieve irregular bowel movements.**

Bowel movements aren't necessarily the most pleasant things to think about, but it's healthy to have two to three bowel movements a day. Ideally, they should be effortless, odorless and not sink to the bottom of the toilet bowl.

- **Flaxseeds:** My first choice would be to use freshly ground organic flaxseeds. You can use one to six tablespoons per day. Flax has water-soluble fibers that are similar to psyllium (Metamucil), which are very effective at relieving constipation. Additionally, it is a food and a source of beneficial omega-3 fats.
- **Magnesium:** This can be helpful to temporarily restore a healthy frequency of bowel movements. Start your dose at one 500 mg tablet or capsule twice a day. Malate is the preferred form, but glycinate and citrate also work quite nicely. You can increase this to four tablets twice a day (two grams) if necessary. You can go up to eight per day in divided doses for severe cases. Diarrhea is the only side effect of magnesium, and you can easily reduce the dose if this occurs.

It's important not to use magnesium on a long-term basis, as it will cause imbalances in the calcium/magnesium ratio in your body. If the magnesium does not work, you can use Aloe Vera capsules.

### **Lesson 3: Use vitamin E to maximize the benefits of fish oil and vitamin C to help with stress or the effects of heavy exercise.**

You may want to consider taking vitamin E (400 units a day) as this will help protect the omega-3 oils from being oxidized once you consume them. You might want to also consider vitamin C, especially around times of heavy exercise or stress.

If you are consuming one pound of vegetables for every 50 pounds of body weight, you will receive a large variety of antioxidants from the vegetables so it's not as important to take a vitamin E supplement.

## **Intermediate Plan: Lifestyle Changes**

### **Lesson 1: Practice techniques, such as EFT, to control anxiety and stress, eliminate self-doubt and negativity, and instill self-control and peace of mind.**

(To ensure your long-term success, this is a crucial step throughout this entire nutrition plan, which is why it is the only lesson repeated in each phase.)

There is no greater enemy to your physical health than a negative self-image or high stress. Many people initially succeed at implementing a diet -- whether it is to lose weight, heal a disease, or strengthen their body against sickness -- but then fall back to the old habits... and therefore, the "old" body. Why? Because the emotional barriers were never overcome in the first place.

To truly succeed at this nutrition plan, I highly recommend you work on overcoming your emotional barriers, whether they're based on life's anxiety-factors or emotional traumas.

There are a host of techniques to instill positive emotions and thoughts and create a sense of inner-peace, and the best rule is to find the one that works for you, whether it is considered traditional or "alternative," and keep on using it. In my clinical practice, I have tried a variety of methods, and have been exposed to many more (both traditional and alternative) through my medical background, but none have come close to the success rate I have experienced with the "Emotional Freedom Technique," or EFT.

I highly recommend you at least give EFT a try. EFT is a form of psychological acupressure that, while it appears a bit unusual to some at first, can almost seem miraculous in its ability to erase negative emotions and instill positive ones.

With EFT, while mentally focusing on the psychological/emotional issues in a positive manner through the use of affirmations, pressure is applied to the same energy points used for thousands of years in acupuncture (these energy points are finally even being recognized as legitimate by the pharmacy- and surgery-addicted American medical establishment.) These energy points are only tapped, though, not punctured as in acupuncture, as it has been shown that pressure on these points is all that is necessary to activate the body's bioenergy. This combination of positive mental focus on the issue(s) and physical stimulus to the body's biochemistry is amazingly effective at eliminating the issue -- be it stress, cravings, trauma, etc. -- quickly.

I routinely use EFT in my practice and I highly recommend it for optimal your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

#### **EFT is very easy to learn, and will help you:**

- **Remove negative emotions**
- **Reduce food cravings**
- **Reduce or eliminate pain**
- **Implement positive goals**

You can learn how to start using EFT on yourself and those close to you right now with my free online EFT Manual. For the most in-depth approach to using EFT routinely in your life, consider my EFT series on DVD or VHS; this series also comes with my complete nutrition plan discussion that includes real-world demonstrations.

### **Lesson 2: Take your time.**

It's very important to chew your food properly. Try to chew your food to a liquid form and then swallow it. This will predigest your food with the enzymes in your saliva. It will also provide neurological stimulation of your stomach and pancreas to increase their acid and digestive enzyme production. Avoid chewing gum for this same reason. Chewing gum will cause your body to be fooled and you will secrete valuable digestive juices unnecessarily. This will worsen your digestion and your health. It's also helpful not to talk while you are chewing your food as this interferes with optimal digestion.

### **Lesson 3: Don't drink too much water during your meals.**

Don't drink fluids with your meals if possible, as this will dilute the gastric digestive contents and make it more difficult to digest. A few sips of water during the meal would be fine.

### **Lesson 4: Keep your kitchen clean -- the non-toxic way.**

A food scientist at Virginia Polytechnic Institute and State University has worked out the recipe for a sanitizing solution. All you need is three percent hydrogen peroxide, the same strength available at the drug store for gargling or disinfecting wounds, plain white or apple cider vinegar, and a pair of brand new clean sprayers like the kind you use to dampen laundry before ironing.

- **Clean your veggies:** If you're cleaning vegetables or fruit, spritz them well with both the vinegar and the hydrogen peroxide, then rinse them off under running water. It doesn't matter which you use first -- you can spray with the vinegar then the hydrogen peroxide, or with the hydrogen peroxide followed by the vinegar. You won't get any lingering taste of vinegar or hydrogen peroxide, and neither is toxic to you if a small amount remains on the produce.
- **Get rid of e.coli:** The paired sprays work exceptionally well in sanitizing counters and other food preparation surfaces including wood cutting boards. In tests run at Virginia Polytechnic Institute and State University, pairing the two mists killed virtually all salmonella, shigella, and e. coli bacteria on heavily-contaminated food and surfaces when used in this fashion. This spray combination is more effective at killing these potentially lethal bacteria than chlorine bleach or any commercially available kitchen cleaner.
- **Clean your kitchen on a regular basis:** Be sure to regularly clean your kitchen countertops, sink drains, refrigerator handles and faucet handles. This should also be done immediately after you handle any raw meat.
- **Clean your sponges and dishcloths:** Clean your dishcloth and put your kitchen sponge in the dishwasher. You can also soak your sponge in a 10 percent bleach solution or the solution mentioned above. This will decrease your risk for acquiring food borne infection by over one million fold. If you use the bleach solution, please use gloves to limit your exposure to the toxic chlorine.

## **Welcome to the Advanced Nutrition Plan**

You've reached the most challenging level of my nutrition plan, but these recommendations will help you to be the healthiest person you can be. This is the level where you're most likely to encounter a cynical attitude from friends and relatives. They will tell you that you've gone over the edge! Most of the people who see me as patients are on this advanced nutrition plan as they have very serious health challenges, or they simply want to maximize their current health.

### **Two types of people should go to this level of the program:**

- Those who are totally committed to their individual health
- Those with advanced health problems

This level may be inappropriate for the vast number of people who are reading it. It should be reserved only for those with the most serious health challenges or for those who are absolutely committed to achieving the highest level of health possible. It will improve not only the length of your life, but the quality of your later years.

At this level, you should definitely incorporate Metabolic Typing you're your plan. If you have not done so already, I highly recommend you read *The Metabolic Typing Diet: Customize Your Diet to Your Own Unique Body Chemistry* for an in-depth understanding of this foundation to proper nutrition.

Normally, Intermediate Metabolic Type testing is sufficient for the majority of people (Note: This has nothing to do with the Intermediate level of this nutrition plan). However, if you have a serious condition such as osteoporosis or cancer, it would be wise to consider advanced metabolic testing.

Unfortunately, this is only done with a trained metabolic typing counselor and there just aren't enough to meet the current demand. This is not a major problem however, as the Intermediate test is part of the advanced testing, and you can incorporate the results of the Intermediate program until the Advanced results are available. The advanced level actually incorporates a number of different metabolic challenges, such as your body's response to a specific amount of glucose and potassium and also your blood pressure, temperature, urine and saliva pH values.

My best wishes for your success with this last stage of my program.

## **Advanced Plan: Protein**

### **Lesson 1: Refine your use of eggs.**

This is the last step with eggs: it's time to not cook your yolks at all, and use the entire egg raw. If you're concerned about salmonella, there is little reason to as only one in 30,000 eggs in the US are contaminated with salmonella. If you do get salmonella, a relatively benign, self-limiting illness, it is easily treated in most people with some good bacteria. Most people in this level have a good enough immune system to counteract salmonella, so this isn't likely to be a problem. Please read my extensive recent article on using raw eggs.

### **Lesson 2: Stop all dairy products.**

For most people it's very important to stop all commercial milk products. Not all people need to stop dairy, but most people seem to benefit from cutting it out of their diet. I recommend that you avoid dairy for a few weeks to see if your health symptoms improve. Avoid commercial milk products like:

- Acidophilus milk

- Cheese
- Ice cream
- Lactaid milk

Also avoid non-milk products that are problems for other reasons:

- Rice milk
- Skim milk
- Soy milk

Please note that many people can tolerate raw milk (non-pasteurized), and in fact, it is a strong producer of health for many. However it's difficult to obtain and you would need to purchase this directly from a dairy farmer as it is illegal to sell commercially in most states.. Cheese may be acceptable unless you have a severe dairy allergy. Raw milk cheeses are better and generally available in health food stores as they are legal to purchase.

### **Lesson 3: Don't consume any pork products -- there are better meat choices.**

Pigs are scavenger animals and are frequently contaminated with parasites that aren't removed through the cooking process. It would be best to avoid all ham and pork products. Pork can be heavily contaminated with mold spores in its fat and is also used in labs to culture cancer cells, because it increases their growth.

Bison and ostrich are two of the absolute best meat options, as they are both very healthy, taste absolutely fantastic, and are available as free-ranged with no antibiotics or hormones; both are now available in my "Recommended Products" section, or you can sometimes find them in select health food and grocery stores. Grass-fed beef is another excellent option, and venison and lamb are also good options since they are game animals and generally have few pesticides. Chicken and turkey are also acceptable.

### **Lesson 4: Eliminate shellfish.**

I advise people at this level to avoid and eliminate all shellfish (lobsters, crabs, shrimp, etc) since they are scavengers, and so are frequently contaminated with parasites and viruses.

### **Lesson 5: If you haven't already done so, phase out protein powders; consider a healthier "convenience" food if necessary.**

If you did not do so in the intermediate phase, you should now very seriously consider phasing out protein powders as a regular source of food as they are highly processed and not "real" foods. (You should definitely not consume soy protein powders at this point.) If you are traveling and you know your only choice will be the terribly unhealthy hotel foods, instead consider taking a convenient food product with more extensive nutritious value such as Living Fuel. While nothing can substitute for real vegetables and the other whole foods advocated in this nutrition plan, Living Fuel Rx -- not only high in protein but almost every vitamin -- is certainly a better choice than protein powders, and an outstanding substitute when you simply cannot prepare your own meal. But if it is between only your protein powder and the terribly unhealthy hotel food (or the like), your powder is still the better choice!

### **Lesson 6: Avoid peanuts**

Peanuts are especially problematic, as they have no omega-3 and distort your omega 6:3 ratio and are frequently contaminated with pesticides.

## **Advanced Plan: Carbohydrates**

### **Lesson 1: Recognize if you are addicted to sugar and modify your diet accordingly.**

At this advanced level, you need not be obsessive about sugar; if sugar is the fourth or fifth ingredient in your food, that's acceptable. Many people, however, need to avoid sugar permanently for optimal health. Sugar addiction is similar to alcohol addiction in that it requires total abstinence.

One tool I find very useful to help curb sugar cravings is EFT. Limiting sugar is critical to your optimal health. Eating refined sugar weakens your immune system and promotes yeast overgrowth. All non-diet (regular soda) pops have 8 teaspoons in each can. Most packaged cereals have sugar as their major ingredient.

### **Lesson 2: If you really want sugar, raw honey is the best substitute.**

If you must have some sugar, raw honey (not from the grocery store) would be the best choice and is best eaten with a large meal, not alone or between meals.

### **Lesson 3: Avoid these sweeteners:**

- Anything sweetened with fruit juice
- Beet sugar
- Brown rice syrup
- Cane sugar
- Corn sugar
- Corn syrup
- Date sugar
- Dextrose
- Fructose
  
- Honey
- Lactose
- Maltodextrin
- Maple syrup
- Molasses
- Ice milk
- Succanat
- Sucrose
- White grape juice

When in doubt about the sugar content of a food you can always look at the list of ingredients and see how many grams of carbohydrates are listed. Unless the carbohydrates are from above ground vegetables you should be concerned that they represent sugars that could alter your insulin levels.

## **Advanced Plan: Beverages**

It's now time to eliminate all beverages except water (breast milk for infants). Water is definitely the only beverage you should have at this level. To achieve this, follow the lessons below.

### **Lesson 1: Eliminate coffee.**

You may know intuitively that coffee is not the best fluid to drink but not really understand why. Here are several reasons to eliminate coffee from your diet:

- Coffee beans are frequently grown outside of this country. Therefore, we have limited controls on the use of pesticides where the beans are grown. Coffee beans are known to be high in pesticides.
- Coffee will interfere with your cells' ability to use water.
- Coffee has been shown to raise cholesterol, worsen your insulin control, contribute to rheumatoid arthritis and stroke, damage your blood vessels, increase risk of heart disease and contribute to miscarriage.

If you are struggling with food changes, you can leave coffee at the bottom of the list. However, quitting coffee should be one of your goals. Coffee should never be consumed if you are pregnant or have high blood pressure, insomnia or anxiety.

**Here are a few tips to help reduce the chance of harmful effects until you can completely eliminate it:**

- **Use organic coffee.** : Coffee is a heavily sprayed crop, so drinking organic coffee might reduce or eliminate the exposure to toxic herbicides, pesticides and fertilizers. The only drawback is that the countries where coffee is produced probably have less control and monitoring for compliance to organic practices. You will also be helping to protect the health of the people working in the coffee fields, as you will be helping to reduce their toxic exposure as well.
- **Try "Swiss Water Process" decaf.** If you are going to drink decaffeinated coffee, be sure that it uses a non-chemical based method of decaffeination. The "Swiss Water Process" is a patented method and is the best choice. Most of the major brands are chemically decaffeinated, even if it says "naturally decaffeinated" right on the container. If you are unsure of the methods, contact the manufacturer.
- **Avoid sugar and milk.** These are actually much worse for you than the coffee itself. Don't compound the detrimental health effects by adding milk or sugar to your coffee.
- **Only use unbleached filters.** If you use a "drip" coffee maker, be sure to use non-bleached filters. The bright white ones, which most people use, are chlorine bleached and some of this chlorine will be extracted from the filter during the brewing process.

**Lesson 2: Eliminate all forms of alcohol, beer, wine and hard liquor.**

While moderate wine consumption -- one to two glasses per day -- can have health benefits, all alcohol use impairs driving performance and can pose significant health and safety risks. I don't normally recommend it for most people. I believe alcohols should be reserved for people who are at no risk of alcohol addiction and have already achieved optimal wellness, and therefore have their carbohydrates (sugars and grains) under control.

**Lesson 3: Eliminate fruit juices and sports drinks.**

Store-bought fruit juices are frequently contaminated with mold and therefore we should avoid them. They also contain a large amount of refined carbohydrates. Each 12-ounce glass of juice has about the same amount of sugar (8 teaspoons) as a 12-ounce glass of soda, even if no sugar is added.

Sports drinks, such as Gatorade, must also be avoided.

## **Advanced Plan: Supplements**

### **Lesson 1: Make sure you are getting enough vitamin D.**

Milk is a major source of vitamin D for many people. As you've stopped eating commercial milk and milk products, make sure you are getting enough vitamin D from other sources. Please read the [section on vitamin D](#) so you will be certain to obtain enough of this essential vitamin.

Vitamin D is a fat-soluble vitamin. It's found in food, but also can be made in your body after exposure to ultraviolet rays from the sun. The major function of vitamin D in your body is to maintain normal blood levels of calcium and phosphorus. During the summer months, you will get enough vitamin D from just spending some time outside every day.

In the winter months, though, you will most likely not get enough vitamin D if you don't live in place that is sunny a lot of the time (such as the southwest U.S.). In that case, I strongly recommend cod liver oil, which is high in vitamin D and omega-3 (an essential fatty acid most Americans are in dire need of) -- because cod liver oil can vary greatly in quality, I have researched multiple brands and offer the highest quality cod liver oil in the "Recommended Products" section of the site. It is possible to overdose with vitamin D, so avoid taking it when you are having plenty of sun exposure and if there is any question about dosing I strongly advise having your vitamin D level measured.

### **Lesson 2: Consider adding vitamin E.**

Although the vast majority of people seem to benefit from vitamin E, that certainly is not universally true. For most it seems a reasonable supplement to take at about 400 units as it has reduces the rate of fat oxidation. However a recent study suggested that if you consume plenty of vegetables, the antioxidants in the vegetables may provide as much or more protection that vitamin E.

### **Lesson 3: Make sure you are getting enough calcium.**

If you are off all milk products, you should consider a calcium supplement. Vegetable juice has plenty of calcium, and if you take it with cod liver oil the vitamin D will help you absorb all the calcium you need. If you are unable to drink the vegetable juice and you can tolerate citrus fruits, you can use calcium citrate as your calcium source. If you are a protein Metabolic type calcium is an especially important supplement for you and you may want to consider a regular supplement unless you are consuming raw dairy.

### **Lesson 4: Learn about lipoic acid.**

**I am not fond of recommending supplements routinely, but I do believe that antioxidants make sense for many of us.**

Clinically, lipoic acid seems to be a useful supplement in treating hepatitis C. It can also be used for painful nerve conditions in diabetes, and there is suggestion that it might slow down the aging process through its reduction in free radicals.

I wish I had been aware of lipoic acid when I pursued my former and exclusive health passion, exercise. I am sure I caused considerable harm with some of the excessive exercising and running I did in the 70s and

early 80s. I did not take antioxidants at that time, and, worse still, I consumed plenty of whole grain bread and steel-cut oatmeal that further raised my insulin levels. I would have considerably more hair left, I suspect, if I had recognized the dual nature of excessive exercise. It can be a potent stimulus to good health, but it can also be overdone and actually accelerate the aging process.

I routinely take vitamin C and lipoic acid (100 mg) prior to my runs. Since they are primarily water-soluble they should be taken close to the time of exercise. Vitamin E can be taken once a day, or even once a week, as it is fat-soluble. Keep in mind I take these supplements as a form of insurance, as vegetables and red meat have plenty of lipoic acid and other nutrients like carnitine that are particularly helpful in burning fat.

Living Fuel, a nutritious superfood that is useful when vegetable juicing is not an option, such as when traveling, also includes lipoic acid.

## **ADVANCED PLAN: LIFESTYLE CHANGES**

### **EXERCISE TO IMPROVE YOUR BODY AND YOUR BRAIN**

Exercise is a critical component of good health, especially as you age. Exercise will help you:

- Sleep better
- Lose weight, gain weight, or maintain weight, depending on your needs
- Improve your resistance to fight infections
- Lower your risk of cancer, heart disease and diabetes
- Help your brain work better, making you smarter.

The key to obtaining the benefits of exercise is to find a program and stick to it. Of course, it is useful to have a guide, and toward that end I offer the recommendations below and an exercise table you can print out and use to help you track your progress.

Key points to remember when exercising:

**Listen to your body.** If exercise worsens symptoms, modify your program or, if need be, stop. As your energy and health improve, you will be able to tolerate larger amounts of the aerobic exercise, which will lead to weight loss.

It helps to hire a personal trainer who can guide you through the specifics of a good exercise program. If you do use a personal trainer please be aware that many don't understand the nutritional principles discussed on this site, and it is useful to ask them to read the nutrition plan to understand the healthy direction you are taking.

**Be consistent.** You need at least 30 minutes of exercise a day to experience any weight loss benefits. Major studies have shown that 60 minutes a day is actually best. Ideally, the exercise should be continuous, but it could be split up into two 30-minute sections.

**Start with walking if you are overweight.** Most heavy people start with walking and that is an excellent choice, as it is low-risk and inexpensive. The major problem with walking, however, is that many people become fit relatively rapidly but don't increase the intensity of the workouts as they become more fit. Once you become comfortable with a routine, it is important to increase the intensity in order to continue benefiting.

For more information on walking for fitness, see my article "Walk Your Way to Better Health."

**Increase your intensity regularly.** Ideally you should exercise at an intensity that makes it somewhat difficult to talk to the person next to you. This prevents you from having to measure your pulse or use a heart-rate monitor. If you can comfortably talk to the person next to you, you aren't working hard enough to produce the benefits you need to lose weight. However, if you are using so much oxygen with your exercise that there is not enough left over to allow you to carry on a conversation at all, then you are exercising too hard and need to cut back a bit.

**Try race-walking.** When outdoors, it is sometimes difficult to walk fast enough to get to the necessary level of exertion. Try race walking -- Racewalk.com has an excellent section on teaching you how to do this. However, if you use a treadmill indoors you can easily increase the incline to improve the intensity of the walking.

**Try running.** If you feel ambitious you can advance to running, which is my personal favorite -- I have been a runner since 1968. It is one of the most efficient and inexpensive ways to stay healthy; the only equipment required is a good pair of shoes. If you do decide to run, please recognize that most shoes will not last more than six months. If you use them longer than six months you will increase your risk of injury.

One of the downsides of running is that you must depend on the weather to cooperate. You can always use a treadmill, of course, but that adds the expense of a health club or the equipment for your home. If you are elevating your program to this level and will invest in equipment, I believe that an elliptical machine is, for reasons explained below, far superior to the treadmill in providing an optimal aerobic exercise experience.

**Try an elliptical machine.** Elliptical machines are generally less expensive and far quieter than treadmills and provide a complete lower body workout by rotating the use of the different muscle groups on your legs. However, you will have to be sure to use the elliptical that can incline throughout various levels. Some models have a fixed base and handles that allow you to exercise your arms, but I believe it is more helpful to exercise the different leg muscles as they are much larger than your arm muscles.

I normally suggest adjusting the resistance setting and frequency of steps per minute so one is just short of not having enough breath to carry on a conversation. This is the aerobic threshold that will produce cardiovascular benefits.

The ellipticals are also great for reducing the boredom and monotony of exercise.

What I normally advise patients to do is to change the incline setting every minute or two by one notch. This will activate different leg muscles. I also suggest reversing the direction of the leg movement. With ellipticals it is equally easy to walk backwards or forwards. You can also avoid holding on to the sidebars, which will exercise your kinesthetic sense of balance.

**Be cautious.** If you are going to use exercise for weight loss, consider a weight bearing exercise. It has been my experience that non-weight bearing exercises like swimming and bicycling, are not as efficient or effective for weight loss. You will typically need to exercise four times as long in these activities to receive the same benefit of running or using the elliptical. Since most of us are seriously time pressured, these exercises become less valuable for most of us.

**Swim, but only in fresh water.** Swimming is one of the best exercises on the planet, working all the major muscles, but it poses the challenge of exposing you to the large amounts of chlorine that are in most swimming pools. However, you still have the option of swimming in the lake, river or ocean depending on the temperature of the water.

**Try bicycling, but be aware of safety measures.** If you decide to bicycle for health, study all bicycle safety measures and be aware of the high risk for serious injury compared with other exercise options. Always, of course, wear your helmet.

**Stick with it!** The fact that we need to exercise is not news to anyone. For those who don't exercise, it's not a matter of understanding its benefits, but far more so, finding the motivation to start -- and stay -- on a program. The big breakthrough is that we now have techniques like EFT, a form of psychological acupressure, that can facilitate our ability to start and successfully stick with a long-term exercise program. You can go to my free EFT manual to learn how to use this incredible tool.

Finally, it is also quite useful to map, plan and track your program to obtain long-term success; you can use this printable exercise table toward that end, or create your own chart.

**Lesson 1: Practice techniques, such as EFT, to control anxiety and stress, eliminate self-doubt and negativity, and instill self-control and peace of mind.**

(To ensure your long-term success, this is a crucial step throughout this entire nutrition plan, which is why it is the only lesson repeated in every stage.)

There is no greater enemy to your physical health than a negative self-image or high stress. Many people initially succeed at implementing a diet -- whether it is to lose weight, heal a disease, or strengthen their body against sickness -- but then fall back to the old habits ... and therefore, the "old" body. Why? Because the emotional barriers were never overcome in the first place.

To truly succeed at this nutrition plan, I highly recommend you work on overcoming your emotional barriers, whether they're based on life's anxiety-factors or emotional traumas.

There are a host of techniques to instill positive emotions and thoughts and create a sense of inner-peace, and the best rule is to find the one that works for you, whether it is considered traditional or "alternative," and keep on using it. In my clinical practice, I have tried a variety of methods, and have been exposed to many more (both traditional and alternative) through my medical background, but none have come close to the success rate I have experienced with the "Emotional Freedom Technique," or EFT.

I highly recommend you at least give EFT a try. EFT is a form of psychological acupressure that, while it appears a bit unusual to some at first, can almost seem miraculous in its ability to erase negative emotions and instill positive ones.

With EFT, while mentally focusing on the psychological/emotional issues in a positive manner through the use of affirmations, pressure is applied to the same energy points used for thousands of years in acupuncture (these energy points are finally even being recognized as legitimate by the pharmacy- and surgery-addicted American medical establishment.) These energy points are only tapped, though, not punctured as in acupuncture, as it has been shown that pressure on these points is all that is necessary to activate the body's bioenergy. This combination of positive mental focus on the issue(s) and physical stimulus to the body's biochemistry is amazingly effective at eliminating the issue -- be it stress, cravings, trauma, etc. -- quickly.

I routinely use EFT in my practice and I highly recommend it for optimal your emotional health. Although it is still often overlooked, emotional health is absolutely essential to your physical health and healing - no matter how devoted you are to the proper diet and lifestyle, you will not achieve your body's ideal healing and preventative powers if emotional barriers stand in your way.

**EFT is very easy to learn, and will help you:**

- **Remove negative emotions**
- **Reduce food cravings**
- **Reduce or eliminate pain**
- **Implement positive goals**

You can learn how to start using EFT on yourself and those close to you right now with my free online EFT Manual. For the most in-depth approach to using EFT routinely in your life, consider my EFT series on DVD or VHS; this series also comes with my complete nutrition plan discussion that includes real-world demonstrations.

## **Lesson 2: Be cautious about dental care.**

- **Root canals:** Be cautious of root canals as they can have many adverse consequences for your health.
- **Fillings:** "Silver" amalgam fillings are actually 50 percent mercury and have been shown to cause adverse health effects. If you want to replace your silver fillings, find a dentist who is specially trained to not release mercury into your body.
- **Crowns:** Avoid ceramic and porcelain crowns as they have metal in them. Request composites.
- **Sealants:** Avoid dental sealants for children, as they are potent cancer-causing xenoestrogens.
- **Avoid fluoride.** It should not be used in your toothpaste, water, as a supplement, or in your dental office. Fluoride is a metabolic poison and will actually damage your teeth. There is enough fluoride in a tube of toothpaste to kill a small child. That is why there is a warning label on the back of your tube of toothpaste!

## **Lesson 3: Eat the right salt (and the right amount!).**

In reality, most people are harmed by low-salt diets. However, you don't want to use your current table salt. Instead, obtain "real salt." The difference between conventional and "real salt" is that conventional salt is dried at over 1200 degrees Fahrenheit. This amount of heat changes the chemical structure of the salt. Also, conventional processing adds harmful additives and chemicals. When you do obtain "real salt," please use it liberally on your greens, such as kale, to decrease any bitter taste.

If you need to avoid salt, lemon crystals and lemon pepper are great replacements and give food a mouth-watering zing.

## **Lesson 4: It's time to stop smoking.**

You aren't consuming sugar, and your diet is very healthy overall. Now is the time to quit smoking. I highly recommend you read my free online EFT manual to discover how this remarkable psychological acupressure technique is ideal for eliminating addictions -- particularly, cigarette addictions, which have been shown to be associated with depression.

My free EFT manual provides an overview and lessons you can begin using right away; if, after reading the manual, you are interested in the most in-depth lessons on using EFT to help eliminate your addiction (and much more!), consider my EFT series on DVD or VHS.

There are, of course, myriad other methods to help you quit smoking, and if EFT does not appeal to you toward this end, I recommend you do your research and try what you believe will work for you. Fact is, at this stage in the nutrition program, not only will your body be craving this final and very important "fix," but the great increase in your energy and focus will make the battle to quit smoking much less of a battle!

### **Lesson 5: Get rid of your microwave.**

Microwaves can seriously deplete the nutrients in food. It's no surprise that microwave heating of food results in losses of nutrients because all heating methods have a similar effect. However, microwave heating appears to produce the greatest losses.

Microwaves are high frequency electromagnetic waves that alternate in positive and negative directions causing vibration of food molecules up to 2.5 billion times per second. This creates friction and heat that can destroy the fragile structure of vitamins and enzymes.

Microwaves may also cause pathological changes in your body. Once a food's structure is altered, it cannot perform the desired function in your body. Clinical studies show that microwave heating of milk or cooking of vegetables is associated with a decline in hemoglobin levels. These reductions may contribute to anemia, rheumatism, fever and thyroid deficiency. To learn more, read [The Hidden Hazards of Microwave Cooking](#).

### **Lesson 6: Consider not using antiperspirants.**

If you currently use antiperspirants, look and see if you notice a stain in the armpit area of your shirts. This is not due to your sweat but is from the aluminum in the antiperspirant. I don't recommend using conventional antiperspirants, as they are full of aluminum, which is a toxic substance. You can wash your armpits daily with soap and a washcloth as an alternative.

Normally, washing is sufficient to remove all traces of odor. If you still find odor to be a problem, store a small box of baking soda in your bathroom medicine box. Before each shower, pour a teaspoon of powder in your hand, close your hand with the baking soda and step into the shower. After you step into the shower, briefly let the shower water seep into your closed hand then apply the moistened baking soda to each armpit. You can then rinse the armpits and begin your regular shower routine.

If the above measures don't work, you could also use grain alcohol or vodka in a spray bottle and squirt it under your arms. This will kill the bacteria that causes odor. However, this should be a last resort, as when you shift your diet the types of bacteria growing there will change and then the odor will naturally decrease.

### **Lesson 7: Get the best nights of sleep possible.**

Getting a good night's sleep was covered in the Basic level of the nutrition plan, but, as it is so important to sleep in complete darkness, here are some further suggestions to implement now if you haven't already done so:

- Putting up window coverings that block all light.
- Do not turn on any lights during the night, even if you have to go to the bathroom. The smallest amount of light exposure during the night will impair melatonin production.
- Avoid grains. These may cause young children to grow up with impaired vision.

- Go to bed before 10 p.m. in order to normalize your adrenal cortisol levels.

For more information on a sleeping well, see my [Guide to a Good Night's Sleep](#).

### **Lesson 8: Let the sun into your life.**

With the invention of new technology, we are all spending more time indoors and out of the sun. We all should strive to have one hour of sunshine a day. From 11 a.m. to 1 p.m. the sun is the strongest. This is the time you should try to get outside in the winter. In the summer, you should be careful of your time outdoors in order to avoid sunburn. Sunburn, not sun exposure, can cause skin cancer. Noontime sun (for people in climates that are not tropical or subtropical) is the best. You just need to exercise caution with your exposure.

Sunlight into your retina is also a very important nutrient. You will get the full benefits if you do not obstruct the light with glasses or contacts.

Make sure you understand the risks of sun cancer versus your sunlight needs. Of course we should not get burned or look directly into the sun; but small amounts of daily sunshine on our skin and in our eyes is essential for good health! You can combine sun exposure with a brisk walk to satisfy your exercise requirements.

If you have problems that worsen in the winter, consider installing full spectrum lighting in your bathroom, kitchen, eating area and work environment. This will compensate for the loss of sun on your skin during the winter. They are also available for incandescent fixtures.

**One note:** Do not use neodium bulbs, as they are color-corrected and therefore don't qualify as full spectrum lighting.

### **Lesson 9: Avoid electromagnetic fields when possible.**

Please avoid low frequency (60 hertz) pulsating electromagnetic fields such as those found in electric blankets and waterbed heaters. Also, avoid electric razors and close exposure to any AC/DC transformer for appliances you plug into a wall, and do not carry keys that open your car doors with radio waves in your pocket.

Wearing metal on your body is something you generally want to avoid. If you are a woman who is wearing underwire bras, please consider removing the wire from the bra. This can be done by snipping the fabric and pulling out the wire. The wire can form an antenna attracting EMF fields and can actually increase your risk of breast cancer.

If you need the extra support that the wire provided, you can go to a fabric store and purchase some boning material, which can be gently heated in a flame to form it into the shape needed and then inserted back into the bra. Anything else that you use on the body, such as hair rollers, pins and clips, should also be changed to plastic.

### **Lesson 10: Analyze your use of hormones.**

If you are a woman having difficulties with your periods or are past the age of 50 or a man with prostate problems, you may want to consider natural progesterone supplementation. Dr. Lee's book, [What Your Doctor](#)

May Not Tell You About PRE Menopause, is an inexpensive paperback that goes into greater detail. The book covers all aspects of female hormones, not just menopause.

## **Juicing: Your Key to Radiant Health**

Congratulations! You have made some great changes to your life. The last step will be to implement a juicing plan. I am firmly convinced that juicing is the final key to giving you a radiant, energetic life and truly optimal health.

I've said this in the other levels of this nutrition plan, but it's so important I'll say it again: There are valuable and sensitive micronutrients that are damaged when you heat foods. Cooking and processing food destroys these micronutrients by altering their shape and chemical composition. In this advanced level, you avoid all processed foods and eat only organic vegetables and fruits unless not otherwise possible.

There are three main reasons why you will want to consider incorporating vegetable juicing into your health program:

- 1. You probably have a compromised intestine.** Most of us have compromised intestines as a result of less than optimal food choices over many years. This limits your body's ability to absorb all the nutrients from the vegetables. Juicing will help to "pre-digest" them for you so you will receive most of the nutrition rather than having it go down the toilet.
- 2. You need to eat one pound of raw vegetables per 50 pounds of body weight per day.** Vegetable juicing allows you to accomplish this, as you can eat more vegetables than you would normally. By incorporating the juice into your eating plan you will easily be able to reach this goal.
- 3. Nobody wants to eat that many salads.** If you eat the vegetables like a salad then you will be having far too many salads. This violates the principle of regular food rotation and increases your chance of developing an allergy to a certain food.

If you are new to juicing, it's best to start out with an inexpensive juicer. The benefit to this is that if you decide you do not want to continue you will not be out a large amount of money. There are some things to watch for, however. Inexpensive centrifugal juicers produce low quality juice and are very loud, which may contribute to hearing loss. They are probably fine for short-term use. My favorite juicer is the Omega 8003.

You can learn how to select a great juicer with my free report on juicer recommendations.

Many of my patients felt they would have a problem with juicing, but they found that it was much better than they thought it would be. This is partly related to the fact that you should only start by juicing vegetables that you enjoy eating non-juiced. The juice should taste pleasant and not make you nauseous.

It is very important to listen to your body when juicing. Your stomach should be very happy all morning long. If it is churning or growling or generally making its presence known, you probably juiced something you should not be eating. Personally, I've noticed that I can't juice large amounts of cabbage, but if I spread it out, I do fine.

Before we get started, I do want to mention a great product that helps me stay healthy when I don't have enough time to juice. This product is called Living Fuel Rx and in my opinion, is the best meal replacement you can find. This superfood is my constant companion when I'm on the road.

## BODY POLLUTION

### How to maintain your health and vitality through internal cleansing

By Dr. Lynn Hardy, ND, CNC director of the Global Institute For Alternative Medicine

Each year the average American consumes 150 lbs of sugar and 566 cans of soft drinks (“liquid candy”)<sup>(1)</sup>. According to the U.S. Department of Agriculture, that is equal to **“52 teaspoonfuls of added sugars per person per day.”**<sup>(2)</sup> Can you imagine yourself sitting at the kitchen table gobbling down 52 teaspoons of white sugar – every single day? Well, that’s exactly what most of us are doing without even realizing it!

### Why is every other American chronically ill?

Junk food consumption has increased drastically in the last few decades. Compared to 1981, in 2001 the average American consumed in one year: 45 large bags of potato chips - up 78%; 120 orders of French fries - up 130%; 190 candy bars - up 80%; 120 pastries or desserts - up 95%; 150 slices of pizza - up 143%<sup>(3)</sup>

What long-term effects may we expect from such progressive dietary degeneration? A new movie called *Super Size Me* documents precisely what physical and psychological changes take place when one consumes too much junk food. Last February, filmmaker Morgan Spurlock decided to become a human guinea pig by eating three meals a day for 30 days at McDonald’s. The film centers around the impact this had on his health and life. As reported by the *New York Post* on January 22, 2004.:



“Scores of cheeseburgers, hundreds of fries and dozens of chocolate shakes later, the formerly strapping 6-foot-2 New Yorker - who started out at a healthy 185 pounds - had packed on 25 pounds. But his supersized shape was the least of his problems. Within a few days of beginning his drive-through diet, Spurlock, 33, was vomiting out the window of his car, and doctors who examined him were shocked at how rapidly Spurlock's entire body deteriorated.

‘It was really crazy - my body basically fell apart over the course of 30 days,’ Spurlock told The Post. His liver became toxic, his cholesterol shot up from a low 165 to 230, his libido flagged and he suffered headaches and depression.”<sup>(4)</sup>

### Toxins “stimulate neurons to death”

Junk foods and soft drinks contain dangerous additives, chemicals, and many are laced with excitotoxins “found in such ingredients as monosodium glutamate [MSG], aspartame (NutraSweet<sup>®</sup>), cysteine, hydrolyzed protein, and aspartic acid”. Excitotoxins are **“substances added to foods and beverages that literally stimulate neurons to death, causing brain damage of varying degrees.”**<sup>(5)</sup>

No one’s put it better than nutritionist, Carol Simontacchi, in her best-selling book *The Crazy Makers*: **“Food industries wantonly destroy our bodies and our brains, all in the name of profit.”**

Our health has become a victim  
of someone else’s profit margin

No wonder nearly half of the U.S. population has at least one chronic condition, and 60 million have more than one.

### How to maintain health and vitality?

Understanding that our quality of life is determined by our daily choices, we have the power to improve our health and well-being quickly and dramatically. Optimum nutrition is a key factor, but our health depends not only on what nutrients we eat, but how much of those nutrients are absorbed and how well and regularly the body's waste products are eliminated.

**“Through my 25 years in medical practice and health care...I have come to believe that the cleansing/detoxification process is the missing link in Western nutrition and one of the keys to real healing. I have seen hundreds of patients over the years transform regular or persistent illness into health and greatly improved vitality.”** – Elson M. Haas, M.D. founder and medical director of the Preventive Medical Center of Marin and author of several popular health books

With the proper use of cleansing and detoxification we can maintain health and vitality, even as we age.

### Where to start?

Any cleansing program should begin in the colon, the last portion of the digestive system. The colon's job is to compact the chime, absorb water, and receive B-vitamins that are produced by healthy intestinal bacteria. One of the most renowned nutrition experts in the world, Dr. Bernard Jensen, D.C., Ph.D., author of many popular health books, states:



click to enlarge

**“In the 50 years I've spent helping people to overcome illness, disability and disease, it has become crystal clear that poor bowel management lies at the root of most people's health problems. In treating over 300,000 patients, it is the bowel that invariably has to be cared for first before any effective healing can take place.”<sup>(6)</sup>**

We could actually compare the function of the colon in our bodies to a sewer system in a large city. Just imagine for a second what would happen if the sewers in our area became clogged by some debris. Undoubtedly, within a short time the whole neighborhood would be filled with filth and an unbearable stench. This is the same process that occurs in our bodies when the elimination system is not functioning properly. When the colon is clean and healthy, we experience an overall well-being. When it is congested with stagnant waste, poisons back up into the system and pollute the inner environment. This is called autointoxication or self-poisoning.

### Signs of self-poisoning

In her best-selling book, *Internal Cleansing*, Dr. Linda Berry, a chiropractor and clinical nutritionist, summarizes the symptoms of self-poisoning.

“If you experience any of the following symptoms, you may be experiencing autointoxication (a process whereby you are poisoned by substances produced by your own body as a result of inadequate digestion and elimination), and therefore you might want to consider some type of internal cleansing program:

- Allergy or intolerance to certain foods
- Bad breath and foul-smelling gas and stools

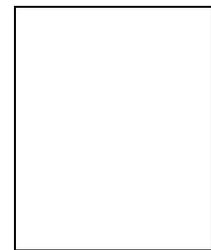
- **Constipation, diarrhea, sluggish elimination, irregular bowel movements**
- **Frequent congestion, colds, viruses**
- **Flatulence or gas and frequent intestinal disorders**
- **Frequent headaches for no apparent reason**
- **General aches and pains that migrate from one place to another**
- **Intolerance to fatty foods**
- **Low energy; loss of vitality for no apparent reason**
- **Lower back pain**
- **Lowered resistance to infections**
- **Needing to sleep a long time**
- **Pain in your liver or gall bladder**
- **Premenstrual syndrome (PMS), breast soreness, vaginal infections**
- **Skin problems, rashes, boils, pimples, acne**

If you have severe symptoms or any serious disorders, seek the attention of a competent health care provider. The above list is only meant to indicate some of the symptoms of auto-intoxication. Anyone who has been on a Standard American Diet for more than two years would benefit from periodic cleansing, especially if you live in an urban area.”<sup>(7)</sup>

Every cell of our body is affected by self-poisoning. When the toxins accumulate in the nervous system, we feel irritable and depressed. We feel weak if they back up into the heart, bloated if they reach the stomach and our breath is foul if they reach the lungs. If the poisons try to escape through our skin, rashes and blotches develop, or we look pale and our skin appears wrinkly. If the toxins make it to the glands, we feel fatigued, lethargic, our sex drive may cease and we appear to look much older than our actual age.

### **Constipation – common sign of a toxic colon**

The most common sign of a toxic colon is chronic constipation. Constipation is commonly defined as a condition where the fecal matter is so tightly packed together that bowel movements are infrequent and incomplete, causing much difficulty and straining, and producing dry, hardened feces. The accumulation of this old, hardened feces sticks to the walls of the colon, inhibiting its proper function of absorbing the remaining nutrients. Instead it is forced to absorb the toxins from the build-up and fight the parasites that make this debris their breeding ground. The passage through which the feces are forced to travel is also greatly reduced in diameter so the stools become much narrower, even as thin as a pencil sometimes. In our society, bowel movements of the chronically constipated may be looked upon as normal. But going to the bathroom once every few days, sitting there straining for half an hour and passing black, hard pebbles that drop to the bottom is not only abnormal, it is also serious trouble waiting to happen.



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### **Diverticulosis and Diverticulitis**



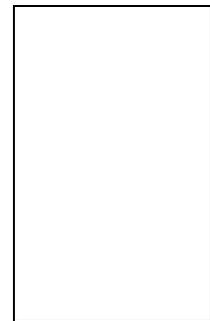
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Many people have small pouches in their colons that bulge outward through weak spots, like an inner tube that pokes through weak places in a tire. Each pouch is called a diverticulum while the condition is called diverticulosis. About 10 percent of Americans over the age of 40 have diverticulosis. The condition becomes more common as people age. About half of all people over the age of 60 have diverticulosis. When the pouches become infected or inflamed, the condition is called diverticulitis<sup>(8)</sup> The main cause of diverticular disease is a low-fiber diet.

## The role of fiber

Our widespread colon problems begin with our unhealthy Western diet that is deficient in plant fibers. Fiber is indispensable in maintaining a healthy colon. A person with a healthy colon should in fact have two to three bowel movements per day. With the help of fiber, elimination should be complete, fast and easy. (See transit time graph.)

Dietary fiber plays a crucial role in the proper function and maintenance of the colon. “Increasing the amount of fiber in the diet may reduce symptoms of diverticulosis and prevent complications such as diverticulitis. Fiber keeps stool soft and lowers pressure inside the colon so that bowel contents can move through easily. The American Dietetic Association recommends 20 to 35 grams of fiber each day.”<sup>(9)</sup>



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For colon cleansing it is best to use a fiber supplement designed specifically for this purpose. Good-quality supplements contain both soluble and insoluble fiber and are formulated to loosen the stool, absorb and sweep away fat and toxins, reduce transit time, and make elimination effortless and complete.

## What to expect during cleansing

When we start using an effective fiber supplement, we can expect some startling occurrences within a few days. The fiber goes to work immediately by loosening the hardened feces on the walls of the large intestine and gradually sweeping it out of the body. If we are not repulsed to look at what’s leaving our body, we’ll be surprised to see a lot of mucus and all the different colors of debris. It’s hard to believe that all these things could actually be lurking inside us. What’s even more shocking is that among the different colors and shapes people often notice various forms of parasites.

## Are you carrying parasites around in your body?

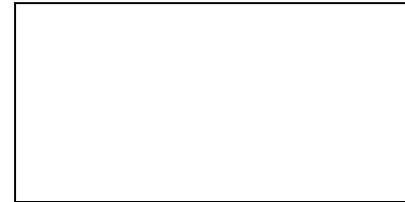
This is unfortunately a lot more frequent than most would like to believe. According to United Nations data:

**“Overall, about 1.5 billion people have roundworms, making it the third most common human infection in the world. Whipworm infects 1 billion people... More than 1.3 billion**

**people carry hookworm in their gut, and 265 million people are infected with schistosomes.”<sup>(10)</sup>**

It is true that most of these infections occur in developing countries, but the rate of parasitic-related disorders in North America is skyrocketing. An astounding number of people would test positive for parasites. This is from the Parasitology Department of the University of Cambridge, England: “Pinworm. An extremely common nematode infection, particularly in temperate areas such as Western Europe and North America... It has been estimated that the annual incidence of infection is over 200 million, this probably being a conservative figure. Samples of caucasian children in the USA and Canada have shown incidences of infection of 30% to 80%, with similar levels in Europe.”

Humans can actually play host to more than a hundred different types of parasites, ranging from microscopic ones to tapeworms that are several feet long. Contrary to popular belief, parasites are not restricted to our colon alone, but can be found in any other part of the body - in the lungs, the liver, in the muscles and joints, in the esophagus, the brain, the blood, the skin and even in the eyes!



click to enlarge

**“Parasites are the missing diagnosis in the genesis of many chronic health problems, including diseases of the gastrointestinal tract and endocrine system. Most individuals would be truly amazed if they knew the extraordinarily high number of Americans who are unknowingly infected by parasites...”** – Dr. Hermann R. Bueno, Fellow of Royal Society of Tropical Medicine and Hygiene of London

It is extremely easy to come in contact with parasites. Contaminated water, undercooked meats, improperly washed fruits and vegetables, are just some of the common sources of infections. Transmission from pets or other infected persons is also quite common. Overuse of antibiotics further adds to this problem as this can interfere with normal intestinal flora and lower the body’s resistance.

Fiber supplements help to get rid of parasites, but they are not enough. We need to use specific herbal formulas to deal with this issue. Some of the most potent herbs for parasite cleansing include Black Walnut hulls, Wormwood, Pau D’Arco, Garlic, Yellow Dock, Pumpkin seed, Male Fern root, False Unicorn, Fenugreek, Grapefruit Seed extract and Prickley Ash bark.

## **Personal experiences**

To better explain what one might expect during an internal cleanse, I will share some personal experiences of others who have already been through it. Cleansing and detoxification played a fundamental role in my studies to become a Naturopathic Doctor. It is also something that I have been actively engaged in for many years. I’m sure I’m not alone when I say, “I’ll never forget my first colon cleanse”. (To read my personal story please click here.)

Once I completed my first cleanse, which consisted of a fiber supplement, anti-parasite capsules and a detoxifying tea, I managed to convince my husband to also give it a try. He ended up continuing the program for three months and throughout this period not a day went by without something rather “unusual” leaving his body. His stools contained a lot of mucus, chunks of debris that resembled cooked liver, long black twisted rope-like pieces, and the things he was most ashamed of – parasites.

My husband's childhood friend was also on the program for a couple of weeks when interesting things started happening. He was beside himself when he called us late one evening:



click to enlarge

**“I’ve been standing over the toilet for an hour. I can’t imagine where these things could possibly be coming from! One is about 25 inches long, the other looks to be about 15 inches. I don’t know what they are, but I do know that I’ve never eaten anything that resembles these!”**

He was only 33 years old at the time and for three weeks straight he kept passing the strangest and grossest things one could imagine. If this happens to such a young person, what “surprises” could someone much older be harboring?

### **The Lochness Monster**

I’ve received letters and emails from a great number of people who have completed the same cleansing program. One of the most typical letters came from Eva Reichert of London, Ontario, whose entire family started detoxifying at the same time. She wrote the following:

**“The first week was a little difficult. We have never drunk so much water before. We kept asking one another about the results but there wasn’t much to report during the first week. Then various forms of ‘creatures’ began appearing in the toilet. We are now on the 30th day and so far each day brought on a new surprise – sometimes smaller and other times quite large ones.**

**One family member reported the other day, ‘This is very strange! I’m sure I’ve never eaten anything resembling this my whole life. The things I did eat, I always chewed really well. And still, something the size of my hand resembling a rubber glove came out of me.’**

**Another observation from a different family member, ‘At first I saw only tiny little creatures and then a few days later the Lochness Monster arrived!’**

**We are all thrilled to have completed this program... The final results have surpassed all our expectations. In my personal opinion, if these creatures suck away all the vitamins from us than they must be nice and fat from all the vitamins we’ve taken. (One of us was taking six different supplements a day, which he stopped for the duration of the cleanse.) I’m pretty sure that we all need to continue our detoxification since after 30 days we still see plenty of ‘surprises’. Please accept our gratitude for this priceless program!”**

### **More energy – better state of mind**

Lack of energy is among the most common complaints today. While fatigue can be caused by many different factors, it can also be a key symptom of inner toxicity. Even if you’re eating a fairly healthy diet, a toxic build-up may prevent your body from converting the essential nutrients you consume into the energy you require. Almost everyone who’s completed this program boasts about having increased energy and a better state of mind. Dr. Persanyi of Ottawa, Canada writes:

**“My disposition is much better, I feel rejuvenated both physically and mentally. The cleanse was surprisingly comfortable. I didn’t experience any unpleasant side effects. I was able to continue on with my work and didn’t have any sudden urges to run to the bathroom... I am very grateful to you**

**for writing this article about the toxins and parasites that lurk inside our bodies. This was the first time I've heard of such things, which prompted me to try the program right away."**

Here's what Mr. Takacs of Norwalk, Ohio experienced:

**"I ordered my first pack of the internal cleansing program in May 1997. I must say that the results were very surprising! I had a lot of build-up in my bowels and I had clumps of mucus the size of my hand leaving my body... My body has changed completely. I feel rejuvenated, healthy and youthful. Despite being 82 years old, I ride my bike, swim and maintain a beautiful garden. I would not have been able to do all this without your help."**

Despite the sometimes shocking effects of this program, all of us who've tried it have become big fans of internal cleansing and would not let a year go by without repeating it. Only when we see with our own eyes the many years of built-up debris, not to mention the parasites, do we realize the possible serious consequences of not eliminating these toxins. This also helps remove any doubt that detoxifying our colon on a regular basis is an indispensable part of maintaining our good health.

### **Weight Loss Is Almost Guaranteed with Internal Cleansing**

There's an important added benefit to internal cleansing that most people experience: weight loss. With a sluggish, toxic digestive system, metabolism slows down, the energy level drops and we're simply not strong enough to start burning off stored fat through exercise or other means. An internal cleansing program can help restore balance in the body and increase the metabolism, reactivating the body's fat-burning mechanism. Plus, after a thorough detoxification program, you'll find yourself much more inclined to make healthier dietary and lifestyle choices. Through a detoxified system, improved digestion, balanced metabolism and a healthier diet you will have no trouble maintaining a healthy weight.

### **Other Benefits**

High energy and weight loss are just some of the many benefits you can achieve through a comprehensive cleansing program. In her excellent book, *The Detox Solution - The Missing Link to Radiant Health, Abundant Energy, Ideal Weight, and Peace of Mind*, nutritionist Dr. Patricia Fitzgerald lists the following added benefits of an effective detoxification program:

- The Prevention of Illness**
- An Improvement in Physical Appearance**
- A Boost in Emotional Well-Being**
- A Sharpening of Mental Capabilities**
- An Enhancement in Digestion**
- The Elimination of Unhealthy Food Addictions & Allergies**
- The Attainment of Ideal Weight**
- A Minimizing of the Effects of Aging**
- Spiritual Renewal** <sup>(11)</sup>

### **"The secret to great health"**

In my opinion, we are not going to change the catastrophic situation where every second person is chronically ill until we place as much emphasis on internal cleansing as we do on external hygiene, such as brushing our teeth or washing our hands. If you are middle-aged, you've taken about 15,000 showers in your lifetime, and you've brushed your teeth close to 30,000 times. Still, you won't stop doing that just because you've done it so many times. Here's an interesting question: If you have to keep cleansing your

skin and teeth daily, then wouldn't you think it makes equal sense to clean the inside of your body at least periodically?

Of course detoxification should not be limited to the colon. It is just as important to detoxify the liver, kidneys, arteries, and in general, every cell in the body. [You can read an excellent article about this here.] But internal cleansing must start with the colon, because if this region is kept unclean, it will contaminate every other part of the system.

The importance of internal cleansing can best be summed up in the words of Dr. Paul Bragg, one of the “fathers” of natural medicine in the U.S. and the author of dozens of highly successful health books:

**“The secret to great health can be described in three words: Cleanse Your Body! Engrave these three words permanently in your memory.”**

[If you'd like to read more about the specific cleansing program used by Dr. Hardy, click here.]

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#### **MORE NUTRITION SECRETS**

##### **Organic Vegetables are Better for Fighting Cancer**

Conventional agriculture, which depends on heavy applications of chemical fertilizers, chemical pesticides and irrigation, may inhibit plants' natural production of cancer-fighting flavonoids, while organic agriculture, which does not use synthetic pesticides or chemical fertilizers, may actually promote the production of flavonoids.

Flavonoids are plant by-products believed to protect the plant from insects, bacterial and fungal infection and photo-oxidation. These plant chemicals are also thought to be useful in preventing cancer and heart disease and combating age-related neurological dysfunctions.

Flavonoids work by protecting the cell against damage caused by active oxygen radicals. Oxygen radicals can cause cancer and are also associated with cardiovascular disease and age-related nerve cell damage.

In studies comparing conventional farming with organic and sustainable (environmentally sound) farming of berries and corn, organic and sustainable produce was significantly higher in flavonoids than conventional produce.

Although previous studies did not evaluate flavonoids, results indicated that conventionally produced foods had higher levels of nitrates and synthetic pesticides and fewer total solids than organic foods.

The natural compounds showed various functions in the cell, including the potential to kill cancer cells or prevent them from spreading. Using plant chemicals in the treatment of cancer could enhance cure rates if combined with standard treatment methods, according to researchers.

Other studies have shown that flavonoids have protective effects against cardiovascular disease and cancer, although separate studies have found that the compounds have no effect, and a few have suggested they could have harmful effects.

Plant chemicals may also be useful in combating age-related neurological dysfunctions such as Parkinson's disease and Alzheimer's disease, which are associated with long-term oxidative stress.

There is substantial evidence to suggest that flavonoids, which are more plentiful in organic than conventional foods, are effective in the fight against cancer, heart disease and age-related neurological dysfunction. Additionally, increasing evidence indicates that organic farming gives high yields and is more beneficial to the environment than conventional farming.

According to researchers, supporters of genetically modified foods often deny or ignore this large body of evidence.

**Journal Agricultural Food Chemistry February 26, 2003;51(5):1237-41**

## **Raw Eggs for Your Health -- Major Update**

**By J. Mercola, D.O.**

As many of you know, I am a fond proponent of using raw eggs as a major food in your diet.

Raw whole eggs are a phenomenally inexpensive and incredible source of high-quality nutrients that many of us are deficient in, especially high-quality protein and fat.

Eggs generally are one of the most allergic foods that are eaten, but I believe this is because they are cooked. If one consumes the eggs in their raw state the incidence of egg allergy virtually disappears. Heating the egg protein actually changes its chemical shape, and the distortion can easily lead to allergies.

So, if you have not been able to tolerate eggs before you will want to consider eating them uncooked.

But when one discusses raw eggs, the typical reaction is a fear of salmonella. So let me begin this update, my first that comprehensively addresses the immediate concern of nearly everyone who hears this recommendation.

## "Well What About Salmonella? Won't I Get Sick If I Eat Raw Eggs?"

Salmonella is a serious infection, and it is believed that in the US over two-thirds of a million cases of human illnesses a year result from eating contaminated eggs. If you want more information on salmonella the Centers for Disease Control and Prevention has an excellent [page on this disease](#).

So why on earth would any competent health care professional ever recommend eating uncooked eggs?

When you carefully analyze the risk of contracting salmonella from raw eggs, you will find that it is actually quite low. A study by the U.S. Department of Agriculture earlier this year ([Risk Analysis April 2002 22\(2\):203-18](#)) showed that of the 69 billion eggs produced annually, only 2.3 million of them are contaminated with salmonella.

So simple math suggests that only 0.00003 percent of eggs are infected. The translation is that **only one in every 30,000 eggs is contaminated with salmonella**. This gives you an idea of how uncommon this problem actually is.

While it is likely that I will consume more than 30,000 eggs in my lifetime, most of you will not. However, inevitably someone out there will find a salmonella-contaminated egg, so it is important to understand how to seriously decrease your risk of infection.

Salmonella infections are usually present only in traditionally raised commercial hens. If you are purchasing your eggs from healthy chickens this infection risk reduces dramatically. Remember, only sick chickens lay salmonella-contaminated eggs. If you are obtaining high quality, cage-free, organically fed, omega-3 enhanced chicken eggs as recommended above, the risk virtually disappears.

But let's say that for some reason, even after following that advice, you still obtain an egg that is infected. What do you do? Well, before you eat eggs - raw or not -- you should thoroughly examine them for signs of infection. I have provided some guidelines at the bottom of this section for you to use in this process.

You might still be a bit nervous and say, "What if I follow these guidelines and still get an infection?"

### **Salmonella Is Generally a Benign Self-Limiting Illness In Healthy People**

The major principle to recognize here is that if you are healthy a salmonella infection is not a big deal. You may feel sick and have loose stools, but this infection is easily treated by using high-quality probiotics that have plenty of good bacteria. You can take a dose every 30 minutes until you start to feel better, and most people improve within a few hours.

### **Revised Recommendations For Raw Egg Whites**

Earlier this summer, I posted an article that suggested that one should not eat raw egg whites. This is the traditional nutritional dogma as raw egg whites contain a glycoprotein called avidin that is very effective at binding biotin, one of the B vitamins. The concern is that this can lead to a biotin deficiency. The simple solution is to cook the egg whites as this completely deactivates the avidin.

The problem is that it also completely deactivates nearly every other protein in the egg white. While you will still obtain nutritional benefits from consuming cooked egg whites, from a nutritional perspective it would seem far better to consume them uncooked.

Since making the recommendation in July, I have more carefully studied this issue. Two groups brought me to back this: pet owners who feed their pets raw foods and Aajonus Vonderplanitz, who wrote the raw food book [We Want to Live](#). Both feel quite strongly that raw eggs are just fine to eat.

After my recent studies it became clear that the egg’s design carefully compensated for this issue.

It put tons of biotin in the egg yolk. Egg yolks have one of the highest concentrations of biotin found in nature. So it is likely that you will not have a biotin deficiency if you consume the whole raw egg, yolk and white. It is also clear, however, that if you only consume raw egg whites, you are nearly guaranteed to develop a biotin deficiency unless you take a biotin supplement.

The following tables list the amounts of biotin in some common foods, as well as recommended daily amounts:

	<b>Food Serving Biotin (mcg)</b>
Liver, cooked	3 ounces* 27
Egg, cooked	1 large 25
Yeast, bakers active	1 packet (7 grams) 14
Wheat bran, crude	1 ounce 14
Bread, whole wheat	1 slice 6
Cheese, camembert	1 ounce 6
Avocado	1 whole 6
Salmon, cooked	3 ounces* 4
Cauliflower, raw	1 cup 4
Chicken, cooked	3 ounces* 3
Cheese, cheddar	1 ounce 2
Pork, cooked	3 ounces* 2
Raspberries	1 cup 2
Artichoke, cooked	1 medium 2

## Adequate Intake (AI) for Biotin

### Life Stage

#### Age

#### Males (mcg/day)

#### Females (mcg/day)

#### Infants

0-6 months

5

5

#### Infants

7-12 months

6

6

#### Children

1-3 years

8

8

#### Children

4-8 years

12

12

#### Children

9-13 years

20

20

#### Adolescents

14-18 years

25

25

#### Adults

19 years and older

30

30

#### Pregnancy

all ages

-

30

#### Breastfeeding

all ages

-

35

There is a potential problem with using the entire raw egg if you are pregnant. Biotin deficiency is a common concern in pregnancy and it is possible that consuming whole raw eggs would make it worse.

If you are pregnant you have two options. The first is to actually measure for a biotin deficiency. This is best done through urinary excretion of 3-hydroxyisovaleric acid (3-HIA), which increases as a result of the decreased activity of the biotin-dependent enzyme methylcrotonyl-CoA carboxylase.

It might take you some time to get used to using raw eggs. I personally have shifted to consuming them "Rocky style" one egg with the yolk intact and swallowing them whole. Usually two eggs at one sitting.

Alternatively, you could have your raw eggs in a protein shake or [Living Fuel Rx](#) or take a biotin supplement.

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## Guidelines To Ensure That You Are Consuming Fresh High- Quality Eggs

1 **Always** check the freshness of the egg right before you consume the yolk.

2 If you are uncertain about the freshness of an egg, don't eat it. This is one of the best safeguards against salmonella infection.

3 If there is a crack in the shell, don't eat it. You can easily check for this by immersing the egg in a pan of cool, salted water. If the egg emits a tiny stream of bubbles, don't consume it as the shell is porous/contains a hole.

4 If you are getting your eggs fresh from a farmer it is best to not refrigerate them. This is the way most of the world stores their eggs; they do not refrigerate them. To properly judge the freshness of an egg, its contents need to be at room temperature. Eggs that are stored in the fridge and opened immediately after taking them out will seem fresher than they actually are. Eggs that you want to check the freshness of should be kept outside the fridge for at least an hour prior to opening them.

5 First, check all the eggs by rolling them across a flat surface. Only consume them if they roll wobbly.

6 Open the egg. If the egg white is watery instead of gel-like, don't consume the egg. If the egg yolk is not convex and firm, don't consume the egg. If the egg yolk easily bursts, don't consume the egg.

7 After opening the egg you can put it up to your nose and smell it. If it smells foul you will certainly not want to consume it.

### **How to Start Using Raw Eggs**

If you are not used to eating fresh raw egg yolks or fresh raw fish, you should start by eating just a tiny bit of it on a daily basis, and then gradually increase the portions.

For example, start by consuming only a few drops of raw egg yolk a day for the first three days. Gradually increase the amount that you consume in three-day increments. Try half a teaspoon for three days, then one teaspoon, then two teaspoons. When you are accustomed to that amount, increase it to one raw egg yolk per day and subsequently to two raw egg yolks per day. Eventually, you can easily eat five raw egg yolks daily.

Fresh raw egg yolk tastes like vanilla and is best combined with your vegetable pulp. You can also combine it with avocado. Only stir it gently with a fork, because egg protein easily gets damaged on a molecular level, even by mixing/blending.

### **RAW FOODS AND ENZYMES**

The more I study nutrition, the more I am convinced that we need to eat raw uncooked unprocessed food. In 1970, Americans spent about \$6 billion on fast food. In 2000, they spent more than \$110 billion.

In 1968, McDonald's had one thousand restaurants. Today McDonald's has about 30,000 restaurants and opens about 2,000 new ones each year. I recommend the book "Fast Food Nation" by Eric Schlosser for a better understanding of what has happened to the American diet in the last few decades.

It is becoming increasingly clear that one of the major reasons vegetable juicing works is that it is living raw food. I am confident that most of us would notice significant improvements in our energy and health if we

increased the amounts of living raw foods in our diet. If you juice vegetables on a regular basis, it is quite easy to consume over 50% of your foods as raw.

The enzymes in raw foods are destroyed by heat

Most raw food, like our bodies, is very perishable. When raw foods are exposed to temperatures above 118 degrees, they start to rapidly break down, just as our bodies would if we had a fever that high. One of the constituents of foods which can break down are enzymes. Enzymes help us digest our food. Enzymes are proteins though, and they have a very specific 3-dimensional structure in space. Once they are heated much above 118 degrees, this structure can change.

Once enzymes are exposed to heat, they are no longer able to provide the function for which they were designed. Cooked foods contribute to chronic illness, because their enzyme content is damaged and thus requires us to make our own enzymes to process the food. The digestion of cooked food uses valuable metabolic enzymes in order to help digest your food. Digestion of cooked food demands much more energy than the digestion of raw food. In general, raw food is so much more easily digested that it passes through the digestive tract in 1/2 to 1/3 of the time it takes for cooked food.

Eating enzyme-dead foods places a burden on your pancreas and other organs and overworks them, which eventually exhausts these organs. Many people gradually impair their pancreas and progressively lose the ability to digest their food after a lifetime of ingesting processed foods.

The effect of raw food versus cooked food on the immune system

In 1930, under the direction of Dr. Paul Kouchakoff, research was conducted at the Institute of Clinical Chemistry in Lausanne, Switzerland. The effect of food (cooked and processed versus raw and natural) on the immune system was tested and documented.

Dr. Kouchakoff's discovery concerned the leukocytes, the white blood cells.

It was found that after a person eats cooked food, his/her blood responds immediately by increasing the number of white blood cells. This is a well-known phenomena called 'digestive leukocytosis', in which there is a rise in the number of leukocytes - white blood cells - after eating.

Since digestive leukocytosis was always observed after a meal, it was considered to be a normal physiological response to eating. No one knew why the number of white cells rises after eating, since this appeared to be a stress response, as if the body was somehow reacting to something harmful such as infection, exposure to toxic chemicals or trauma.

Back in 1930, the Swiss researchers at the institute of Chemical Chemistry made a remarkable discovery. They found that eating raw, unaltered food did not cause a reaction in the blood. In addition, they found that if a food had been heated beyond a certain temperature (unique to each food), or if the food was processed (refined, chemicals added, etc.), this always caused a rise in the number of white cells in the blood.

The researchers renamed this reaction 'pathological leukocytosis', since the body was reacting to highly altered food. They tested many different types of foods and found that if the foods were not refined or overheated, they caused no reaction. The body saw them as 'friendly foods'. However, these same foods, if heated at too high a temperature, caused a negative reaction in the blood, a reaction found only when the body is invaded by a dangerous pathogen or trauma.

The worst offenders of all, whether heated or not, were processed foods which had been refined (such as white flour and white rice), or pasteurized (a process in which milk is flash-heated to high temperatures to

kill bacteria), or homogenized (also seen in milk where the fat in milk is subjected to artificial suspension), or preserved (chemicals are added to food to delay spoilage or to enhance texture or taste).

In other words, foods which were changed from their original God-given state.

### Raw foods and digestive enzymes

Let's get back to enzymes. Raw foods are rich in enzymes. Enzymes are needed for the digestive system to work. They are necessary to break down food particles so they can be utilized for energy. The human body makes approximately 22 different digestive enzymes which are capable of digesting carbohydrates, protein and fats. Raw vegetables and raw fruit are rich sources of enzymes.

While all raw foods contain enzymes, the most powerful enzyme-rich food is sprouted seeds, grains, and legumes. Sprouting increases the enzyme content in these foods enormously.

Lack of digestive enzymes can be a factor in food allergies. Symptoms of digestive enzymes depletion are bloating, belching, gas, bowel disorders, abdominal cramping, heartburn and food allergies.

All of us lose our ability to produce concentrated digestive enzymes as we grow older. In cases where age is a factor, or where lack of digestive enzymes causes food allergies, supplementation may be helpful. You may also want to explore food combining.

The following digestive enzyme supplements aid digestion:

- AMYLASE works to breakdown carbohydrates i.e. starches, sugars
- BROMELAIN taken from pineapple plant, helps break down proteins
- HCL hydrochloric acid stimulates pancreatic secretion, activates pepsin and sterilizes the stomach from bacteria and parasites
- LACTASE needed to break down lactose found in milk products
- LIPASE works to break down fats into fatty acids and glycerol
- OX BILE improves fat digestion, stimulates bile flow, aids gallbladder
- PANCREATIN contains protease, amylase, and lipase, functions in the intestine and in the blood
- PAPAINE extracted from papaya fruit, aids in protein digestion
- PEPSIN breaks down proteins, function depends on availability of HCL
- PROTEASE works to breakdown protein into amino

The more food that you can eat raw, the better.

If you do cook your food, the best way to cook food is to lightly steam, stew, or use a slow crock cooker. Eat as few over-processed and over-cooked foods as possible. The body has a difficult time digesting fried, pasteurized, barbecued, dried, and other over-processed and over-cooked foods which you find in boxed and processed foods.

I would encourage you to consume at least 50% of your food as uncooked. A good vegetable juicing program will easily put you over that volume.

Raw eggs are another important part of the raw food approach. If you are healthy, the salmonella is not going to be an issue for you, especially if the eggs are organic and free range. The health benefits of juicing are immense for adults and children.

### **Lesson 1: Drink vegetable juice for breakfast.**

Vegetable juice is a great breakfast when balanced with some essential oils and a bit of chlorella. Please remember that vegetable juice and fruit juices are two completely different substances in terms of nutrition. I am confident that fruit juices should be avoided. Although vegetable juice is processed, it doesn't raise insulin levels like fruit juice. The only exceptions would be carrot and beet juice (and most vegetables that grow underground), which function similarly to fruit juice.

## **Lesson 2: You can eat the pulp, too!**

When you juice, you will produce pulp. What should you do with it? It's best to mix it in with the juice and consume it. In my experience when I first started juicing, I would juice every day, and my stools would frequently become loose. Once I started adding the pulp fiber back into my juice, this problem went away. There is a benefit to eating the fiber, as it serves as fertilizer for the good bacteria in the colon.

Eating the pulp increases the time it takes to consume the juice, but it is healthier. One can gradually add the pulp back in over time to get used to it. If you add the entire pulp back in, the mixture becomes almost like a green vegetable porridge that can be eaten with a spoon.

The method I currently use is to drink about 75 percent of the juice and then pour the other 25 percent of the juice back into the pulp. I add some ground seeds into the mixture, stir it up and eat it like porridge.

Try it both ways. Listen to your body and see what works best for you.

## **Lesson 3: Get ready to juice!**

**Step 1:** Now that you're ready for the benefits of vegetable juice, you need to know what to juice. I recommend starting out with these vegetables, as they are the easiest to digest:

- Celery
- Fennel (anise)
- Cucumbers

These aren't as beneficial as the more nutritionally intense dark green vegetables. Once you get used to these, you can start adding the more nutritionally valuable, but less palatable, vegetables into your juice.

Vegetables to avoid include carrots and beets. Most people who juice usually use carrots. The reason they taste so good is that they are full of sugar. I would definitely avoid all vegetables that grow underground to avoid an increase in your insulin levels.

If you are healthy, you can add about one pound of carrots or beets per week. I do believe that the deep, intense colors of these foods provide additional benefits for many that are just not available in the green vegetables listed above.

**Step 2:** When you've acclimatized yourself to juicing, you can start adding these vegetables:

- Red leaf lettuce
- Green Leaf lettuce
- Romaine lettuce
- Endive
- Escarole
- Spinach

**Step 3:** After you're used to these, then go to the next step:

- Cabbage
- Chinese Cabbage
- Bok Choy

An interesting side note: Cabbage juice is one of the most healing nutrients for ulcer repair as it is a huge source of vitamin U. The "Eat Right for Your Type" approach does not support lectin compatibility for blood type A individuals like myself and so I avoid it.

**Step 4:** When you're ready, move on to adding herbs to your juicing. Herbs also make wonderful combinations, and there are two that work exceptionally well:

- Parsley
- Cilantro

You need to be cautious with cilantro, as many cannot tolerate it well. If you are new to juicing, hold off. These are more challenging vegetables to consume, but they are highly beneficial.

**Step 5:** The last step: Only use one or two of these leaves, as they are very bitter:

- Kale
- Collard Greens
- Dandelion Greens
- Mustard Greens (bitter)

When purchasing collard greens, find a store that sells the leaves still attached to the main stalk. If they are cut off, the vegetable rapidly loses many of its valuable nutrients.

One important note: I prefer to juice my vegetables at room temperature. I leave my vegetables out overnight, or for at least one hour in the morning, as I do not enjoy drinking cold fluids, especially when it is cold outside.

#### **Lesson 4: Make your juice a balanced meal.**

Balance your juice with protein and fat. Vegetable juice does not have much protein or fat, so it's very important for you to include these fat and protein sources with your meal.

- **Use eggs.** Eggs will add a significant amount of beneficial fats and protein to your meal. An egg has about 8 grams of protein, so you can add two to four eggs per meal. I suggest that you add the whole eggs, raw, into the vegetable pulp (not the juicer). The reason I advocate this is because once you heat the eggs, many of their nutrients become damaged. If you are concerned about salmonella, purchase organic eggs; it's unlikely you'll have any problems. Additionally, if you are not sensitive to milk, you can add some raw milk cheese, as it will improve the flavor.

There is a potential problem with using the entire raw egg if you are pregnant. Biotin deficiency, a common concern in pregnancy, could be made worse by consuming whole raw eggs.

Please read my recent article, [Raw Eggs for Your Health -- Major Update](#), for further information on consuming raw eggs.

- **Incorporate seeds.** Raw seeds, freshly ground and alternated regularly, are another great addition to the pulp. The simplest way to grind the seeds is to use an inexpensive coffee grinder. The seeds are full of protein and essential fatty acids that bring a juice into balance beautifully. I recommend pumpkin and flax seeds. If you use flax seeds, please note my special caution.
- **Use chlorella.** Chlorella is an incredibly powerful nutrient from the sea and is a form of algae. I use it quite a bit for mercury detoxification as it binds very strongly to mercury to eliminate it from the body. The normal dose is one teaspoon in the juice. However, about 30 percent of people cannot tolerate the chlorella, so if it makes you nauseous you should definitely avoid it.
  - Is a useful source of chlorophyll.
  - Adds magnesium and protein.
  - Binds to heavy metals and pesticides.

If you have high iron or vitamin D levels you will want to avoid chlorella though as it is loaded with both of these nutrients.

- **Add spirulina.** Spirulina is another algae that has many similar benefits and is a good balance to chlorella. However it does not bind to heavy metals like chlorella.
- **Consider a protein powder.** While protein powders are convenient, I believe them to be far inferior to whole food choices like eggs or chlorella. If you can't tolerate eggs or chlorella you can consider them. Glutamine is an amino acid and the majority of our skeletal muscle is made of it. You can obtain glutamine powder and add one teaspoon into your drink for a very effective healing addition. You can also use protein powders. My two favorites are whey and rice protein. Some people are concerned about my milk avoidance suggestion and taking whey protein. Although whey protein is from milk, most people tolerate it quite well as the major protein in milk that causes an allergy is casein. I would strongly advise against the use of soy protein powders.
- **Add some garlic.** Don't worry; this won't give you "dragon breath." I like to add one to two cloves of garlic in my juice, as it incorporates the incredible healing potential of fresh garlic. I strongly advise you to do this regularly to balance out your bowel flora. The ideal dose is just below the social threshold where people start to notice that you have eaten garlic. One large clove, two medium cloves or three small cloves is the recommended dose.
- **Add oil.** But not just any oil! I highly recommend cod liver oil for the winter months and fish oil for the summer months. If you live in a primarily sunny climate, however, I wouldn't advise taking cod liver oil. The reason for this is that cod liver oil has a level of vitamin D that can prove toxic to those in very sunny climates. If you are at all unsure of your vitamin D levels, please get yourself tested at your doctor's office.

The reason why fat is important is that green vegetables contain vitamin K, which is very important for gluing the calcium into your bone matrix. Additionally, new research suggests that vitamin K significantly reduces calcification in the arteries. However, vitamin K is not absorbed very well unless there is some fat. Additionally, the vitamin D in the cod liver oil will work with the vitamin K to increase calcium absorption and build stronger bones. The dose for cod liver oil or fish oil is one teaspoon for every 25 to 40 pounds of body weight. Please be sure to read my comprehensive explanation on sunlight and vitamin D testing, and please review my updates on vitamin D information. Adding raw egg yolks, as described above, will also help you to absorb all the vitamin K from the juice. You could also use flax as a source of omega-3 fat, but many people have problems digesting it.

## Lesson 5: Make your juice taste great.

If you would like to make your juice taste a bit more palatable, especially in the beginning, you can add these elements:

- **Coconut:** This is one of my favorites! You can purchase the whole coconut or use shredded coconut. It adds a delightful flavor and is an excellent source of fat to balance the meal. Coconut has medium chain triglycerides, which have many health benefits.
- **Cranberries:** You can also add some cranberries if you enjoy them. Researchers have discovered that cranberries have five times the antioxidant content of broccoli, which means they may protect against cancer, stroke and heart disease. In addition, they are chock full of phytonutrients and help many women avoid urinary tract infections. Limit the cranberries to about 4 ounces per pint of juice.
- **Lemons:** You can also add half a lemon (leaving much of the white rind on). If you are a protein Metabolic type you will not want to use lemons as they will push your pH in the wrong direction.
- **Fresh ginger:** This is an excellent addition if you can tolerate it. It gives your juice a little "kick"!

### **Lesson 6: Drink your vegetable juice right away, or store it very carefully.**

Juicing is a time-consuming process, so you'll probably be thinking to yourself, "I wonder if I can juice first thing and then drink it later?" This isn't a great idea. Vegetable juice is very perishable so it's best to drink all of your juice immediately. However, if you're careful you can store it for up to 24 hours with only moderate nutritional decline. To store your juice:

1. Put your juice in a glass jar with an airtight lid and fill it to the very top. There should be a minimum amount of air in the jar as the oxygen in air (air is about 20 percent oxygen) will "oxidize" and damage the juice.
2. Wrap the jar with aluminum foil to block out all light. Light damages the juice.
3. Store it in the refrigerator until about 30 minutes prior to drinking, as vegetable juice should be consumed at room temperature.

Most people juice in the morning, but if that does not work out well for your schedule please feel the freedom to choose whatever meal works out best for your lifestyle.

### **Lesson 7: Clean your juicer properly.**

We all know that if a juicer takes longer than 10 minutes to clean, we'll find excuses not to do it. I find that using an old toothbrush works well to clean any metal grater. For the Omega 8003, the whole process takes about 5 minutes. Whatever you do, you need to clean your juicer immediately after you juice to prevent any remnants from contaminating the juicer with mold growth.

**Warning:** Don't follow the juicing recommendations that come with the juicer, as they most often emphasize carrot and fruit combinations.

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## Recommended Vegetables List

Eating more vegetables is as central to a healthy nutrition plan as lowering/eliminating grains and sugars, drinking more water, or consuming omega-3. But while almost all vegetables are good, some are clearly far better from a nutritional standpoint than others. The general rule is, the greener the better (though a few vegetables that are not green make the best-of list below).

At least one-third of all the food you eat should be raw, as cooking and processing can destroy essential micronutrients. Vegetables are an easy and obvious choice to enjoy raw. While vegetable juicing is an essential part of my nutrition plan at the advanced level, even beginners will find that it is a highly enjoyable and easy way to consume your raw vegetables on a daily basis. If you are searching for a juicer, read about the juicer I use and highly recommend, which includes a link to my juicer comparison table.

Finally, if at all possible, always try to buy organic vegetables. If no organic vegetables are available, carefully wash your foods and remove peels and cores to minimize your exposure to pesticides and other chemicals.

### Highly Recommended Vegetables

Asparagus  
Escarole  
Avocado (actually a fruit)  
Fennel  
Beet greens  
Green and red cabbage  
Bok Choy  
Kale  
Broccoli  
Kohlrabi  
Brussel sprouts  
Lettuce: romaine, red leaf, green leaf  
Cauliflower  
Mustard greens  
Celery  
Onions  
Chicory  
Parsley  
Chinese cabbage  
Peppers: red, green, yellow and hot  
Chives  
Tomatoes  
Collard greens  
Turnips  
Dandelion greens  
Spinach  
Endive  
Zucchini

**Use sparingly due to high carbohydrate levels**

Beets  
Jicama  
Carrots  
Winter Squashes  
Eggplant

**Vegetables to Avoid**

Potatoes

## **OTHER SUPER FOODS**

### **BLUEBERRIES REVERSE CERTAIN AGING CHARACTERISTICS**

Forget Viagra. Forget red wine. Anyone seeking to really feel young again should try blueberries, research on rats suggests. Old rats fed the equivalent of a cup of blueberries a day not only were more coordinated, but were smarter than other old rats. Researchers are now working to find out just what it is in blueberries that repairs the damage ageing does to the brain. In the meantime, they are eating blueberries themselves.

Researchers found that rats fed spinach and strawberries learned better than rats on a standard diet. Then they threw a blueberry extract into the diet. The rats who got the supplement not only learned faster than other rats, but their motor skills improved.

There were a lot of changes in neuronal communication ó the ability of one neuron to communicate with one another, but what struck the researchers was the ability to change motor behavior. There is virtually nothing out there that can change motor behavior in ageing. But the blueberries did.

The rats were 19 months old, they are the equivalent of 60 to 65 years of age and the researchers feed them for two months so they're up to 70-75. The blueberry fed rats did better on standard rat tests, like making them swim in a water maze, or find an underwater platform in murky water. But they also did better on tests involving a spinning rod or an inclined rod ó good tests of coordination.

Young rats six months old could stay on a rod an average of 14 seconds. Old rats fell off after six seconds, but the blueberry-supplemented old rats could stay on for 10. The blueberries did not make the rats young again, but did improve their skills considerably. When the rats' brains were examined, the brain cells of the rats that got the blueberries communicated better.

The researchers are doing tests to see what compounds in the blueberries are responsible for the effects. Other scientists have found that the components that give fruits and vegetables their color ó such as the lycopene that makes tomatoes red ó are associated with health-giving effects. One of things they might be doing is to protect against oxidative stress. Oxidation occurs all the time in the body and is cell damage created by charged particles known as free radicals. They also may reduce inflammation.

Fruits and vegetables are loaded with antioxidants, which range from the resveratrol found in red wine, the anthocyanins that make strawberries red and blueberries blue, and the vitamins A, C and E. Diets rich in fruits and vegetables have been shown to reduce the risk of heart disease and cancer. The rats ate

supplements made from blueberry juice, but the researchers think the whole fruit may confer even more benefits. You can't overdose on blueberries.

## **Journal of Neuroscience September 1999**

### **THE MANY BENEFITS OF SUPER FOODS!**

#### **An All-Natural At-Home Face-Lift!**

**By Dr. Nicholas Perricone**  
**Special for eDiets**

A diet rich in anti-oxidants is critical to beauty and health. Applying topical anti-oxidants both night and day will also greatly contribute to picture perfect skin.

For an outstanding day treatment to refresh summer-tired skin, I recommend anti-oxidant rich [Vitamin C Ester Amine Complex Face Lift](#). This powerful product will help diminish the appearance of fine lines and wrinkles while increasing the appearance of natural "lift" to the face and jaw line. As a special gift to you, with each order of the Amine Complex Face Lift, you will receive a free travel size power product for night, [Alpha Lipoic Acid Evening Facial Emollient](#). This dynamic combo will work round the clock to deliver a new radiance, firmness, tightened and toned appearance to face, jaw line and neck.

#### **Blueberries -- Slim Down -- Smarten Up!**

Perhaps there is no better time to enjoy the delicious blueberry than right now. Every farm stand and supermarket shelf has this delightful fruit on display, a perfect tribute to summertime's rich bounty of rainbow foods. Best of all, blueberries satisfy our cravings for something sweet -- yet will not pack on the pounds. A handful of blueberries will stave off the need to reach for a fattening and wrinkle-producing cookie! In addition, because blueberries are so high in anti-oxidants, they have great anti-inflammatory properties, which helps prevent the signs of aging on face and body.

Although they are small in size, this amazing fruit is one of the most powerful anti-aging powerhouses you can find. Consider just some of the blueberries amazing qualities:

- Brain food (it's not just fish anymore). Blueberries have been added to the list. Up until very recently, the belief has been that the decline in brain function, in both cognitive and motor aspects, is inevitable and irreversible. Consider the impaired sense of balance that is one of the telltale signs of aging (the elderly are notorious for falling down for no apparent reason). A young person can usually stand on one leg, even with eyes closed, much longer than an older person, who begins to sway and quickly needs to put down the raised leg in order to prevent a fall. We maintain our posture by automatically correcting against swaying motion; when the conduction of neural signals slows down with aging, we easily lose our balance. It turns out that daily doses of blueberries are the only treatment known that can reverse the deterioration of motor function with aging!
- The phytochemicals in the blueberry extract appear to speed up neural communication. Blueberry-supplemented neurons have a better ability to communicate with each other.
- Phytochemicals contained in blueberries prevent cell death and the loss of nerve growth factors.
- Blueberries allow the body a greater ability to release dopamine, an energizing, stimulatory neurotransmitter. Blueberries also protect us from the loss of dopamine cells that is normally seen with

aging. By increasing brain energy production and maintaining youthful brain function, dopamine exerts an extremely important anti-aging effect. And, since dopamine decreases as we age, blueberries become even more important as we get older.

□ According to research findings at the Rutgers Blueberry Cranberry Research Center in Chatsworth, N.J., blueberries help promote urinary tract health. Explains Rutgers scientist Amy Howell, Ph.D, blueberries, like cranberries, contain compounds that prevent the bacteria responsible for urinary tract infections from attaching to the bladder wall. And, unlike cranberries, blueberries need no sweetening to be palatable.

□ Wild Blueberries, like their European cousins, bilberries, have very high concentrations of anthocyanin, a natural compound linked with many health benefits including reducing eyestrain and improving night vision. Ronald L. Prior, Ph.D, director of the USDA studies that ranked blueberries number one in antioxidant activity, plans to study the ability of blueberries to prevent macular degeneration, a disease of the retina and the leading cause of blindness in people over age 65.

## NATURAL WONDER FOOD, CHLORELLA!

As foods go, chlorella is among the elite few that reside in the "Near Perfect" category. For a simple single cell algae plant coming from fresh water, [chlorella's range of benefits](#) is astounding. Chlorella will help you:

- **Build your immune system**
- **Detoxify the heavy metals and other pesticides in your body**
- **Improve your digestive system, including decreasing constipation**
- **Focus more clearly and for greater duration**
- **Improve your energy level**
- **Balance your body's pH**
- **Normalize your blood sugar and blood pressure**
- **Eliminate bad breath**
- **Fight cancer**

Chlorella is a whole-food, unlike most commercial vitamins. While it contains a [wide array of vitamins](#), minerals and enzymes, chlorella is superior to vitamin supplements in many ways.

Over the past several years, pioneering research led by Dietrich Klinghardt, MD, Ph.D, one of the world's most knowledgeable physicians in mercury detoxification, has shed a blinding light on [chlorella's amazing detoxifying properties](#).

## Far Superior to Vitamin Supplements and Other Algae & Grasses

Chlorella is natural and the vitamins and minerals in it are bio-chelated, which means they are naturally wrapped in amino acids so the body will more readily take them in. Supplements, meanwhile, are nothing more than an amalgam of concentrates and extracts that have been artificially stitched together because -- at least on paper -- they look like they should provide balanced nutrition. As a whole-food, chlorella provides the body with a stunning amount of nutrients that are naturally balanced and won't accumulate in your body and become toxic -- yet another reason they are superior to any man-made vitamin supplement.

Chlorella is also the superior of the [three algae and two cereal grasses](#) commonly available: chlorella, spirulina, blue-green algae, wheat grass and barley grass. All five are excellent sources of nutrients, but chlorella is much higher in chlorophyll content than the others. Its tough cell walls also provide advantages above the other four, including an outstanding ability to eliminate toxins, pesticides and heavy metals from the body. But chlorella's nucleus, containing chlorella growth factor with its great rejuvenating effects, is what truly sets it apart from the others.

## Highest Quality Chlorella Available

The chlorella I recommend and offer is distributed by Biotics and [produced by Yaeyama](#), a company with over 35 years experience in chlorella research and growth, and known worldwide for its high quality and absolute purity.

The chlorella is ecologically grown in mineral-rich mountain spring water in the pure air and sunshine, without any pesticides. Potency and purity meet the most rigorous Japanese health standards. It contains no sugar, starch, or artificial coloring, flavoring or preservatives.

For in-depth and very interesting information about chlorella's benefits, history, production, scientific support, dosing and much more, check out my "[Chlorella: A Natural Wonder Food](#)" manual.

**Read about the success others are having with taking chlorella!**

## Storage, Dosage & Ordering Information

Chlorella is a whole super food and a such is VERY perishable. So it needs to be stored properly. My team and I spent two years searching for both the most superior chlorella available AND the best storage system for this chlorella. The chlorella offered here comes packaged in an opaque plastic bottle that is made from P.T.E plastic and also has ultraviolet inhibitors in the plastic to prevent UV light from penetrating and damaging the chlorella. This is crucial, as it prevents spoilage and the internal lining contains absolutely no metals that might taint the powder, unlike other brands.

After each use of the chlorella, you should be certain to keep the container absolutely air tight so that no air gets to the chlorella. Otherwise the fragile micronutrients can easily be damaged. Stored properly without any UV light exposure, and at cool temperatures and in an oxygen free environment, your chlorella can likely retain stability for centuries.

This high-quality chlorella provides 180 capsules (81 grams, about 27 total doses) per container.

My [recommended dosage](#) is generally three grams per day. As each capsule contains 450 mg, that is between 6-7 capsules per day, so these containers provide you about a four-week supply of the purest chlorella on earth. I recommend taking the chlorella with meals. \*

Each 180 capsule container of chlorella costs only \$19.50, plus shipping.

**\*IMPORTANT NOTE:** When your body detoxifies from heavy metals and other pollutants, you may experience a period of discomfort as these pollutants are "flushed" from your system. Because chlorella is such a powerful heavy metal detoxifier, I urge you to begin your chlorella regime gradually over the first few days and build up to my recommended dosage.

If you experience fatigue, lethargy, irritability, nausea or other uncomfortable symptoms when starting with chlorella, try reducing the amount you are taking and build up even more slowly, as these may be symptoms associated with your body cleansing itself of heavy metals. However, if the symptoms are severe, or if they persist despite very low initial quantities of chlorella for the first few days, stop your chlorella regime and discuss with your personal medical practitioner.

Also please note that if you are a protein [metabolic type](#) than you these problems might be more severe and you should start much more slowly with one-half or even one-quarter capsule and increase the dose very carefully and slowly. Carb types seem to do much better with cholorella.

## HOW TO SHOP FOR THE RIGHT FOOD IN YOUR REGULAR GROCERY STORE IN 10 EASY STEPS

By Dr. Joseph Mercola  
with Rachael Droege

Your health is the most important thing you own, so investing in it through the right foods is the best investment you can make. However, I realize that finding the "right" foods can be challenging for some. If you:

- Can't always order the [healthy products recommended online](#)
- Don't have access to a natural health food store
- Have a very tight budget and are restricted to a regular supermarket

... then the following steps will help you to find the best possible foods no matter where you are or what your budget. It will help if you take a new approach to the way you look at buying food. According to Jim Marlowe, a nutrition counselor here at the [Optimal Wellness Center](#), American consumers make their food choices based on the following five food criteria: taste, price, convenience, appearance and shelf life. Notice that these have nothing to do with health. He says:

"If you are making all your food choices based on these [criteria] you may be indulging your taste buds, staying within your budget and minimizing your trips to the grocery store but your cells may all be starving for nutrients that they aren't getting because they are not in those foods. I am not saying to ignore taste, price, convenience, appearance and shelf life. Go ahead and consider those, but consider those after you consider the nutritional value because nutritional value is the real reason we need to eat--the body needs nutrients and it is important to wake up to that and the sooner you wake up to that the better."

So where do you go once you commit yourself to focusing on a food item's nutritional value? Whether you live in a rural area with no access to a health food store or are simply on a very tight budget, there are ways to weed through the offerings in any grocery store to come out with the most nutritious food available, and the following principles should help to guide you along your way.

### Learn Your Metabolic Type

This is the first step you should take, and it's an important one. Learning your [metabolic type](#) will allow you to choose the proper foods for your type, and this can vary drastically from a focus on meat to a focus on vegetables or healthy fats. My Total Health Program--the culmination of my last 20 years of work--is designed around metabolic typing, and will give you everything you need to assess your general metabolic type and gives you a full plan to start eating the right macronutrient (proteins, fats and carbs) ratio for your type. It will also teach you how to "listen to your body," that is, it will teach you how to subtly adjust and fine-tune your macronutrient ratios so that you feel your best. Take our [quick and easy test](#) to find out your metabolic type.

### Learn How to Shop Smart

Now that you've determined your metabolic type, be sure to tailor all of your groceries to your individual type, whether it's protein, carb or mixed.

### Buy the Freshest Items

The fresher the food, the more nutritious it will be. Only buy produce that is fresh and firm, otherwise you are wasting your money on food that has passed its prime, in terms of both nutrition and taste. This also applies to meat, poultry and fish. If it's not fresh, don't buy it.

### Pick the Leanest Cut of Beef, or Request Bison

Free-range meats and poultry are always the best choice, but there are other options if these are not available to you. In terms of beef, choose the leanest cuts as most of the toxins from hormones and antibiotics will settle in fattier tissue, so the fatter cuts tend to have more toxins. Lean cuts of beef include flank steak and round steak.

Another option is to ask the butcher to order some bison. In general, bison are raised much more naturally than other livestock, which means they're not given antibiotics or hormones and the meat is very lean. If you haven't ever tried it I suggest you give it a try, as in my opinion it's one of the best tasting of all meats. Its flavor is similar to prime beef, but sweeter and more tender.

### If the Chicken is From a Factory Farm, Don't Eat the Skin

Most chicken sold in typical grocery stores is raised in factory farms. Each full-grown chicken in a factory farm has as little as six-tenths of a square foot of space. These extremely overcrowded conditions pave the way for disease. Many are also genetically modified, and due to genetic manipulation, 90 percent of broiler chickens have trouble walking. If you don't have access to free-range, organic or cage-free chicken, be sure to remove the skin before eating. Also be sure to follow the white meat/dark meat guidelines based on your metabolic type.

### Fresh Food is Always Better Than Frozen, but Frozen is Better Than Canned

There is some confusion over whether frozen vegetables are as healthy as fresh vegetables, but you can rest assured that fresh vegetables are always preferable to frozen ones. The freezing process causes damage to the cells in the food, which compromises its nutritional value. Eating pre-frozen food is acceptable, however, but be careful to not overload your diet with pre-frozen foods. If you have no choice and must choose between frozen or canned, frozen would be the better option.

### Avoid Processed Foods

Processed foods, including canned goods, are among the most nutritionally devoid foods. Plus, they tend to be expensive, especially when you get into all of the packaged, name-brand junk foods. Save the money that you'd normally spend on pricey and unhealthy items like potato chips, cookies, ice cream and frozen pizzas, and spend it on some fresh vegetables or meat instead.

### Check Prices on Organic Food--It's Not Always More Expensive

If you have access to organic food, don't just pass it up because you assume it's too expensive. Sometimes organic food is actually less expensive than traditionally grown food, especially when it's on sale. It may also be only slightly more expensive than a comparable regular item, and in that case the increased

nutritional value (and lack of pesticides, etc.) would be well worth the extra price. So be sure to compare prices and choose the best value, which may in fact be organic.

### Ocean-Caught Fish is Better Than Farm-Raised Fish

I don't recommend that you eat any fish unless you can be certain that it does not contain toxins like mercury and PCBs. The only fish I have discovered, via independent lab testing, to be free of harmful mercury and other toxins is the Vital Choice brand of salmon.

If you do choose to eat fish from your grocery store, don't eat farm-raised fish, as numerous studies have found it may be harmful to your health. Instead, your best choices would be fresh, ocean-caught Alaskan salmon, arctic Char (similar to salmon), fresh sardines and anchovies. Remember that these may still contain toxins, though probably a lesser amount than the other options. Sardines and anchovies are likely fine to eat, as they are small enough to have minimal contamination. As fish is not typically labeled thoroughly, you may have to ask the fishmonger where the fish came from (farm, lake or ocean) to be sure.

### Adjust to Your New Way of Eating, and Enjoy the Feeling

Once you become accustomed to eating the best-quality foods for your metabolic type and start to experience the increased energy, weight normalization and other health benefits, you may find that you're inspired to seek out even more of the healthiest foods. You may want to ask your grocer to start carrying some of the healthier foods mentioned in this article or be inspired to try some of the products recommended online.

The habit can become quite addictive and I suspect you'll discover that healthy foods are available in places you hadn't thought of before. Local farmers, farmers' markets, and health-food coops represent some great potential places to find healthy, and likely inexpensive, food.

## HARMFUL FOODS - FOODS TO AVOID

Those foods are harmful for everyone !

EVERYDAY TOXINS and [Foods that kill](#)

- [ASPARTAME](#)
- [MSG - Mono Sodium Glutamate](#)
- [Pesticides](#)
- [Mercury poisoning](#)
- [Amalgam](#)
- [CARCINOGENS](#)
- [Fluoride](#)
- [Nickel](#)
- [Hormones - MILK](#)
- [Food additives](#)
- [Antibiotics \(by killing beneficial flora and causing Candidiasis\)](#)
- .... and many other poisons

Avoid eating [foods that kill](#)

AVOID [Sugar](#)

What's the difference in quality and cost from hospital units versus general cheap public units and why?  
"Dr.Tadashi Ishikawa, a member of the Research and Development Department of Fuji Medical, received a

patent in 1965 for a zirconia ceramic infrared heater used in the first healing infrared thermal systems. Medical practitioners in Japan were the only ones using infrared thermal systems for 14 years. In 1979, they were finally released for public use. The technique has been further refined into infrared thermal systems that have been sold in the USA since 1981. One use of infrared heat in the USA has been in the form of panels used in hospital nurseries to warm newborns. To date, there have been over 700,000 infrared thermal systems sold in Asia for whole body treatments. An additional 30 million people have received localized infrared treatment in Asia, Europe, and Australia with FIR lamps, which emit the same 2-25 micron wave bands as employed in a whole body system. In Germany, physicians in an independently developed form have used whole body infrared therapy for over 80 years."

Dr. Tadashi Ishikawa, a member of the Research and Development Department of Fuji Medical, received a patent in 1965 for a zirconia ceramic infrared heater used in the first healing infrared thermal systems. Medical practitioners in Japan were the only ones using infrared thermal systems for 14 years. In 1979, they were finally released for public use. The technique has been further refined into infrared thermal systems that have been sold in the USA since 1981. One use of infrared heat in the USA has been in the form of panels used in hospital nurseries to warm newborns.

## **REPORT CARD: PESTICIDES IN PRODUCE**

Adjusting your eating habits can lower your intake of pesticides -- sometimes dramatically so. Substitute organic for conventional produce that is consistently contaminated with pesticides. When organic is not available, eat fruits and vegetables with consistently low pesticide loads.

An EWG simulation of thousands of consumers eating high and low pesticide diets shows that people can lower their pesticide exposure by 90 percent by avoiding the top twelve most contaminated fruits and vegetables and eating the least contaminated instead. Eating the 12 most contaminated fruits and vegetables will expose a person to nearly 20 pesticides per day, on average. Eating the 12 least contaminated will expose a person to a fraction over 2 pesticides per day. Less dramatic comparisons will produce less dramatic reductions, but without doubt using the Guide provides people with a way to make choices that lower pesticide exposure in the diet.

### **Most Contaminated: The Dirty Dozen**

Consistent with two previous EWG investigations, fruits topped the list of the consistently most contaminated fruits and vegetables, with eight of the 12 most contaminated foods. Among the top six were four fruits, with peaches leading the list, then strawberries, apples and nectarines. Pears, cherries, red raspberries, and imported grapes were the other four fruits in the top 12. Among these eight fruits:

- Nectarines had the highest percentage of samples test positive for pesticides (97.3 percent), followed by pears (94.4 percent) and peaches (93.7 percent).
- Nectarines also had the highest likelihood of multiple pesticides on a single sample — 85.3 percent had two or more pesticide residues — followed by peaches (79.9 percent) and cherries (75.8 percent).
- Peaches and raspberries had the most pesticides detected on a single sample with nine pesticides on a single sample, followed by strawberries and apples, where eight pesticides were found on a single sample.

- Peaches had the most pesticides overall with some combination of up to 45 pesticides found on the samples tested, followed by raspberries with 39 pesticides and apples and strawberries, both with 36.

Spinach, celery, potatoes, and sweet bell peppers are the vegetables most likely to expose consumers to pesticides. Among these four vegetables:

- Celery had the highest of percentage of samples test positive for pesticides (94.5 percent), followed by spinach (83.4 percent) and potatoes (79.3 percent).
- Celery also had the highest likelihood of multiple pesticides on a single vegetable (78 percent of samples), followed by spinach (51.8 percent) and sweet bell peppers (48.5 percent).
- Spinach was the vegetable with the most pesticides detected on a single sample (10 found on one sample), followed by celery and sweet bell peppers (both with nine).
- Sweet bell peppers were the vegetable with the most pesticides overall with 39, followed by spinach at 36 and celery and potatoes, both with 29.

### **Least Contaminated: Consistently Clean**

The vegetables least likely to have pesticides on them are sweet corn, avocado, cauliflower, asparagus, onions, peas and broccoli.

- Nearly three-quarters (73 percent) of the pea and broccoli samples had no detectable pesticides. Among the other vegetables on the least-contaminated list, there were no detectable residues on 90 percent or more of the samples.
- Multiple pesticide residues are extremely rare on any of these least contaminated vegetables. Broccoli had the highest likelihood, with a 2.6 percent chance of more than one pesticide when ready to eat. Avocado and corn both had the lowest chance with zero samples containing more than one pesticide when eaten.
- The greatest number of pesticides detected on a single sample of any of these low-pesticide vegetables was three as compared to 10 found on spinach, the most contaminated crop with the most residues.
- Broccoli and onions both had the most pesticides found on a single vegetable crop at up to 17 pesticides but far fewer than the most contaminated vegetable, sweet bell peppers, on which 39 were found.

The five fruits least likely to have pesticide residues on them are pineapples, mangoes, bananas, kiwi and papaya.

- Fewer than 10 percent of pineapple and mango samples had detectable pesticides on them and fewer than one percent of samples had more than one pesticide residue.
- Though 53 percent of bananas had detectable pesticides, multiple residues are rare with only 4.7 percent of samples containing more than one residue. Kiwi and papaya had residues on 23.6 percent and 21.7 percent of samples, respectively, and just 10.4 percent and 5.6 percent of samples, respectively, had multiple pesticide residues.

## **MSG MAKES YOU FAT and is Slowly Poisoning America**

I wondered if there could be an actual chemical causing the massive obesity epidemic, so did a friend of mine, John Erb. He was a research assistant at the University of Waterloo, and spent years working for the government.

He made an amazing discovery while going through scientific journals for a book he was writing called *The Slow Poisoning of America*. In hundreds of studies around the world, scientists were creating obese mice and rats to use in diet or diabetes test studies.

No strain of rat or mice is naturally obese, so the scientists have to create them. They make these morbidly obese creatures by injecting them with a chemical when they are first born. The MSG triples the amount of insulin the pancreas creates, causing rats (and humans?) to become obese. They even have a title for the race of fat rodents they create: "MSG-Treated Rats".

MSG?

I was shocked too. I went to my kitchen, checking the cupboards and the fridge.

MSG was in everything! The Campbell's soups, the Hostess Doritos, the Lays flavored potato chips, Top Ramen, Betty Crocker Hamburger Helper, Heinz canned gravy, Swanson frozen prepared meals, Kraft salad dressings, especially the 'healthy low fat' ones. The items that didn't have MSG had something called Hydrolyzed Vegetable Protein, which is just another name for Monosodium Glutamate. It was shocking to see just how many of the foods we feed our children everyday are filled with this stuff. They hide MSG under many different names in order to fool those who catch on.

But it didn't stop there. When our family went out to eat, we started asking at the restaurants what menu items had MSG. Many employees, even the managers, swore they didn't use MSG. But when we ask for the ingredient list, which they grudgingly provided, sure enough MSG and Hydrolyzed Vegetable Protein were everywhere. Burger King, McDonalds, Wendy's, Taco Bell, every restaurant, even the sit down ones like TGIF, Chilis', Applebees and Denny's use MSG in abundance. Kentucky Fried Chicken seemed to be the WORST offender: MSG was in every chicken dish, salad dressing and gravy. No wonder I loved to eat that coating on the skin, their secret spice was MSG!

So why is MSG in so many of the foods we eat? Is it a preservative or a vitamin?

Not according to my friend John. In the book he wrote, an expose of the food additive industry called *The Slow Poisoning of America*, ([www.spofamerica.com](http://www.spofamerica.com)), he said that MSG is added to food for the addictive effect it has on the human body.

Even the propaganda website sponsored by the food manufacturers lobby group supporting MSG at <http://www.msgfacts.com/facts/msgfact12.html> explains that the reason they add it to food is to make people eat more. A study of elderly people showed that people eat more of the foods that it is added to. The Glutamate Association lobby group says eating more benefits the elderly, but what does it do to the rest of us?

'Betcha can't eat just one', takes on a whole new meaning where MSG is concerned!

And we wonder why the nation is overweight? The MSG manufacturers themselves admit that it addicts people to their products. It makes people choose their product over others, and makes people eat more of it than they would if MSG wasn't added.

Not only is MSG scientifically proven to cause obesity, it is an addictive substance: NICOTINE for FOOD!

Since its introduction into the American food supply fifty years ago, MSG has been added in larger and larger doses to the prepackaged meals, soups, snacks and fast foods we are tempted to eat everyday.

The FDA has set no limits on how much of it can be added to food. They claim it's safe to eat in any amount.

How can they claim it is safe when there are hundreds of scientific studies with titles like these?

The monosodium glutamate (MSG) obese rat as a model for the study of exercise in obesity. Gobatto CA, Mello MA, Souza CT, Ribeiro IA. Res Commun Mol Pathol Pharmacol. 2002

Adrenalectomy abolishes the food-induced hypothalamic serotonin release in both normal and monosodium glutamate-obese rats. Guimaraes RB, Telles MM, Coelho VB, Mori RC, Nascimento CM, Ribeiro Brain Res Bull. 2002 Aug

Obesity induced by neonatal monosodium glutamate treatment in spontaneously hypertensive rats: an animal model of multiple risk factors. Iwase M, Yamamoto M, Iino K, Ichikawa K, Shinohara N, Yoshinari Fujishima

Hypertens Res. 1998 Mar

Hypothalamic lesion induced by injection of monosodium glutamate in suckling period and subsequent development of obesity. Tanaka K, Shimada M, Nakao K, Kusunoki Exp Neurol. 1978 Oct

Yes, that last study was not a typo, it WAS written in 1978. Both the medical research community and food "manufacturers" have known MSG's side effects for decades!

Many more studies mentioned in John Erb's book link MSG to Diabetes,

Migraines and headaches, Autism, ADHD and even Alzheimer's.

But what can we do to stop the food manufactures from dumping fattening and addictive MSG into our food supply and causing the obesity epidemic we now see?

Even as you read this, George W. Bush and his corporate supporters are pushing a Bill through Congress. Called the "Personal Responsibility in Food Consumption Act" also known as the "Cheeseburger Bill", this sweeping law bans anyone from suing food manufacturers, sellers and distributors. Even if it comes out that

they purposely added an addictive chemical to their foods. Read about it for yourself at:

<http://www.yahoo.com>.[http://story.news.yahoo.com/news?tmpl=story&u=/ap/20040311/ap\\_on\\_go\\_co/obesity\\_lawsuits\\_4](http://story.news.yahoo.com/news?tmpl=story&u=/ap/20040311/ap_on_go_co/obesity_lawsuits_4)

The Bill has already been rushed through the House of Representatives, and is due for the same rubber stamp at Senate level. It is important that Bush and his corporate supporters get it through before the media lets everyone know about MSG, the intentional Nicotine for food.

Several months ago, John Erb took his book and his concerns to one of the highest government health officials in Canada. While sitting in the Government office, the official told him "Sure I know how bad MSG is, I wouldn't touch the stuff!" But this top level government official refused to tell the public what he knew.

The big media doesn't want to tell the public either, fearing legal issues with their advertisers. It seems that the fallout on the fast food industry may hurt their profit margin.

So what do we do?

The food producers and restaurants have been addicting us to their products for years, and now we are paying the price for it.

Our children should not be cursed with obesity caused by an addictive food additive.

But what can I do about it? I'm just one voice, what can I do to stop the poisoning of our children, while guys like Bush are insuring financial protection for the industry that is poisoning us.

I for one am doing something about it.

I am sending this email out to everyone I know in an attempt to show you the truth that the corporate owned politicians and media won't tell you.

The best way you can help save yourself and your children from this drug-induced epidemic, is to forward this email to everyone. With any luck, it will circle the globe before Bush can pass the Bill protecting those who poisoned us.

The food industry learned a lot from the tobacco industry. Imagine if big tobacco had a bill like this in place before someone blew the whistle on Nicotine?

Blow the whistle on MSG.

If you are one of the few who can still believe that MSG is good for us, and you don't believe what John Erb has to say, see for yourself. Go to the National Library of Medicine, at [www.pubmed.com](http://www.pubmed.com) <http://www.pubmed.com> . Type in the words "MSG Obese", and read a few of the 115 medical studies that appear.

We do not want to be rats in one giant experiment, and we do not approve of food that makes us into a nation of obese, lethargic, addicted sheep, waiting for the slaughter.

With your help we can put an end to this, and stop the Slow Poisoning of America. Let's save our children

## **DON'T DRINK YOUR MILK!**

### **Processing Is the Problem**

The path that transforms healthy milk products into allergens and carcinogens begins with modern feeding methods that substitute high-protein, soy-based feeds for fresh green grass and breeding methods to produce cows with abnormally large pituitary glands so that they produce three times more milk than the old fashioned scrub cow. These cows need antibiotics to keep them well.

Their milk is then pasteurized so that all valuable enzymes are destroyed (lactase for the assimilation of lactose; galactase for the assimilation of galactose; phosphatase for the assimilation of calcium).

Literally dozens of other precious enzymes are destroyed in the pasteurization process. Without them, milk is very difficult to digest. The human pancreas is not always able to produce these enzymes; over-stress of the pancreas can lead to diabetes and other diseases.

The butterfat of commercial milk is homogenized, subjecting it to rancidity. Even worse, butterfat may be removed altogether. Skim milk is sold as a health food, but the truth is that butter-fat is in milk for a reason.

Without it the body cannot absorb and utilize the vitamins and minerals in the water fraction of the milk. Along with valuable trace minerals and short chain fatty acids, butterfat is America's best source of preformed vitamin A.

Synthetic vitamin D, known to be toxic to the liver, is added to replace the natural vitamin D complex in butterfat. Butterfat also contains re-arranged acids which have strong anti-carcinogenic properties.

Non-fat dried milk is added to 1% and 2% milk. Unlike the cholesterol in fresh milk, which plays a variety of health promoting roles, the cholesterol in non-fat dried milk is oxidized and it is this rancid cholesterol that promotes heart disease.

Like all spray dried products, non-fat dried milk has a high nitrite content. Non-fat dried milk and sweetened condensed milk are the principle dairy products in third world countries; use of ultra high temperature pasteurized milk is widespread in Europe.

### **Other Factors Regarding Milk**

Milk and refined sugar make two of the largest contributions to food induced ill health in our country. That may seem like an overly harsh statement, but when one examines the evidence, this is a reasonable conclusion.

The recent approval by the FDA of the use of BGH (Bovine Growth Hormone) by dairy farmers to increase their milk production only worsens the already sad picture.

BGH causes an increase in an insulin-like growth factor (IGF-1) in the milk of treated cows. IGF-1 survives milk pasteurization and human intestinal digestion. It can be directly absorbed into the human bloodstream, particularly in infants.

It is highly likely that IGF-1 promotes the transformation of human breast cells to cancerous forms. IGF-1 is also a growth factor for already cancerous breast and colon cancer cells, promoting their progression and invasiveness.

It is also possible for us to absorb the BGH directly from the milk. This will cause further IGF-1 production by our own cells.

BGH will also decrease the body fat of cows. Unfortunately, the body fat of cows is already contaminated with a wide range of carcinogens, pesticides, dioxin, and antibiotic residues. When the cows have less body fat, these toxic substances are then transported into the cows' milk.

BGH also causes the cows to have an increase in breast infections for which they must receive additional antibiotics.

Prior to BGH, 38% of milk sampled nationally was already contaminated by illegal residues of antibiotics and animal drugs. This will only increase with the use of BGH. One can only wonder what the long term complications will be for drinking milk that has a 50% chance it is contaminated with antibiotics.

There is also a problem with a protein enzyme called xanthine oxidase which is in cow's milk. Normally, proteins are broken down once you digest them.

However, when milk is homogenized, small fat globules surround the xanthine oxidase and it is absorbed intact into your blood stream. There is some very compelling research demonstrating clear associations with this absorbed enzyme and increased risks of heart disease.

Ear specialists frequently insert tubes into the ear drums of infants to treat recurrent ear infections. It has replaced the previously popular tonsillectomy to become the number one surgery in the country.

Unfortunately, most of these specialists don't realize that over 50% of these children will improve and have no further ear infections if they just stop drinking their milk.

This is a real tragedy. Not only is the \$3,000 spent on the surgery wasted, but there are some recent articles supporting the likelihood that most children who have this procedure will have long term hearing losses.

It is my strong recommendation that you discontinue your milk products. If you find this difficult, I would start for several weeks only, and reevaluate how you feel at that time.

This would include ALL dairy, including skim milk and Lact-Aid milk, cheese, yogurt, and ice cream. If you feel better after several weeks you can attempt to rotate small amounts of one form of milk every four days.

You probably are wondering what will happen to your bones and teeth if you stop milk. The majority of the world's population takes in less than half the calcium we are told we need and yet they have strong bones and healthy teeth.

Cows' milk is rich in phosphorous which can combine with calcium -- and can prevent you from absorbing the calcium in milk. The milk protein also accelerates calcium excretion from the blood through the kidneys.

This is also true when you eat large amount of meat and poultry products. Vegetarians will need about 50% less calcium than meat eaters because they lose much less calcium in their urine.

It is possible to obtain all your calcium from dark green vegetables (where do you think the cow gets their's from?). The darker the better. Cooked collard greens and kale are especially good. If you or your child is unable to take in large amounts of green vegetables, you might want to supplement with calcium.

If you can swallow pills, we have an excellent, inexpensive source called Calcium Citrate, which has a number of other minerals which your body requires to build up maximally healthy bone.

It is much better than a simple calcium tablet. You can take about 1,000 mg a day. For those who already suffer from osteoporosis, the best calcium supplement is microcrystalline hydroxyapatite.

It is also important that you take vitamin D in the winter months from November to March. Normally your skin converts sunshine to vitamin D, but the sunshine levels in the winter are very low unless you visit Florida or Mexico type areas.

Most people obtain their vitamin D from milk in the winter; so if you stop it, please make sure you are taking calcium with vitamin D or a multi vitamin with vitamin D to prevent bone thinning.

Most people are not aware that the milk of most mammals varies considerably in its composition. For example, the milk of goats, elephants, cows, camels, wolves, and walruses show marked differences, in their content of fats, protein, sugar, and minerals. Each was designed to provide optimum nutrition to the young of the respective species. Each is different from human milk.

In general, most animals are exclusively breast-fed until they have tripled their birth weight, which in human infants occurs around the age of one year. In no mammalian species, except for the human (and domestic cat) is milk consumption continued after the weaning period. Calves thrive on cow milk. Cow's milk is designed for calves.

Cow's milk is the number one allergic food in this country. It has been well documented as a cause in diarrhea, cramps, bloating, gas, gastrointestinal bleeding, iron-deficiency anemia, skin rashes, atherosclerosis, and acne.

It is the primary cause of recurrent ear infections in children. It has also been linked to insulin dependent diabetes, rheumatoid arthritis, infertility, and leukemia.

Hopefully, you will reconsider your position on using milk as a form of nourishment. Small amounts of milk or milk products taken infrequently, will likely cause little or no problems for most people.

However, the American Dairy Board has done a very effective job of marketing this product. Most people believe they need to consume large, daily quantities of milk to achieve good health. NOTHING could be further from the truth.

Public health officials and the National Dairy Council have worked together in this country to make it very difficult to obtain wholesome, fresh, raw dairy products. Nevertheless, they can be found with a little effort. In some states, you can buy raw milk directly from farmers.

Whole, pasteurized, non-homogenized milk from cows raised on organic feed is now available in many gourmet shops and health food stores. It can be cultured to restore enzyme content, at least partially. Cultured buttermilk is often more easily digested than regular milk; it is an excellent product to use in baking.

Many shops now carry whole cream that is merely pasteurized (not ultra pasteurized like most commercial cream); diluted with water, it is delicious on cereal and a good substitute for those allergic to milk.

Traditionally made creme fraiche (European style sour cream), it also has a high enzyme content.

## **FDA Lists 92 Symptoms from Nutrasweet (Aspartame) (including Death!)**

### **Please Note: Nutrasweet is in Diet Coke and Diet Pepsi**

This article originally appeared on [www.dorway.com](http://www.dorway.com)

*Note: This information required a Freedom Of Information Act request to pry it from the reluctant hands of the FDA.*

Nutrasweet (brand name for Aspartame) was not approved until 1981, in dry foods. For over eight years the FDA refused to approve it because of the seizures and brain tumors this drug produced in lab animals. The FDA continued to refuse to approve it until President Reagan took office (a friend of Searle) and fired the FDA Commissioner who wouldn't approve it. Dr. Arthur Hull Hayes was appointed as commissioner. Even then there was so much opposition to approval that a Board of Inquiry was set up. The Board said: "Do not approve aspartame". Dr. Hayes OVERRULED his own Board of Inquiry.

Shortly after Commissioner Arthur Hull Hayes, Jr., approved the use of aspartame in carbonated beverages, he left for a position with G.D. Searle's Public Relations firm.

Long-Term Damage. It appears to cause slow, silent damage in those unfortunate enough to not have immediate reactions and a reason to avoid it. It may take one year, five years, 10 years, or 40 years, but it seems to cause some reversible and some irreversible changes in health over long-term use.

**METHANOL (AKA WOOD ALCOHOL/POISON) (10% OF ASPARTAME)** Methanol/wood alcohol is a deadly poison. People may recall that methanol was the poison that has caused some "skid row" alcoholics to end up blind or dead. Methanol is gradually released in the small intestine when the methyl group of aspartame encounter the enzyme chymotrypsin.

The absorption of methanol into the body is sped up considerably when free methanol is ingested. Free methanol is created from aspartame when it is heated to above 86 Fahrenheit (30 Centigrade). This would occur when aspartame-containing product is improperly stored or when it is heated (e.g., as part of a "food" product such as Jello).

Methanol breaks down into formic acid and formaldehyde in the body. Formaldehyde is a deadly neurotoxin. An EPA assessment of methanol states that methanol "is considered a cumulative poison due to the low rate of excretion once it is absorbed. In the body, methanol is oxidized to formaldehyde and formic acid; both of these metabolites are toxic." They recommend a limit of consumption of 7.8 mg/day. A one-liter (approx. 1 quart) aspartame-sweetened beverage contains about 56 mg of methanol. Heavy users of aspartame-containing products consume as much as 250 mg of methanol daily or 32 times the EPA limit.

The most well known problems from methanol poisoning are vision problems. Formaldehyde is a known carcinogen, causes retinal damage, interferes with DNA replication, and causes birth defects. Due to the lack of a couple of key enzymes, humans are many times more sensitive to the toxic effects of methanol than animals. Therefore, tests of aspartame or methanol on animals do not accurately reflect the danger for humans. As pointed out by Dr Woodrow C. Monte, Director of the Food Science and Nutrition Laboratory

at Arizona State University, "There are no human or mammalian studies to evaluate the possible mutagenic, teratogenic, or carcinogenic effects of chronic administration of methyl alcohol."

It has been pointed out that fruit juices and alcoholic beverages contain small amounts of methanol. It is important to remember, that the methanol in natural products never appears alone. In every case, ethanol is present, usually in much higher amounts. Ethanol is an antidote for methanol toxicity in humans.

The troops of Desert Storm were "treated" to large amounts of aspartame-sweetened beverages which had been heated to over 86 degrees F. in the Saudi Arabian sun. Many of them returned home with numerous disorders similar to what has been seen in persons who have been chemically poisoned by formaldehyde. The free methanol in the beverages may have been a contributing factor in these illnesses. Other breakdown products of aspartame such as DKP, may also have been a factor.

In a 1993 act that can only be described as "unconscionable", the FDA approved aspartame as an ingredient in numerous food items that would always be heated to above 86°degrees F (30°Degrees C).

Much worse, on 27 June 1996, without public notice, the FDA removed all restrictions from aspartame allowing it to be used in everything, including all heated and baked goods.

The truth about aspartame's toxicity is far different than what the NutraSweet Company would have you readers believe. In February of 1994, the U.S. Department of Health and Human Services released the listing of adverse reactions reported to the FDA (DHHS 1994). Aspartame accounted for more than 75% of all adverse reactions reported to the FDA's Adverse Reaction Monitoring System (ARMS). By the FDA's own admission fewer than ONE PERCENT of those who have problems with something they consume ever report it to the FDA. This balloons the almost 10,000 complaints they once had to around a million.

However, the FDA has a record keeping problem (they never did respond to the certified letter from the WEBMASTER of this site a major victim!) and they tend to discourage or even misdirect complaints, at least on aspartame. The fact remains, though, that MOST victims don't have a clue that aspartame may be the cause of their many problems! Many reactions to aspartame were very serious including seizures and death.

#### **Those reactions included:**

- Abdominal Pain
- Anxiety attacks
- arthritis
- asthma
- Asthmatic Reactions
- Bloating, Edema (Fluid Retention)
- Blood Sugar Control Problems (Hypoglycemia or Hyperglycemia)
- Brain Cancer (Pre-approval studies in animals)
- Breathing difficulties
- burning eyes or throat
- Burning Urination
- can't think straight
- Chest Pains
- chronic cough
- Chronic Fatigue
- Confusion
- Death

- Depression
- Diarrhea
- Dizziness
- Excessive Thirst or Hunger
- fatigue
- feel unreal
- flushing of face
- Hair Loss (Baldness) or Thinning of Hair
- Headaches/Migraines dizziness
- Hearing Loss
- Heart palpitations
- Hives (Urticaria)
- Hypertension (High Blood Pressure)
- Impotency and Sexual Problems
- inability to concentrate
- Infection Susceptibility
- Insomnia
- Irritability
- Itching
- Joint Pains
- laryngitis
- "like thinking in a fog"
- Marked Personality Changes
- Memory loss
- Menstrual Problems or Changes
- Migraines and Severe Headaches (Trigger or Cause From Chronic Intake)
- Muscle spasms
- Nausea or Vomiting
- Numbness or Tingling of Extremities
- Other Allergic-Like Reactions
- Panic Attacks
- Phobias
- poor memory
- Rapid Heart Beat
- Rashes
- Seizures and Convulsions
- Slurring of Speech
- Swallowing Pain
- Tachycardia
- Tremors
- Tinnitus
- Vertigo
- Vision Loss
- Weight gain

**Aspartame Disease Mimics Symptoms or Worsens the Following Diseases**

- Alzheimer's Disease
- Arthritis
- Birth Defects
- Chronic Fatigue Syndrome

- Diabetes and Diabetic Complications
- Epilepsy
- Fibromyalgia
- Lupus
- Lyme Disease
- Lymphoma
- Multiple Chemical Sensitivities (MCS)
- Multiple Sclerosis (MS)
- Parkinson's Disease

### How it happens:

Methanol, from aspartame, is released in the small intestine when the methyl group of aspartame encounters the enzyme chymotrypsin (Stegink 1984, page 143). Free methanol begins to form in liquid aspartame-containing products at temperatures above 86 degrees F. also within the human body.

The methanol is then converted to formaldehyde. The formaldehyde converts to formic acid - ant sting poison. Toxic formic acid is used as an activator to strip epoxy and urethane coatings. Imagine what it does to your tissues! (*Note from Stephanie Relfe* - Even the Australian Cancer Council says that there are NO safe levels of formaldehyde).

Phenylalanine and aspartic acid, 90% of aspartame, are amino acids normally used in synthesis of protoplasm when supplied by the foods we eat. But when unaccompanied by other amino acids we use [there are 20], they are neurotoxic.

That is why a warning for Phenylketonurics is found on EQUAL and other aspartame products. Phenylketenurics are 2% of the population with extreme sensitivity to this chemical unless it's present in food. It gets you too, causing brain disorders and birth defects! Finally, the phenylalanine breaks down into DKP, a brain tumor agent.

In other words: Aspartame converts to dangerous by-products that have no natural countermeasures. A dieter's empty stomach accelerates these conversions and amplifies the damage. Components of aspartame go straight to the brain, damage that causes headaches, mental confusion, seizures and faulty balance. **Lab rats and other test animals died of brain tumors.**

Despite the claims of Monsanto and bedfellows:

1. Methanol from alcohol and juices does not get converted to formaldehyde to any significant extent. There is very strong evidence to confirm this fact for alcoholic beverages and fairly strong evidence for juices.
2. Formaldehyde obtained from methanol is very toxic in *\*very small\** doses as seen by recent research.
3. Aspartame causes chronic toxicity reactions/damage due to the methanol to formaldehyde and other break down products despite what is claimed otherwise by the very short, industry-funded experiments using a test substance that is chemically different and absorbed differently than what is available to the general public. "Strangely enough", almost all independent studies show that aspartame can cause health problems.
4. A common ploy from Monsanto is to claim that aspartame is "safe" yet a few select people may have "allergic" reactions to it. This is typical Monsanto nonsense, of course. Their own research shows that it does not cause "allergic" reactions. It is there way of trying to minimize and hide the huge numbers of toxicity reactions and damage that people are experiencing from the long-term use of aspartame.

## Summary

Given the following points, it is definitely premature for researchers to discount the role of methanol in aspartame side effects:

1. The amount of methanol ingested from aspartame is unprecedented in human history. Methanol from fruit juice ingestion does not even approach the quantity of methanol ingested from aspartame, especially in persons who ingest one to three liters (or more) of diet beverages every day. Unlike methanol from aspartame, methanol from natural products is probably not absorbed or converted to its toxic metabolites in significant amounts as discussed earlier.
2. Lack of laboratory-detectable changes in plasma formic acid and formaldehyde levels do not preclude damage being caused by these toxic metabolites. Laboratory-detectable changes in formate levels are often not found in short exposures to methanol.
3. Aspartame-containing products often provide little or no nutrients which may protect against chronic methanol poisoning and are often consumed in between meals. Persons who ingest aspartame-containing products are often dieting and more likely to have nutritional deficiencies than persons who take the time to make fresh juices.
4. Persons with certain health conditions or on certain drugs may be much more susceptible to chronic methanol poisoning.
5. Chronic diseases and side effects from slow poisons often build silently over a long period of time. Many chronic diseases which seem to appear suddenly have actually been building in the body over many years.
6. An increasing body of research is showing that many people are highly sensitive to low doses of formaldehyde in the environment. Environmental exposure to formaldehyde and ingestion of methanol (which converts to formaldehyde) from aspartame likely has a cumulative deleterious effect.
7. Formic acid has been shown to slowly accumulate in various parts of the body. Formic acid has been shown to inhibit oxygen metabolism.
8. There are a very large and growing number of persons who are experiencing chronic health problems similar to the side effects of chronic methanol poisoning when ingesting aspartame-containing products for a significant length of time. This includes many cases of eye damage similar to the type of eye damage seen in methanol poisoning cases.

Note: It often takes at least sixty days without any aspartame NutraSweet to see a significant improvement. *(Note from Stephanie Relfe: Drink plenty of good water. Preferably water filtered by reverse osmosis. If not that, spring water. Not tap, distilled or mineral water).*

Check all labels very carefully (including vitamins and pharmaceuticals). Look for the word "aspartame" on the label and avoid it. (Also, it is a good idea to avoid "acesulfame-k" or "sunette.") Finally, avoid getting nutrition information from junk food industry PR organizations such as IFIC or organizations that accept large sums of money from the junk and chemical food industry such as the American Dietetic Association.

If you are a user of any products with aspartame, and you have physical, visual, mental problems take the 60-day no aspartame test. If, after two months with no aspartame your symptoms are either gone, or are much less severe, please get involved to get this neurotoxin off the market. Write a letter to the FDA, with a copy to Betty Martini (for proof of how the FDA doesn't keep proper records). Write your congressmen.

Return products containing aspartame to the point of purchase... for a FULL refund. Make a big stink if they WON'T give you a full refund! Tell all your friends and family... and if they stop using aspartame and also "wake up well"... get them involved in the same way.

Aspartame is an "approved sweetener" because of a few greedy and dishonest people who place profits above human life and well-being. With the FDA and our Congress culpable, only an INFORMED and ACTIVE public will affect its reclassification from "food additive" to TOXIC DRUG, and removed from the human food chain.

*From Stephane Relfe:* Note that Michael J. Fox, who was spokesperson for Pepsi, has an old man's disease (Parkinson's Disease) at only 30 years old!

Also Note: Aspartame has one use that I know of - it makes an EXCELLENT ant poison. Put a few tablespoons on a nest of fire ants and see how long before they disappear.

### **For more information:**

[www.dorway.com](http://www.dorway.com)

[www.aspartamekills.com](http://www.aspartamekills.com)

[www.nexuxmagazine.com/Aspartame.html](http://www.nexuxmagazine.com/Aspartame.html)

<http://www.holisticmed.com/aspartame>

<http://www.trufax.org/menu/chem.html#aspartame>

## **TOXIN TRACES FOUND IN FOOD**

By Seth Borenstein  
Knight Ridder Newspapers (KRT)  
September 02, 2004

WASHINGTON — A wide variety of food in American supermarkets is contaminated with tiny doses of toxic man-made chemical flame-retardants, according to a new study of everyday groceries released yesterday.

Samples of grocery stores' fish, pork, duck, turkey, cheese, butter, milk, chicken, ice cream and eggs were tainted with polybrominated diphenyl ethers, known as PBDEs, according to a peer-reviewed article in the Environmental Science & Technology journal.

Because this is a relatively new health concern, no one has studied yet if PBDEs are harmful to humans and at what levels, the Environmental Protection Agency's top toxicologist said. However, in animal tests they've harmed the nervous system, altered hormonal function and changed the development of reproductive organs.

The federal government has ruled that one PBDE in large doses is a possible human carcinogen.

Yesterday's finding indicates that the group of chemicals — used in carpeting, electronics and furniture — is getting into people through their food and remains in the body for several years.

Industry officials said the amounts were too small to worry about.

In the study, scientists found the chemicals in 31 of 32 common and name-brand groceries in three Dallas stores, which they said should be typical of most American supermarkets. Only nonfat milk came up clean. Scientists said animal fat was a big factor.

"It's the first documentation that PBDEs are widespread in food that the American population would eat and that the concentrations in food are high enough for a chemical like this that it is going to persist in our bodies," study co-author Linda Birnbaum said. She's the EPA's director of experimental toxicology and the president of the Society of Toxicology, a professional organization of scientists.

The amounts of PBDEs in U.S. groceries were nine to 20 times higher than those in foods in grocery stores in Spain and Japan, where not as many PBDEs are used, the study reported.

This matched earlier studies of elevated PBDE levels in human breast milk, which found American amounts 10 to 100 times higher than elsewhere, said Arnold Schecter, a University of Texas environmental sciences professor who co-wrote the most recent study.

"We're documenting it at the highest levels in the world in the United States, everywhere we look," Schecter said.

He said there were no PBDEs in the human body 40 years ago, before use of the chemicals began.

Birnbaum said, "The fattier the foods, the more PBDEs you'll get."

Because health officials don't know what levels of PBDEs are safe, Birnbaum recommends that people follow "heart-healthy" diets, which cut down on fats that store PBDEs and other toxins.

The amounts of PBDEs found in food ranged from 1 part per trillion for margarine to 3,078 parts per trillion for salmon.

Those levels are "millions of times below acceptable limits," said Peter O'Toole, the U.S. director of the Bromine Science and Environment Forum, which represents the three chemical companies that produce these types of flame retardants. A person would have to eat 80 tons of cheese a day to ingest enough of one certain type of PBDE to be harmful, he said, basing his analysis on a National Academy of Sciences risk assessment in 2000 for that type of PBDE in the textile industry.

Scientists aren't sure how PBDEs get into food. The theory is that particles escape from carpets, furniture, computers and televisions into the air. Those particles fall to the ground and into the water, where animals consume them. PBDE concentrates in fat as it moves up the food chain. Scientists didn't test vegetables and fruits, but did find PBDEs in a soy infant formula.

The EPA convinced the two makers of PBDEs in America to stop producing two troublesome types of the chemicals by next January. But deca-BDE — which the federal government has linked to cancer — isn't banned because it's so crucial to fireproofing electronics, Birnbaum said.

The federal government should get rid of deca-BDE, said Jane Houlihan, the vice president of the Environmental Working Group, a Washington activist organization. ■

## **PROFESSOR CONCERNED OVER ARSENIC LEVELS IN WATER**

POSTED: 8:50 pm EDT September 30, 2004

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A team from Dartmouth Medical School says the levels of arsenic in drinking water could be harmful over time.

Arsenic can be a deadly poison, but if you're drinking water comes from a private supply, you could be ingesting it daily.

The Environmental Protection Agency says low levels of arsenic are safe, but Dartmouth professor Dr. Joshua Hamilton doesn't agree.

Hamilton and a team of researchers tested the effects of arsenic on fish. They found even when low levels of the toxin are ingested; arsenic deteriorates the body by disrupting the endocrine system.

The EPA lowered the acceptable level of arsenic in Champlain Valley water from 50 to 10 parts per billion.

Hamilton says it's still too high.

The EPA says there's nothing to worry about.

## **WILL THE WORST FOODS FINALLY BE DECLARED "JUNK"?**

Experts have been pondering the question, "What has been fueling the obesity epidemic more--poor food choices or the availability of unhealthy foods?"

### **Blame it on the Junk Food**

Some experts identified junk food as the prime contributor to the obesity epidemic. Almost one-third of the American diet consists of sweets, salty snacks and soda, which contain no nutritional value and are also strongly tied to unhealthy eating habits. For these reasons, certain experts believe that these types of foods should be marked with labels such as a scarlet "J" symbol.

The goal behind labeling is to incorporate several nutrition indicators into one government-sanctioned label and position it on the front of the packages. Foods then would be rated by nutrition experts according to category such as calories, poor and over-consumed nutrients and healthy nutrients that aren't being consumed enough.

### **Taking Away the Consumer's Responsibility**

- Some experts who disagreed with the food labeling idea stated that the focus needed to be placed upon promoting healthy eating habits rather than on individual foods
- Experts also claimed that rating foods was an overly simplistic idea
- They also added that nutrition should be looked at on an individual basis because of the wide variety of nutritional needs

### **Do Consumers Really pay Attention to Labels?**

- Those against the labeling idea said that most consumers already know what foods are good for them and what are bad and their decision ultimately boils down to a matter of taste
- Others claimed that the labeling might cause confusion among the consumers in addition to the already existing food labels
- Another concern cited was the probability of companies adding vitamins and minerals to their product to avoid being labeled with a scarlet J

In the end, it's the Consumer's Decision

Critics of the labeling system stated that putting labels on products would undermine the consumer's ability to make a wise decision on their own. Instead, they suggested educating consumers on making healthy food choices, developing nutritious eating habits and putting the responsibility back on the consumer.

**ABC News July 27, 2004**

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### **DON'T BE FOOLED BY NEW SNACK FOOD DECEPTIONS**

Have you ever wished eating your favorite snack food like Cheetos would be good for you? According to some snack food companies, that time is now. Nutritionists heartily disagree.

One food manufacturer claims it wants to help consumers find a "little shortcut to a healthier life." A new labeling system will indicate what are supposed to be 'smart food choices.' Stickers currently mark products like baked Cheetos and by the end of 2004, more than 100 foods will be identified as "smart choices." Another snack maker introduced 100 Calorie Packs of its most popular snacks such as Chips Ahoy! to help consumers count their calorie intake.

Nutritionists do not like the concept. They fear the labels will encourage people to purchase food they should not eat. Many of the so-called smart foods may be better than their predecessors but still are not healthy choices.

Company officials argue that the stickers will make it easy to find better choices in a given category.

Some say big name companies are introducing these food campaigns to offer alternatives. Critics say they are simply trying to combat the increasing awareness and concern for obesity in the United States.

#### **To qualify, a product must meet the following standards:**

- No more than 35 percent of a snack product's calories can come from fat
- Food products like oatmeal and cereal cannot have more than 30 percent of its calories from fat
- 25 percent fewer calories, fat, sugar or sodium than an original product
- Zero trans fats
- Products must meet other nutrient criteria unless they have specific health or wellness benefits

Smart options products made up about 40 percent of this manufacturer's U.S. profits in 2003.

**USA Today September 3, 2004**

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### **WHY JUNK FOOD IS SO TEMPTING, AND HOW TO BEAT YOUR TEMPTATION**

By Dr. Joseph Mercola  
with Rachael Droege

You see it there on the shelf--a chocolate-covered doughnut, a King-size candy bar, an "everything" bagel--and you know you shouldn't have it. It's not good for you, you'll feel tired after you eat it, maybe get a head rush or jittery feeling, it might make you gain weight, but at this moment, right now, you want it.

That junk food has this effect on so many Americans is an incredible feat. I challenge you to think of any other food that has such a strong hold on so many of us. So what is it about junk food that makes us want it, crave it even, despite knowing that it is just what it claims to be--junk? Well, here are just some of the reasons:

- It tastes good
- You've had a hard day and deserve a "reward"
- Lack of time to prepare something healthier
- It makes you feel good initially and maybe you're trying to use the immediate pleasure you get from eating it to substitute for other areas in your life that are lacking pleasure (loneliness, depression, anxiety, stress, hopelessness, etc.)
- It's cheap (sometimes)

I don't think I need to go on, but my point is that many people want these nutritionally devoid foods. Now consider the following statistics:

- Americans spent \$117 billion in obesity-related economic costs in 2003
- An estimated 300,000 Americans die each year from fat-related causes
- In 2000, Americans spent more than \$110 billion on fast food alone
- Americans now spend more money on fast food than on higher education, personal computers, computer software or new cars.
- Americans spend up to an estimated \$50 billion a year on diet and weight loss
- The food industry has a \$30 billion advertising budget
- McDonald's reportedly spent \$500 million on one ad campaign, while the National Cancer Institute spends about \$1 million a year to promote eating five daily servings of fruits and vegetables
- Junk food advertisements target children as young as 3 years old
- Junk food marketers spent an estimated \$15 billion in 2002 solely on marketing aimed at children

If you notice some irony in the above facts then you got the message. Obviously the healthy food message is no match for the advertising budget of the junk food companies, and perhaps Americans are more swayed by ads than we like to admit. Further, children are being raised in a world where fake, processed foods are the norm. They drink soda and eat French fries regularly--there is even a neon-orange snack chip that will change your tongue to blue or green when you eat it.

### **How to Avoid Junk Food Temptation**

The first step to avoiding junk food is to change your mindset, which admittedly is not an easy task--but it is one that can be done. Rather than looking at junk food as a reward that tastes good, try thinking of it as:

- Extra calories that won't do your body any good
- Toxic and foreign substances that will, over time, lead to disease
- A concoction of chemicals and artificial flavors
- Not something to give to children, whose bodies are still developing and in great need of nutrients
- A waste of money
- Likely to lead to increased health care bills for you and your family

And instead of thinking of healthy food as not tasting good, think of it as food that will fortify your body with nutrients, boost your immune system, fight disease--even slow down the aging process. I can't think of a stronger advertisement than that!

If you are thinking, "Well I try to eat healthy, but I always feel hungry and crave other foods," then you're likely not eating for your metabolic type. If you eat the right ratio of proteins, fats and carbohydrates--and the right types--for your metabolic type, you will naturally feel satisfied and full of energy after you eat. You can find a basic test to determine your metabolic type in my [Total Health Cookbook and Program](#), along with a detailed program to guide you to nutritious eating that will truly satisfy you, help you to reach your optimum weight and fight disease.

It's really as simple as that. And it seems that strides are beginning to be made toward reducing the prevalence of junk food in our society. For instance, [Philadelphia has banned the sale of soda in its schools](#) and more people are aware of the negative effects that junk-food marketing aimed at children has on their diets. McDonald's is even [planning to get rid of super-sized fries and soft drinks](#) by the end of 2004.

Those of you with small children will likely enjoy [Attack of the Junk Food Junkies](#), a free online storybook that teaches that the way to feel good is to eat right. Even though it's meant for kids, I suspect that parents will relate to its message too!

## THE FIVE ABSOLUTE WORST FOODS YOU CAN EAT

By Dr. Joseph Mercola  
with Rachael Droege

There are no "bad" foods, right? Only food you should eat in moderation? Well, not really. The following foods are so bad for your body that I really can't see any reason to eat them. Not only do they have zero nutritional value, but they also give your body a healthy dose of toxins, which should make the idea of eating them really hard to swallow.

### Doughnuts

Doughnuts are fried, full of sugar and white flour and most all varieties contain [trans fat](#). Store-bought doughnuts are made up of about 35 percent to 40 percent trans fat.

An average doughnut will give you about 200 to 300 calories, mostly from [sugar](#), and few other nutrients.

It's too bad that Americans view doughnuts as a breakfast food as, nutritionally speaking, eating a doughnut is one of the worst ways to start off your day. It will throw off your blood sugar and won't stay with you so you'll be hungry again soon. You are better off eating no breakfast at all, or better yet grabbing a quick glass of [Living Fuel](#).

### Soda

One can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites. I can't think of any good reason to ever have it. The diet varieties are also problematic as they are filled with harmful artificial sweeteners like [aspartame](#).

Studies have linked soda to osteoporosis, obesity, tooth decay and heart disease, yet the average American drinks an estimated 56 gallons of soft drinks each year. Plus, drinking all that sugar will likely suppress your appetite for healthy foods, which pave the way for nutrient deficiencies.

Soft drink consumption among children has almost doubled in the United States over the last decade, which is not surprising considering that most school hallways are lined with soda-filled vending machines.

Schools often make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment, in exchange for their students' health. School vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soda per student per year.

If you routinely drink soda--regular or diet--eliminating it from your diet is one of the simplest and most profound health improvements you can make.

### **French Fries (and Nearly All Commercially Fried Foods)**

Potatoes are bad enough when consumed in their raw state, as their simple sugars are rapidly converted to glucose that raises [insulin levels](#) and can devastate your health. But when they are cooked in trans fat at high temperatures, all sorts of interesting and very unpleasant things occur.

Anything that is fried, even vegetables, has the issue of [trans fat](#) and the potent cancer-causing substance [acrylamide](#).

Foods that are fried in vegetable oils like [canola](#), soybean, safflower, corn, and other seed and nut oils are particularly problematic. These polyunsaturated fats easily become rancid when exposed to oxygen and produce large amounts of damaging free radicals in the body. They are also very susceptible to heat-induced damage from cooking. What is not commonly known is that these oils can actually cause aging, clotting, inflammation, cancer and weight gain. You can read the article "[Secrets of the Edible Oil Industry](#)" for more information.

It is theoretically possible to create a more "healthy" French fry if you cook it in a healthy fat like [virgin coconut oil](#). Due to its high [saturated fat content](#), coconut oil is extremely stable and is not damaged by the high temperatures of cooking. This is why [coconut oil should be the only oil you use to cook with](#).

I am fond of telling patients that one French fry is worse for your health than one cigarette, so you may want to consider this before you order your next 'Biggie' order.

### **Chips**

Most commercial chips, and this includes corn chips, potato chips, tortilla chips, you name it, are high in trans fat. Fortunately, some companies have caught on to the recent media blitz about the dangers of trans fat and have started to produce chips without trans fat.

However, the high temperatures used to cook them will potentially cause the formation of [carcinogenic substances like acrylamide](#), and this risk remains even if the trans fat is removed.

### **Fried Non-Fish Seafood**

This category represents the culmination of non-healthy aspects of food. Fried shrimp, clams, oysters, lobsters, and so on have all the issues of trans fat and acrylamide mentioned above, plus an added risk of mercury.

Seafood is loaded with [toxic mercury](#) and [shellfish](#) like shrimp and lobsters can be contaminated with parasites and resistant viruses that may not even be killed with high heat. These creatures, considered scavenger animals, consume foods that may be harmful for you.

Eating these foods gives you a quadruple dose of toxins--trans fat, acrylamide, mercury and possibly parasites or viruses--with every bite.

If you have a taste for seafood, there's an easy solution. It's best to avoid your local fish fry and try the only fish I now eat--the delicious wild red [Alaskan salmon](#) that was proven through independent lab testing to be free of harmful levels of mercury and other contaminants.

## **THE REAL DANGERS OF SODA TO YOU AND YOUR CHILDREN**

**By Dr. Joseph Mercola  
with Rachael Droege**

How many sodas have you had today? How about your kids? The average American drinks an estimated 56 gallons of soft drinks each year, but before you grab that next can of soda, consider this: one can of soda has about 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, and is loaded with artificial food colors and sulphites.

This is an alarming amount of sugar, calories and harmful additives in a product that has absolutely no nutritional value. Plus, studies have linked soda to osteoporosis, obesity, tooth decay and heart disease. Despite this, soda accounts for more than one-quarter of all drinks consumed in the United States.

Teenagers and children, who many soft drinks are marketed toward, are among the largest consumers. In the past 10 years, soft drink consumption among children has almost doubled in the United States. Teenage boys now drink, on average, three or more cans of soda per day, and 10 percent drink seven or more cans a day. The average for teenage girls is more than two cans a day, and 10 percent drink more than five cans a day.

While these numbers may sound high, they're not surprising considering that most school hallways are lined with vending machines that sell, of course, soft drinks. It's not uncommon for schools to make marketing deals with leading soft drink companies such as Coca-Cola from which they receive commissions--based on a percentage of sales at each school--and sometimes a lump-sum payment.

The revenues are used for various academic and after-school activities, but what activity could be worth devastating the students' health, which is exactly what consuming all that soda is doing? Getting rid of vending machines in schools--or replacing their contents with pure water and healthy snacks--could make a big difference, as vending machines can increase the consumption of sweetened beverages by up to 50 or more cans of soda per student per year.

Let's take a look at some of the major components of a can of soda:

- **Phosphoric Acid:** May interfere with the body's ability to use calcium, which can lead to osteoporosis or softening of the teeth and bones. Phosphoric acid also neutralizes the hydrochloric acid in your stomach, which can interfere with digestion, making it difficult to utilize nutrients.
- **Sugar:** Soft drink manufacturers are the largest single user of refined sugar in the United States. It is a proven fact that sugar increases insulin levels, which can lead to high blood pressure, high cholesterol, heart disease, diabetes, weight gain, premature aging and many more negative side effects. Most sodas include over 100 percent of the RDA of sugar.

- **Aspartame:** This chemical is used as a sugar substitute in diet soda. There are over 92 different health side effects associated with aspartame consumption including brain tumors, birth defects, diabetes, emotional disorders and epilepsy/seizures. Further, when aspartame is stored for long periods of time or kept in warm areas it changes to methanol, an alcohol that converts to formaldehyde and formic acid, which are known carcinogens.
- **Caffeine:** Caffeinated drinks cause jitters, insomnia, high blood pressure, irregular heartbeat, elevated blood cholesterol levels, vitamin and mineral depletion, breast lumps, birth defects, and perhaps some forms of cancer.
- **Tap Water:** I recommend that everyone avoid drinking tap water because it can carry any number of chemicals including chlorine, trihalomethanes, lead, cadmium, and various organic pollutants. Tap water is the main ingredient in bottled soft drinks.
- **Soda** is one of the main reasons, nutritionally speaking, why many people suffer health problems. Aside from the negative effects of the soda itself, drinking a lot of soda is likely to leave you with little appetite for vegetables, protein and other food that your body needs.

If you are still drinking soda, stopping the habit is an easy way to improve your health. Pure water is a much better choice. If you must drink a carbonated beverage, try sparkling mineral water.

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