

A Natural Health Treasury

Doctors' Inside Secrets for Natural Cleansing and Detoxification

How natural doctors:

- ✓ **Protect themselves from deadly toxins**
- ✓ **Ease dozens of toxin-related health problems**
- ✓ **Enjoy super health... with internal cleansing and detoxification**

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Introduction

Have you noticed that America's health trends have gradually worsened over the past three decades? Where can we point the finger of blame? Is it due to the nutrient-poor foods in our nation's grocery stores, fast food restaurants, and school lunch programs? Is it our sedentary lifestyle largely as a result of the comforts provided to us through technological advances? How about the environmental chemicals in our air, water, and foods? These, and many more, probably contribute to the mounting ways in which our DNA expresses disease, why we become overly dependent on prescription medications, and how we are collectively and individually creating illness as seen in most all aging adults.

The authors of *Death by Medicine* report: "Considering this enormous expenditure (\$1.6 trillion in 2003; 14% of the GNP), we should have the best medicine in the world. We should be reversing disease, preventing disease, and doing minimal harm. However, careful and objective review shows the opposite. Because of the extraordinary narrow context of medical technology through which contemporary medicine examines the human condition, we are completely missing the full picture. Medicine is not taking into consideration the following monumentally important aspects of a healthy human organism: (a) Stress and how it adversely affects the immune system and life processes; (b) insufficient exercise; (c) excessive caloric intake; (d) highly-processed and denatured foods grown in denatured and chemically-damaged soil; and (e) exposure to tens-of-thousands of environmental toxins. Instead of minimizing these disease-causing factors, we actually cause more illness through medical technology, diagnostic testing, overuse of medical and surgical procedures, and overuse of pharmaceutical drugs. The huge disservice of this therapeutic strategy is the result of little effort or money being appropriated for preventing disease."

Speaking of our overdependence on drugs and the medical system, the authors point out a 2003 study which followed 400 patients after discharge from a specialty hospital in which 19% had adverse events, 66% had adverse drug reactions, and 17% had procedure-related injuries.¹ Worse, in a *NEJM* study, an alarming one-in-four patients suffered observable side effects from the more than 3.34 billion prescription drugs filled in 2002, the biggest offenders being the anti-depressants and the pain relievers.²

In light of the unhealthy trends of the medical system today, I aim to present to you something quite profound about how to take control of your own health, reverse symptoms and disease, and prevent chronic illnesses in development. In this report you will learn what unnatural chemicals your body absorbs and stores; how this affects your immune system and disease development; and how your body can naturally detoxify and become cleansed for new-found levels of health and disease prevention.

To your health,



Michael Cutler, M.D.

SECTION I:

The Toxic Environment: Which Unnatural Chemicals To Recognize and Avoid

Section Topics

- What is Meant by “Toxic” Environment?
- Signs and Symptoms of the Problem
- Environmental Dangers of Chemical Exposure
- No Long-Term Studies to Establish Safety: Methyl Isocyanate; Trimellitic Anhydride; Formaldehyde
- The Organochlorines: Dioxins, PCBs
- Arctic Mammals Toxic with Household Chemicals
- Heavy Metals
- Electromagnetic Frequencies (EMFs)
- Pesticides, Herbicides, and Fungicides
- Hormones and Antibiotics
- Other Medications
- Neurotoxins
- Acids
- Vaccinations
- Byproducts of Cellular Metabolism
- Stressors
- The Air We Breathe

What Is Meant by a “Toxic” Environment?

I used to laugh at the word “toxins” when I practiced only conventional medicine. I was sure that the alternative healthcare practitioners knew nothing about toxins, being so “unscientific” as

they appeared to me then. It is important for you to also understand, as I do now, the important role toxins play in degrading your health on many levels and how they can be safely eliminated.

The word “toxin” describes the multitude of molecular and energetic damage to the body and soul. Toxins can come from the air, water, food, and other sources as will be described. They are mostly chemical/molecular in nature, but painful emotions like anger, anxiety, and despair must also be considered toxins. Consider the following various toxins which can wreak havoc on our health, even in small amounts.

Environmental toxins are chemicals, electromagnetic frequencies, and anything that create inflammation and molecular free radicals in human cells. Free radicals are electrically-charged molecules which steal electrons from other molecules, thus causing tissue destruction called oxidation. This oxidation induces a rapid aging and degenerative effect. The classic example is the sliced apple or peeled banana which “browns” when exposed to air. These are now known to be the underlying cause of cancer, heart disease, and almost every other chronic illness.

Signs and Symptoms of the Problem

Here is just a partial list of symptoms of toxicity: Lethargy, fatigue, depression, headaches, allergies (there are a multitude of illnesses that in reality have an allergic cause), chronic recurring infections, nervousness, memory loss, joint pains, and sensitivity to perfume/odors. Environmental toxins are known to cause neurological disorders such as Parkinson’s disease and Alzheimer’s. They also play a role in mental/behavioral disorders such as anxiety, depression, and attention deficit disorder.

This is not to mention the long list of chronic disease states that are linked to various toxins. Toxicity is often not even suspected because these symptoms could be caused by a multitude of other sources. Add a genetic predisposition to the mix, and neurotoxins may trigger the expression of a disease with continued exposure.

Environmental Dangers of Chemical Exposure

There is no question that a large, and growing number of people have developed illnesses largely caused from present-day environmental chemicals. Unfortunately, these are typically not discovered unless an individual’s symptoms persist or they fail to respond adequately to prescription medications.

In my practice, many of my new patients have been to several doctors only to become discouraged by the results. And most of them are patients that conventional doctors really didn’t know how to deal with. I know this because it is exactly what I found before I was trained in natural therapies—and the reason I left my seven-year doctor partnership in 2001 to search for the underlying causes of illnesses.

Right now you are probably saying to yourself, “Environmental chemical exposure sounds like a rare cause of illness and doesn’t really relate to me.” At least that’s what my 72-year-old mother said when I introduced this topic to her. So I asked her, “Do you know anyone with arthritis that developed it without a related known cause?” She immediately caught on. “Well, me, I guess,” she

replied. Then she suddenly remembered that as a child she used to play with little balls of mercury “all of the time.” Then she remembered watching her mother routinely spray DDT around the family’s herb garden. She said to me, “In the last five years of her life, your grandmother suffered with severe dementia.” Then my mother added, “Wow, what other chemical toxins should I be tested for?”

So whether you have arthritis, memory difficulties, heart trouble, thyroid weakness, or one of a myriad of other chronic “idiopathic” illnesses, you may want to consider the causes that can be identified and removed.

Could Chemical Exposure Be the Cause of Your Health Problems?

The symptoms caused by chemical or environmental exposures are usually multiple and sometimes disabling. But for sure, it is a subtle process—one that has taken decades for our nation’s experts to figure out. These chemicals more classically affect the brain, nervous system, or immune system. However, evidence is mounting that they also affect joints, heart muscle, the bowel, thyroid, intestinal lining, and probably more.

We now know that they may be contributing triggers to many “idiopathic” illnesses. While the exact mechanism of how chemicals affect these tissues is not entirely clear, antibodies and markers of immune system inflammation are both measurable and usually correspond with symptoms and history.

Let me share a case study to illustrate this. A February 3, 2006, article on *The New York Times* website describes one patient’s plight that is all too common:

“During a nine-year period that ended in 2004, Ms. Riley, 47, visited almost 20 doctors, for a variety of intermittent and strange health complaints: Blurred vision, urinary difficulties, and balance problems so severe that at times she wobbled like a drunk.

“She felt unwell most of the time, but doctors could not figure out what she had. ‘Each specialist ordered different tests, depending on the symptom,’ Ms. Riley said, ‘but they were usually rushed and seemed to solicit her views only as a formality.’

“Undeterred, Ms. Riley, an event planner who lives near New London, CT, typed out a four-page description of her ordeal, including her suspicion that she suffered from lead poisoning. One neurologist waved the report away as if insulted; another barely skimmed it, she said. ‘I remember sitting in one doctor’s office and realizing, ‘He thinks I’m crazy,’ Ms. Riley said. ‘I was getting absolutely nowhere in conventional medicine, and I was determined to get to the root of my problems.’

“Through word of mouth, Ms. Riley heard about Deirdre O’Connor, a naturopath with a thriving practice in nearby Mystic, CT, and made an appointment. Right away, Ms. Riley said she noticed a difference in the level of service. ‘Before even visiting the office, she received a fat envelope in the mail containing a four-page questionnaire,’ she said. In addition to asking detailed questions about medical history—standard information—it asked about her energy level, foods she craved, sensitivity to weather, and self-image: ‘Please list adjectives that describe you,’ read one item.

“It felt right, from the beginning,’ Ms. Riley said. Her first visit lasted an hour and a half, and

Ms. O'Connor, the naturopath, agreed that metal exposure was a possible cause of her symptoms. It emerged in their interview that Ms. Riley had worked in the steel industry, and tests of her hair and urine showed elevated levels of both lead and mercury. After taking a combination of herbs, vitamins, and regular doses of a drug called dimercaptosuccinic acid, or DMSA, to treat lead poisoning, she began to feel better, and the symptoms subsided."

I can assure you that I hear similar stories all the time. And I'm sure many of you have had similar experiences.

Hippocratic Oath:

"I will prevent disease whenever I can, for prevention is preferable to cure."

No Long-Term Studies to Establish Safety

The health risks of vaccinations, pesticides, herbicides, and other chemicals of industrialization are not taken seriously by doctors only because they rarely and discretely show up in the peer-reviewed scientific literature. Government safety standards are established not on longitudinal human studies over years, but rather on either short-term effects. This means that it can only be considered safe in theory, when in fact, such carcinogens or otherwise toxic compounds may very well cause harm over the long term. Yet certainly if we were to discover that such ubiquitous compounds were actually linked to disease, the effect would be to turn our modern world upside down with litigation and fear.

This willingness of government to ignore harmful things in favor of lobbyists and hidden agendas is surfacing in the pharmaceutical world, most recently with Merck's arthritis drug, Vioxx®. This has even become the standard of developing drugs for Americans—to approve drugs as "safe" for us before knowing if they really are safe.

A 1998 study in the *Journal of the American Medical Association (JAMA)* declared, "Overall, 51% of approved drugs have serious adverse effects not detected prior to approval."³ Another *JAMA* study revealed that 20% of all new drugs coming onto the market are discovered to have serious or fatal side effects and are therefore given a new "black box" warning well after they were determined to be safe. So, to really navigate this modern world, don't just trust what people tell you, especially in a capitalistic society.

Let me tell you about some prevalent environmental toxins that you may not hear much about for many more years.

Methyl Isocyanate is a chemical used in manufacturing polyurethane foam, pesticides, and plastics. It evaporates quickly in the air and has a strong odor. However, methyl isocyanate can also begin to make people sick before it can be smelled. Beyond the acute poisonings that causes a person to go to the hospital emergency room, how would anyone know if such a toxic compound is causing latent effects that contribute to chronic diseases? It is present in so many products of our modern world, yet there currently is no biological marker for methyl isocyanate exposure.⁴

The diagnosis is only made by knowing the person was in an industrial environment where methyl isocyanate is present. Yet if methyl isocyanate danger is well known, as demonstrated by

the 1984 India disaster, then why don't we consider it dangerous over the long term? In Bhopal, India there were 3,800 people killed by exposure to methyl isocyanate.⁵ There currently is no adequate answer to the question of long-term safety of known highly dangerous substances that are found throughout our current environment.

Trimellitic Anhydride⁶ (TMA) is another toxic chemical that is fairly ubiquitous in our environment. It is found in the production of car interior linings, plasticizers for polyvinyl chloride, wire and cable coatings, resins for various water-based and solvent-based coatings, paints, binders for glass fibers, sand and other aggregates, various anticorrosive surface coatings, agricultural chemicals, and pharmaceutical products. Exposure to trimellitic anhydride is known to occur in many different occupational settings and an estimated 20,000 workers are highly exposed in the United States, with a worldwide estimate being much greater. Interestingly, a known "TMA flu" syndrome can occur with acute exposure to high levels of the fumes. As proven in mice⁷ exposure to TMA mimics the avian flu with its rapid progression to muscle and joint pains, fever, respiratory failure, and high levels of (non-specific) antibodies. There is no specific antidote known, just supportive therapy. Once again, there is no data on which the long-term toxicity or carcinogenicity of TMA can be assessed.

Formaldehyde (methyl aldehyde), a "probable human carcinogen" and a known neurotoxin, is a likely cause for many idiopathic (no known cause) chronic diseases. It is found in so many manufactured products that your exposure is quite likely, unless you lived outdoors most your life. The problem once again is that the government has relied on industry-funded short-term studies for their safety recommendations. There are no exposure registries to even be tracking it, and it is agreed that its potent carcinogen status makes it still a health risk even in only two parts per million (ppm) air concentrations.

Acute "known" exposure causes irritation to the eyes, nose, throat, skin, and lungs. Asthma-like allergies are often a result of prolonged (and I would submit, chronic accumulative) exposure. Contact can cause severe and permanent damage from eye and skin burns, appearing hours after exposure even if no pain is felt initially. Consider that it takes approximately ten days for half of a given amount of formaldehyde to "decay" (lose its health risk). About 99% of formaldehyde will eventually end up in the air while the rest ends up in the water. But it is also being constantly generated by industry, plus that fact that it is formed as a result of photochemical reactions between other chemicals in already polluted air. These reactions account for most of the formaldehyde in the air in some areas. Just in California alone, emissions from facilities in 1999 are reported to be 1,589,810 pounds of formaldehyde.⁸

Lest you feel safe from formaldehyde and its accumulative ill effects, please know that it is used in the production of quite a long list of modern world materials. Formaldehyde and its metabolites are a predominate toxic compound found in resins, plastics, and adhesives; in the manufacture of particle board, fiberboard, plywood, molding, paper coating, textiles, surface coating, and foam insulation. It is used in agricultural seed treatment, soil disinfection, insecticides, fungicides, concrete and plaster, as a preservative in cosmetics; room fumigants; dyes; processing aids; in embalming; in histopathology; as a stabilizer in gasoline; in leather tanning; as a corrosion inhibitor in metal industries; in paper industries; as a photographic film hardener; as a starch modifier; and in wood preservatives. Formaldehyde is also used in personal use products such

as athlete's foot powder, cough drops, skin disinfectants, mouthwashes, spermicidal creams, as a disinfectant for vasectomies, and root canals.

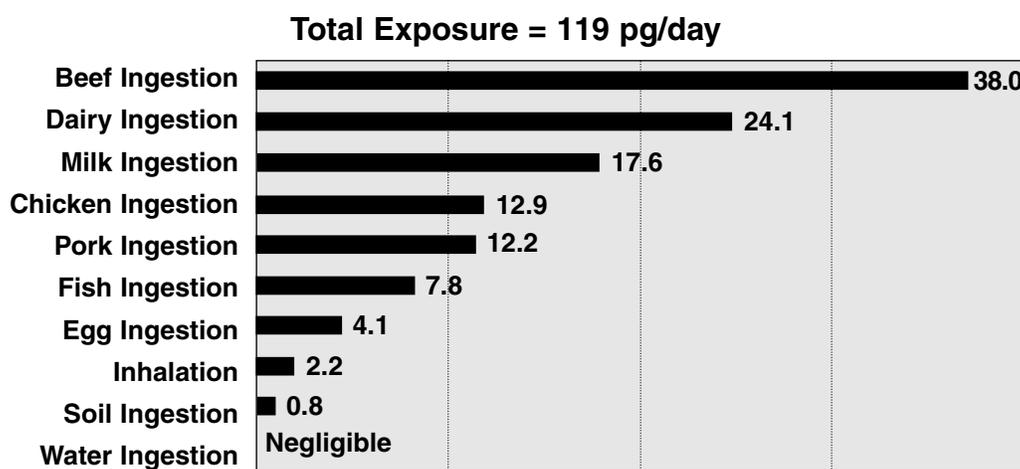
More recently, it has been shown to be a common byproduct of aspartame, which when heated turns into methanol and formaldehyde. To date, among the products routinely monitored by the FDA's Adverse Reaction Monitoring System (ARMS), the artificial sweetener aspartame has generated the largest volume of consumer reports describing adverse reactions.⁹ Overall however, exposure to formaldehyde is generally worse indoors from inhalation of fumes where concentrations can build up.

The Organochlorines

Toxic chemicals persist for decades in the environment and have reached levels high enough to affect your health. According to a 1992 report in scientific journal *Nutritional Health*¹⁰, the organochlorines (PCBs, DDT, and the dioxin family) accumulate in human fat (adipose) tissue. Pregnant women pass such contamination to their fetuses, where the developing nervous system is the most vulnerable. The result is that neurobehavioral deficits, including short-term memory loss, are detected in children born to mothers at the high end of the distribution curve of organochlorines. For humans, food provides 80% of organochlorine contamination. Meat, fish, dairy, and commercial fruit are the main sources. A vegetarian diet including unsprayed fruit minimizes contamination. The ultimate solution to this public health problem is elimination of the organochlorines from the environment.

The Best Way to Avoid Dioxin Poisoning

The best way to avoid dioxin exposure is to reduce or eliminate meat and dairy products from the diet. If you're eating a typical American diet, this is where you are getting your dioxin:



North American Daily Intake (pg/day) of TEQ

(Note: TEQ=Toxic equivalent of dioxin, a measurement taken from all toxic dioxins and furans.)

Testing For Environmental Toxin Exposure

Specific antibody tests (IgG, IgM, and IgE) have been developed that are specific to polychlorinated biphenyls (and other dioxin-like chemicals), DDT, formaldehyde, glutaraldehyde,

Arctic Mammals Toxic with Household Chemicals

December 12, 2005 by Reuters News Agency and reported by MSNBC online¹¹

LONDON—Killer whales are the most toxic mammals in the Arctic, riddled with household chemicals from around the world, the environmental pressure group WWF said on Monday as reported by MSNBC. Scientists found that the blubber of killer whales, or Orcas, taken from a fjord in Arctic Norway was full of polychlorinated biphenyls (PCBs), pesticides, and even a flame retardant often used on carpets. “Killer whales can be regarded as indicators of the health of our marine environment,” said scientist Hans Wolkers. “The high levels of contaminants are very alarming and clearly show that the Arctic seas are not as clean as they should be.”

PCBs are toxic and highly persistent. They were widely used in electrical goods and refrigerators, but have been banned in countries around the North Sea for several years. Brominated flame retardants have been linked with nerve disorders and reproductive malfunction. “This research re-confirms that the Arctic is now a chemical sink,” said WWF campaign leader Colin Butfield. “Chemicals from products that we use in our homes every day are contaminating Arctic wildlife.” He called on European Union ministers... to bring in tough laws to curb the chemical industry.

It doesn't seem accurate to label these Orcas as “toxic” while the humans who actually handle the household chemicals in its high concentration are not toxic. Could it simply be that we don't do analyses on the fat of humans to find out?

ethylene oxide, and heavy metals including mercury. For a review of these dangerous chemicals and minerals, and where they can be found, see my February 2006 issue of *Easy Health Options*[™].

But the measurement of antibodies is just the beginning. There is also the ability to measure the levels of killer T cells and several other white blood cell levels which become elevated when chemical toxins are driving the inflammation. These can be ordered by any licensed physician through Immunosciences Lab., Inc. in Beverly Hills, CA (Phone: 1-310-657-1077 or www.immunoscienceslab.com).

If you prefer working with a doctor that understands these things and is willing to help you, you can find one from the list of Complementary and Alternative Medicine (CAM) trained physicians in my special report, *Directory of Medical Doctors Who Practice Natural Medicine in Your Area*. If you don't have a copy, send me an email and I'll send you a FREE copy via the Internet. If you don't have access to the Internet, call 1-800-319-3493 and I'll send you a copy via mail. It's worth the \$6.95 for the shipping and handling.

Another test is designed to measure enzymes in the liver. Since the liver is the detoxifying organ that purifies the blood, it's the frontline of the battleground for good health. There are also measurements of GGT (gamma-glutamyl transpeptidase), the enzyme indicating liver function,

or ALT and AST that can show liver cell damage or disease. An elevated GGT, for example, combined with the finding of glucuric acid in the urine signifies current toxic chemical exposure, but is a late finding in the process of the disease. These tests can be done by almost any lab in the country.

Not only can the antibodies to metals be measured (mercury, cobalt, nickel, and lead), but the amount of the heavy metal itself can be detected in blood or urine and then can be treated much as described by Ms. Riley above. I have done through specialty labs such as Great Smokey's Diagnostic laboratory in North Carolina or Doctor's Data in Illinois. Most CAM-trained physicians are familiar with these labs.

My take-home message is that a large body of scientific evidence now suggests that drugs, metals, industrial chemicals, low-grade herpes viruses, and other xenobiotics can be stored in your body and persist for years. During this time, they can continuously activate the immune system to cause low-grade tissue destruction in the wake of their battle to protect you. The detection of the IgG, IgM, or IgA antibodies to these materials indicates chronic exposure or ongoing low-level tissue destruction.

Heavy Metals

If you are a hairdresser, painter, printer, welder, metal worker, cosmetic worker, battery maker, engraver, photographer, visual artist, physician, pharmaceutical worker, laboratory worker, potter, dentist, or a dental assistant, you are exposed to heavy metals almost every day on the job.

For the heart, a 1999 *Journal of the American College of Cardiology* study reported how toxic mercury levels correlate with heart muscle failure. They carefully took one heart muscle biopsy and one skeletal muscle biopsy from each patient with cardiomyopathy (weak, floppy heart muscle). These heart failure patients had no known prior heavy metal exposure. Yet they found these congestive heart failure patients to have 22,000 times more mercury and 12,000 times more antimony in their heart muscles compared to normal control subjects.¹² This highly suggests that the metals, mercury, and antimony can concentrate through the food chain and become toxic to the heart muscle.

With approximately 640 coal burning manufacturing plants in America, mercury waste precipitates with rain onto algae which concentrates in fresh water and farm raised fish. Therefore, eat cold water ocean fish and consider the value of a detoxifying dietary cleanse, I.V. or oral chelating agents, and even 20 visits in an infrared sauna.

Oral EDTA Chelation Removes Toxic Metals

Oral chelation with EDTA is known to cause your body to excrete the toxic minerals lead (toxic to brain and nerves) and cadmium (toxic to kidneys) out your urinary tract. Did you know that even a slightly increased lead level raises your chance of death by 46%? Two important studies expose what many toxicologists have been saying for years about the destructive effect that metals have on brain function. In a 2002 article in *Archives of Internal Medicine* the analysis of 4,292 individuals ages 30 to 74 years from 1976 through 1992 were found to have a slightly elevated blood lead level—comprising of 15% of the population! Among these people with slightly elevated blood

lead levels there was a 46% increased death rate (all-cause mortality) compared to those with completely “normal” blood lead levels.

Actually, there is no safe lead level. In other words, any detectable lead level is a risk to your health! The *New England Journal of Medicine*, 2003 reported a consistent and direct correlation with blood lead levels in children and their worsening I.Q. levels at ages three and five even down into the “normal range,” such that there is no safe level of lead. They concluded with saying, “These findings suggest that more U.S. children may be adversely affected by environmental lead than previously estimated.”

Yet the ability of oral chelation to eliminate toxic metals gets even better. The University of Michigan recently hosted scientists and researchers from all over the world at a conference on toxic heavy metals. Along with the overwhelming evidence of the benefits of chelation for a wide range of conditions, a study on oral chelation was presented showing the heavy metal urine analyses on 14 patients ages 29 to 73 before and then after only one dose of an oral chelation EDTA product. Results showed a significant excretion of all six of the toxic heavy metals most commonly encountered. The following are the average percentages of heavy metal excretion increases in the 14 patients after just one day of oral EDTA: Aluminum: 229%; Arsenic: 661%; Cadmium: 276%; Lead: 350%; Mercury: 773%; and Nickel: 9,439%! So please don’t be scared into thinking that oral chelation is a “health hazard” because you may lose some trace elements along with the toxic ones. In fact, let me comment on trace element excretion and oral EDTA.

EDTA Trace Mineral Losses Easily Overcome

It is true that along with causing you to lose toxic heavy metals, EDTA can also cause you to lose the important trace minerals zinc and calcium. This is only a problem if you don’t get enough in your diet. That is why the simple recommendation to supplement with zinc and calcium along with EDTA oral chelation has proven to more than make up for this trace mineral excretion. Essentially, the potential of trace mineral depletion of any consequence to your health is minimal according to the research by Dow Chemical and also a 2000 report published in *Food Chemical Toxicology*.^{13, 14} Even better news is that EDTA appears not to deplete the trace minerals cobalt, chromium, and copper. Fortunately, EDTA causes a slight retention of the beneficial trace mineral magnesium.¹⁵

Electromagnetic Frequencies (EMFs)

EMFs are an unseen and under-reported effect upon health that is subtle and cumulative. Unlike high intensity ionizing radiation, cell phones, televisions, microwave ovens, and even hair dryers emit low intensity EMFs.

According to G. J. Hyland, a physicist at the University of Warwick, Coventry, UK and an executive member of the International Institute of Biophysics in Germany, the safety limits for non-ionizing radiation are thermally-based only. So, as long as a microwave or cell phone doesn’t raise the body’s temperature then it has been considered “safe.” As reported in the *Lancet* there is real concern about this very low intensity radiation as it apparently has an oscillatory similitude to certain electrochemical activities of the living human.¹⁷

For example, such EMFs have been found to increase resting blood pressure.¹⁸ One publication

According to *The New York Times*¹⁶ report in August 2004, a four-year study by the EPA found more than half the fish in the nation's lakes and reservoirs to have levels of mercury that exceed safety limits. "The rule doesn't come close to what it needs to do to solve problems of mercury in our rivers and lakes," said Angela Ledford, director of EPA committee called "Clear the Air." In an accompanying media statement she said, "The mercury reductions in the Bush administration's plan are too little, too late."

"We agree that mercury is a serious public health issue," said Cynthia Bergman, a spokeswoman for the agency in a written statement. "That's why we're working with the Food and Drug Administration to provide consumers with clear guidance about the benefits and risks of fish consumption. More important, coal-fired power plants are the largest domestic source of mercury emissions, and they must be cleaned up. We are proposing to do that for the first time ever in the history of the EPA."

Industry groups were quick to side with the administration in attacking the environmentalists' report. The National Association of Manufacturers said that meeting environmentalists' demand of 90% reduction by 2008 would "cause massive disruptions" in domestic power generation, driving up utility bills.

The EPA study reported these disturbing facts about our nation's mercury contamination:

- 55% of fish samples were contaminated with mercury levels above a safe limit for women of average weight who eat fish twice a week, and 76% of samples exceeded a safe limit for children of average weight under age three who eat fish twice a week.
- Texas power plants produce more annual mercury emissions than any other state (9,840 pounds), followed by Ohio (7,358), Pennsylvania (7,002), and Indiana (4,926).
- Five of the ten power plants producing the nation's most mercury air emissions are in Texas, including the Limestone Electric Generating Station in Jewett.
- The EPA survey, a study of 268 chemicals taken from 2,547 fish in 500 lakes and reservoirs around the country, is an effort to examine the health impacts of mercury emission with greater specificity.

reveals the health effects of cattle maintained near a cell phone base station antenna. There was a decisive effect of low intensity radiation causing severely reduced milk yields, emaciation, spontaneous abortions, and stillbirths.¹⁹ When cattle were removed to pastures far away from the EMF-emitting antenna their condition improved, but it deteriorated again once they were brought back. And in the laboratory, the mechanism of damage to DNA strands²⁰ and the formation of abnormal chromosomes correlate with increased cancer growth in animals.²¹

What about in humans, you say? The data is emerging and because they are latent findings, it takes time and careful analysis to establish causality. So far, electromagnetic frequencies equivalent to cell phone use was found in a nationwide study to increase certain tumors between 200% and 300%.²² Time and more studies will tell. For now, consider your exposure to these EMFs and simply eliminate them as much as possible. Electromagnetic Frequencies (EMF) of hairdryers, microwaves, computers, certain light types, and other machinery that we are constantly exposed to have a slow but sure effect on the repair mechanisms of the body.

Pesticides, Herbicides, and Fungicides

When it comes to knowing the real danger of insecticides and herbicides, there noticeably are no long-term published studies on the effect of average exposure and chronic disease. Does that mean they are safe? I'll let you answer that question. For example, **organophosphates and carbamates** are the more common active ingredient of household, garden, and farm insecticides. They are highly toxic to all animals and humans—in high enough doses. These compounds enter the body in any route: Via skin contact, inhalation, or orally, it is nearly the same.

Want to know what happens in acute exposure to organophosphate chemicals? Out of 54 children presented to a South African emergency room with insecticide poisoning, half were “decontaminated” prior to arrival and still the complications were quite severe. They included coma (31%), seizures (30%), shock (9%), heart arrhythmias (9%), respiratory failure requiring ventilation (35%), and death (7%).

Another prevalent environmental chemical cause of autoimmune hypersensitivity that goes undetected is **2,4-toluene diisocyanate**. It is used as a chemical intermediate in the production of polyurethane products (quite prevalent in America) and is extremely toxic in acute exposures. Also, **dioxin**, which is an unintentional byproduct of chlorine waste incineration, is prevalent and extremely toxic to humans. It bio-accumulates the further up the food chain you go—so that it is found in beef, milk, chicken, pork, fish, and eggs (in decreasing order). Not surprisingly, dioxin levels in fish are 100,000 times that of the surrounding environment. An EPA report from September 1994 describes dioxin to be a serious public health threat. Some estimate it to be as much a threat as was DDT in the 1960s before it was banned.²³

But what about the safety of pesticides in smaller doses over time? Do they accumulate? Theo Colborn, Ph.D., who is highly published in the peer-reviewed literature on pesticides, gave some revealing insights into the persistence of these toxic chemicals in the body. He found that the herbicide 2,4-toluene diisocyanate (the most widespread herbicide) was detected in 50% of semen samples from a group of Canadian men ages 20 to 59 and that the pesticide CPF was detected in 82% of urine samples tested. These are just two pesticides that were tested out of more than 1,400 known pesticides that have been developed! And you thought you were pretty safe from “environmental toxins?”

Now that you know this, it may shock you to know that more than 60% of the poundage of all agricultural herbicides and up to 90% of a typical pesticide product is capable of disrupting animal (and presumably human) endocrine and/or reproductive systems.²⁴ Don't forget that one of the major hormone imbalances underlying heart disease and diabetes is cellular resistance to the hormone insulin. Who knows, pesticides may be one major “hormone disruptor” causing the high prevalence of hypothyroid disorders.²⁵

These synthetic chemical compounds are fat soluble and therefore store nicely in human fatty tissues of the skin and deeper organs. Remember, the brain is made up of 60% fat. To me, there is no question that pesticides, herbicides, fungicides, and possibly even the genetically modified foods (implanted DNA that make the food kill off insects much like the insecticide itself) should be eliminated from my environment as much as realistically possible. For some, it means looking into antigen testing to find a causal link to their chronic autoimmune illness.

Children face danger in the schoolyard grass from pesticides

CNN: March 2, 2000



“Dr. Marion Moses, director of the Pesticide Education Center in San Francisco, California, notes that at least one commonly used class of

pesticides, organophosphates, can adversely affect the heart—and this effect is just the tip of the iceberg. That kind of danger, said Moses, is reason enough to remove these pesticides from schools. The long list of other substances commonly used in and around schools includes chlorpyrifos (Dursban), an insecticide that, in large doses, is also a nervous-system poison; synthetic pyrethroids, including cypermethrin, which the EPA lists as a possible carcinogen; and Diazinon, frequently used on lawns, which can trigger nausea, dizziness, headaches, and aching joints, and, in large doses, can act as a nervous-system poison. Some chemicals can do damage with minimal exposure; others require direct or prolonged exposure to cause harm.

“According to the National Coalition Against the Misuse of Pesticides, studies of pesticide harm point to everything from elevated rates of childhood leukemias, soft-tissue sarcomas (aggressive tumors), and brain cancers to childhood asthma and other respiratory problems. In a 1987 study published in the *Journal of the National Cancer Institute*, children whose parents used pesticides in their homes and gardens were seven times more likely to get leukemia.”

In 1989 alone, the EPA estimates in its Toxic Release Inventory National Report that 1.9 billion pounds of chemicals were dumped into our nation's water systems. In that same year, 2.4 billion pounds of chemicals were released into the atmosphere; with the total chemical attack on the environment estimated at 5.7 billion pounds. This is only in one year. According to a recent report by the National Research Council, 70,000 of the chemicals in commercial use today have not even been tested for neurotoxic effects.

Hormones and Antibiotics

Anabolic steroid implants are routinely used to maximize animal livestock growth and therefore profitability. There is emerging evidence in the scientific literature that hormone receptor mimickers turn on cancer and other disease-promoting genes. Such “foreign” hormones are called xenoestrogens and refer to the more than 100,000 registered chemicals used throughout the world which have hormonal, toxic, and cancer-causing effects upon humans. Many xenoestrogens are found in products we use every day, not just in pesticides as previously thought. In fact, the more common products are plastics, spermicides, detergents, and personal care products.

Whenever cell DNA is altered and then expresses as cancer, you should suspect that the DNA of other tissues are quietly being damaged as well. These endocrine disruptors can affect the hormone function of the human body in 100 to 1,000 times greater concentration than normal human hormones. For example, DDE (the body's natural conversion of the deadly pesticide DDT, which was banned in 1972) can remain in body fat for decades.

It is now known that friendly intestinal bacteria may act to develop and carry genetic coding of antibiotic resistance similar to that found in harmful, resistant bacteria.²⁶ And even more worrisome to me is the latent effect of any chemical substance triggering an immune hypersensitivity reaction in a weak tissue years down the road.

Other Medications

There are medications that drive tissues and organs away from the signs or symptoms of an illness, yet these unnatural chemicals must be detoxified by the liver or eliminated so the body tissues do not store them, potentially causing delayed health problems. Medications are a well-known cause of illness and are the 6th leading cause of death in this country. The best way to eliminate the effects of these is to taper to as few medications as really necessary, replacing carefully (with your doctor's supervision) natural substances and safe methods for getting the body to function optimally.

Read this interesting press release about how medications are showing up in our drinking water:

The New Polluters, CBS, March 13, 2002. Among the substances: Caffeine, contraceptives, painkillers, insect repellent, perfumes, and nicotine.

Scientists say that the problem is that these substances largely escape regulation and defy municipal wastewater treatment. And the long-term effects of exposure are unclear, they say.

The compounds are sold on supermarket shelves and found in virtually every medicine cabinet and broom closet, as well as farms and factories. And they are flushed or rinsed down the drain every day. But they do not disappear, researchers warn.

Hydrologists with the U.S. Geological Survey tested water samples in 30 states for 95 common compounds, an emerging class of contaminants known as pharmaceutical and personal care pollutants, or PPCPS. The results of the three-year analysis appear in the March 15 issue of *Journal Environmental Science and Technology*.

Neurotoxins

Toxins that directly affect the nervous system are called neurotoxins. Since the nervous system is intricately connected to the immune system, neurotoxins also affect our immune functions. Known neurotoxins that we are most commonly exposed to are lead, mercury, cadmium, and pesticides. Most of these toxins are colorless and odorless, making sensory detection impossible. While sudden poisoning can result in immediate reactions that are traceable to the source, the symptoms of poisoning from today's pollution may come on more slowly due to a gradual build-up.

Acids

All types of acid in the body can build up and become toxic: lactic acid in muscles; keto acid in the liver; sulfuric acid in the joints; uric acid in the kidneys; carbonic acid in the lungs; and a whole host of acids formed every moment in the body. These are toxic if not deactivated or eliminated properly and in a timely manner.

Vaccinations

I have been astounded to uncover a plethora of peer-reviewed articles and quotes from my informed colleagues about the long-term risks of vaccinations. First of all, there is plenty of evidence to support that vaccination may or may not prevent disease as claimed. Consider the 1989 report from the *American Journal of Epidemiology* in which 69 cases of high school students in Illinois contracted measles, even though 99.7% of the 1,873 students were adequately vaccinated according to their school records.²⁷ Or how about the 1990 mumps outbreak reported in the *Archives of Pediatric and Adolescent Medicine* in which 53 of the 54 affected students were properly immunized?²⁸

Certainly there are the known benefits of vaccines, yet what are the long-term adverse effects on your immune system? This is what the government has weakly studied, but which concerns the baby boomers the most. I have 155 peer-reviewed medical journal articles documenting severe or life-threatening effects from vaccine administration. That speaks nothing of the yet uncovered long-term effects of vaccines. Such information is just beginning to be studied.

But there have been a few doctors willing to study and publish their findings of long-term effects. One notable physician is J. Barthelow Classen, M.D., a former researcher at the National Institutes of Health (NIH). Dr. Classen has authored 13 peer-reviewed journal articles showing that immunizations cause long-term ill health effects. In the *New Zealand Medical Journal* he reported that following a hepatitis B vaccination campaign in New Zealand from 1988 to 1991 for babies six weeks or older, juvenile diabetes increased 60%.²⁹ He also showed that Finland's incidence of diabetes increased 147% among children below age five shortly after the introduction of three new vaccines in the 1970s; and a 40% rise in diabetes among children ages five to nine after they added MMR and Hib vaccines there during the 1980s.

Some doctors suggest that massive infant immunization using four simultaneous combination vaccines (that have no long-term safety studies, let alone given all at once to a naïve immune system) sets up for genetic aberrations, chronic immune hypersensitivity, and severe neurological disorders. Consider Guylaine Lanctot, M.D.'s statement, "If an average 5 kg-infant received all thimerosal-containing vaccines at his two-month visit, his exposure that day would be 62.5 mcg ethyl mercury—125 times [more than] the EPA guideline." Physicians all over the country are having experiences not unlike this quote from a staff member at the Ireland Psychological Society's *Hope Project*: "Every day new parents are ringing us. They all have the same tragic story. Healthy baby, child, teenager, usually a boy, given the DPT or DT, or MMR booster followed by a sudden fall or slow but steady decline into autism or other spectrum disorder."³⁰

Thimerosal is 50% ethyl mercury by weight. It was used as a vaccine preservative since the 1930s in the diphtheria-tetanus-pertussis shot and later in the hepatitis B and haemophilus bacteria shots. The current vaccination requirement in America adds up to 20 shots given to infants by the age of six months.

Even today, anti-vaccination bashing goes on in medical media to protect the good name of the industry. I have had to read beyond the scientific literature sometimes in order to learn what goes on with policy changes, especially when there is prestige and money at stake. Therefore, I have included excerpts from an article reported in the November 10, 2002, *New York Times*³¹ that unveil what you will never find in the peer reviewed scientific literature. It is a balanced article about how the chairman of the American Academy of Pediatrics committee on infectious diseases, Neal Halsey, M.D., finally put the kibosh on the nation's use of thimerosal as a vaccine preservative in 1999.

At first he defended the vaccination program, which is responsible for the vaccination of eight million American children each year. But enough evidence was presented however that even he commented, "From the beginning, I saw thimerosal as something different," he said. "It was the first strong evidence of a causal association with neurological impairment. I was very concerned." Dr. Halsey's willingness to even entertain this possibility enraged fellow vaccinologists. But as mercury poisoning information was mounting, it was looking much like lead toxicity to him. Lead levels were extensively studied among Baltimore's poor during Halsey's tenure at Johns Hopkins University in Baltimore. "As they got more sophisticated at testing for lead, the safe level marched down and down, and they continued to find subtle neurological impairment," Halsey said. "And that's almost exactly what happened with mercury."

Although other vaccinologists criticized Halsey, many of his colleagues rallied around him. "Neal put kids ahead of the vaccination program, which was gutsy," said Lynn Goldman, a former EPA official who has been on the Hopkins faculty since 1999 and worked with Halsey on thimerosal. "It would have been easier for him to line up on the other side."

According to the Centers for Disease Control (CDC) there are still chemicals put into vaccines. They are at the levels small enough not to cause a serious allergic response, yet latent autoimmune hypersensitivities theoretically should occur. It wasn't until the 1999 thimerosal evidence came to the right committee that the CDC set up a study of neurodevelopmental effects of mercury. The NIH also began financing studies of thimerosal metabolism in animals and in children just in the past few years. Based on the CDC reports,³² the chemicals still in vaccines are the following:

- **Aluminum** gels or salts of aluminum, which are added to help promote an earlier response, more potent response, or more persistent immune response to disease
- **Antibiotics** to prevent bacterial growth in vaccine cultures
- **Egg protein** which is found in vaccines prepared using chick embryos
- **Formaldehyde** to inactivate and kill unwanted viruses and bacteria that might be found in cultures used to produce vaccines
- **Monosodium glutamate (MSG)** and 2-phenoxy-ethanol used as stabilizers (in a few vaccines) in case of exposure to heat, light, acidity, humidity, etc.

Byproducts of Cellular Metabolism

The citric acid cycle in the mitochondria of every cell constantly makes carbon dioxide (CO₂) and other waste molecules become our own personal “exhaust.” These toxins must be deactivated or eliminated. For example, adipocytes (fat cells) emit cytokine molecules which promote inflammation in arterial vessel walls (stroke and heart attack), promote insulin excess and insulin resistance (diabetes) and trigger immune system weakening (cancers dramatically increases in obesity). Toxic metabolic byproducts build when we are chronically dehydrated, eat refined foods, become overly stressed, or overworked.

Another form of byproduct is from harmful bacteria or excessive yeast which can accumulate in our intestinal system, and even in our bloodstream. Don’t rely on the obvious symptoms of gas and bloating to consider good bowel health. Even constipation, which is viewed as a slowed bowel “exhaust” problem, leads to cellular and metabolic slowing upstream in the “engine.” Patients always feel better when digestive health is optimized.

Stressors

The extent that we allow such painful and distressing life experiences into our thoughts and emotions determines the damaging effect of such stress. That is to say, the more we are in control of our spirit and emotional health and truly master them, the less outside stressors can have any effect on us. These must also be eliminated or deactivated or they too will build and create real physical and emotional symptoms.

Stress, Anger, and Depression: The “Achilles’ Heel” of the Heart

I find it fascinating to finally read validation of a truth I have known for years—that our mind and emotional energies have documented the very real effects on our body’s health. The February 10, 2004 issue of the *New England Journal of Medicine* reported a study showing that emotional stress can precipitate severe but reversible left ventricular dysfunction. The researchers prospectively compared patients with underlying heart failure who experienced severe emotional stress with non-stressed patients. Testing and biopsies clearly showed that stress had, “potentially lethal consequences.”

What about the effects of stress on a normal heart? First of all, it has clearly been shown that stress, anger, and depression are independent risk factors for an unhealthy heart. It is interesting that the same Greek word for “constriction” is the root of both “anger” and “angina.” Did you know that high cholesterol is found in only about 45% to 49% of patients who have heart attacks? Clearly, psychological and emotional factors play as much of a role in cardiovascular disease as do obesity, smoking, and high blood pressure.

In the fall of 2004, a study was presented to the American Heart Association involving 536 heart attack patients. Anxiety levels were measured by self-reported testing and further heart complications in the hospital were tracked such as a second heart attack. Those with the highest anxiety scores were four times more likely to suffer heart complications compared to those scoring low for anxiety.

It is also known that depression at least doubles the average C-reactive protein levels, which is the current gold standard blood test for measuring heart attack risk. But for those who have already suffered a heart event, depression makes them four to five times more likely to have another event.

Hostility and anger are another important risk factor and the “Achilles’ heel” of the heart. The heart is also adversely affected by stress and frustration via the stress hormones adrenalin, cortisol, and the chemicals of inflammation. Even childhood trauma impacts the rate of heart disease later in life if they hold onto them at a deep and even subconscious emotional level. In a survey of

Families Will Make Case for Vaccine Link to Autism

By KEVIN FREKING, *Associated Press*

WASHINGTON—The Institute of Medicine said in 2004 there was no credible evidence to show that vaccines containing the preservative thimerosal led to autism in children. But thousands of families have a different take based on personal experience.

Some of them are going to court Monday as attorneys will attempt to show that the mercury-based preservative triggers symptoms of autism.

Autism is a developmental disability that typically appears during the first three years of life and affects a person’s ability to communicate and interact with others. Dr. Andrew Gerber, a psychiatrist, said that medical experts don’t have a comprehensive understanding of what causes autism, but they do know there is a strong hereditary component. Toxins from the environment could play a role, but currently, data does not support that they do, Gerber said.

Two ten-year-old boys from Portland, OR, will serve as test cases to determine whether many of the children and their families should be compensated. Attorneys for the boys will attempt to show the boys were happy, healthy, and developing normally—but, after being exposed to vaccines with thimerosal, they began to regress.

Thimerosal has been removed in recent years from standard childhood vaccines, except flu vaccines that are not packaged in

single-doses. The CDC said single-dose flu shots currently are available only in limited quantities. In 2004, a committee with the Institute of Medicine concluded there was no credible evidence that vaccines containing thimerosal caused autism.

Overall, nearly 4,900 families have filed claims with the U.S. Court of Claims alleging that vaccines caused autism and other neurological problems in their children. Lawyers for the families are presenting three different theories of how vaccines caused autism.

The two cases beginning Monday are among the three that focus on the second theory of causation: That thimerosal-containing vaccines alone cause autism. The plaintiff in the third case originally scheduled for hearing this month has withdrawn and lawyers and court officials are working to agree on a substitute case.

Lawyers for the petitioning families in the cases being heard this month say they will present evidence that injections with thimerosal deposit a form of mercury in the brain. That mercury excites certain brain cells that stay chronically activated trying to get rid of the intrusion.

“In some kids, there’s enough of it that it sets off this chronic neuroinflammatory pattern that can lead to regressive autism,” said attorney Mike Williams.

approximately 17,000 adults in San Diego, CA, the CDC researcher, Dr. Maxia Dong, found that heart attack risk went up by 30% to 70% in adults who reported childhood experiences such as physical, sexual, or emotional abuse. This also included those who experienced domestic violence or had family members who abused alcohol or drugs.

Not only do depression, anger, and anxiety affect the way you eat or exercise, they also provoke a release of stress hormones and inflammatory chemicals in the body. Blood pressure increases, blood clotting increases, and blood sugar levels go up—all known underlying causes of atherosclerotic plaque to develop in your arteries.

At the University of Utah, psychologist Timothy Smith, assigned 82 college students a stress-provoking task and measured their heart rates and blood pressure before and during. The task was to argue for or against a controversial topic, being graded for their persuasiveness, clarity, and organization. Then he had them spend a few minutes beforehand thinking of someone who mattered most to them. This time the results showed a clear lowering of heart and blood pressure, demonstrating the power of the mind over the body's physical ill effects of stress.

Laughter, optimism, and even quieting the mind have real effects on a healthy heart. At the University of Pittsburgh, psychologist Karen Matthews followed 209 healthy postmenopausal women for three years to see what optimism could do to carotid artery blockages. Of those who were the most optimistic, only 1% had significant thickening while the pessimists had a 6% thickening rate. And at the University of Maryland Medical School participants who watched a funny movie for 15 minutes experienced a relaxation of their peripheral arteries and increased blood flow for up to 45 minutes. Amazingly, watching a funny movie had essentially the same beneficial effect on the blood vessels as aerobic exercise!

The Air We Breathe

Did you know that the air we breathe can also affect our health? Whether we smoke, inhale auto exhaust, or breathe in any other molecules that are not bio-identical, our body must constantly be detoxifying them or eliminating them to maintain proper functioning at the cellular level. Most every chemical in the air can make it past the alveoli of the lung, into the blood stream and on to the tissues of every organ of the body. There the cells take them up into the very function of the cell, easily disrupting cell organelle function, cell membrane functional integrity, cellular communication, DNA quality and function, etc.

SECTION II:

The Toxic Foods: Processed Foods and Food Additives in Your Grocery Store

Section Topics

- The Truth About Foods You Love; The Refined and Processed Foods
- Food Additives Chart or Foods to Avoid
- Chemicals and Additives in Your Food
- The Aspartame (NutraSweet®)-Formaldehyde Connection
- Food Allergies

The Truth About the Foods You Love; The Refined and Processed Foods

We don't normally think of acceptable foods as being "toxic." Yet when you consider the ill effects certain foods and food additives have over time, you will agree that a relative toxicity is real. Take for example the junk foods that are so widely sold to us. I'd like to expose to you the "fake foods" that have largely taken the place of whole foods in today's society.

"Fake Foods"—What Are They?

The term "fake foods" means processed, refined food products that have been highly changed from their original whole food source. For example, Oreo™ cookies have flour and sugar, which were once wheat and sugar cane. But Oreo™ cookies obviously don't contain the nutrients of the whole foods wheat and sugar cane!

The list of fake foods available today is quite long. To keep things simple, I have developed a "Foods to Avoid List" with common items found in a variety of food product categories. As you read the list below, be sure to make mental notes of any of these foods you might have in your

kitchen. Use the suggestions mentioned to replace them with healthier alternatives.

Foods to Avoid

- **White bread and white flour products.** These include most all store bought crackers, cookies, pretzels, pastries, bagels, muffins, cakes, donuts, white rolls, and similar foods. Instead, look for whole-grain, low-sugar breads and eat them in limited proportions compared to more nutrient-rich whole foods.
- **White rice.** Replace with brown rice.
- **White sugar products.** White sugar is high on the ingredients lists in many foods. So, practically speaking, avoid foods that have a refined sugar in the top three or four ingredients. Use more natural sugars in your food preparation (including agave nectar, unrefined Grade B maple syrup, unsulphured molasses, sucanat, etc.) In time, you'll naturally eliminate refined sugars more and more. Soon you'll want whole fruits to be your main sugar source.
- **Processed and highly preserved meats** such as canned hams, pork, chicken, Vienna sausage, corned beef; pre-packaged luncheon meats, hot dogs, bacon, and sausage; meat pies, deli sticks, flavor-enhanced pre-fried chicken breasts, wings and strips, and all similar meats with chemical preservatives in them.
- **Processed cheeses** that come in prepackaged slices and squirt cans.
- **Dairy milk.** If you can get fresh dairy from a reputable farm, at least you are closest to whole foods—with goat milk being the better choice to improve allergies and eliminate milk intolerance symptoms. However, best are vegetable milks from almonds, rice, or coconuts. Soymilk is not a fermented soy source and should be used as a dessert.

Pictured below are some examples of fake foods:



- **Juices that are not freshly juiced.** I'll discuss these in detail later in this issue.
- **Greasy fast foods** including French fries, pizza, tacos, fried chicken, nachos, and most all fast food desserts. Instead, save your money and go to a nice restaurant where there are healthier choices on the menu.
- **Trans-fatty foods** such as most chips, puddings, cookies, and most all packaged snack foods. Instead, put whole-food snacks all over your countertops, in your pantry, your refrigerator—even stash some in your car or desk! Also, be sure to drink plenty of bottled water with your snacks.
- **Processed, preserved or other food products that come in a box, can, bottle, or other packaging.** These include: Sodas, fruit snacks, miracle whip, sugary cold cereals, and almost all TV dinners. Basically, all convenience foods you would buy at a gas station when you fill up your car with gasoline fall into this category. Use these food products for “survival days”—days when your plan to prepare whole foods or dine at a nice restaurant fails. These make good emergency storage food items, too.

If you're like I was, the foods to avoid list comprises much of what you eat every day. However, the goal is to replace these fake foods with tasty whole foods. A closer look at the chemicals used to make these fake foods will explain why healthy substitutes are essential to avoiding health disaster!



Potato Chips and Fries

If you find yourself snacking on French fries, potato chips, cookies, and breakfast cereals—you're consuming a chemical that can kill! It's called acrylamide—considered a cancer-causing chemical by the Office of Environmental Health Hazard Assessment.

Nobody puts acrylamide in food. The chemical is a natural byproduct of cooking starchy food at high temperatures. Acrylamide has been reported in high amounts in food since 2002, but the FDA is currently not banning foods that are known to contain this chemical. The acrylamide limit in drinking water is 0.5 parts per billion, or about 0.12 micrograms per cup of water. The bad news about chips and French fries however, is that one large serving can contain 60 micrograms of acrylamide!

Potato chip manufacturers who don't report the level of acrylamide in their products are in violation of California law. One report stated the potato chip companies exceed the FDA limit of

acrylamide, anywhere from **150 to 910 times** the upper allowable amount per serving!

Acrylamide isn't the only hazardous substance to consider when eating fat-fried carbohydrate foods. A representative of the Maryland Green Power Company out of Columbia, MD reported his findings after researching the production of biodiesel from used vegetable oil. Biodiesel fuel is the production of fuel for diesel engines that comes from the organic oils that were once used in the food industry or by the refining of food crops such as rapeseed oil. The researcher found that it wasn't McDonalds and KFC, but rather the potato chip and donut manufacturers who made the most waste oil! One manufacturer to Maryland Green Power Co. reported, "tens-of-thousands of gallons come in, barely hundreds come out"— meaning there was hardly any oil to discard after the process. In other words, this manufacturer essentially continued to re-use the waste oil until it was nearly entirely absorbed by the food.

So what's the problem? Simply put, free fatty acids are concentrated. To reduce concentration, a chemical treatment is required in order to produce foods like potato chips and French fries. But more importantly, as the grease gets re-used and baked into the chips you eat, there is little doubt that unwanted chemicals also accumulate and end up in your arteries.

Red Dye in Fruit Juices

At a January 2007 California Childhood Obesity Conference in Anaheim, CA it was revealed that more than half of the children's foods with pictures or names of fruit on the outer packaging actually **contain no fruit at all!** The food products falsely advertising real fruit were mostly cereals and yogurt. You've seen them—fresh fruit (you'll see raspberries, blueberries, and strawberries the most) blown up in size sitting in a bowl of cold cereal and milk. These images clearly give the appearance of health. The problem is, you're only getting red and blue dye—in a nice package of refined sugar and processed grains.

A six-page report entitled, "Where's the Juice? Fruit Content of the Most Highly Advertised Children's Food and Beverages," looked at the 37 top-spending advertisers' products in grocery stores that show pictures of fruit or used the words "fruit" or "fruity" on the packaging. It was discovered that 19 of these products had *no real fruit* ingredients—and only two contained 100% fruit! It's little wonder then, childhood obesity and overweight is nearing the 30% mark for U.S. children, while U.S. adults are now more than 66%!

Fortunately there is a push to force advertisers to be honest about what is put on box labels. Marketing of non-nutritious foods (especially those containing refined sugars and trans fats), the content of these food products, and their accessibility to students on school campuses, are being scrutinized and regulated even more so. But more importantly, consumers need to learn that these food products—including those foods to avoid presented above—should be phased out completely and replaced with whole foods to ensure optimum health.

In January 2006, a San Francisco online newspaper reported that the Center for Science in the Public Interest (CSPI) and parents were threatening to sue Nickelodeon TV network and the cereal maker, Kellogg Co. Why?—in order to stop junk food advertising to kids. Apparently, the damage isn't from watching the cartoons but from the commercials pushing high sugar and high trans fatty foods. Their colorful and attractive ads get moms to succumb to peer pressure when they get to the grocery store.

Leptin Resistance From Inflammatory Foods

Leptin is an important protein hormone molecule that causes your brain to shut off appetite and increase metabolism. A study reported in the May 2004 *Diabetes Journal* concluded that triglycerides (carbohydrates and fatty foods) in the diet are a major cause of leptin resistance. The study affirmed that the free fatty acid content of food impairs the transport of leptin to the brain cells where it must go to have an effect. A decreased amount of triglycerides in the diet was shown to activate the anorectic effect of leptin.

Correlate leptin with putting on extra belly fat to the low-grade inflammation it triggers back again to more belly fat that the low-grade inflammation triggers. You have here a vicious cycle of ill-health, promoted mostly by sugary foods, or simple carbohydrates; and the fatty foods which dominate the American diet.

You can break this vicious cycle of ill health through liquid cleansing and eating predominately nutrient-rich whole foods.

Apparently, public health advocates have urged companies like Kellogg to stop marketing junk food to kids for more than 30 years. When CSPI discovered that 98% of more than 50 TV ads scrutinized were for food products with more than 35% refined sugar by weight, they finally got their attorneys involved! Sadly enough, it's been since 1983 that such a lawsuit has occurred. It's about time health conscious organizations take a stand—it's a downright shame the American Medical Association doesn't care enough about the health of our rising generation to get involved!

Despite what conscientious organizations **won't** do about deceptive advertising, it is up to you and me to care enough about our children and ourselves and stop purchasing these garbage foods. We deserve to learn how to make whole food meals and desserts—the kind of food now proven to build long-term health and lasting happiness.

Chemicals and Additives in Your Food

It is estimated that some 2,500 new chemicals have been added to our foods in the last 80 years, mostly in order to keep food preserved. But more recently chemicals are added as appetite stimulators in addition to preservation. The most popular junk foods often have a broad range of appetite stimulants (Oreo™ cookies have 23) that will increase the appetites of the majority of the population.³³

For example, you may be familiar with monosodium glutamate (MSG) and Aspartame. Both MSG and Aspartame cause hunger soon after consuming them. A discussion on Aspartame is found below. MSG is disguised in hydrolyzed protein, sodium and calcium caseinate, yeast extracts, and often in flavorings and seasonings. In a study in which MSG was given to rats in doses relative to human doses, it increased the eating such that the MSG-fed rats showed a 40% weight increase on average compared to controls. As a proven appetite stimulant, MSG and other chemicals disguised as preservatives keep you eating and buying unhealthy products and contributing to the obesity epidemic in this country.³⁴ Below I have listed the many additives which you will likely come across in foods purchased at the grocery store as provided by the Center for Science in the Public Interest (CSPI).³⁵

These additives appear to be safe, although some people may be allergic to any additive:

- ALGINATE
- ALPHA TOCOPHEROL (Vitamin E)
- ASCORBIC ACID (Vitamin C)
- BETA-CAROTENE
- CALCIUM PROPIONATE
- CALCIUM STEAROYL LACTYLATE
- CARRAGEENAN
- CASEIN
- CITRIC ACID
- DIACYLGLYCEROL
- EDTA
- ERYTHORBIC ACID
- FERROUS GLUCONATE
- FUMARIC ACID
- GELATIN
- GLYCERIN (Glycerol)
- GUMS: Arabic, Furcelleran, Ghatti, Guar, Karaya, Locust Bean, Xanthan
- LACTIC ACID
- LECITHIN
- MONO- and DIGLYCERIDES
- NEOTAME
- OLIGOFRUCTOSE
- PHOSPHATE SALTS
- PHOSPHORIC ACID
- PLANT STEROL ESTERS
- POLYSORBATE 60, 65, 80
- POTASSIUM SORBATE
- PROPYLENE GLYCOL ALGINATE
- SODIUM ASCORBATE
- SODIUM BENZOATE
- SODIUM CARBOXYMETHYLCELLULOSE (CMC)
- SODIUM CASEINATE
- SODIUM CITRATE
- SODIUM PROPIONATE
- SODIUM STEAROYL LACTYLATE

- SORBIC ACID
- SORBITAN MONOSTEARATE
- STARCH, MODIFIED STARCH
- SUCRALOSE
- THIAMIN MONONITRATE
- VANILLIN, ETHYL VANILLIN
- VEGETABLE OIL STEROL ESTERS

These additives are not toxic, but large amounts may be unsafe or promote bad nutrition:

- CAFFEINE
- CORN SYRUP
- DEXTROSE (CORN SUGAR, GLUCOSE)
- HIGH-FRUCTOSE CORN SYRUP
- HYDROGENATED STARCH HYDROLYSATE
- HYDROGENATED VEGETABLE OIL
- INVERT SUGAR
- LACTITOL
- MALTITOL
- MANNITOL
- POLYDEXTROSE
- SALATRIM
- SALT
- SORBITOL
- SUGAR
- TAGATOSE

These additives may pose a risk and need to be better tested; therefore, avoid if possible:

- ARTIFICIAL COLORINGS: CITRUS RED 2 AND RED 40
- BROMINATED VEGETABLE OIL (BVO)
- BUTYLATED HYDROXYANISOLE (BHA)
- BUTYLATED HYDROXYTOLUENE (BHT)
- HEPTYL PARABEN
- QUININE

These additives may cause allergic reactions or other problems:

- ARTIFICIAL COLORING: YELLOW 5
- ARTIFICIAL AND NATURAL FLAVORING

- ASPARTAME (NutraSweet®)
- BETA-CAROTENE
- CAFFEINE
- CARMINE; COCHINEAL
- CASEIN
- GUM TRAGACANTH
- HVP (HYDROLYZED VEGETABLE PROTEIN)
- LACTOSE
- MSG (MONOSODIUM GLUTAMATE)
- MYCOPROTEIN
- QUININE
- SODIUM BISULFITE
- SULFITES
- SULFUR DIOXIDE

These additive are unsafe in the amounts consumed or are very poorly tested:

- ACESULFAME POTASSIUM
- ARTIFICIAL COLORINGS
 - BLUE 1
 - BLUE 2
 - GREEN 3
 - RED 3
 - YELLOW 6
- ASPARTAME (NutraSweet®)
- CYCLAMATE
- OLESTRA (Olean®)
- POTASSIUM BROMATE
- PROPYL GALLATE
- SACCHARIN
- SODIUM NITRITE, SODIUM NITRATE

Food Additive Cemetery: Additives That Have Been Banned

The food and chemical industries have said for decades that all food additives are well tested and safe. And most additives are safe. However, the history of food additives is riddled with additives that, after many years of use, were found to pose health risks. Those listed below have been banned. The moral of the story is that when someone says that all food additives are well tested and safe you should take their assurances with a grain of salt.

Additive	Function	Natural or Synthetic	Year Banned	Problem
agene (nitrogen trichloride)	flour bleaching and aging agent	synthetic	1949	dogs that ate bread made from treated flour suffered epileptic-like fits; the toxic agent was methionine sulfoxime
Artificial colorings:				
• Butter yellow	artificial coloring	synthetic	1919	toxic, later found to cause liver cancer
• Green 1	artificial coloring	synthetic	1965	liver cancer
• Green 2	artificial coloring	synthetic	1965	insufficient economic importance to be tested
• Orange 1	artificial coloring	synthetic	1956	organ damage
• Orange 2	artificial coloring	synthetic	1960	organ damage
• Orange B	artificial coloring	synthetic	1978 (ban never finalized)	cancer
• Red 1	artificial coloring	synthetic	1961	liver cancer
• Red 2	artificial coloring	synthetic	1976	possible carcinogen
• Red 4	artificial coloring	synthetic	1976	high levels damaged adrenal cortex of dog; after 1965 it was used only in maraschino cherries and certain pills; it is still allowed in externally applied drugs and cosmetics
• Red 32	artificial coloring	synthetic	1956	damages internal organs and may be a weak carcinogen; since 1956 it continues to be used under the name Citrus Red 2 only to color oranges (2 ppm)
• Sudan 1	artificial coloring	synthetic	1919	toxic, later found to be carcinogenic

• Violet 1	artificial coloring	synthetic	1973	cancer (it had been used to stamp the Department of Agriculture's inspection mark on beef carcasses)
• Yellow 1 and 2	artificial coloring	synthetic	1959	intestinal lesions at high dosages
• Yellow 3	artificial coloring	synthetic	1959	heart damage at high dosages
• Yellow 4	artificial coloring	synthetic	1959	heart damage at high dosages
cinnamyl anthranilate	artificial flavoring	synthetic	1982	liver cancer
cobalt salts	stabilize beer foam	synthetic	1966	toxic effects on heart
coumarin	flavoring	tonka bean	1954	liver poison
cyclamate	artificial sweetener	synthetic	1970	bladder cancer, damage to testes; now not thought to cause cancer directly, but to increase the potency of other carcinogens
diethyl pyrocarbonate (DEPC)	preservative (beverages)	synthetic	1972	combines with ammonia to form urethane, a carcinogen
dulcin (p-ethoxy-phenylurea)	artificial sweetener	synthetic	1950	liver cancer
ethylene glycol	solvent	humectant	synthetic	kidney damage
monochloroacetic acid	preservative	synthetic	1941	highly toxic
nordihydroguaiaretic acid (NDGA)	antioxidant	desert plant	1968 (FDA), 1971 (USDA)	kidney damage
oil of calamus	flavoring	root of calamus	1968	intestinal cancer
polyoxyethylene-8-stearate (Myrj 45)	emulsifier	synthetic	1952	high levels caused bladder stones and tumors
safrole	flavoring (root beer)	sassafras	1960	liver cancer
thiourea	preservative	synthetic	1950	liver cancer

The cover-up by Searle Pharmaceuticals and the FDA which lead to acceptable widespread use of Aspartame is outlined here, taken from Mary Nash Stoddard's book, The Deadly Deception³⁸:

1969—Dr. Harry Waisman fed Aspartame mixed with milk to monkeys. One died after 300 days of Aspartame and five others had grand mal seizures. Searle deleted this study when the company submitted safety evidence to the FDA.

1970—The FDA banned cyclamate during the time that the safety of saccharin was being questioned. The time seemed ripe for Aspartame.

1971—Dr. John Olney, a research psychiatrist, told Searle that aspartic acid caused “holes in the brains of mice.”

1974—Searle people said these studies raised “no health problems.” Searle told the FDA about these findings *after* approval was granted.

1975—Many of the test animals fed Aspartame developed large tumors. These were not reported to the FDA.

1977—Despite the many complaints about Aspartame, William Conlon and Thomas Sullivan, two U.S. attorneys, took no action; in five years the statute of limitations for a grand jury investigation expired. A year later Conlon took a position with the law firm that represents Searle.

1980—A Public Board of Inquiry of three scientists was activated. These (two M.D.s and one Ph.D.) voted to ban Aspartame. Because of those negative findings a five member Commissioner's Team of Scientists was impaneled: Three voted to ban; two voted it was safe. Another member was added: Jacqueline Verrett, Ph.D., toxicologist on the team said, “Bureau officials were working up to a whitewash. Safety questions remain unanswered.”

1981—Dr. Arthur Hull Hayes, Jr. was appointed the new FDA Commissioner and overruled the Public Board of Inquiry's recommended ban of Aspartame. He said his approval was part of the Reagan administration's new reform.

1983—The National Soft Drink Association wrote to the FDA that Aspartame was breaking down in warm climates. But the Association later accepted Aspartame. Dr. Hayes office approved the use of Aspartame in soft drinks just two months before he quit his job as FDA chief. He then obtained a job with a public relations firm who represents NutraSweet®.

1984—Seven million pounds of NutraSweet® are reportedly consumed by about 100,000 people nationally.

1985—Reports of side effects mount.

The Aspartame (NutraSweet®)-Formaldehyde Connection

Did you know that aspartame turns into methanol and formaldehyde when heated? And not just minute, insignificant levels as you might think. According to a 1998 *Life Sciences* article, scientists concluded that ingesting aspartame (found in diet sodas), extremely high levels of formaldehyde accumulates in the body. Formaldehyde is a substance responsible for chronic deleterious health

effects that has also been considered carcinogenic. They calculate that approximately 61.3 mg of formaldehyde is generated from the ingestion of one liter of diet soda. That is more than twice the level necessary to cause irreversible genetic damage in humans.

Worse, it is several times the level shown to cause chronic neurological, musculoskeletal, cardiovascular and other symptoms in long-term formaldehyde exposure research because it accumulates in the body. The accumulation of formaldehyde was measured in the liver, kidneys, and brain tissues. They concluded that aspartame consumption may slowly but seriously constitute a health hazard because of its contribution to the formation of formaldehyde.³⁶

An independent research scientist (Russell Blaylock, MD) regarding this and other aspartame research wrote: “It was a very interesting paper, that demonstrates that formaldehyde formation from Aspartame ingestion is very common and does indeed accumulate within the cell, reacting with cellular proteins (mostly enzymes) and DNA (both mitochondrial and nuclear). The fact that it accumulates with each dose, indicates grave consequences among those who consume diet drinks and foodstuffs on a daily basis.”

Were you also aware that the American Diabetic Association (ADA) supports the use of Aspartame (NutraSweet®) as an acceptable replacement for sugar for people with diabetes? This is despite the fact that Aspartame has generated the largest volume of consumer reports (75% of them) describing adverse reactions. According to a 1988 report by the FDA’s Office of Nutrition and Food Sciences, among the products routinely monitored in the Adverse Reaction Monitoring System (ARMS), sulfiting agents and the artificial sweetener Aspartame have generated the largest volume of consumer reports describing adverse reactions.³⁷

This means the American Diabetic Association (ADA) is not willing to look at healthier alternatives to sugar and Aspartame, such as the whole-food sweetener, stevia. The ADA’s official statement reads: “The American Diabetic Association considers Aspartame—as well as the other FDA-approved nonnutritive sweeteners (saccharin, acesulfame K, and sucralose)—acceptable sugar substitutes and a safe part of a diabetic meal plan.” Interestingly, Monsanto (producer of NutraSweet®) donates \$250,000 a year to the ADA and is a Platinum Corporate Sponsor.

But worse is the FDA’s support of Aspartame. Aspartame can be found in breath mints, gum, cereals, frozen desserts, coffee, juice, synthetic vitamins, pharmaceutical drugs, tea, wine coolers, yogurt supplements, and most predominately, diet soft drinks.

That doesn’t sound so bad until you meet people who have linked their health problems to Aspartame consumption. Aside from all the political and scandalous implications behind the supposed “safety” of Aspartame, it’s equally appalling that Monsanto’s online ad brags that 200 million people are now consuming NutraSweet® in more than 4,000 different products. Don’t think for a minute that they cannot afford the best lawyers and lobbyists to keep their product “legally safe” despite rising evidence to the contrary.

A review of 164 studies on the safety of Aspartame conducted by Ralph G. Walton, M.D., Chairman of the Center for Behavioral Medicine and Professor of Clinical Psychiatry at Northeastern Ohio Universities College of Medicine, revealed that 100% (74) Aspartame industry-sponsored studies claimed that no problems were found with Aspartame. However,

he also found that of the 90 studies funded by non-Aspartame industry money, 92% identified one or more serious health problems. And if you consider that the remaining 8% of the studies (which found no problems with Aspartame) were FDA-sponsored and not really independent, it means that in reality, 100% of the independent studies found serious health problems with Aspartame! (Incidentally, a number of FDA officials were hired by the Aspartame industry immediately following the FDA's approval of aspartame use in the food industry, including the former FDA Commissioner). Stopping Aspartame use in America is being compared to stopping heroin production in Columbia.

You deserve to eliminate aspartame from *your* diet—especially if you are experiencing any of the following symptoms:

Headaches	Slurred Speech	Joint Pain
Nausea	Mild to Suicidal Depression	Fatigue
Vertigo	Personality Changes	PMS
Hearing Loss	Mood Changes	Menstrual Irregularities
Tinnitus	Anxiety Attacks	Chest Pain
Insomnia	Hyperactivity (child or adult)	Abnormal Heart Rhythm
Numbness of Extremities	Gastrointestinal Disorders	Edema
Blurred Vision	Seizures	Increased Appetite
Blindness/Eye Problems	Skin Lesions	
Memory Loss	Muscle Cramps	

[<http://www.holisticmed.com/aspartame/>] [<http://www.holisticmed.com/aspartame/abuse/methanol.html>]

Food Allergies

Because foods today are loaded with chemicals such as preservatives, additives, dyes, and flavorings, they often cause low-grade allergic reactions—much more than the acute reactions that are so rare. Many other foods are refined, sugared, sulfured, hydrogenated, heat-killed, and otherwise molecularly changed such that the body does not readily recognize or properly utilize them. The body constantly must work at deciphering between real foods and the chemicals we put into foods. Because our intestinal lining gets confused and allows chemicals to trigger our immune system, many “allergy” related illnesses are born. I explain this in the very next section.

SECTION III:

How Your Immune System Reacts to Unnatural Chemicals, Processed Foods, And Food Additives

Section Topics

- Food and Other Allergies
- Your Immune System and Environmental Chemicals

Food and Other Allergies

I'm excited to share something about allergies that pertains to everyone, even if you think you don't have allergies. Those of you who know you have a food allergy can relate to this: Food allergies affect approximately 11 million American adults. Foods that are well-known to cause allergies are peanuts, milk, wheat, corn, and sugar. These allergies result in symptoms that are often profound and immediate, such as a swollen throat with respiratory emergency, rash, diarrhea, and vomiting.

The other type of allergy you'll recognize are the typical "hay fever" symptoms of runny nose, itchy eyes, and sneezing. These are commonly caused by freshly cut grass, pollens, or other vegetation in the spring or fall.

Yet if you only consider these immediate-type allergy reactions as important you'll be falsely reassured about allergies. You see, in reality, an "allergy" is really a hypersensitive immune system that is causing the inflammation of many chronic illnesses—and you probably don't even recognize it. In other words, immune hypersensitivity or "allergy" underlies far more than symptoms of hay fever or peanut allergy—the obvious ones. But what you learn here may astound you. In this section on food and other allergies I will reveal how many kinds of illnesses, signs, or symptoms you never thought possible are due to allergies.

Let me now explain the truth about allergies. Allergies are manifestations of an immune system on fire. The “fuel” that sparks your immune system or keeps it on fire is mostly what you eat, inhale, or otherwise come in contact with on your skin. As far as foods are concerned, immune hypersensitivity begins with your small intestinal lining, which is an extremely important filter for approximately 98% of what enters your mouth. Just as your skin protects you from the outside world effectively, your intestinal lining must decide what molecules to allow into your blood stream and what molecules to block. In order to get a better understanding of this process, I will briefly discuss intestinal health.

Below are histological cross sections of a healthy small intestinal wall in successively increased magnification views. You can see the specialized microvilli (lumps of tissue) and the cells lining these microvilli through which is absorbed every molecule of food that enters your blood stream. At this level, your immune system is poised to reject material it recognizes as harmful.



However, these specialized cells you see here can easily be worn and weakened. Over time it is quite common for the gut lining to become inflamed or damaged. The receptors on these cells become hyper-reactive (like putting an otherwise harmless cream on excoriated skin). In the hyper-reactive state they trigger an allergic response via immunoglobulin A (IgA) antibodies and the fighter white blood cells there.³⁹ As long as the intestinal lining remains inflamed, the production of antibodies against formerly innocuous foods seems to continue to get worse over time. This phenomenon is referred to as “leaky gut syndrome.” The various factors known to contribute to leaky gut syndrome are listed below:

- Antibiotics, which cause overgrowth of resistant bacteria, yeast, and even parasites.
- Alcohol and caffeine (strong gut irritants) to wear down the mucosa. Like a contact dermatitis of the skin it becomes inflamed and weakened.
- Foods and beverages contaminated by parasites (giardia, cryptosporidium, blastocystis hominis, or bacteria like H. pylori, klebsiella, citrobacter, pseudomonas) that have endotoxins known to incite inflammation.⁴⁰
- Chemicals (dyes, preservatives, and peroxidized fats).
- Enzyme deficiencies (e.g. celiac disease, lactase deficiency, and low stomach acid⁴¹).
- Non steroidal anti inflammatory drugs (NSAIDS) like Motrin® and corticosteroids.⁴²
- Highly refined carbohydrate foods over time (candy bars, cookies, cakes, soft drinks, white breads, white rice, etc.). These are devoid of fiber. It is the fiber which ferments to produce

the short chain fatty acids acetate, propionate, and butyrate that aid in healing the intestinal mucosa as shown above.

- Mold and fungal mycotoxins in some stored grains, stored fruit, and refined carbohydrates.
- Lack of digestive enzymes from the mouth, stomach, and mostly the pancreas.
- Lack of lactobacilli and minerals derived from fermented foods and whole foods.

Therefore, this leaky gut syndrome is a vicious cycle of increased permeability to large antigenic molecules that are associated with a damaged intestinal mucosa and an associated hypersensitive immune response.⁴³ These antibodies that get formed and circulate are then free to stimulate an “allergic response” to target organs, commonly known as auto-immune diseases like rheumatoid arthritis, multiple sclerosis, lupus, thyroiditis, and other incurable conditions. Other chronic illnesses like fibromyalgia syndrome, chronic fatigue syndrome, celiac sprue, and even cancer are also thought to be a result of something triggering the immune response, resulting in inflammation in any given body organ tissue. The scientific literature is replete with evidence of this effect in skin disorders such as psoriasis and eczema.⁴⁴

The Extent of the Problem

How is immune hypersensitivity a commonly overlooked hidden health problem? When you consider conditions such as asthma, eczema, autoimmune diseases, and other varied allergic conditions, they are clearly an immune system on fire. These are the classic outward manifestations of immune hypersensitivity. Yet few practitioners would even consider finding the inciting triggers. They are outward manifestations of local inflammation in the affected tissue.

In Multiple Sclerosis, for example, it is the myelin sheath of the brain, spinal cord, and peripheral nerves that are inflamed and degenerating. In Systemic Lupus, several organs including the brain, heart, lungs, kidneys, joints, blood vessels, nerves, and skin are involved. Their symptoms are usually extreme fatigue, arthritis, unexplained fever, rashes, and kidney malfunction. Similarly, in Grave’s Disease (hyperthyroidism) the thyroid gland over-produces the hormone thyroxin for a few years... and often spontaneously resolves without treatment! Though auto-antibodies circulate in the blood stream, these also slowly resolve by addressing the hidden causes discussed here.

For heart disease, hypertension, and stroke, the immune system is involved, causing what we know today as inflammation. This inflammation however is chronic and low grade, such that the vessels of the heart and brain have “scarring” known as atherosclerosis. It is akin to the scarring of arthritis, the scarring of ulcerative colitis, and the chronic scarring inflammation of the lungs in a person with chronically persistent asthma, chronic bronchitis, or emphysema. Clearly, the serum markers for immune globulins and inflammation are elevated in these patients, yet modern medicine calls most all of these “idiopathic” conditions in which there is no real known cause.

Who hasn’t experienced a tension headache from certain chemical smells, certain foods (refined sugar), or a medication side effect? Hypersensitivity (allergies) seems to contribute to the mechanism of recurrent pain, yet little is available in the published literature to explain it. Because studies are designed to show the value of some intervention or pharmaceutical drug, there will likely never be funding for clinical trials looking at interventions you can do on your own.

For intestinal diseases, markers of inflammation in the blood do correlate with healing of the intestinal lining.^{45,46} In a study where pectin (dietary fiber) feeding was the treatment, tumor necrosis factor and interleukin-8 decreased while concomitantly there was a significant increase in villus height and crypt depth of the small intestinal wall microvilli. This effect of “living food” on the immune system reinforces their relationship in healing the small intestine and colon.

Other Causes for an Immune System on Fire

Are there other causes for an immune system on fire? You bet! However, they are much more difficult to discover without specialized testing of your blood and urine (which in my experience from patients over the years does very little to reverse food and chemical allergies). Other immune system triggers are the following:

- Pollens, perfumes, dust, or other manufactured chemicals
- Foods, vitamins, drugs, and food additives
- Bites, stings, injected drugs, and immunizations
- Viruses, bacteria, fungi, and parasites
- Painful memories from past or present

There is, however an alternative to standard blood and skin tests. This alternative approach is through bio-energy science. Its science stems from acupuncture in which your body is known to have subtle bio-“electric” pathways. When there are blockages in these pathways, known as the chi meridians and centers, your body gets out of balance and symptoms of allergy result. By identifying and removing allergic triggers to the immune system on fire I have personally seen many patients experience dramatic symptom reversal with this approach. The most well known method of identifying and then eliminating allergies is via the bio-energetic technique called NAET (Nambudripad’s Allergy Elimination Technique). Practitioners skilled in NAET or similar techniques achieve 80% success or better. Go to www.naet.com to learn more and find a NAET practitioner in your area.

Your Immune System and Environmental Chemicals

In order to comprehend the harmful effects of environmental chemicals, you must consider more how your immune system works. You have specialized stem cells made in bone marrow called B cells. These B cells become sensitized by chemicals coming in contact with their cell membrane.

This results in the production of small molecules on the outer B cell surface that can later recognize that same chemical again with high specificity. These are called antibodies, or immunoglobulins (Ig). Their subtypes are either immunoglobulin gamma (IgG), immunoglobulin mu (IgM), or eosinophil-specific immunoglobulin (IgE). These B cells with immunoglobulin antibodies on its cell surface reproduce more B cells with that same antibody memory, which circulate in your blood stream for many years.

These antibodies then continue to be attracted to the antigens (foreign chemicals) which signal the cells of inflammation (macrophages, mast cells, and specialized T lymphocytes) to come and fight. The fighting of these cells is where they release their own toxic chemicals (enzymes,

hydrogen peroxide, free radicals, histamines, and others) to destroy the enemy chemical.

Meanwhile, your tissue gets damaged and you experience the effects of an immune system hypersensitivity reaction. The classic example is a peanut allergy. In this case the mast cells are sensitized similar to when an ant hill is stepped on. This acute immune reaction results in airway swelling, hives, and sometimes vasogenic shock. This of course can be life threatening.

An example of a delayed immune hypersensitivity reaction is formaldehyde, which through years of chronic exposure binds with healthy blood albumin to create tissue injury. Either way, one or more of the above described mechanisms is triggered.

In some cases, the tissue damage is in the DNA of the new cells being produced, and a whole new deranged cell line develops, called *cancer*. Battles in other specific tissues of the body create injury—arthritis in the joints; ulcerative colitis or Crohn’s disease in the bowel; Alzheimer’s disease or multiple sclerosis in the brain and spinal cord; cardiomyopathy in the heart muscle wall; hypothyroidism in the thyroid gland; and even insulin resistance in the liver and muscle cells of Type II diabetes.

SECTION IV:

Your Organs of Elimination: Bowel, Skin, Kidney, Lung, And Lymph System

Section Topics

■ Quick Tips: Five Techniques for Detoxification and Elimination

Let me explain how the body eliminates metabolic byproducts and unwanted chemicals. The organs of *elimination* are the lungs, kidney, lymph, bowel, and skin. The liver is the *detoxifier* that allows the other five to do their job, which will be addressed more fully below in section V: Your Liver's Detoxification Process.

The Lungs

Your lungs release carbon dioxide from your blood to maintain proper blood acid/base balance. In the blood, carbon dioxide is constantly in balance with water to make sodium bicarbonate, which in turn makes hydrogen and bicarbonate ions.

The lungs have a very quick way of reducing body acidity, and thus qualify as being an organ of elimination. Breathing techniques and daily aerobic exercise provide more than just oxygenation and pH control. In fact, the “relaxation response” effect on the nervous system is even more of an antioxidant than the air exchange itself.

The Kidneys

Your kidneys not only eliminate uric acid, but also filter out waste that would otherwise build up in your blood. For example, your kidneys filter out many water-soluble byproducts of metabolism and chemicals of “foods” that your liver causes to be water-soluble. Also, the kidney eliminates minerals that are in constant flux such as sodium, phosphorus, potassium, plus smaller proteins and products of metabolic waste. Herbal dandelion teas and increasing water intake to eight, 8-ounce glasses daily are simple ways of improving elimination via the kidney.

The Lymphatic System

Your lymphatics are a lesser-known organ of elimination. This system works by gathering up waste that accumulates locally or throughout body tissues. For example, what happens when we contract a viral illness? The lymph vessels pull the damaged virus and inflammatory cells of our immune system into the localized lymph nodes, which become swollen and tender. One easy way to stimulate lymph function is mechanically, such as gently massaging or brushing the skin in the direction of the lymph flow, generally towards the heart. Exercising or the practice of “rebounding” (jumping) on a trampoline is another way of restoring lymphatic flow.

The Intestinal Tract

This is the better-known as the organ of elimination. All that is not absorbed into the body gets pushed out via the stool. Therefore, the majority of waste is eliminated from the body via the intestinal tract. Constipation and unhealthy microorganisms in the digestive tract account for a large part of disease. This is why foods high in fiber (optimal nutrition), healthy bacteria (probiotic supplementation if needed), and two to three bowel movements daily are recommended for intestinal tract health.

The Skin

This is the largest organ of the body. The skin has a profound ability to eliminate waste from the body via sweat glands. It eliminates water, salt, oils, and chemicals. The skin and associated fat also stores chemicals that the liver did not detoxify into water-soluble or eliminate via the bile. Therefore, when cleansing via the skin, chemicals can be eliminated in a profound way.

To better illustrate how well the skin can hold and then eliminate chemicals, I will tell you about my friend who performed a sweating cleanse technique with profound results. She reported that soon after she broke into a sweat, her entire house reeked of the hair “perm” that she used many months earlier! Amazingly, these chemicals had been stored in her skin and associated tissues all this time and were finally being released! To further substantiate this, dry heat saunas are now the preferred method for physically cleansing drug addicts from years of drug use. With this method, patients sit for hours drinking mineralized water and sweating out the drug—daily for up to four weeks! Along with the course to rehabilitate to normal life, this sauna work is imperative to their extremely high success rate of drug and alcohol recovery at two years.

Some other important functions of the skin you may not have considered. The first is that of *protection*. Your skin protects you from infection, mechanical impact, heat and cold, harmful chemicals, ultraviolet radiation, and water loss. Your skin not only creates the physical barrier to protect you, but it has built into it an entire orchestra of immune functions and pH regulators. It also has a system of sweat glands and blood vessels to cool you off, and tiny muscles surrounding hair to prevent heat loss. Your skin produces vitamin D when it is exposed to sunlight. Vitamin D allows you to absorb calcium for strong bones and teeth.

There are some basic principles of skin health I’d like to mention. Since your skin will work to eliminate illness within you, remember to consider all that you put into your and *onto* your skin. Remember that whatever you put on your skin will likely absorb into your deeper tissues and finally get detoxified by the liver or (if the liver can’t detoxify it) stored in organ fat before it eventually makes its way out of your body via the skin.

Quick Tips: Five Techniques for Detoxification and Elimination

1. Deep Breathing (ten minutes, twice daily) does more than just oxygenate the body. It also calms the autonomic nervous system to energetically reduce stress. During this time, consider meditation with nature music. Breathe out slowly and deeply, and as it were, the frustrations your mind harbors. Visualize the problem being solved and feel gratitude in your heart for the thing becoming resolved. Know that there is a purpose for what you are experiencing.
2. Herbal teas for kidney cleansing can be made by soaking in hot water, dried sarsaparilla root, nettle leaves, dandelion, or other herbs known for cleansing, as follows:
 - 1 tsp. in 1 pint boiling water for 20 minutes; take once a day. Add stevia powder or agave nectar for sweetener. These nightly teas will also assist in weight loss and help improve energy.
3. Lymphatic flow improves with these strategies:
 - “Rebound” (jump) on a mini trampoline or walk for at least 30 to 60 minutes, three to four times a week.
 - Finish a hot shower with a one-minute cool or cold-water rinse (which causes a superficial circulatory flush and stimulates the central nervous system).
 - Gently and thoroughly dry brush your entire body (except the face) before bathing, three times a week. Brush gently over the skin only in the direction of lymph flow, toward the heart. (A long-handled bath type brush is recommended, containing natural vegetable bristles—synthetic bristles should be avoided. The brush should be kept dry and not used for bathing.)
4. Intestinal function must be optimal to eliminate metabolic toxic waste products. This means at least three bowel movements daily, which is often a natural occurrence during a liquid cleanse.
5. Elimination via the skin is enhanced by all of the following techniques:
 - Take warm to hot Epsom salt baths using one to two pounds of Epsom salts, plus one cup of sea salt or baking soda up to twice weekly. Drink plenty of water during and after the baths. The baking soda is very alkalinizing. The sea salt is mineral replenishing. Alternating both is encouraged for cleansing.
 - Sweat in a sauna twice a week.
 - Olive oil-castor oil (50:50 mixture) technique. Apply this mixture all over your body before a 20-minute bath. The water should be as hot as possible without causing discomfort. This process causes sweating to continue for an additional 30 minutes or longer after the bath when an individual immediately lies between cotton towels under generous bed covers.

SECTION V:

Your Liver's Detoxification Process

Section Topics

- **The Olive Oil and Lemon Juice Flush**
- **Fast Acting Gallbladder Flush Protocol**

The Liver is the main detoxifier organ of the body. The liver receives all the blood from the intestinal tract where foods are absorbed via the portal vein. Therefore, the liver is the guard at the gate, checking for anything that could harm the rest of the body. The molecules that the liver sees undergo a series of detoxification processes (phase I and phase II) so that they are either cleared to move on, made water soluble for the kidney to eliminate, or combined with fat soluble molecules to be stored in the fat (brain, nerves, deep skin structures, etc.) or eliminated via the bile into the intestinal tract.

Liver Cleansing

Foods to include: Brewers yeast (3-5 Tbsp/day), endive, cucumbers, garlic, onions, artichoke, sprouted seeds, grains, tahini, and vegetables (raw or juiced). No condiments except lemon juice and only a little salt. Include at least 40 ounces of liquid per day, green juice (can be mixed with some carrot juice), and liquid chlorophyll.

Foods to exclude: All processed and refined foods, salt, strong spices, sugar, alcohol, drugs, fats, oils, non-organic meats and dairy (due to hormones), coffee, heavy starches (potatoes, rice, bread, refined cereal), chicken, egg whites, milk, or milk products. Do not use aluminum cookware.

The Power of Liver (Bile) and Gallbladder Cleansing

As a part of the cleansing process that can be accomplished with a liquid cleanse, I also can recommend cleaning out your bile storage ducts, namely the gallbladder and the bile ducts that take bile to the gallbladder. First let me explain why this is important.

Your liver is your most effective detoxification organ. All the metabolic byproducts and chemicals that you must discard which are fat soluble will go out the liver into the bile, which is carried in biliary ducts to your small intestine where it is then excreted with your excrement. This very important process of ridding your body of fat soluble waste can be enhanced by a bile and gallbladder “flush.” The most common surgery I see being performed in hospitals is gallbladder

The Olive Oil and Lemon Juice Flush

(Modified from Dr. Claude Lewis)

The following is a liver and gallbladder flush protocol which uses only olive oil and lemon juice, no Epsom salts. Pick a day when you have nothing much to do the next day, and preferably even the day after. Friday is best for most people who have the weekend off. Don't make any plans to go out! **DO NOT EAT ANY SOLID FOOD** after noon on the treatment day. You may drink water or fresh juices, as much as you like. **DO NOT HAVE ANY FLUIDS** after 6:30 pm (or 30 minutes before the start of your treatment) on the day of treatment. Give your stomach time to evacuate all the fluids, which reduces your chances of nausea, so that the olive oil doesn't float to the top of the fluid in your stomach. This, along with the softening action of the lemon juice, will help to free the stones more readily from the gall bladder and assist in evacuating any congested bile from your liver's biliary ducts.

YOU WILL NEED:

- 2 cups cold virgin olive oil
- 1 cup freshly squeezed lemon juice
- Peppermint oil (from your health food store)
- Pineapple or V8® juice
- Measuring cup or tablespoon-size measuring spoon
- Pitcher of water
- Herbal sleep aid such as valerian root (optional)

THE TREATMENT:

Noon: Stop eating all solid food

6:30 pm: Stop drinking all fluids

7 pm: Drink 1/4 cup of olive oil followed immediately with one or two Tbsp of lemon juice. Lie down and relax for 15 minutes and get ready to repeat this again.

7:15 pm: Repeat this exact dosage (1/4 cup olive oil and 1 or 2 Tbsp fresh lemon juice) and continue repeating every 15 minutes until you have swallowed the entire pint of olive oil. If there is any lemon juice left, then drink it all.

Hours later: When you have finished the olive oil and lemon juice then lie on your right side and go to sleep for the night. You can expect to have an urge for a bowel movement around 2 am or maybe not until the next day.

NOTES

- You may notice green objects and/or greenish liquid in your excrement. Those are small gall stones. Some gall stones may be dissolved by the treatment.
- Remember, if you have terrible nausea or vomiting sensations, use peppermint oil in the olive oil, or chase the olive oil with a small amount of V8® or pineapple juice until you can resume taking the plain olive oil and lemon juice. Try 30 minutes between doses if it gets hard to swallow the olive oil and lemon juice.
- Dr. Lewis found that 1% of people failed to pass gall stones. In some individuals, the powerful action of the lemon juice causes the stones to dissolve before they are passed out of the body. If you have only greenish liquid bowel movements, the treatment has been effective.

Fast Acting Gallbladder Flush Protocol

(Modified from Dr. Hulda Clark)

Much like the flush protocol on the previous, this one adds Epsom salt to cause more profound bowel elimination. Be sure and drink plenty of water to stay well hydrated through this.

YOU WILL NEED:

- 1/2 cup olive oil
- 1 fresh grapefruit
- 4 Tbsp Epsom salt
- Herbal sleep aid such as valerian root (optional)

Noon: Eat a normal lunch but avoid any fat or oil (e.g. no butter, cheese, or oil-based salad dressing).

2 pm: Do not eat or drink anything else. Do not take any vitamins or dietary supplements—only take necessary medications.

6:30 pm: Mix 1 Tbsp Epsom salt with 3/4 cup water. This will have an unpleasant taste. Drink the entire content quickly and wash it down with water.

8 pm: Once again, mix 1 Tbsp Epsom salt with 3/4 cup water and drink the entire content as before.

10 pm: Squeeze the juice of one grapefruit to make about 2/3 to 1 cup full. Mix in 3/4 cup olive oil, stir vigorously, and drink immediately. Some folks actually enjoy the taste. Immediately go to bed!

6 am: Mix 1 Tbsp Epsom salt with 3/4 cup water and drink the entire content as before.

8 am: Take the final dose of 1 Tbsp Epsom salt with 3/4 cup water as before. Wait two hours and resume eating. You will experience frequent bowel movements but no negative side effects.

removal also known as laparoscopic cholecystectomy. This is also an easily preventable surgery, unbeknown to the surgeons and their patients. Before I knew how to accomplish this without surgery, I even experienced going under the “scope” and had mine removed in 2002. So now is the time to learn this, and even prevent your bile from becoming as thick as sludge.

I have included (see this and previous page) a bile and gallbladder flush protocol here for you. And since some of my readers may be allergic to Epsom salts, I’ve given directions on one that uses only olive oil and lemon juice—no Epsom salts. I also have included the more popular one which does use Epsom salts. Both are safe and effective. Take your pick.

Once you have done a bile flush, plan to continue taking nutrients that are proven to enhance liver detoxification. One example is the Liver and Kidney Cleanse™ by True Health™ (www.truehealth.com). It contains milk thistle, phosphatidylcholine, artichoke leaf, turmeric root, burdock root, N-acetyl-cysteine, alpha lipoic acid, trimethylglycine, and olive leaf extract which are all nutrients proven to protect the liver, build liver function strength, and enhance its ability to detoxify your blood. To support and enhance the filtration of the kidney and therefore release of water soluble waste products, dandelion root is used in this product.

SECTION VI:

Water Fasting and Liquid Cleansing: The Most Powerful Method of Detoxification

Section Topics

- Types of Liquid Cleanses
- Case Reports and Testimonials of Cleansing
- Breaking Your Fast From a Liquid Cleanse
- Medical Benefits of Water Fasting
- Pre-Cleanse and Post-Cleanse Recipes—A Must!

Liquid cleansing and water fasting have been an integral part of natural medicine and hygienic medicine for more than 100 years. Many thousands of participants have discovered restored health through fasting. Dr. Herbert Shelton (1895-1985), master of hygienic medicine, was one of the founders of the American Natural Hygiene Society, probably had more experience with fasting than anyone else who ever lived. It is estimated that he supervised more than 40,000 fasts. His greatest tool for assisting patients to reverse disease was to assist them to safely go without food, while drinking water only for five to 30 days.

When I began hearing testimonials from my patients about how their skin cleared, their joints improved, their headaches went away, and their energy levels increased, I became sold on cleansing as a God-given tool to create health when there is illness. Liquid cleansing works to treat allergies, lower weight, improve blood pressure, reduce depression or anxiety, enhance spiritual connectivity and increase enthusiasm for life. Through liquid cleansing you subdue unhealthy thoughts and unhealthy appetites... and you begin to enjoy true health!

The cells of nearly every tissue of your body undergo a molecular change when you go on a liquid cleanse. You'll release waste material that you introduced into your body over the years. These unneeded molecules are from chemical food additives, cosmetics, deodorants, and their metabolites that have accumulated in your body. These molecules act on the body much like

microbial invaders do during an infection. In an infection your immune system recognizes the invaders and mounts an immune system response resulting in diarrhea, vomiting, sweating, fever, cough, or congestion, which it does to fight the organism and restore you to health.

But with a dietary cleanse, the waste molecules you introduced over the years are released from their places of storage in the various tissue cells, yet with far less severe symptoms than in an acute attack with the flu. It is true that with cleansing you may experience symptoms such as loose stools; sweating; increased urination; mild weakness or even a fruity breath. All these are normal signs of cleansing that may occur.

Once again, a key organ in the cleansing process is your liver. It chemically modifies molecules that are unsafe into a fat-soluble or water-soluble form so they can be utilized or eliminated. When your liver cannot effectively take care of foreign synthetic molecules, your body stores them in tissues, especially in the fat of organs or skin. These will stay in tissues for years and can slowly and subtly trigger inflammatory reactions resulting in chronic disease. The liver acts much like a vacuum. When a vacuum gets a clogged suction hose or the filter bag is full, it cannot clean and detoxify because it is so congested. Much like the vacuum, your liver during a liquid cleanse increases its activity substantially while other tissues are dumping waste molecules into the blood stream. These waste molecules are carried to the filter, your liver, where they are changed into molecules that are either eliminated or utilized as nutrients. Thus, cleaning out the chemicals that you've absorbed from your food and environment over time causes an amazing reversal of "dis-ease."

Let me give you some real examples of what can occur with bowel and liver cleansing. The first example is not an example of how you will want to proceed, however. This first example is about my own experience. I give it just to highlight the effect that cleansing has on the liver and the bowel.

In the spring of 2006 I suddenly developed dysentery in the middle of the night, consisting of nausea and profound diarrhea. Because I don't have a colon ever since my surgery in 1997, my diarrhea was so rapid that it turned watery green from bile and within four hours of losing fluids I developed muscle cramping in my calves, hamstrings, and abdominal muscles... until I finally gave in to my wife's request that I go to the local emergency room later that morning. There I received 3 liters of I.V. fluids and potassium replacement. I discovered that I had lost more than 11 pounds of water and mineral electrolytes from my intestinal tract in just four hours—definitely not a safe or recommended way to cleanse!

The effect on my health that I discovered during the following few weeks, however, was profound for me! I experienced a wonderful cleansing of my facial skin... much less of my usual gassy diarrhea... and the low back pains I had been experiencing for many months almost completely disappeared! I felt such an increase in strength that when I went running I could go four miles instead of two at a faster pace than usual before feeling fatigue! This was clear evidence of the beneficial health effects of cleansing, though obviously not intended!

The next case history I want to present is that of my good neighbor friend named Randall. Randall decided on his own to begin a liquid cleanse just for good health. Randall's experience with liquid cleansing is also not recommended, but I think there is something to learn with his

story. First of all, Randall was approximately 340 pounds. He had a craving for any and all food that was cheesy, greasy, sugary, or bubbly. What happened was Randall went on water and Capra Mineral Whey™ for 14 days straight—with no preparation or real plan. Within the first three days he lost his appetite for food. He continued to work at his desk job with the same or even increased energy. And Randall lost more than 20 pounds in the first ten days. He had few cleanse symptoms. He also reported that his spiritual and emotional sensitivity became heightened. At the end of his 14 days he was feeling good and quite proud of himself. He even continued to go on and off juicing and Capra Mineral Whey™ for another few weeks. He lost almost 30 pounds. That's all the good news.

Now for the rest of the story... Randall had no plan for coming off the liquid cleanse. He found himself eating regular foods within a few weeks again... and his former food addictions seemed to come right back at him. And as for Randall's success with losing weight... well, despite his short-term success, he gained back nearly 20 pounds over the next six months with no ongoing lifestyle change. Randall is now ready to go on the 90 Days to True Health™ program so he can learn some principles of true health that can last him a lifetime.

There are several reasons to go on a liquid cleanse, such as weight loss, detoxification, to break food addictions, and so forth. But the most successful liquid cleanse begins with a desire from deep within for physical and/or spiritual healing. When you have a spiritually-based desire to cleanse and heal your body, then cleansing is always more successful. Why do I say this?—because for every physical illness, there are spiritual and emotional roots of the illness that must also be cleansed. In the process of cleansing physically, your mind and spirit are re-awakened and rejuvenated.

Types of Liquid Cleanse

There are three options I give my patients to choose from in liquid cleansing. The first and most effective is water only for five to 14 days. The next most effective is the lemonade cleanse, which I'll call Option B. And the third is a combination of the two with fresh juicing at times, which I'll call Option A. Option A is more for beginners and will produce a much less powerful effect. It calls for juicing and soup broths in addition to Capra Mineral Whey™ and herbal teas. Option B is more difficult but will achieve more pronounced results.

Remember that at any time during a liquid cleanse you can consume water only, which is the most effective of all methods to detoxify and cleanse. All three options or a combination of them may safely last from three up to 14 days, or longer depending on your physical cleanse goals and your particular illness or symptoms. And ten days of liquid cleanse is absolutely safe as long as you are noting your symptoms in light of your underlying health condition.

For example, if you are in your older years and have a known health condition, then clue into signs and symptoms that may be related. If any symptoms arise that are out of the ordinary, then be sure and discuss them all with your coach or even with your physician.

Whether you choose Option A, Option B or water-only, liquid cleansing is best done when there are no physical, emotional, or mental demands upon you. It's a time to stay warm and relaxed. Plan to make plenty of time for yourself, so you can meditate, read, relax, and focus on

OPTION A	OPTION B
<p>Liquids to consume</p> <ul style="list-style-type: none"> ■ Water only ■ **Soup broth (see recipe below) only if getting weak and light headed ■ Herbal teas of all flavors, with stevia (a sweet herb) for flavor 	<p>Liquids to consume</p> <ul style="list-style-type: none"> ■ ‡Lemonade Cleanse which includes fresh lemon juice, cayenne, and grade B maple syrup (see recipe on next page.) ■ *Capra Mineral Whey™ for mineral replacement ■ Water any time ■ Herbal teas any time
<p>*Capra Mineral Whey™: Two heaping tsp in 8 ounces hot water. Add natural sweetener and a dash of soy milk, rice milk, or almond milk, but keep warm to hot. Drink any time you feel hungry, weak, or faint. Drink it a minimum of twice daily if you experience loose stools or diarrhea. Available from True Health™ at 1-800-746-4513.</p> <p>**Soup Broth: These are high in potassium and other minerals to sustain you through the cleanse process and beyond. They are made by simmering the following ingredients in water for 12 hours in a large stew pot, then drinking only the broth and tossing away the left over solids:</p> <ul style="list-style-type: none"> Chicken bones (little to no meat) 1/2 tsp vinegar 2 carrots, chopped 2 celery stalks, chopped 2 to 4 garlic cloves 1/2 onion, chopped Sea Salt, any other seasonings you desire <p>Directions: Place above ingredients in cold water for 30 minutes, and then simmer for 12 to 24 hours. Occasionally scrape off and discard any foam (impurities) that develop. Then strain off the broth to drink for meals. Refrigerate up to one week.</p>	

healing your body during these three to ten days or more. It is said that for every day of your liquid cleanse that you are dealing with some external stress and not allowing yourself time to focus on cleansing, it extends the time required to detoxify by an additional one-half day.

Here's a question you may have: How long should you stay on the liquid cleanse? The answer depends upon your cleansing experience, physical strength and condition, mental attitude, level of chronically stored toxic chemicals, schedule of work or other activities, environment,

Continued on page 52...

‡**The Master Cleanser**⁴⁷ (also known as the Lemonade Cleanse) is a liquid-only diet that cleanses and detoxifies the body in preparation for healthy tissue growth. It consists of fresh lime or lemon juice, Grade B maple syrup, and cayenne pepper mixed with water and consumed six to 12 times a day. An herbal laxative tea is taken twice a day, and no solid food is eaten during the entire three to ten days.

This regimen that can be followed for ten days, and may also be safely extended to 40 days, depending upon a physical condition.

You Will Need:

- Grade B maple syrup (do not use grade A or maple syrup for pancakes!)
- Large bag of fresh lemons or limes (do not use from concentrate)
- Cayenne pepper
- Six water bottles so you can prepare several at the start of each day
- Capra Mineral Whey™ powder for mineral replacement and satiety (Optional: Herbal laxative tea bags to use two to three times daily.)

Lemon Cleanse Protocol:

Mix the following ingredients into one 16-ounce water bottle and season to your desired taste:

- Purified water—nearly fill up bottle
- 1 fresh squeezed lemon or lime juice—squeeze into cup with spout or small funnel, then pour into water bottle
- Grade B maple syrup—just a quick pour at first and repeat for desired taste
- Cayenne pepper—begin with only a pinch and increase/decrease according to flavor. Higher cayenne amounts will stimulate more cleansing.

On the second and succeeding bottles experiment with more or less citrus juice, more or less maple syrup, and more or less cayenne. For lunch or dinner consider hot water (like a soup broth) with increased cayenne to get a powerful spice taste.

Drink six to 13 of these bottles full per day. Remember, this is your food and your drink for the day. You will find that your hunger will decrease each day as cleansing occurs.

Capra Mineral Whey™: Two heaping tsp in 8 ounces hot water. Add stevia for sweetener if desired. Add a quick pour of cream, soy milk, rice milk, or almond milk, but keep warm to hot. Drink any time you feel hungry, weak, or faint. Drink it at least twice daily if you experience loose stools or diarrhea.

Herbal Laxative drink: Morning and evening herbal laxative teas are filling, relaxing, and stimulate bowel cleansing. The more your bowels move, the more lemonade drink and Capra Mineral Whey™ you will want to consume.

Continued from page 50.

and age. You see, while your appetite may dramatically reduce after three days on liquids, your real detoxification and cleansing symptoms won't likely begin until four to ten days on liquids only. By this time you are allowing for a deeper cellular elimination and repair. Think of it like giving your system pure nutritional liquid fuel while your filters, exhaust system, and all intricately-moving parts of your engine are being cleaned out!

Symptoms of a Liquid Cleanse

Your symptoms during the first three days of a liquid cleanse may be the predictable ones. For example, your stomach will contract and your digestive system will begin cleaning out. You may begin losing water, minerals (especially sodium and potassium), and water-soluble vitamins. This is why you'll want to continuously be replenishing these with Capra Mineral Whey™, herbal teas, and other liquid nutrients of either Option A or Option B. You may experience hunger, lightheadedness, mild sweating, increased urination, or possibly even headaches. Your bowel movements may become more liquid and eventually fewer. Your symptoms will depend upon the degree to which you are cleansing cellular waste products. Remember, Option B (the lemonade cleanse) or water only will give the fastest and most profound cleansing effect.

As you continue beyond three days on liquids, your liver starts to purge of its toxic chemical load, dumping it into the bloodstream. This may create flu-like symptoms of nausea, diarrhea, joint and muscle aches, sore throat, chills, trembling, or even increased respiratory rate. This is known as the Herxheimer reaction, or "healing crisis." This is where you feel worse at first while your body detoxifies and releases chemicals... which must happen before you will feel better. Additional days of liquids only will even likely cause you to have bad breath, body odor, or skin eruptions as the chemical poisons leave your body.

Here are a few more hints to be aware of. If you were to eat beets during your liquid cleanse, for example, the pigment would likely darken your stool and appear as blood. If you eat wheatgrass your stool may appear yellow-green... and your skin can turn orange from excessive carrot juice.

As far as allergy with juicing goes, the general rule is that allergic foods may also be allergic juices, but typically to a much smaller degree. But wheatgrass, for example, unlike wheat, does not contain gluten and therefore is not as allergenic as wheat. Be careful not to confuse symptoms of elimination with symptoms of food allergy. You may want to replay this discussion on the expected symptoms of detoxification and elimination again.

What if you are diabetic? If you easily get low blood sugar or have diabetes then you should plan to avoid the sweeter fruits such as pineapples, dates, raisins and bananas, and somewhat limit the sweeter vegetables such as carrots and tomatoes.

Case Reports and Testimonials of Liquid Cleanse

Case Report #1

Michelle is a 32-year-old married young mother of three children who stayed on liquids only for seven days. After the cleanse she struggled a lot with eating (she got sick when she ate

solids). After the cleanse nothing seemed liked it tasted good, and she had a hard time wanting to eat. She dealt with lots of stressful emotions that she couldn't explain at the time.

Physically she experienced a lot of headaches and just simply didn't feel good. She struggled with stress and an "I don't care," withdrawn attitude. By end of week six she was eating 90% of her food as fresh raw food. She made pumpkin cookies with her kids and ate three small ones and got quite sick. She found that if she used her appetite suppressant supplements and drank lots of water or herbal tea that all food cravings went away.

By week seven she realized that each time she went back on solid foods she felt worse. So since she only really wanted raw and whole foods, in week eight she went back on a liquid-only diet for another seven days. She actually was feeling better cleansing than eating solid food for the entire four weeks. She had lost 26 pounds by the end of week seven on the program and by week 12 had not gained any back.

Case Report #2

Toni H. is a 60-year-old woman who initially wanted to do her liquid cleanse for an entire 30 days. She went an initial ten days on water only, followed by two days on fresh juice only. She rarely if ever felt hungry. Her cleansing symptoms mostly consisted of her former leg pains flaring up. Then after two days of post-cleanse solid foods, she restarted liquid cleansing for another two weeks.

She stayed busy. She drank Capra Mineral Whey™ to satisfy hunger. She chose to remain less stressed and stayed out of other people's business. She realized it's okay not to eat for a while during a detoxification and cleansing of the tissues and cells. She realized that instead of her fears of having some heart attack, she actually improved her heart function and was feeling better by eating less.

Case Report #3

Amy K. is a 28-year-old mother of one who was unable to lose any weight despite all her efforts for six months following her baby's

More Liquid Cleanse Testimonials

Jan C: "I had been on a juice fast before but I was really nervous about the liquid cleanse. But armed with the education you gave me it was very easy. I ended up staying on it for ten days and I was never hungry. I felt good... I felt healthy!"

Cheri M: "I had a great experience on the cleanse. We did the cleanse for seven days and we did the Lemonade Cleanse. It was so liberating and energizing! It's just a different feeling. You know I thought that with fasting two meals that I was going to die before... but on the cleanse, it not only cleanses your body but you get rid of all these toxins. I had different things happen to me, like cold sores breaking out and as well as my face and I was thinking, 'Wow, this is really working!' Not only did it cleanse my body but my mind and my spirit. It was a wonderful experience and I will keep doing it a couple times a year."

Nicky M: "The liquid cleanse was so good! I'm really excited to do it again. I did it with my husband. He did it for three days and I did it for eight days. Before I started I thought that it would be extremely hard for me but when I was doing it I felt happy, I felt clean, my skin felt young, and I had energy. I never felt hungry the entire eight days. It was a really good feeling and I want to do it again for longer."

delivery. She went five days on the lemonade cleanse and then started juicing, and then added in some fruit smoothies, followed by some raw veggies and nuts the succeeding day. She followed the program. Her cleanse symptoms were headache, sore muscles, cold sweats, shaking, dizzy, diarrhea, and low energy.

She had a very busy week, as she did not properly prepare for relaxation and did not take the time to really focus on the cleansing process. She used some breathing techniques to deal with the cleanse symptoms.

Two weeks after her liquid cleanse she ate some birthday cake with her splurge meal and it made her sick. She realized she really does enjoy whole foods. She lost 27 pounds by the end of week six on the program. After week six and throughout the program her daily food intake was only one-fourth of her prior food intake, and she reported feeling more full and satisfied after her whole-foods meals than her pre-program foods.

Case Report #4

Gayle A. is a 51-year-old woman with no prior experience with cleansing who started a liquid cleanse with enthusiasm and stayed on liquids-only for a total of seven consecutive days. She juiced her first four days, and then drank water only for the next two days with only one juicing each of these mornings. However, because she took an appetite suppressant, Hoodia, she failed to drink much of anything during these last days so that on her final day she drank water only until 8 pm. At this time she felt weak and hungry from her lack of fluid intake. To add to her dehydrated state, she admitted to excessive stressful activity during her liquid cleanse week. To end her liquid cleanse she juiced and ate some rice cake.

During her cleanse she reported having aches and pains everywhere starting on the third day—her lower back, legs, arms, head, feet, and hands. The pains were really bad at first, yet they responded to Tylenol® and gradually resolved throughout the week. She also reported itching everywhere, and later realized it had mostly to do with not drinking enough fluids so that she got dry skin.

For Gayle, music was extremely soothing. The visualization and meditation processes in the program made her feel notably stronger and aware of what was happening within her body.

Case Report #5

Tiffany is a 35-year-old mother with a supportive husband who went on her liquid cleanse by going five days on juicing three times daily, soup broth twice daily, water with fresh citrus, and Capra Mineral Whey™ as needed. She used Hoodia and Relora twice daily which caused her to experience no hunger. Her only cleansing symptom was that her urination doubled during the five days. Unfortunately, Tiffany continued to have her typical low energy during the liquid cleanse. So, on day six she introduced solid food which induced diarrhea for a day. After her liquid cleanse she reported only experiencing a modest reduction in her food cravings, partly because she went on a family vacation to visit cousins where all sorts of unhealthy foods were provided in abundance. Two weeks after finishing her first liquid cleanse, she decided to begin again on liquids only for seven days, this time on the lemonade cleanse. With this she experienced much better results.

Case Report #6

Marla is a 42-year-old mother who went on her liquid cleanse for a total of seven days: The first four on the lemonade cleanse, the final three on juicing. During this time she rested quite a bit and drank plenty of liquids. She took time for herself by arranging for her older children to take care of the housework. She spent extra time to talk to her 21-year-old daughter and opened the channel of communication wider with her than ever before, which was healing for both of them. Marla didn't get hungry until day four, when she used the Hoodia and Relora appetite suppressant supplement more consistently, which worked well. The final two days she used more Capra Mineral Whey™ along with juicing vegetables and fruits as her main liquid. She kept a journal and wrote her feelings about her life when hunger returned (instead of eating food) and used her affirmation phrases.

Because of her history of joint and neck pains, Marla did experience increased pains by the end of the first three days. She applied essential oils to her achy areas. She went to a yoga session for stretching and got a lymphatic drainage massage. The massage was combined into a guided imagery session for emotional clearing, which greatly assisted her mood and well-being.

By the second post-cleanse day, she reported feeling definitely more consistent energy; her skin was softer, prettier, and glowing; and her joints clearly felt better. She then decided to repeat the liquid cleanse in three months to be able to cleanse further.

Breaking Your Fast From a Liquid Cleanse

The following are symptoms described by Dr. Shelton which indicate it is time to break your fast and discontinue the liquid cleanse:

- *Hunger* invariably returns.
- Your *breath*, which during all or most of the fast has been offensive, becomes sweet and clean.
- Your *tongue* becomes clean. The thick coating which remained on it throughout most of the fast vanishes.
- Your *temperature*, which may have been sub-normal or above normal, returns to normal.
- Your *pulse* becomes normal in time and rhythm.
- Your *skin* reactions (sweating or rashes) normalize.
- The *bad taste* in your mouth ceases.
- Your *salivary secretion* becomes normal.
- Your *eyes* become bright and eye sight improves.
- Your *stool* loses its odor and your *urine* becomes light.
- A feeling of *cheer* and *elation* may come over you.
- Your *circulation* improves, as seen by a rapid return of blood flow under the fingernails after squeezing and then releasing, called “capillary refill.”

Dr. Shelton writes, “The approved plan is to break the fast on liquid food, using for this purpose fruit juice, or tomato juice, or watermelon juice, or vegetable broths. Fruit juice—usually orange juice—is used most often. Orange juice, grapefruit juice, or fresh tomato juice are excellent with which to break a fast. Watermelon juice or the juice of the fresh pineapple or of fresh grapes may also be used. A half glass may be given at the start. After an hour, another half glass may be given. Juice may be given every hour the first day. The second day a whole glass of juice every two hours may be employed. On the third and fourth days give the whole orange or grapefruit and on the fifth day other foods may be added. Large meals should not be attempted in less than a week. These instructions are for the long fast. A short fast requires less care in breaking and is usually followed for several days by an eliminating diet.”

Dr. Shelton wrote and described some cases of improper ways of breaking the water fast. He described these cases:

“A young man 24 years of age who had suffered from chronic constipation and indigestion, fasted 27 days after reading an article in a popular health publication. On the 28th day he ate a meal of beefsteak, potatoes, bread and butter, and coffee. He was seized with violent vomiting spells and could not tolerate even a teaspoonful of water on the stomach. When called on the case I discovered an intense soreness of the entire abdomen and every indication of acute gastritis.

“And a young man about 30, who had fasted on his own initiative for 42 days, attempted to break the fast on coarse bread with the result that vomiting occurred and the stomach became so irritable that nothing could be retained. There was marked emaciation and extreme weakness and every indication for immediate nourishment.”

Dr. Shelton describes what foods to introduce after a liquid cleanse.

After a fast the diet should be of the very best from the standpoint of its nutritive qualities. No canned and bottled juices should be used in breaking the fast. Only fresh fruits and fresh vegetables should be used. If any dried foods are to be employed in the diet, only sun-dried foods should be used. Certainly every food employed should have its full content of vitamins and minerals. Canned foods, sulphured fruits, denatured foods of all kinds, over-cooked foods, and foods that have been hashed or mangled, so that they have sustained vital losses through oxidation, are not to be considered. The loss of minerals and vitamins cannot possibly be compensated by the use of vitamin pills of whatever nature nor by the use of mineral preparations from any source. These things must be obtained from natural foods.

There is a greater need for protein after a long fast than for carbohydrates. As the fasting individual who has had a long fast will build tissue rapidly, and will require more protein than that contained in a maintenance diet. High grade proteins will be required and these should be as fresh and wholesome as the market affords. It should hardly be necessary to add that the full portion of protein daily cannot be started from the first day the fast is broken. Caution must be observed in breaking an extended fast and the patient brought gradually from the fast to full meals.

Medical Benefits of Water Fasting

There is a profoundly beneficial effect on illness that is caused by liquid cleansing. More particularly, the water-only “fast” or liquid cleanse can reverse high blood pressure, reduce chronic pain, improve Type II diabetes and clear up a multitude of other symptoms and illnesses. I’d like to elaborate on this little-known natural treatment called liquid cleansing. I’ll give some patient examples and studies reported in the scientific literature.

Liquid Cleansing to Lower Blood Pressure

My patient J.C. was using Atenolol® for her high blood pressure and because she had suffered from a heart attack six months prior to going on the cleanse. She was on liquids only without difficulty for ten days. At the beginning of her liquid cleanse she decided to stop taking her Atenolol®. Then on day four of her cleanse she called me complaining of vague chest pain and a blood pressure of 180/110. I told her to resume her Atenolol® for now. At first I was astounded that her pressure had not significantly dropped as expected while on liquids. Yet the good news, she told me two months later, was that she continued to consume nutrient rich whole foods and her pressure normalized—even off her Atenolol®!

A colleague of mine reported on his patient with high blood pressure that continued even on two prescription medications at their maximal dose—a common problem we see in the office. This patient also suffered from headaches and visual disturbances. My colleague put this patient on a water-only liquid cleanse. His blood pressure (on the medications) was 150/90 and his weight was 236 pounds at the beginning of his liquid cleanse. He went 12 days on water alone. By the fourth day both of his prescription medications were discontinued by my colleague and his pressure had still dropped nicely to 132/90. By the end of the 12-day cleanse it had dropped even further to a perfect 110/78 and his weight dropped to 216 pounds. He continued a nutrient-rich, high-fiber diet and two weeks later his pressure remained at 108/76 off medications.

A study in the medical literature from 1967 showed the lasting effect that consuming only water can have to lower blood pressure and keep it low. Of 683 obese patients on this study, 48% had high blood pressure. They consumed water only for two to four days and rarely did they continue to have high blood pressure afterwards, even when eating is resumed.⁴⁸ This is consistent with my observations, too.

A more recent study in 2001 that was published in the *Journal of Manipulative Physiological Therapy* showed the effect water fasting can have on lowering high blood pressure. Researchers measured blood pressure in 174 consecutive patients who drank water only for an average of ten 1/2 days... followed by a seven-day re-feeding period of a low-fat, low-sodium, vegan diet.⁴⁹ The treatment program began with a short pre-fasting period (approximately two to three days on average) during which food consumption was limited to fruits and vegetables, followed by the medically supervised water-only fast. RESULTS: The average reduction in blood pressure was 37/13 mm Hg. The most impressive results occurred among those with systolic blood pressures greater than 180 mg Hg and diastolic blood pressures greater than 110 mg Hg. This group experienced an average reduction of 60 mm Hg systolic and 17 mm Hg diastolic after the seven days of eating the vegan diet. The researchers reported no adverse events.

Another study proving the efficacy and safety of water fasting was reported in a 2002 *Journal of Alternative and Complementary Medicine*⁵⁰. In this study, 68 consecutive patients went on a short pre-fasting period (approximately one to two days on average) during which food consumption was limited to fruits and vegetables followed by medically supervised water-only fasting of 13.6 days on average. This was followed by a re-feeding consisting of a low-fat, low-sodium, plant-based, vegan diet. Their results showed a mean blood pressure reduction of 20 mm Hg systolic and 7 mm Hg diastolic, with the greatest decrease for subjects with the highest baseline blood pressures.

Liquid Cleansing to Reduce Pain

The effects of consuming clear liquids only for five to ten days can have profound effects to reverse chronic pains as well. During the first three to five days you can expect to have chronic pains flare up worse. This “Herxheimer reaction” or healing crisis is the phenomenon in which it gets worse before it gets better. This is because those vulnerable areas of your body readily release stored chemical irritants, or “toxins,” which your immune system detects and reacts to with inflammation and pain. But it passes relatively quickly (two to five days) and your body then will feel better in this area.

My patient who went on the lemonade cleanse for 30 days reported dramatic reduction in joint pains, lost 30 pounds of water retention, dramatically improved her energy levels, and resolved her depression and headaches. I don’t recommend everyone go on a liquid cleanse for 30 days, but I do observe people get superior results when they stay on healthy liquids only for at least seven days.

A colleague of mine reports about his 62-year-old patient with severe rheumatoid arthritis and other illnesses for which she was on nine prescription medications, including two anti-inflammatory meds, Azulfidine® and prednisone. She complained of pain in multiple joints and could not close her hand to make a fist for ten years. She went on a water-only cleanse followed by a plant-based, high-fiber diet. After her liquid cleanse her pain was completely gone and her erythrocyte sedimentation rate (ESR) dropped from 42 (n = 0-15) on prednisone to 13 off prednisone. She remained symptom-free five months later. Additionally, she lost 35 pounds and her blood pressure normalized along with other medical problems.

A study reported in the May 1988 *Arthritis and Rheumatism* put severe arthritis patients on a complete fast for seven days followed by a low-fat, gluten- and dairy-free, plant-based diet. These patients were compared with a control group who received powerful prescription medications. The diet group had far superior reduction in pain and inflammatory markers in their blood.⁵¹

An earlier study of randomly selected patients with classical rheumatoid arthritis underwent fasting for seven to ten days, followed by a nine-week period on a lacto-vegetarian diet. After fasting, five out of 15 patients showed objective signs of improvement, compared with only one of the controls.⁵² Although the scientific literature has few studies on this topic, I am very satisfied (along with other proponents of liquid cleansing) with the great results I see personally.

Liquid Cleansing to Eliminate Type II Diabetes

The condition of diabetes mellitus is one of sugar and insulin dysregulation. It is estimated to be America's 7th leading cause of death. There is no question that Type II diabetes is easily controlled and even reversed just through liquid cleansing and consuming nutrient-rich whole foods consistently.

Frankly I have been amazed to see patients who get serious about reversing Type II diabetes through diet alone. Every patient who does this gets profound results. Liquid cleansing is an important part of initiating this shift to nutrient-rich whole foods that are low in calories and high in fiber and micronutrients and unhealthy fats. These are also foods that are not refined and processed.

I'd like to share the details of a patient whose blood sugar improved down to 140mg/dl after two weeks of eating as explained above, but his blood pressure remained high at 180/95. Then after a liquid cleanse for 20 days he got off his blood pressure pill (Tenormin®) and his pressure remained around 110/70, his blood sugar dropped to under 120 and his weight dropped 30 pounds.

In one study of 20 obese Type II diabetics, I observed as they were regimented to low calorie diets during a four-week hospital stay and examined three months later. They found that their fasting serum insulin levels decreased by 54%, triglycerides decreased 47%, and fasting blood glucose decreased 25%.⁵³ It really isn't anything magical to see diabetes completely disappear with liquid cleansing and continued nutrient-rich whole food eating. This is the lifestyle of eating I teach in my 90 Days to True Health™ program. You can learn more about this program by visiting www.truehealth.com and following the link to 90 Days to True Health™.

Pre-Cleanse and Post-Cleanse Recipes—a Must!

Don't allow yourself just to begin your liquid cleanse without first preparing yourself. In order to successfully begin and end a liquid cleanse you must eat what I call the "pre-cleanse" foods for two days prior to going on liquids, and then "post-cleanse" foods for the two days immediately after.

Remember that these first two pre-cleanse days prepare your body for rapid elimination of metabolic byproduct wastes. Such metabolic byproducts that your body will eliminate would be disease promoting if not cleansed.

Below is a general list of these pre- and post-cleanse foods (they are the same). These will assist you to avoid many of the symptoms of detoxification during the cleanse and prevent you from getting sick as you move out of a cleanse onto solid foods again. They consist of:

- Cooked and raw vegetables and their juices
- Raw fruits and their juices
- Seeds, nuts, and legumes
- Warm drinks: Capra Mineral Whey™, herbal teas, and soup broths

Foods to Eat

- Solid green vegetables (raw and cooked)
- Leafy vegetables, and sprouted grains
- Tofu/miso/tempeh (soybean curd)
- Fruits (raw, frozen, and cooked)
- Nuts and seeds for snacks
- Smoothies with or without protein powder
- Fresh juicing
- Liquids (broth, Capra Mineral Whey™, and herb teas)

Foods to Avoid

- All whole grains, pastas, and tortillas (even brown rice)
- Feta cheese, sour cream, and all yogurts
- Potatoes, beans, corn, and other starchy vegetables
- Eggs
- All meats and breads

Example Breakfast

- Drink Capra Mineral Whey™
- Fresh juicing of vegetables or fruits
- Fruit smoothie
- Handful of almonds (or put into smoothie)

Example Lunch

- Another fruit smoothie (if desired)
- Juice of your choice (fresh juiced)
- Drink lots of water
- Try this recipe:

Recipe: Dr. Cutler's Favorite Salad (Prep time: 15 min, Serves: 8)

- Romaine lettuce
- Spinach leaves
- 1 cup carrots, chopped
- 1/2 to 1 avocado, chopped

- 1 can chopped beets (drained) or from chopped boiled beets
- 1/4 purple or yellow onion, finely chopped
- 1 bell pepper, chopped
- 1 cucumber, chopped or sliced
- 1/4 cup grapes, each cut in half
- 1/4 to 1 apple, coarsely chopped
- Handful raisins
- Black pepper to taste
- 1 fresh lemon squeezed over entire salad
- Raw almonds; chopped, or sliced

Tear romaine and spinach leaves to a size less than 2 X 2 inches, add all ingredients and mix!

Creamy Cilantro-Garlic Dressing (Prep time: 5 min, Serves: 4)

- 2 cups fresh chopped cilantro (about 4 bunches)
- 1 tsp minced fresh garlic
- 1/8 cup water
- 1, 10.5-ounce package lite silken tofu
- 2 Tbsp lemon juice
- 1 Tbsp *Bragg's Liquid Aminos* (www.bragg.com)

Blend cilantro, garlic and water in blender first, and then add other ingredients until smooth. Tip*—you can also use 1 cup parsley and 1 cup cilantro.

Example Dinner

- Remember, don't eat after 7 pm
- Drink Capra Mineral Whey™ after dinner

Recipe: Raw Veggie Kabobs

(Prep time: 20 min, Marinade: 60 min, BBQ: 20 min, Serves: 6)

- Cherry tomatoes
- Bell peppers
- Chunk pineapple
- Whole mushrooms

- Olives
- Thick-cut zucchini
- Thick-cut yellow summer squash

Marinade:

- 2 tsp olive oil,
- 1/4 cup *Braggs Liquid Aminos*
- 1 Tbsp apple cider vinegar
- 1 tsp minced garlic
- 2 Tbsp lemon juice
- 1/8 tsp paprika
- 1/8 tsp chili powder
- 1/4 tsp dried cilantro

Combine and mix above ingredients together well. Set aside. Place vegetables on wooden skewers (kids love to assist with this part). Place kabobs in shallow bowl and pour marinade over them. Marinade at least 1 hour. Place on BBQ or over aluminum foil on cookie sheet to broil or cook for 20 minutes. Serve over brown rice.

Snacks (between meals, bedtime)

- Apples with a handful of almonds
- Grapes with a handful of raw nuts (not peanuts)
- As many fresh fruits as desired
- Carrot and veggie dip
- Capra Mineral Whey™ and herbal tea as desired

Additional Methods of Effective Cleansing

- Plan to add to the liquid diet other ways to enhance the detoxification and cleansing process. For example, for your skin plan to give yourself adequate exercise, moderate sun exposure, sauna heat, or hot water bathing time to enhance its elimination functions. And for enhanced lymph drainage, either get massage therapy or do your own lymph system brushing.
- Eat organically grown foods.
- Increase antioxidants intake. Antioxidant-rich foods are fruits, vegetables, seed, nuts, and grains. Consider the “super foods” such as berries, beans, oats and wheat, tomatoes, oranges, pumpkin seeds, broccoli, spinach, plain yogurt, fermented soy (miso, tempeh, tofu, etc), herbal tea, etc.

- Exercise daily. Make this something you enjoy so that the hidden effects of stress release also occur.
- Meditation and prayer. You must create a quiet time daily and a place where you can best connect energetically to the higher power that gives life to all. Listen to the feelings of your heart. Be in gratitude for all you are. Let go of constricting blame or judgment, especially about yourself. Feel the greatness of who you are. Breathe in the love Mother Earth has for you. As you listen with your spirit, you will hear the answer to your deepest questions.

SECTION VII:

Restoring Health Through Cleansing Followed by Nutrient-rich, Whole Foods

Section Topics

- Using Whole Foods to Restore Health
- Ranking the Nutrient Concentration of Foods
- Safety with Re-introducing Foods

Using Whole Foods to Restore Health

The whole-foods paradigm is to eat whole foods that are high in fiber and micronutrients, rather than whole foods that are low in nutrients and fiber but high in calories. Also, it is to consume 50% or more of your food in its raw form and 50% or less cooked each day.

To explain further, let me use vegetables as an example. Clearly, vegetables in their fresh state are truly a whole food. What about vegetables that are frozen, steamed, canned, or juiced? Aren't these whole foods? The answer is that while some of the active enzymes and micronutrients are altered through freezing or steaming, most all of it remains intact. Certainly when juiced, vegetables and fruits only lose the large insoluble fiber strands, but you still get all the live micronutrients that promote health. Therefore, vegetables that are fresh are better than frozen, which are better than steamed, which are still better than canned. Vegetables are much healthier for you than any refined or processed food.

There is only one study I can find which shows the effect of heating food on its micronutrient content. It showed the effect that heating broccoli had upon its flavanoid (the antioxidant that promotes health) content when heated. This study published in the October 2003 *Journal of the Science of Food and Agriculture* demonstrated that measurable antioxidant flavonoids were greatly reduced when broccoli was microwaved (97% loss), conventionally boiled (66% loss), and steamed (minimal loss) compared to the flavanoid content in the fresh raw broccoli. One thing the study

could not measure was the flavonoid *function* (in contrast to *quantity*) after it was heated.

In the example of a French fry, it is not far from being a potato. But don't forget that the hot grease it is baked in becomes hydrogenated (saturated with hydrogen ions), an unnatural chemical that is proven to derange many vital metabolic processes. Moreover, the heated potato loses its starchy microstructure upon excessive heating, so that it too easily becomes a simple sugar in the body.

Wheat has similar physical property. When sprouted or boiled, wheat loses its protective proteins that can otherwise make it difficult for some to digest. Yet refining to white flour and making it into breads and an assortment of other white flour products, wheat is eaten in excess and it can no longer be considered a whole food, even when the label says, "made from wheat." Thus, by excessively heating, processing, refining, preserving, or otherwise artificially changing the natural state of foods, they lose their effectiveness on health in the human body.

Fruits are much the same way. When refined and added to sugar (found in jams, jellies, canned, or bottled juices) they lose their nutrient value and are not whole foods anymore. In the case of apple juice, consider how the fiber, enzyme complexes, antioxidants, phytochemicals, and vitamins may be significantly inactivated. The sugar that was within the fruit is left over, which ferments (auto-digests) into refined apple-flavored sugar water. You will never find teeth in toddlers that rot from apples, but it is quite common to see "bottle rot" among those that carry apple juice in their bottle frequently. Just ask a pediatrician.

One study showing that those who eat whole foods can cut their death rate in half was reported in the September 1996 *British Medical Journal*. Researchers followed 11,000 health-conscious people for nearly 17 years to measure their death rates in relation to the amounts of whole foods consumed on a daily basis. Amazingly, those who ate the highest amount of fresh produce daily were found to have half the death rate of the normal population!

And to show the lifesaving effect that eating fruit had, it was found that those in this study who consumed fresh fruit daily had a significantly reduced mortality from ischemic heart disease (heart attack), cerebrovascular disease (stroke), and all other causes of death combined compared to the other health-conscious eaters who reported average fruit consumption!

Now that you have a few whole food examples, put the question to the test with every food item you consume. Ask yourself, "Is this food in its original form—or an altered form?" "Has it been heated or frozen?" If it is altered, "to what degree has the original nutritional value been retained?" Your goal will then be to prepare whole foods as close to their original form while making them tasty.

It's been fun to discover scientific studies on vegetarianism—even when they did not control for nutrient-rich foods. A 1994 retrospective analysis of 27,766 Seventh-Day Adventists showed that vegetarianism significantly lowers medication usage, use of health services, and allergy-related diseases. With no mention in their study of the nutrient concentration of the food, such as refined sugars and processed foods, scientists compared vegetarian women with non-vegetarian women in this analysis. Just as you might predict, the meat-eating group had 21% higher chronic disease, 30% more chemical allergy, 24% more asthma, 17% more drug allergy, 17% more bee sting allergy, 15% more hay fever, and an impressive 70% to 115% more medication usage compared to the vegetarian group.⁵⁴

In 1996 there was a very impressive observational study reported in the *British Medical Journal*⁵⁵

of 10,771 healthy subjects who were recruited from health food shops, vegetarian societies, and magazines and followed for approximately 17 years. Scientists followed their diets for vegetarianism, but in this study they also included consumption of whole grain bread, bran cereal, nuts or dried fruit, fresh fruit, and raw salad. They measured the death rate from all causes, from heart disease, from stroke, and from cancer. They found the death rate from all causes to be half that of the general population!

Also, they found that the daily consumption of fresh fruit was associated with a significantly reduced death rate from coronary artery disease and stroke. This speaks even more to the power of produce in your diet! And I'll be sharing a variation of other such studies throughout the program. But even more impressive than the studies reported in the scientific literature on vegetarian diets are the reports I have received from individuals who have gone through liquid cleansing and then remained on nutrient-rich whole foods afterwards. There is something almost magical about the happiness you can feel from deep within you when you experience such self-mastery and then remain in alignment with these principles of true health.

Ranking the Nutrient Concentration of Foods

It is good to realize that the nutrient content of foods divided by the calories it contains can be ranked relative to one another. That is to say, by learning the categories of foods and their nutrient-rich content, you can design meals that are healthy for you without worrying about calories alone. It is the amount of micronutrients (vitamins, minerals, enzymes, healthy oils, antioxidants, and fiber) that cause good health. Therefore, learn the following ranking and keep it in mind as you develop your whole foods for your meals.

100	raw leafy green vegetables such as spinach, kale, and leaf lettuces
95	solid green vegetables such as artichokes, asparagus, and broccoli
80	non-green, non-starchy vegetables such as onions, garlic, and tomatoes
60	beans and lentils
50	fresh fruits of all types
35	starchy vegetables like white potatoes, squash, corn, and carrots
30	whole grains like barley, brown rice, millet, oats, and wheat
25	raw nuts and seeds such as almonds, walnuts, pecans, and sunflower seeds
20	fish and white chicken
18	dairy milk from a farm; and the same for their cheeses
15	poultry and eggs
8	red meat, pork, and lamb
5	pasteurized milk
3	processed cheese
2	white flour and white rice
1	refined oils
0	refined sugar

Safety with Re-introducing Foods

Accomplishing the liquid cleanse is a huge success for anyone. If you repeat the liquid cleanse every three to six months throughout your life, each time returning to whole foods, you will find it just gets easier. You will find your health improved each time. And you will find your mind and spirit strength improve each time.

It is important that you transition into foods extremely slow in order to keep from getting sick. Follow these simple guidelines and you will do fine:

- As you incorporate solid food again after being on liquids, start with all the liquids you have already been consuming during your liquid cleanse, such as Capra Mineral Whey™, juicing, soup broth, herbal teas, and water. Then you may advance to a breakfast smoothie the first meal, followed by VERY SMALL portions of steamed vegetables the next meal with raw fruits, nuts and raw veggies for snacks. This pattern is best done for two days. Remember, DO NOT move into the Week Six Recipes until after your first two entire days on these post-cleanse foods! In other words, easy does it and listen to your body!
- As mentioned, it works well to take your appetite suppressant again as soon as you notice you are craving former unhealthy foods or feeling uncomfortably hungry. It is best taken about 30 minutes before meals, one or two capsules, three times daily. This gives you more days on nutrient-rich foods and the longer you go without former food cravings the freer you will be from them.
- And don't forget to continue your other supplements throughout all of this! With the herbal laxative tea, steeping time may be different than during your liquid cleanse. Also, be sure not to allow the appetite suppressant supplement to keep you from drinking plenty of liquids. Use all other supplements as you have been.
- Then transition to brown rice, other grains, tortillas (NOT breads), and feta cheese. Brown rice is introduced early after the liquid cleanse because this whole grain goes so well to nutrient-rich foods. For example, cooked brown rice goes well in or beneath a green salad. It goes well in soups. And it goes well with stir-fry or other cooked veggie recipes. Cooked brown rice can even be made into bread or muffins, though you are probably used to wheat, spelt, or quinoa.
- Tortillas are a form of grains that give a taste somewhat like bread, but with much fewer empty calories. Tortillas greatly add to recipes. How? Because they are not consumed in large amounts, but at the same time, facilitate the taste of other foods. Think of it: Tortillas make great homemade chips, veggie tortilla pizzas, veggie and turkey wraps, veggie and bean enchiladas, and variations of all of these.
- The best cheeses to eat are those that are spicy and tasty, yet lower in fat. Feta, Roquefort, Romano, and many other goat cheeses fit these criteria. Their rich spices and flavors cause you to need much less rather than the large amounts on pizzas or lasagnas with mozzarella dribbling from each side.
- Choose foods highest in fiber. Our government has estimated the average consumption

of fiber by Americans to be a pathetically low—only 12 grams per day! The government recommends 30 grams of fiber per day. Yet that is still not enough. You really must get about 75 grams of fiber daily or more to prevent disease. This is why I am aiming your goals in this program at nine total servings of fruit and vegetables per day, six vegetables, and three fruits is the best ratio.

- Also, you can add to that cooked whole grains, nuts, seeds, and lentils every day. And as mentioned before, the scientific literature is clear that high fiber in the diet reduces and prevents chronic diseases of affluence, namely heart disease, diabetes, cancer, and other inflammation-caused diseases. Let me tell you some foods highest in fiber and their amounts so you can get a better feel for what it will take to consume 75 grams of fiber daily:

Fruits

Apple with skin	3.3 grams
Peach, 1 raw medium	1.5 grams
Pear	5.1 grams
Tangerine, raw 1 medium	1.9 grams

Vegetables

Asparagus, fresh, cooked 4 spears	1.2 grams
Broccoli, 1/2 cup	2.6 grams
Brussels sprouts, 1/2 cup	2 grams
Cabbage, fresh, cooked 1/2 cup	1.5 grams
Carrot, 1/2 cup	2.3 grams
Cauliflower, fresh, cooked 1/2 cup	1.7 grams
Romaine lettuce 1 cup	1.2 grams
Spinach, 1/2 cup	2.2 grams
Summer squash, 1 cup	2.5 grams
Tomato, raw 1	1 gram
Winter squash, 1 cup	5.7 grams

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Starchy Vegetables

Baked beans, 1/2 cup	6.3 grams
Kidney beans, 1/2 cup	5.7 grams
Lima beans, 1/2 cup	6.6 grams
Potato, 1	2.3 grams
Grains bread, whole-wheat 1 slice	1.9 grams
Brown rice, 1 cup	3.5 grams
Bran flake cereal, 3/4 cup	5.3 grams
Oatmeal, 3/4 cup	3 grams
White rice, cooked 1 cup	0.6 grams

Source: United States Department of Agriculture (USDA). USDA Nutrient Database for Standard Reference Release 15. Available at www.nal.usda.gov/fnic/cgi-bin/nut_search.pl. Accessed April 5, 2004.

Summary

Because of toxins yet unseen in our environment, the processed foods and chemicals added to them, and many other factors as described in this report, your human body will accumulate and store metabolic waste. It stores it in your fat tissue and becomes a cause for inflammatory diseases as you age.

The method of liquid cleansing for general detoxification and elimination of accumulated waste is the first and easiest approach to a much healthier you. This can optimally be done every spring and every fall for the rest of your life. Also, the amino acid EDTA has a chelating effect on toxic metals. As part of the process of cleansing and detoxification process, clearing out painful emotional memories, and tuning into the feelings of peace is equally healing. Then, instituting a nutrient-rich, whole-foods diet is the way to maintain your health after cleansing.

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