ADVENTURES IN WHOLISTIC HEALING

THE NATURAL HEALING CLINIC

The Natural Healing Clinic opened in Medicine Hat, Alberta (Canada) in October, 1994. The clinic is a project of the Little Dove Universal Faith Sanctuary, a non-profit, charitable organization. The clinic's therapists and volunteers work without salary. Visits to the clinic are free, donations are requested to help with the cost of testing.



The clinic focuses on teaching clients how to help restore their health. A battery of examinations are usually done to determine nutritional deficiencies, food sensitivities, chemical/metal toxicities, fungi and parasites. The examinations take 2-3 hours and teaching tools along with our recommendations are given to each client to help maintain good health. Follow up visits are free and encouraged to keep on the right track.

Food Therapy is the first line of therapy used, followed by cleansing programs, nutritional supplementation, herbal and homeopathic preparations.

Each year the clinic teaches self-help classes on weekends. For five years it produced a local television show called "Healing with Nature" and occasionally participates teaching from time to time at a local College as well as writing articles to educate the general public.

If you need to reach the clinic, office hours are Tuesday to Friday 10am – noon and 2pm to 5pm.

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This book is given free of charge by the Natural Healing Clinic to you. The information collected in this book has been gathered from books, lectures, internet, personal experience, Cd's and videos over the last 30 years and we have lost track of where much of it came from. We hope you use it and share it joyfully so that all may have the opportunity to help themselves. We apologize if we have accidentally passed on information that was copyrighted **or protected in some way.**

ADVENTURES IN WHOLISTIC HEALING

At the Natural Healing Clinic, our motto is "Education, not Medication". Real healing begins when we take responsibility for our actions and our life. Take the time to learn the basics about the body and how you can help it do what it was designed to do: heal itself and remain in good condition so you can really enjoy the life you have.

THE DIFFERENCE BETWEEN WHOLISTIC MEDICINE AND ALLOPATHIC MEDICINE

There is a time and place for both. Allopathic medicine is great for treating symptoms so it is very good for injuries or for trauma; their treatments are fast and strong and there is a time when you need to have this. You can't beat allopathic medicine for pain relief (morphine) or to kick start a heart (digitalis or nitro). The field of surgery has been amazing with microsurgery becoming an everyday event, and removal of cataracts and implants in eye surgery now commonplace. How many by-pass surgeries and stint placements, and organ replacements have given people a new lease on life that would otherwise have died.

Wholistic medicine looks at the body quite differently - it treats the whole body and looks at underlying causes. It is well suited to chronic problems and helping simple disorders before they get out of hand.

An example of treating a headache the allopathic way might be to take a tylenol or aspirin. It is fast and usually works quickly. To treat the headache wholistically means you have to determine the cause of the headache before doing the correct treatment: is it caused from a food allergy? is there a subluxation in the neck bones? is it from stress? is it from a chemical build up in the brain? is it from a toxic colon/bowel? candida in the brain? is it from an injury?
Once you determine the cause then you do the right course of action: examples: correct the food allergy, see a chiropractor, de-stress, detox, cleanse the colon, heal the injured tissues.

We feel wholistic medicine is much better for chronic illnesses and degenerative diseases: examples are Cancer, Arthritis, Heart disease, Diabetes. But often the disease has progressed so far that allopathic medicine must also be used. The difficulty we see is often the person has treated the disease with just allopathic drugs, and ignored the underlying causes, only to have the problem manifest again in the body at a later time, and usually being more difficult to treat.

Our society is losing past knowledge of healing. We have handed over our health to professionals and have slowly lost the ability to help ourselves. The following will start to re-establish some of basic knowledge that we all used to know and well as new knowledge gained from the research that continues in this field.

MAKING AND TAKING WHOLISTIC MEDICINES

<u>INFUSIONS:</u> this is basically a long steeped tea. Use 1 tsp of dried herb leaf, pour over 1 cup boiling water, cover and steep for 20 minutes, strain and drink. Usually you will drink 2 cups of the remedy each day.

<u>DECOCTIONS:</u> this is the same as infusions except the product is derived from barks or stems or roots. Because the product is tougher to break down, you use 1 teaspoon of the herb to 1 cup of water and cover, simmering it over low heat for 40 minutes to draw out the medicine into the tea. Then strain and drink. Usual dose is 2 cups a day.

TINCTURES: **this is an old fashioned medicine that still works great. The usual dosage is 1 teaspoon (5 ml) 2-3 times a day in water. To make your own you would take 1 part of plant matter such as leaves, put in a wide mouth quart glass jar, and add 5 parts brandy or vodka. Cover. Let the mixture stand for 3-6 weeks and shake the bottle once a day until it is matured. At the end of the 6 weeks strain and bottle it for future use in a dark, cool place. If the plant material is roots or bark or stems, cut up the material but you will need to use 100 proof alcohol instead of the brandy or vodka to draw out the medicine.**

EXTRACTS: These are made the same as tinctures except you use one part alcohol to one part plant matter so it is a lot stronger and your dosage will be smaller, like 10-30 drops at a time, 2-3 times a day.
Note to the above: Our clinic purchases tinctures from a proper herbal laboratory and we rarely use extracts because it is a little less forgiving if you take too much.

HOMEOPATHICS: [see page for a history about homeopathy]
Homeopathy is a natural healing system based on the principle of similars or 'like cures like'. This system was established 200 years ago when it was proven that a remedy can cure a disease if it produces symptoms similar to those of the disease.

Example is bee venom. If you dilute bee venom several times (say 6 or 10 times) it might appear weaker with each dilution, but if you energize it each time (by pounding), you actually make it stronger. If you were to have symptoms (similar to a bee sting) of a rash that was burning, itching and painful, or if you actually were stung by a bee, and took the remedy, the medicine would actually cancel out the symptoms of the problem.

These days machines can be used for making most of our homeopathic remedies. The nice part about them is they are fast and are very safe, they can be made in water and taken by people, animals and even a day-old baby. The Royal Family in England has a history of refusing any other type of healing medicine. It is also widely used in Germany, Mexico, South America, India and France, and is even more popular than traditional medicines. They are often referred to as 'Energy Medicine' being the 'energy' of the substance that is being taken into the body. Homeopathy is very inexpensive and often referred to as 'poor man's medicine'. It is often shunned in North America where profits are so important.

MAKE YOUR OWN HOMEOPATHIC MEDICINE:

Mother Formula (any of the following can be used):

- **1 tsp of the finely cut up plant material**
- **1 tsp finely cut up dog/cat hair (whatever you are allergic to)**
- **1 tsp of your own mouth goop by taking a teaspoon and scraping the tongue, sides of mouth and top with saliva until you have 1 teaspoon)**
- **1 tsp urine**

If you are using your saliva, whatever pathogens in your mouth will now be part of a remedy. Same for the urine.

Now add 9 tsp pure water (no chlorine) or combination of 1/4 alcohol and 3/4 water to the 1 tsp of the substance. You can use a 50ml bottle if you wish or any clean glass vessel.

Put the top on the bottle and pound for 5-10 times, say on the heel or your hand, your thigh, table top etc.

1st Daughter remedy:
Take 1 tsp of that mother formula that you just pounded and add 9 tsp water or water/alcohol combination and pound 5-10 times. This is the first dilution 1x (the x is the roman numeral for 10 because it was made up of 10 parts - 1 part of the first substance and 9 parts of plain water or water and alcohol mixed together (1/2 & 1/2).

Now make 2x - take 1 tsp of that last formula and add 9 tsp water or water/alcohol combination and pound 5-10 times.
3x - as above
4x - as above
5x - as above
6x - as above.
6x is your final formula. Take 5-10 drops (pendel or muscle test to see) on empty stomach under the tongue. three times a day.
If you want the formula to be shelf stable for a month or longer, add 25% alcohol to the final product before pounding.

TAKING HOMEOPATHICS:

HOMEOPATHICS ARE TAKEN ON EMPTY STOMACH. WAIT AT LEAST 1 HOUR AFTER YOU HAVE EATEN (OR BRUSHED YOUR TEETH OR DRANK ANYTHING OTHER THAN PURE WATER). YOU CAN TAKE THEM AS CLOSE AS 1/2 HR BEFORE A MEAL. SOME PEOPLE WHO ARE LIGHT SLEEPERS, TAKE THEM THROUGHOUT THE NIGHT INSTEAD OF DURING THE DAY!

*** Don't store in hot sun or near open window, hot stove, electric appliances, magnets, electro-magnetic devices, near loud music, perfumes. They do not need to be refrigerated.**
*** Wait 18 hrs after ingesting coffee, pop for best results**
*** Wait 8 hr after taking prescription drugs or over the counter drugs, artificial sweeteners, ice cream, jello.**
*** Wait 1 hr after brushing teeth, chewing gum, having anything with mint or camphor (vicks).**

IF TAKING MORE THAN ONE HOMEOPATHIC REMEDY AT A TIME:
For most of our formulas (6x strength): take them 20 seconds apart
If they are our fungal or parasite or complex formulas(30x strength), then take them 15 minutes apart.

IF LIQUID DROPS: just drop the required amount under the tongue without touching the fingers, mouth or tongue to the dropper (so it doesn't get contaminated).

IF LITTLE PILLS: put the required amount in the container lid, then drop under the tongue to dissolve - the fingers shouldn't touch the pills.

FOR ANIMALS: you can put the formula in their water (make sure water is not chlorinated), or in their food, or use a plastic syringe and squirt it into their mouth or place it on their nose or paw. Dosage depends on size.

FOR BABIES: You can put the homeopathic drops into their formula, or into their water (dechlorinated water).

Depending on the manufacturer, some of the formulas allow you to combine all the different ones for the day, in water and then to sip on the water throughout the day.

DOSAGE: Children under 5 yr old: 1/3 of adult dose. If 6-12 yr old give 1/2 adult dose.

USING A POULTICE:

A poultice is a soft, semi-liquid mass, made of some cohesive substance, mixed with water, vinegar of other substances, used for supplying heat and moisture to an area, or to act as a local stimulant. Use ground or granulated or shredded herbs. If the herb is ground to a fine powder, use just enough moisture to make a thick paste. If using granulated or shredded herbs, a thick paste may be made with a mixture of water and cornmeal or flaxseed meal. If fresh green leaves are used simply heat, bruise, and chop them up finely and apply to the affected parts. Poultices are excellent for enlarged or inflamed glands such as in the neck, breast, groin, prostate and also for eruptions, boils, abscesses.

Here are some examples of simple poultices:

Prepare a soft composition of bread and milk, adding a quantity of boiled or raw chopped onion (soften with vegetable or butter if necessary). Be generous when making the poultice, cover the afflicted area thickly. You can cover the mess with some plastic wrap and then a towel to help drive the ingredients into the body. Most poultices are left on for at least a half hour, some up to an hour or more.

Potato: highly alkaline, draw out acid irritations. Cut, grate or liquidize and apply as compress or poultice to jugular veins. Relieves congestion in the head which is usually experienced in the common cold, sinus trouble, hay fever and asthma. Relieves the swelling in the veins so they can drain and function.
Slice of raw potato will help bee stings.

Red beets: powerful drawing effect when grated and applied as compress or poultice to the affected part. They even draw out pus, infections, splinters that may be deeply imbedded in external areas. Common clay has been used also but not as effectively as red beets.

Raw Cucumbers: grated or liquidized are good for the skin by simply applying them as compresses or poultices. Also good for bee stings is a slice of raw cucumber.

White Oak Bark: made into a decoction, then as a compress or poultice to the area for 30 minutes at a time, many times a day to help blood clotting and stagnation.

Plantain or Comfrey Leaf: Insect bites and poison ivy rashes respond wonderfully to poultices of comfrey leaf, plantain or jewelweed and bee stings to a slice of raw cucumber, potato, squash or zucchini.

Onions, Mustard, Bran, Clay: These are usually used as hot poultices to detoxify the body in various ills and congestions. There are wonderfully soothing.

Example of Mustard Poultice for the spine: 4 Tbsp Flour, 1 1/2 Tbsp mustard, and 2 Tbsp vinegar. Use enough water to make a thin paste, cover the full length of the spine with the paste, cover with a cloth or plastic.

COMPRESS - also called a Fomentation: A compress is a wet cloth that has been soaked in the herbal infusions (eg. tea), and then placed on the skin (whereas the poultice actually wraps the moistened dried herb and places it onto the skin.

CASTOR OIL PACK: **We don't recommend using castor oil internally, but it makes a wonderful fomentation. It can actually penetrate the skin and muscles, reaching right into underlying tissue. It decongests and breaks down inflammation, enhancing the blood flow to the area. It thereby also helps the removal of toxins and elimination of wastes while it eases stiffness and pain. When would you use it:**

Lymphatic congestion	**Fibromyalgia pain**	**Glandular swelling**
Adhesions	**Muscle tension**	**Abdominal inflammation**
Arthritis/Rheumatism	**Muscle spasms**	**Pelvic congestion**
Backache	**Fibroids, cysts, tumors**	**Local pain due to inflammation**

<u>How to make a Castor Oil Pack</u>

Take a piece of flannel, or baby diaper, face cloth or towelling folded 3 or 4 times and large enough to entirely cover the area to be treated.
Pour castor oil all over it until thoroughly soaked.
Place over the skin and cover with a large piece of saran wrap.
Cover this all with a heating pad or hot water bottle and leave in place for 1- 2 hours. (obviously if your appendix is about to rupture you won't want to put anything hot over the area, you should be in a hospital).
When finished use, the pack can be wrapped in plastic and stored in fridge (bring back to room temperature before re-use). You may wish to add a little more castor oil with each use. Discard pack after 10 uses.
If you don't have a heating pad, place several towels or folded blankets on top of the plastic to help drive the oil into the body.

<u>Frequency</u>

This will depend on the problem being treated. For acute situations, one or two sessions in a 24 hour period may clear the problem. For chronic situations you may need to repeat it daily for several weeks.

Recipe for a detox bath

helps a lot with general muscle aches and pains.

2 cups Epsom Salt; 1 cup Baking Soda; 1/3 cup of 3% strength Hydrogen Peroxide

Fill tub with hot water and add above ingredients. Soak for 20 - 30 minutes. You will sweat in the tub and lose toxins (which causes you to lose some water as well). It is important to drink plenty of water while you soak.
You can make fresh lemon juice and mix with water and drink, or plain water, but it is essential to drink while you take the bath. If you have a tendency to get light headed easily, be cautious when getting out of the tub, or have someone nearby the first time you take a detox bath. Take a lukewarm to cool shower after getting out of the tub to rinse off the salts or you may itch. Rest for 30 minutes after the bath.

NUTRITION CHART
VITAMINS

Vitamin	Destroyed by:	Best Sources.
A	Heat, Acid, oxygen, Light using mineral oil, canning & processing, cooking, nitrates in fertilizers, estrogen in birth control pills, florescent lights, baking soda.	Parsley, Carrots, Mint, Spinach, Cod liver oil, Halibut liver oil, kohlrabi. Other: apricots, peaches, cherries, beet greens, broccoli, egg yolk, butter
B1 (Thiamine)	Storage, heating in liquid, alkaline solutions (baking soda), copper (as in copper pots), ultra violet light, nitrates, sulfites	Whole grains, legumes, nuts, organ meats, brewer's yeast, wheat germ, bran, pork, salmon, green peas, sunflower seeds, macadamia nuts, acorn squash, flaxseeds, blackstrap molasses, soybean flour, rice, rice bran syrup.
B2 (Riboflavin)	Light (esp. when cooking), heat in an alkaline solution (baking soda), ultra violet light, some lost through cooking.	Brewer's yeast, organ meats, shell fish, wheat germ, cheese, eggs, dried chili peppers. Other: green leaf veggies, polishings, avocados, legumes, nuts
B3 (Niacin)	Water soluble and is lost if the cooking water is disposed of.	Brewer's yeast, torula yeast, wheat germ, rice bran and rice polishings, nuts, sunflower seeds, peanuts, liver, green veggies. Can be synthesized in colon if enough B1, B2 and B6 present.
B5 (Pantothenic acid)	Food processing, freezing, heat, acids, bases.	Brewer's yeast, wheat germ, wheat bran, royal jelly, whole grains, green veggies, peas and beans, peanuts, liver, kidney, crude molasses, avocados, mushrooms.
B6 (Pyridoxine)	Cooking and processing destroy 50%. Sensitive to light also.	Brewer's yeast, desiccated liver, wheat germ, bananas, avocados, wheat bran, soy beans, walnuts, cabbage, egg yolks, blackstrap molasses, green leaf veggies, liver, green peppers, pecans, carrots, peanuts.
B12 (Cobalamin)	B12 in tablet form can only be utilized if healthy stomach juice present.	Fortified brewer's yeast, sunflower seeds, spirulina, chlorella, comfrey leaf, eggs, kelp, bananas, peanuts, raw wheat germ, pollen, concord grapes.
B15 (Pangamic acid)	Alkalines. Stable in heat to 212F.	Nutritional yeast, brown rice, sesame, pumpkin, sunflower seeds, whole grains, apricot kernels.
Biotin	Acids and alkalines. Synthesized in intestines if enough healthy flora.	Brewer's yeast, unpolished rice, soy beans, liver, kidneys.
C	Heat, alkalines, light.	All fresh fruits and veggies esp. rose hips, citrus fruits, black currants, strawberries, apples, acerola cherries, potatoes, cabbage, broccoli, tomato, green peppers.
D	Shower or swimming after sunbathing	Fish liver oil, egg yolks, butter, salmon, tuna, sunshine.
E	Alkalis, oxygen, freezing, ultra-violet light, heat to some degree.	Cold pressed natural vegetable oils, esp. fresh wheat germ oil. Other: wheat germ, alfalfa, barley, soybean, peanuts, rosehips, cabbage, spinach, broccoli, asparagus.
Folic acid	Heat, acid, oxygen, Normal cooking causes up to 65% loss	Brewer's yeast, wheat germ, dark green leafy veggies, broccoli, asparagus, orange juice, peas, beans, spinach, lettuce, brewer's yeast, wheat germ, nuts, mushrooms, peanuts, live, eggs.
Inositol	Coffee may deplete body's storage.	Whole grains, citrus fruits, brewer's yeast, molasses, liver, lecithin.
Choline	--	Egg yolk, lecithin, navy beans, tofu/soy, almonds, liver, cauliflower.
K	Acids	Cabbage, soybeans, spinach, pork, beef, liver, kidney. Potatoes, strawberries, tomatoes, alfalfa, whole wheat/germ, bran, egg yolk.
PABA (para amino benzoic acid)		Liver, eggs, molasses, wheat germ, nutritional yeasts, yogurt, whole grains. Also synthesized by friendly bacteria in a healthy intestine.

MINERALS

MINERAL	NOTES:	BEST SOURCES
Calcium	Should be 2.5 to 1 ratio with Phosphorus. If calcium and phosphorus intake is high, magnesium intake should be 2:1 (calcium 2 parts and magnesium 1 part). If low in magnesium use 1:1 ratio cal-mag.	Kelp, bok choy, sesame seeds, cress, cabbage, chard. Turnip greens, Kale, mustard greens, parsley, hazelnuts, dandelion, brazil nuts, chickpeas, black olives, walnuts, spinach, raisins, peanuts, lentils, almonds, soybeans
Fluoride	Sodium fluoride added to toothpaste and some water supplies are toxic. Calcium fluoride is the mineral that strengthens bones, teeth.	Cauliflower, sauerkraut, cabbages of all kinds. Cheese, raw egg yolks, seafoods, whole wheat, garlic, raw goat and cow's milk.
Magnesium	Polishing rice, milling corn, cooking veggies in water all deplete the magnesium to some extent.	Parsnips, tomatoes, bran, all leafy green veggies, kelp, buckwheat, wheat germ, kelp, figs, soybeans, corn, apples, almonds, brazil nuts, cashews, peas, carrots, pumpkin seeds, blackstrap molasses, seasalt, brewer's yeast, avocados.
Phosphorus	Intake should be linked with calcium.	Seafood, liver, meat, milk, kale, bran, nuts, seeds, chickpeas, lentils, garlic, radish, pumpkin, cucumber, lettuce, spinach, eggs, popcorn, cheese, wheat, grains, kelp yeast, bone meal.
Potassium	Potassium combines with phosphate to become alkalizing agent to keep proper acid/alkaline balance in blood, prevents over acidity.	Legumes, lemons, kale, lettuce, turnips, celery, romaine, cabbage, all veggies, whole grains, sunflower seeds, nuts, dairy, potatoes (esp. skins), bananas, fish, fruit, apricots, avocados, yams, blackstrap molasses, brewer's yeast, brown rice, dates, figs, dried fruit, garlic, raisins, squash.
Sodium	Blood mineral, works with potassium and chlorine to maintain acid-base balance.	Seafoods, kelp, celery, poultry, romaine lettuce, beets, watermelon, carrots, asparagus, chard.

Trace Mineral	Notes:	Best Sources
Boron	Needed for calcium uptake	Leafy veggies, fruits, nuts, grains.
Chromium	Absorption rate low (10% from food sources, and only 1% from supplemental forms).	Whole grains (other than rye), vegetable oils, nutritional yeast (not torula), oysters, clams, meat.
Chlorine	Stimulates production of acid in stomach for digestion.	Seaweeds, watercress, avocado, chard, tomatoes, cabbage, endive, kale, turnip, celery, cucumber, asparagus, pineapple, oats, salt water fish, rye
Iodine	Common deficiency. Iodine used up by body to detox radioactive residue from nuclear bombs.	Kelp, dulse, seaweeds. Swiss chard, turnip greens, garlic watercress, seafood, ocean fish, fish liver oils, egg yolks, parsley, pineapple, pears, citrus.
Iron	Common deficiency. Plant type (non heme) is easiest to digest but Ferrous type (meats) are easiest to absorb.	Desiccated liver, nutritional yeasts, molasses. Organ meats, dried apricots, prunes, soy beans, whole wheat bread, tofu, oysters, lettuce, green leafy veggies, beans.
Manganese	Carbohydrate and fat production. Most needed for bones and tendons.	Nuts, leafy veggies, tea, whole grains. Beets, turnip greens, spinach, rhubarb, cod liver oil, brewer's yeast.
Molybdenum	A component of an essential enzyme, zanthine dehydrogenasee.	Organ meats, brown rice, millet, buckwheat, brewer's yeast, cereal grains legumes, dark leafy vegetables.
Nickel	found in body found to the protein nickleplasmin.	Shellfish, vegetable oils.
Selenium	Antioxidant, works with Vit. E	Seafood, meat, grains grown in high selenium soils, brewer's yeast (not torula), brazil nuts, wheat germ, bran, cabbage, tomatoes, broccoli.
Silicon	Most abundant mineral on earth. Most common form is silicon dioxide (sand).	All grasses esp oatstraw, oats, white onion, radish, calmyrnia figs, grains, horsetail herb. Alfalfa, kelp, flaxseed, apples, strawberries, grapes, beets, parsnips, almonds, peanuts, sunflower seeds, wild rice, asparagus.
Vanadium	Tobacco decreases uptake. Not easily absorbed.	Fish, veg. oils, olives, snap beans, dill, meat, radishes, grains
Zinc	Not easily assimilated in grains and seeds because it is locked in by phytin, unlocked with sprouting.	Wheat bran/germ, raw pumpkin seeds, eggs. onions, nuts, sunflower seeds, brewers yeast, oysters, herring, green leafy, fermentaed vegetables

AMINO ACIDS

Amino acids are a crucial, yet basic unit of protein, and they contain an amino group and a carboxylic group. They play an extensive role in gene expression process, which includes an adjustment of protein functions that facilitate messenger RNA (mRNA) translation.

There are over 700 types of amino acids that have been discovered in nature. Almost all of them are α-amino acids. They have been found in: bacteria fungi algae plants

Amino acids can best be described as the construction blocks from which protein is made. Just as in a child's construction kit the pieces come in different shapes and sizes and yet fit together to make something recognizable, so the more than 20 amino acids each have unique characteristics, and yet are capable of being fitted together into an almost limitless variety of proteins.

Protein is formed by the joining together, into chains, of amino acids and thus far over 100,000 different proteins have been identified in nature, which are the result of variations in the pattern in which the chains are constructed.

The human body alone contains over 50,000 different forms of protein. The total presence of amino acids in the body represents fully three quarters of the body's dry weight (this is excluding the water content). Most of the amino acids in the body can be manufactured out of just eight other amino acids, which are all essential in the diet. This means that our diet has to allow the acquisition of free forms of these eight amino acids for life to continue.

These 'essential' amino acids are critically important to life and health, for out of them the body makes the other amino acids, as well as many of the vital compounds which keep the body working, such as the enzymes, neurotransmitters, mucopolysaccharides etc., not to mention blood, muscles, organs and bones from which we are constructed.

Neurotransmitter Production. Amino acids like tryptophan and tyrosine are precursors to neurotransmitters serotonin and dopamine, respectively, influencing mood, cognition, and behavior.

Energy Production. Certain amino acids can be converted into energy, especially during periods of increased physical activity or low carbohydrate availability.

Immune Function. Amino acids contribute to the production of antibodies and immune system components, playing a role in immune function and response.

Hormone Regulation. Amino acids are involved in the synthesis of hormones such as insulin, growth hormone, and thyroid hormones, contributing to metabolic regulation.

Wound Healing. Amino acids, especially arginine and glutamine, are involved in the wound healing process and tissue repair.

Collagen Formation. Proline and lysine are crucial for the synthesis of collagen, a structural protein that supports skin, bones, and connective tissues.

- **Histidine: Histidine helps make a brain chemical (neurotransmitter) called histamine. Histamine plays an important role in your body's immune function, digestion, sleep and sexual function. Histidine facilitates growth, the creation of blood cells, and tissue repair. It also helps maintain the special protective covering over nerve cells, which is called the myelin sheath. The body metabolizes histidine into histamine, which is crucial for immunity, reproductive health, and digestion. The results of a study that recruited women with obesity and metabolic syndrome suggest that histidine supplements may lower BMI and insulin resistance. Deficiency can cause anemia, and low blood levels appear to**

be more common among people with arthritis and kidney disease.

- **Isoleucine: Isoleucine is involved with your body's muscle metabolism and immune function. It also helps your body make hemoglobin and regulate energy. Isoleucine helps with wound healing, immunity, blood sugar regulation, and hormone production. It is primarily present in muscle tissue and regulates energy levels. Older adults may be more prone to isoleucine deficiency than younger people. This deficiency may cause muscle wasting and shaking.**
- **Leucine: Leucine helps your body make protein and growth hormones. It also helps grow and repair muscle tissue, heal wounds. Leucine helps regulate blood sugar levels and aids the growth and repair of muscle and bone. It is also necessary for wound healing and the production of growth hormone. Leucine deficiency can lead to skin rashes, hair loss and fatigue.**
- **Lysine: Lysine is involved in the production of hormones and energy. It's also important for calcium and immune function. Lysine plays a vital role in building muscle, maintaining bone strength, aiding recovery from injury or surgery, and regulating hormones, antibodies, and enzymes. It may also have antiviral effects. There is not a lot of research available on lysine deficiency, but a study on rats indicates that lysine deficiency can lead to stress-induced anxiety.**
- **Methionine: Methionine helps with your body's tissue growth, metabolism and detoxification. Methionine also helps with the absorption of essential minerals, including zinc and selenium. Methionine and the nonessential amino acid Cysteine play a role in the health and flexibility of skin and hair. Methionine also helps keep nails strong. It aids the proper absorption of Selenium and zinc and the removal of heavy metals, such as lead and mercury.**
- **Phenylalanine: Phenylalanine is needed for the production of your brain's chemical messengers, including dopamine, epinephrine and norepinephrine. It's also important for the production of other amino acids. Phenylalanine helps the body use other amino acids as well as proteins and enzymes. The body converts phenylalanine to tyrosine, which is necessary for specific brain functions. Phenylalanine deficiency, though rare, can lead to poor weight gain in infants. It may also cause eczema, fatigue, and memory problems in adults. Phenylalanine is often in the artificial sweetener aspartame, which manufacturers use to make diet sodas. Large doses of aspartame can increase the levels of phenylalanine in the brain and may cause anxiety and jitteriness and affect sleep. People with a rare genetic disorder called phenylketonuria (PKU) are unable to metabolize phenylalanine. As a result, they should avoid consuming foods that contain high levels of this amino acid.**
- **Threonine: Threonine plays an important role in collagen and elastin. These proteins provide structure to your skin and connective tissue. They also help with forming blood clots, which help prevent bleeding. Threonine plays an important role in fat metabolism and your immune function, too. Threonine is necessary for healthy skin and teeth, as it is a component in tooth enamel, collagen, and elastin. It helps aid fat metabolism and may be beneficial for people with indigestion, anxiety, and mild depression. A 2018 study found that threonine deficiency in fish led to these animals having a lowered resistance to disease.**
- **Tryptophan: Tryptophan helps maintain your body's correct nitrogen balance. It also helps make a brain chemical (neurotransmitter) called serotonin. Serotonin regulates your mood, appetite and sleep.. Tryptophan is necessary for proper growth in infants and is a precursor of serotonin and melatonin. Serotonin is a neurotransmitter that regulates appetite, sleep, mood, and pain. Melatonin also regulates sleep. Tryptophan is a sedative, and it is an ingredient in some sleep aids. One study indicates that tryptophan supplementation can improve mental**

- **energy and emotional processing in healthy women. Tryptophan deficiency can cause a condition called pellagra, which can lead to dementia, skin rashes, and digestive issues.**
- **Valine: Valine is involved in muscle growth, tissue regeneration and making energy. Valine is essential for mental focus, muscle coordination, and emotional calm. People may use valine supplements for muscle growth, tissue repair, and energy. Deficiency may cause insomnia and reduced mental function.**

Your body produces the rest of the 11 amino acids you need. These are called nonessential amino acids. The nonessential amino acids are alanine, arginine, asparagine, aspartic acid, cysteine, glutamic acid, glutamine, glycine, proline, serine and tyrosine. Doctors previously believed that people had to eat foods that provided all nine essential amino acids in one meal.

As a result, unless an individual was eating meat, eggs, dairy, tofu, or another food with all the essential amino acids, it was necessary to combine two or more plant foods containing all nine, such as rice and beans.

Today, however, that recommendation is different. People who eat vegetarian or vegan diets can get their essential amino acids from various plant foods throughout the day and do not necessarily have to eat them all together at one meal.

Animal-Derived Complete Proteins: Fish, Poultry, Eggs, Dairy, Pork, Beef

Plant-Based Complete Proteins that contain all 9 essential amino acids: Tofu, Edamame, Tempeh, Quinoa, Miso, Hemp, Buckwheat, Chia seeds, Chickpeas

The foods in the following list are the most common sources of essential amino acids:

- **Lysine is in meat, eggs, soy, black beans, quinoa, and pumpkin seeds, pistachios.**
- **Histidine: Meat, fish, poultry, nuts, seeds, and whole grains, rice, wheat, potatoes, cantalope.**
- **Threonine: Cottage cheese and wheat germ, watercress, spirulina, pumpkin, leafy greens, hemp, chia seeds.**
- **Methionine is in eggs, grains, nuts, sunflower seeds, hemp seeds, chia seeds.**
- **Valine is in soy, cheese, peanuts, mushrooms, whole grains, legumes, spinach, broccoli, sesame and hemp seeds.**
- **Isoleucine is plentiful in meat, fish, poultry, eggs, cheese, lentils, nuts, and seeds, beans, oats, rye, soy, quinoa, brown rice and cabbage.**
- **Leucine: Dairy, soy, beans, and legumes, peas, pea protein, whole grain rice, sesame seeds, pumpkin, seaweed.**
- **Phenylalanine is in dairy, meat, poultry, soy, fish, beans, and nuts, avocado, beans, rice, almonds, seaweed, pumpkin and spirulina.**
- **Tryptophan is in most high-protein foods, including wheat germ, cottage cheese, chicken, and turkey, oats, spinach, soybeans, sweet potatoes.**

IMPORTANT INFORMATION CONCERNING CALCIUM

Most of the supplements on the market are ground up shells, rocks, or coral. These are <u>not</u> normal foods for our digestive tracts to deal with. "Tums" contains calcium carbonate, very difficult to digest; it also contains aluminum. Calcium needs acid to help its digestion - usually this in the form of hydrochloric acid or vitamin C. Our best sources of calcium comes from plants which have absorbed calcium from the soil. Other natural sources are bones (eg. sardines, canned salmon, meat or poultry bones used in soup to which acid such as tomatoes have

been added). Our forefathers used to eat greens high in calcium, and they made soup from beef or chicken bones to which they added tomato - the natural acid of the tomato would pull the calcium out of the bones into the soup, making it very nutritious.

Taking natural sources of calcium into the body as our ancestory has acclimatized to, ensures a slow and natural release of calcium for use into our body's system.

Many people experience problems taking calcium supplements:
- constipation/diarrhea - stones forming in organs - finger nodules forming
This may be an indication that your body, most likely the kidney and perhaps the parathyroids, are not functioning well and the calcium is not being processed correctly. The answer of course is to help cleanse and strengthen these organs, but also to look for other sources of receiving calcium into the body. Foods and herbs are the easiest way for the body to accept calcium. Here is a list of the best foods and herbs to consume for high calcium content:

FOODS: Seaweeds Bok Choy Sesame Seeds Hazelnuts Parsley Soy Milk
Chick peas Spinach Raisins Peanuts Lentils Parsnips
Egg Yolk Broccoli Lima beans Walnuts Halibut Salmon
Almonds Pumpkin seeds Sardines or Tuna with bones

HERBS: Comfrey Horsetail Oat straw
also: Dandelion Cleavers Chamomile

<u>If you wish to take calcium supplements here is how they absorb:</u>
Carbonate is difficult to absorb unless you have high stomach acid.
Lactate, Citrate, Acetate, Gluconate absorption is about 27-32%
Choose chelated forms of calcium as well as a mixed variety (more like what nature produces). Many come bundled with hydrochloric acid (HCI), Vitamin C, and Vitamin D to help with the assimilation.
The easiest way to absorb calcium is from your diet – foods and herbs.

LESSON ABOUT CALCIUM, BONE LOSS and MALABSORPTION

Loss of calcium from your bones leads to the thin, porous bones of osteoporosis. Osteoporosis is caused by hormonal imbalance, hypothyroidism, enzyme and other nutritional deficiencies, and bone calcium loss and calcium malabsorption due to dietary factors. Other factors that induce bone loss are exposure to heavy metals (especially aluminum in baking powder/cookware/antacids and cadmium in cigarette smoke; conditions such as hyper-parathyroidism (too much parathyroid hormone), malabsorption and colon problems, the inability to convert Vitamin D to its hormonal form due to low magnesium or inadequate HCI (hydrochloric acid), lactose intolerance, low phosphorus levels (which leads to the deposit of calcium in soft tissue), excess phosphorus (which leads to the loss of calcium from hard tissue, too much or too little exercise, and stress.

A proper hormonal balance is essential in preventing and reversing osteoporosis. Adequate progesterone is of importance because this hormone is necessary for building new bone. The thyroid gland fills several vital functions regarding bone health. Thyroid hormone promotes both bone resorption and new bone formation, and is needed for the manufacture of progesterone from cholesterol. Thus, hypothyroid has serious detrimental effect on the bones.

Environmental estrogens and estrogen replacement therapy contribute to estrogen dominance (excess estrogen in relation to progesterone) which, without the adequate balance of progesterone's bone-building function, promotes bone loss.

Loss of calcium from bones leads to the thin, porous bones of osteoporosis, however, lack of dietary calcium is not the usual source of increase in incidence of osteoporosis. In addition to the causal factors mentioned above, the standard American diet of refined, processed foods, high phosphorus soft drinks, and high protein, sugar and salt consumption is the dietary culprit. Other dietary practices that increase the likelihood of calcium excretion and bone loss include excess intake of sugar, coffee and alcohol.

The effect of a nutrient-depleted diet is twofold. Without proper nutrients, the body can't absorb the calcium ingested in food or supplement form and is forced to draw it out of the bones to remedy the deficit. Further, inadequate nutrition fails to supply the body with the range of nutrients needed for bone rebuilding. Thus, poor diet both contributes to bone loss and prevents bone formation.

The high phosphorus content of red meat (and high phosphorus soft drinks such as colas) contributes to bone loss. Consuming large amounts of phosphorus can raise the levels in the blood, skewing the normal calcium to phosphorus ratio. This causes the parathyroid glands (endocrine glands close to the thyroid)) which help regulate calcium and phosphorus metabolism, to pull calcium from the bones to supplement blood calcium levels. Most of the body's calcium is (or should be) in the bones and teeth, with some in the tissues and blood. The small percentage in the blood is essential to the function of vitamin D and the parathyroid hormones (and to the blood-clotting mechanism and muscle and nerve function), therefore it is also vital to bone health as well as calcium metabolism.

Along with these factors, the proper metabolism of calcium depends on adequate digestion of protein, sufficient hydrochloric acid (HCI) for digestion, proper blood pH levels, the proper ratios of both phosphorus and magnesium to calcium and the presence of many nutrients. These nutrients include appropriate levels of vitamin D (which the body must be able to convert to its hormonal form), vitamins A, C, E and K, and minerals such as boron, sodium, zinc, copper, silicon and strontium. Adequate fatty acids and the proper hormonal balance are also required.

Ultraviolet from the sun is important in calcium metabolism too. It converts skin oil to Vitamin D, which transports calcium from the stomach into the blood. Certain fatty acids, especially oleic acid (present in milk, butter, extra virgin olive oil) are vital in the transport of calcium from the blood to tissue. If you have vitamin D, but not enough essential fatty acids to provide transport, your blood calcium level will increase at the expense of your tissue calcium level. If your skin itches or you get hives, welts, or cold and canker sores when exposed to the sun, you may have tissue calcium starvation due to an essential fatty acid deficiency.

Sometimes calcium is deposited in the soft tissue rather than in the bones where it is needed. There are several causes for this. One important factor is the pH of the blood which is normal in the narrow, slightly alkaline pH range of 7.35 to 7.45. To maintain this range, the blood must be keep an adequate level of acidity in the form of hydrogen ions and chloride ions, plus just the right amount of alkalinity in the form of bicarbonate ions. To accomplish this, it is important to ensure optimum digestion of foods either by eating lots of raw foods and/or by taking a multiple digestive enzyme supplement with meals. For example, inadequate digestion of protein, lowers your pH (makes it more acidic) and your body will not be able to properly utilize calcium.

Common over the counter supplements also upset the pH balance, leading to digestive disturbances which in turn result in further calcium metabolism problems. For instance, calcium carbonate supplements, such as Tums, exert an alkaline influence on the blood and cause calcium to precipitate in the urine, the stool, and, in the worse case scenario, in the soft tissues. When the blood is too alkaline, adequate HCI is not available for digestion in the stomach.

The natural way to raise acid to an optimum level is to digest protein with protease, which supplies the necessary hydrogen ions, and to increase chlorides with lipase. Chloride and other minerals are carried in the blood by lipase, so if you are low in lipase, you will not be able to maintain an adequate chloride level.

On the other hand, acidifying supplements such as betaine HCI, used by people who think it will help with digestion, cause excess acid reserves in the blood. This has far-reaching digestive consequences because pancreatic enzymes are activated in the duodenum (upper end of the small intestines, beginning at the connection to the stomach) only at an alkaline pH. Once again, be careful of random supplementation, as it can throw off your body chemistry, compounding the problems you thought you were treating.

You cannot get all of the nutrients required for bone health in pill form. If simply taking vitamin and calcium supplements prevented bone loss, osteoporosis would not be so widespread in the North America today. Many people are calcium deficient even though they take calcium supplements. These people cannot absorb or utilize the calcium supplements for any combination of the reasons discussed above.

REASONS WHY YOU MAY NOT BE GETTING ENOUGH CALCIUM OR HAVING BONE LOSS:

- **Low Stomach acid prevents proper absorption of calcium. Taking hydrochloric acid or a little apple cider vinegar helps low stomach acid. Also need Iodine, Salt, and Vit. B1.**
- **Lack of Magnesium. Calcium works better for the body if magnesium is taken with it.**
- **Not enough Vitamin D present. Sunshine or Vitamin D help calcium work also. Vitamin C also needs to be present.**
- **Boron deficiency accentuates Vitamin D deficiency and helps prevent osteoporosis. Boron is found in apples, carrots, grapes, leafy vegetables, nuts, pears, grains - maximum dosage is 3 mg daily if in supplement form.**
- **Low phosphorus levels**
- **Ingestion of excessive phosphorus and magnesium hinders the uptake of calcium. Both are needed however for the proper utilization of calcium - just not excessive. Don't exceed the amount of magnesium or phosphorus to calcium.**
- **The worst community for osteoporosis: the Eskimos whose diet is mostly protein which is high in phosphorus - also they eat very little vegetable matter which is a better quality of calcium.**
- **Amino acid Lysine is needed to absorb calcium. It is found in cheese, eggs, fish, lima beans, potatoes, soy products and yeast.**
- **Hypo thyroid (Low functioning thyroid)**
- **Hyper-parathyroids (Excessive functioning parathyroids)**
- **Inadequate amount of progesterone**
- **Presence of aluminum or cadmium in the body**
- **Malabsorption and/or colon problems**
- **Lack of enzymes protease and/or lipase**

- **Heavy exercising hinders calcium uptake. Moderate exercise however is helpful.**
- **Taking iron at the same time as taking calcium reduces the effect of both.**
- **Soft drinks are lethal (esp. to menopausal women). They are high in phosphorus (and sugar). Too much phosphorus leaches calcium out of the bones.**
- **Caffeine contributes to calcium loss.**
- **Taking diuretics leaches out calcium unnecessarily. Use homeopathic supplements instead.**
- **Consuming too much salt causes kidneys to excrete more calcium. If you crave salt, take Nat Mur 6x homeopathic once a day for a week and you should return to moderation.**
- **Solanum in vegetables contain calcium inhibitors. Tomatoes are the worst, then potatoes, eggplant, bell peppers.**
- **Other calcium leachers: marijuana, concentrated sweeteners, sweet foods, too little exercise.**
- **Fluoride shows it doesn't add bone mass to the spongy inner layer of bone. Black tea has 1-4 mg fluoride per cup. Fluoride may increase density in the spine but does not do so for arms and legs.**
- **Large amounts of phytic acid which is found in whole grains and cereals may inhibit the absorption of calcium - especially we notice when bran is taken with calcium.**
- **Too much oxalic acid may interfere with calcium absorption: as in almonds, chocolate, beet greens, cashews, chard, cocoa, rhubarb, soybeans, spinach.**
- **If your body is in an acid state you need an alkaline type calcium (eg. lactate). If your body is in an alkaline state, it is better to take an acid type calcium or to add hydrochloric acid supplement when taking calcium if it is not already in the supplement.**
- **Taking channel blockers and high blood pressure medication interferes with calcium absorption.**

TO HELP CALCIUM ABSORPTION:

- **Adding a little boron, Vit. D and Vit. C as food or in supplement form may help absorption.**
- **Make sure you are taking some magnesium with the calcium.**
- **Take calcium throughout the afternoon and evening and before bedtime in divided doses for maximum effectiveness.**
- **Do weight bearing exercises. Lifting weights increases bone density, helps calcium get to the bone area.**
- **Drink herbal teas that are high in natural calcium: horsetail grass, oat straw, comfrey root, lobelia helps get the calcium more easily into the body. It is said the calcium derived from vegetables is much easier for the body to absorb.**
- **Avoid those things listed in the previous list.**
- **Adding K2 to the calcium improves the absorption**
- **Using foods instead of supplements is often more effective. An example is to add acid to soups made with bones (like tomato, lemon, vinegar) which pulls the calcium out of the bones, into the soup. See the list following for the best foods to eat for calcium.**

ENZYMES TO HELP

Many women subject to osteoporosis benefit from taking extra protease and/or lipase enzymes. Protease, the enzyme that digests protein, is required to carry calcium in the blood. Without proper digestion of protein, both protein-bound and ionic

calcium levels in the blood will not be adequate. Lipase is required to carry calcium across the intestinal wall and for the production of female hormones. Thus a deficiency in either of these enzymes could contribute to osteoporosis.

MILK SUBSTITUTES

Note Milk (100g) contains only 188 mg calcium and .5 mg iron!

Food (100 g)	Calcium	Iron	Food	Calcium	Iron
Hijiki seaweed	1400	n/a	Spirulina	131	n/a
Wakame seaweed	1300	n/a	Soy Milk	123	.4
Kelp	1100	100.	Chick peas	92	7.1
Bok choy	1093	100.	Black olives	87	1.6
Kombu	800	n/a	Walnuts	83	2.1
Sesame Seed	580	5.2	Okra	82	.7
Agar Agar	400	n/a	Spinach	81	3.0
Nori seaweed (sushi wrap)	260	n/a	Raisins	78	3.3
Kale	225	2.4	Peanuts	74	1.9
Turnip greens	191	2.4	Lentils	59	7.4
Hazelnuts	195	2.0	Parsnips	57	.7
Parsley	203	.2	Pumpkin seeds	51	11.2
Dandelion greens	187	3.1			
Brazil nuts	186	3.4	n/a = data not available		

Did you notice something? Bok choy is very high in calcium and also iron! Perhaps this is why the oriental people have good bones even though they are mostly lactose intolerant. You can eat bok choy raw chopped up in salads, stir fried, or tossed into soup.

OTHER FOODS HIGH IN CALCIUM: Sardines with bones, Tuna with bones, Sunflower seeds, Egg yolk, Broccoli, Tofu, Lima Beans, Walnuts, Halibut, Mackerel, Salmon, Okra, Almonds.

WHAT CALCIUM CAN DO FOR YOU

- **helps you sleep better**
- **helps blood to clot**
- **for muscle growth and contractions**
- **for iron utilization**
- **regulates heartbeat**
- **balances acid/alkalinity in the blood**
- **for nerve transmission**
- **helps activate several enzymes for nutrient digestion**

SPECIAL INFORMATION CONCERNING MAGNESIUM

Notes:

- **Magnesium may be the most deficient mineral in our foods today**
- **the body contains 20-28 grams**
- **it is found in bones, soft tissues, spinal fluid, blood**
- **it is known as tranquilizing mineral, it calms, relaxes the muscle tissue (including the heart)**
- **all forms of oral magnesium are better absorbed when taken with food.**

Types:

- magnesium glycinate (chelated magnesium) - by attaching magnesium to the amino acid glycine (and lysine), transports the mineral across cell membranes

better. Absorbed into the blood stream quickly. The magnesium (elemental) content per tablet or capsule is usually 100 mg.
- magnesium oxide is often recommended. It is the most dense magnesium compound and often used in mineral supplements; it is bound to oratic acid. It contains 300 mg of elemental magnesium per 500mg tablet but is not well absorbed. Only about 4% of its elemental magnesium is absorbed or about 12 mg out of a 500 mg tablet.
- magnesium carbonate contains 125mg of elemental magnesium per 500 mg tablet, poorly absorbed. Magnesium carbonate is also the powder used by gymnasts and weightlifters to improve the grip on objects such as the apparatus or lifting bar.
- magnesium gluconate contains 27 mg elemental magnesium per 500mg tablet. it is easily absorbed and quick acting. Helps elasticity of bones and muscles, regulates blood pressure and insulin levels.
- magnesium citrate contains 80 mg of elemental magnesium per 500 mg tablet. It is far better absorbed than magnesium oxide. The water soluble form (eg. Natural Calm) contains 205 mg elemental magnesium per teaspoon, is totally soluble in hot water and is highly bioavailable.
- magnesium threonate is a magnesium salt of L-threonic acid, reports say it crosses the blood-brain barrier easier than regular magnesium ions therefore people are using it to improve cognitive function, sleep, anxiety.
- magnesium maleate (aka malate) contains 56 mg elemental magnesium per 500mg tablet. This is often used for fibromyalgia, chronic fatigue syndrome. It combines magnesium and malic acid. Easy to absorb. Soothes and energizes muscle cells.
- magnesium orotate. Orotic acid from whey is changed into orotate form which is then bonded to the magnesium. Tablet is coated to prevent breakdown by stomach acid. The magnesium orotate is easily absorbed and the magnesium is not released from the orotate until it reaches the liver. This form used for treating liver disease, high cholesterol, heart disease and blood clots. It contains only 31 mg of elemental magnesium per 500mg tablet, it is well absorbed and has been effective in daily intakes of 3000mg (186 mg elemental).
- magnesium citrate and magnesium sulphate (epsom salts) are often used for their laxative action
- magnesium hydroxide (antacid) has a leaching effect on magnesium, calcium, phosphorus. Magnesium hydroxide is used in milk of magnesia. Magnesium hydroxide is not well absorbed.
- magnesium in chlorophyll form is used successfully as deodorant
- bonemeal also contains some magnesium. Absorption is low and phosphorus levels are too high.
- magnesium stearate is used as filler in supplements. It is known for its lubricative properties which helps prevent tablets from sticking to equipment in processing.
- dolomite (type of limestone) high in calcium and magnesium. This type is difficult to digest. If used, take hydrochloric acid or glutamic acid with to help break down. Absorption is low.
- magnesium sulfate (aka sulphate) is commonly called Epsom salt, usually used in a bath soak for sore muscles. Magnesium sulfate is also used to correct magnesium deficiency in the soil since magnesium is an essential element in the chlorophyll molecule.

Note: Magnesium gluconate is utilized well by nerves. Nerve involvement eg. fear, nerve twitching, muscle twitching, bed wetting, restlessness, grief apprehension and so on.

Magnesium Threonate for brain cognition, sleep, anxiety.
Magnesium phosphate is indicated by cramp-like contraction of muscles
Magnesium oxide when muscles ache; pain and twisting becomes stiff. It is a counter player to calcium.
Magnesium glycinate for muscles, sleep problems.
Magnesium malate is well absorbed, works on muscle function, carbohydrate, fats & protein metabolism, often used for fibromyalgia.
Magnesium aspartate absorbs easily for muscle function
Magnesium orotate is often used to help people sleep. and for cardiovascular health

NOTE: in 2026 companies started putting 4-10 different types of magnesium into one capsule so you get a little of everything.

Sources of Magnesium:

- **farming methods rarely put back the magnesium that has been taken from the soil and crops, but in general here are the best sources of magnesium: parsnips, all leafy green vegetables, parsley, buckwheat, wheat bran, wheat germ, kelp, figs, soybeans, corn, apples, almonds, brazil nuts, cashews, pecans, peas, carrots, pumpkin seeds, blackstrap molasses, sea salt, brewer's yeast, avocados.**
- **milk has magnesium but the synthetic Vit D they add can bind to magnesium, reducing absorption. Synthetic form of Vit D binds mag.10 times more than does the natural.**
- **polishing rice, milling corn, cooking vegetables in water, all depletes the magnesium to some extent**

Some principal containing foods (parts per 1000 parts of food)

Tomato	**13**	**Celery**	**6**	**Carrots**	**3**
Spinach	**11**	**Beans**	**6**	**Walnuts**	**2**
Lettuce	**11**	**Cucumber**	**4**	**Oranges**	**2**
Bran	**9**	**Figs**	**3**	**Grapefruit**	**1**

Function of Magnesium:

- **involved in metabolism of carbohydrates and amino acids, synthesis of ATP and bone metabolism**
- **essential to nervous activity and muscle contraction**
- **activates over 30 enzymes, particularly those to do with carbohydrate, fat and protein metabolism**
- **often called the circulatory mineral because of its vast regulating effect on muscle contraction. It also helps in the utilization of Bit. B6, C and E**
- **necessary for proper functioning of pituitary gland (master gland of endocrine system)**
- **Synthetic Vitamin D (calciferol) binds magnesium and is 10 times more active than natural Vit. D.**
- **aids absorption and metabolism of calcium, phosphorus, sodium, potassium**
- **treating neuromuscular conditions. If deficient can have effect of stimulating instead of calming**
- **has been linked to strengthening bones and teeth when present in water, decreasing dental cavities, bones healed faster**
- **regulates heartbeat, helps control inflow/outflow of calcium from heart cells**
- **useful in reducing high blood pressure**
- **relax muscles surrounding arteries**
- **reduces blood cholesterol**
- **keeps calcium and phosphorus in solution in urine**
- **optimum magnesium serum and cellular levels help to regulate so many body functions that renal magnesium excretion is quickly stopped when either**

magnesium or calcium intake drops very much.

Absorption of Magnesium:

- **kidney disease, diabetes, pancreatitis, digestive disorders, radiation exposure, chronic alcoholism interfere with magnesium absorption**
- **diuretic drugs can lower mag. levels by increasing excretion**
- **aldosterone, hormone produced by adrenal glands, controls mag. excretion**
- **cortisone affects distribution of mag. in body, increasing the uptake by the appendix and heart muscle**
- **fluoride bonds to magnesium forming insoluble salt**
- **tetracycline interferes with magnesium metabolism; testosterone, thyroxine and digitoxin suppress magnesium activity**
- **assisted by Vit D, C, B6, calcium and phosphorus, controlled by parathyroid gland**
- **35-40% absorbed through small intestine by active transport**
- **as magnesium intake increases, absorption falls.**
- **when mag. intake low, 73% absorbed. When high, 25% absorbed.**
- **many antacids contain magnesium in form of magnesium hydroxide, unabsorbable form which tends to bind up some dietary magnesium, calcium and phosphorus and carry them out of the body.**

Dosage of Magnesium:

- **diet low in carbo and high in protein, more magnesium required**
- **RDA 300 mg females and 350 males**
- **nutritionists suggest 600-1000 mg daily**
- **when calcium and phosphorous intake is high, magnesium intake should be a 2:1 ratio. If diet is low in magnesium, a supplement of 1:1 magnesium to calcium is recommended.**
- **too much magnesium in diet reduces calcium absorption**
- **need for more magnesium when blood cholesterol is high, protein intake is high, or carbohydrate intake high**

Magnesium Deficiency Symptoms:

- **deficiencies are widespread. Even the type of water we drink can determine whether we maintain magnesium reserves. Populations consuming magnesium rich hard water have less cardiovascular disease than those who drink soft water.**
- **deficiency can lead to kwashiorkor (a form of malnutrition occurring when there is not enough protein in the diet), thrombosis (blood vessel clotting), calcium oxalate kidney stone formation, uncontrollable muscle tics and premenstrual syndrome symptoms such as nervousness and a craving for sweets.**
- **deficiency can experience anxiety attacks, heart palpitations, breathing**
- **due to under consumption of green vegetables, alcoholism**
- **diet high in carbs you need concentration of magnesium containing enzymes break carbohydrates down is high and deficiency may result. A diet low in carbs and high in protein, more magnesium required. So there is a need for more magnesium when blood cholesterol is high, protein intake is high, or carbohydrate intake high.**
- **deficiency interferes with pituitary control of adrenal glands and can result in overproduction of adrenalin. some think this has effect upon hypoglycemia and diabetes**
- **many feel lack of mag. has effect on thyroid gland function through the pituitary gland**
- **elderly vulnerable to deficiency as they may have less mag. in their diets, have decreased absorption, and may use prescription drugs that interfere with metabolism and storage**
- **pregnant women at risk, linked to toxemia, high blood pressure, vasospasm,**

premature birth, regarded fetal growth, muscle cramping, coagulation disorders. individuals consuming processed foods in the form of fast food or packaged goods have a higher risk of magnesium deficiency because this mineral is easily lost during food processing. 59% of magnesium present in whole wheat is lost during processing. Regular use of diuretics or caffeinated beverages may also induce magnesium.

- **can be the result of a number of risk factors including long term use of diuretics, digitalis, antibiotics, chemotherapy, alcohol and excessive fats or protein intake. Even living in a hot climate is a risk factor since humans do not acclimatize to magnesium loss through perspiration as we do for potassium and sodium excretion.**
- **the way we react to stress can also deplete magnesium levels. Type A individuals release more fatty acids into their blood under equal stress than do Type B individuals. This results in net loss of serum magnesium.**
- **oral contraceptives or estrogen replacement therapy may deplete body stores of magnesium by increasing its uptake and utilization by soft tissues and bone.**
- **fibromyalgia sufferers, diabetics, and alcoholics are more likely to develop long term magnesium deficiencies.**
- **variation of mag. level in spinal fluid can cause convulsions**
- **linked to blood clots in heart and brain and calcium deposits in blood vessels, kidneys, heart.**
- **Aching neck and shoulder muscles**
- **allergy to wool**
- **burning sensation in mouth**
- **bedwetting**
- **chilly after retiring**
- **fear**
- **insomnia**
- **depression**
- **grief-apprehension**
- **gas and wind in intestine**
- **inflated intestine**
- **nervous heart palpitation**
- **muscle jerk spasms. muscle twitching**
- **constipation**
- **restless movements of eyes, fingers**
- **yellowish whites of eyes**
- **sensitivity to noise**
- **sleep with eyes half open**
- **teeth sensitive to cold water**
- **tooth ache when nothing is wrong**
- **tremors or twitching of body**
- **winding motion of body**

Synergists:

- Vit B6, C,D, Calcium (2 calcium to 1 magnesium), phosphorus, protein
- no single nutrient is as important in the absorption and metabolism of magnesium as Vit. D is to calcium. Magnesium behaves much the same as calcium in its relation to other nutrients (see calcium info).

Antagonists:

- alcohol, corticosteroid drugs, diuretics, caffeine
- calcium and magnesium are mutually antagonistic and compete for absorption sites, but calcium and vitamin D increase magnesium absorption. (2:1 ratio of cal to mag is best)

Toxicity:

- rare since most of its salts are cathartic eg. epsom salts and milk of magnesia are two of our modern day laxatives. Magnesium salts also have a diuretic effect and act as depressants.

Excessive use of magnesium glycinate may lead to diarrhea, vomiting, fatigue, sleeplessness, nausea, muscle cramps.

Magnesium in Herbs: per 100 mg

Irish moss herb	**1960 mg**	**White willow bark**	**560 mg**
Oatstraw herb	**1200 mg**	**Pennyroyal herb**	**550 mg**
Tumeric seed	**980 mg**	**Devil's claw rt**	**544 mg**
Licorice root	**965 mg**	**Burdock root**	**537 mg**
Kelp	**867 mg**	**Chickweed herb**	**529 mg**
Nettle leaf	**860 mg**	**Althea root**	**518 mg**
Senna leaf	**777 mg**	**Pumpkin seed**	**514 mg**
Elecampane root	**750 mg**	**Bupleurum root**	**500 mg**
Peppermint leaf	**661 mg**	**Astragalus root**	**500 mg**
Boneset herb	**600 mg**	**Siberian ginseng root**	**500 mg**
Dulse	**590 mg**		

Other herbs that contain magnesium (specific mg unavailable)

Carrot leaves	**Mullein leaves**	**Broom tops**
Meadowsweet	**Primrose**	**Walnut leaves**

SPECIAL INFORMATION CONCERNING VITAMIN D (D^3)

In 2006 an article appeared called 'Vitamin D and Influenza' that started to change the way we think about Vitamin D. Vit. D was discovered around 1920 (shortly after the 1918 epidemic) because of a epidemic disease called rickets. However, this hardly occurred in farm families or rural areas. It started to arise in US in 1890's, and built up to a peak in the 1920's as people moved into cities, working in factories. Ricketts in a child: the bones don't develop properly. The mystery was solved when they found you needed a little bit of vitamin D in order for a child's bones to develop normally. Since 1930-40 they have added Vitamin D to milk and it is present now in infant formulas.

So for 80 years we knew that you needed a little to prevent rickets and help calcium absorption, and that it was present in food. Then Vit. D researchers found we don't need just a little tiny bit, we need very robust amounts.

A white person, standing in the sun in the summertime, around noon, for 30-40 minutes with arms, chest bare - will get about 20,000 IU. If they were sunbathing, it would only take 20 minutes. If they were African with dark skin it would take about 3 hr to get the same amount of Vit. D.

Farmer ancestors had vast more amounts of Vit. D in their blood than city dwellers who stayed indoors and who use sunscreen when they go outdoors. Modern americans have about 1/3 of Vit. D in their blood than our farmer ancestors had. They found almost every cell in the body has a Vit. D receptor and it has many many more roles than just bone development and rickets.

The emerging knowledge demonstrates that severe influenza or mortality from influenza is a Vit. D deficiency and that if you have optimal levels of Vit. D you most likely will not get influenza.

The cells in the respiratory tract have proteins sticking out from their surfaces (immunocompetent pepticides) that allow them to do their role. When they come into contact with a bacteria or certain viruses that have coats on them such as influenza - because of the immunocompetent pepticides they mount an immune response against the invading organism. When Vitamin D binds to those cells that have Vit. D receptors, they can manufacture those immunocompetent pepticides. We understand now that if your Vit. D. level is too low, your respiratory immunity is also too low.

When tuberculosis was a threat last century, it was well known that sunbathing in the summer helped cure tuberculosis - now we understand it probably was building up your vit. D levels to help throw off infection.

Vitamin D stimulates immunomodulatory cytokines. Whenever you have inflammation or immunity, at some point, in equal measure to stimulation there is also something to counteract the stimulation so it doesn't get out of hand. You wouldn't want an immune reaction or inflammatory reaction to start burning you up. A bit like a car - nice to have a petal to give it gas, but you also need to have something there for the brake. The anti-inflammatory side is supported by Vit. D and the immune side (respiratory tract) is also supported by Vit D.

One of the ways people die from influenza is because as the surface of the respiratory tract becomes infected, your body mounts an immune response against the infection and part of that immune response is inflammation so it created an inflammatory response in the airway. When it is in proper balance and proportion this is very beneficial - you want to have an low level inflammatory response in order to fight off a virus. However if you are Vit. D deficient, that inflammatory response becomes excessive and the excessive inflammatory response is called a CYTOKINE STORM. If too severe, the inflammation can destroy the lining of the epithelial tract and now the person will basically suffocate and this is one of the ways people die of influenza. Vit D not only activates those receptors to manufacture an immune response but activates those components of the immune system that puts the breaks on the cytokine storm.

Why do people get influenza almost exclusively in the winter time? It is a winter time epidemic. It starts to appear in November and builds to epidemic proportions in late January. Feb and March are usually the peak of influenza season. This is exactly when people's Vitamin D levels are lowest due to lack of sunshine.

There are 2 kinds of ultra violet that comes from the sun - UVA and UVB radiation. UVB comes from the sun through your skin and interacts with cholesterol to make Vit. D. So it is manufactured in your skin from UVB. UVB is only formed when the sun is higher than 45 degrees in the sky. Rule of thumb is if your shadow is longer than you, you won't be making Vit. D. Therefore between 10 in the morning and 2-3 in the afternoon is when you make Vit. D. Earlier or later and you won't make Vit. D.

This is a problem in northern latitudes. Above 30 degrees latitude even if you sunbathe in the nude in during the winter you won't make any Vit. D - because the sun never gets above 45 degrees. For example: In Boulder, Colorado on Oct 20 the sun's position falls below 45 degrees and doesn't get above 45 degrees until Mar 20. Generally in Canada, we take Vitamin D supplements from October to April each year and if you don't get out in the sun with some bare skin from April to October, then you should take Vitamin D all year.

If you look at our ancestry, we were a tropical species, evolving under the tropical sun for 2.4 million years. We evolved walking around naked in sunlight getting huge amounts of Vit. D. We were basically saturated with Vit. D. We can absorb about

20,000 IU, after that the body puts on the brakes and inhibits excess absorption.

<u>Vit. D Deficiency May Cause:</u>
Fibromyalgia, Chronic Fatigue
M.S.
Depression
Muscle Weakness (hard to lift things)
Osteo malacia (bone ache, depressed and muscle weakness, often a problem in the northwest during the winter). In a child when the Vit. D gets down to a certain level they get rickets - in an adult when they get down to a certain level, they get Osteo malacia).

<u>Serum Levels:</u>
They examined soldiers in Australia: They looked at those with 15 nanograms per millitre of circulating Vit. D3 and those with less than 15 nanograms. Those with less than 15 had twice the respiratory infections.

If you get it up to 38 nanograms per ml you reduce colon cancer by 40%
If you get it up to 50 nanograms per ml you cut your breast cancer risk in half

When you breast feed, if you drop below 50, you are starving for it and grab it all, depriving the baby. Breast feeding moms lacking Vit. D puts infants at risk for deficiency. If you were living under the best conditions, mom and baby would both be out in the sun and mom's level would be about 50+. A California lifeguard in the summer has about 70-80 nanograms per ml.

They tried to give a toxic dose of Vitamin D - up to 150 nanograms - and found no toxicity. If you do get Vit. D toxicity you start to deposit calcium in your organs and system which is really dangerous. This only occurred in an industrial accident when they accidentally gave 400,000 IU instead of 400 IU and after 20 days they got sick.

They have raised the upper safe limit to 10,000 IU a day but that number is climbing rapidly. The only exception is if you have Sarcoma or Cancer Lymphoma which have altered calcium metabolism and so they recommend not supplementing with those conditions.

It is suggested that you sunbath in a bathing suit for 20 minutes, then to avoid overexposure, use your sunscreen. If you only uncover arms and legs, it takes longer.

Up here in the North, sun energy peaks in August then rapidly starts to decline. It starts again in April to rise. This is why we have seasonal colds and flus. December and Jan our levels fall below 15 and everyone by February is below 15 - and this is flu season.

It is important to supplement elderly with Vitamin D. If you put a 70 year old and a 30 year old out in the sun, - the 30 year old will produce Vit. D a lot easier and more abundantly. Seniors typically don't go out in the sun as much either.

Vitamin D is stored in the liver as 25-hydroxy vitamin D (calcidiol). This is what doctors are measuring when you have your D3 levels checked. Vitamin D is activated by the kidneys to 1,25 hydroxy vitamin D which is the active form of Vitamin D that is responsible for its biological activities.

Vitamin D does more than support bone health. It helps keep your immune system

strong and balanced. It has anti-inflammatory properties, helping the intestinal integrity, correlating with a decreased risk for a number of cancer types.

VITAMIN D2

There is also Vitamin D2 (Ergocalciferol). D2 is used to treat hypoparathyroidism (a decreased functioning of the parathyroid glands), and rickets which is caused by a Vit. D deficiency or low levels of phosphate in the blood. Taking excessive amounts of Vitamin D2 comes with serious warnings and therefore should be given only as prescription. D2 is plant based and usually a prescription will be 50,000 units for each capsule.

Vitamin D3

Vitamin D3 is fat soluble and can be purchased as drug stores, health food stores, and supermarkets.

VITAMIN K1 AND K2

Many Vitamin D (D3) supplements include Vitamin K2. Vitamin D controls the absorption of calcium into the blood and K2 controls where the calcium ends up. If calcium doesn't find its way to the bone tissue, it can end up in arteries which becomes atherosclerosis, narrowing the flow of blood, or many find some types of calcium forming kidney stones. Vitamin K breaks down calcium in our bodies, helping prevent these hard deposits of calcium and fatty material from forming in the arterial walls. Cardiovascular is one of our leading causes of death.

Vitamin K1 (phylloquinone) is found in leafy greens such as cooked kale, cooked mustard greens, raw chard, cooked collard greens, natto, raw spinach, cooked broccoli., vegetables and some plant oils.

Vitamin K2 (menaquinone) is fat soluble and is found in dairy (eg. cheese), animal products and fermented foods such as Kefir, Sauerkraut, Yogurt. Other sources are eggs that come from pasture raised hens; grass fed butter and cheese; organ meats like liver.

Studies reveal a higher K2 intake improves bone density and reduces the risk of bone fractures. It is also listed a playing a vital role in blood clotting and an inadequate intake may cause bleeding, further weakening the bones and increasing risk of developing heart disease. Research is continuing to see if K2 can slow or stop cancer cell activity but so far are focusing only on liver and prostate cancers.

HOW MUCH VITAMIN D TO TAKE

This is tricky. In the last century, we were told by Health Canada to not take more than 400IU daily or it was toxic. Then near the end of the century, they raised it to 800IU. These days they say take 4,000IU or more a day and increase that to 20,000-30,000IU for a few days if you have an infection like influenza or a cold.

SPECIAL INFORMATION CONCERNING IRON - Trace Mineral

- **Iron is the oldest recognized trace element. Used to enrich blood in 17th century**
- **Iron exists in blood protein, hemoglobin (70%). Hemoglobin is multichained protein, contains four heme groups, each of which pick up an oxygen atom. Hemoglobin carries oxygen to cells, picks up carbon dioxide that is produced as waste product.**

- **30% of iron is found in storage form, protein ferritin**
- **3% is found in protein myoglobin. Myoglobin stores oxygen until needed in the muscles and helps oxygen get from hemoglobin to its needed destination in the muscles. Myoglobin is a single chain protein with only one heme group and can only bind one oxygen atom at a time.**
- **Look for the word "ferrous" on the label of iron supplements. Ferrous compounds contain considerable more absorbable iron than ferric compounds. Two tablets of ferrous gluconate contains 70 mg iron of which about 25 mg will be utilized. That amounts to more iron than you could get from eating 14 steaks.**
- **The body is designed to strictly control iron. Iron is not as plentiful in food as other minerals (such as potassium, calcium and magnesium). The digestive tract only absorbs about 10% of the iron consumed. Once iron enters the blood stream, there is no real mechanism for its elimination in males except for small losses in sweat. Females eliminate through menstruation monthly and have naturally low iron levels compared to males. Once iron ions enter the blood stream they must be quickly bound to a protein or these ions can induce rusting, or oxidation, of tissues. So an iron-binding protein called ferritin is widely distributed in all tissues, esp. the liver, to hold onto the iron. If the ferritin protein comes under attack by the superoxide radical, which is produced when copper oxidizes, then it can release stored metal to promote oxidation.**

Types:

- **There are two types of iron: heme and non-heme. Heme iron is from hemoglobin and myoglobin in meats (about 60% of iron in meats is heme iron). Non-heme is found in plant or animal foods or from synthetic supplemental**
- **Ferric or ferrous can be used as long as iron is in water soluble form. Ferrous is most efficiently absorbed**
- **Some nutritionist say ferric must be changed to ferrous in order to be absorbed**
- **Carbonyl iron is extremely pure, fine particled it is 89% elemental iron. Just 18 m of Feronyl (carbonyl) iron is equivalent to 54.4 mg of ferrous fumarate and 150 mg of ferrous gluconate. It is safe and has a long history of usage in animals and humans in large doses (10,000mg) without adverse effects. It is also less irritating to the gastric tract.**
- **Ionic liquid iron is less than an angstrom in size and easily absorbed, no side effects as yet reported.**
- **Ferrous gluconate is next best absorbed.**
- **Next best is ferrous sulphate but sulphate forms can cause gastrointestinal problems including constipation and cramping.**
- **Next is ferrous fumerate which is moderately absorbed.**
- **Finally there is ferric citrate which is the least absorbed.**
- **Natural sources are lower potency than synthetic but include factors useful in assimilation.**

Sources:

- **Best: desiccated liver, nutritional yeast, molasses, kelp**
- **Next best is organ meats, liver, kidney, prune juice, dried apricots, lima beans, chickpeas, duck, shellfish, wheat bran, apricots, prunes, soybeans, molasses, whole wheat bread, oysters, green leafy veggies, tofu, beans, wheat germ, spinach**
- **Best herb: yellow dock**

It is important to take Vit. C with the iron rich foods to help them to be better absorbed.

These provide 75 milligrams of Vit. C or more per serving:

half cantaloupe	**1/2 cup diced peppers**
1 cup orange juice	**1 cup strawberries**
1 cup grapefruit juice	

These provide 25-75 mg Vit. C per serving:

1/2 cup cooked cabbage	**1 large tomato**
1 cup tomato juice	**1 baked sweet potato**
1/2 cup brussel sprouts	**1/2 cup cooked cauliflower**
1/2 cup cooked spinach or mustard greens	

Absorption:

- **too little iron won't support a vigorous life, too much iron is lethal.**
- **more iron is absorbed when there is a need, less is absorbed when there is an overload or inflammation or infection is present; this is the intelligence of our body.**
- **when iron absorption goes up, hemoglobin levels usually go up to and so does our energy and sense of well-being.**
- **once absorbed, utilization is efficient. Iron is recycled with only .25 mg/day lost through urine and .5 to 2 mg/day through perspiration**
- **it is absorbed through upper part of small intestine within 4 hr of ingestion**
- **meat, poultry and fish contain an unidentified "meat factor" that increases iron absorption**
- **heme form from animal protein is absorbed directly into intestinal lining. Up to 35% of iron from meat is absorbed if iron stores are low, 25% if adequate already present. Therefore the amount of iron absorbed is regulated by the body to help prevent overdose.**
- **between 2- 6.5% is absorption rate of non-animal foods**
- **low stomach acid can impair conversion of iron to a more soluble absorbable form therefore supplements are often taken with glutamic acid and hydrochloride or apple cider vinegar. High levels of acidity separate ferric ions from proteins with a molecular weight larger than 10,000. Taking drugs such as cimetidine and ranitidine may reduce serum levels.**
- **balance of iron, calcium, phosphorous is essential**
- **excessive phosphorus renders insoluble, creating iron phosphate**
- **high calcium concentration forms calcium phosphate again, blocking the phosphate from reacting with the iron**
- **alkalis (antacids), coffee, tea, eggs, high intake of fiber foods (wheat, bran) interferes with absorption**
- **phytates in whole cereals, oxalates in plants such as spinach and rhubarb, can form insoluble compounds with iron**
- **vomiting and diarrhea reduces absorption**
- **we find women with arthritis have poor iron absorption and taking vitamin C at the same time you eat the iron increases the absorption. In one study the addition of 60 mg Vit. C to a meal of rice more than tripled iron absorption. In another, adding papaya to a meal of corn boosted iron absorption by more than 500%**

Storage:

- **Iron is stored in the blood stream, bone marrow, liver, and spleen**
- **Iron must be stored in the bones so it is available for the bone marrow to produce new red blood cells. Red blood cells normally die off and are replaced by new cells every 4 months. As red blood cells die, their iron is re-circulated to be incorporated into new blood cells. Humans need only to replace the small amount of iron lost in sweat or the iron lost during menstruation among females. There is a greater need for iron in the growing years because more units of blood are being produced to fill the blood stream as the body expands in size.**
- **In states of chronic disease or infection the body will attempt to lock all the iron up and store it in fourteen. High fourteen levels are normally a sign of high iron stores. But high stored iron levels (fourteen) can also be a sign the body is sequestering all its iron during inflammation or infection to inhibit the growth of undesirable microorganisms or tumor cells. This is called 'anemia of inflammation' or 'anemia or chronic disease' not iron overload. If iron is chronically withheld and stored, hemoglobin can't be formed. Anemia of chronic disease may result, which occurs in advanced cases of cancer.**
- **By regulation iron stores, the body controls the growth of tumor cells, bacteria, viruses, protozoa and parasites and yeast's.**
- **The liver is the organ that handles excesses of iron.**
- **Puberty is a period of rapid growth. Since protein carries oxygen (called hemoglobin) requires iron, there is an increased demand for iron during periods of growth. Therefore growing children are at risk to develop iron-deficiency anemia.**
- **As long as we are healthy, our stored iron is of little concern, but when inflammation or disease is present, it is a major liability. A virus, bacteria or trauma may start disease, but iron is a CO-conspirator of disease as it waits for a virus or injury to light its fuse. The undesired release of iron from fourteen at the site of inflammation results in the arrival of millions of phagocytes, white blood cells that also carry away iron as well as digest any foreign bacteria or viruses. If too many phagocytes respond to the inflammation, it's like sending hundreds of police cars to the same intersection to investigate an accident at the same time; the cars are bound to crash into one another, resulting in a bigger crash than the original accident. The iron bound in the phagocytes is now jolted free to wreak havoc on surrounding tissues. It is thought that is what occurs in arthritic joints. Some chemicals and drugs can promote the release of iron from its storage protein, fourteen (eg. Adriamcin, Parquet insecticide, Ionizing Radiation from x-rays).**
- **Free iron and copper is at liberty to mix with oxygen, promoting the dangerous free radical called hydroxyl radical.**
- **When iron is set free, the iron transport protein transferring attempts to try and carry iron away from the area of inflammation, therefore the transferring protein becomes saturated with iron. Normal transferring is 1/3 full, but when it becomes 60% saturated with iron, it can't carry all the free iron. Albumin attempts to help out but only loosely clings to iron, so the transferring protein dumps excessive iron in the liver. Overtime the liver can become overloaded, the backup systems to control iron are overwhelmed and bacteria/viruses/and fungi can grow at will since iron is their growth booster.**
- **The liver and brain experience the greatest iron buildup with advancing age, rusting organs within the body with advancing age.**
- **Alcohol consumption has been closely linked with iron overload.**
- **Numerous studies show that weekly taking iron supplementation is just as effective as daily taking them.**

Functions:

- **Iron is primarily a growth factor for all living cells. Most of the iron in the body resides in the blood stream, within the red blood cells (erythrocytes). Red pigment in red blood cells is called hemoglobin. Without iron, hemoglobin can't be produced. It is the red blood cells and their hemoglobin that transport oxygen to cells through the body. Because hemoglobin carries iron, its concentration is used to measure iron levels in the blood circulation. Not all iron that enters circulation can be carried by hemoglobin. If iron ions circulate through the blood stream unattached to a protein, which is called 'free iron" they can wreak havoc, promoting a destructive process called oxidation (rusting). Iron induced oxidation occurring within fatty tissues is called lipid preordain. Nerve cells in the brain and nervous system are lined with fat called myelin and are very vulnerable to destruction by excessive levels of unbound iron.**
- **Iron is essential for formation of cytochrome (pigment which functions in cell energy reactions)**
- **Present in some of enzymes which are involved in protein metabolism**
- **Ideal mineral for many enzyme systems because it can switch back and forth between its two states of oxidation. It can exist as the ferrous form or the ferric form, rendering it ideal for oxidation/reduction reactions**
- **Useful in treating pernicious anemia (lack of Vit. B-12), diabetes, colitis, alcoholism, celiac disease (allergy to gluten in wheat), scurvy.**
- **The body tightly controls iron as it travels throughout the body. Normally any iron not bound to hemoglobin is bound to other proteins. Albumin is the most abundant protein into the blood stream that attaches to iron. Fourteen is the protein that stores excessive iron. Fourteen levels may rise or drop depending on the state of health. Iron is transported to tissues on another protein called transferring. When challenged by infection, a cousin of transferring (lactoferrin) is produced to bind up even more iron. There are some dietary components that bind to iron and help to control its availability such has bioflavonoids found in tea and extracts of bran.**

Dosage:

- **Average iron intake is about 13 mg a day (with minimum 2 mg a day and maximum 2,000 mg a day)**
- **Low dose iron supplements of 18-20 mg in young women age 18-48 may actually be better than high dose therapy**
- **Iron tablets may cause abdominal discomfort, constipation, diarrhea (which may reduce woman's compliance with a daily iron supplement regime). Use Iron gluconate or a slow release wax based matrix tablet of ferrous sulfate.**

Iron Deficiency Symptoms:

- **only about 50% of people with iron deficiency develop true anemia. After iron stores are depleted, it takes about 4 months of iron deficiency for hemoglobin levels to drop in adult women**
- **iron deficiency anemia (more common in women)**
- **more needed when healing wounds**
- **anemia symptoms: fatigue, paleness, constipation, brittle nails, skin problems, difficult breathing, smaller red blood cells, lowered resistance to disease, smooth and sore tongue**
- **anemia, easily fatigued**
- **crying involuntarily**
- **dizziness**
- **difficulty in breathing, painful breathing**

- **dull hearing**
- **fault finding tendency**
- **flattened fingernails**
- **fissured tongue**
- **mentally hard to please**
- **pains in head (stinging)**
- **pains in heels, pains in sole of feet, pains in fingertips**
- **pains in shoulder joints**
- **poor equilibrium**
- **sleepless at night, sleepy in daytime**
- **Serum ferritin level. Ferritin is an iron carrying protein, when levels drop below 20, it is a sign of iron deficiency. Occasionally it can be greater than 20 and the person still may need iron. If inflammatory conditions like rheum. arthritis, test will show falsely elevated ferritin levels. If test shows over 100, too much iron. Level should be between 20-80.**

<u>Most Common Causes of Iron Deficiency Anemia</u>

1. **Increased rate of body growth**
2. **Excessive menstrual blood loss**
3. **Pregnant or lactating**
4. **Regular blood donation**
5. **Intensive endurance training**
6. **Taking an aspirin daily**
7. **Vegetarian diet**
8. **Doing kidney dialysis**
9. **Long term blood loss eg. from ulcers, hemorrhoids, nose bleeds**
10. **You are a growing child**

Synergists that Enhance Iron Absorption and Assimilation:

- **Vit. C enhances conversion of ferric form to ferrous form**
- **Vit. C renders iron 2 1/2 times more absorbable in some tests, in other tests absorption of iron from the diet was the same compared to women who did not take Vit. C.**
- **Vit. E helps in absorption however if taken at the same time, renders both ineffective. Vit E protects red blood cells and renders iron assimilation more effective when ingested at a time separate from iron - at least 2 hours apart**
- **Calcium must be present for absorption as it is required for iron to be incorporated into hemoglobin**
- **Vit B12 aids in iron function in red blood cells**
- **B complex, esp. folic acid is necessary for formation of heme group of hemoglobin**
- **B2 (riboflavin)**
- **B12 and folic acid helps iron function in the body**
- **adequate dietary copper helps**
- **eating red meat increases absorption of iron.**
- **Vitamin A and beta carotene increase absorption of iron form grains like rice, wheat, corn by 40-200% thus helping to counter the inhibiting effects of phytates and polyphenols on iron absorption. Vit. A and beta carotene keep iron in a soluble state in the intestine, preventing iron binding effects of bioflavonoids (polyphenols like green tea, bilberry, cranberry, etc) and phytates from bran. This may help to explain why beta carotene slightly increased the risk of lung cancer among Finnish men.**
- **Alcohol enhances iron absorption eg. a glass of wine or beer before a meal of red meat. If you have iron overload, avoid alcohol.**

Iron Inhibitors:

- **Tea (bioflavonoids found in tea)**
- **EDTA (common food preservative)**
- **Advancing age**
- **Phosphate additives in food**
- **Extracts of bran**
- **Antacids, esp. when taken in large quantities**
- **Copper deficiency**
- **Coffee, tea (when combined with hamburger meal, coffee reduced iron absorption by 39%, tea by 64%)**
- **Tobacco**
- **Phytic acid, carbonates, oxalates impair iron absorption from plant foods, but heme iron from meat is unaffected.**
- **Red wine inhibits iron absorption by about 28% over white wine.**
- **Dairy Products unless Vit. C is taken at same time.**
- **Green Tea inhibits absorption of iron from food but not from food supplements. However regular consumers of green tea did not develop anemia.**
- **Aluminum (antacids)**
- **Bran, soy products, cow's milk and eggs tend to decrease the availability of non-heme iron from plant foods.**
- **Iron chelating drug deferoxamine and activated charcoal together inhibit iron absorption. Deferoxamine taken orally is not a problem, it must be taken by slow infusion through the skin.**
- **If you take magnesium within an hour of iron intake.**
- **Calcium may reduce absorption of iron from both meat and plants, suggest taking calcium at bedtime away from meals that provide iron.**

IF YOU ARE ANEMIC OR HAVE LOW IRON:

1. Avoid drinking coffee, black tea, green tea
2. Avoid tobacco, long term use of aspirin, antacids, alcohol, dairy products.
3. Take iron supplementation: either carbonyl iron (aka Ferronyl) duck, shellfish, wheat bran, soybean, whole wheat bread, oysters green leafy veggies tofu, beans, spinach, onions, artichokes, watermelon, cucumber, tomato.
7. Eat foods rich in vitamin C with your iron rich foods to help absorption: cantaloupe, orange juice, grapefruit juice, bell peppers, strawberries, cabbage, tomato juice, brussel sprouts, sweet potato, cauliflower.
8. Herbs to include: dandelion, meadowsweet, strawberry leaves, yellowdock, irish moss, sheep sorrel
9. Spices to use: anise, mint, cumin, licorice, caraway
10. Vitamin A contributes to the production of red blood cells and helps the release of iron from storage in the liver. Include it daily.
11. Do regular parasite cleansing to eliminate hookworm and other parasites that consume blood.

Iron Overload

Although there is a greater chance that you are iron deficient (anemia) and not iron overloaded, it does happen occasionally that the body has too much iron.

There is a test called the % of Transferritin Saturation which detects and gives a warning sign for iron overload. Dr. Harry Eidinier emphatically states "Iron overload is

often silent, showing no symptoms, and can result in liver cirrhosis, bacterial infections, dementia, arteriosclerosis, diabetes, bronzing of the skin, arthritis, and stroke".

The test multiplies the total serum iron by 100, then divides the result by the Total Iron Binding Capacity. If the number is greater than 50, Iron Overload or hemochromatosis should be ruled out. If the serum ferritin, which is the second most abundant iron bearing protein in the body, is elevated, the chances of iron overload is increased.

If the serum ferritin levels are above 200, an aggressive program can be employed to reduce levels. Excess iron means excess free radical production. You have four channels of elimination: bowels, kidneys, lungs and skin. You want the excess iron to leave via the bowel, so you want to make sure you have nice quick transit times for bowel movements and a high fiber diet will help this.

Other facts about Iron Overload:

Most likely overload occurs if:

* **male over age 18**
* **female has undergone early hysterectomy**
* **postmenopausal female- overload of iron may show as yellow-brown spots in vision.**

- Overload puts you at risk for joint pain, liver damage, cancer, heart disease, diabetes.
- hemachromtosis is a genetic disorder allowing the body to absorb too much iron and is probably more common than a genetic form of the disease. Tribes in Africa cooking in iron kettles experienced early death due to iron overload.
- one of the body's ways of adapting to iron overload is to grow intestinal bacteria and parasites that impair the absorption of iron.
- you may take rice bran extract to remove excessive iron and calcium from a body.
- can also help with diet of fresh juices from dandelion, parsley and watercress
- the liver is known to store iron when it overloads in the blood circulation. In Sweden when food was fortified with iron (1948), there began an increase in liver cancer among the women by 1977, so we know toxic build up takes time.
- for the most part, iron overload is believed to be confined to a small percentage of adults, mostly of European heritage, who have a genetic disease called hemochromatosis, health experts are changing their estimate as to how many adults have the gene for hemochromatosis and it is estimated at 7%.
- there is also evidence of long term consumption of excessive iron in the diet, particularly readily absorbed hemo iron from meat when combined with alcohol, promotes aging and disease.
- areas that consume high amounts of iron from plant matter do not experience iron overload.
- HEART. Evidence suggests that those with higher levels of stored iron are more than twice as likely to have heart attacks. High iron levels exceeded high cholesterol, high blood pressure and diabetes as a risk factor for heart attacks. It is iron's interaction with cholesterol that appears to play the primary role in blood vessel disease.
- ARTHRITIS in hips, knees and wrists are the joints usually affected by iron overload. among those with rheumatoid arthritis, iron has been shown to increase in the synovial joint fluid by 3-8 times. Arthritis affects up to 80% of iron overloaded people and is often the only manifestation of the disease. Arthritis patients may appear anemia, but this is most likely the body's response to the disease, storing as much iron as possible, therefore limiting its availability to make new red blood cells. Anemic patients seem to have a more severe form of arthritis compared to non-anemic patients. Those with rheumatoid arthritis

poorly tolerate oral iron supplements and experience flareups of joint inflammation if given intravenously. Copper and zinc help produce the antioxidant enzyme superoxide dismutase which can reduce joint damage caused by oxidation. Injecting copper into joints has been used to induce remission.

- CANCER. Iron rich liver is a frequent site of new cancer colonies (metastasis). High iron stores increase the risk of disease. Blood donors have significantly lower risk of developing cancer than on-donors.
1988 Cancer Research 48 revealed iron oversupply in cancer patients might enhance tumor growth and adversely affect cancer therapy. Blood transfusion increases risk of cancer because of the iron overload.

The risk of liver cancer increases by 400% if high iron stores in the liver. Anemia is common among cancer patients and as a result iron is often prescribed which feeds any existing tumors. In cancer, slow loss of blood, rather than low iron consumption or absorption may induce anemia. Anemia (low ferritin) and low hemoglobin is the body's way of depriving iron from the tumor cells. In true anemia (lack of red blood cells) related to cancer, the administration of hormone erythropoietin improves about 60% of the cases of cancer related anemia. Cancer does not occur in bloodless iron free tissues.

Iron and saturated fat can work together to promote colon cancer. Iron levels are 10 times greater in feces than other tissues and therefore can expose the colon and rectal tissues to more iron induced oxidation.
Rectal bleeding leads to iron deficiency anemia because of the iron lost in the blood, however feeding iron to the 'anemia' caused by rectal bleeding may add fuel to tumor growth therefore slight anemia would be desirable with cancer.

SARCOMA caused by iron is possible. Mostly found from metal parts introduced into the body, such as with amputees. Sarcoma cells accelerate in an iron rich medium, but growth is also inhibited by iron chelating drugs.

BREAST CANCER. Studies have injected iron into breast tissue and observed the frequency of tumors doubling. Japanese found progesterone helped transport iron away from tumor site. Dietary iron (meat) increased incidence and severity of estrogen-induced tumors.

KIDNEY TUMORS - about 80% of iron circulates in the blood. Kidneys filter blood thus are exposed to the high levels of iron. The higher serum ferritin levels, the larger the tumor. Iron levels help predict recurrence of kidney cancer. The body responds to iron overload with inflammation, infection and disease by binding iron to a storage protein called ferritin. Magnesium has shown to reduce incidence of tumors significantly.

Some guidelines to follow if your iron levels are too high:
- **adhere to a low fat, low iron diet**
- **avoid alcohol consumption**
- **avoid cooking with any iron pots, pans**
- **drink a little tea, coffee with meals**
- **avoid iron in food supplements, as in a multi vitamin/mineral**
- **Eat foods that inhibit iron absorption: foods high in oxalic acid (except spinach), and foods that contain phytates (except wheat). You want to avoid cooking with iron utensils and drink pure water. You will also want to avoid sources of naturally occurring iron such as red meat, organ meats, spinach, soybeans, wheat, corn and leaf lettuce.**

- **increase the minerals that are antagonistic to iron, especially if you find you are deficient in these: Zinc Manganese Molybdenum Copper**
- **eat more of a vegetarian type diet, very little meat and especially no red meat.**
- **you may donate blood**
- **include small amount of chromium in your vitamin regime (200-400mcg is safe)**
- **take Bioflavonoids (they are good metal chelators). You can take capsules, or foods: bilberry, blueberry, grapeseed, pinebark, elderberry, cranberry, green tea.**
- **drink green tea with your foods, it inhibits the absorption of iron (doesn't inhibit absorption from supplements though).**
- **you can take Quercetin, it chelates iron. Milk thistle is also good. they attach to iron and copper ions.**
- **if bowel movements are even slightly sluggish, taking magnesium or bowel tonics usually help.**
- **eat whole brown cooked rice. Rice bran and wheat bran binds to minerals. Don't have foods with vitamin C at the same time (which would improve iron absorption), or fermented foods such as tofu, sauerkraut. This is also called phytic acid, myo-inositol or inositol hexaphosphate IP6. You can also get this as a supplement IP6, or Rice Bran Extract. Don't take if pregnant or breast feeding. If you feel weak after taking phytic acid, you may be anemic. If you have dark black stool after taking phytic acid, it may indicate blood in the digestive tract perhaps from taking aspirin daily or a bleeding ulcer or from tumor.**
- **vitamin E protects iron overloaded liver tissue. Both Vitamin E and Beta carotene protect tissues from destruction during iron overload. Magnesium deficiency also creates iron overload. Vitamin A may also play a role in iron overload in the liver.**
- **do a heavy metal detox, homeopathically.**
- **take a good antioxidant**

Comparison between Anemia and Iron Overload:

Anemia	Iron Overload
Tiredness	Tiredness
Mental fatigue	Physical fatigue
Fainting	Shortness of breath
Breath holding	Heart flutters
Coldness of extremities	Joint pain
Resistant to infections	Frequent infections
Pica	Tattoo-like burst blood vessels
Restless leg syndrome	Heavy leg syndrome
Blue sclera(eyes)	Elevated liver enzymes
Meat craving	Loss of hair (alopecia)
	Symptoms worsen with supplemental iron

Toxicity of Iron:

- **The body is quite efficient holding on to iron, excretion is limited. Hemochromotosis, hereditary disease, result in gradual accumulation of iron in body. It becomes apparent 40-60 yrs old. In 1980 22% of US. adults were using iron supplements. About 10% of patients taking iron supplements experienced iron toxicity and gastro symptoms. They were recommending doing weekly supplementing instead of daily, or using a time released. The trouble with time**

- **released supplements is their failure to breakdown unless sufficient enzymes are present, which can happen in an aging population. Dr. Crosby was the first to use carbonyl iron in food supplements because it has very low toxicity It is very pure and the particles are very fine. These days ionic liquid is also available; it has a very tiny molecular structure.**
- **In 1986-1997 Poison Control Centers in US received reports of more than 110,000 incidents of children under age 6 accidentally swallowing iron tablets. Some were hospitalized; 35 died Death occurred with as little as 200-5850 mg.**
- **There is a potential danger of self medication for iron anemia with iron and iron containing tonics, used a lot by middle aged people.**
- **Iron may cause number of deaths from intestinal and stomach cancers. Iron can cover up symptoms until cancer has grown to inoperable size.**
- **Anemia (lack of iron) can result from bleeding peptic ulcers or other internal bleeding**
- **High levels of iron have been found in the brains of Parkinson's disease patients. It is thought that excess iron leads to increased free radical pathology and accelerated cell death in Parkinson's. Both Vit. C and E as well as the amino acid derivative N-acetyl-cysteine are free radical scavengers and can remove excess iron from the body, as can intravenous chelation therapy.**

Absorption of iron from:

Spinach 2% (spinach is high in iron, also oxalic acid which some say forms a strong chelate with iron so is a poor source of iron)
Carrots 9%
Tomatoes 21%
Orange Juice 24%
Eggs: 2.2% if normal 5.6% if you are iron deficient
Chicken meat: 6.9% if normal; 17% if you are iron deficient

The body controls iron levels very tightly. When diet is fortified with iron and when red meat intake is high, the body limits iron absorption.

INFORMATION ABOUT SALT

Salt is such an important mineral for the body that wars have been waged over acquiring salt. It is a necessary part of our diet. We even put salt licks out in the prairie fields for the cows to lick (and other animals) to help them get their salt intake. The problem is that our fast food industry has saturated the foods with so much salt that it has become an overload problem and is driving blood pressure up and causing stress on the kidneys and adrenals.

However, if you don't have enough salt, your heart can't work properly, your blood pressure drops too low, fluids can't balance correctly, you can have low back pain because the adrenals are not functioning properly. When you have low salt, you usually have high potassium because they work together. If you have too much salt, you usually have low potassium.

People <u>drinking excessive water</u> may be creating a problem. Most people need between 4 and 8 cups of water a day, depending on how watery their diet is, and the type of foods consumed. If you are drinking too much water, and are not sweating to disperse the water, not taking in electrolytes, and not consuming salt, you can end up with a sodium deficiency and may damage the heart.

Addison's disease happens when the adrenal glands (they sit on top of the kidneys), does not produce enough steroid hormones. They may have too little salt in their diet. Symptoms are low blood pressure, weight loss, weakness, gastrointestinal distress (nausea, diarrhea, vomiting, constipation, intestinal pain), and when the adrenals are in crisis you can experience fever, convulsions, hypoglycemia, severe vomiting and diarrhea, and hyponatremia. Many people with Addisons have Vitamin D deficiency. They will also have acidosis. Athletes can lose a lot of salt because of their sweating. One easy thing you can do is to put a pinch of seasalt (without iodine), or himalyan type salt into each cup of water.

Cushings disease is just the opposite of Addison's, it has a high output of adrenal hormones. There is too much salt and they are retaining salt and so they have low potassium, develop belly fat, they can't sleep, can't lose weight, and they have alkalosis (their blood is too alkaline).

Some diets, like the Keto diet, push minerals and electrolytes out of the body, so if you are feeling weak, or muscle weakness, you may need to consume more salt. Try to get 1 tsp of himalyan (or celtic) salt a day in the diet.

People on high carbohydrate diets, tend to have fluid retention.

If you are eating a huge amount of veggies, you also need to be getting enough salt (1 tsp) a day.

Processed foods high in sodium:

Salt/Table salt	**Cured meats (ham, bacon, hotdog, jerky)**
Canned soups	**Packaged seeds, nuts, pretzels, chips,**
Pickled foods	**Canned foods with added salt (eg beans, chili)**
Cheeses	**Sauces (soy, teriyaki, salad dressings)**

Some other healthy foods that have a good amount of sodium:

Seafood (clams, shrimp, crab, anchovies)

Healthy vegetables naturally high in sodium (listed from high to low): Celery, beets, spinach, artichokes, carrots, broccoli, radish, sweet potato, kale, brussel sprouts, spaghetti squash, turnip, collard green, cauliflower, asparagus, parsnip, potato, iceberg lettuce, cabbage, romaine lettuce, okra, tomato, snow peas, snap peas, butternut squash, zucchini, peas, onion, mushroom, cucumber, bell pepper, eggplant, green beans, corn, pumpkin.

Note: If you make your own foods, treats, canned goods etc. You will know how much salt you are getting in your diet. Easy to make soups from scratch, make your own salad dressings and marinades. Avoid packaged and processed foods.

LOW STOMACH ACID:

Having low stomach acid is really common, especially for seniors. To make proper stomach acid you need Vit. B1, Iodine, Zinc, Salt, and Electron Voltage in the organ. The human body is designed to never absorb proteins, only

amino acids; this is the way the immune system works. When we eat protein, the stomach acid breaks it into amino acids which goes downstream and you make your own proteins from that. When we don't have stomach acid we can become allergic to proteins and carbs, never the fats. Drugs that shut down stomach acid will increase the opportunity for allergies.

<u>Here are the causes of Lack of Stomach Acid:</u>

- **Allergic to proteins and carb you are eating**
- **Lose control of absorption of fats**
- **Gallbladder and liver won't dump the stones and congestion from built up toxins**
- **You can't make thyroid, and/or adrenal hormones, and neurochemicals due to lack of tyrosine.**
- **Candida is in the large intestine: undigested proteins are environment for fungus and bacteria.**
- **Zinc deficiency**
- **Phosphorous deficiency**
- **To make proper stomach acid you need Vit. B1, Iodine, Zinc, Salt and Electron voltage.**

IODINE:

You need iodine to keep the body healthy. In Alberta, there is almost no iodine in our soil, and in the rest of North America the farming practices have left no iodine in the soil. We understand that there is still some iodine in the soil of India and Chile. Most of our food grade iodine that we can obtain comes from the sea (eg. kelp, dulse). Every organ that secretes something needs large amounts of Iodine to excrete from the cell. The Thyroid has the highest concentration but it is also needed by the Salivary glands, the cerebrospinal fluid and brain, the intestinal mucosa, the choroid plexus, the breasts (fibrocystic breasts), ovaries, vagina/uterus, prostate, ciliary body of the eye, nose/sinuses/mouth; substantia nigra of the brain, conjunctiva of the eye, to make stomach acid and make digestive enzymes in the pancreas, the liver/gall, skin, bone marrow, pancreas, adrenals, kidneys and lungs. So you can see how important iodine is for our body.

Iodine kills all single celled organisms like viruses, bacteria, fungi, even protozoa parasites. And apparently those bugs can't become resistant like you experience with medical antibiotics. Wherever you find a cyst, it is almost always due to iodine deficiency. Dr. Jean Lugol was a Paris physician and in 1829 discovered that iodine dissolves in alcohol, but in water it needs potassium iodide to help it dissolve, and this became the basis for his famous 'Lugoil's Solution'. Iodine is a bactericide even at dilutions of 1/170,000. The reason you can't get this from a health food store anymore is because the drug dealers are using it to make 'meth' so there are restrictions on the sale and records must be kept, therefore pharmacies just dropped it from their inventory because it was too much trouble.

Iodine deficiency causes intellectual impairment. Japan has the highest intake per capita of iodine (eating a lot of seaweed), and has the lowest incidence of most cancers. Careful, eating a lot of nitrates in processed meats inactivates the iodine in the stomach.

Iodine is the immune system's first line of defence - however if microorganisms get past the iodine, they are engulfed by our white blood cells that make hydrogen peroxide to kill them which is the second line of defence (that hydrogen peroxide is made from vitamin C). If you consume adequate amounts of iodine, your body will put 30 times as much in the parts of the body exposed to the outside world as there is in the blood so you can be surrounded in a shield of iodine to keep the 'bugs' out.

Fetal iodine is five times the level in the mother so low iodine in the mother can lead to miscarriage, birth defects, failure to thrive, mental retardation etc.

VITAMIN C and BIOFLAVONOIDS:

Humans, guinea pigs and primates are the only animal species on our planet that can't make their own Vitamin C. Guinea pigs and primates eat a diet fresh fruits and vegetables. Unfortunately, unless you live in the tropics and have access to fresh fruit and vegetables, we don't have that luxury. Most of our food is a week old by the time we buy it in the stores and Vitamin C depreciates quickly once it is picked. Linus Pauling stated that it was a lack of vitamin C that was causing heart attacks - and that it was actually a form of scurvy! We have found over the last 70 years that having an adequate amount of Vitamin C in the diet to be of utmost importance to maintain good health. As said before, our foods have become a poor source of Vitamin C - once a fruit or vegetable is picked, it loses 70% of its vitamin C within an hour of picking. Taking 2,000mg of Vitamin C with breakfast and again at the evening meal should give you the protection you need. If you take Bioflavonoids with the Vitamin C, it assimilates easier.

What are Bioflavonoids? Vitamin C is extracted from the juice of the fruit, and the bioflavonoids come from the pulp and rinds. Bioflavonoids are just as important as the vitamin C and in our past history we ate the rinds as well as the inside of the fruit. These days, with all the spraying of our fruit, we tend not to want to eat the skins. Here are some bioflavonoids that may come bundled with your vitamin C supplement (if not, you may want to take a bioflavonoid supplement in addition to the vitamin C supplement):

Rutin, Quercetin, Hesperidin, Curcumin, Ellagic acid.

Foods that contain large amounts of bioflavonoids: green tea, wine, chocolate, fruits and vegetables (especially onions, broccoli, asparagus, tomatoes), buckwheat, flaxseed, some beans. Often the more colourful the fruit or vegetable indicates higher amounts of bioflavonoids.

Quercetin bioflavonoid has received a lot of attention during the coronavirus outbreak. Research from Europe has shown it is abundant in red onions, capers, radishes, dill, green fennel leaves, oregano, green sorrel, green kale, white onions, pollen, and chokeberry. This bioflavonoid acts as a specific inhibitor of the Sars-CoV-2 coronavirus, destabilizing a key protein enabling the pathogen to multiply.

DIETING AND WEIGHT LOSS

Do diets work? Yes they do, for some people. The problem is that everyone tries to squeeze into a diet that sounds good, but it might not be the right diet for that person. That's where testing your foods etc. will help determine the best foods for you to eat. The other problem with diets is that they often work for a short time, but are so restrictive that you get cravings and fed up. Other times you hit a plateau and stop losing weight.

We do know that if you have a candida (fungus) overgrowth, it will be difficult to lose weight. This can happen with a bad diet of denatured foods and sugars; from taking antibiotics, from taking birth control pills, and from certain medical drugs. You need to correct the diet and cleanse the overgrowth of candida before you can expect to be successful with your weight loss.

If you have a low functioning thyroid, the metabolism will slow down. We can test your thyroid with one of our devices, but you might already know that your thyroid is low and are taking synthroid (#2 selling drug in the world), or dessicated thyroid to help. Unfortunately this does not heal the thyroid, just provides what you need to survive. See our information about the thyroid to know how to help it get back to normal.

BY-PASS SURGERY AND DRUGS

If you are over 300 pounds, you may want to consider having by-pass surgery done or take some of the new drugs available like Ozempic, Mounjaro, Wegovy, Zepbound. These are drastic measures and puts the body under much stress, but if you are severely overweight, you obviously have not been able to diet or change, so perhaps drastic measures need to be taken. All of these have side effects but the weight loss is very quick. With surgery comes potential infections, and some long lasting side effects but it certainly works and it is a one shot deal, don't have to keep repeating any procedure.

Many these days are turning to the drugs mentioned because they don't need to go into the hospital for surgery and it is also very fast acting. The cost of the drugs are a bit high, but you won't be eating much food so will save money there. Common side effects are nausea, vomiting, diarrhea, belly pain, constipation. Ozempic and Mounjaro are the most popular and they were first designed to treat type 2 diabetes. Not recommended if pregnant obviously. They kill the appetite, makes you feel full. They are taken by injection and can cost about $1000 a month (in 2025). You will need to see your medical doctor for this. Some people start with Ozempic, then later switch to Mounjaro which they feel gives them less nausea.

What people are hoping for is that by eating less while on the drug, they will establish healthier eating habits. There is a problem of returning to overeating once you stop taking the drug. Not sure about long term side effects.

When you haven't eaten much for a long time, your nutritional levels will plummet, and therefore when you stop the medication, you will feel extremely hungry in the body's attempt to gain back some of the nutrition it is lacking. Make sure therefore when you are dieting, or doing the injections, that you take lots and lots of vitamins and minerals so you are not depleted and feeling starved when you stop the treatment.

EATING 'FAKE' FOODS

Insulin Index Scale reveals to us that it is much healthier to eat a whole food than extractions. Better to eat a whole egg than just the egg whites. Better to eat a whole orange than just drinking orange juice (you don't get the same insulin spikes). Fat has very little effect on insulin but lean, low fat protein like whey protein, is very high. Read labels and avoid chemicals in foods. A lot of gluten free foods contain large amounts of salt and sugar and unhealthy carbs. Weight loss products often have hidden sugars, soy protein isolates, maltodextrin. If you are going to eat any carbs, make sure they are really superior foods like beans, legumes, and whole grains.

TYPES OF DIETS - OR LIFESTYLE EATING HABITS

So there is the Keto Diet, Paleo Diet, Plant Based diet, Raw food diet, Water or Juice Fasting, Low calorie diet, Cabbage Soup diet, Fruit diet, Dr. Atkins diet, Master Cleanse Diet, Weight Watchers Diet, Mediterranean Diet, Vegetarian or Vegan diet, Flexitarian Diet, Jenny Craig Diet, Asian Diet, Anti-Inflammatory diet, Glycemic Index Diet, South Beach Diet, Nutrisystem Diet, Zone diet, Anti-Lectin diet; Macrobiotic Diet, SlimFast Diet, Alkaline diet; Mucusless diet; Gerson Diet; Hoxsey Diet.....if you followed them all, there would be nothing left to eat! Some don't want you to eat carbohydrates, some are no protein, some are all protein, some no fat, some lots of fat, some are just salads and veggies, some are just soup, some are avoiding legumes, avoiding starches of any kind ----and on and on.

We like diets that also heal. Any type of fasting has the potential to heal and detox cells. The raw food diet has good cleansing action. But how long can you do fasting, or eat raw foods? Especially here in Canada where it is cold in the winter. Fasting is an art form and it is wonderful when you do it right.

For a long term eating program, the Mediterranean Diet always wins the race. It has balanced all food groups, but not huge in any one particular food. Those who compare diets, always end up saying this is the best one for health. However, that doesn't mean you can't do other diets short term, or if you have a medical condition and must adhere to a special diet, eg. If you are on dialysis you will be restricting all foods high in potassium or salt.

WATER and JUICE FASTING

Hanna Kroeger felt that we were too toxic these days to do water fasting and that it could hurt us. Of course a few days on any diet should be o.k. but not long term. When you do this type of fasting, you need to also do several enemas a day because the last foods you ate will be sitting and rotting in the colon.

The Master Cleanse diet is similar. Good for a short term, such as a week.

Paavo Airola in the last century came up with a fast to heal arthritis and covered it in his book "There is a Cure for Arthritis" - still available through Amazon and used book stores.

After 3 days fasting, you loose your appetite and so it is not very difficult. If you get dizzy or nauseous, you can just take diluted fruit juice or broth. The hard part of these diets is when you stop. You are suppose to gradually reintroduce foods back into the diet, starting with some vegetable. But when you reintroduce foods, everything kicks back in and you are super hungry, almost impossible to eat just a few mouthfuls. If you did give in to urges and eat something heavy like meat, you will probably vomit it up.

LOW CALORIE DIETS

This has been the mainstay of dieting for the last 100 years or so. The idea is to keep the calories at about 1,000 calories a day to lose weight. Jennie Craig and Weight Watchers use this formula. Many have been successful but it is a long term diet to really have the weight stabilized where you want it and there are times when you plateau and don't seem to lose weight for a while. When this happens, skip a meal or two, or three, and usually everything will kick back in.

COMBINE LOW CALORIE AND LOW CARB

Perhaps a good solution is to do both low calorie and low carbohydrate eating at the same time. There are many foods that fit into both categories. One food that comes to mind is the "Miracle Noodles" made from japanese vegetable, virtually almost no calories or carbs and you can use it in a pasta salad or spaghetti, or in soups. Another thing would be to make your own jello as the Chinese do: mix a packet of unflavoured gelatin in a cup of rice milk or almond milk or oatmilk, sweeten with stevia if you like, and add a couple of drops of almond extract; warm it up to dissolve the gelatin and refrigerate it for a couple of hours.

RAW FOOD DIET - weight loss and cleansing

This is great to do for a month in the summer when all the fresh veggies are available. But you still need to get some protein in the diet. We suggest you eat a little raw milk cheese ('Lancetre') which is available in Nutters, and Ezekiel bread - find in the freezer section of health food stores. That bread is considered raw because it is baked at such a low temperature, the enzymes are not destroyed. If you drink fruit juice as in a smoothie, you have to juice your own because canned and packaged juices have to be heated to kill bacteria therefore are not considered raw. You could have a smoothie for breakfast, even with a raw egg in it, a salad for lunch, and a sandwich for supper with homemade mayonnaise, vegetables and raw cheese. You can make salad dressings from extra virgin olive oil, herbs, and a little lemon or lime juice. This gives the body a good chance to heal, taking the pressure off from eating regular meals. Because it is so high in enzymes, it can eat up a lot of garbage the body harbours.

KETO, PALEO and LOW CARB/HIGH PROTEIN DIETS

These diets can work very well for many people. However we see those that have been on these diets for a long time, coming into our office looking and feeling very sickly with circles under the eyes, skin pale, eyes dull, tired. What happened?

The first of these diets was coined by Dr. Atkins who wanted zero carbs and you could eat all the meat and fat you wanted. It was great - no hunger ever because protein and fat is very satisfying and stays with you a long time. However most of these people were very constipated because there was no fiber in the diet and they were becoming toxic. In addition, eating a lot of animal meat and fat is very hard on the kidneys and when a few people died because of kidney failure, Dr. Atkins found himself in court. Also a high fat diet, even eating the good healthy fats, can be problematic for the liver. If the liver is in good shape, it can handle it, but if not, it will start over-producing cholesterol. So if your liver or kidneys are in poor condition, this is not the best diet for you. And although there is plenty protein and fat in the diet, it is critically low in other nutrition that you need.

If you have a craving for chocolate (and you are not sensitive to chocolate), there are chocolate bars for sale (eg. Lily chocolate bars, Russel Stover has lots also) that are sweetened with stevia and/or malitol. Once you introduce sugar into the diet, you generally start to have cravings so stick with stevia, or erythritol.

INTERMITTENT FASTING - weight loss and cleansing

This is the newest method of eating in a scientific way to capitalize on the body's ability to heal itself as well as lose weight. When you stop eating (fast) for at least 13 hours, the body starts to do what it was designed to do, it feeds off the disease tissue, and the fat tissue. There are lots of videos on youtube covering this subject. Dr. Mindy Pelz, and Dr. Dan Pompa have lots of good information. Often they combine the Keto diet with Intermittent Fasting but it is not necessary if Keto doesn't work for you.

This way of eating can be a permanent solution, not like juice or water fasting which is usually only done for a short term. Skipping one or two meals a day is a different way of eating, but you are not starving. You eat a good meal once a day. You do not eat for 2-3 hours before bedtime.

The first few days of any diet change or fast, is the most difficult but after that the body settles into a routine and gets to work on what it was designed to do. Do not eat if you are not hungry. When are you naturally hungry? Most people aren't hungry when they first wake up in the morning. It was Kellogg's that coined the phrase "breakfast is the most important meal of the day".

If you only eat one meal a day, make sure you get the nutrition in that meal that you need including healthy fat/oils. You need to include high potassium foods such as beet tops, chard, cabbage, brussel sprouts, spinach, tomatoes, avocados, asparagus, bok choy, lamb, tuna, beef liver, pumpkin seeds, almonds, eggs. They recommend that if you are prone to oxalic type kidney stones avoid kale and spinach and other foods high in isolates.

When doing the intermittent fasting, we have heard that changing the pattern of eating and fasting is beneficial. Sometimes do 13 hours between meals, or do 18 hr or 24 hr. or take a day occasionally to not fast for a day (perhaps eat 3 meals for the day but make them healthy like raw foods, or some protein meal. If you are eating almost no carbs, then every 4 days or so then have a carb day which they call a 'feast' day. If you eat some carbs daily, then every few days do without carbs completely.

If you want to stop the fasting, eat something fatty first so you don't get ravenously hungry. Add some oil to your smoothie or eat an avocado or have some nut butter or regular butter. Other things to help are bone broth, juices.

If you get bloating it indicates bacterial die off. If you find you are light headed, eat just enough to curb the symptom - perhaps drink some bone broth, or have some salad. Don't forget to have healthy salt in the diet - not a lot, but you need some.

You cannot be constipated when dieting or fasting. Do castor oil packs, or herbs, drink lots of water.

Why do you stop losing weight after a while on diets? Doing the same thing over and over again, and the metabolism slows its progression, the body gets stuck. We are programmed for homeostasis and therefore the body will adjust as needed to maintain the statis quo. By varying the diet, you keep everything on edge and functioning. So if you are fasting every 24 hr, try doing 13 hr for a change, or 36 hr. Enjoy a feast day, eat carbs and/or protein or whatever you are missing, and then start again which resets the metabolism. If you are exercising don't do long bouts of hard exercise, better to do 45 seconds vigorous exercise, then rest for 15 seconds, then start again for 45 seconds, then rest 15 seconds etc.

THE MEDITERRANEAN DIET- ANTI-INFLAMMATORY DIET

Here is the ANTI-INFLAMMATORY diet obtained from the Parcelus Clinic in Switzerland. It has its roots in the Mediterranean Diet. Latest information says it is our cellular toxicity, systemic toxicity that causes inflammation and drives many of our diseases. This diet has no chemicals, sugars, processed foods, heavy meats and even the chicken and fish should be in small quantities. This is a balanced type diet, a little of everything, a lot of nothing in particular. It does allow gluten free breads and we have found making breads with Red Fife Flour and Einkorn flour which are ancient grains from many thousands of years ago, originating in Turkey - these are perfect whole grain breads and you can use these if you can tolerate gluten (eg. not for celiacs). You grind the kernels in a blender or mill and make bread the old fashioned way. Bread is an important part of the European diet even today. It encourages using goat cheese instead of regular cheese. Raw milk (eg. Lancetre cheese from Quebec) cheese would be a close second choice.

- **Chicken twice a week (organic is definitely best)**
- **Tuna or Salmon 1-2 times a week**
- **All veggies cooked or raw**
- **Fruit: avoid acid fruits, eat very limited amounts of other fruits**

- **No gluten (wheat, oats, rye, barley, spelt, kamut). Instead you may have: rices, buckwheat, quinoa, amaranth, teff, lentils, dried peas and beans, corn.**
- **Limited amounts of almonds (no hazelnuts or walnuts). No peanuts**
- **3-4 chicken eggs (range free) a week**
- **No beef, pork, lamb, or any other red meat**
- **No coffee or black tea if you have inflammation**
- **No cows milk or cheese made from cow but you can have goat milk and goat cheese**
- **No sugar (white or brown), corn syrup, or synthetic alternatives. Honey and stevia are fine. Erythritol is usually well tolerated as is brown rice syrup and coconut sugar.**
- **For oils and spreads - use flaxseed oil, extra virgin olive oil, coconut oil, avocado oil (no margarine). See the oils that you tested the best to use.**

DETOXING AT CELLULAR LEVEL

All these diets help to clean up the body. Just stopping the abuse of eating chemicalized foods, putting poisons in our body etc will be a great help. Many of us have deep stored toxins a lifetime of abuse like mercury stored in the brain cells from dental fillings; lead and aluminum that also likes to store in cells. We can use our vibropathic and homeopathic formulas to help this greatly, and as well there are special products on the market to help with detoxing these 'heavy metals'. The first step is to stop the abuse. No more silver fillings in the teeth, no more chemicalized foods, fast foods. What about going out to eat? There are plenty of restaurants that make good healthy foods, start to learn what they are.

BEST OILS

Avoid all cooked <u>vegetable</u> and seed oils. That includes Canola oil, corn oil, soybean oil, cottonseed oil, safflower oil, peanut oil, sunflower oil, grapeseed oil, fish oil, rice bran oil. Safflower and Sunflower oils are fine as long as they are organic and cold pressed but should not be heated. Latest studies say eating cooked vegetable oils is worse than smoking. They also say to avoid fish oils; most fish oils are rancid before you consume it, You need very little fish oil so instead eat wild caught salmon.

The latest stats say here are the fats you want to eat: Olive oil, avocado oil, Grass fed butter or Ghee, Coconut oil, MCT oil, Lard. When cooking with oils: coconut oil has least oxidation; but extra virgin organic olive oil has the most anti-oxidants. Polar compounds are what is produced after heating, which can cause inflammation, leading to cancer and the worst is grapeseed oil, then canola, rice bran and then sunflower, and finally peanut oil. Studies say the best oil overall was extra virgin olive oil, then coconut oil, and then avocado oil. Oils of course are always best raw but there are times when you need to cook oils. So if you need to use oils to cook foods, use extra virgin olive oil, coconut oil, and avocado oil and keep the temperature as low as possible.

What about deep frying? Absolutely not. If you want to make fries or deep fried foods – get an airfryer, they are cheap and much healthier.

DETOXING MERCURY

Dr. Dan Pompa is a professional at detoxing. Mercury was passed from his mother to him as a baby, then he received amalgam fillings. Also, before the 1990's people were using drops with contact lenses that contain thermisol (mercury), and of course the vaccines contained thermisol. So he was really overloaded. When he became very ill, he tried regular detoxing methods which made him worse and he tells us that removing mercury from the brain is a slow process that takes years, not months. Saunas, cilantro, chlorella are weak chelators and rarely cause problems. DMSA, DMPS, EDTA are more powerful chelators but can redistribute your toxins and so you need to take small doses every so many hours to help this.

FOOD THERAPY

NOTES REGARDING NUTRIENT ABSORPTION:

We are finding many people are taking a lot of supplements, perhaps even eating good foods, but still not absorbing their nutrients. Investigation shows many reasons why this might happen:

- **The soil that was used to grow the food was depleted of vitamins and minerals.**
- **The food was cooked which destroys Vitamin C, Folic acid, B1, B2, B5, Vitamin A, all enzymes.**
- **The food was over processed, removing nutrients eg. white flour, white rice.**
- **The food was stored too long before it was consumed. Vitamins and minerals in vegetables start to decline within 20 minutes after picking. It can be days to weeks old before it is on your plate.**
- **The food was frozen or canned which compromises the nutritional content.**
- **Your digestive tract has been damaged from poor eating habits over many years and now functions poorly.**
- **Candida Albicans yeast overgrowth and other fungi have compromised your digestive tract, inhibiting the uptake of nutrients into the system. You may have taken antibiotics (even once in your lifetime can have a lifelong effect). Birth Control pills and some medical drugs may also promote the overgrowth of Candida.**
- **Parasites can inhibit the uptake of nutrients.**
- **There are not enough digestive enzymes present to break the foods down for absorption.**
- **Eating too fast, which does not allowing for the proper integration of food into the system.**
- **Emotional stresses, which may lead to difficulty processing foods. Often the stomach will shut down when you are emotionally stressed.**

Although we are not in favour of taking handfuls of supplements, until our food sources and digestive tracts are in better order, we don't have much choice.

BEST FOODS (POWER FOODS) TO EAT

Whole Grains	**Flaxseed oil**	**Apple Cider Vinegar**
Organic Eggs	**Garlic**	**Oatmeal**
Raw sunflower seeds	**Avocados**	**Miso**
Raw pumpkin seeds	**Bee pollen**	**Beans**
Raw almonds	**Peas**	**Onions**
Millet	**Fish, Seafood**	**Brown Rice**
Lentils	**Honey** (if you can tolerate)	**Bulghur Wheat**
Tahini	**Tamari (natural soy)**	**Dried fruits**
Alfalfa sprouts	**Maple Syrup** (if you can tolerate)	**Stevia (sub subt.)**
All vegetables	**Braag (natural soy tasting/amino acids)**	
Algaes: Chlorella, Spirulina	**Natural jams/jellies**	

Sea veggies: dulse, kelp, wakame
Grasses: Barley green, wheat grass
Mushrooms: lion's mane, reishi, chaga, shitake, maitake, cordyceps, turkey tail etc.

If you tested against any of the above foods, leave them out of the diet for the time. 60% or more of the diet should be raw. If you have trouble digesting raw foods you should work up to this type of diet slowly by adding raw foods in the form of juicing and increasing your intake of raw and fresh foods slowly.

EATING RAW FOODS:

It is important to realize that most of the foods we are eating have been cooked, they are dead, no life, no enzymes. That doesn't mean there are no vitamins or minerals, but the life force has been destroyed. In order to maintain a healthy body, you need to take in food that contains LIGHT or LIFE FORCE ENERGY. Seeds, Nuts, Raw Vegetables, Raw Honey, Fruits, Natural Raw Eggs - these all contain wonderful energy that can help the body heal. Unfortunately there are a few people whose digestive systems have been so compromised that they can no longer eat raw foods.

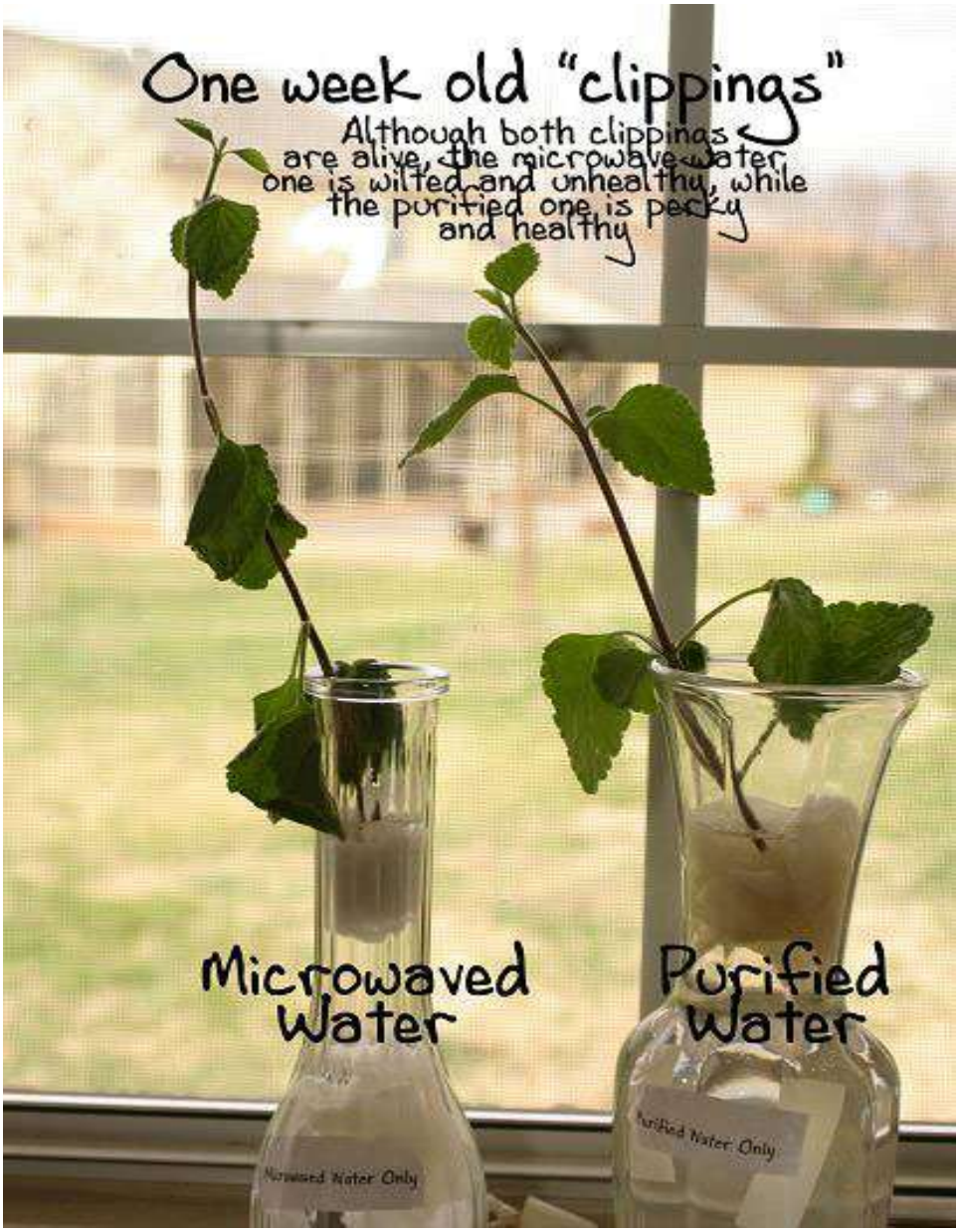
If you can't eat much raw foods, at least eat something raw with each meal so you have some enzymes present. That might be a slice of tomato or cucumber, or some lettuce.

FOODS THAT CAUSE ILLNESS:

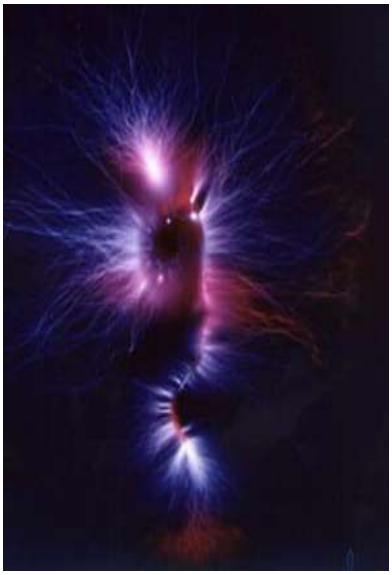
- **Foods that are bottled, refined, canned, salted, frozen, preserved, smoked, sulphured**
- **Alcohol, candy, cake, chocolate, cocoa**
- **Any food that you are allergic or sensitive to**
- **Beverages, except pure water and fruit juices**
- **Bicarbonate of soda in food**
- **Coffee (including instant and decaffeinated - the acids & oils build up in the body)**
- **Dairy products (pasteurized/homogenized milk, cream, cheese, butter)**
- **Drinking water from tap or well**
- **Fat and oil (do not cook with any oils or fats, however do have cold pressed oils raw on salads)**
- **Farmed fish, shellfish living close to civilization (deep sea fish are safer - salmon, arctic char). In Alberta the Fish & Wildlife have told all adult Albertans to only eat fish from Alberta waters a maximum of once a week, and not at all for children.**
- **Fluorine and/or sugar in toothpaste, gargles**
- **Hair dye and permanents that contain chemicals. There are healthier alternatives in health food stores.**
- **Ice cream**
- **Meats (beef, chicken, pork, deer, rabbit, lamb). Only a healthy body can processed meat in small quantities.**

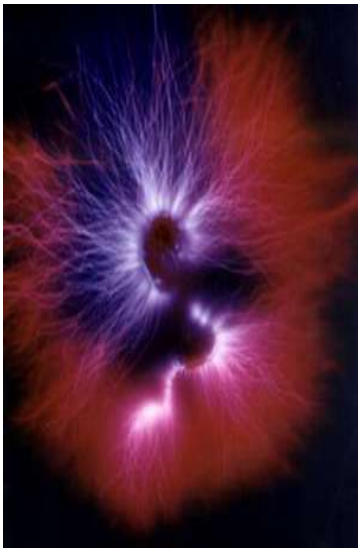
- **Salt and all substitutes (use powdered dulse, kelp, seasalt in moderation)**
- **Soy bean commercialized fake meat products**
- **Sugar (white or brown sugar and any products made with them)**
- **White flour, white rice**

Should we microwave our food?



What about organic vs. Non-organic? This is a no-brainer but not to the big businesses that make big money from our poor health.





Life force - Non organic sprout **Life force - Organic Sprout**

AVOID:

- **Avoid microwaving, sitting close to t.v., computers for long periods of time (1 hr if unprotected)**
- **Avoid long term use of magnetics and magnetic beds**
- **Avoid anything processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive.**
- **Eating 3 hours before going to bed. Avoid overeating. Chew food well.**
- **White sugar. Sugar cane is heated in processing with a lime liquor to extract the calcium and the sweet liquid from the plant. This process destroys all the vitamins. Lime, carbon dioxide, sulfur dioxide, calcium hydroxide and sodium carbonate are all then added and the mass is then treated with strontium hydroxide and sent to the sugar refinery, there to be cleansed with calcium carbonic acid. Dark particles are removed with sulphuric acid and bone charcoal filtration. The final product is dyed with indanthreme blue or toxic ultramarine. Sugar is a drug, not a food, and it is very addictive. It's molecular constitution is very similar to cocaine. Brown sugar is white sugar with some molasses added.**
- **Use rice syrup, honey, blackstrap molasses, pure maple syrup, or stevia to sweeten foods.**
- **A. Pop. This is not food. Read the labels, it only contains chemicals.**
- **B. Diet pop. J. Cohen performed an experiment with diet pop containing NutraSweet which is also known as aspartame. Cans of diet coke were tested, some from the fridge, some left at room temperature, some put into an incubator. Formaldehyde was found in the tests, with the highest levels being in that left at room temperature which is where it is on the shelf of the store when you buy it.**

- **Drink pure water, herbal teas, and limited amounts of fruit juices as alternatives.**
- **Coffee. Even decaffeinated. The acids and oils build up in your body and many feel cancers can be created from enough build up. It raises your blood pressure. The acids make the blood slightly lumpy and it is thought to be a cause of strokes, tumors. It pulls your electrolytes down for 6 hours after consuming coffee. The caffeine is also of concern because it is a drug to the system. Regular tea contains about half the caffeine that coffee does. Medicinally it has great benefits, but as a beverage to enjoy, keep it very limited.**
- **Chocolate. Chocolate, cocoa and foods flavored with these substances from the cocoa bean are usually prepared with large amounts of sugar that add carbohydrates to the diet while adding no significant amounts of vitamins and minerals. Chocolate and cocoa contain two stimulants: caffeine and theobromine (found in chocolate and cocoa), which speed up the heartbeat and stimulate the central nervous system. Chocolate also contains oxalic acid, an excess of which could interfere with calcium absorption. Cocoa is lower in fat than chocolate and therefore will keep for a longer period of time. It is slightly higher in nutritive value than chocolate.**
  The chocolate in North America is poorer quality than that of Europe because it usually contains paraffin (wax) and other additives. They now say dark chocolate is high in antioxidants - the problem is you have to eat way too much of it for it to be beneficial. It is very hard on the system, very addictive for many people. Did you know that chocolate is poisonous to dogs!
- **Milk. Our milk is no longer a good food. It is laced with formaldehyde and is no longer pure and wholesome. If you can get organic milk, it is much safer but use this sparingly, it still is devoid of enzymes, it is not raw. Raw milk has its challenges. At one time everyone drank raw milk but some farms were not very clean and the milk was contaminated – all the milk ended up in the same processing plant for the general public, and people were dying from the bacteria so rather than force the farms to impliment cleaner methods, it was easier and safer just to heat the milk to kill off any bacteria (which also killed off the healthy enzymes), and then they added preservatives to extend the shelf life (formaldehyde). Commercial milk no longer sours, it just rots! Milk is the number one allergy in the world! It can cause sinus problems, diarrhea, constipation and fatigue, it is the leading cause of chronic ear infections under the age of six. Milk allergies are also linked to behaviour problems in children and a rise in asthma. There is growing evidence links milk to childhood diabetes. Switch to rice milk or soy milk (read labels to get a healthy type that does not contain additives, sugars or oils).**
- **White Rice and White Flour. Why eat something denatured when you can get something that is nutritious and wholesome. Both of these are stripped of the B vitamins and bleached, even after washing traces of borax are found. Both cause bowel problems. They make good glue and wallpaper paste! Switch to whole grain flours and brown rice, wild rice, basmati rice.**
- **Margarine. This is referred to as industrial edible plastic butter. It has been listed as dangerous by nutritionists everywhere.**

HEALTHY FOOD SUBSTITUTIONS

Even small healthier substitutions in your daily life can make a difference to your health and how you heal. Here's a list to help you use healthier products:

Instead of:	Use:
Milk	Soy Milk, or Rice Milk, or Almond Milk, or Hemp Milk (read the labels to make sure ingredients are clean and pure)
Coffee	Herbal teas, Coffee Substitutes such as Caf-Lib, or Karakas
White or Brown Sugar	Honey, Maple Syrup, Stevia, Agave Syrup, Brown Rice Syrup, Glycerine
White Flour	Whole wheat flour, whole rye flour, spelt flour, kamut flour, Bean Flour etc. Especially get Red Fife, or Einkorn, or Emmer flours that are the ancient grains, still grown here and loaded with nutrients.
Commercial Breads	Get Ezekiel breads from health food stores, no additives so they are kept in the freezer section. Manna bread is very good, but hard to find in small cities. Both of these breads are considered raw because they are baked very low temperatures to preserve their enzymes.
Gluten free	Most of the desserts are loaded with sugars, so make your own. If you need to buy gluten free bread, get the type that uses more brown rice flour, bean flours, sorghum, and lean away from the flours like white rice flour, cornstarch, tapioca starch, potato starch.
White Rice	Brown Rice, Wild Rice, Basmati Rice
Head or Iceberg Lettuce	Leaf lettuce or romaine (darker green is better)
Soda Crackers	Whole grain crackers, gluten free crackers
Breakfast cereals	Read the labels to avoid sugars and chemicals. Look at Shredded wheat, Grape Nut Flakes, Homemade granola, Cream of Wheat, Brown rice crispies, Oatmeal, lots of choices of organic whole grain types in stores now.
Ice Cream	Use rice or soy milk, almond milk, coconut milk, naturally sweetened.
Tap water	Bottled purified or distilled water (best is glacier water). If you drink distilled or reverse osmosis, take extra minerals to supplement.
White vinegar	Apple cider vinegar, Balsamic Vinegar
Commercial salad dressings	Homemade dressing: 3 or 4 parts cold pressed oil, 1 part lemon juice or apple cider vinegar.
Table Syrup	Pure Maple Syrup
Table Salt	Sea salt or blend of seasalt with kelp/dulse powders, Himalyan or Celtic
Margarine	Although Becel is reported as the safest, if you are not sensitive to dairy, use a little butter, or even better, drizzle cold pressed oils on the bread instead of butter.
Oils	Try not to cook with oils. Use cold pressed oils for salads and veggies. The safest oil to cook with (at low temperatures) is olive oil, coconut oil and avocado oil. Animal oils cook well but are high in saturated fat so limit their usage.
Chocolate	Nothing is a good substitute. Cocoa is close, very similar in taste. Carob is a good choice if you like the taste.
Pop	Fruit juice, pure water, ice herbal teas. If you really like a carbonated drink use the Knudsen Spritzers which are

	carbonated fruit juice with no sugar or chemicals added.
Deodorant	**Use deodorant stones (also come in sprays).**
Toothpaste	**Lots of alternative toothpastes that don't have fluoride. Baking soda and salt together works (tastes a little rough). If you want to protect your gums against infections, gingivitis etc., add a drop of tea tree oil, or myrrh oil, or oil of oregano once a day to your toothpaste before you brush.**
Mouthwash	**Use a few drops of 3% food grade hydrogen peroxide in 1/4 cup water or 2 drops peppermint oil in water as a mouthwash. Check out the health food stores. Regular mouthwash kills off the nitric acid development at the back of the tongue.**
Skin care	**Use creams, lotions, soaps that are natural without chemicals. The skin absorbs whatever is put on it which is why the nicotine and estrogen patches work so well. Use a shower head that takes chlorine out of the water when you shower.**
Laundry	**Switch to a healthy brand of laundry soap that won't irritate your skin.**
Tap Water for bathing	**Suggest a shower head to remove chlorine if you do not have a filtration system for your dwelling.**

It looks a bit overwhelming at first, but within a few weeks of shopping for healthy products, you will get into the habit and it will be easy. People think it will cost them a lot more money but in fact you are conscious of what goes into your body and spend a lot less on dangerous items that you don't need.

THE IMPORTANCE OF FATS & OILS

Dr. Jerry Tennant gives us some good information regarding the importance of fats. He tells us that every cell is designed to run at about a negative 20-25 millivolts. When cells need to repair themselves, the voltage is increased to 50 millivolts. This is controlled by the cell membrane/peripheral cytoskeleton resonating circuit. Since the electrons necessary to allow this to happen are stored in the fat of the cell membrane, the fat is critical to the cell being able to do its work and to repair itself. Without an adequate amount of GOOD fat, the cell membranes can't function and thus the cell can't function.

Cells also replace themselves frequently. If you don't give the cell new building materials, including adequate amounts of good fat, it will have to make new cells with materials from the worn-out cell it is replacing. Building new things using worn-out parts creates a new thing that doesn't work much better than the old one did. Therefore, cell membranes must be made with good phospholipids (fats) for them to work. Making them with plastic fats prevents the process from working correctly. Since all of t he brain and nervous system, the liver, and every cell membrane are made of fat, you must eat lots of GOOD fat to keep making good cells. A normal person is about 20-25% fat. Dr. Tennant tells us that you need to eat about 20-25% of your normal body weight in fat every 8 months because your body completely replaces itself every 8 months.

In the 1920s food merchants were concerned about the amount of money being lost due to spoilage. They looked to ways to keep food from spoiling and found if they put certain chemicals (like nitrates) into the food, it was less likely to spoil. However, those chemicals preserve cells in your body as well as the food, so they stop working.

Cells that don't work are what we call 'disease'. A baker friend of mine said that he can get 'natural' flour to make bread for his bakery and the shelf life is 10 years! We know there must be some sort of chemistry involved in that.

Food manufacturers also found that if they cooked fats about 350 degrees Fahrenheit for about 5 hours, the fats turned into something similar to plastic. Fats processed in this way are called 'partially hydrogenated fats' or 'trans fats' or 'plastic fats'. If you looked into the average kitchen, you will find about 40% of the products in the pantry contain 'partially hydrogenated fats'. Tennant tells us when you eat these plastic fats, your cell membranes also become plastic; like wrapping a cell in cellophane, unable to send out signals that it is hungry. The body sends glucose and insulin to the cell, but they can't get through, so the body continues to send insulin and glucose. Soon the cell is surrounded by insulin and glucose, but the cell is still hungry. This is known as insulin resistance and type 2 diabetes. The cell membrane becomes so saturated with glucose, it begins to off-load it into fat cells. Eating fat does not make you fatter, but people who continue to eat plastic fats get fatter and fatter.

When the brain is made of plastic, it doesn't work well, then becomes prone to depression, chronic fatigue, attention deficient, brain fog etc. When a liver is made of plastic, it can't clean toxins out of the body so they build up, causing disorders like fibromyalgia and without a functional liver your immune system fails and you get all sorts of chronic infections.

Tennant describes canola oil as a toxic fat. It is genetically engineered rapeseed. Rapeseed is lubricating oil used by small industry it was never meant for human consumption. It is derived from the mustard family and is considered a toxic and poisonous weed which when processed becomes rancid very quickly. It has been shown to cause lung cancer. It is very inexpensive to grow and harvest. Insects generally won't eat it. Some typical and possible side effects include loss of vision, disruption of the central nervous system, respiratory illness, anemia, constipation, increased incidence of heart disease and cancer, low birth weights in infants, and irritability. You can read more about this in Dr. Jerry Tennant's book: 'Healing is Voltage'.

To digest fat, you need bile. The liver normally makes 1 1/2 quarts of bile a day. Because it makes so much, it needs a storage thank - that is the function of the gallbladder. When you eat a fatty meal, the gallbladder must empty bile into the intestine to digest it. If you don't have enough bile, eating fat makes you nauseated. If your liver can't work well because it is made of plastic or is full of toxins, it can't make sufficient bile. If your gallbladder is full of muddy debris because it rarely gets emptied or if your gallbladder is missing, you will not have enough bile to digest the fats you eat. This is a vicious cycle - you can't repair your liver without eating and absorbing enough fat; you can't eat enough fat if you don't have enough bile because a lack of bile means you will be nauseated when you try to eat fat, and even if you keep it down, you can't absorb it.

The secret is to take bile supplements with each meal until your liver is repaired enough to make bile normally. Ox bile is what one commonly can obtain. If you don't have a gallbladder, you should take bile supplements with every meal the rest of your life to help the body make normal cells.

Most restaurants use plastic fats for frying food. If you eat out, you must stop eating fried food or choose a restaurant that doesn't use plastic fats. Most cheese is made from plastic fats. Thus cheeseburgers and french fries are major sources of plastic fats. Fast food isn't dangerous because it's fast - it's dangerous because it's plastic!

There is a lot of confusion about the type of fat to eat. Many people are becoming toxic from too much omega-3 fats (from fish oil etc).

There is a difference between Saturated Fats/Unsaturated Fats:
In general, saturated fats are hard. Unsaturated fats are soft or liquid. However, adding hydrogen to a liquid fat (hydrogenation) will convert it into a solid fat (eg. margarine).

A food may contain varying amounts of all 3 kinds of fatty acids but it will be classified according to the type of fatty acids that are predominate. Eg. solid animal fats are high in saturated fatty acids and are classified as such. Most veg. oils and fish oils like cod liver oil are high in polyunsaturates and so classified.

Your cell membranes are like your home, they need to be strong enough to be substantial, but need doorways and windows to let things in and out. If you build your house out of concrete blocks with no windows or doors, it will be strong, but won't work because you can't get in or out. If you build it with mostly doors and windows, the next storm will take it down.

In cells, saturated fats are strong and unsaturated fats are porous. You need saturated fat (animal fat for example) to make strong cells, and unsaturated fats (fish oils for example) for doors and windows. The best ratio appears to be 4 times as much saturated fat and unsaturated fats (4 times as many bricks as doors and windows). Saturated fats have gotten a bad reputation because plastic fats are saturated, however there is a difference between plastic fats and normal saturated fats.

CHOLESTEROL

What about cholesterol? Remember there is no proven connection between cholesterol and heart disease. In fact, those dying from heart attacks generally have the lowest cholesterol levels and often have low 'bad cholesterol" or the LDL levels. Eating good fat doesn't affect your cholesterol or make you obese. The liver makes as much or as little cholesterol as it wants.

Eating plastic fat (trans fats) makes you obese and produces a liver and other cells that can't function. The liver uses cholesterol to clean itself. High cholesterol means your liver filtration system is dirty and filled with toxic materials and/or that you have low levels of hormones (hormones are made from cholesterol). When the liver senses that your hormone levels are low, it makes more cholesterol to attempt to solve the problem. Why would you want to interfere with the liver's ability to clean itself by taking cholesterol-lowering drugs? Very low cholesterol means the liver is too sick to clean itself and you will suffer major illness. To get well, you need to eat at least 20% of your body weight in good fat, That means eating natural organic butter and eggs will actually help you get well. If eating fat makes you nauseated, your liver is too sick to use it and you will need to restore it before you can get well.

<u>Margarine:</u>
Under proper conditions double bonds in the unsaturated fatty acids can undergo hydrogenation by taking up a hydrogen. This of course takes the liquid, unsaturated fatty acids and converts it to a semi-solid fat.
Hydrogenation of oils take place by passing hydrogen, in the presence of nickel or palladium, through oil heated to 160-200 degrees C. This process is often undertaken for culinary reasons, such as changing vegetable oil into margarine.

Completely hydrogenated fats carry almost 100% saturated fatty acids. Flax and safflower oils however carry essential fatty acids in most positions because they are composed of more than 70% essential fatty acids.

Hydrogenation is a process that turns polyunsaturates like margarine and shortening, normally liquid at room temperature, into a fat that is solid at room temperature. To produce them, the manufacturers begin with the cheapest oil (soy, corn or cottonseed), already rancid from the extraction process. These oils are then mixed with tiny metal particles - usually nickel oxide (nickel oxide is very toxic when absorbed and is impossible to eliminate totally from margarine, nickel is a severe neurotoxin).

The making of margarine from polyunsaturated vegetable oil is very similar to cooking with polyunsaturated oils - with the same downside. To keep the vegetable oil solid at room temperature it is partly saturated. This causes the formation of trans fatty acids, a form of oil which blocks utilization of the cis form and is therefore not good for your health. The cis form has both hydrogens on the same side, while the trans form has the hydrogens on the opposite sides. The conversion happens at temperatures above 160oC. This slight change may seem insignificant but it is quite drastic in its implications for the human body. The cis form bends, while the trans form doesn't. The trans form cannot change into the prostaglandins. The problem doesn't stop there. The trans form locks up the absorption site of the cis form, further lowering the amount of the cis form that can be processed in the body. The average intake of trans-fatty acid is 9.1 grams per day in Canada (12 grams per day in USA). This represents approximately 10% of our fat intake. Most of these trans fatty acids come from hydrogenated (human-manipulated) oils. Here are some examples:

Stick margarine contains	**25-35% trans fatty acids**
Tub margarine	**15-25% " " "**
Shortening	**20-30% " " "**
Salad dressing	**1-15% " " "**

<u>Digestion:</u>

There is no digestion of fat in the mouth. Digestion may begin in the stomach where some naturally occurring emulsified fat such as that in egg yolk may be broken down into fatty acids and glycerol. Fatty acids liberated at this stage may be exchanged in the stomach or intestine with fatty acids of other triglycerides to modify the makeup of ingested fat. Generally however, the extent to which fat digestion takes place in the stomach is so slight that it is regarded as being unimportant. Essentially all digestion of fat takes place in the small intestine.

<u>Here is a path of fat digestion:</u>

From Mouth > to Stomach > to Small Intestine > Large Intestine (colon)

Emulsified Fat gets broken down by intestinal lipase and pancreatic lipase.
Unemulsified fat first gets a shot of bile from the gallbladder to become emulsified, then it also gets broken down by intestinal lipase and pancreatic lipase.
Lastly, it becomes fatty acids & glycerol (40-50%) Monoglycerides (40-50%) and Diglycerides (10%).

<u>Absorption and Transportation of Fats</u>

The digested fat molecules are taken up from the digestive tract as separate molecules of fatty acids and glycerol, and as monoglycerides, diglycerides and triglycerides.

<u>Fat Metabolism</u>

The chief function of carbohydrates is to provide energy. Lipids (fats) are an important

source of energy, but are a second-favourite source of energy (even though they yield twice the calories, gram for gram, as carbohydrates) because they are more difficult to break down (catabolize).

Fat Storage

When fats are eaten they are digested into glycerol and fatty acids. As soon as the glycerol and fatty acids are absorbed by the lacteals of the villi, they recombine to form fat molecules. If the body has no immediate need for fat, it is stored in adipose tissue. About 50% of stored fat is stored in subcutaneous tissue, approximately 20% in the genital area, about 12% around the kidneys, about 10-15% in the omenta and about 5-8% between the muscles. Fat is also stored behind the eyes, in the furrows of the heart, and in the folds of the large intestine. Fat does not just sit there, it is continually reabsorbed into the lymph, transported through the blood and redeposited in other adipose tissue cells. Some researchers estimate that as much as 1/2 of the total body fat reserve changes position daily!

Danger of High Fat Diet:

We are talking about the toxic fats, not the healthy fats. Many people thought they had the answer for weight control by doing a high fat, high protein (low carbohydrate) diet such as the Dr. Aitkins Diet. However the party was over when it led to Kidney dysfunction, Heart Disease, Cancer, Diabetes, High Blood Pressure, Gallbladder disease, Liver disease, Obesity, and Atherosclerosis.

High levels of fat in the blood "neutralize the negative charge that separates red blood cells, making them stick together like a stack of wet dishes". When that happens a lot of surface is lost picking up and delivering oxygen. Tissues begin to suffocate. To make matters worse, the clumped blood cells also get jammed at bends in the capillaries. Pritikin's (famous doctor who had a clinic treating severe heart disease and arteriosclerosis cases successfully and who published his famous diet for all to use) research verifies this. A high-fat diet of the wrong kinds of fats sets the stage very nicely for heart and circulatory problems.

BEST FATS TO EAT

Although saturated, Coconut oil and Palm oil are not harmful, they have nourished healthy populations, free of heart disease for millennia. Get organic type so you know it hasn't been meddled with.

Extra Virgin Olive oil has kept people in the Mediterranean healthy however, much of what we see on our shelves is not a very good quality. Most good quality olive oils will taste somewhat like grass. Look on the internet for the olive oils that have won awards and order them, you will be surprised at the taste.

Natural butter (raw if possible).

Avocado oil has become popular lately and a good alternative to the unhealthy oils. It makes a decent cooking oil also and very few people have reactions to this oil.

FOR COOKING: Most oils are vulnerable to damage from too high of heat. You can of course use them for salad dressings, sauces and dips or sprinkle on the food after cooking just before serving. Whenever possible steam, bake, airfry, boil, broil foods instead of frying in oil. When you do cook with oils, cook at quite low temperatures so not to damage the constituents of the oils turning them into trans fats. Best choices are butter, olive oil avocado oil, or coconut oil. Some also feel sesame oil is quite forgiving.

Fish, Flax, Hemp are omega 3 oils and are generally considered good oils, however they are very unstable and tend to bond with each other and with other molecules making them more easy to become rancid when subjected to heat, oxygen and moisture as in cooking and processing. Therefore, keep flaxoil or hemp oil in the refrigerator (maximum shelf life is 3 weeks), or even better, keep it in the freezer and take it out daily to use, it seems to stay liquid.

Any oil you consume from fruits, nuts and seeds should be extracted by a cold, slow extraction process so the product is not damaged with high heat and pressure.

AVOID
Salad Dressings unless they are make naturally and organically (best to make your own)
Margarine
Shortening
Corn Oil, Soy oil

UNDERSTANDING ENZYMES

There are different types of enzymes:

1. Metabolic Enzymes are enzymes made by our body and they run our chemistry. They are involved with our breathing, thinking, talking, moving and immunity. Antioxidant enzymes are one type of metabolic enzyme manufactured by our body and they help to quench free radicals, unhealthy compounds which if left unchecked, contribute to the development of disease.

2. Pancreatic Enzymes are enzymes secreted mainly by the pancreas (but also in the mouth, small intestine and stomach). These play a vital role in the digestion of food. A healthy pancreas secretes insulin into the blood and produces and secretes alkaline fluid (sodium bicarbonate) into the upper portion of the small intestine which alkalizes the acidic contents that have arrive there from the stomach.

There are approximately 22 pancreatic enzymes including AMYLASE, LIPASE, and PROTEOLYTIC (breaking down protein) enzymes such as protease, which continue to digest the food in the duodenum at the beginning of the small intestine after the plant enzymes have begun the digestive process in the stomach.

3. Plant Enzymes are enzymes present in raw plants (also in supplements). They include PROTEASE (digests protein), AMYLASE (digests carbs), LIPASE (digests fat), DISACCHARIDASES (digest sugar), and CELLULASE (digests fiber). These work in the mouth and stomach where they predigest foods. They also work in the small intestine, helping pancreatic enzymes in continuing the digestive process. Each plant enzyme works only at its own specific pH and temperature ranges and in the presence of moisture (water). Outside its pH range the enzyme is deactivated (but not destroyed), however the enzymes are destroyed by heating food above 118°F, pasteurization, canning and microwaving. Pancreatic enzymes don't operate in the stomach, only food enzymes spare the pancreas from having to compensate for inadequate predigestion.

One way to start helping build good health is to include something raw in each meal, gradually building up to 60-70% of the diet being raw. That ensures lots of healthy enzymes being present to process the foods. If you must eat mostly cooked foods, it would be good to take digestive enzyme supplements.

TAKING PLANT ENZYMES ON EMPTY STOMACH

We have found that when you take enzymes on an empty stomach, the plant enzymes enter the bloodstream where they assist the immune system by digesting and disposing of toxins. This helps reverse inflammation in the body. Each type of enzyme has a specific anti-inflammatory action and will relieve inflammatory conditions related to a deficiency in that enzyme. Since plant enzymes digest toxins rather than killing them off (as antibiotics do in the case of bacterial infection), the process involves no side effects if the digested toxins can be properly eliminated through the urinary tract, colon, skin and lungs.

Therefore plant enzymes can be used to help digestion, absorption, and assimilation of food which helps keep a healthy pH balance in the blood and to reverse nutritional deficiencies; as well as acting as anti-inflammatory and detoxifying agents.

PROTEASE

Protease helps digest protein which, when digested properly, supplies acidity to the blood. If protein isn't digested, the blood acquires excess alkaline reserves which are dumped into urine through the kidneys. Protease deficiency can lead to fluid retention anywhere in the body and a toxic colon. Excess alkaline reserves can produce a state of anxiety, which is then often treated with tranquilizers. Protease supplements taken with meals helps increase the digestion of protein. Taken between meals on an empty stomach they help alleviate infections (bacterial and viral) and help the immune system in general and in turn helps inflammation.

AMALYSE

Amalyse digests carbohydrates, breaking them down into smaller disaccharides which are later converted into monosaccharides called simple sugars such as glucose and fructose. People who can't digest fats often eat large amounts of sugar to make up for the lack of fat in their diet. If the diet is excessive in sugar, they can develop an amylase deficiency in addition to the original lipaise(fat) deficiency.

Amylase possess antihistamine properties and can help many skin problems (hives and rashes), contact dermatitis and allergic reactions to bee stings, bug bites and rashes. Asthma is a direct result of sugar intolerance therefore amylase combined with lung healing herbs can help alleviate the asthmatic wheezing. it also helps muscle cramping and helps abscessing (pus with no bacteria).

LIPASE

Lipase breaks down neutral fats (triglycerides) into glycerol (an alcohol) and fatty acids. Before lipase can digest fat an emulsifier or degreaser (bile) must break the fat down into smaller units. If you are low in HCI (hydrochloric acid) you can't make adequate bile. HCI deficiency is caused by a protease deficiency (needed to provide adequate acidity) and lipase deficiency (required to carry chlorides). Therefore lipase deficiency, inadequate HCI and stagnation of bile are all interrelated.

There are two types of lipase deficient people. The first is fat intolerant and get sick when they eat fat, and have gallbladder difficulties; they substitute sugar for fat. The second are those who are complex-carbohydrate intolerant and make up for it by eating excessive amounts of fat. They gradually develop a lipase deficiency.

Two conditions arise from lipase deficiency: diabetes and glucosuria (sugar in the urine but no symptoms of diabetes). Most people thing diabetes is sugar intolerance, but fat intolerance is a major enzyme culprit. The inability to digest fat interferes with insulin metabolism and the transport of glucose(sugar) into the cell by insulin.

Lipase deficient people may also have any of: high cholesterol or high blood triglycerides, high blood pressure, trouble losing weight, varicose veins, deficient in fat soluble vitamins (Vit. A, D, E).

DISACCHARIDES

Those who can't tolerate sugar or disaccharides tend to eat more protein which is not a bad choice because 46% of digested protein is converted to glucose when needed and glucose is a major source of energy for the brain and the cells. Disaccharides (sometimes called carbohydrases) break down into simple sugars like glucose and fructose. The 3 main ones are sucrose (cane sugar), lactose (milk sugar) and maltose (grain sugar).
The main cause of sugar intolerance is excessive consumption of REFINED sugars. Just as an enzyme deficiency can produce intolerance to the food digested by that enzyme, eating too much of that food can result in intolerance to it because the body can't keep up with the demand for the enzyme necessary to digest it, and then deficiency happens.

CELLULAISE

The pancreas can manufacture enzymes similar to all of those found in plants (incl. protease, amylase, lipase and disaccharides) with the exception of cellulase. CELLULAISE IS NOT MADE IN THE BODY but can be obtained from food sources or enzyme supplements. Cellulase digests the soluble parts of fiber into smaller units which are eventually converted to glucose. In this process, the beneficial soluble fibers are released. All raw fruits, veggies and whole grains contain cellulase.

A yeast overgrowth caused by sugar intolerance can be helped by taking an enzyme formula which contains cellulase and antioxidants which digests the yeast-fungi. Cellulase, along with other enzymes can help acute food allergies which are created by faulty digestion due to enzyme deficiencies.

Common Symptoms of Enzyme Deficiencies:

Amylase Deficiency:

moist skin rashes	**depression**
allergies	**hot flashes**
cold extremities	**neck/shoulder pain**
mood swings	

Protease Deficiency:

back weakness	**constipation**
insomnia	**hypoglycemia**
dry skin rashes	**acidity**
hypertension	

Lipase Deficiency:

aching feet	**acne**
diarrhea	**gallstones**
diabetes	

Sucrose and Lactase Deficiency:

hypoglycemia	**gluten intolerance**
moist eczema	**diarrhea**
asthma	**anxiety**

USING FOODS TO HEAL

Using foods to heal is becoming a new science. When you learn how to combine foods and use foods, they can become your medicine. Just like Hippocrates, the father of medicine, said "let your food be your medicine". Foods can be powerful tools to use as medicine. In fact, the way things are looking on current research, they just may be the best and only real healers (other than your mind). We have included here a few healing recipes we know that work. If you are allergic or sensitive to any of the ingredients, you won't be able to use that recipe until your body has healed enough to cancel out the sensitivity. We suggest you visit the internet and learn more about using foods to heal. Here is just a sample of some methods using foods in a powerful way. We are not of course telling you to do any of these methods without consultation of a health practitioner, but here are some of the many ways people are using foods.

BUDWIG OIL PROTEIN DIET

This was developed by Dr. Johanna Budwig. You can get more information about her protocol on the internet:

www.healingcancernaturally.com/budwig_protocol.html

She used it primarily for cancer, but many people use it daily to build and maintain health and they find it is good for any immune disease. You can do it every day of your life. Budwig also purported many other lifestyle changes which you can read in her books or on the internet, but this is the main focus that builds interferon in your body which is a powerful weapon against cancer and disease:

Every day (most people have this for breakfast for the Budwig Diet), blend the following:

2/3 cup cottage cheese (or quark) with 1/3 cup flaxseed oil
add any fruit, vegetables, honey, nuts that you desire and make a smoothie. You can add water or milk to make it more liquidy.

You can use a blender or handmixer, but the oil must be emulsified well with the cottage cheese, you should see no separation or bits of oil floating anywhere. The recipe is a 2:1 ratio of cottage cheese to flaxseed oil.
Many use just 6 tablespoons (leveled) of the cottage cheese to 3 tablespoons cottage cheese, then grind it with a hand blender, add fruit, nuts, freshly ground flaxseed and eat it like a pudding. Educate yourself if this interests you - it works.

TO DECONGEST LYMPH SYSTEM

Here's a formula to decongest the lymph system. Hanna Kroeger always used it successfully for leukemia:
1 pint white grapefruit juice
1 pint freshly squeezed orange juice
1 pint grape juice
1 pint water with juice of 3 limes
1 pint water with juice of 2 lemons
1 pint frozen pineapple juice, diluted
1 pint papaya juice, diluted
12 whole eggs
6 egg yolks.
Frozen raspberries or strawberries to add flavor

Beat eggs and mix into fruit juice mixture. Beat in clockwise direction - don't use blender. Take this mixture daily for one week. This is a one day's supply. If you are hungry, add one kind of fresh fruit. For lunch have green salad and/or sprouts with raw almond dressing. For supper have green salad and/or sprouts with almond dressing and one steamed vegetable.

Note: there are many herbs that decongest the lymph system, and exercises also, but here we are talking about using foods, so we will restrict the information to just healing with foods.
Hanna Kroeger also said that if you had leukemia, the tailbone was out of place and she demonstrated how to put it back in place. You can still find some of her videos on youtube.

GALLBLADDER FLUSH

Before doing a gall flush, you should always have an ultrasound done to make sure there are no hard large stones that may become stuck in the duct during a flush. If you know you have no hard large stones (gravel, sediment, small stones or soft stones are fine), then you should be safe to do a gall flush.
Some people just can't handle Flush #1, so they do Flush #2 and it works well also:

<u>GALL FLUSH #1 (the most common one used)</u>
Do not use if under 25 years old, or you have large stones.

1. **For 5 days, drink as much apple juice or apple cider as your appetite permits (at least 1 quart daily), in addition to regular meals. Best apple juice of course comes from a health food store, without additives.**
2. **At noon on the 5th day, eat a normal lunch. Three hours later, take 2 teaspoons of disodium phosphate or epsom salt or baking soda in 1 ounce of hot water. If the taste is objectionable, follow with a little fresh citrus juice.**
3. **Two hours later, repeat the epsom salt or baking soda and hot water.**
4. **For your evening meal have only grapefruit juice, or grapefruit, or other citrus fruits or juice.**
5. **At bedtime, have one of the following:**
   a) 1/2 cup virgin olive oil, followed by 6 oz glass of grapefruit juice. OR
   b) 1/2 cup warm, virgin olive oil blended with 1/2 cup fresh lemon juice.
6. **Go to bed immediately and lie on your right side with your right knee pulled close to your chest for 30 min.**
7. **The next morning, 1 hour before breakfast, take 2 teaspoons of disodium phosphate or baking soda, or lemon juice dissolved in 2 ounces of hot water. Your bowel movement will usually have small green stones and sediment varying in size from grape seed to cherry seeds. If there are a large number, repeat the process in two weeks. If you experience nausea when taking the olive oil/citrus juice, it will disappear by the time you go to sleep. If the olive oil induces vomiting, do not repeat the procedure at this time, instead try Flush #2.**

<u>ALTERNATIVE - GALL FLUSH #2 USING COKE</u>
Many people like this flush more than doing the oil and lemon one mentioned above.
Eat lightly for 2 days, no red meats.
The day of the cleanse, have only a light meal in the evening (soup or salad).
Wait for at least four hours, then mix and drink:
5 oz Classic Coke
4 oz virgin olive oil
2 tablespoons fresh lemon juice.

Go to bed, lie on right side with knees up to chest.
In the morning drink 10 oz magnesium citrate.
Stay close to home for next 6-8 hours. Little greenies should show in stool.
Drink lots of water in the days following to cleanse bowel.

KIDNEY STONE FLUSH - using asparagus and coke

Do not eat while doing this remedy, it should be done on an empty stomach. Best time to start is mid morning, say about 9 - 10 a.m.
Within a 2 hour period, drink 6 cans of room temperature Coke (one every 20 minutes). Most people use the Classic Coke and say it works.
Then cook 6 oz asparagus by boiling or steaming. You can use canned asparagus if you wish.
Blend the cooked asparagus in a blender to puree.
Immediately after drinking the last Coke, eat the asparagus puree, mixing it with your saliva before swallowing.
It is important after taking the asparagus, to start drinking lots of distilled water over the next day, eg. 64 oz (8 cups) pure distilled water (I think Reverse Osmosis water is very similar). Continue several days drinking water to rehydrate the body (the Coke leaches water from the body). This can work fast.
Note: it is suggested to wait as long as possible before eliminating, at least until you have eaten the asparagus and longer if possible which will help build up a flushing action.

OIL OF OREGANO

Oregano is a powerful food in itself. When distilled into an oil, it becomes a weapon against bacterial, viral, parasitical and fungal infections (anti-microbial). It uses about 20,000 pounds of oregano leaves to make an ounce of oil - now you know why it is so powerful. Only a few drops are necessary in applications.

Take 4-5 drops Wild Oil of Oregano at the back of the tongue (less taste buds back there, it can burn a bit), take a swig of water, gargle and swallow. Follow with a little water to quell any burning feeling. Do at the beginning of the virus, as soon as you feel any symptom eg. Hot nose, burning eyes, tickle in throat or sore throat. Do every half hour for 3 doses, then do twice a day for 2-3 days.

Other ways to use oil of oregano are impressive:

For long term problems that won't clear up (eg. Bronchitis) take a capsule of oregano, open it, put in 4-5 drops of the oil of oregano, close it up and take it with water.
Do 2 caps 3 times a day. You may need to do this for 3 months for a real stubborn problem. It is not recommend doing this unless you feel you really have to because it can create a small bacteria imbalance, but it will clear up stubborn problems. Once you have finished, take probiotics(acidolphilus for a month to re-establish healthy bacteria that may have been destroyed.

Animal bites: Wash area, then saturate with Oil, repeat several times daily. Also drink few drops oil in liquid 2-3 times a day and 3 herb capsules twice daily.

Asthma: Rub oil on chest if having asthma attack, repeat several times daily, also inhale vapours from bottle. Take few drops under tongue or in liquid 2-3 times daily. During attack fill gelatin cap with oil and take one cap twice daily. As prevention take 3 herb caps twice daily.

Athletes Foot: Apply oil liberally to area, esp. between toes, 2-3 times daily until healed. Always apply after contact with public surface.

Bed Sores, Ulcerations: Saturate open wound with oil, cover if necessary. Repeat dressing every 12 hr. Strengthen immune with 3 caps three times daily until wound heals.

Bladder infections: Apply oil directly over bladder region. Women mix few drops in tablespoon of coconut fat or cocoa butter, immerse vaginal tract (will feel heat sensation). Also take few drops oil under tongue twice daily or fill small gelatin cap and take 1 twice daily with meals and 3 herb caps of her three times daily.

Boils: Apply oil directly on boils twice daily. Take 2 drops under tongue once daily. Also take 3 herb caps 2X/day.

Canker sores: Saturate cotton with oil and place on wound. Take 2 herb caps twice daily.

Colds: See above - take 4-5 drops at onset once an hour for 3 doses.

Cold Sores: Apply oil directly as soon as it begins to erupt, keep applying several times daily. Don't rub. Take drop or two oil twice daily under tongue and 3 herb caps twice daily.

Cough: Inhale oil from bottle. Take few drops oil under tongue twice daily or gargle with few drops in salt water.

Dandruff/Seborrhea: B6 needed. Add several drops oil to shampoo, wash hair well, allow shampoo to sit for 2 min. before rinsing, cover eyes and rinse. Rub a few drops into scalp at night and wash off next morning (burning sensation is temporary). Internally take 2 drops oil under tongue twice daily and 3 herb caps twice daily.

Diarrhea: Drink few drops oil 2-3 times daily in liquid. If severe fill capsule with oil and take 1 cap 3 times daily, also 3 herb caps 3 times daily, avoid solid foods and take broths, soups, juices until diarrhea abates.

Ear infections: Drink 1-2 drops in liquid twice daily. 2 herb caps 3 times daily. Apply oil on outer ear or near outer ear using finger, don't put directly into the ear during infection.

Eczema: Rub oil on lesions twice daily. Take a few drops of oil under tongue twice daily. Also mix a drop or two of oil in juice or milk or water and consume once or twice daily. Take 3 herb caps twice daily.

Gum disease: Rub oil in small quantities on all gum surfaces twice daily. Place small amount on toothbrush, and brush gently or mix with toothpaste.

Flus: See above - take 4-5 drops at onset once an hour for 3 doses.

Food Poisoning: Drink a few drops in liquid as soon as possible. 3-4 caps several times daily. If diarrhea is severe fill gelatin capsule with oil and take one capsule twice daily. Treat until symptoms gone.

Head Lice: Add 1 dropper full of oil to a tablespoon of shampoo, when wash hair let stand several minutes, rinse. As body wash add full dropper oil to handful of liquid soap, don't apply to genital area. For genital area use 1-2 drops in tablespoon of shampoo or liquid soap. Wash clothes and bedding and add 2-3 droppers of extra strength type oil to wash cycle . Combs and inanimate objects soak in hot water with a drop or two of oil.

Hepatitis: 2 drops oil under tongue twice daily. Few drops with meals in water or milk or juice. Full fat milk is good medium for delivery. Also 3 caps herb 2-3 times daily.

Impetigo: Saturate cotton ball with oil, gently dab on lesions, discard cotton ball. Repeat several times daily. Wash hands if you touch the lesions. Add oil to all pump soaps, wash hands frequently to help curtail spread. Take few drops twice daily in juice, milk or water. Take 3 herb caps twice daily.

Nail Fungus: Rub oil into nails as often as possible. Take 2-3 drops under tongue twice daily and/or take few drops in milk, juice, or water. Also 3 herb caps twice daily. Reduce sugar intake.

Pneumonia: Inhale oil fumes from bottle as often as possible. Take few drops under tongue twice daily. Rub oil on chest and alone spine over upper and mid back. Take 3 herb caps three times daily.

Psoriasis: Few drops oil under tongue and/or in juice 2-3 times daily. For extra anti-fungal treatment fill gelatin cap with oil and take 1 cap twice daily with meals. Apply oil topically twice daily to area. Take 3 herb caps 2-3 times day.

Prostate: Few drops under tongue 1-2X/day. Tub oil on lower back just above sacrum 1-2X/day. Take 3 herb caps 2X/day, more often during an attack (3-4X/day)

Ringworm: Rub oil on area twice daily. Take 3 herb caps 2X/day. Take few drops oil 1-2X/day in liquid.

Scabies: Apply oil vigorously to region. Cover entire body from head to toe with oil, let sit 1-2 hr then rinse. Repeat to involved sites only. Do this daily until infection resolved. Soak all potentially infected clothes, bedding etc. in solution of hot water and oil. Add 2 droppers oil to gallon of water, let all infected items soak overnight in solution before washing.

Shingles: Apply oil to site, repeat as necessary to ease pain & inflammation. Take few drops in liquid twice daily.

Sinusitis: Inhale oil frequently. Place a drop or two on skin next to nose. Take 2 herb caps 2X/day.

Systemic Fungal Overgrowth: Use the Super Strength Oil instead of the regular oil.

Thrush: Gargle with oil of oregano by adding few drops in salt water. Flush mouth with this solution several times daily. Rub oil directly upon gums and throughout oral cavity. Take 3 herb caps 2-3 times daily. For babies simply dilute oil by adding 1-2 drops to teaspoon of olive oil and apply directly to site. Repeat 2-3X/day until lesions clear.

Ticks: If tick is still attached, saturate and the bite site with oil, it destroys tick outright. Also saturate cotton ball and cover the tick, it should die within minutes. When

removing dead tick, be sure no remnants remain. Take few drops oil under tongue twice daily and consume few drops internally for at least 1 week too prevent microbes. Consume 3 herb caps twice daily.

Toenail fungus: Apply oil directly to nail and nailbed in large amounts, also gently rub in between toes. Take several drops in juice or fill a small gelatin cap with oil and take 1-2 daily with meals. Toenail fungus is chronic and slow healing.

Toothache: Apply oil directly to tooth/teeth several times daily. Or saturate piece of cotton with oil, wedge it between cheek and gum at area.

Urinary Tract Infection: Drink 2-3 drops oil in liquid 2-3 X/day. Take 3 caps 2-3 times daily. If not relieved soon, fill capsule with oil and take 1 twice daily.

Venomous bites: Apply oil to site. Repeat every hour or as necessary until improvement noted. Then apply 3-4 times daily until wound heals completely.

Warts: Apply oil on a saturated cotton paid, hold pad against wart as long as possible. Repeat several times daily. Take several drops in liquid twice daily. If wart is stubborn and won't heal, cover the wart with silver duct tape for 5-6 weeks, replacing it if it lifts off.

Wounds: Apply oil in the wound and along the edges, cover if possible. Repeat 1-2X/day. For puncture wounds saturate wound with oil, may need to seek medical attention also. If irritation or pain occurs discontinue use.

Other ways to use:

- **Add oil to your pump soaps for general cleanup of hands. The oil destroys eggs, bacteria etc.**
- **Add oil to fruit and vegetable wash water. Add to shampoo for scalp cleanup.**
- **Add oil or herb to food to help prevent food poisoning and growth of microbes.**

COFFEE

Coffee is being used for enemas by many alternative hospitals, recommended by the Gerson Clinic as well. It pulls out poisons from the bowel quite powerfully. After doing an enema, inject some acidolphilus/probiotics in the final enema water to implant healthy bacteria.

Everyone is probably aware that coffee can be used like a drug to keep a person awake in emergencies. If you use coffee all the time, it will loose its effectiveness.

If you are having a gallbladder attack, drinking a cup of strong, black coffee can usually bring relief.

COCONUT OIL

Pure natural coconut oil (non-hydrogenated) is rich in medium chain triglicerides which helps maintain levels of ketones in the body(ketones are organic compounds that result when body fat is broken down for energy). Initially many people were using coconut oil to lose weight. In the last few years many have had success using it to treat dementia and alzheimers.

When doing brain slices of Alzheimers victims they have found high levels of mercury and lead, and also strains of herpes virus. It is also thought that Alzheimers may be diabetes of the brain, starting 20 years before you start having symptoms. Insulin

problems prevent brain cells from accepting glucose (their primary fuel) and without it the cells eventually die. An alternative fuel is ketones, which the cells easily accept. Ketons are metabolized in the liver after you eat medium chained triclycerides which are found in coconut oil. Coconut oil, when converted into ketones acts as a fuel to the brain, normalizing brain function, which stops erratic signal transmissions that leads to seizures, and improves cognition and memory. People taking 2 tablespoons with each meal and after 1 month seemed to halt the progression of dementia, and after 6 months actually normalized much of the brain function. There is lots of information on the internet if you want to do a little research. Many were worried taking high levels of coconut oil might increase blood pressure or cholesterol, but it has turned out to do just the opposite.

People are now trying coconut oil for epilepsy, autism, schizophrenia, ALS, and parkinson's. Suggest using the best organic coconut oil you can get.

MASTER CLEANSE aka LEMON AID CLEANSE.

This is a famous cleanse that has been used by people for many years. If you are really toxic, you might want to do small cleanses and take baby steps before embarking on something like this, because it really works and if you are very toxic, you don't feel very good if you detox too quickly.

Start by eating only raw foods for 2-3 days.

The third day (first day of the start of the cleanse), the basic routine is to make the following mixture:

2 tablespoons freshly squeezed lemon or lime
1 tablespoon Maple Syrup
1/10 teaspoon Cayenne pepper (optional)
Put it in 8-10 oz warm or cold water and drink. The fruit must be fresh. The maple syrup works best if it is the cheaper B or C grade which has the higher mineral content.

Drink between 6-12 glasses daily of this mixture (more if desired) slowly. If you want to lose weight also, stick close to 6 cups daily. You may drink as much water as you wish in addition to the mixture. After day 3 you will most likely lose your appetite.

During this program it is necessary to keep the bowel active to assist in eliminating toxins so for the first 3 mornings do an enema with warm water. Then do as you feel necessary.

Also suggested to take 2 Wild Rose LBT3 bowel tonic caps (or similar) three times a day with a large glass of water to help the bowels moving while cleansing. If you are unable to do this to increase the bowel flow, use water enemas twice a day. The bowel must be free flowing in order for the poisons to leave the body. This is especially important for the first 3 days you stop eating.

Take no vitamins or other supplements, or food, obviously no smoking. For a change you could drink a cup of mint tea in the evening. You may stay on this diet for 2-3 weeks as long as you feel o.k. If you experience heart palpitations or nausea, you are detoxing too quickly for the amount of toxins in the system and you should back off and do raw foods for a few weeks instead of this cleanse.

BREAKING A CLEANSING FAST

A fast should be broken slowly. It should take half as long to break the fast as the length of the fast (eg. five days for a 10 day fast). It is important to eat small portions, eat slowly and chew your food very well.

FOR A FOUR DAY OR LESS FAST

Day One: Eat melons or if unavailable other juicy fruit. Small portions only.
Day Two: Fruit for breakfast, raw vegetable salads for the rest of the day, still with small portions.
Day Three: At least 3 days of introducing small amounts of simple foods that are easy to digest such as a small portion of oatmeal, a small smoothie, some homemade vegetable soup.

IF FIVE DAYS AND OVER

Day One: Eat a small portion of melon for breakfast. Drink diluted apple, grape or orange juice during the day and a small portion of melon for dinner.
Day Two: Eat three fruit meals (small portions); drink fruit juice.
Day Three: Fruit for breakfast, raw vegetable salad for the rest of the day. Drink vegetable juice near vegetable meals and fruit juice near fruit meals.
Day Four-Six: introduce small amounts of simple foods that are easy to digest such as a small portion of oatmeal, a small smoothie, some homemade vegetable soup. Continue to eat raw fruits and vegetables.

pH (potential hydrogen) - ACID-ALKALINE BALANCE

All of the cells, organs and fluids in the body have their own ideal pH values in order to operate at peak performance. When the pH is higher or lower than the ideal level, the cells become stressed. Then these cells cannot utilize the nutrients they need, and can't eliminate wastes efficiently, until the proper pH is restores. Testing the pH on a regular basis can easily monitor the pH levels.

Cell pH refers to the degree of acidity or alkalinity (base) of the body's blood or other fluids. The number of hydrogen ions is calculated by measuring the pH levels in blood, saliva, and urine. The pH scale begins at 0.0 with a measure of the pH of sulphuric acid, and ends at 14.0 with the pH or pure calcium. The midpoint of 7.0 is a neutral reading. A number less than 7.0 pH indicates a more acid solution, and a number greater than 7.0 pH indicates a more alkaline solution. These numbers refer to how many hydrogen ions are present in the solution compared to a standard solution.

The pH values are on a logarithmic scale, indicating a ten-fold difference between each unit. For example, a pH of 6.0 is ten times more acidic than a pH of 7.0; but a pH of 5.0 is 100 times more acidic than a pH of 7.0. Most pH readings for urine and saliva variations are read on a tenths scale, since just a few tenths of a point can indicate a significant difference between ideal and health and illness. The pH reading is a measure of the resistance of your tissues to electrical energy. As the pH moves lower than 7.0, the current flow increases through the solution since the resistance is lower. In this case, digestive enzymes and minerals, especially calcium, move through the system too quickly to be absorbed effectively. When the pH is above 7.0 there is a decrease in the potential current flow and an increase in resistance. When the resistance is increased there is less energy for the minerals are enzymes to connect and reactions happen more slowly.

Each body system has its own preferred pH level that shifts during the day. Overall, the body's internal chemical environment normally changes from a weak acid to a weak base within a 24 hr period, usually more acid in the morning and more base in the evening. The slightly acid time period in the early morning is optimal for the activity of the nerves, hormones and neurotransmitters. During the morning the acid wastes are

dissolved and eliminated in the urine. During the day, the body buffers the pH of the food and beverages consumed by releasing electrolytes, and then the pH level goes up. This process allows the kidneys to keep the elimination process balanced. When the pH level gets too high, it indicates the body is buffering with ammonia to compensate for a bio-chemical system that is too acid.

Digestion is a process of breaking down particles of food into smaller and smaller bits until they can be absorbed into the bloodstream. Food enters our mouth into a slightly acid (almost alkaline) environment - this environment does nothing to break down proteins and meats but the chewing does break down everything. However, the enzyme 'amalyse' in the mouth does help break down the starches. Then the food enters the stomach - soooo acidic - perfect for the proteins to be broken down, however the starches don't do well here, they were better off in the mouth. When everything passes into the small intestine (food is now referred to as 'chyme' the pH again changes back to a more alkaline environment. This is where 95% of the absorption of nutrients occurs.

It is generally believed that a pH acidic body (internally) invites disease. This is based on the fact that when sick people (as in people with cancer for example) are tested, their bodies reveal they have developed too much acid waste. Waste acids should be eliminated, and when they are eliminated, they are reabsorbed from the colon into the liver and put back into general circulation, then they are deposited into the body tissues.

Also, when the body is in an acidic condition, it provides an environment that is desirable for parasites, fungi, bacteria, viruses and basic diseases.

Many people believe that drinking lots of alkaline water will help their bodies be less acidic and therefore healthier. It is true that drinking lots of high alkaline water will help alkalinize the body, but if you drink water (any type) near your meal, it dilutes the acidic environment needed by the stomach. So eating a big steak and then drinking high alkalanized water which counteract the acid pH needed by the stomach to dissolve the steak in the stomach is an incorrect path to take.

The best way to keep the body slightly alkaline is to rely on the metabolism of foods. When foods metabolize or burn up in the body, they leave behind an ash so to speak which can be acidic, neutral, or alkaline. It is the pH of this metabolizing of foods that creates the pH of the body. Certain foods when they metabolize make the body more alkaline (such as fruits and vegetables). Some foods make the body more acidic (meats, cheeses, coffee, sugar).

There are some supplements to kick start your body to become alkaline if you are in a diseased state and need to get there fast, but if you are relatively healthy, changing your diet will suffice. We do not believe in drinking high amounts of alkaline water all the time is the answer to your problems, although drinking alkaline water and/or taking alkaline producing supplements helps, the diet needs to be the basis to good health.

By the way, when you are emotionally upset, it can also put your body into an acid state which is one reason why stress can make you sick and invite disease.

In order to begin testing your pH you will need pH paper or a pH meter. The paper is limited in terms of range and accuracy, so a meter is a far better choice. If you have the budget for one, it is the best way to go - it will be a lifelong tool for you and your family to use.

SOME pH FACTS:

Baking soda is 9pH. (very alkaline)
Draino is 13pH (extremely alkaline)
Battery acid is 0pH (most acidic)
Seawater is about 8pH
Milk from magnesium is 10pH
Black coffee is 5pH
Grapefruit and orange juice pop is 3pH
Vinegar, Lemon Juice, and Gastric acid are about 1pH (extremely acidic)
pH of water: 7pH is neutral (neither acid or alkaline).
Water in Medicine Hat is 7.1 - 7.3 pH which is nicely alkaline.
Normal pH of our skin/hair: 4.5 - 6 pH. Our skin likes to be washed with slightly acidic water and therefore people find rinsing their hair and skin after bathing with diluted apple cider vinegar helps restore the acid balance of the skin and hair.
Normal pH of the body: 6.4-6.7pH
Normal pH of our mouth (saliva): Our mouth is 5.6 - 6.9 pH - just slightly acidic and the average body temperature is 37°C which is the environment in which the human amylase is most active to break down starches.
Normal pH of the body: 6.4-6.7pH (as in the blood, urine)Normal pH of the stomach: The pH of the stomach is usually about 2.0 but may go as low as 1.0. This is a very acidic level. Because the pH scale is a logarithmic scale, the pH of the stomach is hundreds or thousands or millions of times stronger than typical cellular fluids which are generally close to 7.0 (the neutral level on the pH scale.) When food comes into the stomach, the pH may rise to levels in the 3.0 to 4.0 level due to the buffering capacity of proteins. The high levels of hydrochloric acid and proteases help to break down proteins in digestion so it needs to be acidic.
Normal pH of small intestine: pH 6
Normal pH of pancreas: 7
Normal pH of colon: 6. note: fungus needs pH of 5 or less to survive. Pub med says that the pH rapidly changes from highly acid stomach to about pH 6 in the duodenum, then gradually increases in the small intestine from pH 6 to about pH 7.4 in the terminal ileum. The pH then drops to 5.7 in the cecum (pouch just before the large intestine begins, but then gradually increases reaching pH 6.7 in the rectum.
Normal pH of Blood: between 7.3 and 7.4. Small changes in blood pH results in death within a short period of time. Calcium that is stored in the bone is stolen to keep the blood pH in balance.
Normal pH of Stool: 6.2 - 6.8
Normal pH of Urine: 6.5 - 6.8
Normal pH of Bile: 3pH

What we usually measure - saliva and urine:

Normal pH of saliva: To test the saliva, use a strip of pH test paper about 2" long and create a pool of saliva on your tongue. While holding one end of the test paper, dip the other end into the saliva, being careful not to touch your lips to the paper. After dipping in the saliva, immediately pull it out and read the paper. Optimal first morning readings after fasting all night is 6.4 to 6.8pH. The pH of your saliva moves from high to low according to what you eat during the day and how your body metabolizes your food. Saliva pH readings reflect the health of the lymph system, the upper digestive system including the stomach, pancreas and liver, and the state of the sympathetic and parasympathetic nervous system. The saliva contains an enzyme that comes directly from the liver, so the saliva pH is a good indicator of the strength of the liver. The saliva pH reveals the level of energy

coming into the body. First morning testings are usually a little more acidic the second readings.

Normal pH of urine: Test the urine in mid-stream using either a cup to catch the urine or by using a longer strip of pH paper. First morning readings after fasting all night is 6.0 to 6.4pH. Urine pH indicates the overall function of cell metabolism, showing the level of metabolic wastes being removed. Urine pH reading should be lower than saliva pH in the morning since urine is dumping residues from nighttime fasting. However, when urine pH is under 6.0 for a long period of time, the body begins to age more quickly and enzymes that are needed to rebuild cells are inactivated. As urine pH gets above 6.4, it shows metabolism is moving more slowly and problems such as constipation may be occurring. Generally, when the urine pH level stays below 6.0 for an extended period of time, it is an indication that the body's fluids elsewhere are too acid, and it is working overtime to get rid of the excess acids. When the urine pH is too acid, the body releases many electrolytes to keep the pH level normal and maintain life.

Urine testing is best done upon first rising in the morning and because the body is removing wastes overnight, the body will tend to be more acidic in the morning. During the day the ideal urine pH is about 6.4, but first then in the morning it can range from 6.0 to 6.4pH. Urine testing is best done by testing the urine in mid-stream, using either a cup to catch the urine or by using a longer strip of pH paper.

As stated before, the urine pH shows the level of acidity of the cell metabolism. The pH of urine can range from 4.5 to 8.0pH. The kidneys maintain normal pH balance primarily by retaining sodium and excess acid retained by the body increases. Alkaline urine is normally excreted when there is an excess of base or alkaline substances in the body. Secretion of an acid or alkaline urine by the kidneys is one of the most important mechanisms the body uses to maintain a constant body pH.

A highly acid urine pH occurs in uncontrolled diabetes, diarrhea, dehydration and respiratory diseases in which carbon dioxide retention occurs. Highly alkaline urine occurs in urinary tract obstruction, kidney weakness, and respiratory diseases that involve hyperventilation. Most of the bacteria responsible for urinary tract infections make the urine more alkaline because the bacteria split the urea into ammonia and other alkaline waste products.

The formation of kidney stones is related to the urine pH. Those being treated for certain types of kidney stones are frequently given diets or medications to change the pH or the urine so that kidney stones will decrease. Calcium phosphate, calcium carbonate and magnesium phosphate stones develop in alkaline urine. Therefore in this case, the urine should be kept acid. Uric acid, cysteine and calcium oxalate stones form in acid urine, and in this situation, the urine should be alkaline or less acid than normal.

Note: when the urine and saliva pH are both acid, the whole system moves too rapidly and more energy is used to breakdown tissue than to rebuild tissue. When the pH of urine or saliva continues to be less than 6.0, the state of health varies between mildly poor to very poor.

Anxiety or chronic stress could also be affecting the physiology. If mental or emotional factors are not the cause, improving diet, detoxification and gentle exercise will move the values up to the correct range. The body will use acid-neutralizing minerals such as calcium that is stored in the bones, to maintain a healthy balance which is why as we get older, we have a greater tendency toward osteoporosis.

When the saliva pH is at least 6.2, it is within the healing range which indicates the body has the ability to come back into balance more easily with simple changes in diet. On the reverse side, when the body is too alkaline, the system moves more slowly. The longer the pH is out of balance, the worse the metabolism functions. Toxins will build-up more quickly and more damage will occur to our cells.

Acidosis

This describes an imbalanced acid condition in all our body fluids. It occurs when too many hydrogen ions are measured in body fluids. Virtually all functions of the body are sensitive to the pH levels of their fluids. If pH deviates too far to the acid side, cells become poisoned in their own toxic acid wastes and die. Acidosis seriously obstructs the activities of enzymes involved in the digestive system, the nervous system and the energy operations of the body. Acidosis is caused by oxidative stress that builds up, eventually causing an increase in hydrogen ions. Acidosis also comes from weakened oxygen metabolism in the cells and tissues. An acid pH if left unchecked, will interrupt all cellular activities and functions, including the regularity of your heart rate and the brain function required to remember simple things. When cells are blocked by toxins or by a lack of cell flexibility, oxygen is unable to penetrate into the individual cell. The cell begins to starve. This in turn causes pain, fatigue and many of the other symptoms related to fibromyalgia.

Some of the common symptoms of being too acid are:

- **tiredness**
- **catching colds easily**
- **pain in the muscles and connective tissues**
- **reoccurring headaches**
- **indigestion**
- **tightness in the chest**

When the acid condition continues over a long period of time, excess acid substances will be created and deposited in the weakened areas of the body, so that the blood will be able to maintain it's essential alkaline level. The cells around these weakened areas will either die or try to adapt to this acid environment. Since these cells are too acid, when these cells try to adapt, they can become malignant abnormal cells, creating cancer or other chronic disorders in the body. Chronic disorders are not contagious health conditions; we develop them slowly, most often as we get older. Examples:

- **heart disease**
- **high blood pressure**
- **diabetes**
- **arthritis**
- **fibromyalgia**
- **gout**
- **asthma**
- **hay fever**
- **allergies**
- **headaches**
- **psoriasis**
- **obesity**

In general, to have a good pH, calcium, magnesium and potassium are needed. Calcium supplements should be of the natural type that are easily absorbed to avoid calcium storage problems.

Testing

In order to test your pH you will need pH paper or a pH meter. Using saliva does not give you a very accurate picture. Best to take the measure in the morning. Many dip the saliva stick into their first urine of the morning, however there is some evidence that the first morning urine is quite acidic and the second urine might be more accurate. Try both and see what you get.

For those that have a fungal overgrowth, it is interesting to note that fungus needs a pH of 5 (acidic) to survive, so it would be good to have the colon at 6pH (most people are 4-5).

In extreme acidosis, the kidneys can produce ammonia (pH 9.25) to buffer the acids, and calcium may be leached from the bones.

What pH do bacteria prefer:

H pylori prefer pH between 3.5 - 8 (with best at 5.0)
Salmonella typhi has optimum at 4pH
Streptococcus bovis prefers 4.5-6.7 pH

Interesting that Viruses like a fairly alkaline environment; whereas Fungi like a more acidic environment; and Bacteria can thrive under various conditions, but their growth is stimulated in high-sugar conditions.
An excess of toxins in your diet and environment tends to increase the production of acid within cells, forcing the body to compensate by producing a strong alkaline reaction in the blood - this favours the growth of Cancer cells.

At 5.8pH cancer cells begin to form and at 3.5 pH the human body cannot sustain life.

Moving Your pH

If this information about moving your pH is too much technical overload, just skip it. Some people are really into this and so we pass on this information we obtained in case you are interested.

Here is one formula to get a quick "average" pH, you can measure yourself two hours after breakfast and two hours after lunch. Do this over a period of days and get your average numbers:

(Avg Urine pH _____ + Avg Saliva pH X 2 _____) / Divided by 3 = _____

<u>Average pH Between 6 and 7</u>
If your average pH is between 6 and 7 just use the neutral calciums of gluconate and orotate to build up your total alkalinity along with other minerals and trace minerals.

<u>Average pH Above 7</u>
If your pH is above 7, add calcium lactate and vitamin C (ascorbic acid). Clinicians have found about 1000mg twice a day of Vitamin C is good, and the higher above pH 7 you go, the more vitamin C you can take. Stop the calcium lactate when you come into range between 6 and 7 and pull back on the Vit. C. Do not take vitamin D.

<u>Average pH Below 6</u>
If your pH is below 6, add or Ionic calcium. With pH 5.6 to 6 clinicians have found that adding 1000 IU of vitamin D once or twice a day is beneficial and pH from 5.2 to 5.6 up to 5000 IU of vitamin D is good, while pH below 5.0 up to 50,000 IU of vitamin D once or twice a day would be ok as little vitamin D is being absorbed in the acid terrain. You can

use the vitamin D to help push the pH up.

Stop the calcium citrate and carbonate when you come into pH range 6 to 7. Pull back on vitamin D and go to cod liver oil for vitamin D requirements. Do not take vitamin C.

Attached you will find lists of the pH foods as they affect the body after metabolizing. You will notice that most fruits and vegetables are high in alkalinity, whereas meats, dairy, cheeses, heavy grains, and processed foods are high in acid.

A general rule of thumb is to eat 80% of your foods from the alkaline forming list and 20% from the acid forming list. It is also beneficial if 60% or more of the diet can be taken in its raw state to obtain fresh enzymatic action.

Strangely, lemons and apple cider vinegar are very acidic to taste, but when metabolizing, they create alkalinity in the body. What makes a food more alkaline is the presence of organic minerals.

To help obtain and maintain an alkaline body, many people drink the juice of fresh lemons in water throughout the day. Fresh lemon juice in 4 oz of water, 1 teaspoon every 15-30 minutes can be very helpful in an acid crisis or in the case of kidney stones. Other people find adding a tablespoon of apple cider vinegar to a cup of water and drinking several cups a day helps keep the body more alkaline.

Cream of Tartar is high in potassium but also highly alkalizing and a 1/2 teaspoon can be used in emergencies to neutralize acid reactions such as allergic responses, panting, shortness of breath, and anxiety attacks.

Charcoal capsules or powder can be used for acid food poisoning or stomach/gas upsets but should not be used continuously (take 5 caps or stir a teaspoon in 8 oz water). Baking Soda will neutralize almost any excessively acid condition such as food poisoning (1 teaspoon in 8 oz water, repeating if necessary).

Stress can make your body more acidic! November 11, 2004, Lorna Vanderhaege announced on t.v. that her lab discovered that when they tested regular commercial chicken and chicken eggs, they left an acid ash behind. However, when they tested the free run type - the ones that are allowed to run around the farm naturally and eat a natural diet - they tested alkaline instead of acid!

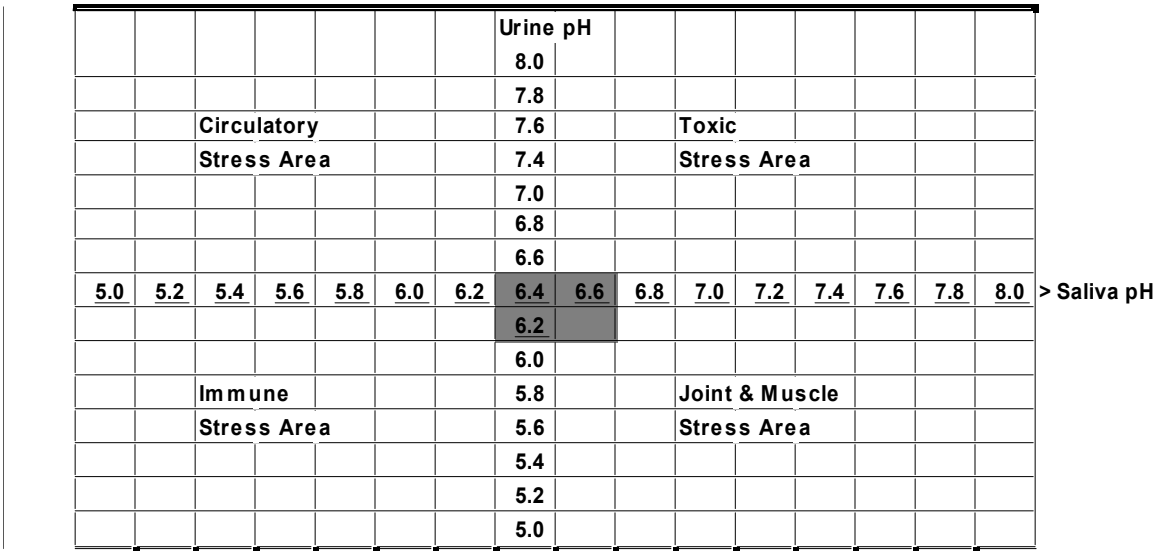
Lorna wondered if the commercial food was the cause of the chickens being acid, however she admitted that we can also turn our bodies acidic by our emotions. When we are unhappy, our bodies become acidic which invites disease.

Perhaps it was that the environment for the chickens - being cooped up in little cages and not allowed to move and run about like a normal chicken - perhaps that stress makes them acidic.

Saliva and Urine pH Chart

Determine your tendency toward problems relating to imbalances in pH readings. Keep a record of your daily pH readings with this chart. The 2 intersecting lines come together at a pH of 6.4 with the urine pH going vertically from 5.0 at the bottom of the chart to 8.0 at the top of the chart.
The saliva pH is the horizontal line beginning at 5.0 pH on the left, going to 8.0pH on the right edge.
Plot your different pH readings and see which area they are located.
The region within the shaded square is the ideal urine and saliva ranges for first morning readings.

The square area represents the urine pH readings between 6.0 and 6.4 and the saliva pH readings between 6.4 and 6.8. The more often your readings are within the square in the middle of the chart, the better your potential health level.



Results:

1. **Urine and Saliva pH both high: tendency to toxic conditions in metabolism. When both urine and saliva pH are too high for a period of time, (above 6.4 pH for urine and above 6.8 pH for saliva), then body goes into toxic stress state. When this occurs, system is overloaded, producing constipation, congestion. Symptoms: intestinal gas, body odor, bad breath, distended abdomen, sinus and upper respiratory congestion, skin discoloration, disk deterioration along spine, increased tooth decay. Alkaline pH readings indicate metabolism has slowed down and can be caused by liver or kidney weakness.**

2. **Urine pH low, saliva pH high: tendency toward joint and muscle stress or pain from congestion in these tissues. When the Saliva pH is above 6.8 and Urine is lower than 6.0, body goes into a state of joint and muscle stress. Digestive system is out of balance since upper digestive system is moving slower than the lower digestive system, creating abdominal gas and bloating. This creates congestion and accumulation of toxins, knots and lumps in soft tissues. Energy is being lost. Pain in tender points comes from these toxins that have accumulated in the muscle tissues.**

3. **Urine pH high, Saliva pH low: can lead to stress in circulatory system. When Saliva pH is low (below 6.4), and Urine pH is above 6.4, there is a tendency toward slow circulation with movement toward having a stroke or heart attack. This patter can have digestive stress because the upper digestive system is moving quickly, and the colon is shifting toward a slow state. Excess wastes that are created when the body is too acid are unable to move out of the system. This is what causes the circulation problems, since the toxins created can't be released as needed.**

4. **Both urine and saliva pH low consistently: immune stress where oxidative stress causes the body to age more quickly. When the Saliva pH stays lower than 6.4 and the Urine pH is lower than 6.0 for a period of time, the immune system is**

affected. This acid state occurs because the digestive system is moving too fast and nutrients can't get into the cells. There will be a tendency toward fungal infections, leg cramping and joint aching. Calcium will be drawn out of the bones to balance this acid state, so osteoporosis occurs when the body stays in this pattern. When the urine and saliva measurements test regularly with lowered pH readings, less oxygen is in the cells. This lack of oxygen in the tissues increases anaerobic bacteria and fungal growth in the body. This immune system stress will cause shortness of breath as the lungs are drawn upon for mineral energy. Chronic diarrhea and other malabsorption problems will be seen, such as colitis and Crohn's disease. Anemia comes from prolonged acid conditions and supplementing vitamin B12 and iron will not help unless pH levels are improved.

Diet should be 80% alkaline 20% or less should be acid
If you have tested negative against any of these foods, avoid them.

ACID-FORMING - ALKALINE-FORMING FOODS

PROTEIN FOODS Acid-Ash --eat 20% or less-- from this column	STARCH FOODS Alkaline Ash ---------- eat 80% or more ---------- from these columns	BULK FORMING Neutral Starches
Beef	Dates and figs	Asparagus
Liver	Honey and molasses	Celery
Lamb	Maple Syrup	Collards
Veal	Raisins	Cabbage
Pork*	Pumpkin and squash	Lettuce
Ham*	Tomatoes(fresh)	Beet tops
Poultry	Apples and grapes	Endive
Fish(most)	Currants and Peaches	Broccoli
Sea Foods	Pears and Pineapple	Green peas
Eggs(whole)	Plums and Melons	Beans
Buttermilk	Bananas and Cherries	Water cress
Yogurt	Apricots and Cantaloupe	Chives
Grain	Watermelon	Cucumbers
Wheat germ	Brown rice	Mustard
Rice(white)*	Millet	Garlic
Most whole grains	Buckwheat	Kale
Cooked prunes	Almonds	Eggplant
Nuts(most)	Potatoes, baked	Onions
Cheese	Popcorn	Radishes
Lentils	Okra, sorrel	Spinach
Cooked tomatoes	Macaroni*	Green Peppers
Cooked rhubarb	Okra, sorrel	Carrots
Coffee(black)*	Oily nuts*	Romaine lettuce
Soy beans	Macaroni*	Leeks, corn
Dried peas	Flour gravy*	Peppermint
Dried beans	White Flour*	Escarole
Carob	Spaghetti*	Dandelion
All nuts except almonds, chestnuts, brazil nuts	Cereals, processed*	Kohlrabi
	Pastries and Peanuts*	Artichokes
Alcohol		Parsley, beets
White Sugar*		Brussels Sprouts
Cranberry		Parsnips
Chickpeas		Rutabagas
White Vinegar		Root celery
Candy*		Mushrooms
Cake, Pie, Ice Cream, Jams*		Avocado
		Butter
		Olive Oil

***not recommended at any time**
Note: what makes a food more alkaline is the presence of organic minerals.

IF YOU TEST SENSITIVE TO ANY OF THE ABOVE FOODS, AVOID THEM!

FOODS MOST ALKALINE PRODUCING

Lemons	7.5pH
Watermelon	7.5
Melons, all	7.0-7.5
Agar Agar	7.0
Cantaloupe	7.0
Cayenne	7.0
Parsley	7.0
Kelp	7.0
Figs, dried	7.0
Dates, dried	7.0
Grapes-thompson	7.0
Limes	7.0
Mango	7.0
Papaya	7.0
Parsley juice	7.0
Seaweed, all	7.0
Watercress	7.0
Wheatgrass juice	7.0
Asparagus	6.5
Miso	6.5
Passion fruit	6.5
Pineapple	6.5
Raisins	6.5
Fruit juices	6.0-7.0
Pears	6.0-6.5
Alfalfa sprouts	6.0
Apricots	6.0
Arrowroot flour	6.0
Bananas, ripe	6.0
Berries (except blueberries)	6.0
Carrot juice	6.0
Celery &/or juice	6.0
Chard	6.0
Currants	6.0
Dandelion greens	6.0
Dates, fresh	6.0
Figs, fresh	6.0
Garlic	6.0
Gooseberry	6.0
Grapes	6.0
Grapefruit	6.0
Guavas	6.0
Lettuce	6.0
Nectarines	6.0
Persimmons	6.0
Rutabaga	6.0
Spinach	6.0
Tangarines	6.0
Apples	5.5-6.0
Peaches	5.5-6.0
Peas(fresh)	5.5-6.0
Pumpkin	5.5-6.0
Teas, herbal leaves	5.5-6.5
Bamboo shoots	5.5
Beets/juice	5.5
Broccoli	5.5
Cabbage	5.5
Carob	5.5
Cauliflower	5.5
Corn	5.5
Daikon	5.5
Ginger, fresh	5.5
Greenbeans, fresh	5.5
Green onions	5.5
Kale	5.5
Kohlrabi	5.5
Lettuce,iceberg	5.5
Lima bean, fresh	5.5
Mustard Greens	5.5
Oranges	5.5
Parsnips	5.5
Pepper, bell	5.5
Pomegranate	5.5
Potatoes	5.5
Strawberries	5.5
Tamari Sauce	5.5
Turnip	5.5
Squash	5.0-6.0
Almonds	5.0
Barley malt sweetener	5.0
Brown rice syrup	5.0
Brussels sprouts	5.0
Cherries	5.0
Chicory	5.0
Coconuts, fresh	5.0
Cucumber	5.0
Eggplant	5.0
Leeks	5.0
Okra	5.0
Olives	5.0
Pickles	5.0
Radishes	5.0
Seasalt	5.0
Taro	5.0
Waterchestnut	5.0
Artichokes	4.5-5.0
Mushrooms	4.5-5.0
Onions	4.5-5.0
Teas(herbal)	4.5-5.0
Tomato	4.5-5.0
Amaranth	4.5
Chestnuts	4.5
Egg yolks	4.5
Essene bread	4.5
Goatmilk, raw	4.5
granola	4.5
Horseradish	4.5
Millet	4.5
Olive Oil	4.5
Quinoa	4.5
Rhubarb	4.5
Sesame seeds	4.5
Soybean product	4.5
Soy sauce	4.5
Whey, goat	4.5
Acidolphilus	4.0
Almond oil	4.0
Avocado oil	4.0
Butter, unsalted	4.0
Canola oil	4.0
Castor oil	4.0
Corn oil	4.0
Cranberries	4.0
Cream, fresh/raw	4.0
Margarine	4.0
Safflower oil	4.0
Safflower oil	4.0
Sesame Oil	4.0
Soy oil	4.0
Sunflower oil	4.0
Whey, cow	4.0
Yogurt, plain	4.0
Raw cows milk	3.5-4.0
Butter, salted	3.5
Aduki beans	3.5
Black beans	3.5
Blueberries	3.5
Bread: Sprouted millet	3.5
Brazil nuts	3.5
Broadbeans	3.5
Cheese, mild	3.5
Cheese, crumbly	3.5
Dried beans	3.5
Egg whites	3.5
Garbanzo beans	3.5
Goatmilk, homo	3.5
Kidney beans	3.5
Mung beans	3.5
Navy beans	3.5
Pecans	3.5
Pinto beans	3.5
Plums	3.5
Prunes	3.5
Red beans	3.5
Spelt flour	3.5
White beans	3.5
Barley	3.0
Bread: Sprouted rye	3.0
Cheese, med.	3.0
Chicken fat	3.0
Cornmeal	3.0
Filbert nuts	3.0
Fruit juice	3.0
Honey	3.0
Macadamia nuts	3.0
Maple Syrup	3.0
Milk, homo	3.0
Molasses (org)	3.0
Pistachios	3.0
Rye flour	3.0
Lentils	3.0
Sunflower seeds	3.0
Turbinado sugar	3.0
Walnuts	3.0
Beef fat	2.5
Buckwheat	2.5
Cheese, sharp	2.5
Eggs	2.5
Ketchup	2.5
Mayo	2.5
Pasta,wholegrain	2.5
Pastry, whole grain/ Honey	2.5
Rice, basmati	2.5
Rice, brown	2.5
Oats (steelcut)	2.5
Peanuts	2.5
Bread: Wheat sprouted	2.5
Tapioca	2.5
Fructose	2.0
Molasses, refined	2.0
Pork fat	2.0
Shellfish	2.0
Wheatgerm	2.0
Wheat, whole	2.0
Wine	2.0
Yogurt, sweet	2.0
Fish	1.5-2.0
Chicken (organic)	1.5
Deer	1.5
Pheasant	1.5
Rabbit	1.5
Turkey	1.5
Wheat (white)	1.5
Pop	1.0-3.0
Black tea	1.5
Pasta (refined)	1.5
Beer/liquor	1.0-2.0
Coffee	1.0-2.0
White rice	1.0-1.5
Bear meat	1.0
Beef, organic	1.0
Goat	1.0
Lamb	1.0
Pastry (refined flour with sugar)	1.0
Pork	1.0
Soft drink with Artificial sweeteners	1.0
Sugarcane	1.0
Artificial sweeteners	.5pH

FOODS MOST ACIDIC PRODUCING

BLOOD SUGAR CONTROL

The information that follows will help teach you how to manage your blood sugar levels. Hypoglycemia and Diabetes (low blood sugar and high blood sugar) are completely out of control in North America and it is all due to our diet that is high in sugars and refined foods, fast foods, improper eating habits. Everyone enjoys fast food - it is high in flavour - but deadly in the long term.

By learning which foods are healthy for the stabilization of blood sugar and which are unhealthy, you can monitor your blood sugar with diet easily.

Glycemic Index

The glycemic index ranks foods on how they affect our blood sugar levels. The index measures how much your blood sugar increases after you eat. When you make use of the glycemic index to prepare healthy meals, it helps to keep your blood sugar levels under control. this is especially important for people with diabetes, although athletes and people overweight also stand to benefit from knowing about this relatively new concept in good nutrition.

Recent studies of large numbers of people with diabetes show that those who keep their blood sugar under tight control best avoid the complications that this disease can lead to. The experts agree that what works best for people with diabetes—and probably everyone—is regular exercise, little saturated and trans fat, and a high-fiber diet. That is excellent advice—as far as it goes.

The real problem is carbohydrates, and that's what the glycemic index is all about. Foods high in fat or protein don't cause your blood sugar level to rise much.

The official consensus remains that a high-carbohydrate diet is best for people with diabetes. However, some experts recommend a low-carbohydrate diet, because carbohydrates break down quickly during digestion and can raise blood sugar to dangerous levels. A low-glycemic diet avoids both extremes.

Many carbohydrate-rich foods have high glycemic indexes, and certainly are not good in any substantial quantity for people with diabetes. Other carbohydrates break down more slowly, releasing glucose gradually into our blood streams and are said to have lower glycemic indexes.

The really shocking results of G.I. studies are: which foods produce the highest glycemic response. They include many of the starchy foods we eat a lot of, including most bread, most breakfast cereals, and baked potatoes. But table sugar—long believed to be the worst thing for people with diabetes—isn't as high on the index.

Low glycemic foods include beans, barley, pasta, oats, and some types of rice. Acidic fruits have low glycemic indexes. Likewise, vinegar and lemon juice—as in salad dressing—help reduce the glycemic load.

Sugar

A lot of people still think that it is plain table sugar that people with diabetes need to avoid. The experts used to say that, but the glycemic index shows that starchy complex carbohydrates, like baked potatoes, can be even worse.

Before the development of the glycemic index beginning in 1981, scientists assumed that our bodies absorbed and digested simple sugars quickly, producing rapid increases

in our blood sugar level. This was the basis of the advice to avoid sugar, a proscription recently relaxed by the American Diabetes Association and others.

Surprises

Many of the glycemic index results have been surprises. For example, baked potatoes have a glycemic index considerably higher than that of table sugar.

A more pleasant surprise is the very low glycemic index of a tasty bean called chana dal, which is the subject of a separate article. Another pleasant surprise is pearled barley, which has the lowest glycemic index of any grain.

Other Important Diet Considerations

The glycemic index should not be your only criterion when selecting what to eat. The total amount of carbohydrate, the amount and type of fat, and the fiber and salt content are also important dietary considerations.

The glycemic index is most useful when deciding which high-carbohydrate foods to eat. But don't let the glycemic index lull you into eating more carbohydrates than your body can handle. The number of grams of carbohydrate we consume is awfully important. Make sure you know the carbohydrate content of the foods you eat by studying the nutritional information on the package.

Variations

Factors such as variety, cooking, and processing may effect a food's GI. Foods particularly sensitive to these factors include bananas, rice, and potatoes.

In addition, the glucose response to a particular food may be somewhat individual. So it is probably a good idea to carefully watch your own blood sugar after eating foods you have questions about and determine if they have high or low GI *for you*. If you find a specific food produces an unexpected result, either high or low, take note of it and incorporate that into your meal planning. Also note that the numbers vary from study to study. This may be due to variations in the individuals in a particular study, other foods consumed at the same time, or different methods of preparation, since your body can absorb some foods better when they are well cooked.

Free Foods

Most of the foods tested are high in carbohydrates. Some may wonder at the gaps—why other high-carbohydrate low-calorie foods like celery (or tomatoes or similar foods) have never been tested. The problem is a technical one for the testers, because they would be so hard put to get anyone to volunteer to eat 50 grams of carbohydrate from celery—it's just too much celery to think about! Essentially, from a glycemic index standpoint, celery and foods like it can be considered as free foods. I now have a list of the common free foods on-line at www.mendosa.com/freefoods.htm

Mixed Meals

Some people wonder if the glycemic index can predict the effect of a mix meal containing foods with very different indexes. Studies have shown that it does that job very well, too.

You can quite readily predict the glycemic index of a mixed meal. Simply multiply the percent of total carbohydrate of each of the foods by its glycemic index and add up the results to get the glycemic index of the meal as a whole.

750 Foods

Scientists have so far measured the glycemic indexes of about 750 high-carbohydrate foods. The key is to eat little of those foods with a high glycemic index and more of those foods with a low index.

The glycemic index (GI) is a numerical system of measuring how much there is of a rise in circulating blood sugar a carbohydrate triggers–the higher the number, the greater the blood sugar response. So a low GI food will cause a small rise, while a high GI food will trigger a dramatic spike. A list of carbohydrates with their glycemic values is shown below. A GI is 70 or more is high, a GI of 56 to 69 inclusive is medium, and a GI of 55 or less is low.

The glycemic load (GL) is a relatively new way to assess the impact of carbohydrate consumption that takes the glycemic index into account, but gives a fuller picture than does glycemic index alone. A GI value tells you only how rapidly a particular carbohydrate turns into sugar. It doesn't tell you how much of that carbohydrate is in a serving of a particular food. You need to know both things to understand a food's effect on blood sugar. That is where glycemic load comes in. The carbohydrate in watermelon, for example, has a high GI. But there isn't a lot of it, so watermelon's glycemic load is relatively low. A GL of 20 or more is high, a GL of 11 to 19 inclusive is medium, and a GL of 10 or less is low.

GLYCEMIC LOAD

There is an interesting read on the internet about the foods and the glycemic load which is somewhat different that the glycemic index:

http://www.mendosa.com/gilists.htm

For those really interested in the affect of foods on the blood sugar, this will help spur you on to greater understanding.

Foods that have a low GL almost always have a low GI. Foods with an intermediate or high GL range from very low to very high GI.

IF YOU DO HAVE DIABETES OR KNOW SOMEONE WHO DOES:

Refer to the internet: Dr. Gabriel Cousens treatment and diet corrects adult diabetes very quickly. We will not outline the whole diabetes protocol plans here but contact us if you want more information. You can order Dr. Gabriel Cousens book online through Amazon which is in great detail.

Blood Sugar Readings

U.S.(mg/dl)	CANADA (mmol/L)	
55.8	3.1	
59.4	3.3	
70.2	3.9	normal
75.6	4.2	normal
79.2	4.4	normal
84.6	4.7	normal
90	5.	borderline
95.4	5.3	borderline
100.8	5.6	pre-diabet.
104.4	5.8	pre-diabet.
109.8	6.1	pre-diabet.
115	6.4	pre-diabet.
120.6	6.7	pre-diabet.
124.2	6.9	pre-diabet.

129.6	**7.2**	**Diabetic**
135	**7.5**	**Diabetic**
140.4	**7.8**	**Diabetic**

Fasting Blood Sugar:
Blood glucose level is taken each morning before food is eaten as well as 3 other times during the day. 70-85 is normal. 86-99 is borderline or early pre-diabetes; 100 or higher is pre-diabetic and above 126 is diabetes.

TO HELP BLOOD SUGAR, SAY GOODBYE TO:

- **White sugar, white flour, and even wheat due to its alloxan content, white rice.**
- **Soy (low on glycemic index, but it is a low mineral food that robs the body of minerals and 90% of all soy is genetically modified). Best way to eat soy is the way the Oriental people do: fermented as in tofu, bean curd, tempeh.**
- **Honey, maple syrup, corn syrup, alcohol, nutrasweet (aspartame)**
- **Coffee, pop, msg, junk food, most fruit and dried fruit.**
- **Animal meats, fish, shellfish, fowl, dairy (including milk, cheese, cottage cheese, butter), eggs, margarine, animal fats including cod liver oil, cooked oils, artificial colorings and flavorings.**
- **Black tea, green tea, any tea with caffeine, Pop/Sodas, Canned or bottled drinks.**
- **Smoking or chewing tobacco.**

Are we saying you can not eat these foods ever again. No, once your body is stabilized you can have small amounts of honey and maple syrup, and fruit, and tea, animal meats, cheeses. Don't bother having junk food in the house, or white flour or white/brown sugar, candy, regular type breads and noodles - if they aren't handy you won't eat them.

WHAT ABOUT FRUIT?
Bottled or canned fruit are not raw and you do not get the benefits of raw, they also pack a lot of natural sugar, stick to eating whole fruit..
If you have diabetes, it is recommended to avoid all fruit for a few months until your fasting blood sugar stabilizes at 4.7 mmol/ (85mg/dl) or less. Then low glycemic fruits such as berries, cherries, citrus, goji berries, cranberries and an occasional apple can be eaten.

BEST CHOICES FOR PROTEIN WILL COME FROM:
Nuts and seeds
Algaes, Bee Pollen
Greens (esp. spinach, broccoli, brussel sprouts, parsley, bok choy, arugula, kale, watercress)
Grains
Beans
Spirulina, Chlorella, Blue-Green algae
Hemp seeds
Olives,
Sprouts
Green superfood powders

HEAVY METALS
It is suggested you take homeopathics and chlorella to detox the mercury, arsenic, lead, cadmium etc. from the body.

DRINKING WATER
No Fluoride water.

GLYCEMIC INDEX

Tells how fast does food raise the blood sugar. The idea is to eat from a lower glycemic index. Glucose is given an arbitrary value of 100 to help give a ruler to measure from. Slower carbs in the lower numbers are helpful to prevent overnight drops in blood sugar and for long periods of time.

55 or less: Low 56-69: Medium 70 or more: High

The bigger the portion, the more it will increase your blood glucose, regardless of its GI rank.
Check blood glucose level before eating, and 1-2 hours afterwards to see how your body handles the meal.

BEANS:

Baked	44	Garbanzo, boiled	34	Lima, boiled	32
Black beans, boiled	30	Kidney, boiled	29	Navy beans	38
Butterbeans, boiled	33	Kidney, canned	52	Pinto beans, boiled	39
Canellini beans	31	Lentils, green/brown	30	Red lentils, boiled	16
				Soybeans, boiled	16

BREADS:

Bagel, plain	72	Muffins:		Pumpernickel	49
Baguette French	95	Apple/cinnamon	44	Sourdough	54
Croissant	67	Blueberry	59	Rye	40
Dark Rye	76	Oat & raisin	54	White bread	70
Hamburger bun	61	Pita, white	57	Wheat	68
Multigrain bread	48	Pizza, cheese	60	Whole meal bread	69
				Whole grain	50

CEREALS:

All bran	51	Grapenuts	67	Raisin Bran	73
Bran Buds & Psyllium	45	Life	66	Rice Chex	89
Bran Flakes	74	Mini Wheats	57	Rice Krispies	82
Cheerios	74	Muesli, natural	54	Shredded Wheat	67
Corn Chex	83	Nutri-grain	66	Special K	54
Cornflakes	83	Oatmeal, oldfashioned	48	Total	66
Cream of Wheat	66	Porridge, non-instant	49	Wheetabix	77
Frosted Flakes	55	Puffed Wheat	67		

CRACKERS:

Graham	74	Rice cakes	80	Rye	68
Soda	72	Wheat Thins	67		

DAIRY & DAIRY SUBSTITUTES

Chocolate milk	35	Milk, fat free	32	Yogurt, low fat	33
Custard	43	Milk, skim	32	Yogurt, plain	14
Ice cream, vanilla	60	Soy milk	31		
Ice milk, vanilla	50	Tofu frozen dessert	115		
Ice-cream, low fat	50	Yogurt, fruit	36		

DRINKS

Apple juice	40	Gatorade	78	Pineapple juice	56
Carrot juice	45	Grapefruit juice	48	Soy milk	30
Colas	65	Orange juice	46		
Gatorade	78				

FRUIT:

Apple	38	Fruit cocktail	55	Pear	58
Apricots	57	Grapefruit	23	Pineapple	66
Apricots, dried	31	Grapes	46	Plums	39
Apricots, in syrup	64	Kiwi	52	Prunes	15
Banana	56	Mango	55	Raisins	64
Cantaloupe	65	Orange	43	Watermelon	72
Cherries	22	Papaya	58		
Dates	103	Peaches	52		

GRAINS:

Barley	25	Bulghur wheat	48	Rice, wild	57
Barley flakes	66	Couscous	65	Rice, white	58
Barley, cracked	50	Cornmeal	68	Rye	34
Barley, pearl	25	Millet	71	Taco shell	68
Basmati, white	58	Rice, brown	55	Wheat kernels	41

PASTA:

Cheese tortellini	50	Macaroni	56	Spaghetti, prot. enrich	28
Fettucini	32	Spaghetti, cooked 5 min	33	Vermicelli	35
Linguini	50	Spaghetti, cooked 15 min	44		

SNACKS:

Angel cake	67	Oatmeal cookie	57	Shortbread cookies	64
Chocolate bar	49	Pizza, cheese & tomato	60	Snickers bar	41
Corn chips	72	Pizza hut, supreme	33	Strawberry jam	51
Croissant	67	Popcorn, light micro	55	Tart	65
Digestive cookies	58	Potato chips	56	Vanilla wafers	77
Doughnut	76	Pound cake	54	Waffles	76
Graham crackers	72	Power bars	58	Water biscuits	65
Jelly beans	80	Pretzels	83	Wheat thins	67
Life Savers	70	Ryvita	67		
Muffin, unsweetened	62	Saltine crackers	72		

SOUPS

Black bean soup	64	Green Pea soup	66	Split pea soup with ham	66
Tomato Soup	38				

SUGARS:

Fructose	22	Honey	62	Maltose	105
Table sugar	64				

VEGETABLES

Artichoke	15	Eggplant	15	Potatoes, red, baked	93
Asparagus	15	French fries	75	Potatoes, white boiled	63
Bean Sprouts	25	Green beans	15	Soy beans, boiled	16
Beets, canned	64	Green peas, frozen	47	Snow peas	15
Black eyed beans	41	Kidney beans, boiled	29	Spinach	15
Broad beans	79	Lentils, green, boiled	29	Squash, young summer	15
Broccoli	15	Lentils, green, tinned	51	Squash, winter/butternut	41
Carrots, fresh, boiled	49	Lettuces	15	Sweet potatoes	52
Cauliflower	15	Lima beans frozen	32	Tomatoes	15
Celery	15	Parsnips	97	Yams	54
Chickpeas	33	Peas, fresh, boiled	48	Zucchini	15
Chickpeas, tinned	42	Peas, dried	22		
Corn, sweet	56	Peppers, all	15		
Cucumber	15	Potatoes, new boiled	59		

EXAMPLES OF LOW GLYCEMIC INDEX FOODS (55 or less)		
Skim milk	Plain Yogurt	Soy Beverage
Apples, plums, oranges	Sweet potatoes	Oat bran bread
All Bran cereal	Converted or parboiled rice	Pumpernickel bread
Al dente (firm) pasta	Lentils, kidney beans,baked beans	Chick peas
Lima Beans	Berries, Cherries, Citrus, Goji	

EXAMPLES OF MEDIUM GLYCEMIC INDEX FOODS (56-69)		
Bananas	Pineapples	Raisins
New Potatoes	Oatmeal	Popcorn
Split pea or green pea soup	Brown rice	Couscous
Basmati rice	Shredded wheat cereal	White wheat bread
Rye bread		

EXAMPLES OF HIGH GLYCEMIC INDEX FOODS		
Watermelon	Dried dates	Instant mashed potatoes
Baked white potato	Parsnips	Rutabaga
Instant rice	Corn Flakes	Rice Krispies
Cheerios	White bagel	Soda crackers
Jellybeans	French fries	

NOTES REGARDING BLOOD SUGAR:

- **COFFEE: 1 cup of coffee may elevate the glucose level enough to need three units of insulin to counteract it.**
- **SMOKERS require higher insulin requirements. Long term smoking aggravates insulin resistance. Nicotine decreases peripheral circulation, increasing the need for amputation. Smoking increases adrenaline secretions by 2.3%, increasing blood sugar. Current or ex-smokers are significantly more likely to have neuropathy than those who have never smoked.**
- **VEGETABLES decrease fasting insulin (Vit. A rich foods decrease insulin resistance).**
- **STRESS is associated with insulin resistance.**

WORST SCENARIO:

- **High fat, low protein, deficient in omega 3 and omega 6, high in simple carbohydrates, high in high glycemic meals filled with refined sugar and starches; low fiber intake, deficient in minerals calcium, magnesium, chromium, vanadium, potassium, zinc, carotenoids, low intake vegetables, lack exercise, watching television, smoking.**

COMPLEX CARBOHYDRATES

- **Such as brown rice, starchy vegetables, beans, whole grain noodles does not cause diabetes.**
- **Proper management of carbohydrate metabolism is the key to healthy life and longevity. A normal fasting blood sugar is 100 (5.6) however latest research**
- **suggests 86 or higher means you are already entering into the first stages of abnormal metabolism and are beginning to lose control of a healthy carbo metabolism.**

EATING LESS

- **Dr. Gabriel Cousens believes the key to healing diabetes is eating and living in a way that creates an FBS (fasting blood sugar) between 70-85. He has been treating diabetes successfully for 40+ years. He has found the less we eat, the better, and**

- **decreasing caloric intake slows the aging process. Blood sugars increase when you overeat - even if it is overeating healthy foods.**

FATS

- **Eating a high vegetable oil diet for only 48 hours will produce a 'reversible' diabetes.**
- **High animal fat diet is associated with increased adult diabetes.**
- **Plant source food has no cholesterol, so blood fat levels will go to normal.**
- **Eskimos that ate raw blubber did not develop heart disease until they started to cook their blubber.**
- **Triglycerides are fat particles travelling in the bloodstream. Normal concentration is less than 1.50 mg/dl. Lowering triglycerides is another way to reduce risk of heart disease which is accomplished on a proper diet.**
- **When you increase the ratio of polyunsaturated fatty acids to saturated fatty acids, there is improved insulin binding. High fat diets lead to insulin resistant. Saturated fatty acids cause the most deterioration.**
- **Linolenic acid cause the least problem.**
- **The use of omega 3 from flaxseed oil normalizes insulin function in the saturated fatty acid group.**

MEAT

- **Meat, dairy, fish can create an excess release of insulin**

WEIGHT

- **82% of people will come into normal weight within 2 years of doing this diet and lifestyle change. If you wish to speed up the process, do the green juice feasting as often as you can.**

MSG

Ingesting MSG creates an excess of glutamate which the body has trouble converting. MSG causes a very large insulin response after it is ingested because there are glutamate receptors in the pancreas which are activated by the lutamate increased by the MSG and which then cause a release of insulin.
MSG also opens calcium channels, thus constricting blood vessels, putting diabetics with high blood pressure at risk by negating calcium channel blocker medication. MSG has been associated with damage to the hypothalamus in the brain and concomitant resulting obesity.

SUPPLEMENTS:

- **90% of diabetics are deficient in magnesium.**
- **The following improve insulin resistance:**

Zinc and chromium Vanadium	**Biotin**
Vit. E (600IU)	**Taurine**
Glutathione	**Alpha lipoic acid**
Fiber	**Cinnamon**

CoQ10 improves blood sugar, blood pressure and uptakes of C,E, and beta-carotene.

CONFUSED ABOUT TYPES OF NATURAL REMEDIES?
COMPARISON OF HOMEOPATHY – HERBAL – GEMMOTHERAPY – VIBOPATHIC REMEDIES
these are usually taken on empty stomach, away from food

Note: it is always recommended that you test the person for correct dosage. Dosage depends on the size of the person or animal. Full adult dose is usually for a 150 pound person or animal.

HOMEOPATHICS	HERBAL	GEMMOTHERAPY	VIBROPATHIC
· Homeopathy uses minute diluted substances that stimulate the body back to homeostatis or balance. · Based on the principle of 'like vs like'. Popular worldwide, it is a system of treating diseases and imbalances with small amounts of substances which, in larger amounts, would produce the observed symptoms. · Derived from plants, animals, minerals or chemical substances. Macerated to a mother tincture in alcohol, then diluted and potentized (succussed) to allow for that energetic push through the body. · They exert the influences by animating the healing forces within us; or awaken the curative forces inherent in the organism.	· CAPSULES: Plants can be ground and put into gelatine capsules. This is especially good if taste of the plant is objectionable. · TEAS: Plants can also be made into a tea (1 tsp per cup of boiling water) which is steeped for 20-30 minutes before drinking. · TINCTURES or EXTRACTS: Tinctures are usually a 5:1 ratio (5 parts liquid to 1 part plant). Extracts are stronger, usually with a ratio of 1 part plant to 1 part liquid. Generally it takes 4 weeks to make a tincture or extract. Healthy picked plants are quickly macerated in grain alcohol and water. After 4 weeks of maceration, the plants are pressed and filtered, leaving behind the liquid tincture or extract which can be stored for future use. Dosage of tincture for an adult is usually 1 teaspoon: 2 or 3 times a day. With extracts, you use perhaps 10 drops 2-3 times a day.	· Uses the fresh buds (organic) of trees, bushes, and plants · Buds are macerated in a menstrum of glycerine, alcohol and water for 4 weeks which ensures the mineral extraction as well. · There is no dilution of the final product. The dosage is 3-5 drops per dose. · Much less alcohol consumed with such low dosages. · Gemmotherapy is very concentrated and the dosage is usually only 15 drops a day (can do 5 drops 3x/day) so a lot less alcohol is consumed. You can taste the plant itself. Mineral content is high because of water extraction. · Because of the glycerine, the taste is a little sweet and pleasant. · Contains highly absorbable oligo elements	· These are electronically imprinted remedies using hertz and magnetic frequencies. · The action is similar to homeopathic energetic remedies. · These can be made with distilled water and nothing else so no alcohol is needed and can be safely taken by anyone sensitive to alcohol. · Can be made as strong or weak as needed. · Without using alcohol or preservatives there is a short shelf and so the remedy needs to be consumed within 3 months. For that reason they are not stored on the shelf for later use. · If you want to store the remedy, use 25-30% alcohol.

HOMOTOXICOLOGY

And now for a short course in Homotoxicology. Don't let the big name intimidate you. This is one of the most important things you can learn about - how to deal with the toxins that come into your body. Most of the people believe they lead a pretty clean life and can't understand how they could be getting ill. However, the truth is that we are all being bombarded by our lifestyle in this century, and poisons are entering your body from every spectrum of life. Here's an idea of what types of toxins we are often exposed to:

Food: **toxic metals such as arsenic, lead, cadmium, aluminum. Polycyclic aromatic hydrocarbons from incomplete combustion of hydrocarbons. Industrial chemicals such as PCB's, Chloroform,Trichloroethyleme. Hormones and Drugs in animals. Fertilizers. Pesticides. Microbes such as bacteria, viruses, protozoa (eg. giardia). Mycotoxins which are toxins products my molds (eg. aflatoxins from the aspergillus molds). Food additives such as food dyes, preservatives.**

Water: **Chemicals found in solvents, phosphates, nitrates, herbicides, pesticides, fertilizers, industrial wastes (water is usually analyzed for less than 60 of over 700 chemicals found regularly in drinking water. By-products of microbes such as Bacteria (eg. E coli), Viruses (eg. hepatitis), Parasites, and Algae toxins. Heavy metals such as mercury, lead, arsenic, copper, asbestos. Radioactive particles such as radon, radium, and uranium. Gasoline.**

Drugs: **prescription, over the counter type, vaccine residues, recreational type drugs.**

Air Pollutants: **Carbon dioxide, nitrogen oxides, sulphur dioxide, photochemical oxidants (ozone, aldehydes), lead, ash residue from volcanoes, radon from nuclear explosions, natural gas, terpenes from plants, ammonia from biological decomposition, smoke from fires, dust from soil, pollen from plants, microbes, mold spores, industrial pollutants, chemical dump contaminants, waste disposal contaminants, fuel combustion, transportation contaminants, farming sprays of pesticides and herbicides as well as individual household use.**

From inadequate operating houses and equipment in houses: asbestos, formaldehyde, volatile organic chemicals, radon gas, nitrogen oxide, carbon dioxide.

From furniture and renovations: this is especially true within the first 6 months the article is new: phenols and formaldehyde from woods such as wall panelling, flooring, cabinets. VOCS from glues, fillers, paints, stains, varnishes etc. Paints with fungicides, pesticides, mildew-cides. Fiberglass from insulation material. Plasticizers such as vinyl. Upholstery fabrics and carpets use dyes, formaldehyde, plastic, fungicides. New carpets contain more than 20 chemicals to kill bacteria, hold colors, bind the fibers and release acetone, bezene, styrene, xylene, formaldehyde in addition to the dust and chemical and microbes that it can harbor.

Personal care products such as body creams and lotions, soaps, makeup, hairspray, nailpolish and nailpolish remover, toothpaste, synthetic perfumes. Laundry products, fabric softeners may contain carcinogenics such as benzyl acetate, limonene, chloroform. SNC toxins such as camphor, ethyl acetate, benzyl alcohol, linalool, pentane. Household cleaning produces (you name it). Pesticides used for lawn and garden.

Microbes (bacteria, viruses, fungi), Molds, Dust, Pet dander, fleas, (and use of chemicals to control same), litter contaminants.

Human transfer of viruses and bacteria, tobacco smoke, fireplace smoke, recreational drugs.

Puncture of toxins: through drugs, animal bites, scratches and wounds, insect bites, even fish bites.

Radiation poisoning from the residues in the air, from dental and medical xrays.

Endogenous toxins (Poisons produced by your own body): when the body doesn't work properly it can produce bilirubin, ammonia, uric acid, lactic acid, creatinine. Even when it works well it produces waste products such as CO2, H202, free radicals, hormones and/or neurotransmitters, microbial debris, pH imbalances, and wastes from urine and fecal (eg. E coli from stool).

Our body can clean up a certain amount of toxic load, but we are accumulate too much, too fast. The body is trying to store the residues wherever it can (such as in fat cells), but much of the residue finds it way into our organs, and even our brain. Many of our tumors and cysts are just something the body can't get rid of so it encapsulates it to protect the rest of the body from whatever it is.

Here's a step by step outline on how you can help the body stay reasonably protected:

1. **Examine your home, office, car and every phase of your life and see what you can eliminate that is toxic. What you can't eliminate or really can't do without (eg. body soap, hair shampoo, deodorants) make sure you buy products without chemicals, preferably organic. Most health food stores carry these.**

   Wooden floors are going to be a better choice than rugs that harbor a lot of problems, but remember for the first while when installed, they are toxic so see if you can let them breathe for a few weeks or months before using them. Same goes for new cars, furniture. Some of the most toxic sources are new kitchen cabinets. If you buy a new house, let it air and breathe for a few months before moving in (or buy used). This is especially true for anyone who is already ill. We were once told by a cancer hospital that they have never succeeded in healing cancer if the person had moved into a new home or had a new car - it was too stressful on an already weak body.

2. **Be careful when you travel. Motels and hotels are used by other people before you. The rooms and halls are cleaned with commercial cleansers. The mattresses, pillows and blankets are not cleaned from month to month (only the sheets are changed). Don't use the drinking glass left in the room, it is rarely washed properly. You may want to take private water distillers or filtration when travelling, especially to cottages, camping. Watch the foods you eat when travelling - you are pretty safe in Canada, not so in many other countries. When you return from other countries, do a parasite cleanse right away. Take huge amounts of probiotics or acidolphilus with you to combat bacterial infections you might incur when travelling (you can take 20 caps several times a day to help).**

3. **How does the toxin enter the body? The skin has a normal acid barrier which helps, watch that you don't destroy that barrier by cleansing the skin with soaps. Wounds and cuts should be cleaned and treated with 3% hydrogen peroxide. Many skin infections of fungal or parasitical nature can be helped by dabbing**

hydrogen peroxide or diluted bleach (7 parts water to one part bleach) on the area. Wash your hands after using the toilet. Wash your hands before preparing any food.

4. **Food handling. If you are preparing animal meats (eg. chicken, fish), sterilize the area after with a mild bleach solution so you don't cross contaminate other foods - this can be lethal. Don't leave cooked food out on the counter (eg. rice), cover it and refrigerate it. Don't eat leftovers that have been sitting for more than a few hours (mold spores start to develop) - if you want to eat that food some time later, freeze it. It is really good to take a food safety course (there is usually one offered at the local college) and it will tell you some amazing things about how to treat food (eg. don't cook dressing inside the turkey cavity), and how smart the viruses and bacteria are at surviving, what it takes to destroy them.**
5. **Protect yourself from computers by wearing Q-link necklace. If you use a cell phone, attach a cellphone protector to the back of the phone. We have these at our office if you need them.**
6. **There is going to be a certain amount of toxin that enters the body. If you are relatively healthy, do a month detox using homeopathics or herbs every spring and fall. If you are sick, you will have to go slowly when detoxing and do for a much longer time. As well as detoxing residues, detox parasites that enter with our foods, from our pets, drinking water etc. This is really important to do, the body just can't get rid of some toxins on its own.**
7. **If you have no choice but to take antibiotics for something serious (less serious can usually be helped with natural alternatives like wild oil of oregano, goldenseal, echinacea), then understand you will have destroyed your healthy flora and need to help it rebalance by using probiotics for several months.**

PARASITE CONTROL

Take remedies starting 5 days before full moon (critical for Protozoa). Parasites are recyclers. Wherever there is something stagnant that needs recycling they are found. Do <u>not</u> do a parasite cleanse if you are a nursing mother. Remedies may be homeopathic or herbal. You may need to repeat the remedy for several months to get rid of hatched eggs.

Parasite infestation may give common symptoms of itchy nose (see children picking nose a lot), itchy rectums, sore joints that resemble arthritis, digestive problems, weight loss.

<u>Diet for Parasite Control:</u>

Low sugar foods are best. Parasites feed off simple carbohydrates (white flour, white or brown sugar, refined processed foods).

Eat sufficient, properly cooked protein (meat, fish, chicken, eggs). Ordinarily it is not wise to eat much acid forming foods such as animal meats however in this case it is preferable to have an acid environment.

Eliminate dairy products during and after treatment (esp. if any giardia present).

Reduce intake of wheat and rye and to a lesser degree oats and barley esp. if you have a protozoa infection.

Heavy intake of raw fruits and vegetables, cold or iced foods and drinks should be cut back which cause intestines to contract, holding in toxins rather than releasing them.

If you are vegetarian or depend upon protein sources like beans, nuts, seeds, peas, legumes you will need to restrict your intake of such foods. If you have a parasitic infection they can cause flatulence and irritate the gastrointestinal tract. If you are vegetarian take spirulina or chlorella or B12 supplement.

Add water-soluble fiber supplements such as psyllium seed husks, rice bran and oat bran if you need more fiber. These are less irritating. A high-fiber diet helps prevent giardiasis.

Soy products should be used in moderation, say 1-2 times a week. Soy leaves an alkaline residue in the system.

Do not take B vitamins when doing a parasite cleanse.

You need a sufficient amount of unprocessed oils each day (at least 1-2 tbsp daily) from cold pressed safflower, sesame, flaxseed, or canola. Do not cook with these oils.

Diets deficient in Vit. A indicate increase in tissue penetration by larvae. Include lots of carrots, squash, sweet potatoes, yams, greens.

ALSO: When you travel to other countries, do an automatic parasite cleanse when you return. Especially Mexico, Cuba, Africa and third world countries.

Best herbs/spices to detox: Wormwood, Black Walnut, Cloves, Garlic, Thyme, Pumpkin Seeds, Hyssop, Cinnamon, Grapefruit seed, Oregano, Cayenne, Tansy, Diatamaceous earth, Calimyrna figs.

VIRAL ATTACKS

Viruses are much sneakier than bacteria, more evolved and advanced in their ability to survive. They can only reproduce from inside a cell, so as soon as they enter the body, they find a weak cell to enter and start to reproduce. The faster you can address the invasion by taking as an example, wild oil of oregano, the faster it will be able to stop the attack.

SUPPLEMENTS FOR PREVENTION OF VIRUS ATTACK:

500 - 1000 mg Vit. C
200 mcg Selenium
25 mg Zinc
4000-10,000 IU Vit. D.
100-200 IU Vit. E
1 tsp cod liver oil(Vitamin A)
20,000-60,000 IU Beta Carotene
If possible suntan for 20 minutes a day in a bathing suit in mid-day sun during late spring and summer months (or use tanning bed whenever possible that uses UVB)

<u>Other for Prevention:</u>
Get 8 hours sleep a night.

Herbs for to help:
Echinacea - repeated doses is better than large doses for prevention. This is not to be used once you have a flu.
Boneset - specific for influenza and prevention. increases host resistance to virus infection.
Elder - Elderflower tea helps influenza and fevers. Elderberry helps respiratory, throat etc.
Garlic - Increases number of T killer cells that target abnormal cells, infected cells. Do 1-2 cloves/caps a day.
Astragalus - Gaining popularity as people are getting good results using this to build immunity.
American Ginseng - Cold FX is built solely around this product.
Codonopsis - anti-viral traditional chinese medicine, acts on interferon.
Olive Leaf – often found in anti-viral supplements.

HOW TO TREAT INFLUENZA VIRUS

Symptoms:

Any of: Fever, chills, aching muscles, vomiting, stomach or intestinal pain, weakness, dry cough.
To distinguish from a cold. Influenza comes on fast, with high fever, weakness and fatigue. Colds usually take a little time to develop, starting with a head cold, sneezing, runny nose.

People rarely die from the flu, but if a person is fragile or doesn't not treat their body well, a secondary infection of bacterial pneumonia can occur which can be very serious and death can occur.

IF YOU GET THE FLU:

- **Avoid sugar - 2 oz of sugar can suppress the activity of your white blood cells which are needed to eat bacteria by 40% for 4-5 hours.**
- **Avoid food intolerances that may weaken you: milk, wheat, soy, egg, peanuts are the most common. If you have a fever, avoid eating food, stick to a diet of vegetable and fruit juices. These alkalanize the body making the body more inhospitable for the virus to live.**
- **If you get the flu - stay in bed for 7 days. It takes 7 days for the virus to complete the cycle. If you are fragile to begin with, you risk secondary infections such as pneumonia if you get up too early.**
- **At the first sign of infection (eg. achy, sore throat) use oil of oregano 5 drops for adult dose at the back of the tongue followed by a gulp of water that you can gargle with, then swallow. Do once an hour 3-4 times to help kill off the virus before it gets strength as it multiplies.**
- **rest, drink lots of liquids (esp. fruit juices, tomato juice, veg. broth), keep the fever no higher than**
- **103°F (you can bring it down with cool compresses of 1/2 apple cider vinegar and 1/2 water), and/or use herbs: boneset, elderflower, yarrow, peppermint.**
- **Influenza is a dry disease, keep the membrane's moist with humidifiers, vaporizers etc.**
- **If you feel the virus has moved into pneumonia, go to the hospital where you will most likely be given antibiotics. For those that can't take antibiotics or drugs to, we make a tincture formula to assist.**

- **Oscillococcinum by Boiron. Take at first sign of flu (chills, fever, fatigue). If taken early enough, stimulates body to overcome flu in a few days.**

- **BEST HERBS to use when you have the flu (equal portions works well for these herbs to make a tea):**
  Boneset Yarrow Peppermint or spearmint Elderflower
  Also:
  Water with lemon juice
  Water with slippery elm or marshmallow root

Good Tea Combinations for Cold or Flu:

1. **2 teaspoons sage, juice of 1 lemon or 1 tsp lemon balm herb, pinch cayenne, Tbsp honey. Pour 1 cup boiling water over sage, cover and steep 15 min. Strain out herbs, add remaining ingredients, drink hot.**
2. **Combine any (in equal parts) of: boneset, yarrow, peppermint, elderflower. Mix together, then take 1 teaspoon of the herbal mixture - pour over 1 cup boiling water, cover, steep for 20 min., strain and drink hot.**
3. **2-3 cinnamon sticks; 4-5 slices ginger root; 1 Tbsp cardamon seeds**
4. **Add the above ingredients to 4 cups water or more. Bring to a boil, then simmer for 20 minutes, covered. Remove from heat. Add juice of 1/2 fresh squeezed lemon, honey to taste. Drink 1 cup three times a day for up to 7 days during a bout of flu.**

NOTE:
Elecampane and mullein work well if there is mucous and you are having difficulty getting the mucous up. Influenza is mostly a dry cough so these herbs are not the right ones to use. Osha irritates the dryness also, but with a little licorice it is helped. Lomatium doesn't work for influenza, it is used as an expectant in respiratory infections. Licorice, astragalus, echinacea and ginseng are herbs that increase qi so don't take them with acute situations of fever. If you have a fever and a cough, the qi is already doing its work, taking licorice, astragalus or ginseng during an acute illness can make your cough stronger and fever higher

Do not take aspirin for influenza
In 1918 the swine flu was reported to kill 20 million people. Most causes of death from flu are actually the result of pneumonia and the deaths from the 1918 flu were attributable to lung complications and strep throat infections, and much caused by taking too much aspirin. Aspirin is immunosuppressive. Taking too much aspirin leads to toxicity and the result is hemorrhage and fluid build up in the lungs that can lead to death from respiratory complications.
Aside from increasing your risk of pancreatic cancer, kidney failure and cataracts, aspirin can cause stomach ulcers and bleeding, hemorrhagic stroke, allergic reactions and ringing in the ears/hearing loss. Taking aspirin over a long period of time develops a build up in the body and may cause fatigue, slight fever, confusion, collapse, rapid heart beat, uncontrollable rapid breathing.

Other Help:

- **Smudging - Go into the bathroom, get it all steamy, then smudge yourself in the bathroom with sage, rubbing the vapors all over your body.**
- **Use a hot sauna - breathing in the hot air which helps kill the virus. Influenza can't live above 99°F which is why it favours the lungs, constant cool air entering to keep it alive. However, if you have influenza, you should remain in your home and not go outside. You can perhaps turn your bathroom into a temporary sauna where the heat**

- **is about 105°F and you can increase moisture by letting shower run. You would need to put a heater in the bathroom, keep the door shut to keep the heat in and you will need to remain in the heat about 20-30 min.**

How to Treat a Fever:

- **Don't eat a bite of food when you have a fever, including no chicken soup. Not a drop of milk until the fever passes. Feeding the digestion prolongs the infection.**
- **Your body can make a certain amount of protein in a day and half of that goes to make digestive enzymes and regenerating the gut lining. If you are trying to make a bunch of white blood cells and anti-bodies, you don't want to be making a lot of digestive enzymes and regenerating the gut lining, you want the white cells to use their energy to attack the invader. You also don't want your blood tied up in the digestive tract, you want it where the infection is. When the fever is gone, the first thing the body usually craves is food allergies, because they give you a buzz!**
- **Avoid aspirin and NSAIDs**
- **Avoid food allergens**
- **Hydrate. Plain water just goes right through you. A pinch of seasalt in a litre of water helps the water retention, and don't gulp, just continued small sips. Also, if you can put some demulcents in the water, you retain it: get a litre bottle and put a 1/2 - 1 cup of slippery elm or marshmallow root, fill with cool water or water with a little lemon juice added - that becomes your beverage.**
- **Best herbal tea for fever:**
  - *** water with a little lemon**
  - *** make a herbal tea by combining equally any of: peppermint, yarrow, boneset, elderflower**

HISTORY OF INFLUENZA

In 2000 years there has only been one influenza that had a epidemic rate - 1918. Influenza has always killed people, usually affecting the respiratory. They estimate 30-50,000 a year in the each State of the U.S.. Most are elderly and most have other diseases. Babies and very young are also at risk. It is very rare that influenza kills healthy people. However there are lots of people that are not healthy.

Why did the people in 1918 die but the same devastation is not happening today:

1. **In highly civilized countries such as Canada we have become a germa-phobic society - washing our clothes, hands, floors etc. We even wear masks if needed. We keep the kids at home when they are sick. Back in 1918 people were uneducated and knowledge of germs, bacteria and virus was limited.**

2. **They did not understand the value of fever. The body's immune system is actually helping to kill off the predator. Influenza virus can't survive above 99°F(37.22C). That is why the virus favors the respiratory tract where cooler air circulates all the time. However, when the body increases its temperature, the virus is thus prevented from going into the rest of the body.**

3. **In 1918 John Hopkins University said their basic treatment of the flu was: Aspirin (which we now understand we do not give in the presence of a fever) and we also know it can easily cause hemorrhaging; Opium or morphine (which we now understand suppresses the immune system); an injection of diphtheria anti-toxin (because they said they didn't know what else to do), and they used digitalis (foxglove) leaf which is a difficult and dangerous herb to work with and is used usually for cardiac arrest. This was standard treatment back then, which would never happen now with our knowledge of medicine and the body. How many did they actual kill with these therapies?**

4. **In 1918 a lot of people were crowded into cities filled with coal smoke (that's what they used then), inflation had risen 76% mostly from WW1 effects, and most worked in factories where conditions were poor and there was no pay if they didn't work so they tended to work when they were sick (we know now that you must stay in bed when you have influenza or you have a good chance at secondary infections such as pneumonia).**

5. **White sugar and white flour had now become staples in the diet, but they weren't fortified yet, so had very little nutrition.**

6. **Vitamins had not been discovered or were available yet. People now take vitamins and minerals to help their body's immunity. Especially important is Vitamin D from the sunshine. People who live in the cities get far less Vitamin D than those working on farms. From October to April, when the sun is lower than 45 degrees, you are basically getting no Vitamin D from the sun and that is when flus and colds are at their peak.**
We now understand that taking 2,000-10,000 IU a day of Vitamin D daily or using tanning beds that have UVB, gives us protection. Even children get protection now because Vit. D is added to milk and baby's formula. Back in 1918 this knowledge hadn't yet come forth.

7. **We understand that it is rarely the flu that kills people, but when people don't treat their bodies correctly, it can move into viral or bacterial pneumonia which is much more severe. Our hospitals and herbal knowledge is much better now at handling these more severe infections than in 1918 - and in 1918 10% of the population had tuberculosis.**

<u>KNOW YOUR ENEMY (INFLUENZA VIRUS)</u>

- **it has an 18-72 hour incubation period**
- **virus is usually cleared by day 7. The body goes through a very distinct 6-7 day cycle getting rid of the infection.**
- **the rapid degeneration of upper and mid respiratory tract epithelium is normally repaired by day 7**
- **cytokine 'surges' occur from days 1-6. Cytokines are very dense immune cells in your respiratory tract. In response to an infection they secrete various chemicals (chemicals are called cytokines) and there are many kinds of chemicals they can secrete.**
- **there is fever with possible dehydration, coughs will be dry**
- **possible viral pneumonia as secondary infection**
- **possible bacterial pneumonia as secondary infection from normal residents of the upper tract.**
- **Mortality higher is in those with predisposing respiratory weakness.**
- **poorly managed case may cause lingering cough and malaise**
- **If you have had the flu 5 or 10 years ago you will have developed an immunity to that one and probably won't get it again.**

Naming a Virus: You will hear a name of say Influenza A and an H number and an N number. eg Swine flu is H1N1. Bird flu in Asia is H5N1. These refer to 2 types of proteins on the coat of the influenza. The H stands for hemaglutinin protein and the N stand for neuraminidase protein and the numbers refer to the coat of the influenza. Pandemic - it doesn't mean deadly, just worldwide which is very easy to accomplish the way everyone travels these days.

Nature of a virus-life cycle, needs to find a human cell to live in. Hepatitis virus needs to find a liver cell to live in. Chicken pox virus can live in various tissues. West Nile virus lives in the central nervous system. Influenza lives in the epithelial cells of the bronchial tract - so when you get the flu this is where you are infected - throat, bronchial, lung. It has to stay in the respiratory tract because it can't live at temperature exceeding 99°F.

If the influenza virus dies at over 99°F, why doesn't it die when your fever goes up to 102°F. That is because you may have a fever of 102-103°F but the respiratory tract is constantly being cooled by air as you breathe. The respiratory tract then makes a nice environment for the influenza virus but your fever prevents it from entering the rest of the body.

Hot saunas and sweat lodges (where the air is higher than 99°F) have been used to help the body kill infection - some combine it with burning an aromatic plant at the same time. Kneipp herbalists used smudging in the sick rooms and would smudge themselves to help keep healthy. Juniper and/or sage are traditionally used for smudging.

HANDLING THE STOMACH FLU - Gastroenteritis

Stomach flu is also called gastroenteritis, an infection of the stomach and intestines, and it is different from influenza which attacks the respiratory system. Viruses and bacteria that cause gastroenteritis are contracted orally through contact with the secretions of infected people, from sharing food or drinks, or from consuming contaminated food. The most common cause is the rotavirus. Adenovirus or Norovirus may also be suspect. Norovirus is very contagious, often finding its mark in hospitals, cruise ships, care homes – it can be spread through touching surfaces that are contaminated. It is also thought that stress may be a component to bring on stomach flu.

Common symptoms include upset stomach, diarrhea, nausea, headache, body aches, stomach cramping, mild fever or chills, sweating or clammy skin, loss of appetite, fatigue and vomiting. Symptoms usually appear within 48 hours after exposure. The symptoms only last between one and three days, but it can take up to two weeks for bowel function to return to normal. Lately there are a few new strains that are taking between one and three weeks to heal.

Symptoms are treated by drinking plenty of clear fluids, eating bland foods when nausea subsides, avoiding foods that contain dairy or wheat, and getting plenty of rest. To avoid contracting gastroenteritis, it is recommended to not share food or drinks, wash hands frequently with soap, cook food thoroughly, refrigerate leftovers within two hours, and wash countertops, cutting boards and utensils after preparing food to prevent cross-contamination.

The Mayo Clinic advises that if vomiting persists for more than two days, vomit or stool contains blood, a fever surpasses 104 degrees Fahrenheit (40c) or there are signs of dehydration, medical attention should be sought. Signs of dehydration include dry mouth, thirst, infrequent urination, urine that is deep yellow, weakness, dizziness and feeling lightheaded.

The biggest danger from gastroenteritis is dehydration. Drink lots of bland liquids such as water.

Symptoms: (person doesn't necessarily have all symptoms)

- **Aching pain**
- **Vomiting**
- **Diarrhea**
- **Chills**
- **Fever (rarely gets above 101oF)**
- **Headache**
- **Abdominal pain, may feel hard, swollen**

Food Therapy:

- **Stay hydrated by drinking water. Avoid sugar drinks. If you can, drink mint or chamomile tea, or coconut water or bone broth. If not, stick with water.**
- **Take probiotics**
- **Ice cubes to suck on or ice water to drink (doesn't agree with everyone)**
- **Strong black tea (3 tea bags to a cup of water) has helped some people**
- **If you suspect bacteria, take 2 activated charcoal tablets (if you have them)**
- **Stay in bed**
- **When you have this sickness, you rarely feel like eating. Good, the body is handling this correctly. Certainly do not eat any solid food when there is fever, or vomiting. When the appetite returns, usually after all symptoms have stopped, you can start eating again, here are the best choices for the first day or two:**
  Bananas Rice Apples(or applesauce) Toast(with cinnamon?)

Herbal Remedies:

- **If you can get 5 drops on oil of oregano down to your stomach at the first sign of discomfort, prior to vomiting anything up, you can sometimes avoid the whole mess. 5 drops at back of tongue, drink a little water, gargle and swallow, then have another little sip of water to make the throat more comfortable. Repeat this 15-20 minutes after the initial application, and again 20 minutes after. You shouldn't need to take it again.**
- **Peppermint or Spearmint Tea**
- **Ginger Tea (you can also make your own gingerale by cooking ginger slices in water, adding honey, then straining and adding to club soda)**
- **Boneset Tea**
- **Probiotics (if diarrhea)**

Homeopathics:

You can get homeopathic kits online, even from Amazon. Keep them at home for emergencies.
Nova "Flu" was a good complex (no longer available in Canada, but we can still make it ourselves) It helped with chills, fever with muscle and joint aches, nausea, diarrhea, stomach flu. Nova contains 4x of Aconitum, Bryonia and Eupatorium; 6x of Belladonna, Phosphorus, Phytolacca dec.; 8x of Ferrum Phos; 12x of Gelsemium.
Best homeopathics for vomiting (see 'Influenza remedies for other symptoms if needed):

Arsenicum album:

- **Nausea with or without vomiting**
- **Diarrhea**
- **Abdominal pain**
- **Exhausted by illness**
- **Restless, changing position**

- **Anxious about illness and being alone**
- **Fears illness could be fatal**
- **Very thirsty**
- **May be fever**
- **Often chilly and craves being under blankets**
- **Worse at night**
- **Drinking even a little causes vomiting**
- **Cramping in abdomen**
- **External warmth is soothing**
- **Burning in rectum from diarrhea**
- **Good for food poisoning**

Nux vomica

- **Use when illness brought on by stress or over-indulgence**
- **Heartburn**
- **Nausea**
- **Dry retching**
- **Headache**
- **Irritability**
- **Worse in morning**
- **Bloating**
- **Gassiness**
- **Desires vomiting for relief**
- **Urge for bowel movement with little excretion**

Sulphur

- **Complete loss of, or excessive, appetite**
- **Food tastes too salty**
- **Drinks much, eats little**
- **Desire for sweets**
- **Weak and faint about 11 AM**
- **Water fills patient**
- **Abdomen sensitive to pressure**
- **Internal feeling of rawness or soreness**
- **Abdominal movements as of something alive**
- **Morning diarrhea drives patient out of bed**

Veratrum album

- **Vomiting and diarrhea happen simultaneously. You will be sitting on the toilet with profuse diarrhea and vomiting at the same time. When you need Veratrum album you will also feel very very cold, have cold sweat and not be able to keep fluids down. Since this can be a dangerous situation, requiring intravenous fluids, be sure to use your best common sense in seeking medical care.**
- **Watery stools with greenish color**
- **Cramps in abdomen relieved by diarrhea**
- **Motion aggravates**
- **Chilly**
- **Very weak**
- **Very thirsty for cold water**

Chamomilla:

- **Along with the vomiting will be diarrhea that looks greenish. You may feel very irritable and contrary.**
- **Violent and voluminous diarrhea with vomiting, may be simultaneously**

Aloe

- **Aversion to meat**
- **Flatulence after eating**
- **Nausea with headache**
- **Pain around navel, worse with pressure**
- **Abdomen is full and heavy, hot and bloated**
- **Weak feeling as if diarrhea will come on**
- **Stool passes without effort**
- **Constipation pressure in lower abdomen**

China

- **Vomiting of undigested food**
- **Slow digestion**
- **Hungry and longing for food which stays undigested**
- **Flatulence**
- **Belching of bitter fluid with no relief**
- **Worse eating fruit**
- **Internal coldness of stomach and abdomen**

Phosphorus

- **Much vomiting**
- **Diarrhea**
- **Restlessness**
- **Thirsty for cold drinks**
- **Better to use Arsenicum first unless vomiting triggered by smallest amount of liquid**
- **Warm water immediately aggravates**
- **Weakness in abdomen**
- **Feels hungry**
- **Involuntary stools**

Pulsatilla

- **Symptoms from poor diet or excess of rich foods**
- **Look also for general symptoms of remedy**
- **Symptoms not too severe**
- **Heartburn**
- **Heaviness after eating**
- **Coated tongue**
- **Cold drinks relieve**

Ipecac

- **Extreme nausea possibly with no diarrhea**
- **After vomiting, still no relief**
- **Not that ill, but maybe a fever and weakness**
- **May be caused by excessive eating**
- **Vomiting can be almost nonstop**
- **Pains in abdomen**
- **Lots of gas**
- **Green stool**

Bryonia

- **Digestive symptoms are aggravated by motion**
- **Small amounts of liquid may cause vomiting**
- **Pressure on abdomen helps**

- **Diarrhea worse after waking**
- **Desires to be still**

Podophyllum – this remedy is not commonly found in remedy kits and is of immeasurable value during a bout of severe diarrhea. It would be prudent to purchase it separately to keep in your stock.

- **Common for diarrhea**
- **Frequent and voluminous diarrhea**
- **Completely liquid stools**
- **Sometimes with headache**
- **Vomiting seldom accompanies the diarrhea**

OTHER:

- **Stay in bed, bed rest is needed.**
- **Don't get dehydrated - tiny sips of water, even if they come back up.**
- **Don't fight the flow of vomit, it you need to vomit, let it come out. Sometimes you have vomiting and diarrhea at the same time. Sit on the toilet, with a bowl on your lap to catch the vomit.**
- **Pepto Bismol contains bismuth which sometimes helps.**
- **A cold compress on the head can be comforting when you are vomiting and can bring down the fever. Add a few drops of peppermint oil to the water that you soak the facecloth in before applying to the forehead.**
- **Try Acupressure for Nausea: Find the point on your wrist, it will be three finger widths below the bottom of your palm Press and rub between your two tendons for 2-3 minutes.**

AVOID:

- **Aspirin**
- **Alka-Seltzer**
- **Meat, dairy, sugary drinks**

HOW TO PREVENT COLDS AND FLUS

WILD OREGANO - oil or ground herb

When putting oil in liquid to drink suggest: Milk is best, or try V8 juice, or fruit juice or water. Or try adding the oil to a teaspoon of honey to ingest.

PREVENTION: **Once a week take 2-3 drops oil of oregano daily as prevention. Can also take with 3 caps daily of herb.**

*****IF INFECTION STARTS:** **- eg FLUS & COLDS *****

Immediately at onset of symptoms, take 4-5 drops on the tongue, followed by a gulp of water, once an hour for 3 hours works well. If you wake up in the middle of the night with a scratchy throat, don't wait until morning, take 4-5 drops on the tongue with a swig of water and by morning it is usually cleared up completely.

LONG TERM PROBLEMS THAT WON'T CLEAR UP (eg. bronchitis)

Take a capsule of oregano, open it, put in 4-5 drops of the oil of oregano, close it up and take it with water. Do 2 caps 3 times a day. You may need to do this for 3 months for a real stubborn problem. We don't recommend doing this unless you have to because it can create a small bacteria imbalance, but it will clear up stubborn problems. Once you have finished, take probiotics(acidolphilus for a month to re-establish healthy bacteria that may have been destroyed.

OIL OF OREGANO CAN BE USED FOR OTHER THINGS:

- **Animal bites: Wash area, then saturate with Oil, repeat several times daily. Also drink few drops oil in liquid 2-3 times a day and 3 herb capsules twice daily.**
- **Asthma: Rub oil on chest if having asthma attack, repeat several times daily, also inhale vapours from bottle. Take few drops on tongue or in liquid 2-3 times daily. During attack fill gelatin cap with oil and take one cap twice daily. As prevention take 3 herb caps twice daily.**
- **Athletes Foot: Apply oil liberally to area, esp. between toes, 2-3 times daily until healed. Always apply after contact with public surface.**
- **Bladder infections: Apply oil on skin directly over bladder region. Women mix few drops in tablespoon of coconut fat or cocoa butter, immerse vaginal tract (will feel heat sensation). Take few drops oil on tongue twice daily or fill small gelatin cap and take 1 twice daily with meals and 3 herb caps of her three times daily.**
- **Canker sores: Saturate cotton with oil and place on wound. Take 2 herb caps twice daily.**
- **Cold Sores: Apply oil directly as soon as it begins to erupt, keep applying several times daily. Don't rub. Take drop or two oil twice daily under tongue and 3 herb caps twice daily.**
- **Cough: Inhale oil from bottle. Take few drops oil under tongue twice daily or gargle with few drops in salt water.**
- **Dandruff/Seborrhea: B6 needed. Add several drops oil to shampoo, wash hair well, allow shampoo to sit for 2 min. before rinsing, cover eyes and rinse. Rub a few drops into scalp at night and wash off next morning (burning sensation is temporary). Internally take 2 drops oil under tongue twice daily and 3 herb caps twice daily.**
- **Diarrhea: Drink few drops oil 2-3 times daily in liquid. If severe fill capsule with oil and take 1 cap 3 times daily, also 3 herb caps 3 times daily, avoid solid foods and take broths, soups, juices until diarrhea abates.**
- **Ear infections: Drink 1-2 drops in liquid twice daily. 2 herb caps 3 times daily. Apply oil on outer ear or near outer ear using finger, don't put in the ear during infection**
- **Eczema: Rub oil on lesions twice daily. Take a few drops of oil under tongue twice daily. Also mix a drop or two of oil in juice or milk or water and consume once or twice daily. Take 3 herb caps twice daily.**
- **Gum disease: Rub oil in small quantities on all gum surfaces twice daily. Place small amount on toothbrush, and brush gently or mix with toothpaste.**
- **Food Poisoning: Drink a few drops in liquid as soon as possible. 3-4 caps several times daily. If diarrhea is severe fill gelatin capsule with oil and take one capsule twice daily. Treat until symptoms gone.**
- **Nail Fungus: Rub oil into nails as often as possible. Take 2-3 drops under tongue twice daily and/or take few drops in milk, juice, or water. Also 3 herb caps twice daily. Reduce sugar intake.**

HERBAL ANTIBIOTICS (Treatment of Bacteria infections)

By far, the most asked questions are: how to I avoid taking antibiotics when I get an infection? Most people have taken antibiotics and suffered the consequences of yeast infections shortly thereafter, and then only to have the infection return again.

Most of the bacteria and viruses have figured out how to survive antibiotics. Our attempts to wipe out these organisms have failed. The organisms have evolved quickly to survive our efforts. They mutate and combine with other life forms so our attempts to build vaccines has also been futile.

In addition to using the famous Wild Oil of Oregano (sheet of information enclosed later in this assessment), there are some natural antibiotic herbs that are effective for antibacterial resistant diseases.

For Example, here is a remedy using Echinacea. Say you get a topical infection. Moisten a gauze pad or cotton ball with echinacea tincture and bandage it over the affected site. Change twice daily. At the same time take a full teaspoon (60 drops) of echinacea tincture, followed by a 1/2 teaspoon every two waking hours. *If the infection does not improve in 3 days, seek medical assistance*. After 3 days taper dose down to 30 drops (1/2 tsp) three times a day and continue topical application until condition seems fully resolved. Using Goldenseal: even open wounds have responded to goldenseal. Mix goldenseal powder with petroleum jelly (vasoline) and apply to site, bandage, change dressing once or twice a day.

Allspice is more than a cooking spice. It is deadly effective against bacteria. Take 1 tsp in capsule or water 3 times a day.

Aloe juice or gel. You can use this externally for Staph infections, burns, wounds or internally for Herpes, inflammation. You can use a slice of a fresh leaf directly on the skin, or obtain the juice or gel from a health food store.

Honey - Not an herb, but needs mentioning. You can use this directly on a cut or wound. It is antiseptic, anti-fungal and works well.

Echinacea - You can use the root or flower as an anti-inflammatory and anti-bacterial agent. Good for Staph, Strep, TB and can be applied directly to abnormal cells. Unlike antibiotics this does not kill 'friendly' bacteria needed for healthy digestive function. Tincture form is very easy to use.

Boneset - alternative to Echinacea. Often used for viruses including influenza in combination with elder flower, and yarrow.

Eucalyptus - usually the essential oil is used. Can be applied in a base oil or cream on the chest for respiratory infections as well as breathing in the fumes to help the nose, sinuses, bronchials and lungs. Broad spectrum

Garlic - Powerful broad spectrum antibacterial, antiviral, antiseptic, antifungal, antiparasitic.. Good for anything. Can use fresh, or in capsule form. Raw garlic or its juice kills bacterial infection in the gastro tract as soon as it comes into direct contact with the organism (as does oil of oregano). Taking too much raw garlic can cause burning of the gastro/stomach tissues so you may want to dilute it with tomato juice or something else.

Ginger - use the root for bacteria, virus, inflammation. Can use as a tea, tincture, in capsules or in food.

Goldenseal - the roots are the strength but leaves can be used. Good for Staph, Shigella, E coli, Klebsiella, Salmonella, Giardia, Trichomonas. Drying herb used for excess mucus. Good for diverticulosis as well. Use as powder topically, in water as a

douche, tincture, as tea. Oregon grape serves as an alternative.

Grapefruit Seed Extract - broad spectrum antibacterial, antimicrobial, antiseptic, antiviral, antiparasitic. Can use for H. Pylori, Staph, Shigella, Giardia, Haemophilus influenza, Campylobacter, Candida, E coli, Strep, Salmonella, Klebsiella, Cholera, Herpes. Dose is 1 drop extract per 2 pd body weight 2-3 times a day.

Hydrogen Peroxide. Not an herb but needs to be included. You can use any 3% hydrogen peroxide topically. Just pour it over the cut or sore and you will see it bubbling up, indicating infection is present. Continue to dribble the hydrogen peroxide over the area until it stops. If it is particularly bad you may have to do this several times a day.

Juniper Berry for urinary tract infections. Uva ursi is also a good antibiotic for urinary tract infections.

Oregano is about the strongest antibacterial/antiviral agent we have found. We use mostly the wild oil of oregano. 4-5 drops at back of tongue, take in a gulp of water, swish around, gargle, and swallow. Do every 1/2 hour 3 times, then 3 times a day for a few days if still needed.

Sage is used mostly for throat and respiratory infections.

Wormwood can be used for Staph, Candida, Klebsiella, worms, amoebic organisms

Rosemary is a powerful antiseptic, as tincture, or essential oil.

Thyme is a powerful antiseptic as tincture or essential oil - do not apply oil undiluted to the skin.

SPECIFICS FOR INFECTIONS:

Respiratory infection (if wet cough): Goldenseal, Osha, Mullein, Elecampane, Myrrh, Yarrow

Respiratory infection (if dry cough): Licorice rt., Mullein, Marshmallow rt., Elecampane

Sinus Infection: Homeopathics, Wash area with neti pot. Use Sinus Buster available at Health Stores.

Urinary tract infection: uva ursi, juniper berry, d-mannose, couchgrass, cornsilk, goldenrod. Also use homeopathic cantharis.

Tonsilitis: gargle with 4-5 drops oil of oregano in a bit of water once every half hour for 3-4 times, then 3 times a day. Take 2 caps Goldenseal twice daily. Use Lyphosot or other lymph homeopathic remedy. Absolutely no dairy foods should be eaten.

Skin infection: mix goldenseal powder in a little salve or vasoline and apply to infection 2-3 times a day.

Mouth infection: myrrh essential oil or tincture as a mouth wash and directly on area

Fungus in nail bed, athletes foot, ringworm: Monostat cream for a few days

Candida Infection: homeopathics, garlic, goldenseal, caprylic acid, black walnut. Special diet. Avoid antibiotics.

Helicobacter pylori infection in stomach: affects more than 50% of gastritis and/or stomach ulcer sufferers. Use manuka honey, mastic gum, black and green tea, matula tea, fermented foods, fruits and veggies, homeopathics. Avoid caffeine,

citrus, fatty and fried foods, spicy foods, carbonated drinks, alcohol, tomatoes (esp. Raw), mayo, corn oil, soy sauce, vinegar, sugar, molasses, aspartame, maple syrup, processed honey, salt.

TREATING MINOR INFECTIONS

Many people would like to 'get off' medications because of uncomfortable side effects. Many people refuse to take any medication and still others like to control their health with self-medication. We do not advise our clients to stop taking medication.

It is not our position to influence one way or the other, but to provide information and allow our clients to make their own decisions. Here then is some information from our clinical library to assist those that wish to help themselves heal simple ailments. Doses here are reflecting adult doses - use 1/2 dose for child 4-12 years old.

Athletes Foot: Several remedies can be done: 1. dab area morning and evening with solution of household bleach diluted with water (7 parts water to 1 part bleach). 2. Drizzle Listerine on area twice daily. 3. Take colloidal silver by mouth and also spray it on the area. 4. Allow foot to be dry as much as possible (eg. wear sandals instead of enclosing in a shoe).

Bladder Infections: D Mannose(1,000 mg three times a day); K-B by Natures Way (2 three times a day). Drink lots of water (10-12 glasses a day) to flush out impurities. Avoid coffee, alcohol, pop, sugar, meat. Take 2 caps acidolphilus/probiotics in the morning and evening. Drink a glass of water every hour to flush out the impurities. Drink cranberry juice to help alkalanize the medium and discourage bacteria growth. Homeopathic Cantharis if bleeding or severely uncomfortable.

Colds: At onset 4-5 drops oil of oregano taken once an hour for 3-4 doses. If you miss stopping it on the onset, you can help with homeopathic cold medications; as well as taking 5,000-6,000 mg vitamin C in divided doses daily along with eating one cooked onion daily and taking high doses of beta carotene (start at 75,000 and work up to 160,000 over a period of 3-4 days; hold at 160,000 for ten days, then start to reduce dosage until you don't need it anymore.

Constipation: Probiotics, psyllium seed/husk; 4-8 glasses of water a day. Avoid dairy/cheese, white bread or noodles. Bowel tonic such as Wildrose LBT3 works well. Avoid laxatives.

Diverticulosis: 2 caps goldenseal morning and evening on empty stomach for 4 day.

Dry eyes: Daily: 10,000 IU Vitamin A (eg. cod liver oil); 50,000 IU Beta Carotene; 1,000-2,000 mg Evening Primrose Oil or Borage Oil; 2,000 mg Vit. C; 50 mg B6

Ear infections: Avoid dairy (builds up mucous). Use ear drops in the ear - can buy at the health store, or make your own by soaking a smashed garlic clove in oil for 15 minutes, strain and use the oil in the ear 2-3 times a day (use cottonbatton

or tissue to stop the oil from running out onto your clothes and bedsheets. Homeopathic remedies that contain Belladonna are very effective - take on empty stomach. If you have a fever with the ear infections, use homeopathics or use compresses on the body of 1/2 apple cider vinegar and 1/2 water. If pus is coming out of the ear, use the ear oil drops. If you also have a sore throat, gargle with a few drops oil of oregano in water every hour. If there is swelling around the ear or jaw, take homeopathic lymph drainage such as Lyphosot by Heel. If the ears are itchy - see fungal infection treatment.

Food Poisoning: Keep a bottle of Activated Charcoal at home, or with you when travelling. Adult oral dosage is 4 capsules (1/2 tablespoon if powder stirred into a small amount of water). This equals 8 capsules of Traditional Charcoal (1 Tbsp powder) Children are 1/2 dose from 5 to 12 years of age. Under that use 1/8 to 1/4 of the adult dosage. Best time to take charcoal is on empty stomach midway between meals, and at bedtime. Food inhibits some of its action by as much as 50%. What happens if you take in a poison and you have food in your stomach? Take 8-10 times the approximate weight of the poison as the dosage of charcoal (if you know it).
Powdered charcoal is the fastest acting. You might feel nauseated after ingesting, but it is not the charcoal making you feel sick. We keep activated charcoal at the clinic. Burning toast does not work, but you can burn wood and use that.

Flu: At onset 4-5 drops oil of oregano taken once an hour for 3-4 doses. If you miss stopping it on the onset, you can help with homeopathic flu medications.

Gastrointestinal: 2 caps goldenseal morning and evening handles most bacterial infections in the gastro area for several days including diverticulitis. We also suggest taking acidolphilus/probiotics twice a day and the dose will depend on how virulent the bacteria is - for instance if you travel to Mexico and get Montezuma's revenge, you can take 20 caps of probiotics several times a day (use usually take it in powder form so we don't have to swallow so many capsules).

Heart Palpitations: 600-1000 mg Magnesium (take half in morning, half in evening). Also take calcium in the evening with the magnesium.

Herpes: Lysine (500 mg three times a day); high doses of probiotics. Avoid chocolate, eggs, nuts, grains, beans, vitamin C, fruit, tomatoes. Elderberry extract and Selenium (200 mcg daily) as prevention). Lemon balm cream for herpes sores.

Impotence: Gingko Biloba; Red Korean Ginseng; 1200-1500 mg Arginine on empty stomach (not if you have herpes). Ashwagandha (similar to ginseng from India). Yohimbine (not if you have heart disease). No smoking which constricts flow.

Mouth/Gum infections: put wild oil of oregano on a q-tip and brush into the gum area that is sore. Repeat often as needed. For chronic gum infections, after you brush your teeth twice a daily, apply 2 drops peppermint oil onto the toothbrush and brush into the gums thoroughly for several minutes. Myrrh oil or tincture has been used for centuries to treat mouth and gum infections, it is excellent. If you can't get oil of oregano or myrrh oil, try peppermint oil.

Prostate Enlarged: Zinc; Selenium, Saw Palmetto Pygeum, Nettle. Avoid red meat unless organic; fried foods or cooked oils, milk, strawberries, food dyes and chemicals in foods.

Reflux: 1 Tbsp Apple Cider vinegar in 1/2 cup water before a meal. Digestive enzymes at beginning of meal. If this doesn't work, see our clinic for special formulas. Reflux is always worse with stress.

Ringworm: dab area morning and evening with solution of household bleach diluted with water (7 parts water to 1 part bleach) for 3 weeks.

Skin Infections: For small infections, wash the area with soap and water, then drip hydrogen peroxide onto the infection, keep dripping onto the area until no more froth appears from the infection - do twice a day. For more serious infection you can wash the area well with soap and water, then do the hydrogen peroxide, and then apply a paste of goldenseal mixed with vaseline or something similar, cover with a clean bandage - change daily and if you see the infection worsening, go to the hospital or clinic.

Stomach Ulcers: Slippery Elm. Manuka honey. Aloe vera. Zinc. Cabbage and/or potato juice. If these don't work, visit our clinic for special formulas.

Throat Infections:
1. Oil of Oregano - at the first sign of a sore throat gargle with warm water containing 4-5 drops oil of oregano. Most people put the oil on the back of the tongue where there are no taste buds, then take a swallow of water, swish it around the mouth, then gargle and swallow. You will do this every 1/2 hour for 3 applications.

2. An old remedy is to gargle with warm salt water frequently. Water should taste like tears, not toooooo salty.

3. Some have had success sipping 1 tsp apple cider vinegar in 1/3 cup water.

HOW TO BUILD UP YOUR IMMUNE SYSTEM

This can take some time, years. Be patient.

1. **Correct fungal imbalances. Avoid denatured foods such as sugar, white flour, white rice, noodles (unless whole grain). Also avoid fruit, honey, alcohol until corrected. Take antifungal formulas to help correct.**
   Re-inocculate the flora in the digestive system with probiotics.
2. **Avoid antibiotics and other drugs unless absolutely necessary. For simple infections you can use herbs, vitamins, and homeopathics.**
3. **Rest as much as possible, avoiding over extending your energy**
4. **Help Nerve Interference with spinal manipulation, B.E.S.T., Cranio Sacral, Bowen, Visceral Manipulation**
5. **Treat Adrenals for stress. Also work on endocrine system (pituitary, pineal, thyroid) to strengthen.**
6. **Cleanse toxic organs, blood, lymph and bowen. Do a heavy metal and chemical cleanse. Often fungal overgrowth refuses to correct until a heavy metal detox has been done.**

7. **Take nutritional support to encourage body rebuilding at a higher frequency. Make sure you include fatty acids.**

8. **Remove abnormal emotional patterns by using the Emotional Freedom Techniques, Bach Flower Remedies**

9. **For allergies and sensitivities, use the release program, as well as homeopathy and building the immune system.**

10. **Each year help the body cleanse build up of impurities by doing a parasite cleanse, fungal cleanse, liver cleanse, bowel cleanse, kidney cleanse and lymph cleanse.**

11. **Incorporate as much raw foods as you can into your diet. Raw foods are alive and carry enzymes. Cooked foods still have nutrition, but no enzymes and no life. See the power foods to incorporate into the diet, mentioned earlier on in this handout.**

<u>Best Herbs for Building the Immune:</u>
Astragalus
Ashwagandha
Chlorella and Spirulina
Boneset (can cause vomiting of taken in large doses hot)
Red Root
Siberian Ginseng

<u>Supplements to Take Daily:</u>
4,000 IU Vitamin D3
Cod Liver Oil
Good Quality Multi Vitamin-Mineral
3,000 mg Vitamin C (1,000 each meal)
25 mg Zinc
400-600 mg Magnesium

<u>Avoid these Products that Stress the Body</u>
White and Brown Sugar products
White Flour
White Rice

Excessive amounts of animal meat (a small portion of animal meat every 3 days is fine). Stick to deep sea fish, organic chicken and beef.
Preservatives in foods (found mostly in canned and packaged foods, fast foods)
Chemicals that enter the body through the skin (deodorants, creams, cosmetics, shampoos, hair dye, nail polish, commercial toothpaste)
Processed foods (see list of substitutes), these would be pop, candy, cookies, cakes, luncheon meats.

HOW TO PROTECT YOURSELF AGAINST BACTERIA, VIRUSES, PARASITES AND FUNGI (PREVENTION)

90% or more cases of degenerative diseases can be avoided and rectified by changing the lifestyle and eating habits. We are what we eat! But what about those times when we get infections, flus and colds? It is true that our food and nutrition provide us with

the stamina and protection from these pathogens but even the healthiest person can succumb to an infection. What do we do then? It is a formidable task to put years of learning and a mountain of information into a quick, understandable synopsis, but here it goes.

Firstly - there are only a few ways that these pathogens can enter the body:

1. **Through the skin. (staph, sexual transmitted diseases, malaria, rocky mountain fever, yellow fever, lymes disease, plague)**
2. **Through ingesting (cholera, food poisoning, typhoid, hepatitis A, giardia)**
3. **Through breathing (T.B., pneumonia, influenza)**

80% of all infectious illnesses from the common cold to flesh eating bacteria and lethal viruses like Ebola are transmitted by touch. From person to person or from a person who is ill touching something and then another person touching the same thing. That gives us a clue on how to protect ourselves against these infections.

These type of infections kill more people every year than pancreatic cancer, leukemia, multiple sclerosis, Parkinson's and Alzheimer's combined! The biggest place where these are transferred is the hospital or doctor's offices. I would suggest you don't visit these places unless you have to.

However, you are not a sitting victim! You have built in defense mechanisms that are inherent in us all. I will outline them briefly.

These are your first line of defense:

1. **Portals of Entry**
   A. SKIN. It is compact, impregnated with the insoluble protein keratin and the thick top layer is impervious to infection and water. In addition the pH of the skin is acidic, forming additional barrier to invaders. In the unbroken state, it usually is not penetrated by pathogens. The skin also has sebaceous gland secretions that can be inhibitory. Dry surface of the skin is not conducive to growth of microbes. And continuously sloughing epithelial cells carry adherent microbes away. Also, sweat removes microorganisms through a flushing action and contains inhibitory substances such as lysozymes.
   B. MUCOUS MEMBRANES. (off the urinary, respiratory and digestive tracts). eg. mucous layers entrap microbes which are swept away by cilia hairs into the throat to be swallowed.
   C. FLUIDS: such as tears, mucus and saliva, rid the membrane of irritants.
   D. HAIRS: Nasal hairs trap particles in the respiratory tract, and the fluids exert a flushing action. Cilia on the cells sweep and trap particles in the respiratory tract and coughing ejects irritants.

2. **Chemical Defenses**
   A. Secretions of lubricating glands. The tears and saliva contain the enzyme lysozyme, which breaks down the cell wall of Gram Positive bacteria.
   B The lactic acid of the vagina imparts defense. The extremely caustic hydrochloric acid of the stomach is a barrier to the intestine.
   C.Semen contains the antimicrobial substance spermine that inhibits bacteria in the male urogenital tract.

3. **Genetic Barriers.**
   The hereditary characteristics of an individual are a deterrent to disease as well. For example, humans suffer HIV infection because their T lymphocytes have the receptor sites for the human immunodeficiency virus. Dogs, cats and other animals are immune to this disease because they do not possess the genes for

producing the receptor sites. Conversely, humans do not suffer canine distemper because humans lack the appropriate receptor sites for the virus that causes the disease.

4. Reflexes

Cough, gag reflex preventing particles into the lungs. Sneezing expels infectious agents from nasal passage. Swallowing moves potential pathogens to the stomach to be destroyed by acid.

5. Urinary tract

Flushing of urine periodically prevents bacterial population buildup.
Acidity of urine inhibits some organisms.
In males, the prostate's secretions contain spermine and zinc which inhibit the growth of some bacterial.

6. Inflammation

Inflammation includes heat, swelling, redness, pain. It mobilizes components of the immune system, sets into motion repair mechanisms and encourages phagocytes to come to the area and destroy any microorganisms present. Inflammation can be controlled by nervous stimulation and chemical substances called cytokines. These chemical products of tissue cells and blood cells are responsible for many of the actions of inflammation. The loss of fluid leads to a local swelling called edema. In some types of inflammation, phagocytes accumulate in the whitest mass of cells, bacteria and debris called pus.

7. Fever

Although excessive fever can be dangerous, fever has a beneficial role because it retards the growth of temperature-sensitive microorganisms, and it increases the metabolism of body cells while stimulating the immune reaction and the process of phagocytosis.

8. Vaginal lining

The lining is sloughed rapidly and carries with it transient microbes. Secretions of vaginal tract are acidic, contain antimicrobial substances; they also promote flushing of microorganism from the body.

9. Interferon

Interferon is a group of antiviral substances produced by body cells in response to the presence of viruses. Lymphocytes and macrophages produce alpha-interferon, epithelial cells produce beta-interferon, and T-lymphocytes produce gamma-interferon.
The interferon's do not directly inhibit viruses. Instead, they stimulate adjacent cells to produce substances that inhibit the replication of viruses in those cells. Interferon's produced in response to one virus will protect against many other types of viruses.

10. Phagocytosis

White blood cells are transformed into hunters that move through the tissues of the body performing phagocytosis (eating) and destroying parasites. Phagocytosis begins with the white cells attaching, engulfing and ingesting microbe pathogens. Microorganisms are destroyed within minutes, then the microbial debris is eliminated from the cell.

Alveolar macrophages remove particles and organisms that enter the alveoli.
Polymorphonuclear neutrophilis, the first phagocytes into an infected area, can nonspecifically phagocytize some microbes.
Eosinophils which can phagocytize some particles, seem to be important in the removal of immune complexes.

11. Blood System Defence

There are different kinds of white blood cells (leukocytes) circulating in the blood and each has their own specific mission. The most abundant are:

- **B lymphocytes, called B cells (produced and mature in the bone marrow)**
- **T lymphocytes, called T cells or T Helper Cells (produced in bone marrow but leave and mature in the thymus). They enhance antibody production by B lymphocytes.**
- **Cytotoxic T cells which can kill virus-infected host cells directly.**
- **Natural killer T cells can destroy certain bacteria and attack virus-infected cells.**
- **Macrophages are specific white blood cells that engulf then digest cellular debris and pathogens.**
- **Lysosomes are organelles that contain digestive enzymes that eat excess or old organelles, food particles and viruses or bacteria.**

12. B-lymphocytes and T-lymphocytes

Certain of the stem cells produce B-lymphocytes (B cells) while other stem cells form T-lymphocytes (T cells). T-lymphocytes undergo their conversion in the thymus gland, an organ in the neck tissues near the trachea and thyroid gland.

The transformation of stem cells into B-lymphocytes and T lymphocytes begins about the fifth month after fertilization, and a full set is complete a few months after birth.

These cells then migrate to the lymph organs in the lymph nodes, spleen, tonsils, adenoids, and other organs of the lymphatic system.

When activated by an invading antigen, they become powerful weapons of destruction to the antigen and protection for the body.

Your Second Line of Defense:

Do what you can to protect your body from acquiring pathogenic visitors. Some of these are obvious but we don't stop and think about what we are doing most of the time:

- **Wash your hands before you go to the bathroom, and after. Use soap and really flush away any contaminants.**
- **If you are in a public rest room, avoid touching any surfaces once you have washed your hands. Use hand paper to turn off the taps, open the door to leave etc.**
- **When you come home, enter a restaurant, and whenever you have the ability, wash your hands.**
- **Avoid touching doorknobs, hand railings, furniture, cars and just about anything that you don't have germ control over. Use your sleeve or piece of your clothing. If you do have to touch these things, don't touch your face or mouth after until you can safely wash your hands first.**
- **If you handle animals, wash your hands immediately. Don't let animals lick your face. Wear a breathing mask to protect you if cleaning up animal feces such as a cat litter box where toxoplasmosis is easily transmitted.**
- **see below how to protect yourself in the kitchen**
- **avoid sexual contact with those you are not certain are safe.**

- **wash after sex**
- **at the first sign of a sniffle, runny nose, beginning of a sore throat, sneezing, stomach pain that might be the start of flu, hot nose, cold/flu aches - take several drops of wild oil of oregano on the back on the tongue, swallowed with a 1/2 glass of water. Do this once an hour for 3 hours. If you wake up in the middle of the night and feel any symptoms, force yourself to get up and take the wild oil of oregano, then go back to bed. Taking this right at the beginning of an infection will stop 90% quickly.**
- **if you have let the virus in and it has taken hold (eg. cold or flu), take goldenseal and echinacea capsules several times a day, resort to eating very little food but drinking lots of water and fruit juices, and using homeopathics for the infection.**
- **avoid visiting places where there are sick people, especially if your immune system is not as good as it should be (eg. hospitals, doctor's offices, clinics).**
- **avoid swimming in lakes and rivers.**
- **avoid swimming in public pools that are very busy and crowded.**
- **avoid shaking hands and hugging people but if you need to shake hands or hug someone, don't touch your face with your hands until you have washed.**
- **avoid drinking water that you are not completely sure is safe.**
- **don't share drinking glasses or cups, utensils etc.**
- **if you cut your skin, wash it well and cover it with a band aid until a seal has formed to prevent entry of pathogens.**
- **if you are diabetic, be very careful to not allow your feet to become dirty or unkempt which invites infection.**
- **make sure after bowel movements you wipe from front to back and dry the area well. Moisture makes a good travelling medium for bacteria.**

Know Your Enemy:

- **Viruses such as herpes simplex and HIV have the ability to integrate into the host's genome in infected cells, thus remaining latent but potentially active under the right circumstances.**
- **Some organisms including Mycobacterium spp. and many viruses are able to survive intracellularly in macrophages. Several mechanisms promote this ability:**
  - **Inhibition of lysosomal fusion with the phagosome.**
  - **Escape from the phagosome to multiply in the cytoplasm.**
  - **Survival and growth in the phagolysosome.**
- **Numerous microbes produce extracellular substances that can inactivate cellular immune responses.**
- **Hemolysins produced by strep and others directly destroy blood cell membranes.**
- **Leukotoxins produced by clostridia and others destroy white blood cells.**
- **HIV virus directly infects and destroys T helper cells, thus abrogating an immune response against many infectious agents that require cell mediated immunity for destruction.**
- **Bacteria produce substances that interfere with immune responses.**
- **Gonococci and H. influenzae produce IgA proteases that destroy secretory IgA immunoglobulin.**
- **Proteins on the surface of Staph aureus (protein A) bind the Fc portion of antibodies and inhibit specific opsonization. viruses and some parasites constantly change their surface antigens, thus forcing host to continually produce new specific antibodies.**
- **Some infectious agents do not seem to invoke much of an immune response at all, which allows them time to multiply and cause localized tissue damage. eg. rabies virus and Treponema pallidum.**
- **some bacteria can stay alive on fomites (inanimate objects such as hand railings,**

door knobs) for years.
- heat and freezing kills some but not kill all bacteria.

FOOD SAFETY

Microorganisms:
Virus: smallest, grow & multiply by living in cells
Fungi (single celled yeasts/molds) grow on moisture, spoils jams/cheeses
Parasites: worms etc.
Bacteria: causes 70% of food born illness. They take in food, give off waste.
1 bacterium can produce 280 trillion in 24 hr
Rags & utensils are biggest spreaders
They need protein, oxygen, warmth/temperature, neutral or slightly acidic, time
1 oz bleach in a gallon of water kills them

<u>Temperatures:</u>
Fridge should be 40oF (4C)
Bacteria diet at 165F (74C)
Foods should be cooked to 165F (74C)
Diseases causing microbes grow fastest at temperatures near body temperature of 98.6F (37C)
Danger zone is 40F (4c) to 140F (60c)
Holding hot food hot for service is 165F (74c) will kill most pathogens (Staph is not destroyed by cooking).
Cooking Food to kill bacteria (spores may survive) is 212F (100c)
FREEZING does not kill microbes, but they remain inactive. Temp. must be 0oF (-18c)
Freezing breaks down protein in foods and bacteria grow more easily on these proteins so keep food in cooler to thaw.
Foods should be thawed at 40F (4c) in the fridge.
Microwave cooked meat - heat until internal temperature is additional 25F (14c) higher than conventional ovens. Allow to stand covered 2 min after cooking to rest.
Store DRY FOODS at 10-21c
Shelves should be at least 6" (15cm) off floor for each cleansing and preventing moisture on foods from the floor and floor drain.

WASHING DISHES:
1 oz of bleach in a gallon of water kills pathogens.
Boiling kills pathogens
12.5 parts per million (ppm) of iodine kills pathogens
100 ppm chlorine kills pathogens

COMMON TOXINS FROM FOOD:
Bacillius cereus comes from cooked rice that is allowed to sit at room temperatures. 1-6 hr or 6-24 hr after ingesting, symptoms emerge of vomiting, nausea, abdom. pain. Solution: keep any cooked rice in the refrigerator.

Campylobacter comes from chicken and meat. 1-10 days after ingesting, symptoms emerge of diarrhea, pain, fever, nausea, vomiting. Solution: cook meat thoroughly to destroy campylobacter.

Clostridium Botulinum is from improper home canning. 12-36 hr after ingesting symptoms emerge of blurred/double vision, trouble swallowing, dry mouth. Solution: follow strict canning rules, be very careful canning alkaline type foods (beans, asparagus).

Clostridium Perfringens: 6-24 hr after ingesting symptoms of nausea, diarrhea, abdominal pain.

E Coli 057:H7 comes from eating undercooked animal products. 12-60 hr after ingesting symptoms emerge of abdominal pain, diarrhea, chills, fever, headache. Solution: either avoid eating rare meat, or don't eat meat at all. However we also see some fruits and vegetables being taken off the market because of E Coli contamination and usually what has happened is that the water given to the produce has E coli in it, perhaps from run off into the water supply of nearby livestock.

Salmonella comes from eating undercooked poultry, eggs, meat, parrots, birds. 6-72 hr after ingesting symptoms emerge of abdominal pain, diarrhea, chills, fever, headache. Solution: sterilize all surfaces that you worked with when preparing the animal so it cannot cross contaminate to the next food you put in the area. Cook the food until there is no blood near the bone at all. Cook dressing and stuffings separately so the blood doesn't get a chance to run into the stuffing.

Here's some other Pathogens and symptoms:

Pathogen and source:	Time lapse until symptoms appear	Symptoms
Shigella (moist foods, potato/meat salads)	12-7 days	diarrhea, fever, vomiting, abdominal pain
Staphylococcus (meats, cream, cuts)	30 min - 7 hr	violent nausea, vomit, headache, dizzy, cramps
Hep A Virus (polluted raw seafood, water)	15-50 days	fever, nausea, abdominal pain, jaundice
Norwalk virus (meat, salad, dressings) (also person to person)	10-50 hr	nausea, vomiting, diarrhea, abdominal pain, fever
Tapeworm (beef, pork, fish)	3-4 wk	nervous, insomnia, weight loss, abdom. discomfort
Trichinosis (pork)	5-45 days	muscle sore/pain, swollen eyelids, sweats, chills
Salmonella (chicken, other foul)	6-72 hr	abdominal pain, diarrhea, chills, fever, headache
E coli (rare meat, any type of feces)	12-60 hr	abdominal pain, diarrhea, chills, fever, headache.

Enterics need to run their course. Medicine can just prolong it.

METAL & CHEMICAL RESIDUES

	Sources	Effects
Aluminum	Aluminum cookware, canned food & soda, aluminum foil, antacids, some buffered aspirin, aluminum sulfate baking powders, toothpaste, anti-perspirants, salt, beer cans, aluminum cans, walkers, gasoline pumps.	Stored in lumpy areas eg. breasts, also uterus. Affects joints, back deterioration. In lungs can give indications of emphysema. Said to contribute to Alzheimer's and other brain disorders.
Antimony	Solders, metal type printing, small arms ammunition, lead batteries, antifriction alloys (bearings, babbitt metal), paints, enamels, glass & pottery glazes, flame proofing/ retardants for textiles & carpits, rubber and rubber on road from speeding cars which we breathe in).	Accumulates in adrenals, thyroid, kidney, liver, spleen, bone. Interferes with cellular metabolism. May have fatigue, hypotension, angina, myopathy, metallic taste.
Arsenic	Pesticides, insecticides, tobacco smoke, livestock, antibiotics, coal burning, defoliants, metal smelting, manufacture of glass, dental compounds for root canal fillings, carpet & furniture treated for stain resistance, wallpaper, ant & roach killer. Handling pressure treated lumber	Can settle in muscles of back, pulling muscles into spasms and spine to subluxate. May induce "fearfulness" in people with excess. Symptoms include nausea or vomiting, abdominal pain, diarrhea, garlic odor on breath, excessive salivation, headache, vertigo, fatigue, paralysis, kidney failure, progressive blindness, & mental impairment. Signs include mottled brown skin, increased pigmentation of palms and soles, cutis edema, transferse striate leukonychia, performation of nasal septum, eyelid swelling, runny nose, limb paralysis, reduced deep tendon reflexes. Mental: Apathy, dementia, anorexia.
Asbestos	Ceiling insulation and tiles, baby powder, car/truck brake shoes, hair blowers, radiator paint, clothes dryer belts. Fire proofing material.	Likes to settle in lungs.
Aspartame	Used as artificial sweetener called "nutrasweet". Federal Drug Office reports their hot line says this chemical is responsible for 80% of their calls.	Can cause severe headaches. Much speculation about it causing tumors, especially in the brain.
Cadmium	Electroplating, low melting alloys, batteries, pigments, dentures, tobacco, welding, paints, contaminated shellfish, processing grains, dairy products, metals, some seafoods, fertilizers, old copy machine drums, photographic/engraving chemicals, ore smelting, power plant exhausts, colored enameled pots, water running through old metal pipes, tobacco plants grown in cadmium laden soil.	Likes to settle in the heart, right kidney, prostate. Disrupts the absorption of other minerals. May cause vomiting diarrhea, loss of calcium in bones, deterioration of heart and blood vessel structures. Pneumonitis, prostate problems, digestive tract irritation. Mood and behavior changes. Kidney damage, loss of smell, hypertension, emphysema, loss of appetite.
Carbon Monoxide	Auto exhausts, furnaces.	Dizzy. color of skin may be bad. Stomach problems. Left shin bone aches. Headaches.
Caffeine	Coffee, pop, chocolate, anacin and similar pain killers.	Affects nerves, ability to sleep. May cause blood to thicken from its acidic metabolism. Hard on the kidney which has to filter it.
Chemotherapy	Medical drug treatment.	It is a poison and if it accumulates enough it can kill. In lower amounts causes nausea, hair falling out, Fatigue.
Cobalt	Metal dusts, industrial environment fumes, skin exposure. Manufacture of computers, tv screens.	Dermatitis from skin contact. 80% excreted in urine within a few days.
Copper	Copper pipes (drinking water), cooking utensils, swimming pools, acid rain. Handling pressure treated lumber.	Settles in brain and ovaries. Causes burning sensation in throat & tonsils. In extreme toxicity you want to open your hands all the time.
Dioxin	Also called "Agent Orange". Broad leaf herbicide commonly used as law & garden spray. Has affinity to corn. Often found in smog.	Often a factor in corn allergies causing migraines. Can be absorbed through skin, soles of feet (as in walking on grass that has been sprayed).
Formaldehyde	Cheese, milk, cigarettes, foam products, panelling, molded plastic telephones, dinnerware, particle board, building insulation, toothpaste, vaccines, paper, shampoo, permanent press fabrics, cosmetics, drugs, embalming fluid, disinfectant, auto exhaust.	Research continues.
Gold	Dental structures, drinking water.	Tingling through system.
Graphites	Environmental pollution, heavy industry pencils, tires, paint, lubricants. On veggies.	Likes to settle in the heart. Skin rashes. Extreme toxicity Leads to numbness all over the body.

Lead	**Paints, water pipes, tin cans, insecticides, auto exhaust**	**Lead is not well absorbed, it either gets into the bones and other tissues or from leaded gasoline, tobacco smoke, newsprint, hair eliminated. Most is taken in through food and excreted. Lead absorbed or dyes, leaded glass, pewter pottery, fertilizers, cosmetics inhaled usually is cleared by kidneys or perspiration. High level of lead old root canals. in urine suggests increased levels in body, esp. in bones which can interfere with red blood cell enzymes. Settles in liver, right kidney, brain, nerves, spleen and bone marrow. Affects blood formation, nervous system, especially affects children. Anemia, bone production, abdominal pain. Signs & symptoms: gastro complains, hypertension, fatigue, hemolytic anemia, abdominal pain, nausea, constipation, weight loss, peripheral neuropathy, cognitive dysfunction, headache, weakness, convulsions, irritable, impotence, loss of libido, depression, depression of thyroid + adrenal function, chronic renal failure, gout. May have combination of symptoms or no symptoms at all until condition has progressed. Mental symptoms: restlessness, insomnia, irritable, confused, excited, anxious, delusional, disturbing dreams.**
Mercury	**Amalgam dental fillings, hair dyes, batteries, thermometers, paints, cosmetics, some medical drugs, vaccine & flu shots, manufacturing process of petroleum products, fungicides for grains & cereals, air conditioner filters, laxatives, contaminated fish. anti-fungal sprays, some commercial pig food.**	**Settles in liver, brain, spleen, kidneys, intestinal wall, heart, skeletal muscles, lungs, bones. Mercury is a nerve toxin. Can cause loss of appetite, emotional disturbances, tremors, blood changes, depression, convulsions, irregular heart beat, kidney malfunction, cell destruction, difficulty speaking. Symptoms: metallic taste in mouth, excess salivation, gingivitis, tremors, stomach & kidney troubles. Mental symptoms: shyness, irritability, apathy, depression, psychosis, mental deterioration, anorexia.**
MSG (monosodium glutamate)	**Chemical added to many commercially prepared and processed foods to enhance flavour. Also called 'hydrolyzed protein'**	**Settles in brain. Interrupts electrical flow across surface of brain. Headaches, depression, allergies. Raises glutamate levels in blood which can cause brain damage in the area controlling thirst, hunger, body temperature & nervous system activity. Might feel tight in face & head, chest pain, dizzy, sweating, numbness.**
Nickel	**Used in manufacture of hardened fats eg. margarines, frostings, peanut butter. Found in breads, chips, cookies, candies, cigarette smoke, cocoa, chocolate, metal jewellery, metal glass frames, metal tooth fillings, and retainers, fossil fuel, nickel plated hardware, electroplating**	**Settles in sinus, joints, spinal column. Robs body of oxygen, binds with blood fungus causing tumors. Accumulates in tail bone, lungs, liver, kidneys, skin, intestinal mucosa. Crosses the blood brain barrier. May cause backache, headache, listlessness, swollen joints, painful cracking neck, paralysis of spinal column, brings on epilepsy. Dermatitis, lung cancer, larynx cancer. Displaces copper & zinc.**
Nicotene	**Cigarettes, tobacco leaves, leather tanning, anti-smoking lozenges. "nicotine patches'.**	**Nausea, vomiting, diarrhea, headache, sweating, salivation, Dizziness, narrowing of arteries causing restriction of flow, impotency, cancer.**
Nitrates, Nitrites	**Sausage, bacon, cured meats, hot dogs, liquid smoke, nitrate fertilizers.**	**Carcinogenic (if enough consumed). Liver, stomach, brain, esophagus, bladder, kidney cancer, high blood pressure, heart disease, irregular heart beat.**
Radiation	**X-rays, landfills, tobacco smoke, cellular phones, video display terminals, radar devices, electronic games, microwave ovens, satellite dishes, smoke detectors, radioactive iodine.**	**Nausea, vomiting, diarrhea, loss of appetite, headache, increased heartbeat, decreased sex drive, cataracts, decrease in blood cells. Hair loss, skin ulcers, calluses, skin cancer.**
Radon	**Uranium decays and breaks. Enters home through cracks in basement walls and around loose fitting pipes.**	**Lung cellular damage.**
Silver	**Dental structures drinking water, silver jewellery, silver cups, or glasses.**	**Cold numbness through heart region, heavy weight on hands and feet.**
Sodium Fluoride	**By-product of aluminum refining process. Toothpaste, cavity prevention products**	**Absorbed into thyroid, parathyroid and thymus. Settles in tissues of neck on left side and kidneys. Brings on lethargy.**
Strontium 90	**Strontium is a chemical released into the atmosphere where it is deposited onto soil, taken up by plants, animals etc. After dental work tends to show up in the body.**	**Anemia, leukemia, sarcoma of bones.**

Sulfuric Acid	**Environment toxin from industry. Very acidic, often used to counterbalance alkaline water conditions.**	**20-30,000 units in a person can cause extreme nausea, Dizziness, feeling like one is dying.**
Tannic acid	**Regular tea.**	**In high doses may cause nerve damage, ulcerated gastrointestinal tract.**
Thallium	**Manufacture in electronic parts, photo-electric cells, semi-conductors, radiation counters, pigments, luminous paints, colored glass, artificial gems, rat poisons. Found in contaminated waste sites from industrial operations using thallium.**	**Enters body via ingestion, inhalation or skin contact. Less than 1/2gm can be lethal to a 130lb adult. Blood flow through heart muscle usually examined by injecting thallium 210 into vein and obtaining images. May have vomiting, diarrhea, tremors, delirium, convulsions, paralysis, burning feet, loss appetite, hair loss, leg pain, hearing loss, coma, death.**
Tin	**Industrial compounds, tin cans.**	**Cold, icy feeling throughout body, numbness of feet.**
Uranium	**Radioactive element. Used in atomic bombs (fallout) Nuclear power plants & waste sites, weapon test sites, depleted uranium in military ammunition and projectiles, rock strata containing uranium affecting water passing through.**	**Blood diseases, cancer.**

FOOD

We consider food therapy our first approach to helping the body heal. Yes, foods can be used to heal a body!

Examples are SPICES. We use ground cloves for parasite control, cinnamon for blood sugar problems and parasites, GARLIC as an anti-fungal and heart helper; ONIONS for colds; TUMERIC as an anti-inflammatory, and even MUSTARD as a mustard poultice.

We use SALT for many things: gargles, washes, soaking in the tub. We use BAKING SODA for itchy skin problems and we combine it with salt and use it in the bath to draw out toxins. ASPARAGUS has been used for cancer fungus. OIL and LEMON is used for a gallflush and lemon for liver cleansing. ALCOHOL is used to sterilize.

HERBS

People have been using herbs to heal since we were first on the planet in our primal form. In the Bible it describes herbs as being both our medicine and our food. Until the advent of allopathic conventional medicine, herbs and homeopathy were the medicines used by medical doctors. They worked then and they still work now. On page 1 of this booklet we gave information about how to make teas, tinctures, capsules etc. It is very easy.

Is it difficult to learn how to use herbs? It can be as difficult as you want to make it. We suggest starting with 10 herbs that you learn and then slowly integrating others. Why not use the herbs that can be grown in your area, say your backyard as a start:

Yarrow-Mullein-Echinacea-Rosehips-Hyssop-Plantain-Peppermint/Spearmint-Comfrey-Red Clover-Stinging Nettle

These are really powerful herbs and easy to grow or buy. Our client supplies over 100 different herbs.

Once you have mastered the initial 10 herbs, you can expand to include:

Meadowsweet-Chamomile-Lemon Balm-Motherwort-Dandelion-Goldenrod-Calendula-Parsley-Juniper Berry

Pick one herb a week and go on the internet; find everything you can about it and record it in a system so you can find the information when you need it.

Teas are the fastest and easiest herbs to use. If you look at the beginning of this book, you will see how to make them. Not everyone can tolerate the taste of the herbs, so they grind them up in a blender and put them into capsules. You can get the capsule machines and empty capsules through our clinic. If you want to make the herbs last a long time - say up to 20 years, then you can soak them in alcohol for a month and make a tincture. The taste of the tincture is strong, so is usually mixed into 1/2 glass of water. If you want to make salves, you can use the ground up herbs, or the tinctures in a balm mixture that can be applied externally.

If you wish to learn more about herbs, you can search the internet, or you can take one of our courses that we hold from time to time.

Are there interactions between drugs and herbs? Yes. If you are on drugs you will want to check to see if herbs are counter-indicated. The most common problem we have is with blood thinning herbs, if someone is taking blood thinners. Again, this information can always be obtained from the internet, and sometimes the pharmacy can provide you with information as to counter-indicated foods and herbs.

OTHER NATURAL HEALING AGENTS

There are some things we use that are not foods or herbs but certainly are not drug related. Example would be using CHARCOAL for food poisoning. Using CLAY for detoxing and cleansing. Using silver DUCT TAPE to kill warts. Using diluted BLEACH to kill ringworm. Using MAGNETS for pain control. Essential oils are powerful herbal agents used to heal.

HOMEOPATHY

In 1996 homeopathy celebrated its 200th anniversary! It began with a publication called "Essay on New Curative Principle" written by Dr. Samuel Hahnemann in 1796. However, the use of medicines on the basis of similarity was not new and can actually be traced much earlier in the history of medicine The first time in history it was used was by Hippocrates during an epidemic that occurred in Athens that made people sweat, hot and made their bodies red however he noticed that the iron workers working with the hot iron steel did not get the disease. He speculated that they were already hot and red. He asked the people of Athens to build hot baths and saunas thereby saving the city. He was given the key to the city and made the wise man of healing that we know today.

Hippocrates rationalized that what caused the disease, might be something that would cure it.

Samuel Hahnemann who made many observations of like treating like and is considered to be the founder of homeopathy (homois in Greek means 'similar' and pathos means 'suffering' which he coined "The Law of Similars". Dr. Hahnemann practised at a time when other doctors were using mercury vapours to kill sinus infections causing the brain to become liquified and come out the nose. The doctors who used this mercury were called Quacks because mercury is Quicksilver. *[Today the only doctors we could call quacks are perhaps the dentists that still use mercury]*

Hahnemann started to realize that what caused a disease, might prevent it. One of the first observations was with quinine. If you drank too much quinine it produced ringing in the ears; if someone came to him with ringing in the ears he prescribed a small amount of quinine and it reversed the ringing in the ears.

Hahnemann started to work first with smell: he would take a cotton ball, dip it into compounds eg. belladonna, then have the patient smell the belladonna, which produced a reversal of the conditions of belladonna (which are dry, red and madness). He started developing his science to smell (aromatherapy).

After that he progressed to liquids and he started using water and alcohol to potentiate (succuss) the remedies and give it to his patients to take. His work with Peruvian bark (cinchona) for treating malaria really proved his theories. There were other herbs that were more bitter and astringent than Peruvian bark but they weren't effective at dealing with malaria. So he started take Peruvian Bark in repeated doses until his body responded to its toxic dose with fever, chills and other symptoms of malaria. He

concluded the reason this herb was beneficial was because it caused symptoms similar to those of the disease it was treating. He spent the next 6 yeas actively experimenting on himself, his family and a small group of followers and in 1976 wrote about his experiences in a medical journal in Germany (called Hufeland's Journal). 'Organon' was the title of the book Hahnemann wrote as the primary text on the homeopathic art and science.

His therapy spread through the world, to the United States, where we see that before the Civil War, 75% of the medicine was homeopathy. We are told that right after the Civil War there was a severe outbreak of flu and approx 10,000 people went to allopathic hospitals for treatment = 98% of them died; approx. 10,000 people went to homeopathic hospitals for treatment and 98% of the lived.

Hahnemann was disliked by the apothecaries because he recommended the use of only one medicine at a time and only using limited doses of it which meant the apothecaries could not charge much money for it but each time they made it required careful preparation. Hahnemann found the apothecaries were not always making them correctly and intentionally giving out the wrong medicines. He decided to go around them, dispense his own medicines which was illegal at that time in Germany. It was arrested in 1820, found guilty and forces to move.

Hahnemann moved to Kothen were he received special permission to practice and dispense his own medicines by royalty who it seemed supported homeopathy. Homeopathy grew not just because it offered a different approach, but also because orthodox medicine was ineffective and even dangerous, and caused more harm than good. The orthodox medicine focused on bloodletting and the application of leeches up until the mid-1800's. Benjamin Rush, considered the father of American Medicine, said that bloodletting was useful in all general and chronic disease. As many as 41 million leeches were imported into France in 1833 alone and in the United States, one firm imported 500,000 leeches in 1856. Besides bloodletting and leeches, orthodox physicians used medicines made from mercury, lead, arsenic and various strong herbs to help purge the body of foreign disease causing matter. Even though orthodox medicine was quite barbaric, the orthodox physicians called homeopathy 'quackery', 'unscientific', 'cultish', and 'devilish'.

In 1844 the American Institute of Homeopathy was organized, becoming American's first national medical society. In 1846 a rival medical group formed, vowing to slow down the development of homeopathy. This organization called itself the American Medical Association.

Homeopathy posed a serious threat to entrenched medicine. Orthodox physicians criticized herbalists, midwives and various other 'nonregular' practitioner because they were not medically trained. Homeopaths however couldn't be discredited as being "unlearned" since they had graduated from many of the same medical schools as 'regular' physicians.

Orthodox medicine was also threatened because it offered an integrated, coherent, systematic basic for its therapeutic practice. Homeopaths were quite critical of the suppressive nature of orthodox drugs, saying the drugs simply masked the symptoms, creating deeper, more serious diseases (which in turn made it even more difficult to figure out the right homeopathic remedy for the problem).

In 1903 the American Medical Association (AMA) meet and expressed that they admitted that they never fought homeopathy on matters of principles, but because

homeopathy came into the community and got the business. The AMA decided to purge the homeopaths from medicine. It was successful everywhere except Massachusetts because it was strong amongst the elite there so the AMA allowed the exception as long as no new homeopathic members were allowed. Then in 1871, the 8 remaining homeopathic physicians were expelled. In 1882, the AMA declined to acknowledge the delegates from the New York State Medical Society who had recently passed a resolution recognizing all properly graduated doctors which included homeopathic physicians.

In 1855 the AMA moved to establish a 'consultation clause' in their code of ethics which asserted that orthodox physicians would lose their membership in the AMA if they even consulted with a homeopath or any other 'nonregular' practitioner, which meant that doctor could no longer get a license to practice medicine. The orthodox physicians who controlled the medical societies would therefore not admit the homeopathic physicians and then arrange for their arrest for practicing medicine without a license.

Because of the opposition, the Homeopaths set up their own local societies and established their own medical boards. The AMA retaliated by expelling physicians for even consulting with a homeopath - and one was expelled for consulting with a homeopath (his wife); another was expelled for purchasing milk sugar from a homeopathic pharmacy. Dr. Cox was refused admittance into the Medical Society of the District of Columbia because he had served on the DC Board of Health which had a member who was a homeopath. Dr. Bliss was also expelled not because he consulted with a homeopath, but because he consulted with Dr. Cox who was previously expelled. The AMA and its members did everything possible to thwart the education of homeopaths. In early 1840's and again 1855 homeopathic advocates convinced the Michigan legislator to establish a professorship of homeopathy in the department of medicine at the University of Michigan. The AMA wanted to disallow professors of homeopathy to teach at the medical school, they went to court several times and lost, but although they had to allow graduates to be recognized, almost every medical journal urged the Michigan medical faculty to resign rather than participate in the training of homeopaths. This was happening in the U.S. and also in Europe.

In the 1830's the practice of homeopathy became illegal Austria. Despite this many people used microdoses during the cholera epidemic of 1831. Stats showed that those who used homeopathy had a death rate from cholera between 2.4-21.% whereas over 50% of those with cholera under conventional medical care died.

Despite the significant oppression, homeopathy survived and even thrived in t he 1800's and early 1900's. By 1900 there were 22 homeopathic medical schools, more than 100 homeopathic hospitals and over 60 orphan asylums and old people's homes, and more than 1,000 homeopathic pharmacies in the U.S. The first women's medical college in the world was the homeopathic Boston Female Medicine (1848). Homeopaths also admitted women physicians into their national organization (1871) considerably earlier than orthodox physicians (1915).

It was impressive that a higher percentage of homeopathic medical students passed medical board examinations than did their orthodox medical student colleagues. Homeopaths showed impressive scholarship in books in journals and three of the four medical schools with the largest libraries were homeopathic colleges. At the turn of the century there were as many as 29 different homeopathic journals.

The fall of homeopathy came in 1910 when the Carnegie Foundation issued the infamous Flexner Report which did an evaluation of American medical schools, chaired by Abraham Flexner in cooperation with leading members of the AMA. Although they

pretended to be objective, the report established guidelines meant to sanction orthodox medical schools and condemn homeopathic ones. Homeopathic colleges were faulted because of their preference for employing professors who were not simply teachers or researchers, but also in clinical practice. Homeopathic courses included courses in pharmacology which the Flexner Report didn't consider worthwhile. As a result of the report, only graduates of those schools that were approved were allowed to take medical licensing exams. Funding was withheld. There were 22 homeopathic colleges in 1900, by 1923 only two remained. By 1950 all the homeopathic colleges in the U.S. were either closed or no longer teaching homeopathy. There were only 50-150 practicing homeopathic physicians, and most of these were over 50 years old.

Amazing that homeopathy has risen again. Homeopathy has spread through the world. In Pakistan and India, it is the major form of medicine, known as the people's medicine. In America homeopathy almost died except for a homeopath by the name of Dr. Clayton who happened to be a member of the House of Representatives in America and he started the FDA. Ironically, the FDA is started in America by a homeopath to save homeopathy. In the front page of the FDA Act it mentions homeopathy treatments.

Europe has now recognized homeopathy and the European Union has a firm homeopathy law that allows for the manufacture of homeopathy. Homeopathy is being used around the world and its growth over the last 20 years has continuously increased. The market today in homeopathy is over 50 billion dollars a year (89% increase since 2002).

Will orthodox medicine in American ever accept homeopathy? Perhaps, times are changing dramatically. However, homeopathic goes against the grain of orthodox medicine as we currently witness. Firstly, there is very little money to be made in homeopathic medicine, it is known as the "people's medicine" in India. Secondly it requires a lot of time to take a proper case in order to decide upon the correct remedy, up to 2 hours may be needed and the physicians today are seeing people for 5-7 minutes in a visit. And finally, the ideology of how to treat the body homeopathically is in direct opposition to the way it is treated by conventional medicine.

CAN WE ACTUALLY PROVE HOMEOPATHICS WORK?

Aside from empirical evidence that homeopathics have been used successfully by medical doctors for 200 years, there is still the barb "but they may just be a placebo and people would respond if there was such sugar pills given to them". Indeed the medical research as found this to be true in their drug research, however homeopathy became a reality for us when we started using it to help animals - and they didn't know we were doing anything. We had remarkable health corrections, even better than we had with humans and we suspect because animals are more sensitive and less polluted with chemicals and such.

Bill Nelson (formerly of NASA, the one who saved Apollo 13) is one of the foremost authorities presently in the field of homeopathy and energy medicine, and he found three methods to prove homeopathic remedies:

1. **He froze the substances. Water is a polar substance and because it has its oxygens and its hydrogens, it will create a magnetic polarity. Its a slightly magnetic substance known as a para-magnetic substance. If you have a little stream of water coming out of your tap you can take plastic comb, put some fur on it, and hold it close to the stream and the water will divert because water is a para-magnetic substance. This gives it the shape storing and shape storing capacity. By taking a small magnetic energy to stabilize the effects of the magnetic field around us and then freezing the homeopathics, he was able to (as**

mentioned in the first journal 'The International Journal of the Medical Science of Homeopathy' do a study where they could graph, and freeze a homeopathic and detect shapes within the frozen water and they found that Belladonna, at any potency, has a certain shape that will repeat. Same for Apis Mel. - the shape repeats in the freezing. So we have the ability to take a unknown homeopathic and tell what was in it by freezing it and seeing the shapes. The liquid crystal would become a solid crystal and thereby manipulative in a cairo liquid microscope which is a cold stage microscope that keeps the water at that cold temperature.

2. **Next, we wanted to be able to study the electronic signature (the trivector signature) and to study this in the field of chemistry there is the field of polygraphy which is also known as the study of voltammetry and by taking the cabbage juice, even at dilutions past 10 or 13x (very dilute; one drop in a swimming pool), the cabbage could be detected because it would have an influence producing a certain voltage and amperage reaction that could be studied in the field of polygraphy, right from traditional chemical work.**

   If you go onto the internet and enter 'polygraphy' and 'voltammetric" you will see thousands of articles in the chemical field including one book which was the voltametric signature of every known human hormone. Volts and Amps. As you change the amps, a certain pattern of volts would appear which would be an electronic signature of every known human hormone.

   In Nelson's system of the Trivector, instead of using volts and amps, he made a three dimensional graph using volts, amps and resistance. This made it possible to capture an electrical reflection of the shape that we would be able to see in the freezing and also that there is an electrical structure that holds that in balance. Coffee keeps this shape and keeps this taste because there is an electrical factor in the chemicals that make up the coffee - an electrical stability that holds the coffee shape.

3. **Everything in the universe is energy. All matter is energy and matter and matter and energy are held together through an electro-magnetic spectrum which you can measure with the trivector machine. Therefore we could measure different homeopathics and get their trivector signature, charting out reactive components and then finding a resident frequency. So we were able to chart out as system of analyzing homeopathy from its trivector state, freezing state, and also its kirlian reaction - how does it react to an electronic field stimulus with a kirlian device - where we found each homeopathic had its own kirilian signature that could be detected with a lazer beam.**

Jan. 1997 he published these findings in the journal which has an ISSN number and this has been placed in the top 300 libraries of the world.

Pharmacology works through shape and shape receptors. Coffee has a particular chemical shape. There are shape receptors in the nose and the tongue that can detect the shape. The carrot and apple juice has a different set of shapes and you can taste the difference between those shapes. All of biology, in fact all of living, as to do with shape, and shape takes place n a minimum 3 dimensional field - not in a single dimension. The 3 dimensional juice you drink works on your 3 dimensional body and your shape receptors are 3 dimensional. Every cell in biology has shape receptors on it. It lives in its environment through detecting shapes.

In the human being the most intense and largest collection of shape receptors is in our nasal-pharnyx (the smell and the taste).

Now Belladonna has a shape. Hahnemann would take the belladonna, put it into a cotton ball and have the patient smell it - thereby very small amount of molecules come off in the smell, like aromatherapy, not enough to poison anybody, but enough to trigger the shape receptors into thinking that Belladonna is coming. We should be able to smell our food before we eat it so the brain can anticipate what is about to arrive and with the smelling of the Belladonna, the brain would anticipate what belladonna does - it makes us mad, red and dry and so when we smell the belladonna, the brain says 'ah, here comes belladonna, we better turn on our anti-madness, our anti-redness, and our anti-dryness device.

When we sense there is a poison that our biology would recognize, we want to be prepared for it and try to reverse it so we can possibly survive.

Water is a 3 dimensional substance and it is good because it has a polarity. Water is known as a polar substance because it has its oxygens and 2 hydrogens and it organizes itself in shapes. Water is known to be not a true liquid. It has 4 states it occurs in. It is a polar molecule, so it is crystal. It is a liquid crystal.

SNOW-ICE	LIQUID CRYSTAL	TRUE LIQUID	CLOUD
below 0c (celsius)	0 - 60c	60-100c	above 100c

At 0c, water is a solid crystal known as ice. At 100c water becomes a gas, known as steam. In the middle we have the water.

From 0-60c water is a liquid crystal. When we go past 60c degrees, so much kinetic heat energy is into the water molecules and they are moving so fast that they lose their crystiality and now water becomes a true liquid.

The first type of liquid crystals was found by examining cholesterol. At room temperature under normal conditions, cholesterol should be a liquid (see Handbook of Liquid Crystals Vol 3 by Demus, Goodby, Gray et al) ; however certain electrical factors can make cholesterol become more solid.

Hahnemann observed that his homeopathics were destroyed at 60c degrees. Therefore if he heated his homeopathics too much, he would destroy them. He also found that a strong odor could block the effectiveness of a homeopathic; a strong odor would overwhelm the shape receptors in the nasal-pharnyx. What he was observing we can now explain a little more scientifically in the process.

Homeopathy's popularity grew astonishingly until the 20th century. Homeopathy is a natural pharmaceutical system that utilizes microdoses of substances from the plant, mineral or animal kingdom to arouse a person's natural healing response.

NEUROTRANSMISSION IN THE BRAIN

There are four major neurotransmitters in the brain, what they affect, the diet that helps them work better, the things that inhibit them working and the various supplements that help them work better.

DOPAMINE: Affects beta brain waves, energy, working memory (parkinson's has lack of dopamine)
Diet: Boosted by high protein diet with fruit sugars. Eat as much fruits and veggies as you wish.
Food Therapy: Chicken, Cottage Cheese, Duck, Wild game, Luncheon Meat, Pork, Ricotta, Soybeans, Turkey, Eggs, Granola, Oat flakes or rolled oats, Sausage Meat, Low fat/low salt cheese, Wheat germ, Whole milk, Walnuts, Yogurt.
Avoid: Carbonated beverages, Processed sugars, Lead exposure, chemicals, cadmium, cigarette smoke
Supplements to help: ___ Tyrosine ___ Phenylalanine ___ Methionine ___ Rhodiola ___ Vit. B6, ___ B complex ___ Phosphatidylserine ___ Gingko Biloba ___ Chromium ___ Arginine ___ Fish Oil ___ Lumina ___ Willowbark ___ Guarana ___ Vit. B1 ___ Hydroxycitric acid ___ Conjugated linoleic acid
Exercise: Quiet relaxation, breathing exercises.

ACETYLCHOLINE: - Affects alpha brain waves, brain speed, immediate memory
Diet: Boosted by eggs, caviar, sardines, fish oils, olive oil. Eat as much fruits and veggies as you wish. Low fat diet.
Food Therapy: Beef/chicken/pork liver, Eggs, Pork, Canned shrimp, Salmon, Tilapia fish, Wheat bran, Cod fish, Lean ground beef, Artichokes, Macadamia nuts, Oatbran, Wheat bran, Peanut butter, Pinenuts, Hazelnuts, Soy Protein Powder, Tomato, broccoli, brussel sprouts, cabbage, toasted wheat germ, tomatoes, blueberries
Avoid: aluminum (cookware, underarm deodorants, tums, rolaids, water softeners). Violent films, aggressive language, PCB's, fertilizers, pesticides, electromagnetic fields, microwave radiation, power lines, microwave ovens, fluorescent lighting, cell phones.
Supplements to help: ___ Choline ___ Estradiol ___ Vasopressin ___ Erytropoietin ___ Progesterone ___ Human growth Hormone (HGH) ___ Calcitonin/Miacalcin ___ Parathyroid hormone ___ Testosterone ___ Manganese ___ Fish oils ___ Acetyl-carnitine ___ Lipoic acid ___ Phosphatidylserine ___ Phosphatidylcholine ___ Glycerol phosphocholine ___ Vit. B1 ___ Vit. B5 ___ Vit. B12 ___ Taurine ___ Gingko biloba ___ Korean Ginseng ___ DHEA (docosahexaenoic acid) ___ Zinc ___ Huperzine-A (Ceriva)
Exercise: Visual meditation (gazing at images to balance brain). Running, brisk walking, aerobics, biking, anything that increases heart rate.

GABA (gamma-aminobutyric acid) - Affects theta brain waves for rhythm and balance, verbal memory
Diet: Boosted by eating complex carbohydrate vegetables. Eat lots of fresh fruits and vegetables, especially complex carbohydrates.
Food Therapy: Brown rice, Bananas, Broccoli, Spinach, Potato, Oranges, Whole grain oats, Halibut fish, Walnuts,
Beef liver, Rice bran, Lentils, Whole wheat or grain, nuts, cantaloupe, organ meats.

Avoid: Carbonated drinks, Alcohol, Anything white (white flour, white rice, sugar)
Supplements to help: ___ Inositol (2-12g/day) ___ Phosphatidyl-choline ___ Melatonin ___ Glutamic acid ___ Niacinamide ___ Vit. B6 ___ Valerian Rt ___ Passionflower ___ Kava ___ Taurine ___ Valine ___ Iosoleucine ___ Leucine ___ B Complex ___ DHEA ___ Progesterone ___ Pregnenolone ___ Reishi Mushrooms ___ Glycine ___ Gabapentin
Exercise: Running, swimming, nature walking.

SEROTONIN: Affects delta brain waves for good sleep, visual memory. Most of it is produced in the gut.
Diet.: Boosted by poultry and complex carbohydrates. Eat as much fruits and veggies as you wish.
Food Therapy: Pork, Turkey, Wild game, Luncheon Meat, Cottage Cheese, Avocado, Wheat Germ, Sausage meat, Eggs, Ricotta cheese, Duck, Chicken, Whole Milk, Oak flakes, Granola, Chocolate, Yogurt.
Avoid: simple carbohydrates (eg. white flour, white sugar), artificial sweeteners, chemicals in foods, food dyes, PCB's, pesticides, burning plastics, mercury (as in certain fish), loud music, violent films, porn, foul language.
Supplements to help: ___ Tryptophan ___ Vit. B6 ___ Fish oil _____ St. John's Wort (Serotonin uptake) ___ B12 ___ 5HTP ___ B5 ___ Folic Acid ___ Niacinamide ___Thiamine (Vit.B1) ___ Melatonin ___ Magnesium ___ Hydroxycitric acid ___ Passionflower ___ Adenosine ___ Pregnenolone ___ Progesterone

MORE SELF TESTING TECHNIQUES

What follows are simple techniques you can do to give you an idea of what might be happening with the body:

1. Are you allergic or sensitive to a particular food? Take your pulse, then eat a particular food that you want to find out about - after that wait 20 minutes and take your pulse again. If it jumps 10 points or more, you are severely reacting to that food.

2. HYPO THYROID? : Every morning, BEFORE you get up, before your feet hit the ground, take your temperature under your armpit. Normal temperature is 97.6F-98.2F (36.4C- 36.77). If it is consistently below that range, you most likely have a low functioning thyroid. If it is above that temperature you most likely have an hyper functioning thyroid. Your temperature can be affected if you are a woman and ovulating; if you take the temperature after 8 in the morning; if you have gotten out of bed to go to the bathroom; if you have an infection, cold/flu; or if you have had 3 or more alcoholic drinks the night before.

Another test you can do for the thyroid is to get some iodine liquid (Bentadine) from the drug store. Before bedtime, paint a patch on your skin 5cm X 5cm (about 2" square). It will be orange/red in colour (don't shower or wash after or it will wash away). In the morning, if there is no change in the colour, you are not lacking iodine. The paler it is, the more your body absorbed because it needed it so if it is all gone, you have iodine deficiency. Low functioning thyroids can often be assisted by taking food grade iodine (not the kind you paint on the skin), or thyroid glandulars. Over active thyroids however, need a little more attention.

3. DO YOU HAVE CANDIASIS (candida overgrowth)? In the morning spit into a glass of distilled water. If within 15 minutes it starts to grow, you have an overgrowth of candida albicans.
Another test is to put part of your morning urine in a smooth plastic cup. Cover with one thin layer of tissue paper, set in a dark place (like under a sink or in a cupboard). At bedtime set the cup in your fridge on the lowest shelf way back so no one else touches it. Next morning, pour the urine out. If you have a fungus in your system, there will be a fatty-waxy rim where the urine and air met.

4. IS THERE A BROKEN BONE/ DAMAGED LIGAMENT OR MUSCLE? Hanna Kroeger taught these simple tests to help determine how you may have hurt yourself.
A. Feel the hump at the back of the neck (T1). Just above the hump is an indent and then you are on top of another bone (7th cervical). Push on that, not too hard. If it is sore, you may have a broken bone someplace in your body. Even if the foot is broken, it should show up here.
B. Stick your right arm out, thumb up. Press about 1 1/2" above the bend in line with the thumb and a little to the outside. If it hurts a little you may have a problem with the spine that is putting pressure on a ligament. If it really hurts you may have a damaged ligament.
C. Look at the RIGHT calf of your leg. See the base at the bottom of the calf muscle, in the center of the back of the leg? Push in, if it hurts, there may be muscle damage. Also see if there is anything on the LEFT calf.

5. IS THERE A RIB OUT OF PLACE? along the shoulder there is a V formed by the shoulder collar bones. At that V is where you will find the rib detection area. This is only a diagnostic point, not a treatment point. Press on the left side to find out if a rib is out on the left side. If it is out on the right side, press on the right side.

6. NEED ZINC? Measure 10ml (2 tsp) liquid food grade zinc into a cup. Slosh solution around in your mouth for 10 seconds. Then spit back into the cup. (note: this might upset the stomach).

- **no taste or sensation even after 30 minutes: zinc deficiency.**
- **no immediate taste but after a few seconds, slight dry, furry, sweet or mineral taste: inadequate zinc level**
- **strong taste, not unpleasant at first, with time intensifies: moderate zinc level**
- **strong, unpleasant taste, noticed right away, desire to spit out: optimal zinc level.**

URINE TESTING

pH

When a healthy person eats, the urine becomes alkaline from the alkaline tide, the body's method of dumping alkalinity to compensate for HCl losses during digestion. In a healthy person, a first morning urine is very acidic because of the prior eight hours of fasting during sleep. The acid reserves are then released during the first meal and the urine then becomes alkaline. In a 24-hour volume, the average pH range in a healthy person is from 6.3 to 6.7. Most people are more acidic (lower pH) than 6.3, while fewer are more alkaline (higher pH) than 6.7. Of the two, it's better to be more acidic than alkaline because the body has more buffer systems to handle excess acidity than excess alkalinity.

Using a Chemstrip

If urine volume is normal or high and the specific gravity is also high, it means there are substances in the urine which shouldn't be there. A chemstrip identifies the specific substances eg.

- **Sugar**
- **Bilirubin (pigment in bile) or urobilinogen (bilirubin derivative) which indicates liver or gall disease;**
- **Nitrite (salt of nitrous acid)**
- **Leukocytes (pus) indicating infection of inflammatory condition in the genitourinary tract**
- **Blood indicating kidney stones, kidney disease or other problems.**

Volume (how much urine comes out in a 24 hr period)

The normal 24-hour volume should be greater than 800 ml and less than 2400 ml with an optimum range of 1200 to 1800 ml. Five cups is equivalent to 1182 ml and 8 cups to 1892 ml. People should drink enough liquids daily to give an optimum urine volume but forced liquid intake is not healthy. The kidneys can only handle about 1/2 cup an hour, so its better to sip than to glug!

You can determine kidney function or lack of it by comparing the urine volume to the specific gravity. However, the extent of kidney damage cannot be determined by this test and a physician should be consulted in such cases. Just by comparing the specific gravity to the volume, we can determine the following (where I refer to medical conditions or terms in the following, I am doing so only for convenience; where a medical condition is indicated, you should consult with your physician):

Excess urine volume above 2400 ml) may mean you are drinking too many liquids, eating a junk food diet, taking diuretics, or has allergies or underactive adrenals.

Inadequate urine volume of less than 800 ml) may mean the patient is not drinking enough liquids, is dehydrated, has overactive adrenal glands, impaired circulation (edema), or is recovering from fever, vomiting or diarrhea.

Specific Gravity

A high specific gravity with a high or normal urine volume: indicates the presence of abnormal solutes such as glucose (diabetes), protein (kidney disease) and so on.

A low specific gravity with a low or normal urine volume indicates difficulty concentrating the urine. This means that the kidneys are not cleansing the blood due to a congested lymphatic system. This can produce swollen glands, allergy, low back pain, frontal headaches, and nausea. In women, these may worsen during menses or pregnancy, and may lead to vomiting during either time.

Vitamin C

Vitamin C is a threshold substance, meaning it is not excreted until the ascorbic acid level in the blood exceeds a certain value related to the degree of tissue saturation. Vitamin C deficiency is very common in people who eat refined foods, women during pregnancy and lactation, children, immune suppressed people and people with many diseases. The most common results of this deficiency include fatigue, joint pain, bleeding gums and adrenal exhaustion.

Most people confuse ascorbic acid and ascorbates with vitamin C. They are not the same. Ascorbic acid is the antioxidant portion of the vitamin C complex. Many people who take megadoses of ascorbates show severe vitamin C deficiency in this test. The enzyme formula for vitamin C contains a food source of vitamin C and no ascorbic acid or ascorbates.

Sediment

The sediment test can help determine the multiple digestive enzymes needed. A normal 24-hour urine has about 1/2-ml of sediment, the "ash" resulting from digestion, absorption and assimilation of foods. A normal sediment is calcium phosphate, the result of carbohydrate metabolism. Malabsorption, decreased cell permeability and sugar intolerance reduce the sediment, sometimes to a trace. A high sediment means poor use (assimilation) of food and indicates nutrient deficiencies as well as fat and protein intolerance. Urinary sediment increases with fat or protein intolerance due to the presence of oxalates (fat intolerance) and uric acid (protein intolerance) in addition to the phosphates normally present.

In addition to enzyme formulas for fat and sugar intolerance, there is a multiple digestive enzyme for maintenance in adults with good digestion, and a formula to help relieve gastric irritation, including ulcers.

If a nutrient does not appear in the urine, it means the body is using all there is. Eg. if the level of calcium is below that in urine test, it indicates the blood has no calcium to spare and may be even sucking calcium out of the cells and bone, a condition that leads to osteoporosis. This may be the case even if the blood values for calcium are in the normal range.

If levels of nutrients in the urine are higher than what is considered normal, then the blood is dumping excess nutrients into the urine. Eg. the urine test can show too much calcium or the electrolyte chloride (salt). High chloride levels can mean you are eating too much salt or have a lipase deficiency.

An overly acidic urine pH means the blood is dumping excess acid reserves into the urine in order to maintain its optimum pH. An overly alkaline urine pH means the blood is dumping excess alkaline reserves into the urine.

Urine volume (total output over the 24 hr period) in relationship to its specific gravity (density of the urine compared to water) shows whether the person is suffering from kidney-lymph stress.

Low phosphates indicate sugar intolerance or excess
High uric acid indicates protein intolerance or excessive consumption of sugar
High calcium oxalate indicates fat intolerance or excess. It can also result from excess ingestion of coffee, tea, cola (all high in oxalates) or ascorbic acid

TEST YOUR IODINE NEEDS:

Get a little bottle of iodine from the drug store. The liquid will be orange in colour. We use this for skin infections, not to drink, but we can also use it to test for iodine deficiency. Take a cotton ball, add some iodine on it and rub in on the inside of your arm. It will absorb into the skin. If after one hour, it is still orange, you do not have an iodine deficiency. If it is completely absorbed, the body is needing iodine.

TAKING YOUR OWN BLOOD PRESSURE

BL. PRESSURE: _____ Sitting _____Standing _____ Lying down _____ Pulse

	SYSTOLIC(top number)>>>>>>>				
DIAS.	**92-111**	**112-141**	**142-191**	**192-280**	
111-70		**50-71D**	**50-71D**		**A, B, E, O: Heart**
			72-87D	**72-87D**	**C: Heart +/or CX**
			88-120E	**88-120E**	**D: Central Spin.Fluid**
91-110		**72-87H**	**50-71B**	**50-71D**	**F, N: Stomach**
		88-120A	**72-87 I**	**72-87D**	**G: Lungs**
			88-120E	**88-120E**	**H: SI, LI, ST, Pan**
75-90	**72-87F**	**60-100**	**50-71J**	**50-71J**	**I: Heart, Kidneys**
		88-120G	**72-87J**	**72-87J**	**J: ST, CX, Thy**
			88-120N	**88-120N**	**K: Thy, Kidneys**
51-74	**72-87H**	**50-71B**	**72-87O**	**50-71B**	**L: Thy, CX**
		88-120H	**50-71B**	**120-150L**	**M: Kidneys**
10-50	**50-71K**	**60-80C**	**90-120H**		

Systolic is top number: highest level your blood pressure reaches when your heart beats. Diastolic is bottom number and the lowest level your blood pressure reaches as your heart relaxes between beats.

A 3:2 ratio is ideal eg. 120/80

Diastolic hypertension is not good, small vessels that supply blood to the vital organs are affected the most by such high pressure of blood. Elevated diastolic can cause hardening arteries as a result become less elastic and scarred and are prone to break a lot easier and get blocked.

Here is another way to look at blood pressure:

Heart Beats/Breath: divide how many heart beats a minute by breaths a minute.

BEATS: _____ divided by BREATHS: _____ = _____

RESULTS:

5: ideal 4-6 ok
3 (needs urgent care)
2 (death near, work fast)
6+ (toxins may be taxing heart or respiration center in brain).

CHECK YOUR SYMPTOMS TO SEE IF YOU MAY HAVE A VITAMIN OR MINERAL DEFICIENCY

VITAMIN A

___ poor night vision, unable to see well in dim light
___ eyes sensitive to glare, sunlight or bright lights
___ inability to adjust eyes entering a dark room
___ brittle hair
___ dry, rough or scaly skin
___ discharge from eyes
___ acne, pimples or blackheads
___ hard "goosebumps" on back of arms that won't go away
___ kidney, urinary or bladder infections, burning or itching when urinating
___ dry eyes
___ eyelids red, scaly or dry
___ sinus problems
___ warts
___ frequent colds or respiratory infections
___ abscesses in ears,mouth or salivary glands
___ eye inflammation, discharge, eyelids swollen or pus laden

TOTAL: _____

NOTE: A total of one or more indicates a deficiency of Vit. A. Increase your intake of Vitamin A supplementation from fish liver oil. Don't be concerned about toxicity. All reported cases of toxicity were from taking synthetic Vitamin A and you would have to take over 500,000 IU a day.

B1 THIAMINE

___ heart palpitations or gallop rhythm
___ enlarged heart
___ forgetfulness, poor memory, short attention
___ irritability
___ loss of appetite or loss of weight
___ constipation
___ cramping pains in legs
___ loss of ankle or knee jerk reflexes
___ tenderness in calf muscle under pressure
___ slow heart beat or rapid heart beat
___ diastolic blood pressure over 90
___ muscular tenderness, weakness/wasting
___ feel depressed
___ numbness, pricking, tingling in hands/feet
___ poor co-ordination
___ stiffness or swelling in ankles, feet or legs

TOTAL: _____

B2 RIBOFLAVIN

___ cracks or sores in corner of mouth
___ shiny, sore or swollen tongue
___ conjunctivitis
___ sensation of sand on inside of eyelids
___ eyes red, itchy, burning
___ see spots before eyes
___ shrinking or "disappearing" upper lip
___ oily hair
___ reddish-purple magenta coloured tongue
___ lips red, white, scaly, swollen or chapped
___ cataracts
___ eyes sensitive to light or dimming of vision
___ red lines in whites or eyes
___ abnormally greasy or scaly skin around nose
___ falling hair, abnormal hair loss

TOTAL: _____

B3 NIACIN

___ diarrhea
___ itchy, red or inflamed skin, dermatitis
___ mental aberrations or schizophrenia
___ indigestion
___ burning sensation in hands or feet
___ whitish, coated tongue
___ swollen tongue with red tips and sides
___ words move on page while reading
___ chapping of backs of hands
___ irritability, anxiety or depression
___ loss of sense of humour
___ small ulcers or cankers sore in mouth
___ insomnia
___ brilliant red tongue, maybe painful
___ feel as if hands or feet go numb
___ loss of appetite

TOTAL: _____

If you total 3 or more, you may have a B3 deficiency. Supplementation should be 50-200 mg a day but it is better to take the B vitamins together rather than individually.

B5 - PANTOTHENIC ACID

___ pupils in eyes are usually large, dilated
___ burning sensation of hands or feet
___ lightheaded or dizzy when getting up out of a lying or sitting position
___ numbness or tingling in hands or feet
___ rapid heartbeat on exertion
___ headaches
___ fatigue, tiredness, lack of energy
___ tendency towards hypoglycemia (low bl. sugar)
___ gastric distress and/or constipation
___ periods of deep depression
___ poor co-ordination
___ diarrhea or constipation
___ joint pains
___ muscle cramps
___ irritability
___ insomnia, sleeplessness
___ tendency toward arthritic pains
___ swollen, enlarged tongue

TOTAL: _____

A total of 2 or more in this category represents a deficiency of pantothenic acid, (Vit. B5). Because of stress, some people may have higher needs for this vitamin and have to take more than what comes in a B complex formula. Supplementary requirements can range from 100 mg to 1,500 mg daily.

B6 PYRIDOXINE

___ irritability or nervousness
___ can't remember dreams
___ swelling of hands, feet or ankles
___ soreness, tenderness, weakness of thumb muscles
___ muscular twitching
___ poor co-ordination in walking
___ FEMALE: acne worse during periods
___ feel confused
___ dizziness
___ unable to close hands into tight, flat fists
___ greasy scaliness on skin near nose, mouth, eyes
___ greenish tint to urine
___ hyperactivity
___ FEMALE: nausea of pregnancy

TOTAL: _____

Very common deficiency, a form of anemia and sometimes hard to get in the diet for some people.

B12 COBALAMIN

___ irritability or nervousness
___ lemon-yellowish tint to skin, pale complexion
___ depression, irritability or moodiness
___ paranoia, delusions or hallucinations
___ confusion, disorientation or agitation
___ dizziness
___ poor stomach digestion, low stomach acid
___ apathy, feel as if have lost incentive in life
___ numbness, tingling, soreness or weakness in hands or feet
___ jerking of limbs
___ memory loss
___ anemia
___ loss of appetite
___ back pains
___ dimmed vision
___ FEMALE: menstrual disturbances
___ stammering
___ sore, beefy red tongue

TOTAL: _____

If you are lacking the intrinsic factor in your digestive tract B12 will not be assimilated. Vegetarians may also have a deficiency. Note B12 is now available in convenient sprays that you can use daily and is purported to be as effective as injections.

B9 FOLIC ACID / FOLATE

___ chronic fatigue
___ dizziness, lightheaded
___ depression
___ heart palpitations, irreg. heart beat
___ nausea
___ loss of memory, forgetful
___ cracks at corner of mouth
___ gastro problems
___ muscle pains
___ excess pigmentation of skin
___ irritable, agitated, brooding
___ skin shiny, dry and scaly
___ intestinal malabsorption, sprue
___ ashen facial colour
___ fainting
___ anxiety
___ headaches
___ irritability
___ tongue: sore, inflamed, purplish, swollen
___ loss of appetite
___ diarrhea
___ extreme weariness, exhaustion
___ anemia
___ pale fingernails
___ muscular pains
___ loss of hair, greying hair

TOTAL: _____

Deficiency in Folic acid causes red blood cells to become large and weak and die out earlier. Folic acid controls deposition of cholesterol in the heart, prevents bowel and cervical cancer. Folate increases appetite. It works with B12 and Vit. C to metabolize protein. It helps iron to function and is critical for the chemistry of the brain. Must have 1 mg daily if pregnant to avoid spina bifida and other birth defects.

CHOLINE

___ eczema
___ high cholesterol levels
___ have difficulty losing weight
___ homocysteine higher than normal
___ high blood pressure
___ bleeding ulcer
___ fatty liver
___ memory problems TOTAL: _____

Small amounts of choline can be made by the body, the rest comes from diet of egg yolks, liver, beef . It is involved with cell membrane function, the workings between nerves and muscles. It helps reduce homocysteine and inflammation in the body, helps metabolize fats. Often seen in brain function formulas as phosphatidylcholine. People do drink a lot of alcohol, or those involved in high performance athletics may be at risk. Women need 425mg minimum; men need 550mg minimum. Vegetarians at risk.

PABA (para amino benzoic acid)

___ skin sensitive to sun, photosensitivity
___ constipation
___ irritability
___ lupus erythematosus
___ white patches on skin, loss of pigment, vitiligo
___ depression
___ low sex drive
___ scleroderma TOTAL: _____

VITAMIN C

___ skin bruises easily "black & blue" marks
___ gums bleed easily, esp. when brushing teeth
___ loose teeth, loss of dental filings
___ "fleeting" pains in joints or legs, joint tenderness
___ catch infections, colds, flu or viruses easily
___ listlessness, lack of endurance, tire easily
___ restlessness or irritability
___ bloating or puffiness in face
___ broken capillaries, hemorrhages or little pink spots on skin
___ hemorrhage/ruptured blood vessels in eye
___ bluish-red, swollen or inflamed gums
___ cuts, sores or wounds heal slowly
___ cuticles tear easily
___ anemia
___ fragile bones
___ excessive hair loss
___ joint pains

TOTAL: _____

Two or more responses indicate Vitamin C deficiency. All signs represent subclinical scurvy. Vitamin C is needed to build collagen (cement that holds body's cells together) and protects cells from viruses and bacteria, cancer. Under stress the need for Vitamin C increases dramatically. Daily dose is 1200 - 3000 mg. Cancer patients and convalescents may need 20,000 mg or more daily.

VITAMIN D

___ burning in mouth and throat
___ abnormal numb
___ osteomalacia (softening of bone)
___ joint pains
___ nearsightedness, myopia
___ insomnia
___ poor bone development
___ osteoporosis (demineralized bone)
___ rickets (bowlegs, knock-knees)
___ muscular cramps
___ nervousness
___ constipation

Everyone needs to take Vitamin D from October to April each year when the sun cannot give us adequate protection.

VITAMIN E

___ muscular swelling or wasting, muscular dystrophy
___ hemolytic anemia
___ MALE: low sex drive
___ brittle and falling hair
___ FEMALE: menstrual discomfort

MAGNESIUM (BONE MINERAL)

____ irritable nerves or muscles
____ irregular heartbeat, tachycardia
____ convulsions or seizures
____ painful, cold hands or feet
____ dislike of children
____ burning sensation in mouth
____ twitching of body
____ nervous heart palpitation
____ fear
____ tremors
____ inflated intestine
____ yellowish whites of eyes
____ nervous ticks or twitches
____ panic attacks
____ feels like having a heart attack
____ excessive body odour
____ restless movement of eyes/fingers
____ chilly after retiring
____ gas/wind in intestine
____ teeth sensitive to cold water
____ bedwetting
____ sensitivity to noise
____ allergy to wool
____ grief-apprenhension TOTAL: _____

One or more response can mean a deficiency of magnesium. Recommended supplementary range is from 400 to 450 mg daily.

CALCIUM BONE MINERAL

___ blood clots slowly when cut
___ cramps in calf muscle during sleep or exercise
___ painful cramping of feet or toes after going to bed
___ nervousness or irritability
___ poor quality or malformation of bones or teeth
___ alternating hot and cold sweats
___ unusual sensitivity to noise
___ FEMALES: excessive or lengthy menstruation
___ FEMALE: painful menstruation
___ irregular heartbeat, irregular rhythm
___ pus/cyst formation
___ pain in forearm or biceps
___ headache, more in afternoons
___ frequent toothaches
___ tetany(muscle spasms)
___ excessive body odor
___ painful, cold hands or feet
___ fainting or nausea
___ irritable nerves or muscles
___ nervous tics or twitches
___ convulsions or seizures
___ sores do not heal, scarring

TOTAL: _____

Two or more responses indicate a deficiency of calcium. Supplementary range is from 750 to 1000 mg daily. Calcium should be balanced with other minerals, especially phosphorus and magnesium. Ratio is 2:1 calcium to magnesium. Too much phosphorus can cause calcium to be lost from the diet. Also too high protein diet can cause loss of calcium.

PHOSPHORUS BONE MINERAL (rare to have deficiency, it is in so many foods)

____ weakness
____ bone pain
____ dislike of opposite sex
____ fear of unknown
____ loss of muscle tone in arms/legs
____ prone to bronchitis
____ repeated jaundiced condition
____ loss of appetite
____ afraid of tomorrow
____ dislike of work
____ general weakness
____ paralysis
____ prone to arthritis

TOTAL: _____

POTASSIUM (blood mineral)

____ constipation or diarrhea
____ nervous disorders
____ nausea, distress in pit of stomach
____ muscular weakness
____ low blood sugar
____ sodium poisoning (severe deficiency)
____ edema (severe deficiency)
____ high blood pressure (severe deficiency)
____ headache lower back of head
____ swollen ankles or ovaries/testicles
____ inability to digest sugar
____ weakness in female organs
____ liver function impaired
____ angry looking sores
____ bitter taste in mouth
____ fatigue
____ itchy dry skin
____ distension of stomach
____ using laxatives
____ using diuretics
____ muscle weakness
____ weak ligaments
____ kidney disorders
____ dry throat
____ tendency to blister
____ eczema on feet/legs

TOTAL: _____

IRON:

____ anemia
____ crying involuntarily
____ difficulty in breathing, painful breathing
____ fissured tongue
____ pains in head (stinging)
____ pains in fingertips
____ poor equilibrium
____ fault finding tendency
____ paleness
____ brittle nails
____ smooth and sore tongue
____ easily fatigued
____ dizzy
____ itchiness all over or in parts
____ flattened fingernails
____ mentally hard to please
____ pains in heels, in sole of feet
____ pains in shoulder joints
____ poor sleep in evening, sleepy in daytime
____ dull hearing
____ constipation
____ skin problems

TOTAL: _____

SODIUM (BLOOD MINERAL) - deficiency is rare

____ have been sweating excessively
____ long time use of diuretics
____ stomach or intestinal gas
____ collapsing with burning face
____ glasses need changing often
____ mind is confused
____ often hysterical
____ loss of sense of smell
____ gas from eating eggs, meat, fish
____ angry over little things
____ weight loss
____ muscles shrinking
____ bloating
____ bad breath
____ constipation
____ hayfever
____ depressed
____ hair falling out
____ excessively thirsty

TOTAL: _____

MANGANESE TRACE MINERAL

____ poor muscle co-ordination
____ dizziness
____ aging prematurely
____ taking high thiamine (B1) dose
____ swollen glands
____ womb falling and protruding
____ dislike children
____ want to be left alone
____ bones crackle when walking
____ mental disagreement with every statement
____ convulsions
____ sterility
____ weak muscles
____ tender nipples
____ enlarged ovaries
____ fainting spells
____ crying spells
____ eyes red and swollen
____ burning sensation in limbs

TOTAL: _____

CHLORIDE BLOOD MINERAL

____ impaired digestion of foods
____ derangement of fluid levels in body

TOTAL: _____

COPPER TRACE MINERAL

____ iron deficiency
____ general weakness
____ skin sores
____ radiation exposure
____ white patches on skin
____ impaired respiration
____ hair prematurely gray

TOTAL: _____

ZINC TRACE MINERAL

____ cuts, sores or wounds heal slowly
____ hair or nails grow slowly
____ diet high in refined foods
____ skin ulcers
____ earaches
____ neuralgia (pain)
____ scaling skin
____ delirium
____ white spots on fingernails
____ gout
____ catch infections easily
____ loss of smell or taste
____ high alcohol intake
____ eye trouble
____ epilepsy
____ infertility
____ cataracts
____ blisters face/scalp
____ MALES: prostate trouble
TOTAL: _____

Two or more responses indicate lack of zinc. One response alone can be conclusive of a zinc deficiency if there are white spots on nails could bring prostate trouble. Zinc is poorly absorbed and it is difficult to eat sufficient amounts. Recommended daily supplementary range is from 10-100 mg daily - never more than 100 mg!

IODINE TRACE MINERAL

____ enlarged glands
____ dull headaches
____ puffy face and body
____ swelling of fingers
____ heart/chest pressure
____ always cold feeling
____ dull pains under both shoulder blades
____ goiter in neck
____ slow/dull mind
___ pulse alternates often
____ swelling of toes
____ dull/listless appearance
____ movements slow

TOTAL: _____

SILICON TRACE MINERAL

____ soft or brittle nails
____ thinning or loss of hair
____ insomnia
____ itchy ears
____ ear discharge (in children)
____ teeth sensitive to cold
____ tongue ulcers
____ toothache without cavities
____ lack of determination
____ nervous exhaustion
____ aging, wrinkles
____ poor bone development
____ osteoporosis
____ styes on eyelids
____ boils
____ gum ulcers
____ parched lips/fingertips
____ listless
____ no ambition for brain work
____ addicted to drugs
TOTAL: _____

What follows are simple techniques you can do yourself to give you an idea of what might be happening with the body:

1. **Are you allergic or sensitive to a particular food? Take your pulse, then eat a particular food that you want to find out about - after that wait 20 minutes and take your pulse again. If it jumps 10 points or more, you are severely reacting to that food.**

2. **HYPO THYROID? Every morning, BEFORE you get up, before your feet hit the ground, take your temperature under your armpit. Normal temperature is 97.6F-98.2F (36.4C- 36.77). If it is consistently below that range, you most likely have a low functioning thyroid. If it is above that temperature you most likely have an hyper functioning thyroid. Your temperature can be affected if you are a woman and ovulating; if you take the temperature after 8 in the**

morning; if you have gotten out of bed to go to the bathroom; if you have an infection, cold/flu; or if you have had 3 or more alcoholic drinks the night before.

Another test you can do for the thyroid is to get some iodine liquid (Benadine) from the drug store. Before bedtime, paint a patch on your skin 5cm X 5cm (about 2" square). It will be orange/red in colour (don't shower or wash after or it will wash away). In the morning, if there is no change in the colour, you are not lacking iodine. The paler it is, the more your body absorbed because it needed it so if it is all gone, you have iodine deficiency. Low functioning thyroids can often be assisted by taking food grade iodine (not the kind you paint on the skin), or thyroid glandulars. Over active thyroids however, need a little more attention.

3. DO YOU HAVE CANDIASIS (candida overgrowth)? In the morning spit into a glass of distilled water. If within 15 minutes it starts to grow, you have an overgrowth of candida albicans.
Another test is to put part of your morning urine in a smooth plastic cup. Cover with one thin layer of tissue paper, set in a dark place (like under a sink or in a cupboard). At bedtime set the cup in your fridge on the lowest shelf way back so no one else touches it. Next morning, pour the urine out. If you have a fungus in your system, there will be a fatty-waxy rim where the urine and air met.

4. **IS THERE A BROKEN BONE/ DAMAGED LIGAMENT OR MUSCLE? Hanna Kroeger taught these simple tests to help determine how you may have hurt yourself.**

A. Feel the hump at the back of the neck (T1). Just above the hump is an indent and then you are on top of another bone (7th cervical). Push on that, not too hard. If it is sore, you may have a broken bone someplace in your body. Even if the foot is broken, it should show up here.

B. Stick your right arm out, thumb up. Press about 1 1/2" above the bend in line with the thumb and a little to the outside. If it hurts a little you may have a problem with the spine that is putting pressure on a ligament. If it really hurts you may have a damaged ligament.

C. Look at the RIGHT calf of your leg. See the base at the bottom of the calf muscle, in the center of the back of the leg? Push in, if it hurts, there may be muscle damage. Also see if there is anything on the LEFT calf.

5. IS THERE A RIB OUT OF PLACE? along the shoulder there is a V formed by the shoulder collar bones. At that V is where you will find the rib detection area. This is only a diagnostic point, not a treatment point. Press on the left side to find out if a rib is out on the left side. If it is out on the right side, press on the right side.

6. NEED ZINC? Measure 10ml (2 tsp) liquid food grade zinc into a cup. Slosh solution around in your mouth for 10 seconds. Then spit back into the cup. (note: this might upset the stomach).

- **if no taste or sensation even after 30 minutes: zinc deficiency.**
- **if no immediate taste but after a few seconds, slight dry, furry, sweet or mineral taste: inadequate zinc level**
- **if strong taste, not unpleasant at first, with time intensifies: moderate zinc level**
- **if strong, unpleasant taste, noticed right away, desire to spit out: optimal zinc level.**

ENERGY HEALING

We now know that everything is in fact made up of energy. People, animals, plants are dense energy which is why we can see them visually. We can even measure energy and have found that each organ in the body has a specific amount of electrical energy as well as magnetic energy. When parts of the body are weak, they are either low (deficient) in energy or high (excessive) in energy.

There is also energy that we can't see. You have all heard of auras - the energy that surrounds the body. You can train your eyes to view this energy to see where it might be depleted or excessive. Hands on healing such as reiki or pranic healing use the hands to feel where energy is problematic in the body.

Thoughts create energy. Dr. Emoto in Japan proved this with his wonderful experiments. First he took healthy water and froze it into crystals, then froze unhealthy water (you can see this from his books, or his website: www.life-enthusiast.com):

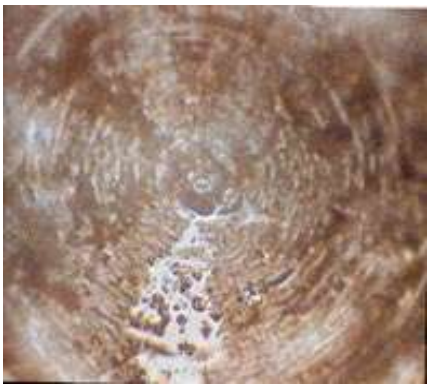


Yodo River, polluted water



Sanbu-ichi Ysui spring healthy water

He played music, then took pictures of the results - finding that heavy metal music crystals looked similar to unhealthy water, whereas Bach, Beethoven and other loving music produced very healthy structures.

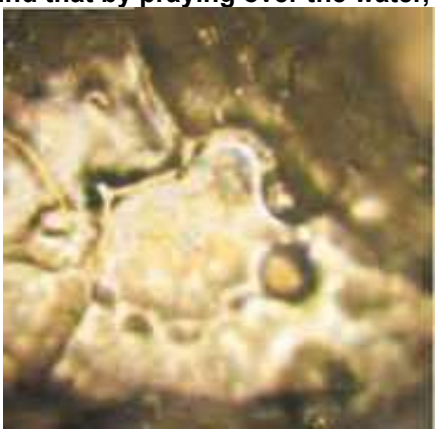


Heavy Metal



Beethoven

He also found that by praying over the water, he could change its structure:



Before prayer



After prayer

We also have found that prayer energizes food that we eat. If you are using 360 units/degrees (total circle) as a measuring tool, we find most foods (non-organic) have about 5-10 units of energy. After prayer, we measure the same food as having 55-60 units of energy (an increase of 50 units with just prayer)

Your body is made of mostly water - if your thoughts can change water then your thoughts can heal or make you sick.

When placing thoughts into water, here was Dr. Emoto's results:



'You make me sick'



'Love'

We suggest making your meals and food preparation a celebration. Whatever efforts and thoughts you put into your food, and indeed your life, will be the energy coming back to you to improve your health. Take the time to appreciate all the beautiful bounty available when you buy your foods, and enjoy preparing each dish that you (and any others you share it with) might become enriched from.

HEALING THE MIND, BODY AND SPIRIT

As we move into this 21st century, we see a shift in consciousness regarding many issues. We understand through quantum physics that everything is energy and vibration and it is our state of consciousness that is controlling our life, making it enjoyable or not enjoyable.

We attract that which we dwell on, whether it is something we desire or something we fear. We also understand now that there is an emotion behind every disease. Can we heal the body by healing our emotions? Can we heal our body by changing our state of consciousness? Absolutely. Many of us have already done this, some have seen friends or family do this, and we have all heard stories of those who have instantly become well by changing the mind. Cancers and tumors that miraculously disappear, illnesses that just are no longer present without taking any medication or assistance.

Your thoughts and emotions become your friend or foe. Feeling imparts vitality to thought. A thought of anger can manifest, but without feeling it remains just a thought. When feelings are absent, your thoughts don't have power, but when feelings are present, it becomes real and volatile. Your emotions need constant supervision, control and guidance. The phrase "there is nothing good or bad, but thinking that makes it so" has become a reality.

So how do we control our mind and emotions? The stream of vibrations or molecules constantly flowing through the mind is nothing more than energy and space. Molecules are composed of atoms and atoms are tiny uncovered spheres of empty space, with electrons as their centers. These electrons are separated by space and held together by energy, which impels them to rotate around their centers and since these electrons are randomly flowing through one's consciousness, you have the power to control them. These units of energy that creates those pictures in your mind, possess a vibration and you have the power to control their vibratory rate, consequently controlling your mind.

We need to embrace a more real picture of who we are and what we are doing here in this lifetime. Are you a body with a soul/spirit or are you a soul/spirit with a body? Is there such a thing as a problem, or is it just a point of view that we can change by changing our state of consciousness. A flower dies in the winter when the snow comes - do we mourn the passing of the flower, or is it energy changing as the flower evolves into the next state of being.

Shakespeare said "life is just a grand play on the stage we are are but actors".
Buddha said "the cause of all of our problems is our attachment to things; no attachment equals no problems".
Jesus said "as a man thinketh in his heart, so be he".
The bible says "nothing is unclean of itself", it is what we do with something that makes it good or bad.

Are your emotions controlling your life? Are your attachments to your desires, your job, your family, your food, cigarettes, alcohol, creating problems in your life. Nothing is bad except that which we do with it. Food can heal the body, but it can also kill the body. Are plants food, medicine, or poison? Doesn't it depend on what we do with them.

In this next century it will become even more clear that we must take complete responsibility for everything we create in our lifetime, including all our illnesses and problems. Until we can do that, it is someone else's responsibility therefore we can't fix it. Can we expect the government or our medical system to fix us? Are they fixing us - of course not, health care is just another business, fuelled by our illnesses. Learn to be responsible for your own health.

CURRENT EPIDEMICS

NOTICE SOMETHING ABOUT THESE: they all derive from lifestyle choices and improper living, and are usually therefore avoidable!

EPIDEMIC - HYPOTHYROIDISM

We are living in an environment where thyroid disease has become an epidemic. It is estimated that 80-90% of the population now have underactive thyroids! It is therefore critically important that we understand the whys and wherefores that surround this weakness.

Normal Body Temperatures should be:
Mouth: 98.6F (37C) Underarm Temp: 97.6F (36.4C) Rectal: 99.6F (37.6C)
Take your temperature in the armpit before getting out of bed in the morning - if lower than normal 97.6 Fahrenheit you may have a hypothyroid; if above 98.2°, it could be hyperthyroidism.

SYMPTOMS OF HYPOTHYROID (UNDERACTIVE)

There is a long list of symptoms, but the most common ones are:

- **Weight you can't seem to lose.**
- **Insomnia**
- **Poor memory**
- **Bouts of anger**
- **Constipation**
- **Hair loss. head hair becomes coarse and thinning, dry or brittle, falls out. Loss of body hair progresses slowly. Thinning of eyebrows, no longer need plucking - may lose outer part of eyebrow.**
- **Energy: fatigue, sleepiness, become tired easily upon exertion. Usually wake up tired in morning.**
- **Skin: cold, dry, scaly. Pale with slight yellowish cast. Skin becomes dry and rough like fine sandpaper when severe. Eventually dryness, cracking of skin. Skin may develop thickened feeling and some swelling especially around the eyes, fingers, legs. May have puffy face. May bruise easily.**
- **Nails: thin and broken. More brittle than normal and you develop lines and grooves.**
- **Eyes: puffy**
- **Hands/Feet: puffy, swollen. Poor circulation and may have numbness.**
- **Throat: thyroid gland enlarged, feels very firm**
- **Voice: may be hoarse**
- **Breathing: shortness of breath upon exertion**
- **Headaches, brain fog. May have headache in morning.**
- **Mood: may have depression**
- **Heart: beats slow (50-60 beats per minute). Above normal blood pressure.**
- **Muscles: ache when move. With slowing of internal muscles a tendency towards constipation.**
- **When moderately severe you may have pins & needles sensation feeling like mild electric shock shooting down hands into fingers, carpal tunnel, cramping in hands & fingers (but not the pinkie finger). It may feel like you have arthritis or a muscle disorder. May have prolonged achilles tendon reflex time.**
- **Menstruation: flow may increase and last longer. Infertility, miscarriage, stillbirth, premature delivery all possible.**

Symptoms often start with fatigue, sleepiness, then the mind slows down and the weight goes up, usually feel cold, then you feel swollen and bloated

Understanding the Thyroid:

The thyroid handles about 127 different operations in the body, although the ones we are most familiar with effect weight control and energy.
The thyroid gland is situated just below the 'adams' apple (larynx). It produces 3 hormones (T4=thyroxine; T3=thriiodothyronine; and Calcitonin). It's function is to take iodine (from foods) and convert it into thyroid hormones: THYROXINE (T4) so named for its four molecules of iodine and TRIIODOTHYRONINE (T3) named for its 3 molecules of iodine.

These are the only cells in the body that can absorb iodine - they combine the iodine with the amino acid tyrosine to make "T3" and "T4" which are then released into the blood stream and transported throughout the body where they control metabolism (converting oxygen and calories to energy). Every cell in your body depends upon thyroid hormones for regulation of your metabolism. Thyroxine's (T4) principal function is to stimulate the consumption of oxygen and thus the metabolism of all cells and tissues in the body. Thriiodothyronine has 3 iodine molecules attached to its molecular structure and is the most powerful thyroid hormone.
Calcitonin is a hormone known to participate in calcium and phosphorus metabolism.

A normal thyroid gland produces about 93% T4 and only 7% T3 - however T3 possesses 4 times the hormone strength as T4. T3 is the most active form the body can use, which means the majority of T4 has to be converted to T3 and most of this happens in the liver (conversions also take place in other cells of the heart, muscle and nerves).

These cells convert T4 to T3 with an enzyme called tetraidothyronine 5' deiodinase which removed one molecule of iodine. Interestingly, of all the T4 the thyroid secretes, the body uses only about 60% of it. Some TG4 is converted into reverse T3 (rT3), a form the body can't use. Another 20% becomes active in the intestines in the presence of a sufficient amount of healthy gut flora or bacteria - so you can see why taking antibiotics which knocks out all gut flora can dampen thyroid function.

The thyroid gland is controlled by the pituitary gland in the brain. If the level of T3 and T4 drops too low, the pituitary produces TSH (thyroid stimulating hormone) to stimulate the thyroid to produce more hormones. You might want to imagine the thyroid gland as a furnace, having the pituitary as the thermostat.

The pituitary gland is regulated by the hypothalamus gland, also in the brain. The hypothalamus produces Thyrotropin Releasing Hormone (TRH) which tells the pituitary gland to stimulate the thyroid gland to release Thyroid Stimulating Hormone (TSH). The thyroid produces T4, then peripherally T4 is converted to T3. Think of the hypothalamus as the person who regulates the thermostat, telling the pituitary at what level the thyroid should be set.

SOOOO, if you have an underactive thyroid, it may be due to a lack of iodine (or any of the things listed below), or due to an under-functioning thyroid, pituitary or hypothalamus gland. Or, it may be an auto-immune disease called Hashimoto's which is discussed later.

Glutathione is necessary to move the T3 from the cell membrane to the mitochondria inside the cell. If everything else is fine but you don't have glutathione, your thyroid system can't work at the power station (mitochondria) that needs it. You can't absorb glutathione if you eat it, you must make it from three amino acids. You can't make amino acids if you don't have stomach acid to break your proteins into amino acids. Thus a person without stomach acid will not have a functional thyroid system, because

they can't make glutathione. Therefore taking antacids will be counter-effective in absorbing glutathione. Without stomach acid you can't absorb zinc and without zinc you can't make neurochemicals like serotonin, and you can't convert T4 to T3. You therefore may be fat, tired and depressed - and still have normal blood tests!

HYPOTHYROIDISM:

This is a condition in which the thyroid produces too little thyroid hormone (T3 and T4).

Types of Hypothyroidism:

Primary (problem with Thyroid gland). Any condition or factor that affects the thyroid directly for example Hashimoto's disease, radio iodine therapy, iodine deficiency.

Secondary (problem with Pituitary or Hypothalamus gland). This is where Hypothyroidism arises from the pituitary glands inability or lack of producing enough TSH to stimulate the thyroid to produce its hormones eg. damage to the pituitary gland by a tumor, radiation or surgery.

Tertiary (problem with Hypothalamus). The Hypothalamus produces TRH which in turn stimulates the release of TSH. Hence maybe also termed hypothalamic-pituitary-axis hypothyroidism. Damage to the hypothalamus can be caused by a tumor, radiation, surgery or stress.

Type 2 Hypothyroidism - the medical blood tests can't differentiate between real T4 and false T4, therefore the blood tests look normal, but your body is really deficient in functional thyroxin.

GOITER is an enlargement of the thyroid gland and is easily seen, looks like the person swallowed a baseball and is stuck in the throat. Follow the information for hypothyroidism. Goiter is usually easily corrected by adding iodine foods or supplements to the diet.

Goitrogens are naturally occurring substances that can interfere with the function of the thyroid. If the thyroid is having difficulty making thyroid hormone, it may enlarge as a way of trying to compensate for this inadequate hormone production. Goitrogens like circumstances that cause goiter, cause difficulty for the thyroid in making its hormone.

There are 2 categories of foods that have been know to disrupt the thyroid hormone production:

Gluten (wheat, rye, spelt, kamut barley) Gluten sensitivity contributes to a wide range of autoimmune responses incl. autoimmune thyroid disease. If you have autoimmune hypothyroidism limit your intake of gluten, especially the wheat)

Soy isoflavones (tofu, tempeh, textured vegetable protein - TVP)

Raw cruciferous vegetables (eg. broccoli, kale, cabbage, mustard, rutabagas, kohlrabi, turnips, brussel sprouts, kale, cauliflower) Isoflavones in these foods appear to reduce thyroid hormone output by blocking activity of an enzyme called thyroid peroxidase. This enzyme is responsible for adding iodine onto the thyroid hormones. Thyroid hormones must typically have 3 or 4 iodine atoms added on to their structure to function properly.
NOTE: It should be noted that the cruciferous vegetables eaten raw only become a problem if there is low iodine levels in the body. The answer is: if you have low iodine

levels and can't take iodine, cook cruciferous vegetables, otherwise take iodine supplements which are beneficial anyway for hypothyroid, and you can eat the cruciferous vegetables raw. Eating these raw is a benefit for cancer prevention so taking iodine is the way to go.

Potential goitrogenic compounds: peaches, strawberries, millet, pine nuts, radishes, spinach, cassava root, peanuts, spinach

Isothiocyanates are the category of substances in cruciferous that have been associated with decreased thyroid function. Like the isoflavones, isothiocyanates appear to reduce thyroid function by blocking thyroid peroxidase and also disrupting messages that are sent across the membranes of thyroid cells.

<u>Cooking the food, seems to deactivate the goitrogenic</u> compounds as much as one-third. There is a lot of controversy on this subject. It is based on a study done in 1983 regarding animal feed. When raw cabbage was given to rabbits, some became hypothyroid and developed a goiter. However when there was enough available iodine in the body, it did not develop any problems. Since that time there is a big push to cook these foods, killing the enzymes.
These foods will not be a problem if your thyroid is healthy (with the exception of having an allergy to a food listed) but if your thyroid is hypo, make sure you are taking iodine supplements if you want to eat these foods.

Fluoride and Hypothyroidism

Iodine is a halogen. Halogens are a series of non-metal elements from the periodic table. They are: fluorine, chlorine, bromine, iodine, astatine. The problem with fluoride is that when it is introduced into your body, it will displace any other halogen in the same vicinity.

Thyroxine is a tyrosine atom that is attached to 4 iodine atoms. Fluoride, and to a certain extent Chloride, will displace the iodine and produce a fake thyroid hormone molecule.

Medical blood tests can't differentiate between real T4 and false T4, thus the blood tests look normal, but your body is really deficient in functional thyroxine. This is called Type 2 Hypothyroidism. Dr. Jerry Tennant says "when a person has been exposed to fluoride for an extended time period, just stopping the consumption of fluoride and increasing iodine levels will not normalize the thyroid'.

Dr. Tennant does not feel Hashimoto's is an autoimmune disorder, he believes it is caused by long term intake of sodium fluoride. We are directed to a website: http://poisonfluoride.com/pfpc/index.html which points out that the symptoms of hypothyroidism and fluoride poisoning are the same.

Other Causes of Hypothyroidism

1. **Iodine Deficiency is most common cause. The thyroid feeds off the stored iodine in the thyroid. It is so important that iodine has been added to table salt, but this is not the best source because too much salt can cause hypertension. Seaweeds are very high in iodine.**

   The following is taken from Dr. Tennant's literature:

   Dr. Tennant (and many other doctors) feel that iodine may be a protection against cancer because Japan eats more seaweed that contains iodine that any other race

and they have the least amount of cancer. However, iodine is inactivated by nitrates (found in processed meats like bologna, hot dogs, processed meats) and because the nitrates inactivate iodine, it allows helicobacter pylori to grow in the stomach and cause stomach ulcers/cancer. The only cancer the Japanese seem to get is stomach cancer.

Iodine is known to kill all single-celled organisms like viruses, bacteria, fungi and protozoa.

Large foreign proteins ingested are inactivated by iodine prevent them from becoming allergens. Iodine is necessary to make stomach acid. A human should never absorb proteins, they must only absorb amino acids to make their own proteins. When we don't have stomach acid because they are deficient in iodine, zinc and Vit. B1, we absorb whole proteins. The immune system recognizes that the body didn't make these proteins and assumes they are invaders, making antibodies to attack them. Having enough iodine to make stomach acid thus helps prevent food allergies.

Dr. Jean Lugol in 1829 discovered that iodine is more soluble in water that contains potassium iodide. This is the basis for "Lugol's Solution". Lugol's solution implies that it is water based. Drinking Lugol's is a treatment for food poisoning as it kills the bacteria. It will even inactivate snake venom.

"Tincture of Iodine" means that it is in an alcohol base; Lugol's Solution is water based. Iodine is bactericidal even at dilutions of 1/170,000. Microorganisms do not develop resistance to iodine.

Iodine is so important in brain development that iodine deficiency is the leading cause of intellectual impairment in the world (ADD/ADHD?). Fetal iodine is five times the level in the mother. Low maternal iodine can lead to miscarriage, birth defects, failure to thrive, mental retardation etc.

Hypothyroidism is one of the leading causes of violent behavior in the world. There are only micrograms of iodine in iodinized table salt and some companies are using bromine instead of iodine because it is cheaper (and toxic). Sea salt contains almost no iodine!. Adults need 12-15 milligrams of iodine a day. Because of our farming practices, there is very little iodine in our soils. The only people in the U.S. with normal levels of iodine are those who eat seaweed frequently.

2. **As mentioned previously, glutathione is necessary for the thyroid to work but we can't eat it, we must make it from amino acids. However if we don't have enough stomach acid, we can't make the glutathione. Taking antacids then to block stomach acid will prevent our body from making the needed glutathione.**

3. **Excess iodine. Excess iodine is a powerful inhibitor. It is added to commercial salt, used as a dough condition in baked goods and resent in many supplements such as kelp.**

4. **Hashimoto's Disease is felt by many doctors to be an auto immune disease where the body starts attacking its own thyroid gland. Thyroid antibodies are produced to achieve the body's desired outcome: to kill off the thyroid gland.**
   Dr. Tennant says that the description of Hashimoto's Disease is the same as damage from fluoride and thinks it is possible that Hashimoto's is simply fluoride damage. Hashimoto's is treated differently than regular hypothyroidism, for

instance, you would not take iodine - see later in these notes for specifics regarding Hashimoto's if this is your problem.

5. **Post-partum Thyroiditis: 5-10% of women are affected within the first year after giving birth. Most are transient. Post-partum thyroiditis is an inflammatory condition of the thyroid. For those who are less fortunate, this inflammation continues well past the birth of their child, leading to lifelong hypothyroidism. This is felt to be the result of an auto-immune disorder.**

6. **Radio-Active Iodine is used to treat people with Hyperthyroidism (overactive), by killing off the thyroid gland. After this treatment, the thyroid gland is dead and you need medication for the rest of your life.**

7. **Estrogen dominance (excess estrogen in relation to progesterone) inhibits thyroid function and can result from taking birth control pills, estrogen replacement therapy or herbal estrogens such as black cohosh or sage, or even exposure to environmental estrogens such as pesticides which mimic estrogen.**

8. **Synthetic and genetically engineered hormones (estrogen and others) in meat, dairy products, poultry and eggs.**

9. **Excess intake of unsaturated fats (oils liquid at room temperature excluding extra virgin olive oil), such as soybean, safflower, canola, corn, fish, flaxseed, borage, evening primrose. Yes some of these oils such as flaxseed, borage, and evening primrose are good oils, but just not in excess.**

10. **Fluoride, as mentioned above, is common in water, foods and toothpaste, dental procedures.**

11. **Mercury, a toxic heavy metal comprises up to 50% of 'silver' amalgam fillings. It poisons an enzyme critical in converting the inactive form of thyroid hormone T4 into the active form T3.**

12. **Eating liver may be a problem because it contains thyroid inhibitors. Very few people eat liver these days because our animals are so toxic and toxins are stored in the liver for processing.**

13. **Soy products. This is still controversial, but there is some evidence that soy shuts down the entire endocrine system, including the thyroid.**

14. **Endurance exercise. Exercise accelerates the breakdown of thyroid hormones which result in a protective lowing of metabolism. This is why endurance athletes such as long distance runners, have a slow pulse rate and lower than average body temperature. The condition self-corrects when exercise is lessened.**

15. **External Beam Radiation is a technique used to kill cancer in the thyroid gland, usually killing the thyroid gland completely in the process.**

16. **Infection - bacterial or viral.**

17. **Inflammation**

18. **Congenital birth defect.**

19. **Pituitary or Hypothalamus Tumor**

20. **Drugs side effects.**

21. **A high number of x-rays can knock down the thyroid gland. This may happen when you take a battery of x-rays for teeth problems, bone problems etc.**

22. **Irregular immune function, poor blood sugar metabolism, gut infections, adrenal problems, and hormonal imbalances can all significantly depress thyroid function. Prescription thyroid hormones might bring their levels in the blood into a normal range, but they do not address what caused the thyroid to falter in the first place. You may find that supplementing with thyroid hormone returns the thyroid stimulating hormone (TSH) level to normal, but the thyroid might remain swollen, sore, and side effects of racing heart, insomnia, and listless fatigue is still present.**

23. **Nitrates inactive iodine. If you live in the country, have your well water tested, if there are any intensive livestock operations within your vicinity, your well water might have elevated nitrates. Processed foods and certain pharmaceutical supplements (some heart medications) have high nitrate levels.**

HERBAL ASSISTANCE:

* **Kelp, sea vegetables, dulse (contains iodine, magnesium and potassium). Especially good if tired type of person. These all contain high levels of iodine needed for the thyroid and especially the hypothyroid (not for Hashimoto's).**
* **Irish Moss (Chondrus crispus) is high in natural iodine, good for impaired immunity, muscle wasting, lung disease. Don't take if you are on blood thinners (anti-coagulants) or if bleeding disorder. (not for Hashimoto's)**
* **Bladderwrack (fucus versiculosus) is a seaweed that stimulates the thyroid, often used for weight loss, edema and helping balance blood fats. This is not to be used for hyperthyroidism (overactive thyroid) or during pregnancy or breast feeding.**
* **Ashwagandha (Withania) is a herb, especially powerful if combined with Bladderwrack. It also helps with environmental stress, benefits the immune system. This herb can be used for children also. Withania boosts the thyroid hormone T3 (18%) and T4 (111%). It reduces elevated cortisol levels associated with hypothyroidism. Need 3-6g a day. No known side effects.**
* **Lemon balm for overactive thyroid (Graves) to help soothe, relief anxiety and insomnia.**
* **Motherwort to soothe heart palpitations, irregular menstrual cycle, anxiety.**
* **Bugleweed to help normalize overactive thyroid. helping to decrease certain hormones in the body incl. TSH and T4.**
* **Guggul (commiphora mukul). The whole plant is used as a thyroid stimulant. It boosts T4 and increases the conversion of T4 to T3. It is a tonic for the endocrine system and the nervous system. Helps weight reduction, prevents blood clots, lowers cholesterol, prevents arteriosclerosis. Need 1.5g a day. Don't take during pregnancy and not for longer than 3 months or it may irritate stomach lining.**
* **Bacopa (bacopa monniera). The leaves and stems are used to boost T4 (41%), also acts as a brain tonic, cognition enhancer, nerve tonic, stress and anxiety reliever. Need 3-10g a day. This herb may cause or aggravate reflux.**
* **Coleus (coleus forskohlii). The root stimulates the thyroid, helps obesity, lowers blood pressure, is used as a heart tonic, helps the platelets not to stick, helps the muscles relax and is a vasodilator. Need 3-11g a day. Don't take if you have low blood pressure or a gastric ulcer. Don't use together with blood pressure drugs and blood thinning drugs like warfarin.**
* **Goji Berry (lycium barbarum). Also known as Wolfberry or lycii berry. The berries are an energy tonic, anti-oxidant, immune system regulator, liver tonic, tonic for the cardio and lowers blood sugar. Take 30-60ml a day (5-15g).**

Avoid if you have diarrhea or 'loose' stools.

* **Bupleurum (bupleurum falcatum). The root is used as a liver tonic and protector. It assists the synthesis of thyroid transport hormones and the conversion of T4 to T3. Need 1.2 - 2.8g a day. This may cause or aggravate reflux. Don't take if pregnant.**
* **Echinacea. The root is most often the part used to clean the blood and tone the lymph, for the immune modulating properties. Need 2.5 - 5g a day.**
* **Schisandra (Schisandra chinensis) stimulates the thyroid, tones the liver, is energy producing and anti-depressant, a nervous system tonic. Not if pregnant.**
* **Siberian Ginseng (Eleuthero)does not affect the thyroid directly but many people with hypothyroid have weak adrenals caused by long term stress and this herb can help with the adrenals and helping the person adapt to stress. It also boosts the immune system. Long term usage of at least 3 months is necessary.**

Soy and the Thyroid

This is in controversy at the moment. There are some people that have a negative effect when they eat soy foods and/or supplements. Soy protein is very estrogenic and is said to suppress thyroid function. Research is not conclusive either way. Japan has a low rate of thyroid problems and they eat a lots of iodine rich foods, but they also eat soy.

OTHER

Check stress, other hormonal imbalances, bowel infections, other digestive problems treatment with desiccated thyroid is safe when supervised. Alternative to the use of thyroid hormone is supplementation with zinc, Vit. B6, tyrosine, iodine. This doesn't always work and thyroid hormone (L-thyroxin) may be necessary. Some companies make a glandular thyroid extract without the L-thyroxin although there are trace amounts of this active hormone. In some cases they work as well as the hormone tablet. Desiccated thyroid gland is not a cure, you will need to take this for the rest of your life. It is derived from pigs or cows and is a 'complete' thyroid medication in that it provides the body with all the hormones produced by the thyroid of pigs or cows.

Coconut oil has shown to help thyroid.

Taking the amino acid Tyrosine often helps and you will find it in many formulas for hypothyroid.

In order for the conversion of T4 to T3, Selenium is needed. Check and make sure you aren't deficient in this mineral.

The cellular or nuclear membrane need to have appropriate fluidity and if your Omega 3 or Omega 6 ratio is off you are not going to get the movement of the T3 into the cell.

It has to bind to the response element on the DNA so there is a thyroid hormone receptor for the T3 within the nucleus of the cell. Vitamin A needs to bind to its receptor and it forms template for Vit. D to bind to its receptor and then you end up with D and its receptor break off, they bind the thyroid receptor and then they bind T3 and that whole piece binds to the promoting site and they can only bind to the promoting site for the genes that thyroid turns on for increased metabolism in the presence of zinc and rosmarinic acid.

Is the thyroid dysfunction from the fact thyroid insufficient from the pituitary or thyroid to make enough or hormone - or is it resistance: the failure of the cells to respond?

Synthroid is the most popular drug for treating the thyroid. It doesn't cure anything and you will need it for the rest of your life. Levothyroxine is synthetic thyroid hormone T4 (has many side effects) Liothyronine is synthetic thyroid hormone T3 (needs application many times throughout the day because it doesn't last long in the body).

Stress

The thyroid gland is very susceptible to all forms of stress, but in this day and age it is not physical stress that we are under it is emotional and mental stress. Stress is not just all in someone's head, it is very physiological, and this can be seen by the effects that it exerts on the thyroid gland. In hypothyroidism, the adrenergic receptors (specific sites on the body that respond to chemical stimulus eg. the chemical adrenaline) become lazy and unresponsive to the body's own energy chemicals, therefore people no longer are able to have that 'get up and go' feeling anymore.

Excess cortisol production (a by-product from stress), decreases the activity of T3, increases the risk of an autoimmune disease (such as Hashimoto's disease) and decreases the conversion of T4 into T3 in the body's peripheral tissues, and organs. Stress also 'messes up the hypothalamic-pituitary-adrenal axis which is a self-regulating system for the body; this greatly affects the thyroid on all levels of function. And as a result, to treat the cause, it is imperative to treat the nervous system as well.

Estrogen Excess(Estrogen dominance):

Estrogen excess is a condition where the body produces too much estrogen than is required, but more importantly in relationship to progesterone. Progesterone and estrogen directly oppose and balance each other. When estrogen is left unchecked - and sways to excess levels - estrogen inhibits the production of thyroid hormone T3, along with causing many other undesirable affects to the body.

Thyroid Resistance (Reverse T3): Thyroid resistance (high Reverse T3 levels) is a condition where your body becomes 'resistant' to the effects of thyroid hormone. Or another way of looking at it: when you have optimal thyroid hormones levels circulating throughout your body, and they are not 'recognized', your body believes that there are insufficient levels. Your body then needs to produce even more TSH and therefore more T3 and T4 to correct what it believes to be a decline in hormones.

Reverse T3, a hormone produced by the metabolism and conversion of T4 into T3 normally happens in a balanced ratio. When this ratio is unbalanced, it can be one of the exacerbating factors in hypothyroidism. This is due for two reasons: Firstly Reverse T3 essentially blocks and 'muscles in' on any and all action of T3 as they both compete for the same 'docking stations' within the body. And secondly Reverse T3 is virtually inactive, having only 1% the activity of T3, so when it docks to a site it virtually has no effect.

Reverse T3 is caused by the following: High levels of stress, immune imbalances, viruses, bacteria, yeast, toxins, plastics, fire retardants, inflammation, pesticides, poor liver function, nutrient deficiencies, and excess estrogen.

Adrenal fatigue:

Adrenal fatigue is a state of exhaustion caused by long-term physical, mental or emotional stress.
The main hormone adrenal fatigue patients are low on is 'cortisol', the anti-stress hormone.

Adrenaline also features as a diminished hormone due to adrenal fatigue. Cortisol has an interesting relationship with the thyroid gland and the thyroid hormones; cortisol plays an essential role in metabolizing thyroid hormone for its use throughout the body, but on the flipside, excess cortisol can inhibit the metabolism of thyroid hormones. Balance is the key.

Oxidation:

The thyroid is its own worst enemy; In order for the thyroid gland to produce thyroid hormones it must oxidize the thyroid hormones to turn them on (catalyze). The dangers of oxidative damage are well known, and we are now told that we need plenty of anti-oxidants daily to minimize this, yet seeing that the thyroid requires oxidation to work, this process needs to be finely monitored by the body. To little oxidation, and not enough thyroid hormones are produced, but too much oxidation, and not only does it inhibit the production of thyroid hormones, but it also creates oxidative damage.

NUTRITIONAL SUPPLEMENTS FOR HYPOTHYROID:

If your palms and soles are orange color, it is because the active thyroid hormone is required to convert carotene from the diet into Vitamin A. To help this you need to keep cholesterol blood levels low.

If you have normal thyroid function tests but show multiple hypothyroid symptoms you may occasionally show high levels of anti-thyroid antibodies and anti-microsomal antibodies. High doses of PABA, Vit. E and Evening Primrose oil or other essential fatty acids may help reverse the condition. If not, low doses of prescribed thyroid hormone (desiccated thyroid) slow release lio-thyronine (T3), glandular thyroid extract or homeopathic thyroid drops may help.

Here is a list of vitamins and minerals that the body requires to produce thyroid hormones.
Deficiency of any of these inhibits the body from producing thyroid hormones. (they are listed in alphabetical order)

Copper 2-5 mg daily along with selenium and zinc are necessary for the iodothyronine iodinase enzyme to convert T4 into the more potent T3. (tomato paste, chestnuts, almonds, cashews, olives, beef, mushrooms, Copper is found in liver and other organ meats, eggs, yeast, legumes, nuts, raisins, chocolate, shellfish, oysters. Note copper and zinc compete for absorption therefore consuming too much of one will create a deficient in the other. There is a need for balance.

Iodine. We are talking about food grade iodine, not the kind of anti-bacterial you paint on your skin to kill infections. Your thyroid hormones are iodine. Iodine is the key ingredient of thyroxin. Your body breaks down iodine into its simplest form (iodide), oxidizes it, then joins it to the amino acid Tyrosine, then you get a thyroid hormone. Sources: kelp, dulse, arame, wakame, hijiki, nori (all seaweeds); haddock, mackerel, cod, clams, lobsters, oysters, sardines, lima beans, sunflower seeds, mushrooms. Avoid regular iodonized table salt because it usually contains aluminum. If you have a goiter, take thyroid extract and/or iodine, usually will eliminate symptoms in 6 weeks.

Manganese is needed for T4 production, allows body to access thyroid hormones within cells for use. Oatbran, wheatgerms, wholegrain flour, raisins, bulghur, brown rice, pineapple, barley, buckwheat, blackberries, raspberries, lima beans, hazelnuts, brazil nuts. It is estimated that approx. 40% of the population is manganese deficient.

Selenium - along with copper and zinc are necessary for iodothyronine iodinase enzyme to smoothly convert T4 into the more potent T3. Brazil nuts, poultry, wholegrains, shellfish, fish, molasses, cashews, eggs, organic onion. Brazil nuts contain a lot of selenium so careful not to overdo it.. Supplementation of selenium over a period of 3 months decreases the level of thyroid antibodies (one of the key causes of hypothyroidism), by an average of 36%. Selenium improves thyroid antibodies commonly found in Hashimoto's disease

Tyrosine is an amino acid called phenolenaline. It stimulates the thyroid gland like iodine. Thyroid hormones are literally components of tyrosine. Tyrosine also helps form three important neurotransmitters: serotonin, dopamine and norepinephrine which are responsible for functions like memory, mood, appetite, muscle co-ordination. Naturally found in almonds, tofu, tempeh, eggs, fish, beef, chicken, wild game. Don't just take tyrosine willy-nilly, but for some it may help, especially if there is dopamine deficiency (the amino acid precursor to dopamine is tyrosine). A healthy helping of dark greens 4 times a week will help the body get tyrosine.

Zinc assists enzymes to convert T4 into T3 and is involved in the transcription of thyroid hormone. Oysters, shellfish, fish, red meat, popcorn, pumpkin seeds, sesame seeds, sunflower seeds, pepitas, almonds, muesli, dhal, wheat germ, whole grains, tomato sauce and paste, oatmeal, chicken, seafood (esp. oysters), liver, dried beans, bran, tuna, spinach, seeds as in pumpkin seeds, and nuts.

Vitamins are also needed:

Vitamin A - assists in the health of the pituitary gland and adequate production of TSH. Is involved in formation of thyroid hormone receptors and the binding of thyroid hormones to cellular receptors. Liver, cod liver oil, pate, poultry, cornmeal, egg yolk, apricots, carrots, green leafy vegetables.
Vitamin B1 to help with making stomach acid for the body to use glutathione.
Vitamin B2 - helps regulate thyroid function, production and metabolism. Beef, poultry, wild rice, brewer's yeast, liver.
Vitamin B3 - helps regulate thyroid function, production and metabolism. fish, poultry, pork, wheat germ, peanuts, legumes, brewer's yeast, liver, red meat. Using commercial ethylene oxide to ripen fruit results in 50% loss in Vit. B3.
Vitamin B6 helps regulate thyroid function, production and metabolism. Muesli, whole grains, fortified cereals, liver, tuna, sunflower seeds, lentils, kidney beans, avocado, peas, nuts, banana.
Vitamin B12 - helps slow down damage caused by Hashimoto's disease. Poultry, crustaceans, fish, eggs, liver, molluscs.
Vitamin C - facilitates tyrosine metabolism and thyroid hormone synthesis by donating an electron. Vitamin C helps reduce harmful effects of free radicals (oxidation). Guava, cayenne pepper, citrus juice concentrate, papayas, kiwi fruit, blackcurrants, mango, strawberries, lychees, oranges, sprouts.
Vitamin E - helps regulate thyroid function, production and metabolism. Helps reduce harmful effects of free radicals. Wheatgerm, wheatgerm oil, soybean oil, almonds, sunflower seeds, cashews, avocado, brown rice (if the supplement is dl-alpha-Tocopheryl acid succinate it is synthetic) (natural Vit. E is d-alpha-Tocopheryl acid succinate.

Synthroid or Desiccated Thyroid Hormone?

Natural Thyroid hormone (Desiccated Thyroid Hormone) comes from the thyroid tissue of cow or pig. The synthetic thyroid hormones often give just T3 and that is short lived; if you take enough of it to correct your needs for hormones, you can often have spells

during the day in which you feel hyper and jittery and other times when you are exhausted. One of the advantages of desiccated thyroid hormone is that it can slowly convert T1, T2 and T4 into T3 as needed and the person usually feels much better.

Some say that the natural desiccated thyroid hormone has inconsistent hormone amounts, whereas synthetics are always the same. Dr. Tennant informs us there have been recalls for the synthetics because they contain wrong amounts of hormones. Synthroid has been recalled by the FDA multiple times for containing an amount of thyroid hormone that differs from the label. The FDA also posted that it can't recommend Synthroid since it has never been tested!

Desiccated Thyroid Hormone is taken with food, about 2 hr away from medications. So if you take your medications in the early morning, eat breakfast 2 hr later and take your desiccated thyroid with your breakfast.

When you start to use Desiccated Thyroid, take your temperature in the morning under the armpit, then take 15 mg in the morning, perhaps another 15 mg in the afternoon. If your pulse goes over 100 or you feel jittery, reduce the dosage for 2 weeks and try and increase it again. Do not be impatient to get rid of your fatigue and extra pounds, increase the dose only 1/2 grain (30mg) a day each month (1/4 grain = 15 mg every two weeks). Take your time, if you overdose it can be dangerous, even fatal. Continue to monitor your temperature for 2 months, and about that time you should start to notice you have more energy. It takes about 6 months to achieve the correct dose by increasing and decreasing until you get it just right. It is not uncommon for people to require up to 300mg (5 grains) a day to achieve a normal temperature and feel good, but all the other factors need to be examined before going to such a large dose.

The common symptoms that you are taking too much thyroid hormone are:

- **Anxiety**
- **Confusion or disorientation**
- **Heart palpitations**
- **An irregular heart rhythm (arrhythmia)**
- **High blood pressure (hypertension)**
- **Rapid heart rate (tachycardia)**
- **Seizures**
- **Strokes**
- **Coma**
- **Death**

If you develop any of these symptoms while you are taking thyroid hormone, reduce your dose or stop taking it until you can talk to your doctor or see an emergency room doctor. You can have problems if you must stop taking it altogether as well. Let your doctor help you adjust the dosage.

What about the Parathyroid?

The parathyroid glands are four small glands that are attached to the thyroid. They are responsible for calcium assimilation and calcium levels in the body. They produce a hormone called the Parathyroid Hormone (PTH) which acts as a fail-safe to ensure that calcium levels never fall too low. The body can't work without proper muscle movement, proper muscle movement doesn't happen without calcium. PTH is released into the blood (endocrine gland) which travels to the bones and stimulates them to dismantle and release the required levels of calcium into the blood stream. PTH also directs the kidneys to reabsorb calcium ions and leads to the activation of Vit. D to increase calcium absorption. The thyroid controls the production of a hormone called

calcitonin. If calcium levels in the blood become too high, the thyroid will release calcitonin which stimulates calcium deposits in the bones.

In hypothyroidism it is not only T4, T3 levels that are affected, but calcitonin and PTH levels as well as 8 plus other thyroid hormones. Natural Thyroid hormone supplements contain calcitonin and PTH, all the thyroid hormones, however synthetics don't. This is one of the reasons that a side effect of taking synthetic thyroid hormones will result in osteoarthritis.

Synthetics also require excellent nutrition, a healthy live, low stress levels, adequate selenium, Vit. A, Vit B's, magnesium, certain EFA's, balance Cortisol levels, etc. for your body to be able to utilize them. All the things need to be balanced that caused the thyroid to become dysfunctional to begin with. A person develops hypothyroidism and takes a synthetic thyroid hormone (eg. synthroid) to treat it. The bones begin to degenerate and the body degeneration is then treated with hormone replacement therapy which, suppresses thyroid hormone levels, and results in greater bone degeneration.

HASHIMOTO'S - treat it differently

Although there is some controversy around Hashimoto's, for now, we treat it like an autoimmune problem. If you suffer from the symptoms listed previously and have pernicious anemia, a gluten intolerance or celiac disease, Hashimoto's may be responsible for your thyroid condition.

Some other signs that can indicate autoimmune Hashimoto's:

- **Heart palpitations**
- **Inward trembling**
- **Increased pulse rate, even at rest**
- **Feelings of nervousness and emotional distress**
- **Insomnia**
- **Night sweats**
- **Difficulty gaining weight**

Pernicious anemia is an autoimmune disease in which the person's body attacks its own intrinsic factor, a substance necessary to absorb B12 that is secreted in the stomach. This appears as B12 anemia. Gluten intolerance and celiac disease are an immune response to gluten that numerous studies link to Hashimoto's.

A test for thyroid peroxidase antibodies (TPO Ab) will confirm if you have Hashimoto's which most commonly occurs when the immune system attacks TPO (an enzyme in the thyroid responsible for of thyroid hormone production). Sometimes a thyroglobulin antibodies (TGB Ab) test is necessary since Hashimoto's can follow a TGB attack. TGB is produced in the thyroid and is used by the gland to produce thyroid hormones. A test for thyroid stimulant hormone antibodies (TSH Ab) can identify Graves' disease (hyperthyroidism), although TSH can also be elevated in Hashimoto's. On lab tests, the TSH marker is common referred to as thyroid-stimulating immunoglobulin (TSI). In severe autoimmune thyroid diseases, antibodies to T4 and T3 can develop. This pattern may be found in polyglandular autoimmune syndrome, systemic lupus erythematosus and other autoimmune diseases that affect multiple organs. Clinically, people with those conditions do worse and experience more inflammation with bio-identical hormones than synthetic hormones.

Because the immune system fluctuates, it is possible for a person with Hashimoto's to have negative antibody test result because when the autoimmune condition is dormant, and the immune system is not attacking the thyroid gland, an antibody test will be negative. Numerous studies link gluten to Hashimoto's. If the person is already on a gluten-free diet, if they consume wheat for 2 weeks, then repeat the test (providing gluten doesn't cause other severe symptoms). A positive antibody test confirms an autoimmune thyroid condition and indicates that the immune system, not the thyroid gland is the target for therapy.

Iodine is vital to thyroid function, as it s a major cofactor and stimulator for the enzyme TPO, but for the person with Hashimoto's, supplementing with iodine is like throwing gasoline onto the fire because iodine stimulates production of TOP which in turn increases the levels of TPO antibodies, indicating an autoimmune flare-up. Some people develop symptoms of an overactive thyroid while others will have no symptoms despite tests showing an elevated level of TPO antibodies.

Although iodine deficiency is the most common cause of hypothyroidism in the world, in the U.S. and other westernized countries, Hashimoto's accounts for the majority of cases of hypothyroidism. Some books recommend large doses of iodine for Hashimoto's because taking mega-doses will shut down the production of TPO and inhibit thyroid hormone formation, making the thyroid less active, suppressing the hyperthyroid symptoms. However if you are using iodine, have the tests done to rule out Hashimoto's as a precaution.

There are no hard and fast rules in regard to what causes an autoimmune disease but there do seem to be certain physiological conditions that can set the stages:

- **Gluten intolerance**
- **Estrogen surges**
- **Insulin Resistance**
- **Polycystic Ovary Syndrome**
- **Vit. D deficiency**
- **Environmental toxicity**
- **Chronic infections and inflammation and genetic susceptibility to the condition.**

The biggest factor is stress when looking at the underlying factors causing an autoimmune disease. If you have Hashimoto's, you should create a less stressful lifestyle or find ways to lessen stress in order to better modulate the disease. Stress does many things to upset immune regulation: suppressing immune function, promoting immune imbalances, weakening and atrophying the thymus gland, thinning the battier of the gut, lungs and brain.

One of the main functions of the immune system is to protect the body from foreign invaders. Sometimes it begins to recognize a frequently eaten food as a dangerous invader (often because of your intestinal health), keeping the immune system engaged in constant battle. In time the overactive immune system can start to behave erratically and begin attacking body tissue. The most common example involves gluten. Numerous studies show a strong link between gluten intolerance and Hashimoto's. Because the molecular structure of gluten so closely resembles that of the thyroid gland, the problem may be one of mistaken identity.

Everytime undigested gluten mistakenly slips into the bloodstream, the immune system responds by destroying it for removal. That's because gluten doesn't belong in the bloodstream, but gets there through overly permeable intestinal walls, or a 'leaky gut'. When immune antibodies tag gluten for removal, they stimulate the production of

antibodies against the thyroid gland. The immune response to gluten can last up to 6 months each time it is ingested. Celiac disease affects up to 1% Americans, although only 1 in 8 are estimated to be aware of their condition. Gluten intolerance however affects about 35% of Americans based in Dr. Kenneth Fine's research, with that number jumping to more than 50% if they are at high risk or show symptoms. Most think gluten intolerance is a gut issue, for often it causes inflammation in the joints, skin, respiratory tract or brain. There are tests to see if you have a genetic predisposition for gluten intolerance. Once these genes are triggered, gluten must be avoided throughout life. (EnteroLab offers a HLA DQ gene test using a cotton tipped swab of the mouth).

Note: It is possible to produce gluten antibodies and for it to simply be from a leaky gut and the person may be able to safely eat gluten again after repairing the digestive system. Be aware that a negative biopsy of the small intestine does not rule out celiac disease, since false negative results are possible - but a positive biopsy is conclusive.

If you have Hashimoto's even a tiny bit of gluten can cause irreversible thyroid tissue death. Avoid cross contamination in restaurants, packaged foods etc. It is not uncommon to see major resolution of hypothyroid symptoms just by following a gluten free diet, however avoiding gluten does not 'cure' the disease, it simply helps tame the immune system so it stops attacking the thyroid.

Many find removing casein, the protein molecule in all forms of dairy, is integral to thyroid health. It is suggested that having a dairy-free diet will give the best results.

Hashimoto's Disease (auto immune problem) - treat 6-18 months.

E P I D E M I C - ADRENAL FATIGUE

You have two adrenals, one located on the top of each kidney. They are part of the endocrine system, therefore are subject to emotions and stress. Their responsibility is to regulate stress response by producing cortisol and adrenaline. These hormones are water soluble, derived from the amino acid tyrosine, part of the fight or flight response as dictated by the sympathetic nervous system. The adrenals release secretions directly into the blood (fast acting), and are also the main source of dopamine.

SYMPTOMS

Adrenal disease may often go unnoticed until far advanced. Symptoms may appear vague and include:

Fatigue	**Loss of energy**	**Decreased immune system with recurrent illness**
Nausea/vomiting	**Diarrhea**	**Decreased tolerance to cold**
Loss of appetite	**Weight loss**	**Increased pigmentation of skin**
Muscle weakness	**Hair loss (women)**	**Dizziness when standing up quickly**
Slow starter in a.m.	**Tired 3-4 pm**	**Feels better after evening meal or 6pm**
Irritated easily	**Poor sex drive**	**Difficulty doing tasks**
Can't handle stress	**Tired after sleep**	**Craves salt or salty foods**
PMS worse	**Worse if skip meal**	**Memory less accurate**
Thoughts fuzzy	**Mild depression**	**Recurring illnesses (colds, respiratory infections)**
Craves salty	**Hypoglycemia**	**Low blood pressure**

Feels like a light switch goes off and you have 3 minutes to eat or you go crazy.

Adrenal insufficiency (hypoadrenia) is a condition in which the adrenal glands do not produce enough steroid hormones (esp cortisol, and/or aldosterone which regulates sodium, potassium and water retention). Craving for salt or salty foods due to the urinary losses of sodium is common.

The worst degree of adrenal insufficiency would be Addison's disease which, if not treated, produce abdominal pain, diarrhea, vomiting, muscle weakness, fatigue, very low blood pressure, weight loss, kidney failure, changes in mood and personality. Shock may occur (adrenal crises) if the body is subjected to a stressful accident, injury, surgery or severe infection. Adrenal fatigue and reactive hypoglycemia, a refined food handling problem is almost always seen occurring together. Increased potassium is also a good indicator of this problem.

Make sure you fill out our Adrenal Fatigue Questionnaire to determine if you have adrenal fatigue (insufficiency) and the severity.

The adrenals are controlled by the pituitary, which is in turn controlled by the hypothalamus (both glands located in the brain). The adrenals may suffer if either of these glands fail to make sufficient hormones to assist in regulating adrenal function. This is called secondary adrenal insufficiency, caused by a lack of ACTH from the pituitary or CRH by the hypothalamus.

Cushing's syndrome (HYPER ADRENIA) results from an association with the pituitary. Normally ACTH is released from the pituitary to stimulate the release of cortisol from the adrenal glands. In pituitary Cushings, a benign pituitary adenoma secretes ACTH. In Cushing's syndrome the excess cortisol is produced by adrenal gland tumors. Out side of the pituitary/adrenals can also produce ACTH that may affect the adrenals. Also, small cell lung cancer has an affect, bring Cushing's to the body. Cushings is therefore classified as to what is driving the production of excess cortisol.

CAUSES

- **It may be just part of a larger picture of all the glands in the body being weak.**
- **It may be as a result of stress from an illness, or drugs, or kidney injury, or infection, surgery, radiation.**
- **It may be as a result of a genetic disposition.**
- **It may be from cysts or tumors in the area.**
- **It may be from other stressors: changing jobs, divorce or separation, death in the family. It may be from environmental toxicity (eg. moving into new building)**
- **It is often caused by poor diet**
- **It may be caused from eating 'uppers' such as coffee, chocolate, caffeine products.**
- **It may be caused from constant stress from family or j**ob.

SOLUTION

Although we have supplements to assist in helping the adrenals heal, most of the healing comes from changing your lifestyle. How you spend your energy, conserve your energy, and create energy are important. What you eat and drink as well as the thoughts that feed your mind and the beliefs you base your life on. There is no magic bullet for this sort of disorder.

LIFESTYLE

Unless a new lifestyle is developed, complete healing is seldom experienced. Examine your life and the stressors, you will need to make changes.

You must rest or the adrenal glands won't have an opportunity to heal.
You must cut out the foods that are over-energizing the adrenals (whipping them so to speak, when they are down).

Distinguish which things in your life contribute to your health, which detracts. Make a complete list so you can start to change your lifestyle - these may be physical or leisure activities, beliefs, emotional patterns, diet and dietary supplements, eating patterns, relationships, work, exercises.

Figure out what robs you of your energy, target those factors. It may be the people you hang around. Some people leave you feeling drained, although it is not intentional, they drain your energy. Be sensitive to when this is happening and make changes to avoid those situations. No one has the right to your energy. No one can do anything to you that you don't let them.

You may feel weak or lacking energy from certain duties you have to do at home or work. If you have difficulty saying 'No' to situations that leave you weak or drained, start taking control of those situations.

Environmental poisons may weaken you and that includes the heating or lighting, or cooling of your work or home; of fragrances and cosmetic preparations you wear (the biggest allergy in the world is to synthetic fragrances). Certain foods can rob your energy; some make you feel energized, only to stress your adrenals and make everything worse later (pop, coffee, sugar).

What can you do?
a) change the situation
b) change yourself to adapt to the situation or how you view the situation
c) leave the situation

<u>How You View Situations:</u>
What do you say to yourself (but don't speak out loud)? Listen and keep tract of your internal conversations for the next few days. List all the negative messages you tell yourself. Then figure out how you can change this dialogue to a positive message to yourself.

Practice breathing and relaxation exercises. Allow the breath to enter so that your abdomen (below your navel) expands. This means you are breathing from the diaphragm and not the lungs. Slow down your breathing. Find an affirmation that you like to help you relax. Or use meditation discs to help you learn to relax.

Take time off to rest, renew and rejuvenate. Try to be in bed and asleep before 11pm which is when people's second wind starts and their energy picks up. Sleep in on weekends if possible. If cortisol levels are high and keeping you awake at night, avoid exercise in the evening and do relaxation or meditation exercises. Avoid eating or drinking anything stimulating in the evening (caffeine drinks, sugar products, chocolate, black tea.

If you are photosensitive, watching tv or a computer screen can keep melatonin suppressed, therefore limit tv or computer activity to an 8:00pm limitation. If cortisol levels are low late at night, exercising in the evening raises cortisol levels and you may sleep better.

Best EXERCISE is gentle exercise such as walking. Others are tai chi, swimming, Don't let your exercise stress you or tire you out. You want to take your energy and let it go into the body to heal the body, not expend it outside the body.
Aerobics builds stamina: fast walking, stair climbing, Nordic track workout, Cross country skiing, swimming, water aerobics, using a tread mill, doing wind sprints

Anaerobics build strength: weight lifting every other day; Isometric contractions; Isotonic exercises, weight machines, lifting and carrying weights, push-ups, sit-ups, chin-ups, stomach crunches.
To increase Flexibility (increase range of motion of joints and muscle length): Yoga, Tai Chi, Stretching, Slow Stretching Exercises.

Suggested Diet:

People with adrenal fatigue syndrome are missing something in their food intake, lacking the essential nutrients needed to meet the demands the cells experience under stress. A nutritious diet is a major factor in healing.
Eat before 10 am to replenish blood sugar supplies even if it is just a snack. Between 6 am and 8 am cortisol levels rise rapidly, peaking around 8 am and when your cortisol levels are higher you may not feel like eating. The low liver function that often accompanies low adrenal function can also suppress early morning hunger.
If you can eat lunch between 11-12 noon it is better but most people can't do this, so eat at noon, then have a healthy snack between 2-3 pm to help avoid the dipping cortisol level that often occurs between 3-4pm. Eat in the evening between 5-6 pm. Later in the evening have a few bites of something nutritious just before bedtime.
Best diet includes fat, protein and starch carbohydrates like whole grains for every meal and snack.
Don't do a salt free diet. Salt helps increase blood pressure for those with low blood pressure and helps restore some other functions related to sodium loss within the cells. If your blood pressure goes up to 140/90 cut back on the salt. Use seasalt, celtic salt, or Himalayan salt.
Foods high in potassium such as fruit (esp. bananas and dried figs) may make adrenal fatigue worse. Avoid fruit and fruit juices in the morning.

If you have a lack of hydrochloric acid, take a digestive supplement containing hydrochloric acid before meals. Avoid white flour, white rice and denatured products.

Include in the Diet:
Raw and cooked vegetables
Brown rice
Raw nuts
Olive oil, Flaxseed Oil, Safflower oil
Whole grains
Sea fish, Chicken, Eggs, Goat cheese
Omega 6 oils: Borage, Evening Primrose Oil, Black Currant seed oil

Avoid:

Alcohol	**Caffeine**	**Tobacco**
Red meat	**Sugar**	**Fats, fried foods, ham, pork**
White flour products		

Testing Yourself for Food Sensitivities

1. **Observation: avoid a food for two weeks then reintroduce that food and observe our reaction. It is often after a food is consumed the second or third time that the reaction is experienced. Write your findings down in a notebook for future use.**

2. Keeping a Diary: This is good if sensitivities occur soon after eating but only occasionally such as less than twice a week. Record the symptoms, reactions and what you ate or drank. After 8-10 entries review and check them for common foods and/or ingredients.

3. Morning Food Hangovers: Note these occur from eating something the night before. You feel similar to an alcohol hangover. To determine, immediately drink a glass of water with 1/2 tsp of salt. If after 20-30 minutes you fee you are starting to come around and the hangover symptoms are going away, this is further indication that what you consumed yesterday is probably affecting you today. This hangover effect is not the usual fatigue felt in the morning from low adrenals, but from liver congestion. If this happens frequently, start recording in a diary the food reactions. After this has happened 4-5 times go back through the list and circle the items common to all of these days to get the culprit(s).

4. Cocoa Pulse Test: Take your pulse. Eat one particular food, then way 15-30 minutes and take your pulse again. If you find your pulse has increased by 10 beats a minute, you are severely reacting to that food.

5. Elimination Method: Totally eliminate all foods for a couple of days, then one by one start reintroducing a new food every second day. Keep track of your symptoms and what you ate. There may be several foods you find are problematic.

<u>Other Sensitivities to Watch For</u>

1. Environmental toxins such as perfumes, polluted air, airborne chemicals can affect taste buds and brain in a bizarre way and they can increase your adrenal fatigue.

2. Watch for sneaky sensitivities. For instance you might show a reaction to regular chicken, but are o.k. with organic chicken. Also, many show problems with rancid oils - if you can't smell a rancid oil from a fresh one, you can dip the tip of your finger into the oil and taste it - rancid oil is somewhat bitter.

3. Orange juice is specifically not recommended if you suffer from adrenal fatigue because it drives the blood sugar up so quickly and drop it so abruptly. Do not start the day with orange juice or any fruit. To test, take a large glass of orange juice by itself in the morning and see how you feel and function during the rest of the morning. Do this test when it is not important for you to be clear headed, well spoken or well co-ordinated that day.

Supplements:
In addition to our specific products:
1,000 mg Vit. C with bioflavonoids 4 times a day
800 IU mixed Tocopherol Vitamin E daily
50-100 mg B Complex morning and evening
500 B5 (pantothenic acid) 3 times daily
500 mg L Tyrosine on empty stomach. If you take it with 50 mg B6 and 100 mg Vit. C it absorbs better.
400 mg Magnesium citrate
400 mg Potassium citrate or gluconate
90 mg zinc citrate
100-300 mg Raw adrenal concentrate

About Supplements

Vitamin C. Your body adapts as you take more Vitamin C. Therefore when decreasing your vitamin C intake, do it gradually. A sudden drop in Vit. C intake can lead to symptoms of scurvy even when your actual levels are well above recommended levels. Decrease intake 500 mg ever 3-5 days. Symptoms of deficiency are gums that bleed during toothbrushing, swollen gums, easy bruising.

If you take blood thinners, monitor the blood clotting as Vitamin C is also an anti-coagulant and therefore you might need to lower your dosage of the medical drug. Vitamin C works better with Vit. E and other antioxidants to decrease blood clotting and coagulation. Some people decide to use Vitamin C and E as anti-coagulants instead of medical drugs.

Vitamin E Vitamin E not required for the adrenals to produce hormones but it is essential indirectly in different enzyme reactions in the adrenal cascade.. This is because the manufacture of adrenal hormones generates free radicals that can create great damage inside the cells if they aren't controlled. Too many free radicals slow down the enzyme reactions and if really extreme, can physically damage the adrenal cell structure. Vitamin E absorbs and neutralizes these damaging free radical molecules inside the adrenal glands (and elsewhere). Vitamin C enhances vitamin E's activity inside the cell by regenerating the capacity of vitamin E to sequester the free radicals. Therefore it is often necessary to take high amounts of vitamin E in order for the adrenals to maintain high levels of steroid production and recover adequately.

Make sure the Vitamin E is a 'tocopherol'. Most sold in the stores are in a form of d'-alpha-tocopherol which, although natural, is only a fraction of the complete vitamin E complex. The best vitamin E to get for adrenal regeneration is one with mixed tocopherols, specifically one rich in beta-tocopherols. Too much d-alpha-tocopherol can actually suppress the beta and other tocopherols necessary for adrenal rejuvenation.

Adult dose would be 800 IU mixed tocopherols a day (with meals). You must take vitamin E for at least 3 months before making significant improvement to the adrenals.

Caution with vitamin E: it does thin the blood so if you are taking blood thinners you will need to reduce the dosage of the blood thinners. Monitor your clotting regularly.

B Vitamins.

Vitamin B5 (Pantothenic Acid, like magnesium is important for energy production. It is converted into Acetyl CoA which converts sugar into energy. It is present in higher quantity in the adrenals because so much energy is needed to produce the adrenal hormones. The combination of pantothenic acid with magnesium, vitamin E and vitamin C increases energy production which takes much of the fatigue out of the adrenals without over stimulating them. As an adult you will need 1500 mg a day (500 mg three times a day)

Vitamin B3 (Niacin) is very important to the adrenals. Large amounts are needed to form the molecular structure of certain niacin dependent coenzymes. It is recommended to take 25-50 mg a day. It has a tendency to make the skin turn red and tingle for about 1/2 hr. If it bothers you, get the non-flushing type such as niacin hexanol.

Vitamin B6 is a co-factor in several enzyme pathways. If you can't remember your dreams, you may have a B6 deficiency. Usually 50-100 mg a day is enough but if you still can't remember your dreams, you may need a special form of B6 called Pyridoxyl 5

Phosphate (P5P). a small percentage of the population has difficulty metabolizing the regular B6 (pyridoxine HCL) and will require the P5P form of B6. The P5P is a natural form and is usually more expensive.

B complex. The entire B complex is still needed in small quantities because they all work together as in a concert. When buying a B complex, get one that has the B vitamins in proper proportions for the human body to utilize eg.:

50-100 mg B6
75-125 mg B3
200-400 mcg B12

Smaller amounts are needed if you take the natural form (vs. synthetic). Food sources include whole grains, brewer's yeast, miso, Marmite, liver and rice bran syrup.

Minerals.

Magnesium acts like a spark plug for the adrenals and the energy of every cell in the body. It is essential for production of enzymes and energy for the adrenal hormone cascade. It is specific for adrenal recovery. Approximately 400mg magnesium citrate is recommended daily to potentiate the action of the adrenals. Although magnesium is absorbed better after 8 pm, for best absorption then and at other times take magnesium and all other minerals and trace minerals with an acid like tomato juice or apple juice, at meals with whole grapes or meats, or with digestive aids. Food sources of magnesium include brown rice, beans, nuts, seeds, sea vegetables like kelp.

Calcium helps settle the nervous system, calming a person. Calcium is best absorbed after 8 pm but it is better not to take calcium and magnesium together in this case. You can take them on alternate evenings, or at separate times in the later part of the same day, such as taking the magnesium closer to bedtime. Get calcium citrate or lactate (if you are not sensitive to milk). Typical requirement is 750 to 1,000 mg a day.

Although many people think milk is a good source of calcium there are some problems with it. Pasteurization changes the calcium complexes in the milk, making them less suitable for the body. Adding synthetic Vit. D2 (irradiated ergosterol) to the milk produces a tendency for the calcium in the milk to be deposited in your joints and other areas of the body instead of being taken up by the cells where needed. Certified raw milk and goats milk do not have these problems.

Many people are sensitive to milk. Other food sources include sesame seeds, tahini, humus; deep green vegetables like kale, bok choy, collard, swiss chard, parsley, broccoli; beans; nuts; sea vegetables such as kelp. Fish and meat stews where the bones are cooked in the dish are also excellent sources of calcium.

Trace Minerals only occur in very small amounts in the body but they are very important: zinc, manganese, selenium, molybdenum, chromium, copper, iodine. They have a calming effects on the body, very good if you are jittery, nervous or easily frightened or upset. When adrenals are fatigued, you become edgy and trace minerals can help feel more tranquil. They re absorbed and utilized better when taken in the evening with an acidic food or drink. Therefore have them with your meal when the digestive juices are secreted or with something acidic such as tomato juice or Vit. C. If needed the trace minerals can be taken throughout the day as a calming influence. Liquid trace minerals are easiest to absorb. Best food sources are sprouts, young plants, algae and sea vegetables.

Fiber. Mild constipation is sometimes present and increasing the amount of fiber can help re-establish the bowel function. As adrenals begin to heal, the body becomes

more efficient and the liver often begins to detoxify more rapidly which allows more toxins in the bile secreted by the liver to be emptied into the intestines for elimination. Fiber prevents toxic build up in the large intestine by helping it move along more efficiently which then prevents reabsorption in the bowel back into the system. Food sources include vegetables, legumes, fruits, seeds and whole grains. You can also get psyllium seed or other fiber mixtures. Avoid the brands that contain artificial colors and flavorings or sugars (or sugar like agents such as maltodextrin, sucrose, corn syrup solids and dextrose) which can stimulate Candida growth and upset blood glucose, undermining adrenal recovery. Even the 'sugar free' forms can contain maltodextrin and artificial sweeteners. Read your labels.

STRESS

If you are under stress, increase your intake of Vit. C, magnesium and B5. You will need to take this 4 times a day, or even hourly if the stress is severe.

Herbal Helpers:

- **Licorice root caps or tincture**
- **Ashwagandha Root and Leaf**
- **Korean Ginseng**
- **Siberian Ginseng**
- **Ginger Root**
- **Gingko biloba**
- **Astragalus**
- **Passiflora (calming and stronger than chamomile)**
- **Chamomile**
- **St. John's Wort (relaxes nervous system)**
- **Milk Thistle helps the liver which in turn helps the adrenals**
- **Echinacea can increase white blood cell production and protect tissues**
- **Herbs for stress, anxiety: Holy Basil, SamE**

Licorice Root (Glycyrrhiza glabra): This naturally fortifies cortisone levels and may be the most important hormone in stress and adrenal fatigue. It also helps decrease hypoglycemia, a common side effect of decreased adrenal function. Even wound healing can be slowed down by stress, and can be improved by using licorice. Licorice can soothe nervous stomachs. Licorice also stimulates blood circulation in the heart and arteries as well and helping produce interferon-like substances by the immune system. There is concern that licorice increases blood pressure because it partially blocks the conversion of cortisol into cortisone which can produce higher amounts of circulating cortisol. Cortisol slightly increases contraction of medium arteries and heart muscle, causing the blood pressure to rise. According to Dr. Jonathan Wright you would have to consume 1/2 pd of licorice candy a day in order to produce any elevation in the blood pressure. People adrenal fatigue typically have low blood pressure, so this is not a concern. However, if you are concerned about high blood pressure when taking licorice root, monitor your levels and if it rises by taking the licorice root, limit your intake. Best way to take licorice is as a tea or supplement (the candy has too much sugar for the adrenals).

Ashwagandha Root and Leaf (Withania somnifera). This is also known as Indian ginseng (not related to ginseng however). It has been used for all kinds of weaknesses, as well as to promote strength and vigor. It has anti-inflammatory action and so it is used for rheumatic pains, inflamed joints and other conditions seen with adrenal fatigue. It is considered an adaptogen which is a substance that helps the body function more towards its normal level, for example if cortisol is too high, it lowers it; if it is too low, it

raises it. In very high doses 9above 35 gms/day) it can actually inhibit adrenal function.

Korean Ginseng Root (Panax Ginseng). It has been shown to increase cortisol levels. Men seem to benefit it better than women. It can have adverse effects in some women. Chinese doctors will say it is too 'strong' or 'hot' for women, and burns out the adrenal life. Men should use it in small doses at first, then build up gradually.

Siberian Ginseng Root (Eleutherococus senticosus). This is good for women as well as men. It helps support and rejuvenate adrenal function, increase resistance to stress, normalize metabolism and regulate neurotransmitters. Counteracts mental fatigue, increases and sustains energy levels, physical stamina and endurance. Has antidepressant properties, calms anxiousness, improves sleeping, diminishes lethargy, lessens irritability and induces a feeling of well-being. Has been shown to normalize blood sugar, stimulate antibodies to bacteria and viruses, increase resistance to environmental pollutants, improves absorption of some B vitamins, decreases Vit. C loss. Not to be used if you have high blood pressure

Ginger root (Zingiber officinale). another adaptogen for the adrenals, helping modulate cortisol levels, normalizing blood pressure and heart rate; burn fat, increase energy and metabolic rate and stimulate digestive enzyme secretions for proteins and fatty acids. Ginger is good for nausea during pregnancy, decreases lethargy during convalescence from illness. You can get fresh ginger root at any supermarket.

Gingko leaf (Gingko biloba): Adrenals suffer tremendous oxidative stress when under stress themselves, especially when producing excess cortisol during the stress response. This leads to a significant increase in free radicals within the same adrenal cells that make the needed hormones. If free radicals are not neutralized, the production of hormones is slowed and tissue damage increases within the adrenal cells. Gingko is a powerful anti-oxidant that sequesters free radical production which protects the adrenals, the brain and liver from the free radical damage. It contains bioflavinoids that improves blood flow to the brain, ears, eyes, heart and extremities. Lessens tissue damage from inflammation and shock, elevates mood if prone to depression, decreases mental fatigue.

<u>Avoid these herbs:</u>

Ma Huang, Cola Nut, Strong Black teas. Stimulants, Sedatives, Hallucinogenic substances, teas that overstimulate the nervous system.

Using Glandulars and Corticosteroids and Hormones

Glandulars have been used since 1898. The extracts are from bovine sources. The effect on adrenal fatigue is very positive.

Adrenal Cortical extracts are liquids or powder extracts made from extracts of the adrenal cortex. They support, fortify and restore normal adrenal function. They are not replacements hormones, but provide the essential constituents for adrenal repair. They are a cornerstone of effective therapy. Available in liquid or tablets. Use liquid in moderate to severe cases, use tablets in milder cases. Adult takes 6-12 tablets a day depending on severity (taken in 3-4 divided doses throughout the day). For the liquid form, one vial under the tongue 2-3 times a week (more frequent in severe cases).

What's the difference between adrenal cell extracts and natural or synthetic cortisol, and cortisol type steroids like cortisone, prednisone, prednisolone and other adrenal steroid hormones. Adrenal cell extracts nourish and help rebuild the adrenal cells so they can produce hormones as needed.

Corticosteroids tend to reduce or shut down the activity of the adrenals because the brain senses the presence of these cortisol substitutes and withholds the signal ACTH it should ordinarily send to the adrenals to make hormones. Corticosteroids replace hormones, they mimic but they are not identical and therefore can't function the same as natural cortisol; they are up to 17 times more powerful than natural form of cortisol and therefore side effects are common. Even after a course of just a few days of corticosteroid medication, it takes several days to several weeks to adrenal function to return to normal. When taken for a long time, the adrenals may require up to 2 years to revive and produce cortisol on their own and some never recover. That is why it is difficult to get off a corticosteroid drug once you have been on it for a while. The catch 22 is that when you stop the corticosteroids, you crash and the symptoms return worse than ever because your adrenal activity is suppressed, so you keep taking them, but the longer you take them, the harder it is for your adrenals to regain proper function. Because corticosteroids mask the symptoms of adrenal fatigue and when used in excess, depress immune function, there is a greater risk from stress and infection. The therapy can actually become more hazardous than the original disease. In a few cases of severe adrenal fatigue a short therapeutic course of cortisol may be needed. If you must use corticosteroid therapy, it is best to use the natural form of cortisol: hydrocortisone. Even though this natural hormone diminishes or shuts down the adrenals while it is being taken and for several weeks after discontinued, it can be used effectively as a therapy for severe adrenal fatigue (doses of about 20 mg a day can give adrenals a rest for a period of time). It is recommended to take 5 or 7.5 mg orally each meal and at bedtime (if sleep disturbances are part of the syndrome, 1 mg before bedtime may be helpful). After 6 months decrease the dosage and if the adrenals have recovered sufficiently they will pick up the slack and begin to respond normally, if not, a reduced dosage may be needed longer.

Take Natural cortisol with adrenal cell extracts and the adrenals rebuild much faster. After 2-3 months on both, the daily dose is slowly withdrawn while a vitamin C complex, the adrenal cell extracts and other supplements are increased. This is recommended for severe cases of Addison's.

DHEA is an androgen hormone secreted by the adrenals and is the precursor to several other sex hormones.. DHEA levels often become depressed during adrenal fatigue. In the U.S. you can purchase this as a dietary supplement. DHEA levels can be measured with saliva testing. If you are male, it may be a good idea to supplement by taking 25-200 mg (older men need more than younger men). Improvement will happen within 2-3 weeks. Taking more than 200 mg can create hostility, aggression and make you unpleasant to be around. There are also minor concerns that DHEA may be a threat of causing prostate cancer because it can be converted into dihydro-testosterone - if you take DHEA longer than 3 months have your PSA (prostate serum androgen) checked, and if it begins to rise, decrease or eliminate the DHEA.

Dr. James Wilson who wrote the book on Adrenal Fatigue feels women don't do well with DHEA unless they are really fatigued. Taking 10-25 mg have produced side effects of facial hair and acne. Better for the women to look toward progesterone or pregnenolone. Some studies of women with lupus or chronic fatigue have found benefit from using 200 mg DHEA a day. More research needs to be done.

Progesterone and pregnenolone are hormones manufactured in the adrenal complex as well as in the ovaries and testicles before they are metabolized into DHEA. Prenenolone is the first hormone to be made from cholesterol, progesterone is the second. Both can be converted into other adrenal hormones including sex hormones, aldosterone and cortisol. Look to your symptoms to determine what you might need. With adrenal fatigue, the sex hormone levels often fall because your adrenal glands can't manufacture adequate levels of hormones. One function that sex hormones serve is to act as antioxidants that help prevent the oxidative damage caused by cortisol. The lower the sex hormones, the more damage there is to tissues, especially if you are under stress. This is a key factor in rapid aging. Either pregnenolone or progesterone can be used to raise the hormonal levels in both men and women, and decrease some aspects of adrenal fatigue. Using these hormones allows your adrenals to not work so hard. They have been used to diminish PMS.

The most common cause of PMS seems to be too little progesterone and /or too little magnesium. Progesterone is made in both the ovaries and the adrenal glands. Women suffering from adrenal fatigue often have lower progesterone levels and increased PMS. The addition of oral pregnenolone or natural progesterone cream is often needed for relief of PMS.

Using pregnenolone 10-40 mg per day is usually sufficient, taken orally and 20-30 mg (1/4-1/2 tsp) progesterone which applied as a cream to the skin. Make sure you get the natural progesterone, not the synthetic progestin in tablet form which is often given by doctors in hormone replacement therapy. The progesterone contained in progesterone cream is a natural plant progesterone that has been converted into the same molecule as the progesterone in the body and can safely be used by most women. Premenopausal women can apply it from the 12th day of the menstrual cycle to the 26th day (first day of bleeding is counted as the 1st day). Post menopausal women can use it for 21 days each month.

RULES FOR ADRENAL FATIGUE

- **Be in bed before 10 pm**
- **Sleep in until 9 am whenever possible**
- **Look for things that make you laugh**
- **Eliminate the energy robbers (things in your life that drain your energy)**
- **Make your lifestyle a healing one**
- **Do something pleasurable every day**
- **Whenever you are not enjoying your life, go back to the Three Things You Can Do and take action.**
- **Notice at least one small everyday thing that you are grateful for each day.**
- **Take your dietary supplements, regularly.**
- **Move your body and breathe deeply.**
- **Believe in your ability to recover**
- **Use your mind as a powerful healing tool**
- **Keep a journal - jot down your experiences each day.**
- **Eat the foods your body needs**
- **Learn which foods make you feel bad (keep a list of them**
- **Re-read this literature as often as you need.**
- **Try having a glass of water in the morning containing 1/2 - 1 teaspoon of salt stirred in until dissolved.**
- **Salt your food; salt your water. Himalyan salt is preferred.**
- **If you are to have fruit, have something with salt before or after the fruit and chew very well.**

- **Combine starchy carbohydrates, protein and fats at every meal.**
- **Eat an abundance of whole foods - those foods which are eaten like nature grows them.**
- **Eat lots of colored vegetables.**
- **Chew your food well.**
- **Take the power and responsibility of your health into your hands.**
- **Make whatever lifestyle changes you need to make to regain your health.**
- **Laugh several times a day.**
- **Enjoy your recovery.**
- **Take 1,000 mg Vitamin C complex with 200 mg magnesium and pantothenic acid (B5) at approximately 2 pm every day along with a small snack in order to avoid the 3-4 pm low.**

AVOID THESE THINGS

- **Getting overtired**
- **Caffeine, sugar, alcohol, and white flour products**
- **Coffee, even decaf**
- **Staying up past 11 pm**
- **Pushing yourself**
- **Energy suckers**
- **Being harsh or negative with yourself**
- **Feeling sorry for yourself**
- **Food you are addicted to**
- **Foods you suspect an allergy or sensitive to**
- **Foods that make you feel worse, cloud your thinking or pull you down in any way**
- **Never skip breakfast**
- **Avoid fruit in the morning**
- **Never eat starchy carbohydrates (breads, pastas) by themselves**
- **Do not eat foods that adversely affect you in any way, no matter how good they taste or how much you crave them.**

E P I D E M I C - C A N C E R

Over 50% of our population is now developing cancer. It used to be the highest amount of deaths came from heart disease, but cancer has now become the number one killer. Our answer has been to try to kill the cancer cells with other deadly poisons such as chemotherapy and radiation. It is rare these succeed for very long because they ravage the body so thoroughly, leaving it weak, nutritionally deficit and immune poor that the cancer cells very quickly regroup and come back with a vengence.

Wholistically we look at our bodies as being part of nature. If you had a little weak tree growing in the back yard, it might attract parasites, fungus, cancers, rot. To help it you would scrape off the diseased part, perhaps spray it with something to protect it from invaders, then you would dig down around it, cleaning out any bad soil, replace the soil with fresh clean soil, and give it fertilizer(nutrition) so it can grow strong enough to defend itself. This is basically what we do for people also. We clean up the body and give it the nutrition it needs to heal and defend itself.

At the root cause of the increase in cancer over the last 100 years we believe is our over abundance of using chemicals.

April 23, 2004, the Ontario College of Physicians published their findings (Comprehensive Review of Pesticides etc) of the effects of pesticides and herbicides on the human body. You can phone them for a copy of their report. The study was conclusive:

THE EFFECTS OF PESTICIDES AND HERBICIDES: CANCER

They found these caused brain cancer, prostate cancer, kidney cancer, pancreatic cancer, leukemia just to mention a few. This is especially true for the children. They recommend not eating products that have been sprayed, and not walking on the ground barefoot (which children often do).

We have chemicals in our foods, shampoos, soaps, skin lotions, makeup, clothes, toothpaste, water, air, vaccines, drugs, tobacco, cleansers. A big problem comes from our fast foods which is the biggest industry in North America and very powerful. Putting out cheap foods quickly makes money, at the expense of our health.

Producers cram thousands of chickens into a space where they can't walk much less have any life, and having no sunlight or natural foods but instead are given hormones to make them grow from hatchling to table-ready food in just over a month.

Our beef is pretty healthy out in the open prairie but when it gets to the feed lot it is given antibiotics, hormones and chemicals to 'finish off' the growth process to get them ready for market, cramming them into little pens where they stand all day long in their own feces.

Much of our food is now modified (GMO). Many people want to avoid GMO foods for health reasons, and the producers have gone to court to demand their produce not have to label it as such. mRNA is being introduced since the Covid happening, they are starting with using it in feed for pigs, and shrimp, also for lettuce and spinach and eventually they want everything to have mRna in it.

We are eating mostly dead food. All cooked food is dead with no live enzymes or life left in it. Our children are being raised on junk foods that have almost no nutritive value and they are being vaccinated for everything. As a result ADD, ADHD, Autism, Asthma are at an all time high. We take antibiotics for every little sniffle. Depression has become the norm amongst teenagers as well as adults. Diabetes amongst the young is now quite common.

We are being bombarded with electrical and magnetic frequencies on a 24 hour basis: electrical currents, cell phones, satellites, television, radio waves, microwaves, wifi's, smart meters, routers, wireless technology, street lights, computers, microwave ovens.

You can't control everything in the world to help keep your body healthy, but you can control your own personal environment:

- **what you eat**
- **the clothes you wear**
- **the soaps and cosmetics you use**
- **the water you drink**
- **the toothpaste you use**
- **avoiding working in a toxic industry such as welding, hair dressing, handling chemicals**
- **what restaurants you frequent, avoiding those that serve chemically treated foods**
- **you can avoid eating foods that contain processed sugars, white flour, white rice**
- **you can grow your own foods in a healthy environment without chemicals; even if you are in an apartment you can grow microgreens and if you have a balcony, you can grow food in pots**

- **you can buy from organic stores and farms and small meat stores that sell directly from farms**
- **you can eat only wild caught fish and seafoods**
- **you can find out what foods are sprayed with pesticides and herbicides, and eat those organically**
- **you can exercise daily to keep your body toned and fit**
- **you can supplement your diet with vitamins, and minerals**
- **you can cleanse your body's toxicity by using herbs**
- **you can avoid 'street' drugs, and use medical drugs as a last resort, opting to heal using milder, less toxic solutions**
- **you can investigate the negative side of drugs, vaccines before randomly putting poisons into your body**
- **you can live in areas where the air is safer to breathe, and you can also cleanse the air in the home you live in with your furnace, or room devices.**
- **if you travel a lot eg. drive a truck, or do not have access to decent foods, you can pack your own lunches, take a cooler with you with good food choices**
- **avoid using planes as much as possible. Travelling by plane is especially troublesome, breathing in the air that is being shared by many potential ill people, eating fast denatured foods, being cramped in a chair for hours at a time. Don't think a face mask will help you, they have been proven to hinder, not help.**
- **If you do have cancer, avoid using new automobiles, new homes. The fumes from the toxic residues of new vehicles, rugs, cupboards, paints, glues, resins and other poisons, will set you back.**
- **eliminate any black mold in workplace and home**
- **you can use frequency/rife type devices to help healing of infections (parasite, viral, bacterial, fungal)**
- **use earthing mats on the bed**
- **use far infared saunas or wraps to help with detoxing**
- **protect yourself from the environment, use gloves and face masks when raking moldy leaves from the garden**
- **avoid breathing in smoke of any kind eg. tobacco, campfire, marijuana**

The good news: many people are doing just that: taking back their life and improving their health. As a result there is a whole sub-culture in North America of healthy foods, organic products, pure water systems, healthy cosmetics, air purification systems etc. that have made their place in the market. As more and more demand comes for these products, your environment will benefit.

If you already have or have had cancer, understand that regardless of what therapy you have chosen to do, it is still important to honour and treat the body correctly to help reverse the disease and to prevent it from returning. Many thousands of people have succeeded and new research is showing us so many new ways of helping ourselves.

SUPPORT AND PREVENTION FOR CANCER

For most people, the reason they have cancer is because the amount of toxic residue has built up in the system and the body can no longer clean up its own mess. Try especially hard to eat ORGANIC, you don't need to be pumping poisons in your body, making an even more difficult job for the body to heal itself.

FAVOURABLE FOODS:

- **Fruit: whole, juiced**
- **Vegetables: juiced, raw in salads, steamed, baked. Salad dressings: flaxseed oil, lemon juice, apple cider vinegar.**

- **Soups: homemade vegetable soups**
- **Grains, breads, cereals: whole grains (whole wheat, rye, bulghur wheat, amaranth, quinoa, oats, barley, teff, kamut, spelt, corn)**
- **Rices: Brown Rice, Wild Rice**
- **Noodles: whole grain type (rice, whole wheat, kamut, udon, spelt, kamut, quinoa, corn**
- **Proteins: Limited Nuts and seeds, raw nut butters, limited organic eggs (chickens must run free and get sunshine), small amounts of raw milk cheese.**
- **Oils: cold pressed oils, organic coconut oil or extra virgin olive oil - avoid cooking with oils**
- **Sweeteners: Unpasteurized honey, pure maple syrup, unsulphured molasses, brown rice syrup, agave, stevia**
- **Spices, herbs: nothing too spicy or difficult to digest**
- **As much raw live food as possible. Remember cooked food is dead food.**
- **Seasalt, cayenne pepper, limited amount of black pepper**
- **Seaweeds**

Why is meat, poultry, fish, seafood not included? Even if it comes from a healthy source, it takes too long to digest and process, leaving it to putrify in the colon, causing more toxic build up. For every year you have had cancer, you should be on this restrictive diet for at least one month. For most people that means about a year and a half of restrictive eating giving the body an opportunity to clean and heal itself.

EXAMPLE OF DAILY SUPPLEMENTS:

1-2 capsules 400 IU Vitamin E in the morning (mixed tocopherols)
2 tablets Pancreatin, three times daily with meals
2 capsules Vitamin A from fish liver oil 25,000 units each or equivalent, at night before retiring
50,000 IU Beta Carotene
1000 mg Vitamin C with each meal
400 mcg Selenium
2 Potassium with each meal (not with kidney cancer)
Wobenzyme is recognized as special enzyme product you can take if you have cancer
Aerobic Oxygen
Nutritional Supplementation - vitamins, minerals, green powders etc.
HERBAL TEAS: Red Clover Blossom, Stinging Nettle. Both cleanse the blood.
Budwig formula daily: 1/3 cup flaxoil blended for 1 minute with 2/3-1 cup cottage cheese. Can add fruit to it as a smoothie if you wish. This can increase interferon production by the body.

FORBIDDEN (THESE POLLUTE, ANTAGONIZE and STRESS THE BODY):

Products that are bottled, refined, canned, salted, frozen, preserved, smoked, sulphured
Avocados (too much fatty acid) if advanced cancer
Bicarbonate of soda in food, toothpaste, gargle
Alcohol, candy, cake, chocolate, cocoa, coffee
Dairy products (milk, cream, cheese, butter)
Drinking water from tap (use reverse osmosis, spring water, or distilled water with minerals added)
Epsom salts
Fat (also, do not cook with any oils or fats, have cold pressed oils raw on salads
Fish, shellfish if advanced cancer however wild salmon is allowed if cancer is in early stages.
Flour (white)

Ice cream
Fluorine in toothpaste, gargles
Hair dying and permanents (henna is an herbal colouring and should not toxify through the skin)
Meats (beef, chicken, pork, deer, rabbit, lamb)
Mercury dental fillings, also Root canal dental work
Nicotine (chewing, smoking)
Salt and all substitutes (use powdered dulse, kelp, seasalt in moderation)
Strong spices (pepper, paprika)
Sugar (white or brown sugar and products made with them), Sugar substitutes
Toothpaste that has sugar or fluoride
Don't eat for three hours before going to bed. Avoid overeating. Chew food well.
Avoid anything that is processed, artificial, chemical, refined, extreme, unseasonal, transcontinental, pre-cooked, polluted, disorderly, sedentary, synthetic, complaining, arrogant, rigid, competitive.
Limit exposure to sun to 20 minutes daily. Limit exposure to television to 1 hour a day
If breast cancer - no soy products or Vitamin E or estrogenic type foods/herbs.

HERBS TO HELP CANCER:

For cleansing blood: red clover blossom, stinging nettle
For cleansing liver: milk thistle, dandelion root, burdock root

Essiac Formula if you wish to make your own. This is very good to help cleanse the liver:

6 1/2 cup burdock rt (cut), pwdr	**16 oz Sheep Sorrel, powder**
1 oz Turkey Rhubarb rt., powder	**4 oz Slippery Elm Bark, powder**

Mix all = 10 cups powder. Use 1 cup powder to each 2 gallons distilled water.
Bring to boil, keep lid on, stir in 1 cup formula, cover, boil 10 minutes. Turn off stove. Scrape sides of pot with spatula, stir well, cover.
Let stand covered 6 hr, stir well, then let stand covered for another 6 hr.
Turn on heat, bring to a boil. At boiling point turn off stove. Strain into clean glass or stainless steel pot, (clean old pot), then return to first pot.
Use funnel, pour into bottles, cap, allow to cool, tighten caps again. Store in dark cabinet.
Once opened, keep refrigerated. If it becomes mouldy, throw it out.
To use: take 4 tablespoons heated distilled water, add 4 tablespoons Essiac (Shake bottle first). Mix and drink 2-3 times a day.

SOME SPECIAL HELP:
_____ Hydrogen peroxide: Use stabilized oxygen. Do about 20 drops three times a day of 3% food grade.
_____ Thymus extract to help the immunity
_____ Paw Paw - green papaya, especially good for tumors
_____ Laetrile has worked for some (apricot or apple seeds)
_____ Graviola is product from a tree in South America
_____ Cancell (aka Protocel, Cantron). Taken as a liquid several times a day.
_____ Budwig Oil & Protein Therapy. Mix 1 tbsp flaxseed oil in 500g cottage cheese, mix it in well and eat this daily for at least 21 days - for tumor activity this increases natural interferon.
_____ Vitamin C injections have been getting good reviews by many.
_____ Bioxy Cleanse for the bowel - oxygen bowel cleansing

E P I D E M I C - DIABETES

What follows is the encapsulated information for you to embark on relieving the stress from the body so it can cure itself of diabetes. The protocol comes from Dr. Gabriel Cousens, who after 35 years of research, has written a book called 'There is a Cure for Diabetes". Please feel free to get the book if you wish, as well as one he wrote called "Conscious Eating".

This plan is eating raw live food for several weeks. It works fast, within 4 days many people see a big change. If a person has adult diabetes, they will need to stop injections within a week of starting this protocol.

It is important to realize that this is a permanent change towards health. The first 21 days is very strict and is aimed at detoxing the poisons from the body, but even the maintenance is stricter than you have ever imagined. However, when you consider the future of a diabetic, it is worth it:

85% of diabetics develop retinopathy (eyes)
20-50% develop kidney disease
60-70% suffer mild to severe nerve damage.
Diabetics are 2-4 times more likely to develop cardiovascular disease which is a factor in 75% of diabetes related deaths 2-4 times more likely to suffer stroke.

However everyone has the right to make choices and if your foods are so important that you are willing to risk losing your limbs, eyesight, and life itself, then we are not suggesting for a minute that you make the change - be happy with what you have created, own it, enjoy it.

Are you are ready to commit to drastic change to save your life? For life threatening diseases, drastic change is often needed. See the glycemic index of foods.

BLOOD SUGAR LEVELS

U.S.(mg/dl)	CANADA (mmol/L)	
55.8	3.1	
59.4	3.3	
70.2	3.9	normal
75.6	4.2	normal
79.2	4.4	normal
84.6	4.7	normal
90	5.	borderline
95.4	5.3	borderline
100.8	5.6	pre-diabet.
104.4	5.8	pre-diabet.
109.8	6.1	pre-diabet.
115	6.4	pre-diabet.
120.6	6.7	pre-diabet.
124.2	6.9	pre-diabet.
129.6	7.2	Diabetic
135	7.5	Diabetic
140.4	7.8	Diabetic

<u>Fasting Blood Sugar:</u>
Blood glucose level is taken each morning before food is eaten as well as 3 other times

during the day. Up to 4.7 is normal' 5 to 5.3 is borderline and 5.6 to 6.9 is pre-diabetes; 7.2 or higher is considered diabetes.

What you can Expect

Your blood glucose will drop and stabilize.
Dangerous cholesterol levels, high blood pressure will also drop over a period of several months.
Tryglycerides will drop, reducing the risk of heart disease. 82% of those on this program will come into normal weight within 2 years.

SAY GOODBYE TO:

White sugar, white flour, and even wheat due to its alloxan content, white rice.
Soy (low mineral food that robs the body of minerals and 90% of all soy is genetically modified.
Honey, maple syrup, corn syrup, alcohol, nutrasweet (aspartame)
Coffee, pop, msg, junk food, most fruit and dried fruit.
Animal meats, fish, shellfish, fowl, dairy (including milk, cheese, cottage cheese, butter), eggs, margarine, animal fats including cod liver oil, cooked oils, artificial colorings and flavorings.
Black tea, green tea, any tea with caffeine, Pop/Sodas, Canned or bottled drinks.
Smoking or chewing tobacco.

FRUIT

Bottled or canned fruit are not raw.
If you have diabetes, it is recommended to avoid all fruit for 3-6 months until your fasting blood sugar stabilizes at 4.7 mmol/ (85mg/dl) or less. Then low glycemic fruits such as berries, cherries, citrus, goji berries, cranberries and an occasional apple can be eaten.

EXERCISE

Suggest walking 1/2 hour briskly on a daily basis.

WATCHING T.V.

Careful what you are programming into your mind. Choose uplifting programs. Avoid negative news, movies etc. 8-12 year olds see on average more than 7,600 food commercials a year, the vast majority for candy, snacks, cereals and fast food.

YOUR PROTEIN WILL COME FROM:

Nuts and seeds
Algaes, Bee Pollen
Greens (esp. spinach, broccoli, brussel sprouts, parsley, bok choy, arugula, kale, watercress)
Grains
Beans
Spirulina, Chlorella, Blue-Green algae
Hemp seeds
Olives,
Sprouts
Green superfood powders

HEAVY METALS

It is suggested you take homeopathics and chlorella to detox the mercury, arsenic, lead,

cadmium etc. from the body.

DRINKING WATER
No Fluoride water.
What follows is a short version of the different phases of Cousen's Program. If you really want to do this program, you should either get the book, or visit our clinic for the printout that explains it better.

PHASE 1 ***adapted from Gabriel Cousen's Program***
EAT LIVE FOOD, PLANT ONLY

- **For minimum of seven days, only green juice fasting. You can do this for 3 weeks or longer if you wish. During this time either do enemas every morning or bowel cleansing herbs at night.**
- **No grains, nothing sweet (fruits) or fermented.**
- **Preferably eat organic .**
- **Once stabilized into healthy non-diabetic state, you add low glycemic fruits found in Phase 2 where you eat 80% raw 20% cooked foods.**
- **Try to have a rainbow of colours in the vegetables: green, red, purple, yellow.**

Expect to lose weight in this Phase 1

GREEN JUICE FEASTING RECIPE. **Either use a juicer, or a blender and then strain. You will be drinking 12-15 pounds of live produce daily which provides cellular nutrition for healing. Drink 4-5 quarts per day:**

- **Base: celery, cucumber**
- **Add leafy greens such as kale, bok choy, spinach, parsley, cabbage, swiss chard, beet tops, collards, watercress, herbs (use sparingly to avoid bitterness), dandelion, grasses, all other leafy greens.**
- **Add other vegetables: tomato, bell pepper (red, yellow, orange), string beans, burdock root, jerusalem artichoke, radish, any green sprouts**
- **Add a little apple, sweet potato, carrot, beet (these are higher in glycemic index so use sparingly).**
- **Add condiments such as lemon and lime juice, cayenne, ginger root juice, garlic, himalayan salt, turmeric powder or juice.**

PHASE 2

- **You stay on this diet for the 1-3 months until the fasting blood sugar has stabilized around 85 (4.7) and glycoslated hemoglobin reaches 6.0 or less.**
- **You may eat all vegetables except cooked carrots and cooked beets**
- **You may eat all sea vegetables (eg. wakame, kelp, kombu)**
- **Low-glycemic green diet, no fruits.**
- **Eat only non-sweet fruits such as tomatoes, avocados, cucumber, red pepper, lemons, limes**
- **For fats & oils: Flaxseed oil, Hemp oil, Sesame Oil, Walnut oil, Almond Oil, Sunflower Oil, Avocado Oil, Coconut Oil (only 1 Tbsp per day)**
- **Eat raw nuts and seeds (except cashews)**
- **You may eat fresh coconut pulp**
- **You may have superfoods such as Blue green algae, spirulina, chlorella, and green superfood powder mixes.**
- **For sweeteners use stevia, cardamon, cinnamon**
- **For Salt use Himalayan salt or Celtic seasalt.**
- **You may use dehydrator to make crackers and warm up foods.**

PHASE 3

- **Diet can now be 80% raw, 20% cooked.**
- **Eat all vegetables you wish**

- **Fruits allowed: low glycemic type eg. blueberries, raspberries, cherries, fresh and unsweetened**
- **cranberries, pomegranate, goji berries, grapefruit, lemons, limes.**
- **All sea vegetables may be eaten**
- **For condiments and sweeteners you can add mesquite, cacao, carob**
- **You may add bee pollen granules**
- **For grains eat: quinoa, buckwheat, millet, amaranth, spelt**
- **You may use fermented and cultured foods such as apple cider vinegar, miso (non-soy), sauerkraut, probiotic drinks.**
- **Fats/oils: Use cold pressed Flaxseed oil (best) , hemp oil,sesame oil, walnut, almond, sunflower oil, avocado oil, coconut oil (not more than 1 Tbsp a day).**
- **Do not cook with any fats or oils. If you make desserts requiring oil, substitute apple sauce.**
- **Raw nuts and seeds except cashews.**
- **Coconut pulp**

Continue using dehydrator to make crackers and warm up foods.

E P I D E M I C - HEART DISEASE/ARTERIOSCLEROSIS

Do you have high blood pressure or arteriosclerosis(plaquing of the arteries)? Are you aware that 98% of these problems are totally preventable, without high costing drugs?

Warning Signs of Heart Disease:

High blood pressure
Fingers or toes feel cold
Night cramps in hands or feet
Diagonal crease in your earlobe
Arms or legs often 'go to sleep'
Numbness in arms or legs
Lips or fingers have tingling sensation
Breathless with slight exertion or if lying down
Legs get aches or pains taking short walks
Whitish ring under cornea of your eye
Memory worse than it used to be
Ankles swell late in the day
Loss of sexual potency

Many people come into our clinic with heart disease and after testing and consultation, we learn they are eating the wrong foods for their bodies. Often we tell them that they will have to stop eating their ice cream every day or their beef and pork and some say they couldn't live without those things, they'd rather die - and they do! Their food addictions have become more important than life itself.

FOODS

We notice that eating a raw food diet can drastically and quickly reduce high blood pressure. Cooked food is harder to digest than the raw foods because it lacks the amino acids and enzymes of the raw and fresh foods.

Try and work up to eating about 70% of your food intake as being the raw variety. Breakfast could be fresh fruit. Lunch could be soup or a sandwich made with ezekiel bread (considered raw) with lots of fresh vegetables and dinner could be brown rice and a big salad as well as steamed or baked vegetables. For the noon or evening meal you

could include baked salmon or other deep sea fish, or organic chicken.

The worst cholesterol food we have found is not eggs - it is peanuts! Also seed oils for many reasons. However, eggs, as well as having cholesterol, have a fair amount of lecithin, nature's way of balancing a good food.

To get rid of excess cholesterol, add lots of fiber to the diet, avoid excessive animal proteins, take some liver cleansing herbs occasionally, and eat lots of brown rice, millet, whole wheat, rye, buckwheat, lentils, dried peas/beans. Fruit adds mostly liquid and not much fiber however they are beneficial for other reasons.

Don't drink a drop of coffee, and don't even think of cheating. It raises the LDL cholesterol and plasma cholesterol not to mention the other burden it places on the kidneys and blood.

Here is a list to avoid:

preservatives	**food dyes**	**chlorinated water**	**margarine**
table salt	**sugars**	**alcohol**	**artificial sweeteners**
all soda drinks	**peanuts**	**oils (except cold-pressed Flaxseed oil, Olive Oil, Coconut Oil)**	

What about animal protein? Eat deep sea fish such as salmon, mackerel, arctic char, and organic chicken. Occasional organic beef (like once a month). But nothing deep fried or fried in oils or fats. Learn to bake, broil, steam, or boil. Eggs should be free run eggs - chickens need to get fresh air and peck and run around to be healthy; there are always local farms within city reach so you can arrange to get healthy eggs.

What about dairy? Some people can handle dairy, some can't. In a cleansing regime, leave it out. We try to use raw milk cheese, or goat cheese which seems to be a lot healthier. We avoid milk because it has been mutilated in the processing and raw cow's milk is still illegal to obtain even though people are drinking it without problems.

HERBS FOR THE HEART

The best heart herb we know of is Hawthorne Berry. It builds the strength of the heart muscle and has a long history of safe and successful use. Another great herb is Motherwort. Hawthorn is often used for angina pectoris and Motherwort is often used for palpitations. Many people have saved their lives by taking cayenne pepper daily - and don't forget garlic (please spare everyone and use the odor free kind). If you are on heart medicine and want to replace it with herbs, you will have to regulate your medicine dosage as you replace it with herbs. Ask your pharmacist to help you out. Don't forget good ol' garlic and cayenne pepper - always good for the heart and arteries.

Drink 2 cups a day of a good blood cleansing tea such as red clover blossom or stinging nettle (don't drink while on heart medication or it will clean out your medication too). If you have arterial plaquing, invest in taking oral chelation vitamins and minerals daily, it takes a while, but they work quite well.

VITAMINS/MINERALS

If you have anxiety attacks, 90% of the time we find a lack of magnesium in the body. Calcium and magnesium are usually taken together and it will take a couple of days for the attacks to subside. The usual dose is about 500-750 mg magnesium daily.

They are now saying 2/3 of heart attacks occur because plaque (that is not blocking the artery) develops a tear in the artery, a blood clot forms in that site and shuts off the artery causing a heart attack or sudden death. What happened to the cholesterol craze? Well, that is over now and they are admitting it is bogus. Most of the cholesterol is made by the liver, and only a little comes from the foods you eat. So concentrate on having a healthy liver!

Does Calcium cause plaque in the arteries? Apparently so, accordingly to latest studies. Let's face it, the type of calcium that is being pushed at us for supplements is anything but natural for our type of bodies. Taking in ground up shells, coral, or rocks was never meant to be taken in by humans. The plants sick their feet into the ground, absorb the calcium, and then we eat the plant - perfectly healthy and safe.
We used to cook differently and get calcium in our diet from eating soft bones in canned salmon, sardines, smelts. We also used to make soup from animal bones, then add tomato or some other acid to the broth, drawing out the calcium from the bones into the soup. Our fast food industry has really changed how we eat, and now we are taking calcium supplements because we know that the milk and cheese on the market is not good for us. There are healthy supplements on the market for calcium, just check before you buy; and start thinking about the foods that go into your body - for instance the highest food we can eat with calcium is bok choy - raw or cooked, it is high in calcium and natural iron!

ORAL CHELATION
Oral Chelators: EDTA, Niacin, B vitamins, Vitamin E, Folic Acid, Malic acid, Vitamin C, Chlorella, Garlic.
Special helpers to remove plaque:

- **Angioprim (liquid oral chelation blending amino acids) - 24 days will cost $500ish U.S. over the internet. Works quickly to get rid of calcium build up in the arteries.**
- **Serratiopeptidase also known as Serrapeptase, is a proteolytic enzyme derived from a non-pathogenic bacteria called Serratia E15 (found in silkworms). It dissolves non-living tissue, dissolving blood clots, cysts, arterial plaquing slowly. You usually take one a day on empty stomach. Cost will be about $50-$70 a bottle.**
- **Nattinokinase is an enzyme product that dissolves blood clots.**

CONSTIPATION
Make sure you are not even slightly constipated. You need to have 2 soft bowel movements daily to remove the garbage from your sewer.

NITRIC OXIDE
The American Heart Association published a study revealing adults over 40 don't produce enough Nitric Oxide and in fact they produce half of what they did when they were 20. Nitric oxide - otherwise known by its chemical formula as N-O which is an extremely important human molecule that was discovered by Dr. Furhgott in 1980. It is a vasodilating substance produced by the cells lining our blood vessels or endothelial cells. More than 120,000 scientific papers have been written about the vital role of nitric oxide in health and heart disease.

When nitric oxide is created and released, this gas penetrates nearly membranes and cells, in a second sending its signals for the arteries to relax and expand; for the immune cells to kill bacteria and cancer cells; for the brain cells to communicate with each other.

What can this molecule do?

- **prevent high blood pressure**
- **keep your arteries young and flexible**
- **prevent, slow or reverse the build up of artery-clogging arterial plaques**
- **help stop the formation of artery-clogging blood clots - the result of plaques bursting and spilling their contents into the blood stream**
- **reduce inflammation**

By doing the above, your risk of heart attack and stroke can be reduced. But it can also:

- **improve penis erections**
- **enhance sexual sensitivity and blood flow to the clitoris**
- **reduce risk of diabetes and disastrous diabetic complications, such as chronic kidney disease, blindness, hard to hear foot and leg ulcers and amputations**
- **limit the swelling and pain of arthritis, boost the power of pain relieving drugs**
- **calm the choking inflammation of asthma**
- **protect your bones from osteoporosis**
- **help provide the mood lifting power behind anti-depressant medications.**
- **assist the immune system in killing bacteria**
- **limit skin damage from the sun**

And it may be able to help:

- **Memory Loss**
- **Sleep problems**
- **Sleep apnea**
- **Help arthritis**
- **Strengthen the skin as a barrier to unwanted germs and toxins and protect from UV damage**

Many people associate L-arginine supplementation with nitric oxide, but it is the L-arginine pathway that becomes dysfunctional with age. Therefore L-arginine supplementation often does not work in adults over 40. It can however be effective in young healthy individuals with functional endothelial function. Unfortunately supplementing with L arginine to promote nitric oxide production for those with risk factors of heart disease such as smoking, obesity, high blood pressure, diabetes, high cholesterol, sedentary lifestyle and history of heart disease does not work because those conditions can prevent the conversion of L-arginine to nitric oxide.

We do have tests in our office for nitric oxide, which is measured in a saliva sample. For those that can take L-Arginine, we have a wonderful supplement that helps promote Nitric Oxide. For those that have been compromised, Neo40 is a formula that does not contain L-Arginine, but is a blend of beet root, hawthorn berry extract and other Nitric Oxide active botanicals in a lozenge. Get our handout for Nitric Oxide to see what foods promote this in the body. You can buy Neo40 through Amazon and other online distributors.

THE PROGRESSION OF DISEASE

What follows is a Six Phase Table was initially designed by Heel Reckeweg showing the progression of disease from excretion phases to the deep cancer stages. When the body heals, it reverses in the same order so many of the early phases may be experienced in the healing process.

You will notice at the left there are symptoms that are highly reactive (excretion phase) - this is good - the body has the energy and health to try and throw off the accumulated mucous or eat up the bacteria. However, as disease progresses to more degenerative diseases such as cancer, the cellular energy is poorer and the body can no longer fight its battles. It is much harder to help the body in these later stages. It is interesting that as you to help the body re-acquire good health, the symptoms reverse back to the point where reaction occurs (meaning the body is once again in a position to try and help itself).

Now as the disease progresses from the Humoral Phases to the Matrix Phases, and finally the Cellular Phases, the diet will also need to be changed. As the disease goes deeper into the body, the body can cope less and less with complicated foods and more remedies are usually needed to help the body restore health. Here is a general guideline that might help you to understand:

Phase 1 Foods (Humoral Phase) Excretion: yeast/bacterial

No restrictions on any types of foods.

Phase 2 Foods Foods - Inflammation (yeast/bacterial/viral)

Grains: avoid Wheat, Spelt, Rye products
Dairy: avoid cream, canned milk
Spices: avoid red hot chili
Alcohol: avoid all
Seeds/Nuts: avoid peanuts
Fats/Oil: avoid margarine, deep frying oil
Sweets: avoid Sugar, brown sugar, maple syrup

Phase 3 Foods: (deposition)

Grains: avoid Wheat, Spelt, Rye products
Fish: avoid lobsters, clams, prawns, crab
Seeds & Nuts: avoid cashews
Stimulants: avoid coffee
Spices: avoid table salt
Meat/eggs: avoid rabbit, veal, beef, pork
Legumes: avoid soy
Dairy: avoid cow milk, buttermilk, sour milk
Alcohol: avoid
Vinegars: avoid Balsamic, rice and fruit vinegars
Sweets: avoid table sugar, white sugar, brown sugar, splenda, saccharine, pure maple syrup, rock sugar, organic sugar, aspartame

Phase 4 Foods: (impregnation)

Grains: avoid Wheat, Spelt, Rye, Quinoa, Millet, Buckwheat, Barley products (still available: amaranth, brown& white rice, rice milk, corn, oats, tapioca)
Meat/eggs: avoid rabbit, veal, beef, pork, buffalo, lamb
Fish: avoid lobsters, clams, prawns, crab, tuna, white fish, big fish, scallops, oysters
Legumes: avoid soy
Fruits: avoid mango, blackberry, strawberry, banana, oranges, grapes, raisins, figs
Seeds & Nuts: avoid cashews
Dairy: avoid cow milk, buttermilk, sour milk, cow cheese
Alcohol: avoid
Sweets: avoid sugar, brown sugar, splenda, saccharine, pure maple syrup, rock sugar, organic sugar
Stimulants: avoid coffee (incl. decaf),
Spices: avoid table salt
Vinegars: avoid all

Phase 5 Foods: (degeneration)

Grains: avoid Wheat, Spelt, Rye, Quinoa, Millet, Buckwheat, Barley, Corn products (still available: amaranth, brown & white rice, rice milk, oats, tapioca)
Meat/eggs: avoid rabbit, veal, beef, pork, buffalo, lamb
Fish: avoid lobsters, clams, prawns, crab, tuna, white fish, big fish, scallops, oysters, salmon
Vegetables: avoid carrots, beets, spinach, tomatoes
Mushrooms: avoid portabella
Legumes: avoid soy
Fruits: avoid mango, blackberry, strawberry, banana, oranges, grapes, raisins, figs

Seeds & Nuts: avoid cashews, almonds, walnuts, pistachios, hazelnuts, brazil nuts, coconut, pecans (still available: pumpkin, sunflower, flax, sesame, poppy)
Dairy: avoid cow milk, buttermilk, sour milk, cow cheese, Kefir
Oils: avoid vegetable oils, olive oil
Sweets: avoid sugar, brown sugar, splenda, saccharine, pure maple syrup, rock sugar, organic sugar, lactose, fructose, agave, stevia
Stimulants: avoid coffee (incl. decaf), chocolate
Alcohol: avoid
Spices: avoid table salt, black pepper, basil, curry, anise, nutmeg, cloves, mustard, thyme
Vinegars: avoid all
Teas: avoid peppermint tea

Phase 6 Foods: (Dedifferentiation)

Avoid all meat, eggs, fish
Avoid all grains except amaranth and brown rice
Avoid Yam, Winter Squash
Avoid Morel mushrooms
All fruit except mangostein, dragon fruit
Avoid Tofu
Avoid legumes including soy (still can have beans, chickpeas, yellow/green peas, lentils)
Avoid Goat milk (still can have goat cheese, goat yogurt, cottage cheese, plain yogurt)
Oils: All butters and oils
Alcohol: Avoid all alcohol
Vinegars: Avoid all vinegars
Sweets: Avoid all sweets
Spices: Avoid table salt, black pepper, basil, curry, anise, nutmeg, cloves, mustard, cayenne, oregano
Teas: Avoid Black Tea, peppermint tea

TABLE OF HOMOTOXICOSES (SIX - PHASE TABLE)

	HUMORAL PHASES	MATRIX PHASES		CELLULAR PHASES		
Organ System	**Excretion Phases**	**Inflammation Phases**	**Deposition Phases**	**Impregnation Phases**	**Degeneration Phases**	**Dedifferentiation Phase**
SKIN	Episodes of sweating	Acne	Naevi	Allergy	Scleroderma	Melanoma
NERVOUS	Difficulty concent.	Meningitis	Cerebrosclerosis	Migraine	Alzheimer's disease	Gliosarcoma
SENSORY	Tears, otorrhea	Conjunctivitis, otitis media	Chalazion, cholesteatoma	Iridocyclitis Tinnitis	Macular degeneration anosmia	Amaurosis, malignant tumor
LOCOMOTOR	Joint pains	Epicondylitis	Exostosis	Chronic rheumatoid	Spondylosis	Sarcoma, chondroma
RESPIRATORY	Cough, expectoration	Bronchitis, acute	Silicosis, smoker's lung	Chronic (obstructive) bronchitis	Bronchiectasis emphysema	Bronchial carcinoma
CARDIO	Functional heart	Endocarditis	Coronary heart dis.	Heart failure	Myocardial infarction	Endothelioma
GASTRO	Heartburn	Gastroenteritis, gastritis	Hyperplastic gastritis	Chronic gastritis, malabsorption	Atrophic gastritis, liver, cirrhosis	Stomach cancer, colon cancer
URINARY	Polyuria	Urinary tract infect.	Bladder/Kid. stones	Chronic Urinary tract infect.	Renal atrophy	Cancer
BLOOD	Reticulocytosis	Leucocytosis, suppuration	Polycythaemia, thrombocytosis	Aggregation disturbance	Anemia, thrombocytopenia	Leukemia
LYMPH	Lymphedema	Lymphangitis, tonsilitis lymphadenitis	Lymph-node swelling	Insufficiency of lymph lymphsystem	Fibrosis	Lymphoma, Hodgkin-/ non-Hodgkin-lymphoma
METABOLISM	Electolyteshift	Lipid metabolism disturbance	Gout, obesity	Metabolic syndrome	Diabetes mellitus	Slow reactions
HORMONE	Globus sensation	Thyroiditis	Goitre, adenoma	Hyperthyroidism, Glucose intolerance	Menopausal symptoms	Thyroid cancer
IMMUNE	Susceptibility to infect.	Weak immune syst. acute infection	Weak reactions	Autoimmune disease, immunodeficiency, chronic infections	AIDS	Slow reactions
	Alteration*	**Reaction***	**Fixation"**	**ChronicForms***	**Deficits***	**Decoupling***
PSYCHE	Functional psychological disturb. "nervousness"	Reactive depressive syndromes, hyperkinetic syndrome	Psychosomatic manifestation, neuroses, phobias, neurotic depression	Endogenous depression psychosis, anxiety neurosis, organic psychosyndroma	Schizophrenic defective states, mental deficiency	Malaria, catatonia

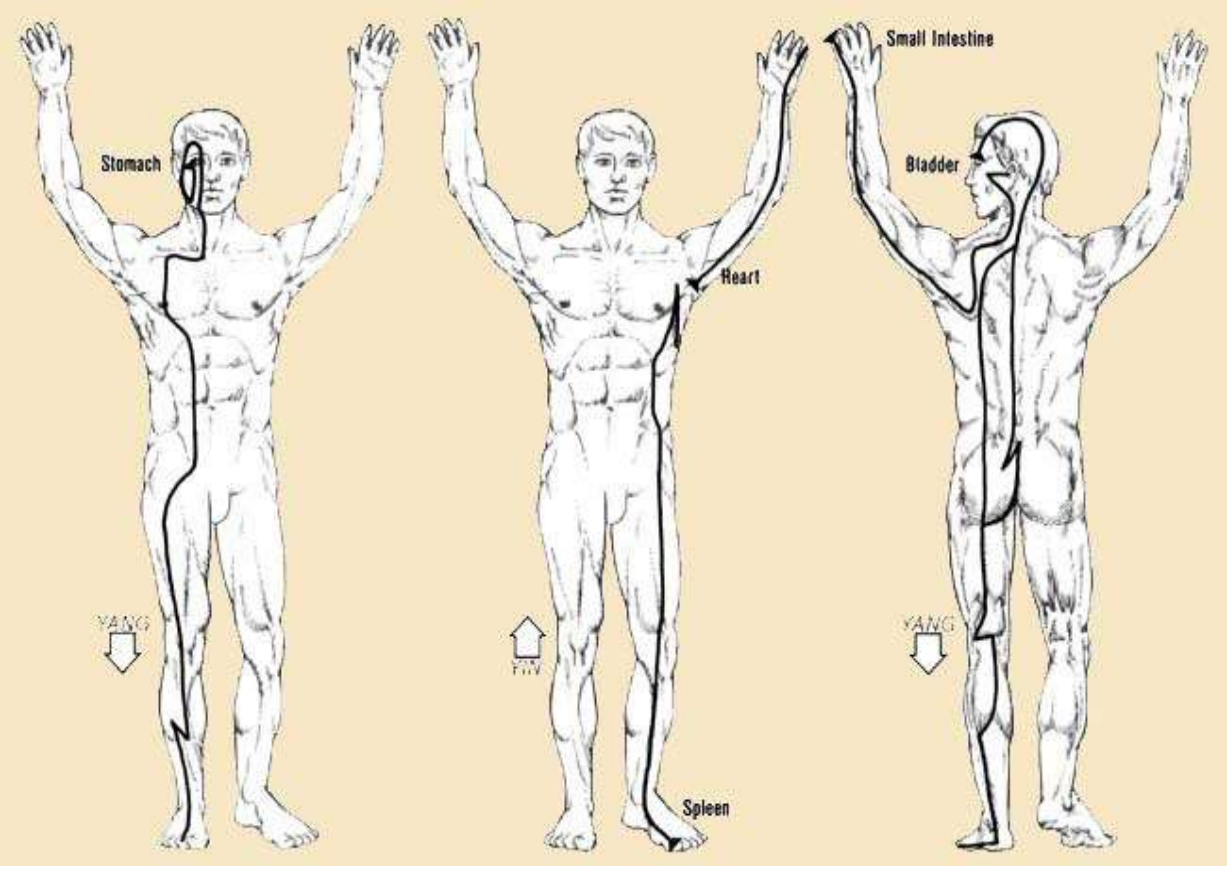
The 6 phase table is a field matrix reflecting medical experience based on careful observation and empirical learning. It is a phase by phase arrangement of disorders with no direct relationship between them. No causal pathogenetic link between disorders can be inferred. The structure of the table makes it suitable for developing a prediction system giving a better assessment of the possibilities for a vicariation effect.

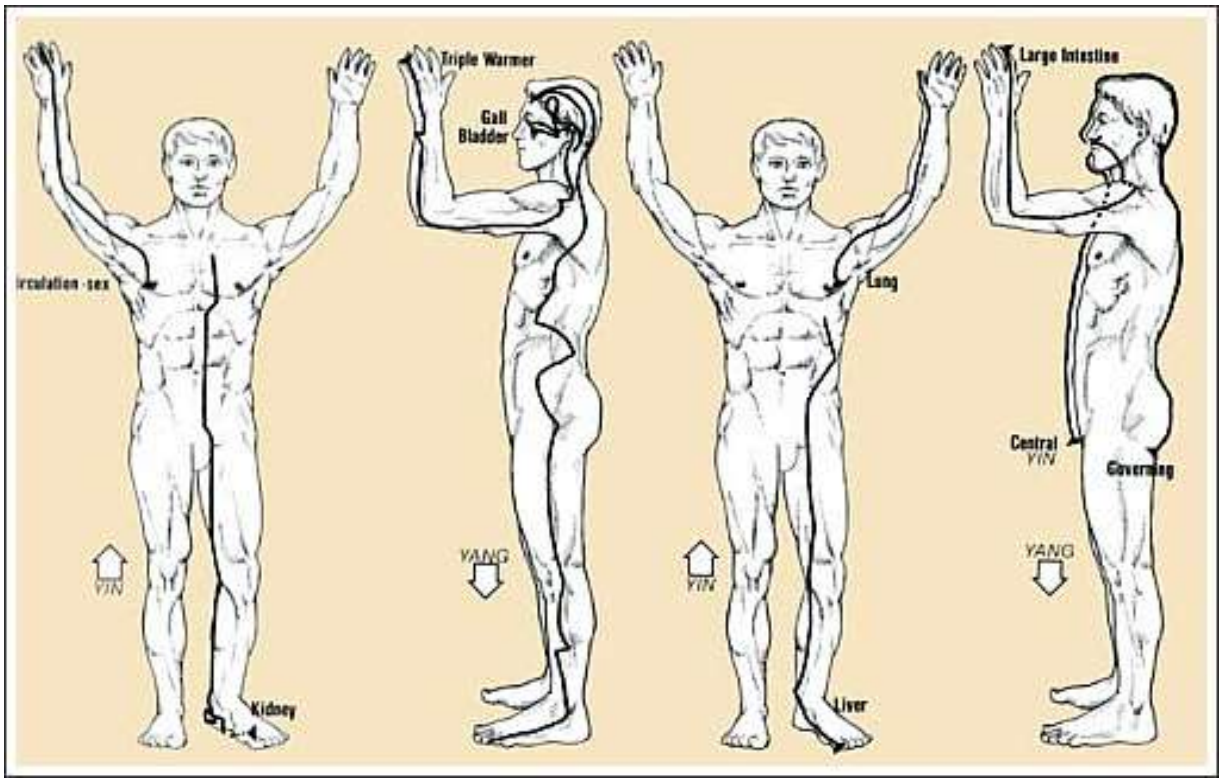
HOW THE WHOLE BODY IS CONNECTED

You will understand more and more that the whole body is connected. That is why, no matter what the disease, we treat the whole body. If the hair is dull and lifeless, it is not a hair problem; it is a nutritional or stress problem and the whole body is suffering. If you have recurring headaches, it is not just that the head aches, it is a message from the whole body indicating that there are imbalances happening somewhere in the body, or perhaps more likely, blockages. If you have cancer in the liver, the whole body is sick, not just the liver (that is why just cutting out the cancer rarely works, the body is sick and cancer just metastasizes to another area, giving you a stronger message: fix me or you are out of here).

This next part will attempt to show you how wholistic therapy looks at the body as being a whole unit of energy. Remember, the blood runs throughout the whole body, delivering messages through the veins and arteries. The cerebro-spinal fluid moves in a gentle rhythmic motion from the top to bottom and bottom to top and from side to side. The nervous system connects every little part of the body in every little way - that is why when you stub your toe, you can feel it in your head!

Chinese Medicine has shown us about energy MERIDIANS. These can now be seen with special lighting and with biofeedback, we can measure their strength and weakness and relate that to various organs. When these meridians can get blocked, just as a running stream in the forest can be blocked with debris causing filth and disease to accumulate, so too can blockages occur in our meridians (streams of energy), causing disease to happen. Chi (Qi) is the Universal Life Force Energy which flows through the pathways.





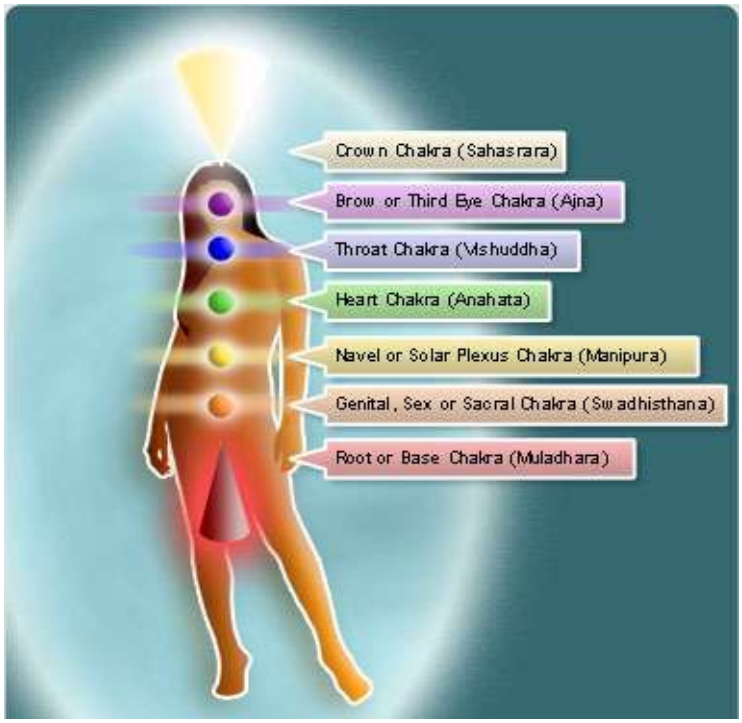
Chinese have been using acupuncture for many centuries to relieve pain and suffering by using needles inserted into acupuncture energy points of the body which travel to various organs. We are not allowed to do acupuncture without licensing, but you can learn acupressure to help move the energy through these meridians and promote good health. 'Touch for Health' was developed by Dr. Thie in the last century - a method of 'running the meridians' and applying pressure to various muscles and energy points to bring the body back into balance and heal. You can learn to do it on yourself and your friends and family, and even animals, and it works great.

CHAKRAS

We learned about chakras from India. They are energy centers positioned in different parts of the body. They spin and release energy in the area, affecting the various organs.

It is easy to learn how these energy centers work, how they can be measured and treated to help the whole body.

Good health is all about balance. This has become very important in the last 30 years of our natural healing evolution. Some people can see the chakras and feel them spinning, but even if you don't have that ability, you can learn what they represent to your body and your health and you can learn to work with them to heal the whole body.



Chakra	**Area** **Sanskrit name**	**The more petals, the faster spin spin**	**Gem, Colour, Ruling planet, Frequency**	**Functions**
1st Chakra	Root Muladhara	4 petals	Gem: Bloodstone, garnet, ruby Colour: red or black Ruled by Mars Frequency: 396 hz	Controls and energizes whole visible physical body, esp. bones, blood, muscles, tissues of body and internal organs, adrenal glands, sex organs. Affects body heat, general vitality and growth of infants & children. Relates to our survival needs. Slowest moving Chakra. Weakness: cancer, bone cancer, leukemia, arthritis, back problems, blood ailments, allergy, growth problems, low vitality. To maintain balance you need to be stable and flexible, in contact with true survival needs and not be too obsessed by them.
2nd Chakra	Sacral/Reproductive Svadhisthana	6 petals	Gem: Ruby, Carnelian, Citrine Colour: Orange Ruled by Sun Frequency: 417hz	Bodily functions, liquid: circulation, urinary elimination, sexuality, reproduction. Centre of sexuality, emotions, nurturance, pleasure, creativity. Imbalances show in physical body, uterine or bladder trouble, impotence

				frigidity or excessive sexuality.
3rd Chakra	Navel/Solar plexus Manipura	10 petals	Gem: Citrine, Calcite, topaz Colour: Yellow Ruled by Mercury Frequency: 528hz	Will chakra, represents get up and go, action, vitality, sense of personal personal powerhouse Spins faster than the lower chakras, but not as fast as those above it. Energy, vitality, desire, power
4th Chakra	Heart Anahata	12 petals	Gem: Rose quartz, Kunzite, Rhodochrozite Colour: green/pink Ruled by: Venus Frequency: 639hz	Balancing point of Chakra system. Relates to heart, lungs, thymus. Illness could be respiratory problems like asthma, heart problems, high blood pressure. Interconnection between self and love for others. Love, hope, compassion.
5th Chakra	Throat Visudda	16 petals	Gem: Kyanite, blue topaz, azurite Colour: blue Ruled by Moon Frequency: 741hz	Controls, energies throat, mouth, ears, arms, hand. Attributes: expression, communication, creativity. Weakness: fear of communicating true inner thoughts and feelings, difficulty expressing self, excessive shyness, talking too much, not listening. Constant recurring colds & flu.
6th Chakra	3rd eye Ajna	96 petals	Gem: amethyst, moonstone, sugilite Colour: indigo or violet Ruled by: Saturn Frequency:852hz	Center of visual psychic and intuitive perception. Attributes: clairvoyance, memory, dreams, vision. Weakness: eye problems, headaches, nightmares, hallucinations, blindness, pineal gland problems. To clear chakra maintain innocence of a child by getting away from cynical approach of seeing what we expect to see, and start to see and experience everything as if it were for the first time.
7th Chakra	Crown Sahasrara	960 or 972 or 1000 petals	Gem: Herkimer diamond, clear quartz, selenite. Colour: Violet or white Frequency:963hz	Controls and energizes pineal, brain, entire body. Major point of prana. Attributes: intuition, imagination, visualization. Receives information and ideas which can be run through the lower Chakras then manifested. Ruling the pituitary gland, the Central Nervous system and cerebral cortex. Spins extremely fast. Weakness leads to feelings of depression, alienation, confusion. To clear develop and progress in your spirituality.

ELIMINATION CHAKRA (Base)

The Elimination Chakra or the first center is ruled by GANESH, considered the lord of the material world. The lotus flower here has four petals and is the seat of the earth element. Here the individual learns to develop will power in varying degrees, allowing for one's fulfillment of obligations and mundane duties. consciously activated will power can manifest to a point where fast moving objects such as cars or trains can be stopped immediately, such as truly supernatural powers of the ridhis and sidhis. These psychic powers are shunned by Spiritual Masters as they fulfill no true spiritual enlightenment.

REPRODUCTIVE CHAKRA (Sex)

The Reproductive Chakra or the second center is ruled by BRAHMA, accredited as creator of the earth world, for the world's population is fathered and mothered through this chakra. The lotus flower has six petals and represents the creative power, with the ruling element being water. These elements of earth, water, fire, air and ether are the five states of matter which entirely comprise the earth world. Innumerable paths originate from this chakra due to their respect for the miraculous powers of procreation, birth, and pleasure. The kundalini is situated at this chakra, so naturally kundalini yoga feeds from this source. Diverse subdivisions of kundalini yoga vary in their strenuous efforts to turn the coiled serpent around and raise this energy up and along the spinal column. This lower reproductive energy is void of true spirit, even though humanity worships these powers supernaturally or through associated pleasure. The Kundalini is derived from the prana energy, a subdivision of the body's motor currents. Spiritual unfoldment commences through the sensory currents, which are nirat and surat, the seeing and hearing attributes of the soul, versus the motor currents.

NAVEL CHAKRA

The Navel Chakra or the third center is ruled by the god VISHNU. Eight petals adorn the lotus flower and the ruling element is fire. Within the navel chakra are thousands of veins and arteries called nadis, which furnish the body with necessary nourishment. thus Vishnu is viewed as nourishing the entire world. Some souls incarnate with a natural affinity towards this substation, while others raise their energies to this center through hard meditation; the difference between the two being staggering. As a Saint or master initiates the chela to the second level, the individual's energies automatically rise to this chakra, enlivening the chela's inner consciousness to a height never before imagined or experienced. Once full enlightenment is extracted from the navel chakra, the energy can then rise to the heart chakra. Various paths are sustained by the navel chakra powers, such as beating of drums within the native American tradition, and numerous meditation forms.

HEART CHAKRA

The Heart Chakra or the fourth center is ruled by the god SHIVA, with twelve petals comprising the lotus flower. The power here predominantly deals with both destructive and breath, with the ruling element being air. Pranayama yoga springs from this chakra denoting breath control, whose practitioners assume a raising of energy to the brain centers and eventually releasing of the prana or kundalini, and thus gaining miraculous powers. enlightenment in degree occurs, but with loss of the student's mental balance and equilibrium. Without the assistance of a true Sat Guru, one's experience is considerably less and more dangerous than initially desired. Once the prana energy reaches its source of origin, which is the chittakash or the sky of the astral region, pranayama yoga

followers experience the height of their ascent. Few fully realize that no current or energy can deliver one beyond its place of origin, nor can students travel beyond the regions acquired by their guru, regardless of their desire for these resplendent regions.

THROAT CHAKRA

The Throat Chakra or the fifth center is ruled by the goddess SHAKTI, known also as the goddess Astangi with her eight arms. Here the lotus flower has sixteen petals and the ruling element is ether. This fifth stage to a majority of yogic practices is considered a very astute attainment, for they identify the ultimate Kingdom of heaven as lying just above this center, and this attainment as worthy of a life's sacrifice. The center above is merely the headquarters of mind and soul within the physical body; the Kingdom of heaven secretly exists seven chakras further up.

The throat chakra sustains the three chakras below it, for all nerve ganglions and chakras are nourished and held in balance by the power just above them. Shakti is considered the mother of Brahma, Vishnu, and Shiva, meaning that through the power of the throat chakra, the lower heart, navel, and reproductive chakras derive their generating power. The names of these gods and goddesses are symbolically personified to offer easier understanding to seekers and students. The subtle and gross influences of the chakras upon humankind remain abstract to most, mentally confusing to others, and become a precise explanation for a few. The chakras are easily and fully understood while lovingly transcended in walking the path. The chakras should never be underestimated, for all creation, sustenance, and destruction within one's body manifests through the universal application of their indigenous powers.

The Saints and Masters call the throat chakra goddess AVIDYA, meaning ignorance or delusion, for once higher consciousness is experienced, previous throat chakra wisdom becomes ignorance and incompleteness. The Shakti power deludes the entire world, influencing humankind's inadvertent substitution of these lower four gods and goddesses for the higher realities. Shakti accomplishes this feat by applying maya, the feminine counterpart to illusion.

MAYA rules the first five chakras, while ILLUSION controls the sixth, seventh, and eighth chakras.

The throat chakra attracts the experienced religionist who pursues the Divine through stringent mental effort, intellect versus emotion. Philosophers and metaphysicians congregate here, having transcended religious zealotry, but still befuddled by the workings of maya at this chakra. dependency on the intellect and major creative expression predominate here; the arts' in-depth research and mental acquisition through logic, reason and analysis naturally flourish at this chakra. The lower identity of the individual takes form here, consisting of an admixture of the four chakras below. The knowledge guiding and directing the individual ego here is inundated with six lower forms of illusion, sleep, dream, verbal delusion, memory and incomplete knowledge.

DO DAL CHAKRA (Ajna)

Do Dal Chakra or the sixth center is the highest chakra within the physical body and is ruled by one's intellect. Soul and mind are inextricably locked together at this center, with soul controlled by the mind. this chakra is located just behind the two eyes, and in arriving at Do Dal, the rising energy goes through the two

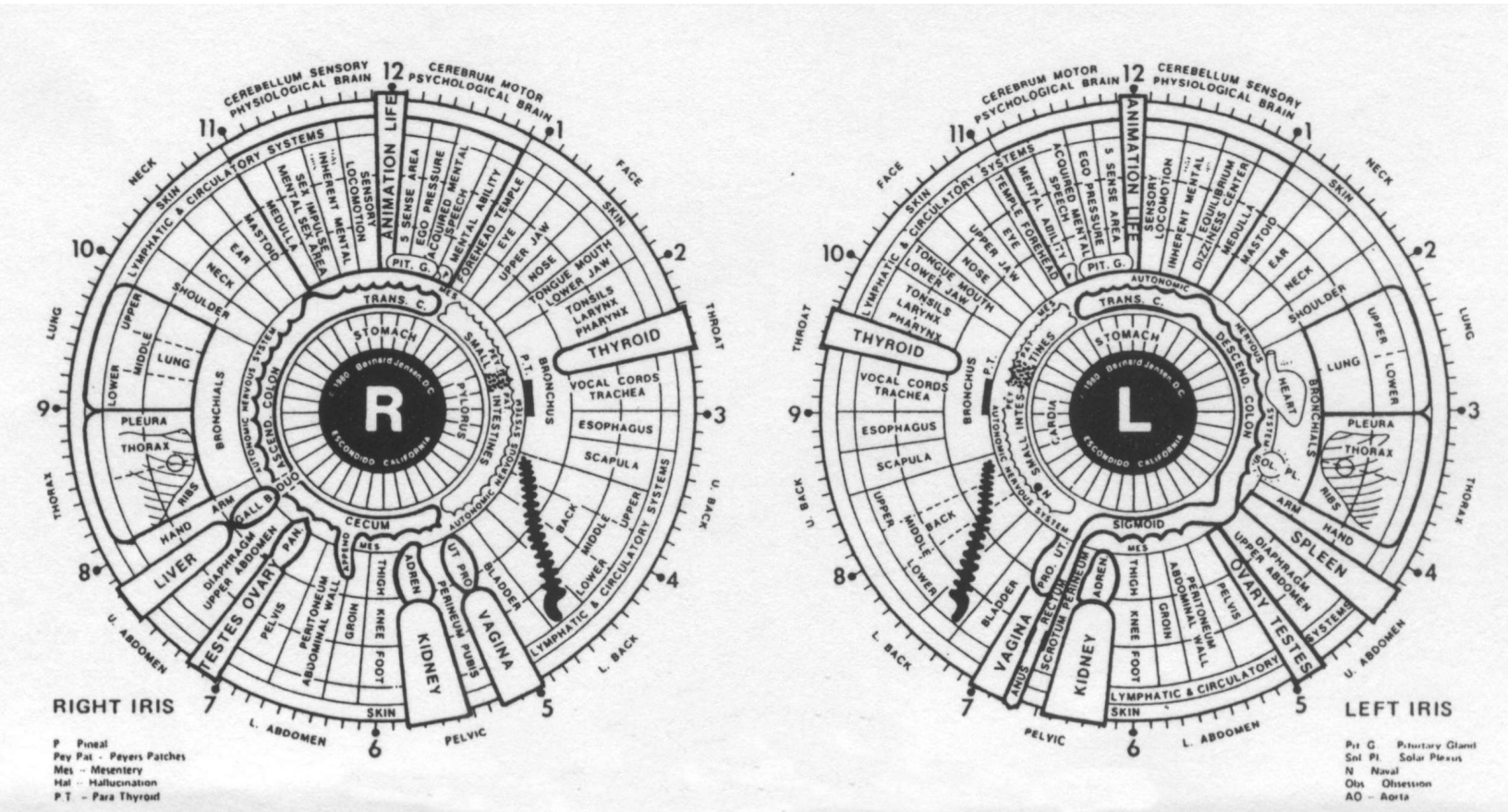
eyes and witnesses the white and black colors inherent to these organs of sight. Do Dal chakra has two petals, signifying the mind and soul in their knotted state; the ruling element is ether. The student's supreme purpose upon arrival here is to untie the knot of mind and soul. The ruling element of ether should not be underestimated, for it allows the mind to recognize its ability to think, a practice reserved for only the human body. No other life form has the fifth element of ether; the animal has four elements, the avian (bird) species has three, the plant kingdom has two, and the mineral family has one element. Each element is added to the overall organism as it naturally ascends the vast ladder of evolution. Once the stage of humankind is reached with the fifth element bestowed, one begins to understand that life is more than just the lower species. Soul receives the human body to aid its ascent, with either promoting and assisting this transitional stage. The entire human experience is solely gifted to the individual to realize the Kingdom of heaven. One leaves the animal state of consciousness and begins the arduous journey into the spiritual state of consciousness, with the human body serving as the transitional vehicle which bridges the infinite abyss between animal and spirit.

No chakra is self-supporting for it receives its existing and sustaining energy from the chakra just above. Each higher chakra is all inclusive to the chakra below, for when the practitioner's energy ascends to the next higher chakra, its benefits plus those of the lower chakras are at one's disposal. A seasoned student often assumes the chakra one currently resides within is the final and absolute stage of spiritual unfoldment. One's presumptuous and arrogant mind naturally assumes one has acquired the highest, for one's teaching is the purest and truest, and the spiritual mysteries have been fully perceives.

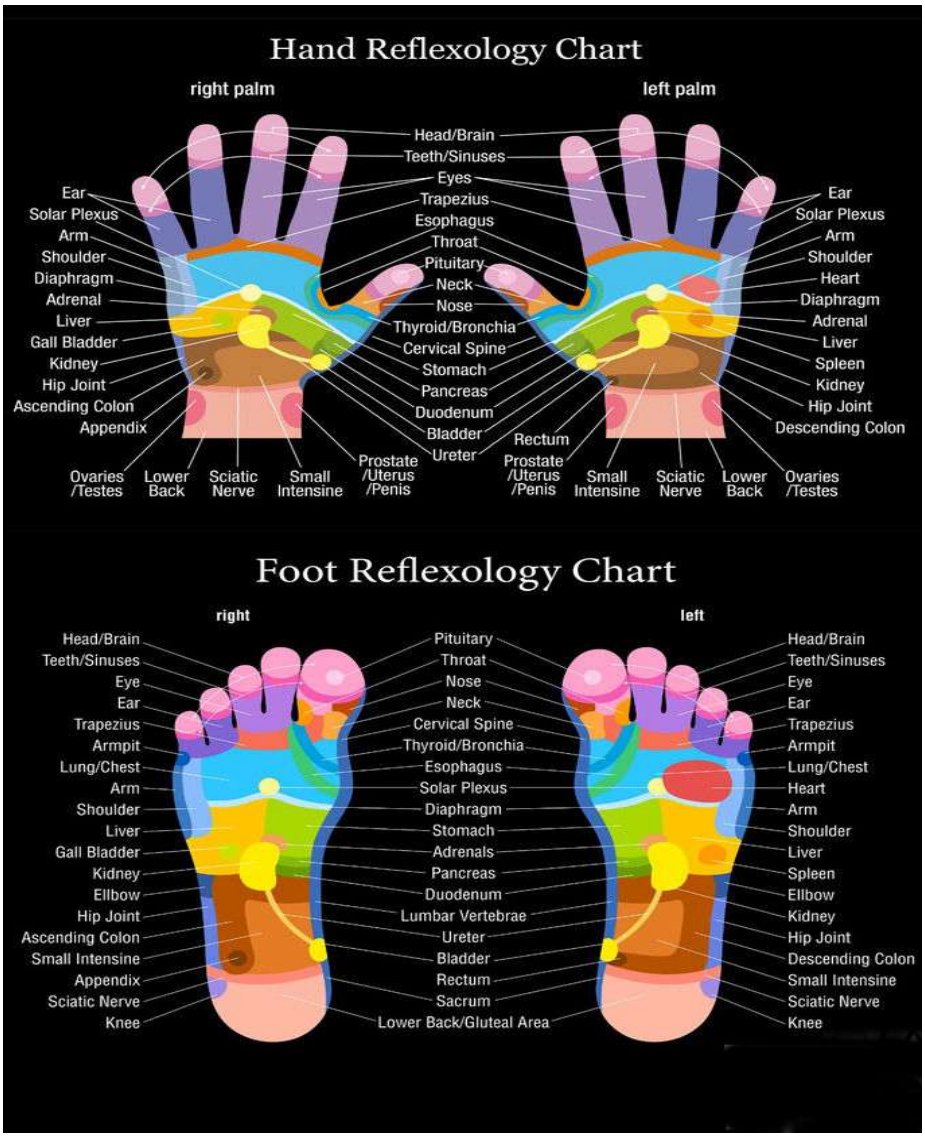
IRIDOLOGY

The EYES also reflex to every part of the body. 90% of the cranial nerves go through the eyes so they are a very good messenger of what is happening in the body. Iridology is the science of looking at the iris to see what is happening in the body. It can reveal where toxins are building up, the type of genetic structure a person has, weaknesses, stress, anemia, arterial build up, digestive disorders, and many other abnormalities. See the eye chart that follows. A lot of this information was accumulated by the German physicians over the last couple of hundred years, however the Chinese also have found the same information and in the last century, Dr. Bernard Jensen, stepped forward in America and became the guru teacher of Iridology, refining it to a fine art.

This science of looking at the iris to determine health problems is a couple of hundred years old. Parts of the eye reflex to other parts of the body. In addition it can display toxicity, genetic strength or weakness, stress in the body, digestive weaknesses and many other things. If you see a mark in your eye in the area that reflexes to an organ in the body, it may very well be that that organ is having difficulties or is weakened in some way.



FOOT and HAND Reflexology hands, we can reflex certain parts of the rest of the body,



By pressing and kneading various parts of the feet or hands you bring healing energy and relief to stressed areas.

TEETH and Dental Work

Now we also see that our TEETH are not just porcelain niblets attached to our jaw . They are extensions of the bone. They are live organs (see information following) and they have been mapped to correspond to different parts of the body. If you have an infection in your front tooth, it may be that the kidneys or sinuses are also suffering (or vice versa).

You can get clues to your own health situation by paying attention to what part of the body is having trouble, and whether it reflexes to other parts. You may not be able to massage your own sore back but you may be able to help your back by massaging your feet or your hands.

For many years we have been hearing of studies regarding the dangerous dental practices that the public have been subjected to for the last 100 years or so. You will continue to hear a lot more about it and we finally are now seeing a few changes in dentistry as to how they use amalgam fillings. What we can give you here are some cutting edge bits of information to spur you on to perhaps greater indepth investigation so you are armed on how to help your body in this area.

A tooth is a live organ. It has sources of blood, nerves and lymphatics. Blood and lymphatic flow through dentinal tubules flowed from the canal through all the dentinal tubules bathing the inner parts of the tooth giving it 'life' and a hydrostatic pressure, keeping the bacteria and viruses from entering into the tooth and feeding on the protein within the dentinal tubules.

Many dentists are moving against the traditional recommendations of the Dental Association and coming forward to reveal damage that has been done, and continues to be done regarding dental work. Their concerns caused from dental work are:

- **Toxicity from dental materials used (eg. mercury, copper)**
- **Bio-compatibility to Dental Materials**
- **Electro-galvanism and ion migration (you are not suppose to combine mercury and gold, but they do)**
- **Root canals as a cause of illness**
- **Hidden bone disease eg. infections of the jawbone**
- **Relationships between Specific Teeth and Illnesses (see Tooth/organ chart that follows)**
- **Neuro-Muscular Body Balance**
- **Sleeping Disorders eg. snoring, sleep apnea, ringing in ears**
- **Autonomic Nervous System Balance (oral systemic balance)**

Wholistic Dentistry is now starting to take hold and a number of dentists are electing to not do root canals, or use amalgam fillings. It is a slow process in educating the dentists but your demands can push the whole industry forward to better care.

Extractions

When a tooth is extracted the Peridontal Ligament either remains in the tooth socket or comes out with the tooth. If it remains in the socket it prevents bone growth, creating an environment for bacteria and viruses to live and heavy metals and pesticides to settle. To prevent infection or toxic conditions from development have your dentist surgically remove 1-2mm of bone within the tooth socket which removes the peridontal ligament from the jawbone.

Root Canal Therapy

Root Canal Therapy is performed when the nerve has been exposed by trauma, a carious lesion, a cavity or unexplained death of a nerve. The blood vessels, lymphatic system and nerves to the organ (the tooth) are removed and a filling material is placed inside the canals to seal it tight.

Prior to root canal therapy, the tooth has 1-3 miles of Dentinal Tubules in it's root structure. Dentinal Tubules are 30 microns in diameter (very tiny). The temperature within the bone is approximately 100°F, and it is very dark and moist. Access is made to the center of the tooth and the canal is shaped so the filling material, a liquid paste and gutta percha, can be placed to seal the canal. However, the Protein that was in the dentinal Tubules is now trapped. Once a tooth is dead, there is no hydrostatic pressure from within the tooth to keep viruses and bacteria from entering the dentinal tubules and feeding upon the dying and necrotic 'proteins' left behind when the tooth was alive. The treatment has destroyed the natural pathways for the tooth to be nourished and waste disposal pathways no longer exist. Therefore, the necrotic debris 'oozes' into the PDL.

Holistic dentistry recommends extraction of the tooth with complete debridement of the tooth socket and surrounding bone.

The Mouth Reflects Other Parts of the Body

You should understand that what happens in the mouth, is a reflection of problems in other parts of the body. (see tooth chart follows). For instance an unnatural bacterial colony in the mouth indicates a diseased intestinal flora (and vice-versa). Diabetics display pasty gums with soft tonus and bluish red appearance. Nephritis displays grey to grey-blue gums, swollen tight with uncongested veins. Mycoses in the oral area are always an expression of a general organic immune weakness, a diminished defence capacity in the whole body. The causes or factors of oral mycoses may be, among other things: chronically diseased teeth, fillings with amalgam, nicotine, antibiotic treatments, denatured nutrition, isolated carbohydrates, synthetic flavourings and fluoride containing toothpastes.

Traditional Chinese Meridian Organs														
Heart, Small Int., Circulation/Sex, Triple Warmer	Stomach Pancreas		Lung Large Intestine		Liver Gallbladder	Kidney Bladder		Kidney Bladder		Liver Gallbladder	Lung Large Intestine		Stomach Spleen		Heart, Small Int., Circulation/Sex, Triple Warmer
Associated Western Medicine Joints, Organs and Glands														
Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS. Ant pituitary	Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary, Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #2Parathyroid; #3Thyroid Right Breast		Right: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine #4 Right Breast		Right: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Pineal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palatine Tonsil. Eye. Hypothal. Left Liver, biliary ducts.	Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine #13 Left Breast		Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #14: Thyroid #15: Parathyroid Left Breast		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary
															
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
32	31	30	29	28	27	26	25	24	23	22	21	20	19	18	17
															
Traditional Chinese Meridian Organs														
Heart, Small Int., Circulation/Sex, Triple Warmer	Lung Large Intestine		Stomach Pancreas		Liver Gallbladder	Kidney Bladder		Kidney Bladder		Liver Gallbladder	Spleen Stomach		Lung Large Intestine		Heart, Small Int., Circulation/Sex, Triple Warmer
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Right: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Right heart, Rt. Duodenum, terminal ileum. CNS.	Right: Shoulder, elbow, hand (radial) Sinus: Paranasal and Ethmoid. Bronchus, Nose. Right lung. Right side of Large Intestine		Right: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Rt. Side of Stomach. #28: Ovaries, Testes Right Breast		Right: Post. knee, hip, lateral ankle Sinus: Sphenoid Palat. Tonsil. Eye Ovaries Testes Rt. Liver, gallbladder.	Right: Post. knee, Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Right kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee. Sacroiliac joint. Post. ankle. Sinus: Frontal Pharyngeal Tonsil. Adrenal. Left kidney, bladder, ovary, uterus, prostate, testicle, rectum		Left: Post. knee, hip, lateral ankle. Sinus: Sphenoid. Palat. Tonsil. Eye. Ovaries, testes. Left Liver, biliary ducts.	Left: TMJ, anterior hip/knee, medial ankle. Sinus: Maxillary. Oropharynx, Larynx, esophagus, Left Side of Stomach. #21: Ovaries, Testes Left Breast		Left: Shoulder, elbow, hand (radial), foot, big toe. Sinus: Paranasal and Ethmoid. Bronchus, Nose. Left lung. Left side Large Intestine		Left: Shoulder, elbow, hand (ulnar) Sacroiliac, foot, toes, Middle Ear. Left heart, Jejunum, Ileum. CNS. Ant pituitary

Search the internet: "tooth meridian chart" and you will see tooth charts that are interactive, telling you how a tooth relates to an organ in the body. If you are having difficulty with a tooth, it may be affecting a particular organ or vice-versa.

Fluoride

Avoid brushing teeth with fluoride containing toothpaste, drinking water that contains fluoride and having fluoride treatments. Fluoride is a by-product of aluminum manufacturing and it might be a nice way of getting rid of the mountains of fluoride that the manufacturing plants have to deal with, but it doesn't belong in our body. We now understand after decades of being told fluoride was good for us, that it is very detrimental to our immune system, and in fact does not improve our teeth, quite the opposite.

Natural Products to Use for Mouth and Teeth Health

Use a toothpaste without fluoride (can get at our clinic or many health food stores). After brushing and rinsing you can apply a drop or two of peppermint oil (essential oil/aromatherapy) to the brush and massage it into the gums. This is very stimulating to the gums as well as having the ability to kill bacteria.

If you have mouth or gum infections, try diluted colloidal silver in a little water in the mouth - there is also an easy spray version on the market that you can just spray into the mouth.

Heavy Metals in Denistry

Mercury, aluminum, cadmium, silver, tin, gold and copper are a few of the metals that have been used for fillings in the past. If you can, have old fillings removed that contain these substances, and replace them with porcelain type fillings.

Removing Amalgams

Never remove a tooth that has an amalgam attached, it could lead to necrotic root toxin which may be flushed into gum and body carcinogenicity, and neurotoxicity.
Remove always with adjacent 'clean up system'

Make sure the spray from drilling out the amalgams, is directed away from your nose so you don't breathe in any toxins. A rubber dam is usually used so you don't inhale through your mouth or accidentally swallow any toxic material.

Important detox material: selenium, zinc, algaes, and also Vit. C long term.

Detoxing Heavy Metals and Chemicals

Two natural foods that detox these naturally are chlorella and cilantro. You can add these as supplements to your daily diet to help eliminate poisons from the body. We also have products that we use to assist the body in detoxifying correctly. Remember, when you detoxify, drink lots of water and make sure you have no constipation - that way the poisons leave the body in a more efficient way through the liver-bowel and kidney. If you want to embark on a program, let us know so we can test what is appropriate for you.

VACCINES

This is a hot topic. First let us begin by saying, we are not against vaccines. However, we do want to push for treatments and drugs that are safer than what are being presented to us. We should not be guinea pigs for medical money making machines

and we should not be forced into taking dangerous prescriptions or vaccines against our will.

In 2018 we were unaware that China, along with Canada and the United States, was developing a virus which was later called "Covid 19". It was released upon an unsuspecting population worldwide and a vaccine was of course then quickly developed to counteract the virus. Many people were hurt, and some even died from the virus (about the same amount that we expect each year from the flu virus). Many more were hurt and died from the vaccine. That wasn't the issue that many were so upset about. It was because the public were forced to take the vaccine or they were not allowed to work, or work in or visit hospitals, nursing homes, churches, restaurants, even do military work. Everyone was also forced to wear masks which were proven to be ineffective, and indeed detrimental to breathing. For a few years the world shut down. Many scientists and medical doctors came forward to inform us that the information we were being given was false and dangerous. They were also shut down and de-licensed. If doctors used natural remedies to help the sick, they also were de-licensed. They came after anyone who did not get the vaccine as being dangerous, even to the point of planning to isolate those individuals in concentration camps. A few years after those vaccines (people were suppose to get 2, but it went on and on, up to 6 and 8 vaccines per person, and now being included in the regular flu vaccine), we started noticing "turbo" cancers developing from those that were previously vaccinated. No stage 1, 2 or 3; people were starting right off at stage 4 cancer. We also noticed that myocarditis was happening to those previously vaccinated for Covid 19, even in young people and those quite fit. Airplane pilots and young athletes who were considered healthy, were dropping dead.

Holistically, we should be very careful about putting any type of poison into the body. Always look at the ingredients before making a decision. As it turned out, those vaccines were not properly tested before being released, and apparently no one is being held responsible for the damage done to human suffering to people in countries all over the world.

If you are sincerely interested in learning about vaccines, a good place to start research is on the internet. Go to 'National Vaccine Center's' website and start learning about various vaccines. 'Judicial Watch' is another website. These are watchdogs to help keep us informed about truths being kept from us. Here's a little history about some previous vaccines from the past century.

POLIO - Attempts to make a polio vaccine in early 1900's failed. Then in 1952 Jonas Salk developed the "Salk" vaccine. To make the vaccine, the polio is injected into the kidney of a monkey, allowed to develop and then extracted and injected to humans as the vaccine. Two mistakes were made: first, the vaccine was suppose to contain 'killed' virus, unfortunately it contained the live virus. The vaccine reportedly gave polio to healthy people, many children died, it was pulled from the market. Secondly, despite government coverups, in 1960 a Dr. Ratner found the monkey virus (a cancer causing agent) in the 1955 Salk vaccine - Salk had used the Rhesus monkey as the host to incubate the virus and that particular monkey contained another virus - today we call it retrovirus. The U.S. government was aware of the deadly vaccine, but they allowed it to remain on the shelves of pharmacies for another 1 1/2 years then quietly replaced the old stock with a newer version of the vaccine using the Green African monkey. Between 1955-1963 as many as 98 million Americans received the contaminated SV-40 polio vaccines.

The World Health Organization (WHO) has advised that polio was eliminated from the Western Hemisphere in 1994 and the only cases of polio occurring in the US for the past

17 years have been caused by the vaccine itself.

The National Vaccine Information Center reports the vaccine kills as many as 900 children per year and leaves one of every 62,000 children with permanent brain damage. There is a reaction free vaccine produced in other countries, but it costs more and U.S. drug companies have lobbied to delay the use of the purified vaccine as long as possible.

That's not the end of the story. In the early 1990's, Michele Carbone, Asst. Prof. of Pathology, Loyola University, isolated fragments of SV-40 in human cancers. The viral contaminate from the 1950's appeared in up to 40% of bone cancers and 60% of mesotheliomas, a particularly nasty form of lung cancer usually caused by asbestos exposure.

Senior epidemiologist at the National Institute of Health, Dr. Howard Strickler, help confirm the link between cancers and the tainted vaccine. People who lived in Massachusetts and Illinois who received identified lot numbers of the contaminated vaccine administered in the 1950's are now demonstrating 10 times the rate of osteosarcoma bone tumors as those who received vaccine free of the SV-40 contaminate in other parts of the country. Italian researchers has found the monkey virus in between 14-83% of human brain tumors.
Studies looking for the virus in normal individuals (people free of disease at the time of testing) found SV-40 23% of blood samples and almost half of all sperm tested - the virus could be transmitted sexually and through blood transfusions. Being a blood borne organism, it is also suspected that it passes from mother to fetus.

This led to discover of the worst news of all: SV40 has appeared in 61% of all new cancer patients - patients too young to have received the contaminated vaccine administered 40 years ago.

DPT -(Diphtheria, Pertussis (whooping cough) and Tetanus). The vaccine consists usually of 5 doses between 2 months old - 15 years old. Side effects include seizures, serious allergic reactions, decrease in consciousness, permanent brain disease, death. Journal Pediatrics in 2009 concluded the largest risk among unvaccinated children is the disease the vaccination is designed to protect against.

In 1986 The major vaccine manufactures lobbied Congress to pass the National Childhood Vaccine Injury Act (NCVIA) to absolve them of all liability related to adverse reactions caused by their products. With this Act, the National Vaccine Injury Fund was established by levying a user fee against citizens for immunizing their children.

Since its creation the government has compensated 579 vaccine induced deaths adjudicated through the Federal Court of Claims to the tune of $700 million dollars . 40% (227) of these vaccine induced deaths were originally misdiagnosed as sudden infant death syndrome (SIDS). The American taxpayer compensated the victims of these defective products, the major manufacturer and supplier of DPT in the U.S. (Wyeth-Lederle), watched its profits soar 300% since the passage of this Act. Wyeth-Lederle earned $350 million in sales of DPT last year.
There is a great difference between filing a malpractice case and having damages awarded to the victims of medical malpractice. All told, the dollar amount associated with litigation for negligent practice totals up to only 1% ($10 billion dollars) of the total annual health care tab. This is for all malpractice litigation and vaccine litigation is but a small portion of this amount.

A Harvard Medical Practice Study revealed that of the 1% of patients estimated to be injured as a result of negligence, and only 1/8 ever discovered they were victimized and filed suit, and only 1/16 of those filing suits ever recovered any monetary damages.

MMR – (Measles, Mumps, Rubella) For years people have been complaining about the damage this vaccine has done to their children. Finally they are admitting to the vaccine causing autism in children, permanent brain damage and death. It was in the year 2009 a court case finally got them to admit the truth. www.whale.to/vaccine/mmr2.html is a site you can visit, but there are many.

PNEUMONIA VACCINE - twice pulled from the market because it was determined ineffective, still being recommended.

PNEUMOVAX admits to 1295 hospitalizations and 40 deaths. Pneumovax is produced by Merck & Co. They were all females. See www.whale.to/vaccines/pneumovax1.html.

SMALLPOX VACCINE Many feel smallpox vaccine did not save lives, it spread it around the world with other infections such as leprosy. Whether that is true or not, In 1880 the smallpox vaccine was killing 25,000 babies in England/Wales. In 1921 the number was down to 6,000 deaths from the vaccine. It is thought that smallpox vaccine wiped out smallpox from the planet, but many statistics show it was leaving of its own natural cycle. Prior to U.S. taking over the Philippines, the mortality rate from smallpox was 10%, after commencement of vaccinations, an epidemic occurred and the mortality rate went up as high as 50% in different parts of the islands. In 1918-19 with over 95% of its population vaccinated, the worst epidemic occurred, resulting in a case mortality of 65% with the highest percentage occurring where the most thorough vaccinations took place and vice-versa.

In 1918 the US Army forced vaccinations of 3,285,376 natives in the Philippines when no epidemic was brewing. Of those vaccinated, 47,369 came down with smallpox and of these 16,477 died - and the next year they doubled the experiment, vaccinating 7,670,252 natives - 65,180 victims came down with small-pox and 44,408 died. So in the first experiment 1/3 died, in the second 2/3 died.

ERYSIPELAS - acute strep bacterial infection. During the 22 years from 1859 to 1880 (22 years), 390 people died from the vaccine, increasing nearly 8 fold in 30 years.

VAERS - Yellow Fever Vaccine. From 1996-2006 they are admitting to 21 deaths. Those people are listed www.whale.to/vaccie/vaers_yf.html.

GARDASIL- CERVARIX: 29 deaths in 2 years, 5,000 visits to E.R., causing seizures, strokes, heart problems. More than 1,300 girls in the United Kingdom have experienced negative reactions to the government-mandated Cervarix vaccine for the human papilloma-virus (HPV), according to adverse events reports collected from doctors by the Medicines and Healthcare products Regulatory Agency (MHRA).

Cervarix, manufactured by GlaxoSmithKline, inoculates patients against strains 16 and 18 of HPV, which are believed to be responsible for 70 percent of cervical cancer cases. The British government began a program to vaccinate all secondary school girls in September 2008, and 700,000 have received the injections so far. The government's plan is to have all girls under the age of 18 vaccinated by 2011.

Critics have objected that the government based its decision on studies of women under

the age of 26, rather than studies conducted on school-age girls. In addition, while the vaccine has been shown to prevent against HPV infection in the short term, there is no evidence of its long-term efficacy or that it actually lowers cancer rates.

The MHRA reports show a total of 2,891 adverse events reported in 1,340 girls. The majority were minor and short-lived problems, such as swelling, rashes, pain or mild allergies to the vaccine. A number of cases were more severe, however, including 20 cases of blurred vision, four cases of convulsions, one case of seizures and one epileptic fit. Five cases of partial paralysis were reported, including Bell's palsy (face), Guillain-Barre syndrome (legs), hypo-aesthesia (loss of sense of touch) and hemiparesis (severe weakening or paralysis of half the body).

On June 8, 2006, the Food and Drug Administration (FDA) approved the drug Gardasil. Gardasil is a vaccine against certain types of human papilloma-virus (HPV) which is the primary cause of cervical cancer in women. Several state and local governments have proposed requiring the vaccine for school girls entering the 6th grade.

Gardasil is approved for girls as young as nine years old, despite the fact that the youngest girls participating in clinical trials were 11-12 years old. A recent study, published in the New England Journal of Medicine, also questioned the general effectiveness of Gardasil. Additionally, there has not been a chance to study long term side effects of the vaccine.

A Judicial Watch Special Report gives an analysis of records obtained from the Food and Drug Administration (FDA) concerning a recent vaccine called Gardasil. Gardasil helps protect against four types of human papilloma-virus (HPV). The vaccine was approved in May 2006 and was created and marketed by Merck & Company Inc.

The records include Merck's patent and drug information submitted to the FDA, transcripts and briefing material from approval meetings, and reports documenting health, safety, and efficacy test results, as well as Vaccine Adverse Event Reporting System (VAERS) documents detailing 8,864 cases of adverse effects experienced by people after receiving the Gardasil vaccine. VAERS reports show that at least eighteen people have died after receiving Gardasil.1 Many health officials believe that adverse reactions to medications are widely under-reported, therefore the actual number of adverse events occurring after vaccination with Gardasil is likely to be higher. Judicial Watch uncovered thousands of pages of material pertaining to Gardasil, which is designed to prevent cervical cancer. The controversial vaccine was fast-tracked for approval by the FDA despite concerns about Gardasil's safety and long-term effects. The vaccine is still in the testing stages (final report due September 30, 2009), but it is already being administered to thousands of young girls and Merck has waged an aggressive lobbying campaign with state governments to mandate this HPV vaccine for young girls.

Gardasil was recommended for pregnant women also but was immediately halted when women started losing their babies, having miscarriages and babies were born malformed.

SARS (Severe Acute Respiratory Syndrome) 2003. Wikipedia reports Coronavirus is the basis of this disease. 8,096 known infected cases and 774 deaths (rate of 9.6%) reported worldwide. It started in Guangdong province of China, rapidly infecting individuals in 37 countries around the world. Mortality rate is usually about .6% primarily amongst the elderly but can rise as high as 33%. Viral pneumonia mortality rate is about 70%. The Sars vaccine developed in China's laboratories was never used.

By the time it was discovered, the outbreak had subsided.

CHICKENPOX VACCINE - 2006. The vaccine didn't work and was reported unsuccessful. Health experts reported the vaccine was 85-97% effective. Children still got chicken pox after mass immunization at schools. Mandatory vaccines at schools are still being demanded.

MMR (Measles, Mumps, Rhubella) VACCINE - At a time when health officials are quietly admitting that there could be a link between the MMR vaccine and autism, a new study has also discovered that it doesn't work. Researchers investigating a large outbreak of mumps in 2006, when 6,584 cases were reported among college students, have discovered that virtually every sufferer had been vaccinated twice against the disease. The Centers for Disease Control (CDC) reveals that at least 84 per cent of young adults aged between 18 and 24 years had received two-dose vaccines against mumps. And in 2006 – when the outbreak occurred – the national two-dose coverage among adolescents reached 87 per cent, the highest in US history, and just one point below that needed for 'herd immunity' Incidents of meningitis linked to the measles, mumps, rubella (MMR) vaccine in Japan are far higher than first thought, affecting around one in 1044 vaccinations. The Japanese Ministry of Health withdrew the vaccine in April 1993.

SWINE FLU 1996 There were 500 cases of Gullian-Barre paralysis, including 25 deaths—not due to the swine flu itself, but as a direct result of the vaccine. At the time President Gerald Ford, on advice from the CDC, called for vaccination of the entire population of the United States.

CBS " 60 MINUTES" did a documentary on the swine flu epidemic of 1976 in the U.S. It went on air only once and was never shown again. Watch this video documentary on You Tube and listen to testimony of people who caught Gullian-Barre paralysis because of the swine flu vaccine. They sued the US government for damages.

Finally in 2009 it was announced that more people died of the Swine Flu vaccine than died of the actual flu. There were 500 cases of Gullian-Barre paralysis, including 25 deaths—not due to the swine flu itself, but as a direct result of the vaccine. At the time President Gerald Ford, on advice from the CDC, called for vaccination of the entire population of the United States.

2006 Scandal. The Baxter company has been associated with two deadly scandals. The first event occurred in 2006 when hemophiliac components were contaminated with HIV virus and injected in tens of thousands of people, including thousands of children. Baxter continued to release the HIV contaminated vaccine even after the contamination was known.

World Health Organization maintains an agreement with Baxter Pharmaceuticals to produce the world's pandemic vaccine.

Novartis, the second contender, also has an agreement with WHO for a pandemic vaccine. Novartis appears to have won the contract, since their vaccine is near completion.

Dr. Russel Blaylock, a renounced neurosurgeon is terrified because these pandemic vaccines contain ingredients, called immune adjuvants that a number of studies have shown cause devastating autoimmune disorders, including rheumatoid arthritis, multiple sclerosis and lupus.
Animal studies using this adjuvant have found them to be deadly. A study using 14 guinea pigs found that when they were injected with the special adjuvant, only one

animal survived. A repeat of the study found the same deadly outcome.

What is this deadly ingredient? It is called squalene, a type of oil. The Chiron company, maker of the deadly anthrax vaccine, makes an adjuvant called MF-59 which contains two main ingredients of concern—squalene and gp120. A number of studies have shown that squalene can trigger all of the above-mentioned autoimmune diseases when injected.

The MF-59 adjuvant has been used in several vaccines. These vaccines, including tetanus and diphtheria, are the same vaccines frequently associated with adverse reactions.

Dr. Blaylock reviewed a number of studies on this adjuvant and found something quite interesting. Several studies done on human test subjects found MF-59 to be a very safe immune adjuvant. But when he checked to see who did these studies, he found that they were done by the Novartis Pharmaceutical Company and Chiron Pharmaceutical Company, which have merged. They were all published in "prestigious" medical journals. Also, a great number of studies done by independent laboratories and research institutions all found a strong link between MF-59 and autoimmune diseases.

Squalene in vaccines has been strongly linked to the Gulf War Syndrome. On August 1991, Anthony Principi, Secretary of Veterans Affairs admitted that soldiers vaccinated with the anthrax vaccine from 1990 to 1991 had an increased risk of 200 percent in developing the deadly disease amyotrophic lateral sclerosis (ALS), also called Lou Gehrig's disease. The soldiers also suffered from a number of debilitating and life-shortening diseases, such as poly-arteritis nodosa, multiple sclerosis (MS), lupus, transverse myelitis (a neurological disorder caused by inflammation of the spinal cord), endocarditis (inflammation of the heart's inner lining), optic neuritis with blindness and glomerulonephritis (a type of kidney dise**ase).**

Because squalene, the main ingredient in MF-59, can induce hyper-immune responses and induce autoimmunity, a real danger exists for prolonged activation of the brain's immune cells, the microglia. This type of prolonged activation has been strongly associated with such diseases as multiple sclerosis, Alzheimer's disease, Parkinson's disease, ALS and possibly vaccine-related encephalitis. It has been shown that activation of the systemic immune system, as occurs with vaccination, rapidly activates the brain's microglia at the same time, and this brain inflammation can persist for long periods.

How does gp120 get into the brain? Studies of other immune adjuvants using careful tracer techniques have shown that they routinely enter the brain following vaccination. What most people do not know, even the doctors who recommend the vaccines, is that most such studies by pharmaceutical companies observe the patients for only one to two weeks following vaccination—these types of reactions may take months or even years to manifest.

It is obvious that the vaccine manufacturers stand to make billions of dollars in profits from this WHO/government-promoted pandemic. Novartis, the maker of the new pandemic vaccine, recently announced that they would not give free vaccines to impoverished nations—everybody pays.

One must keep in mind that once the vaccine is injected, there is little you can do to protect yourself—at least by conventional medicine. It will mean a lifetime of crippling illness and early death.

AVIAN FLU VACCINE **Toronto Sun reported in 2009 that Baxter International released seasonal flu virus material from a plant in Austria containing live H5N1 Avian Flu Virus. It was sent to sub-contractors in the Czech Republic, Slovenia and Germany.**
The contamination incident, which is being investigated by four European countries, came to light when the subcontractor in the Czech Republic inoculated ferrets with the product and they died. Ferrets shouldn't die from exposure to human H3N2 flu viruses. Accidental release of a mixture of live avian H5N1 and human H3N2 viruses could have resulted in dire consequences. H5N1 doesn't easily infect people, H3N2 viruses does. If someone exposed to a mixture of the two had been simultaneously infected with both strains, he or she could have served as an incubator for a hybrid virus able to transmit easily to and among people. That mixing process, called reassortment, is one of two ways pandemic viruses are created.

Mike Adams, the Health Ranger, Natural News Editor writes in Vaccines as Biological Weapons:

Live Avian Flu Virus Placed in Baxter Vaccine Materials Sent to 18 Countries:

Deerfield, Illinois-based pharmaceutical company Baxter International Inc. has just been caught shipping live avian flu viruses mixed with vaccine material to medical distributors in 18 countries. The 'mistake' was discovered by the National Microbiology Laboratory in Canada. The World Health Organization was alerted and panic spread throughout the vaccine community as health experts asked the obvious question: How could this have happened?
Or put another way, Baxter is acting a whole lot like a biological terrorism organization these days, sending deadly viral samples around the world. If you mail an envelope full of anthrax to your Senator, you get arrested as a terrorist. So why is Baxter — which mailed samples of a far more deadly viral strain to labs around the world — getting away with saying, essentially, "Oops?"But there's a bigger question in all this: How could this company have accidentally mixed LIVE avian flu viruses (both H5N1 and H3N2, the human form) in this vaccine material?
Was the viral contamination intentional?

The shocking answer is that this couldn't have been an accident because Baxter International adheres to something called BSLE (Biosafety Level 3) - a set of laboratory safety protocols that prevent the cross-contamination of materials.

Laboratory personnel have specific training in handling pathogenic and potentially lethal agents and are supervised by competent scientists who are experienced in working with these agents. This is considered a neutral or warm zone. All procedures involving the manipulation of infectious materials are conducted within biological safety cabinets or other physical containment devices, or by personnel wearing appropriate personal protective clothing and equipment. The laboratory has special engineering and design features.
It is bad enough that governments all over the world have been warning about the likely pandemic flu. Now we find out we cannot trust Big Pharma to handle such bio-hazardous material in a safe manner.
Who knows whether it was intentional? But I sure would like to know what really happened? And I sure would like to see the people responsible fired!

Paul J. Watson adds in "Accidental' Contamination of Vaccine with Live Avian Flu Virus Virtually Impossible:
Czech newspapers are questioning if the shocking discovery of vaccines contaminated with the deadly avian flu virus which were distributed to 18 countries by the American company Baxter were part of a conspiracy to provoke a pandemic.

The claim holds weight because, according to the very laboratory protocols that are routine for vaccine makers, mixing a live virus biological weapon with vaccine material by accident is virtually impossible.
"The company that released contaminated flu virus material from a plant in Austria confirmed Friday that the experimental product contained live H5N1 avian flu viruses," reports the Canadian

Press.
Baxter flu vaccines contaminated with H5N1 – otherwise known as the human form of avian flu, one of the most deadly biological weapons on earth with a 60% kill rate – were received by labs in the Czech Republic, Germany, and Slovenia.

Initially, Baxter attempted to stonewall questions by invoking "trade secrets" and refused to reveal how the vaccines were contaminated with H5N1. After increased pressure they then claimed that pure H5N1 batches were sent by accident. This was seemingly an attempt to quickly change the story and hide the fact that the accidental contamination of a vaccine with a deadly biological agent like avian flu is virtually impossible and the only way it could have happened was by wilful gross criminal negligence.

According to a compiled translation from Czech newspaper stories, the media over there is asking tough questions about whether the contamination was part of a deliberate attempt to start a pandemic.

"Was this just a criminal negligence or it was an attempt to provoke pandemic using vaccination against flu to spread the disease – as happened with the anti-B hepatitis vaccination with vaccines containing the HIV virus in US? – and then cash for the vaccines against H5N1 which Baxter develops? How could on Earth a virus as H5N1 come to the ordinary flu vaccines? Don't they follow even basic precautions in the American pharma companies?" states the translation.

The fact that Baxter mixed the deadly H5N1 virus with a mix of H3N2 seasonal flu viruses is the smoking gun. The H5N1 virus on its own has killed hundreds of people, but it is less airborne and more restricted in the ease with which it can spread. However, when combined with seasonal flu viruses, which as everyone knows are super-airborne and easily spread, the effect is a potent, super-airbone, super deadly biological weapon.
Spreading bird flu would create an instantaneous surge of demand for bird flu vaccines. The profits that vaccine companies such as Baxter International could reap out of such a panic are astronomical.

In addition, as we have previously reported, those that have a stake in the Tamiflu vaccine include top globalists and BIlderberg members like George Shultz, Lodewijk J.R. de Vink and former Secretary of Defense Donald Rumsfeld.

Authorities in both Europe and the U.S. have openly detailed plans for martial law, quarantine and internment should a bird flu pandemic occur.

The other motivation, as we have exhaustively documented on this website for years, is the fact that elites throughout history have openly stated that they want to see a world population reduction of around 80 per cent. Shocking stories like this take the plausibility of that narrative out of the realms of conspiracy theory and into the dangerous reality of conspiracy fact.

This is not the first time that vaccine companies have been caught distributing vaccines contaminated with deadly viruses. In 2006 it was revealed that Bayer Corporation had discovered that their injection drug, which was used by hemophiliacs, was contaminated with the HIV virus. Internal documents prove that after they positively knew that the drug was contaminated, they took it off the U.S. market only to dump it on the European, Asian and latin American markets, knowingly exposing thousands, most of them children, to the live HIV virus. Government officials in France went to prison for allowing the drug to be distributed. The documents show that the FDA colluded with Bayer to cover-up the scandal and allowed the deadly drug to be distributed globally. No Bayer executives ever faced arrest or prosecution in the United States.

TAMIFLU. **President Bush sought to instill panic in this country by telling us a minimum of 200,000 people will die from the avian flu pandemic, but it could be as bad as 2 million deaths in this country alone," writes Joseph Mercola. "This hoax is then used to justify the immediate purchase of 80 million doses of Tamiflu, a worthless drug that in no way shape or form treats the avian flu, but only decreases the amount of days one is sick and can actually contribute to the virus having more lethal mutations."**
In response to this hype — or rather, the reason for the hype — the United States placed an order for 20

million doses of this worthless drug at a price of $100 per dose. It cost the taxpayers around $2 billion.

SEASONAL FLU VACCINE. Many people have one flu shot and swear they will never have another after feeling even worse that when they get the flu. Common reactions are pain, soreness, swelling where the shot was administered and systemically: fever, malaise, aching muscles. If allergic to eggs, there can be hives and anaphylaxis. Flu shots contain several strains of virus, as well can contain heavy metals such as aluminum, and mercury, and formaldehyde. They report reactions only last a few days (about the same as if you had the flu) but many people have complained about permanent damage.
2006 Israel Health Minister removed flu vaccines from the market after 3 people die within 3 days of receiving the vaccine.
In 1996 it was reported the flu shot raises the risk of Guillain-Barre (CTV News), which causes paralysis and death, affects one in a million - not good if you are that one.
2008: reported unsuccessful and stopped.

Dr. Russell Blaylock, neurosurgeon: It is helpful to recall that the Centers for Disease Control with the collusion of the media, constantly tell us that 36,000 people die from the flu each year, a figure that has been shown to be a lie. We are talking about 300 plus deaths for the entire world. Aluminum is used in the seasonal flu vaccine that also is toxic to the brain, causing long term damage.

SWINE FLU VACCINE aka N1H1 2009:
Never before has so much hype been put forth to promote people taking a vaccine shot. Doctor in Calgary says he's not getting flu shots as he was informed only 115 people were tested in the preliminary testing.
Lots of misinformation: preliminary research suggests seasonal flu shot may increase your probability of getting swine flu.
Media is telling that many are dying from swine flu in 2009, when in fact very very few have died, and the ones they are using as statistics have died of pneumonia and complications to already diseased respiratory conditions.
Side effects to swine flu vaccine (admitted) are mild fever, aching muscles, nausea, headache, fainting, soreness/redness/swelling at injection site, runny nose or congestion if using nasal spray vaccine.
In Finland after death in an individual occurred, the vaccine was halted. Retired Minister of Health suggests it is an act of terrorism to deplete the numbers of people on the planet.

2019 COVID VACCINES
A virus that we believed came from Wuhang, China was spreading from its original place into the world. At first we were told it was due to the 'wet' markets of China where they had live animals of all sorts, for sale to be eaten by the public. Then we were told it was due to bats, then we were told many other stories. We eventually found out that a lab in Wuhang was working with a lab in Manitoba, Canada and another in the U.S. To develop a virus. Perhaps they wanted to see how many people it would kill (how effective it was). It was quite a nasty virus, focusing on the respiratory system.
Within months there was vaccines developed and being spread to all countries. The manufacturers made a lot of money, but the side effects of the vaccines were just as nasty as the virus itself. In fact the virus didn't seem to be killing off any more than a regular flu virus did each year.
Rules and regulations started to force people into confinement. No shopping, no church, no visiting, no work etc. Everyone was told it was mandatory to get the vaccine. If they didn't they were offered money, lottery tickets, beer. Still about 30% of the people wouldn't take it. There was a smear campaign against them – they were the cause of the spreading, it was the unvaccinated! Then they were planning on forced confinement of the unvaccinated in concentration camps, but the tide turned. It was found that doctors were told they were not allowed to help anyone with ivermectin (anti-microbial drug), or Vitamin C or D etc. Or they would lose their licence – they squealed, told their stories. Many did give ivermectin or natural supplements, and they did lose their licence. People started protesting (trucker's protest to the capital in

Canada) and they felt the full weight of the law, bank accounts frozen, jobs lost. They were accused of being terrorists, nasis.
Several years later we witness many vaccinated people mysteriously getting Cancer, but not just cancer, stage 4 cancer, and sudden myocardiac infarction from young healthy people. Was this all part of the grand experiment? It was a political mess, but you can't argue with the government; doctors lost their license, military lost their jobs, and many lost their lives.
Lots of new information has come out about who got what vaccine and which ones were the deadliest. This wasn't a regular vaccine, it was an MRNA vaccine, and they are proceeding to incorporate MRNA into the food supply and it is in all flu vaccines now.

PREGNANCY
Dr. Russell Blaylock, retired neurosurgeon is researching and revealing information regarding the vaccines. He predicts long term problems and warns about pregnant women getting vaccines which can cause brain damage to the fetus. He says the mercury used in the vaccine also is the type that damages brain.

He reminds mothers that when the baby is getting its vaccines is just the time when the brain is developing rapidly. Highest admission to hospital is from birth to 2 years old which is when children get their MMR shots etc.

Studies reveal that the virus doesn't get through the placenta to infect the baby but it is the immune reaction in the mother and these immune cytokines pass through the placenta causing the baby's brain to develop abnormally (eg. autism). So any immune stimulation of the mother can produce abnormalities of the baby with no virus whatsoever - you can just stimulate the immune system and get the reaction - which is what a viral reaction does, and it is what the vaccines do.

CERTAINLY THE GOVERNMENT WOULDN'T DO ANYTHING TO HURT US!
Watch the documentary "Deadly Deception" by Nova on educational channel. You will learn that in Alabama for 40 years between 1932 and 1972 a deadly experiment took place where government doctors promised black men free treatment for 'bad blood' or syphilis (Tuskegee study). In fact what almost 400 black men were getting was actually syphilis. When they began showing symptoms all doctors were told to refuse any treatment for them so they could be studied to see how they reacted. They had no idea of what was being done to them, most died terrible deaths. For years it was denied, finally an apology was issued May 16, 1997.

In the 1960's at the Kingston Prison for women in Canada, experiments were conducted by the U.S. on 23 inmates using LSD. The prison's superintendent and federal corrections officials had full knowledge of the experiment. We understand this happened in Quebec and other prisons also. It took more than 50 years for the inmates at a prison to win their case against the Canadian Government.

Very few atrocities are actually revealed when it comes to cover ups by professionals.

In the National News, March 31 2005:

"INSTITUTIONAL detainees subjected to vaccine trials in the 1950s and 60s have been ignored by the Government's compensation commission and now a lobby group has threatened to take the issue to the European Court of Human Rights.

Last night, the Irish Survivors of Institutional Abuse International (ISIAI) confirmed that they've been informed the Ryan Commission - which continued the work of the Laffoy Commission - is unlikely to be able to process complaints from institutional detainees who were subjected to vaccine trials without permission.

The commission - which is already struggling to cope with the volume of claims to be processed - believes that it does not have the technical or research facilities to properly examine the vaccine issue.

However, the ISIAI argued that the vaccine trials for pharmaceutical companies were amongst the most upsetting and exploitative of the abuses suffered by those in state and Church institutions.

ISIAI chairman Tom Cronin said: "It is almost as if this issue is too damaging for anyone to deal with".

REMEMBER, THE MOST HEINOUS CRIMES ON THE PLANET HAVE BEEN DONE BY GOVERNMENT TO PEOPLE 'FOR THEIR OWN GOOD'.

Russell Blaylock, MD - Tells us What To Do If Forced Vaccination

Dr Blaylock's List of suggestions on How to Reduce the Toxic Effects of the A/H1N1 Vaccine and other vaccines, is as follows:

1. **Number one on the list says Dr Blaylock, is to bring a cold pack with you and place it on the site of the injection as soon as you can, as this will block the immune reaction. Once you get home, continue using a cold pack throughout the day. If you continue to have immune reactions the following day, have cold showers and continue with the cold press.**
2. **Take fish oil. Eicosapentaenoic acid (EPA), one of the omega 3 fatty acids found in fish oil supplements, is a potent immune suppressant. If you take high dose EPA you will be more susceptible to infections, because it is a powerful immune suppressant. However, in the case of an immune adjuvant reaction, you want to reduce it. Studies show that if you take EPA oil one hour before injecting a very powerful adjuvant called lipopolysaccharide (LPS), it would completely block the ability of the LPS to cause brain inflammation. Take a moderate dose everyday and more if needed to tame a cytokine storm.**

3. See: http://lpi.oregonstate.edu/f-w00/flavonoid.html
Flavonoids are third on the list, namely curcumin, quercetin, ferulic acid and ellagic acid, particularly in a mixture. The curcumin and quercetin in particular have been found to block the ability of the adjuvants to trigger a long-term immune reaction. If you take it an hour before the vaccination, it should help dampen the immune reactions says Dr Blaylock.

4. Vitamin E, the natural form that is high in gamma-E will help dampen the immune reactions and reduces several of the inflammatory cytokines.

5. An important ingredient on the list is Vitamin C at a dose of 1000 mg, taken four times a day between meals. It is a very potent anti-inflammatory and should be taken in a buffered form, not as ascorbic acid, says Dr Blaylock.

6. See: http://www.naturalnews.com/002156.html
Also use Astaxathin as it's an anti-inflammatory. According to Dr Blaylock, fatal reactions to vaccines in aboriginal and African children occurred in those who were deficient in carotinoids, like astaxathin. It is a good protection against the toxic effects of the vaccine.

7. Likewise, it was found that children who were deficient in zinc had a high mortality rate. Zinc is very protective against vaccine toxicity. (Do not use zinc mixed with copper however, as copper is a major trigger of free-radical generation according to Dr Blaylock).

8. Ensure you avoid all immune-stimulating supplements, such as mushroom extracts, whey protein and <http://www.betaglucan.org/>beta-glucan.

9. Take a multivitamin-mineral daily - one that does not contain iron. This multivitamin-mineral is to make sure your body has plenty of B vitamins and selenium. Selenium, said Dr Blaylock, is very important for fighting viral infections and it reduces the inflammatory response to vaccines.

10. Magnesium citrate/malate 500 mg of elemental magnesium two capsules, three times a day. (This was not mentioned during the show, but was posted at Dr Deagle's website, See: http://www.clayandiron.com/news.jhtml?method=view&news.id=2103>ClayandIron.com).

11. What is very important is vitamin D3, which is the only 'vitamin' the body can manufacture from sunlight (UVB). It is a neural hormone, not really a vitamin says Dr Blaylock and helps if you are over-reacting immunologically by cooling down the reaction. Similarly, if you are under-reacting, it helps to boost your immune response. In addition it also protects against microorganism invasion.
Black people and those in colder climates are particularly deficient, so they will almost certainly require supplementation.
Dr Blaylock recommends that following vaccination it will help to keep the immune reaction under control if:
i) All children get 5,000 units a day for two weeks after the vaccine and then 2,000 a units a day thereafter;
ii) Adults get 20,000 units a day after the vaccine for two weeks, then 10,000 units a day thereafter;
iii) And with that adults should take 500-1000 mg of calcium a day and children under the age of 12 years should take 250 mg a day, as vitamin D works more efficiently in the presence of calcium.

12. Ensure you avoid all mercury-containing seafood or any other sources of mercury, as the heavy metal is a very powerful inducer of autoimmunity, is known to make people more susceptible to viral infections and will be in H1N1 vaccines.

13. Avoid the oils that significantly suppress immunity and increase inflammation - such as corn, safflower, sunflower, soybean, canola and peanut oils.

14. Drink very concentrated white tea at least four times a day. It helps to prevent abnormal immune reactions.

15. Put parsley and celery in a blender and drink 8 ounces of this mixture twice a day. Dr Blaylock says the parsley is very high in a flavonoid called apigenin and that celery is high in

See: http://www.dietaryfiberfood.com/antioxidants/flavonoid-antioxidant.php>luteolin.
Both are very potent in inhibiting autoimmune diseases, so go and plant some parsley in your garden now.

If you would like to know more about what is happening with Covid vaccines and upcoming vaccines you can visit Youtube, and Rumble to hear these doctors:

Dr. William Makis
Dr. Peter McCullough
Robert F. Kennedy Jr.
Dr. David Martin
Dr. Robert Malone
Dr. Mercola
Dr. Sherry Penny
Dr. Corey
Dr. Judy Milkovich
Dr. Bryan Ardis
Dr. Simone Gold
Dr. Joseph Ladapo
Dr. Ryan Cole (Idaho's lieutenant governor)
Dr. Jane M. Orient (Exec. Director, Assn. American Physicians and Surgeons)

NCI (national citizens inquiry) for vaccines - testimonials

DO YOU KNOW ABOUT.....

ACETYLCHOLINE

This is the most common neurotransmitter produced in the central nervous system and peripheral nervous system. As a chemical, the neurons use it to communicate with each other. It is the primary neurotransmitter which the nerves use to signal muscles to start or stop movement. Products helping acetylcholine in the brain are being used for memory function and Alzheimers.

ADAPTOGEN HERBS

American Ginseng	**Asian Ginseng**	**Siberian Ginseng**	**Schisandra**
Ashwagandha	**Rhodiola**	**Astragalus**	**Devil's Club**
Herb Robert	**Holy (Sacred) Basil**	**Licorice rt**	**Cordyceps**
Holy Basil	**Lycium berry**	**Reishi mushroom**	

These are relatively new to the market. Adaptogenic herbs strengthen the body's immune response and increase ability to cope with physical and mental stress. They are also used to increase overall vitality, having a normalizing influence on the body. Adaptogens are generally not used to treat specific ailments, but used for long term to help person achieve more healthful state. Adaptogens should be non-toxic and have minimal side effects. Bryonia root may have adaptogenic properties but because the herb is potentially toxic, it is not included as an adaptogen, however it is widely used as a homeopathic remedy.

Adaptogens benefit people who constantly suffer minor ailments such as colds. They also greatly benefit those struggling with chronic ailments such as autoimmune disease. Because they help the individual cope with physical and mental stress, they are highly useful in people who feel tired, run down, stressed, burned-out and ill.

ALPHA LIPOIC ACID

This is an organosulfur compound derived from octanoic acid. It is an antioxidant, made by the body and found n every cell. If you get a good quality, it can work miracles in the body. It helps the blood sugar stabilize by turning glucose into energy. People are taking it for heart disease, high blood pressure, liver disease (esp. hepatitis), brain function, degenerative diseases, diabetes and peripheral neuropathy and even glaucoma and cataracts.

ASHWAGANDA

Withania somnifera (Ashwagandha) is a plant of the nightshade family, used extensively in Ayurvedic medicine and in recent years has grown very popular in North America. It is being used as an adaptogen and in India is being called "Indian ginseng" because of its rejuvenating properties. People are finding it help with anxiety and depression, stress, helping reduce degeneration of the brain. It has some anti-inflammatory properties, helps memory, immune, blood sugar and cholesterol.

ASTRAGALUS

Once considered an Asian herb, it is now widely used in North America for helping the immune system. It appears to trigger immune cells from a resting state into heightened activity. It is known for affecting non-specific defenses like promoting macrophage and monocyte function and interferon activity. Lots of testing has been done and this has gained a lot of respect in the healing community.

BUTTER OR MARGARINE?

Absolutely avoid margarine. Butter is much healthier but it is saturated and so small amounts only should be used.

CARNITINE

L-Carnitine is an amino acid. It is sold as L Carnitine or Acetyl Carnitine. It helps the body turn fat into energy so it is often sold as a weight management product and used by body builders. Claims are also being made about it helping mental disorders including Alzheimers and late life depression.

CLEANING VEGGIES AND FRUITS

Have you ever wondered whether those expensive veggie washes are worth the money? The editors of a popular health magazine put it to the test. The first group of fruit was washed with a veggie wash, second group used diluted vinegar, third group scrubbed the fruit, and the fourth group was washed with just plain water.

Using Veggie Wash: Use diluted vinegar (one part vinegar to three parts water), and rinse afterward with pure water.

Using Scrub Brush: It turns out the scrub brush removed 85% of the bacteria.

Using Vinegar: For smooth skin fruits & vegetables: fill a spray bottle with 3 cups water, 1 cup white vinegar. Use about 6 squirts for an apple to coat the surface, then rinse under tap water. For broccoli, lettuce leaves, or spinach, soak the vegetable for 2 minutes in the vinegar solution in a clean bowl (not the sink which contains bacteria itself), then rinse. For lettuce you will need to separate out the leaves.

Plain Water: Researchers at the Institute of Agricultural and Environmental Sciences at Tennessee State University performed the same test, with the same results. By the way, they also said using plain clean water as a soak and then rinsing the produce worked very well, removing up to 98% of the bacteria!

CLA

Conjugated linoleic acid supplements hit the market around 2000. People find using CLA reduced their body fat if they were overweight and that is why it is now found on the shelves of health food stores. Many suffering from hypothyroidism have found using it was helpful as well.

COCONUT OIL

Coconut oil has become a major player in the health industry. Topically it is used to penetrate into deeper layers of the skin to keep connective tissues strong and supple. It is used on the hair when dry or damaged. Internally it is now used in cooking and in supplement form for a plethora of problems as a seeming cure-all for everything from acne to cancer. It has proven itself for alzheimers, something quite profound! But it is also used for oil pulling to help with tooth and gum problems.

COLLOIDAL - IONIC - NANO(nanomicelle)

These all refer to the molecular size of the product. The smaller the substance, the easier it is to pass through the membrane of a cell and be absorbed by the body. Today's technology is all about discovering how to make substances more absorbable (bio-available).

Colloidal divides particles which are approximately 10 - 10,000 angstrom in size by a system that disperses the particles. The most famous is Colloidal Silver where very fine particles of silver are put into solution via electricity, allowing the body to absorb silver in a healthier manner.

Ionic substances have been changed to be even more absorbable, being less than 1 angstrom in size

Nano particles are similar to Ionic. Some products will say it is 'Nano-Ionic". Nano particles should allow for zero waste of the product and be fully absorbed.

You need far less vitamin/mineral supplement if it can be better absorbed. A nana-ionic

supplement of 176 mg Calcium and 92mg Magnesium can be equivalent to taking a 1500 mg capsule.

CURCUMIN/CURCUMA

This is the principal compound 'curcuminoid' extracted from the spice Turmeric (member of the ginger family). Some claim it can help protect the body against cancer, but it is mostly known to be used for inflammation as in arthritis, fibromyalgia. Also used for hepatitis, diarrhea. The better the quality, the better the success.

DIFFERENCE BETWEEN COQ10 and UBIQUINOL?

CoQ10 is also known as ubiquinone. Ubiquinol is an enriched reduced form of CoQ10 which is so essential for ATP production. It is a potent lipophilic antioxidant which can regenerate other antioxidants like Vitamin E and Vitamin C. Ubiquinol has appeared on the market in the last 3-4 years, but it has been known since in 1957 when CoQ10 was discovered. It hasn't been commercially available until recently because it has been difficult to stabilize in its reduced form.

'Ubiquinol' is a term comes from the word ubiquity, meaning it is omnipresent/everywhere: in every cell of our body, and is associated with our mitochondria. Ubiquinone must be converted to ubiqunol before use in the body. Ubiquinol is already in that reduced form and ready for use. Ubiquinol represents more than 90% of the total ubiquinone and ubiquinol in human plasma. Our ability to convert ubiquinone to ubiquinol in the body decreases with age which is why seniors are turning to using Ubiquinol for increasing their wellbeing. With the ubiquinol people gradually feel better, sometimes it slowly creeps up and only when the person stops taking it do they realize what a positive effect it had.

These types of higher quality supplements are available at our clinic where we can test for usage and dosage.

DMSA

Dimercaptosuccinic acid. It is available in pill form through health food stores and clinics as a heavy metal chelation which helps de-plaque the arteries and improve circulation in the body. It also removes minerals from the body, so they should be replaced.

DMSO

Dimethyl sulfoxide, an organosulfur compound, a by-product of the wood industry and has been used as a commercial solvent. It is used in medicine for pain and inflammation by topical application because it penetrates the skin well. Sometimes it is used with other drugs as a delivery system into the skin. It has also been used intravenously to lower very high blood pressure in the brain and to treat bladder infections.

EDTA CHELATION THERAPY

This is used by a few doctors as a method of chelating the heavy metals out of the arteries to assist in de-plaquing and improving the flow of blood in the body. 30 treatments are normally required, usually weekly and it is done by intravenous application.

EPIGENETICS

Be prepared, there is a new buzzword around, EPIGENETICS. We are in the midst of revolution in biology and how we look at our bodies and our health. Our genes are not telling the whole story of who we are. The answer is a vast network in our cells that turn our genes on or off. Scientists thought once they deciphered the human genome, they would find the answer to every disease there was. What they found was that

humans had the same number of genes as fish and mice, not very complex as once thought. The same genes that make a fruit fly, a worm or a mouse, also make a human. What a come-down!

So what accounts for the vast differences between species? They found completely different diseases can be caused by the same abnormal genes and for some reason it even becomes important whether the gene came from father or mother. An outside influence such as the parent is affecting the gene, beyond the structure of the gene! Chemical Tags called 'methyl molecule' can affix to genes thereby affecting the genes and even DNA directly, others grab the proteins and tighten or loosen them to turn genes on or off. We have millions of these tags that are controlling how our genes are expressed. These tags and others control gene expression through a vast network in the body called the "epigenome".

THIS IS THE IMPORTANT PART: What determines our cells is not the genes but how these genes are turned on or off. They found that what the mother did while carrying the baby, had a direct effect on the cells of the baby and even that baby's future offspring. Environment also has a direct effect on our epigenome, damaging the cells, and that can be passed on to our offspring, and their offspring. They found that taking nutrition into the body can silence those methyl tags. Apparently our genes need instructions and it is the epigenetics that plays into this. This explains why identical twins, with identical genes/DNA, will end up with different diseases. Their lifestyle and nutrition will have a strong effect on their genes and health. Nova (public t.v.) did a great show called 'Ghost in your Genes" that explains this well.

This gives some explanation as to how a person can manage to survive and be relatively healthy when they were born with a weak and damaged DNA. It is exciting to think that mainstream medicine is coming closer and closer to being wholistic.

EXOTIC FRUITS

Mangosteen, Goji, Lyci berry (same as Goji), Noni Juice, Acai Berry. It seems that we like things that come from foreign countries. They are all good fruits, high antioxidants. So are our own fruits: black cherry, concord grape, prune juice, apple juice, pear juice.

EXOTIC MUSHROOMS

Cordyceps sinensis, Reishi mushroom, Shiitake mushrooms, Maitake, Mushrooms have been show to enhance Natural Killer Cells. It is being used extensively in helping cancer disorders.

5 HTP

5-Hydroxytryptophan, also known as oxitriptan is an amino acid, sold in health food stores and widely used a many things: appetite suppressant and weight loss, as an anti-depressant, and to help people sleep. Some people swear by it, works well for them, others say no.

FLAX VS FISH OIL

We are concerned that as our oceans deplete, so will our source of Omega 3 oils. These oils are taken from the fatty build up behind the cheeks of deep, cold, seafish. Omega 3 helps protect against heart disease, strokes, clotting in the lungs, diabetes, tumors, arthritis, asthma, PMS, water retention, inflammation, and multiple sclerosis. Many people take omega 3 oil it because after 3-6 months they notice their skin is soft and smooth.

Information from Dr. Gabriel Cousens confirms what we suspected - flaxseed and the flaxseed oil is actually a better source than the fish, so we don't have to slaughter our

little finny friends to keep ourselves healthy. Flax seed contains 18-24% omega 3, compared to 2% in fish. Also, the fish oil doesn't actually supply omega 3, it supplies the EPA, therefore limits the body's options to make what it needs from the omega 3. Another benefit is when you actually eat the flaxseed, the flaxseed has a special fiber called lignin that the body converts to lignans, helping build up the immune system and protect against cancer, fungus and virus. Just 2 teaspoons of flaxseed oil a day raises the levels significantly. Also, fish oil is high in cholesterol (3 1/2 oz cod liver oil contains 570 mg cholesterol, about the same as 2 egg yolks. Lastly, with the oceans now becoming so polluted, it is getting harder and harder to get toxic free fish.
We suggest doing 1-2 tablespoons flaxseed oil a day on your salads, (you can also drizzle it on bread instead of using butter). Added benefit is eating the actual flaxseed which you should grind in a little nut/coffee grinder just before eating - easy to sprinkle a tablespoon on salads and cereals or in smoothies.

GABA
Gamma Aminobutyric acid is a neurotransmitter produced by the bring. GABA is an amino acid which acts as a neurotransmitter in the central nervous system and it inhibits nerve transmission in the brain, calming nervous activity. It is being sold on the market in capsules. A lack of GABA can manifest as problems sleeping, anxiety.

GLUCOSAMINE AND CHONDROITIN
For many people taking these work wonders to repair tissue in joints and muscles. It takes about 6 weeks to build up in the body before many notice a difference. It has peaked in its applications and new products are slowly taking its place.

GRAVIOLA
This is a South American herb that is being used to treat cancer, by some it is very effective.

GREEN TEA
Green tea has now found its place in the market. Higher in antioxidants, if you drink lots of it, it can help the immune system. Because you can only drink so much, it can be found in capsule form. Many people find it helpful to use for weight loss.

HOLY BASIL
Botanical names "Ocimum Sanctum" and "Ocimum tenuiflorum/TULSI". This has become very popular adaptogen herb for helping with stress, anxiety, gastric ulcers, inflammation. It even shows promise for protection from radiation poisoning and cataracts.

HUMIC - FULVIC ACID
Humic acid is the dirt or soil left after fungus has broken down leaves etc. A small portion of the humic acid is called 'fulvic acid' which is the key that opens cell membranes so that nutrition can pass into cells. Seeds blow into this dirt and the fulvic acid opens the membranes of the seed to allow humic to flow into the seed. Unfortunately the pesticides we put on the soil kills the fungus needed to provide healthy soil. Humic/Fulvic acid is now available in liquid form as a supplement to our diet.

HYALURONIC ACID
Mostly used in skin creams as an anti-wrinkle, and also in joint formulas where it is said to help cushion the joints - eg. osteoarthritis.

KANIWA
Baby quinoa. Gluten free. To cook use 1 cup grain and 2 cups water. Bring to a boil, reduce heat to low, cover and simmer 20-25 minutes. Allow to cool, fluff with a fork and then use in your salad.

KONJAC ROOT (Glucomannan)
This is a dietary fibre that can absorb up to 200 time its weight in water, used to control hunger. It is low in calories, helps stabilize blood sugar.

L THEANINE
This is an amino acid that has become quite important lately. It is used to reduce Stress, tension, help you be more alert.

MACA
This is Lepidium meyeniii, a perennial plant found in Peru and Bolivia. It is highly nutritious. Many feel it should come from Peru to have proper medicinal value. In the past it was eaten the same way as corn, price etc.
Lately it has reached the market as an energy and hormone/sexual enhancer as well as reducing enlarged prostate glands. High consumption can cause goiters if the person is lacking iodine.

MARIJUANA – CBC oil and THC oil
This is now legal in Canada. CBC oil is sold in health food stores and has been shown to really help inflammation. Like arthritis type pain. Good for animals as well as people.

THC is the part of the hemp plant that makes you sleepy, and relaxed. It is good for those people who have insomnia or stress, but like alcohol, don't drive when taking it.

MELATONIN
This is a hormone from the pineal gland in the brain that regulates other hormones but also helps the body maintain the circadian rhythm, It is produced in the evening to help us relax and sleep, and during the day it is not produced so we can stay awake. 3 mg is the usual strength that works. It does not appear to work for everyone and for some it seems to have the opposite effect or produce side effects of nausea, headache, dizziness, shaking, abdominal cramps.

MSM
Methylsulonylmethane - natural sulfur is used mostly for joint cartilage and pain, but also for helping skin, hair and nails. Many of the joint products include MSM in the formula such as Glucosamine Sulphate.

MACUNA PRURIENS aka 'the velvet bean' **is an herb from india, and with its high levels of naturally ocurring L-dopa (precursor to neurotransmitter dopamine), it is currently being used for Parkinson's disease. The plant is part of the bean family and is helping to prevent heart problems by lowering blood pressure and cholesterol, for anxiety and depression. Standard dosage is 500-1000mg a day.**

N-ACETYL CYSTEINE (NAC)
This amino acid with anti-oxidant properties has been used for a few decades. It has been used to detox poisons from the body, to boost the immune, help clear the lungs. It is a precursor in the body to the antioxidant glutathione which is produced within the cells, especially in the liver. It has been used for cystic fibrosis, cancer, bronchitis,

treatment of bipolar and on and on.

NATTOKINASE
This is a natural product that is used to dissolve blood clots, it prevents the clumping together of red blood cells. It is a systemic enzyme isolated from the traditional Japanese soy food, natto.

NEUTROTRANSMITTERS
There are 4 main neurotransmitters that help the brain function: Dopamine helps beta brain saves, energy and your working memory. Acetylcholine helps alpha brain waves, the speed at which the brain works, and your immediate memory. GABA (gamma aminobutyric acid) works on the theta brain waves for rhythm and balance, verbal memory and helps calm, better sleep. Serotonin works on the delta brain waves for good sleep, visual memory, keeps you happy.

PROTEOLYTIC ENZYMES
These are also referred to as 'proteases' - enzymes that break down proteins in your digestion. They are usually taken at the beginning of the meal where proteins are consumed. They are widely used wholistically in treatment of cancer where proteins become toxic, especially used are the pancreatic proteolytic enzymes.

QUERCETIN
This is actually a plant pigment found on onions, berries, tea, red wine/grapes, apples and green leafy vegetables. It and it classified as a flavonoid. It has been shown to inhibit histamine release when having allergic reactions. It is also used as an anti-inflammatory for fibromyalgia. It is contraindicated with some antibiotics.

RESVERATROL
Resveratrol is found in the skin of red grapes and other fruits. Red wine contains very little of it so people take it by supplement. It is sold as an anti-aging formula, supports the heart and cholesterol.

RHODIOLA
Rhodiola rosea is an herb that grows in the cold regions of our planet such as the Arctic. It has a positive effect on moods, depression, fatigue by changing the serotonin and dopamine levels in our brains. It is classified as an adaptogen.

SCHIZANDRA
Another adaptogenic herb that helps the body adapt to stress. It is also used for chronic cough and asthma and when the body is weak and having spontaneous sweating, night sweats, thirst, palpitations, short of breath. It is used for nervous exhaustion.

SAM-E
This is S-adenosylmethionine, first discovered in 1953. It has been approved as a drug in 14 countries and has been successfully prescribed.

Medically it is used for psychiatric problems, liver problems, PMS, infertility, and musculoskeletal disorders such as osteoarthritis or fibromyalgia. In Canada and U.S. you can buy it in health food stores and many people find it helpful for depression. We have not heard of any negative side effects.

SERRAPEPTASE
Derived from the silk worm, this is now being used effectively as a natural arterial

chelation therapy. It is a proteolytic enzyme that digests non-living tissue, blood clots, cysts and arterial plaquing as well as being a natural anti-inflammatory. It can protect against stroke and is now reportedly more effective and quicker than the usual EDTA Chelation treatments that are quite expensive.

SOY

Is it a good guy or bad? Obviously the organic type are way ahead of the genetically modified. In fact many people won't have anything to do with genetically modified soy. Best way to eat it is the way the Orientals do: fermented as in tofu, tempeh, bean curd.

TELEOMERES

Like the plastic tips on the end of a shoelace, they have found similar caps on the end of the DNA chromosomes. It is believed that these telomeres shorten with each cell division until the death of the cell. An enzyme called telomerase helps maintain its integrity and with human's passion for youth and anti-aging, they can now determine the length of the telomeres through blood and saliva tests. Expect to see telomerase activators on the market, one of which they have already discovered in the herb astragalus (it takes 3 tons of astragalus to produce 3 pd of the molecule TA-65 needed - cost is $600 a bottle so we have a ways to go on this).

TRYPTOPHAN

An important essential amino acid. It helps synthesize serotonin which in turn can convert to melatonin - therefore helping with sleep disorders. Niacin is synthesized from tryptophan. Being lactose intolerant can cause improper absorption of tryptophan in the intestine, which reduces levels of tryptophan in the blood and can cause depression. It is available mostly as a sleep aid.

HOW TO READ BAR CODES WHEN SHOPPING

Because the general public does not like to buy things from China, Taiwan and Mexico, many of the items we buy in the store, won't tell you where they come from. But the bar codes do. Look for the first digits to give you the hint (the most left numbers): If you see number 4 710088 412539 - where did it come from? Taiwan!

690-692.....made in China
00 – 09.....made in USA and Canada
30 – 37.....made in France
40 – 44.....made in Germany
47.....made in Taiwan
49.....made in Japan
50.....made in U.K.
57.....made in Denmark
64.....made in Finland
480.....made in Philippines
629.....made in United Arab Emirates
628.....made in Saudi-Arabia

If the product is produce (eg bananas):

- If it is organic there will be a five digit code, starting with number 9 (eg 94011)
- If it is convention there will be a four digit code, starting with either 3 or 4 (eg 4011)
- If it is genetically modified: there will be a five digit code, starting with number 8 (eg. 84011)

THE FUTURE OF MEDICINE

As we move into this new century you will notice many changes. There are over 7 billion people on the planet now and methods seem to be in the works to better control the human race. This is often done through fear and manipulation as we have seen 2019-2023. We are hearing that people won't be allowed to grow their own food, they won't be given food unless they obey all the rules (eg. get vaccines etc); they won't be allowed to travel from home more than 15 minutes (Edmonton is a trial city for this at the moment), cars won't be needed, farms will be a thing of the past and you will be given food allotments. These are rumors we are hearing now, but everything can change in a heart beat.

We also see a power struggle going on between the pharmaceutical based allopathic approach to medicine, and the natural approach to medicine.

Many factors will drive us into the next phase of how we help heal the body. They are already happening now:

- **it is becoming too expensive to produce medical drugs, many of which cannot be covered by health insurance and many of which do more harm than good. People are therefore becoming skeptical of the synthetic approach to health.**
- **people are becoming more educated about their bodies. Self-education is easy with the advent of the internet.**
- **people are finding they can actually heal their own problems by changing their**
- **lifestyle and learning to do simple natural medicine practices for themselves and their families.**
- **as the new century unfolds, hundreds of inexpensive healing tools and measuring devices are flooding the market and which most homeowners can now afford. These help diagnose problems and treat them easily, inexpensively and usually with no side effects.**

We see the two paths of medicine changing and merging into a more sustainable and usable approach to medicine in the future. ALL ROADS POINT TO ENERGETIC MEDICINE AS BEING THE NEXT FRONTIER. When is this happening? It is already here! What has really pushed us in this direction is: Quantum Physics. Energetic medicine is something anyone can learn, and it is free. Over the next couple of hundred years, there will be massive changes on the planet, many of them will be good, leading us into the next age of humankind, a higher level of consciousness. It is already happening.

How are we using energetic medicine now?

In allopathic medicine: MRI machine, Sonar, Ultra-sound, X-rays, Radiation therapy, Cat Scan machine, Heart Rate Variability Machines, Mammograms, Thermography, Microwaves, Electrocardiogram, Electroencephalogram, Lazers. These are just the ones you hear about, there are more wonderful energetic tools being used in laboratories all over the world.

In natural medicine: Homeopathy and vibropathic machines, Energy Measuring Devices eg. for meridians, Biofeedback machines, Bio-resonance machines, Scalar healing devices, Crystal therapy, Kinesiology (muscle testing), Pendelling, SOTA Instruments, Kirlian, Ultraviolet radiation, Frequency Broadcast waves, Electrodermal therapy, Phototherapy, Magnet therapy, Rife machines, Frequency Generators, Vibrator machines, Prayer, Shamanism, Sound and Colour Therapy, Cold lazer therapy, Radiant Saunas, Far Infrared devices, Voll machine, Vega testing machine, Red light therapy, Blue light therapy, PEMF (Pulsed Electromagnetic Field Therapy devices), Tens device, Earthing Mats, Hand held massage tools, Electrodermal acupuncture devices that do not puncture the skin, Ozone healing therapy, Chi machines, Shockwave PEMF, Foot circulation massagers

In the last century when home healing devices were first introduced, many were banned and confiscated, but with China making so many inexpensive devices that most people can afford, the market became flooded with them, and there doesn't seem to be any way of stopping people from acquiring personal healing opportunities. Wonderful.

NATURAL HEALING CLINIC

Medicine Hat, Alberta, Canada
DONNA RAE, Natural Health Consultant
(403) 526-5700

DONNA RAE, *Natural Health Consultant*

Certificates Received:

Doctor Philosophy Natural Medicine	*Master Herbalist*	*Hypnotherapy*
Doctor Homeopathy	*Wholistic Therapist*	*CranioSacral Therapy*
Doctor of Naturopathic Medicine	*Iridology*	*Bio-Resonance Therapy*
Cert. Biological Medicine	*Nutrition*	

In addition, she has also taken specific training for:

Oriental Diagnosis and Medicine	*Rayid, Sclerology*
Autonomic Response Testing	*ART (Autonomic Response Testing)*
Live and dried blood cell analysis	*Diad Microscopy*
Alfa Thermodiagnostics	*Heart Rate Variability*
Culinary Herbalism	*Herbal Safety Training*
Total Body Modification	*Bio Energetic Synchronized Therapy(B.E.S.T.)*
Body Electronics	*Bio-Kinesiology*
Contact Reflex Analysis	*E Therapy*
Gemmotherapy	*Acupuncture*
Sound Healing	*Color/Light Therapy*
Essential oil/Aromatherapy Healing	*Vitamin and Mineral Therapy*
Shamanic Healing	*Ayurvedic Bodywork*
Body Mechanics	*Spiritual Healing*
Emotional Release Therapy	*Pranic Healing*
Reiki Healing	*Crystal Technology & Healing*
Divine Energetic healing	*Biofrequency and Vibrational Healing*
Shiatsu	*Hands on Healing*
Touch for Health	*Rayid*
Geomacy	*Siberian Bodywork*
Tibetan Healing	*Lymphatic Drainage*
Tuning Fork Therapy	*Homotoxicology*
Voice Energetics	*Quantum Healing*
Qigong	*Gupta*
Bach Flower Remedy	*EFT – Emotional Freedom Technique*
Surat Shabda Yoga	*Radionics*
Reflexology	*Tibetan Healing*
Homeopropylaxis	*Visceral Manipulation*

Donna Rae's Natural Healing Clinic has been operating in Medicine Hat since 1994. For over thirty years her training has led her all over North America and indeed the world, in search for information and methods to helping the body's healing process.

Her training is strictly alternative therapies and absolutely none of the training is recognized by any governmental or health authority, however she continues to successfully assist people that are interested in using alternative methods. She uses her training to find the causes of underlying health problems and takes time to educate the people she meets. She gives thanks to her many teachers (from U.S. unless otherwise mentioned).

Hanna Kroeger, Wendell Hoffman, Lauren Garfield, Bruce Berkowsky, Dr. David Slater, Dr. Brimhall, Dr. John Upledger, Dr. Terry Willard (Canada), Dr. Jeffrey Bland, Dr. Gary Young, Jean Pierre Barral (France), Bernard Jensen, Dr.Valerie Worwood (England), Dr. John Christopher (Canada), Dr. Dick Versendaal, Dr. Klaus Kustermann (Germany), Dr. Alta Smit, Dr. Gunther Bauer, Rhonda Dorren, Dr. Kelly Farnsworth, Bruno Van Brandt, Dr. Rau

(Switzerland), John F. Thie, Dr. James Augustine, Dr. Lloyd, Dr. Dietrich Klinghardt (Germany), Michael Moore, Michael and Lesley Tierra, Paul Bergner, Kiva Rose, Dr. Jerry Tennant, and Llama Dorje, Dr. Gajanan Dhanipkar(India), Ashok Bokar (India), Dr. Isaac Golden(Australia), Shilpa Bhouraskar (Australia), Jeremy Scherr (Africa), Dr. Joe Rosencwajg (Belgium), Balijinder Choker, Robin DiPasquale, Dr. Dickson Thom. What all this training has led to is a good foundation for being a Wholistic Intuit.

The clinic is non-profit and no one at the clinic takes a salary. Its focus is teaching how to keep the body healthy and learn self healing methods. She has taught natural healing courses at various colleges as well as through her own clinic, has authored several books, and for five years hosted and produced a local weekly television show called 'Healing with Nature' and she occasionally writes columns for various newspapers.