

CALIN V. POP, MD

SIMPLE
CLEAR
PRACTICAL

Dr. Pop's Secrets of Good Health

HEALTH 101

What Your Doctor Never Told You

Inspirational Health Advice for the Open-Minded

This book is part of Dr. Pop series of books named "What Your Doctor Never Told You!" Other books in this series are: Depression, Diabetes, Fatigue and Heart Disease. They are available at www.CalinPopMD.com/Books or on amazon.com

Enjoy This Book!

The Secrets of Good Health

HEALTH 101

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Never Told You*

Calin V. Pop, MD

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Chapter 1

A Little Warning

THIS BOOK IS written for those inquisitive individuals who like to read and want to know more. This book is for health minded people. It is for those individuals who are interested in finding out more information regarding correct basic attitudes and philosophy for a healthy life. Please do NOT read this book if any of the following apply to you:

- You don't want to *permanently* change your lifestyle.
- You think there is another trick out there and do not believe diet and discipline are the true keys to success.
- You don't want to put the effort, willpower, and discipline to get better.
- You are not open-minded, and you think academia, universities, Big Pharma, and famous clinics know better.
- You want to continue ingesting processed foods and be sedentary.
- You are always contrary, a fault-finder and skeptic, and nothing pleases you.
- You have a difficult, complicated, severe, or unusual case. For this, please see your doctor. This book offers general and some highly educational information designed to help most individuals, but individual cases may vary. If your case is not straightforward and simple, please seek help from a competent medical professional.

That being said, this book you have in front of you wasn't written in a day. The content is a product of long years and is finally ripe and ready to be delivered to readers. This book was born as a result of two decades of hands on medical practice.

What makes us so special? What makes this guide worth reading? What we do is go beyond borders: we combine conventional medicine with complementary therapies and nutritional supplements, in order to bring the best results and best advice for you and to improve your life.

Our story started a long time ago, and over the years many patients came to ask for our opinion. Thousands of them brought to us products and services and asked for our evaluation. Our expertise has helped shape many answers - some of the products were good, but most of them were, as you could guess, empty promises.

After all this time, we believe we have the experience and the knowledge which gives us the right to say what gives results, what really works, and what doesn't. After all this time, we have seen what kind of mistakes people make and what they do wrong. In a world of fast travelling information, where almost anyone can write disinformation, we can make a clear picture out of the blurry, and many times intentionally confusing, health advice available on the internet.

This book is written to serve you as a guide. Every guide has a goal to which he leads, and our guide will help you get on the right path to a healthier and happier life. This book has a clear goal: to improve your life, without putting you down, without commenting, and without losing time debating with current health propaganda.

We are surrounded by numerous obtuse minds, and some of them play the role of detractors. They are here to mislead you from your path, from the path we will try to put you on. They are trying to mislead you from health advice that can help you make a better change, to mislead you from real advice that could improve your life. Detractors are here to distract you from things which will help you develop into a stronger, healthier and a better person. This misleaders are nothing but negative minds, and unfortunately, these negative minds of detractors create an overwhelming presence in the online and the off line healthcare.

I understand, we are all humans, and we all have different opinions. Having said this, please keep in mind that this book was not written to please

anyone's taste or opinion, nor it was written to be politically correct towards some. In this pre-chapter, I'd like all those who disagree or do not find useful advice in this book, simply to put it down and walk away from it.

We are not open for closed-minded persons. We can't fight closed minded people. They are too many and they are not willing to change their opinions easily.

In this book, you will find my distilled experience and various advice on what delivers results and what does not. This content is based solely on my opinion and the vast experience I have gained over the last few decades.

Where do most people look for advice? Book stores? Pharmacies? No. The answer is: from the internet. All of us have been in a situation when we searched for some advice, and looked for a solution. We read articles, we surf many web-sites, and what we encounter is plenty of confusing and contradictory information. The internet is loaded with confusing information. Here, anyone can write anything and make that available for anybody who has access to the internet.

Most of detractors will not be hands-on real, licensed, medical doctors combining a solo medical practice experience of conventional medicine, extensive hospital experience, with decades of treating real patients with unconventional, functional scientific medicine approaches, nutritional supplements and self-improvement techniques. Most detractors will have just a fraction of the above combination of skills and experience. Most have not seen a real patient in a decade.

This is what makes a distinct difference between a real professional who you can trust, and just some unknown person behind the screen who can write nice sentences with a few added medical terms.

As we have mentioned before, this book, this guide, is for open-minded persons. It is for those who want to improve their life, to bring out the best version of themselves and to know the simple secrets of health. If you are willing to accept, try and experiment or even implement new lifestyles and new habits then you should read this guide to its' last page, transform your life, and live life to the fullest. All the many small steps that you will follow, will lead you to big changes.

This book is a practical guide, which contains many elements that are new, unusual, and that may need implementing. Try to imagine drawing a

simple house on a piece of paper. Skipping one line when drawing the roof will make it look incomplete. You wanted to draw a simple house, but you have skipped one line and are left with a non-satisfying try of a drawing. It is the same with this guide. Implementing this information partially or in the wrong order will only lead to partial results.

Because of this reason, I'd like to emphasize once again, that nonbelievers and closed minded persons are not invited to read the content of this book, since they will not follow instructions and will not implement the advice in a correct way. They will only get partial results at best; therefore will later detract these ideas even more. Starting to read this book with negative attitude will not get you any results, so it is better not to waste your time with this guide.

There is one more group of people that is not welcomed and they are... the critics. If you are one of those, please do not use your time for criticizing this book, since it wasn't written to be criticized, but to be accepted and applied in real life, for real changes and improvement. I'd advise all those who have the criticizing attitude, to use your time for something more constructive, since time is too valuable to be wasted on finding flaws of somebody's achievement. I'd advise you instead of tearing down competition and confusing people intentionally, to build your own health system and your own concepts.

If you desire to strongly express your opinion, consider some other places, where people will listen to you and may have the willingness to debate with you.

But, of course, building something is never as easy as destroying. You know, when it comes to football, sports, politics... and healthcare, everyone is an expert.

As a corollary of the above, in this book there will be less effort spent emphasizing old methods that are not delivering results. As I have mentioned, time should be valued and looking back at a broken bicycle won't get us a new wheel to get moving. Therefore, we will focus on the things that do work, on the things that can give you real results. You will be guided directly into the correct direction, without explaining much why you should not be on another, incorrect direction.

Please be aware that some of the present ideas and advice might sound a little bit shocking or unusual, they can even feel strange, but in

order to achieve great things, you must be ready to make great change. To make this book clear, I will not waste too many words explaining what you should not do and why you should not do that. For the sake of clarity I will only tell you what you should do. For example I will not be spending much time explaining why you should not take daily calcium supplements. Instead, I will just suggest and advise you to take magnesium instead. “But what about calcium?” you might ask yourselves. The answer for you is: if it hasn’t been mentioned, it means you should not take it. This is the whole philosophy. We will keep it nice and clean, simple and effective. No debates, no arguments, and no confusion.

Most of the fluff has been stripped down from this book, as it was written to be a clear, laser-focused, no-nonsense guide that captures the essence of each subject. This guide is practical and concise, unlike the many books and articles that only bring more confusion and create more questions about health issues and controversial health topics.

Because this is supposed to be a practical guide, you will not see long lists of possible causes of an illness or other long, itemized lists. For example, if 90 percent of all occurrences of a condition are the result of just 3 common causes, the remaining 27 possible causes will not be listed; the aim of this book is not to be scientific, in the strict sense of the word. Rather than pummeling you with unnecessary information and medical jargon you don’t need, this guide will serve you as a practical popular science book with lessons you can apply to your everyday life for better health.

Herein, you will read about the things you *need* and the things you *should* do. Just like in life, it is best that you focus on what is good for you, rather than on things that might harm you or bring you no positive change. If you are of a different opinion and willing to debate, please do not start by reading this guide. The guide is based upon my ideas and experiences and only applies to the vast majority of cases. Are there exceptions and outliers to everything? Absolutely!

You may read something that does not apply to you. Likewise, you might apply some of this content and discover that it does not work for you. In any population involving millions of people, there are exceptions, special cases, and complicating circumstances. We are all unique, a rare combination of biological and genetic factors and life experiences that make us who we are as individuals. In fact, for nearly every medical

condition, approximately 10 to 20 percent of cases do not respond as expected to any treatment, for various reasons. The suggestions in this book are not exceptions to this fact. I fully expect that my guide will not apply perfectly to about 10 to 20 percent of its readers; however, knowing that it may help a vast majority of people has made the effort and time in writing it a worthwhile investment.

Even when applying all the advice in this book I have to tell you that there are some people who are currently taking prescription medication for their medical condition that would not be able to safely taper the medication and may have to continue using drugs indefinitely or until science has better solutions. It is beyond the scope of this book to give each reader a unique, customized medication tapering protocol.

Let it be said again that we do not claim that this book will apply to everyone, in every case. If the principles described herein don't work for you, please seek professional help for your condition. Just to be clear, I sincerely ask you to not believe a word I say in this this book! The advice and information in this guide should be considered my opinion and nothing more. When it comes to your health, you are urged to check things out on your own, do some research, and ask professionals for help and second opinions.

Some of the ideas you may encounter in this book are original, entirely the personal opinions of the author. For this reason, you may not find these concepts anywhere else during your research, at least not for some time, nor will you find agreement and approval of them from other doctors, academia, or health authorities. These ideas are not the standard of care or even the standard of thinking. Many are new, cutting-edge, and unproven strategies. If you are only seeking the typical standard of care or expect standard treatments or suggestions, please do NOT read this book.

However, if you are one of those people who are open minded, if you like to explore life to its' most beautiful deeps, if you like to experience new things and improve the quality of your life then this is the guide for you. If you are looking for "out-of-the-box" ideas and concepts and want to bring the best out of yourselves, get better, feel better and bring out the maximum out of you and your life, this is the right book for you. It will give you all the needed things you have missed so far, but you were long looking for.

Chapter Summary

- Don't read this book if you are not open minded.
- Don't believe a word I say, check everything for yourself.
- This book applies to a majority but not ALL people.
- If your case is difficult, complicated, severe or unusual, don't even read the book, please see a doctor.

Chapter 2

Introduction

SINCE THE BEGINNING of humankind, there have been questions about our health. Throughout the decades, many words have been spoken and written on the subject of health preservation and improvement and the curing of various types of disease and ailments.

Now, medicine has reached levels we did not even know existed, and science has given us many answers, yet some questions still remain about our health and wellbeing. In an effort to answer those elusive biological and physiological mysteries, many doctors and scientists have written books and guides. Unfortunately, in spite of good intentions, most of these share one common flaw: They only touch on isolated problems and offer questionable solutions. In fact, some might even set you out on the wrong course of action, and that can only lead to more questions.

Too many are complicated, confusing, impractical, and even contradictory, to say the least.

Why is *this* guide different from all the others? Well, to begin with, for the first time, in these pages, you may discover that getting back to health requires the undertaking of a systematic procedure.

It is impossible to pick and choose only the advice you like or you want, just as you can't simply pick and choose what sequence to dial the digits in a phone number. You have to dial in a very strict order, or you will not reach the right person. In other words, your try to connect will end in failure, or perhaps in a result you do not want. The same is true in our journey to good health.

There is an order and a flow in everything we do. This order and flow exists in our health, as well as in all other aspects of our existence. There is no luck involved. All nature is governed by cause and effect, and those who realize this will be the truly “lucky” ones and gain the life and health quality they have been searching and hoping for all along.

Apart from this, the guide you are about to embark on is your chance to read - possibly for the first time - a book written by a real, licensed, practicing, experienced, medical doctor. The author of this guide provides insightful, knowledgeable, practical advice to improve your medical condition in a healthy way. You will learn how to eat, how to sleep, and how to make small changes in your daily routine that will manifest as big changes and improvements in your life and longevity.

This manual is for curious patients who are willing and aching to get better, healthier, and more vibrant, for the folks who are eager to accept new things and implement them, to adopt healthy habits so they can live life to its fullest. You may already be familiar with some of the advice you read, but much of it will likely be new to you. Herein, we will reveal and debunk several myths and false concepts that are prevalent today. We will expose false tracks and put you on the right ones to better health.

Chronic illness is a misunderstood subject. Most of what you know and what you hear about illness and disease is false, tainted with tremendous confusion and misunderstanding. This is the very reason so many people are afflicted with serious health conditions. If the causes and treatments for any illness were crystal clear, there would not be so many books, conferences, associations, and diets related to those. Most people simply don't know what to think or believe about their illness or what to do about it. If they did, we would not be seeing millions upon millions of new cases of chronic illness, every year, all over the globe.

Of course we cannot deny the fact that there are big commercial interests that thrive on products that curse people with rampant disease, industries that would sell their own mothers to see the entirety of the general public helplessly addicted to their unhealthy offerings. These industries have political clout and are economic forces to reckon with and be feared. Escaping their stranglehold is not easy, and they are often the culprit in the chronic illness epidemic.

Being in a state of great health is rare. Why is this? Because we all eat and drink artificial foods and drinks, because they taste good and because we want a temporary energy boost. The truth is that we are only cheating ourselves. The problem with these quick-fix energy “solutions” is that they are only temporary, and they take a bitter toll on our bodies over time. As is the case with most stimulants, we can develop a real dependence or even a habit or addiction involving these products, and we begin to require more and more just to achieve the same results. For instance, if you drink a cup of coffee or a can of caffeinated soda every time you feel tired, your body will soon need more than that one cup or can and may become exhausted when you don’t up the ante. Your body will begin to rely more and more on artificial, man-made, unnatural sources of energy.

What if we told you that you can get all the energy you need, when you need it, from natural sources? How about a continuous supply of energy, a constant reserve you can always count on? The answer is quite simple, but it is not always easy.

For most of us, the balance of our blood sugar is crucial to our wellbeing. Generally, improving blood sugar levels requires simple changes in our daily habits and lifestyles. Everything we do during the day affects our blood sugar, whether it is watching TV, reading, working, or eating. Our blood sugar determines our energy level. In turn, the quality of our concentration and work performance depends upon our energy level. This is why it is so crucial to keep blood sugar levels under control and to avoid extremes in either direction.

There are two ways to refill your energy bar, natural and artificial. The big difference and the essence of this whole story is that artificial energy boosts are short term and will not give you something to rely on. The boost you get from them will last for a couple hours maximum, leaving you even more exhausted when they wear off. With your strength and energy resources depleted, your productivity will also decrease, and this will have a very negative effect on your whole day. To sum it up, the answer for a reliable reserve of energy does not lie in short-term, instant energizers or quick fixes but in making healthy choices. Fast energy-boosting means borrowing from a *future* reserve of energy, and your body will pay it back with interest.

The goal here is not just to increase energy but, most importantly, to increase it in a healthy manner. If you feel exhausted and are lacking energy, you must know the underlying cause for it. There can be many solutions to the exhaustion puzzle. Maybe you are getting low-quality or not enough sleep. Perhaps you are surrounded by energy “vampires” who drain your energy. Maybe poor time management makes you run and sweat when you wouldn’t have to if you would get your scheduling under control. Maybe the best solution is to get up an hour earlier and try to plan out your day, relax a little before the rush ensues, and just breathe or meditate, knowing you can and will do everything that needs to be done.

In these pages, you will find advice to improve the quality of your life. You will experience greater energy than ever before. You will feel motivated and ready to conquer your goals.

We live in a world where rushing is a normal state of functioning. We are strangled and overwhelmed by deadlines and time limits, living in a blur to try to keep up with this fast-spinning Earth of ours. Because time is a very valuable, limited asset for us all, this book aims to help you achieve results quickly. We know you need high-quality energy to live and function in this demanding modern society, and that is why we provide you with practical, doable ways to gain pure energy in natural, healthy ways.

There is a disputed debate going about what words to use when illness and disease improves. Some say it is a cure. Others argue that the word cure is reserved only for the marvels of modern technology and for the conventional medicine to seal the dispute like the Vatican blessing on a cure. Well, the medical Vatican does not like the word cure, not because it would not exist, but because it is not good for business, they rather sell life-long treatments instead of a cure. This is how they operate.

Are there cures out there for many medical conditions? Certainly!

Can any affliction that was “cured” come back when all causative factors are reinstated? Absolutely!

Does this mean the cure was not effective or that is not appropriate to label these treatments a “cure”? Not at all!

The truth is that we can’t go back to bad diet, lousy lifestyle, doing only what we want, engage in self destructive behavior and then complain or believe that a “cure” does not exist.

Even after a “cure” is in place, we still have the free will to undo all the benefits and relapse to the previous condition. It is up to us to be self-promoting or self-destructive. You may or may not understand the real causes of your illness but that is not protecting you from reaping the consequences of your behavior.

What will work to reverse any chronic disease is hard work, strong will and discipline.

Again, this book is not for everyone. The content of this book is not what you want to hear or what is easy. This is what actually works.

It is in the degree that you are willing and able to follow this advice that you will experience results.

Chronic illness is a lifestyle problem, like liver disease is for alcoholics or emphysema is for smokers. Some people believe that categorizing illness this way is too simplistic and the “you brought this upon yourself” attitude is finger-pointing too much.

I disagree. I believe that showing people what they do wrong is empowering, not finger-pointing. It is only when you identify a cause, you have the power to change an outcome. However, if you hide behind a “it’s not your fault attitude” then causes are ignored and problems get worse. You just fed their victim mentality.

Please understand the difference between being at fault and being responsible. While you may not be totally at fault with everything that happens to you - you are nevertheless still fully responsible. Embrace your responsibility and accept your power to change. When you play the victim, you are in fact rejecting your responsibility to change your life for the better.

Fortunately, in the last decade, there is a great movement in our country. It is a movement among adults to take responsibility for their own health. I applaud and congratulate you for being a part of this movement.

I appreciate your effort and the time you are willing to commit to read and apply the ideas in this guide. Improving your life in just a few short weeks is a priceless opportunity, and the tips and tactics in these pages will help you accomplish it! Read on and change your life, starting right this minute...

Chapter Summary

- Most of what we know about illness and disease is false.
- Most chronic illness is caused by a faulty lifestyle.
- Curing something does not mean it can't come back.
- You are usually not at fault, however you are fully responsible.

Chapter 3

Sleep

GIVEN THAT WE spend almost a third of our lives sleeping, it's hard to believe that the topic has only gained a large scientific following in recent years.

Sleep allows the brain to restore functionality, order, and memory files and remove waste products. It is important for memory consolidation and many other functions, some of which we do not yet even understand.

Each individual has his or her own sleep requirement. While this is true, recent studies suggest that less than seven and a half hours of sleep per night can result in a sleep debt that can be significantly detrimental to physical and mental health and wellbeing.

Because of this accumulating sleep debt, I strongly recommend that everyone get at least eight hours of sleep per night. In the morning, sleep is deeper, and dream cycles are more intense. During this time, the body and mind regenerate even more. In support of this, studies show that children who start school at 10 a.m. are at least one-third more productive than those who start at 8:30 am.

Studies also show that if people miss even one hour of sleep, meaning that they sleep only six or seven hours instead of eight, they will accumulate a sleep debt and will not perform as well. What's even more amazing is that when you question those who sleep just an hour less for two or three days consecutively, they believe they are in top shape, when they really aren't. In spite of what these individuals claim, tests reveal that they generally underperform. Many purport that you will do fine with less sleep, but this is simply not the case.

Lack of sleep triggers diabetes, high blood pressure, and many medical conditions. Studies show that people who sleep less than six hours a night have increased overall risk of dying prematurely.

Napping for no less than ten minutes has been shown to improve alertness and cognition over the subsequent three hours. Napping for twenty minutes, however, results in sleep inertia, which includes symptoms like confusion and disorientation upon awakening.

It is best to go to sleep early, at the same time each day. Sleep for eight hours in a dark room, where there are no electronics. Melatonin will help not only your sleep but also your immune function and endocrine system. Before bed, take at least one milligram for every decade of your life, rounding up on the higher side if you're in the middle of a decade.

Your body is fascinating, but your mind is even more so. Undergo an experiment: Try telling your body to wake up at a certain time, *before* the alarm sounds in the morning. You will be surprised to find that your body will obey. I actually recommend avoiding alarm clocks, as they are a very disturbing way to wake up and may stir you from an important sleep cycle, leaving it unfinished. It is better to wake up by yourself, naturally, without any help or invasive noise.

Scientists say sleep between ten p.m. and midnight is the most refreshing. It is also important, as there is less dreaming in this initial part of the night. Do not stay up late, especially on the computer or working. Avoid disturbing or intense movies or news reports that lodge weird or negative, worrisome messages in your subconscious mind.

13 Suggestions for a Good Sleep... and 13 Backups

1. **Sleep in complete darkness.** Even a very little amount of light can disrupt sleep by affecting the capacity of melatonin secretion of the pineal gland. This includes light that reaches any part of the body; it does not have to reach the eyes in order to affect sleep. Avoid continuous nightlights and rely on motion-controlled lights if you get up occasionally at night to use the restroom. Your bedroom window dressings should include blackout drapes. Avoid prolonged artificial light at night. Our ancestors

were in tune with natural daylight and followed the rhythms of nature. Artificial light, especially neon or fluorescent, disrupts the body and predisposes us to illness.

2. **Keep no electronics in your bedroom, even if they are turned off.** You should especially avoid placing a television set in your bedroom, and clocks and other devices should also be eliminated from your resting space. The best suggestion is an LED clock that only illuminates when pressed and remains lit for a few seconds. All ticking clocks should be avoided.
3. **Use the bedroom only for sleeping.** Do not watch television or read for any prolonged period of time in bed or before sleeping time.
4. **Use melatonin or other natural, herbal sleep aids.** Take 1 mg of melatonin for every decade you have lived, rounding up if you're in the middle of a decade. For instance, if you are 55, take at least 6mg; if you are 72, take at least 7 mg.
5. **What you eat and how much you eat is important and will affect your sleep.** Have your last meal of the day several hours before bedtime, never after six p.m. A light, mostly vegetarian dinner is best; in fact, those who suffer from night sweats should avoid all meat and animal products after lunch. It is also important to avoid snacking before bed.
6. **Go to bed early.** Studies show that early sleep, between ten p.m. and one a.m., is the most refreshing and healthy. Even more so, the hours between sunset and midnight are extremely valuable for good quality sleep.
7. **Go to sleep and wake up on a schedule, about the same time every night.** Develop a pattern or rhythm that is natural for you and easy to maintain.

8. **Have a bedtime routine.** Enjoy something pleasant to cool off from the stress of the day. The time right before you go to sleep is a most powerful time for affirmations, visualizing goals, practicing gratitude, or saying prayers.
9. **Put your work or intense tasks to rest at least two hours prior to bedtime.** This will give your mind time to unwind so you will be better prepared for restful sleep that will not be interrupted by the pressures of work and the stresses of life.
10. **Keep your bedroom at a cool temperature.** Ideally, you should maintain 73 degrees Fahrenheit. Your body heat naturally reduces while you sleep, and higher temperatures or stale, stagnant air can disrupt sleep. Refresh your room before sleep by opening the windows for a bit. Some studies show that keeping feet warm by wearing socks helps to improve sleep.
11. **Avoid information overload and overstimulation of the mind before bed.** It is best to avoid any entertainment or educational programs that cause your mind to think too much. Avoid action or horror movies and especially the evening news, as these can be detrimental. Before bedtime, your mind is like a sponge. It absorbs ideas that will be subconsciously implanted. These will not only have a great influence on your sleep but also on your overall mental health. Thus, be careful what you expose your eyes and thoughts to before you go to sleep.
12. **Avoid stimulants like caffeine.** Sensitive people and those with sleeping problems should avoid caffeine during the day. In these individuals, even one cup of coffee at any hour can disrupt sleep during the night.
13. **Exercise is important.** Incorporate a daily exercise routine into your schedule. This is healthy overall, and it will help you sleep better at night, but don't exercise right before sleep.

If the above do not help improve your sleep, you can also try these:

1. Check with your doctor. Illness and medications can adversely affect sleep.
2. Sleep with your head at the north to align with the planet magnetic lines.
3. Make sure your bedroom door is in your field of vision and not behind your bed.
4. Check your bedroom for electromagnetic fields. Home EMF meters are widely commercially available.
5. Consider separate bedrooms if your spouse is too restless or snores.
6. Do not drink too much fluid or any alcohol a few hours before bedtime. Avoiding them will naturally minimize bathroom interruptions at night.
7. Snacks before bed are not recommended; however, you can try some honey or a tryptophan-rich snack if absolutely necessary and hunger seems to be keeping you awake.
8. A hot bath, shower, or sauna may help you relax before you lie down.
9. If complete darkness is not possible, use a sleep mask/ blindfold to block out light. Consider earplugs if you have to sleep in a noisy environment.
10. While reading stimulating works such as mystery and suspense novels will have the opposite effect, reading something spiritual or uplifting may help set your mind at ease for restful sleep. It is best not to read before bed, but if you must, read something light and positive.
11. Consider techniques like emotional freedom technique (EFT). In this technique, gentle tapping can solve many problems. You can learn more about EFT and other helpful techniques on the internet.
12. Losing excess weight can have a very positive impact on sleep, as those who are at a healthier weight will less often be interrupted by cramps, back pain, and achy joints and muscles.
13. Check your hormones. If all of the above methods fail to help you achieve restful sleep, seek a competent integrative physician

who can provide bioidentical hormone combinations tailored to your individual needs. For instance, insufficient progesterone is known to disrupt sleep. Remember to avoid non-bioidentical hormones.

Chapter Summary

- Sleep is paramount to overall wellness.
- Sleep at least seven and a half hours a night; anyone who sleeps less than eight hours a night will experience impaired performance the next day, even if they do not realize it.
- Sleep debt accumulates and is harmful to mental and physical processes.
- Sleep is important, as it is when the body recovers, debris is cleaned up, memories are classified, sorted, and stored, and the immune system regenerates.
- It is good to wake without an alarm, so that the morning hours of regenerative sleep cycles are not dangerously interrupted.
- Sleep in the dark, without electronics, in a comfortable but not very soft bed.
- Employ a regular, relaxing evening routine and stick to it.
- Use melatonin for better sleep and the improvement of other bodily functions, 1mg for every decade of life.
- Do not eat too much in the evening and avoid meat and heavy meals; do not eat snacks or drink too much liquid before bed.
- Coffee may need to be avoided entirely, as some sensitive people will see their sleep disrupted by even one cup at any hour of the day.

Chapter 4

Exercise

EXERCISE IS VITAL, as our bodies are designed to move. Exercise is NOT optional. Our bodies were designed to move... well, every day, and many times. It is a ridiculous concept to say that our bodies are made to move about ... three times a week?

If you consider the above concept, it becomes logical to exercise daily, not just three times a week. Create an active routine and stick to it. It is advisable to exercise on an empty stomach and eat later. Start slow and build up to twenty to thirty minutes daily. You can take a break if you start feeling bad, but do not convince yourself you cannot do it. You can and you must, if you want to feel great.

Don't make excuses for not exercising. You can always wake up half an hour earlier, exercise, and then take a shower and eat a healthy breakfast. This will enable you to start your day in the best way possible, and you will have more energy for daily duties.

Combine aerobic exercise in the fresh air, such as jogging, running, walking, or biking, with indoor exercise like pushups, core strength exercises, yoga, etc. The best exercise you can do is jump for five minutes daily on a mini-trampoline. You may need a stabilizing bar to hold on to, but don't worry about getting your feet in the air, as long as you keep bouncing. During this exercise, every single muscle in your body is worked and stimulated. The lymph and blood flow are enhanced. You move alternately with and against gravity, and the result is like being under a gravitational "alternative current".

Another great exercise that activates all our body muscles is planking. Get in the position for pushups, but instead of supporting your body with your hands, lean on your forearms. This position is great for the legs, back, stomach, and arms. Try the plank challenge as well. Increase the time in plank position every day by a few seconds. It is great, and you will experience results.

Exercise not necessarily for the physical benefit, but for the mental and emotional tonus. The endorphins (feel-good hormones) you generate will be a great reward and help you feel well and alive. During exercise you should try to break a sweat. Walking the dog or going to the mailbox is not considered exercise. Walking to the next street is not exercise. Working in the garden is not exercise. You need to arrange a formal, dedicated time for exercising. Schedule a time to work up a sweat. Run, jog, lift weights, bike, or do yoga, tai chi, or chi qung. Whatever it is, you should dedicate time solely to that purpose, with the true intent to get something out of it.

It is important to do at least half of your exercise routine outdoors. Run one mile or jog, walk, or bike. When you jog or run, always make first contact with the ground with the ball of the foot, then roll the foot gently back to the heel. Run with small steps so you don't land on your heels.

There is a common confusion people have about losing weight. Many believe there should be a 50/50 balance between diet and exercise, but losing weight is actually 97 percent diet and about 3 percent exercise. Bear in mind that only a few bites can neutralize hours of exercising. Exercise is great for a thousand reasons, but losing weight is mainly achieved through diet. Does exercise help? Absolutely, but it will not help you lose pounds nearly as much as diet will.

Contrary to the popular opinion, in general, for weight loss, exercise is mostly useless. Among those who understand physiology, the common belief is that exercise is not a great tool for weight loss. Why? Because we can always consume calories much faster than we can burn them. In other words we can't out-exercise the American diet.

But diets, generally, don't work either; they have a failure rate of 80 to 90 percent. What we need is a long term change of our habits. We need a new life not a new "diet."

Unfortunately, we are made to move. The weight-control system appears to malfunction without daily exercise. When we sit most of the

day, everything falls apart. “In thousands of years of evolution, man did not have the luxury of sedentary life except very recently. An inactive life for man is as recent and as abnormal as caging is for an animal.”

As hunter-gatherers, as farmers, as field laborers, we moved, we worked, and we burned lots of calories. Today we don’t do even a fraction of that. It’s somehow inaccurate to say that we “go to work.” In fact, most of us we go to sit there. We are not really office “workers”; we are ...office “sitters”.

As a result of this sedentary lifestyle, we burn far less energy during our work day than our ancestors did. To compensate for a day of office “work,” we will have to run about six miles every day. Do we ever exercise this much **every day**? We almost never do! No reputable expert is ever suggesting that exercise alone can easily reverse obesity. In order for exercise to combat weight, it must be combined with a simple, low carb, healthy diet.

There is a saying that diets are like politics and religion. People always believe what they want to believe, and nothing is going to change their minds. The best diet may be the one a person believes, because that’s the diet they are willing to stick to.

The same holds true for daily exercise: Do whatever makes you happy, be it jogging, yoga, strength training, marathons, or around-the-block walks with the dog. If you get bored or tired of one particular exercise, then switch to another. Just don’t stop your daily exercise - ever.

Find a way to move more when at work, too. Be creative and find new ways to take the stairs, take different and longer short walks, stand more, and stretch more. Sitting is becoming the new smoking. We all need to cut back on sitting.

Work outs and exercise release have massive effects on the body: they release beneficial endorphins, hormones, enzymes, and proteins that improve our glucose control, blood pressure, heart health, mood, immunity and more. The key to a lifelong weight control is finding the correct balance between diet and exercise. Plenty of exercise and a calorie restricted diet with no carbs is the key.

Compensate for our sedentary lifestyle by **scheduling** a work out period of at least 30-40 minutes each day and dedicate this time to exercise in such a way that you break a sweat and elevate your heart rate. Note the key word is scheduling. If we do not schedule it, it is unlikely to happen. We need to make exercise a daily habit.

You should exercise when you feel depressed, as it will help you feel better. Exercise is a habit we all need to have, and the more we do, the better we'll feel. If you don't already have time set aside, make time for it. It is that important! People who make exercising a priority don't necessarily have more time than others. Rather, they make sure to schedule time for it because they know it enhances their energy, performance, and the quality of their lives. It has been shown that children who exercise during breaks are better able to pay attention and learn.

View exercising as a source of energy for everything else. However, even if you have the best intentions, if you establish tough exercise goals, you may fail. When you try to do too much and can't keep up, you will likely give up. Never give up, but never set goals you may fail either. Be aware of how capable you are, and with that on your mind, set small, achievable goals. Make exercise challenging but never impossible.

Exercise is a crucial factor for any diabetic patient as it burns sugar and increases muscle sensitivity to insulin. Exercise also lowers the level of stored amounts of glucose.

Make daily exercise an utmost priority. When we do not prioritize our daily exercise, it is often because we are busy serving others. As a result, our own energy is not replenished and we become more and more exhausted. When we are tired and exhausted, we can't be there for anyone or anything else.

People often that say that they don't have time to exercise or that they won't exercise because they are "constantly on the move all day long". This excuse is usually not true, it is just an exaggeration, designed to make them feel better.

Those who say they don't have time to exercise are under a great delusion. You cannot afford NOT to exercise.

Chapter Summary

- Exercise daily, not three times a week.
- The best exercise you can do is jump for five minutes daily on a mini-trampoline.
- Losing weight is 97 percent diet and 3 percent exercise.
- View exercise as a source of energy for everything.

Chapter 5

Eating Well and Losing Weight

THE AMOUNT OF people that are diet and weight “illiterate” is staggering, even among highly educated individuals. This degree of ignorance and confusion is intentionally and carefully maintained by the media and commercial interests.

Books and libraries have been written on this subject. In my opinion most books on diet and how to eat are not accurate. Most books on diet are 80-90% accurate, however, what they are missing and not telling you, would invalidate or turn upside down the very large 80-90% portion that is accurate. Usually there is no consistency or logical sense in diet books. Are there any good books on food and diet out there? Certainly, but they are drowned by the noise created by propaganda books.

Anyway the ideas exposed in the following few pages will be different. This chapter will give you a basic understanding of what and how to eat healthy. So let's start:

As a general rule, I believe we should eat and drink approximately in the proportions our bodies are made of. There is a good reason nature made us this way. Common sense says that since we are 70 percent water, we should drink about 70 percent of all our daily meals' weight. We are about 18-20 percent fats, so we should eat 18 to 20 percent healthy fats during the day. We are about 10-15% percent proteins, and we should have about the same proportion to our whole intake; we should have about the same or slightly less proteins than fats, but proteins are very important! Carbs should make up very little of any diet, as there are only a few tablespoons of sugar in the whole body. They should be eaten only sporadically and rarely should we drink them.

Calories

It is not advisable to count calories or even worry too much about them. This does not mean we should ignore portion control. On the contrary, we should make sure we are eating food in small amounts, much smaller portions than we think. The fact is that human beings can live on a few bread crumbs, fruits and water for years. Eating is overrated. Most of the time is an addiction, not a necessity.

Calories Misconception

Think about calories as the energy released when we burn proteins, fats, or carbs. The issue is that we don't burn them the same. We generally burn all carbs, but proteins and fats are more or less incorporated into the body structures.

The fact that we eliminate solid waste regularly is proof that many (most) "calories" are not completely burned. Counting calories is not the best way to go about losing weight, nor is it very accurate to what is really going on metabolically. "Calories", can be a bit of a crutch to lean on to help you monitor portion control.

Eating is like many other things in life, a matter of discipline. Similar to finances, we can eat more and borrow from the future. Consider that there is only so much food you are allowed to eat in your lifetime; the sooner you eat all that up, the sooner you will die. Eating more daily is borrowing from your future. Therefore the less "food debt" or any debt you have, the better.

Fasting

Eat three meals a day, and I do not recommend snacks. If you crave snacks, it means you are eating the wrong things at mealtimes, and it could suggest that you are taking in too many carbs in the form of solid food or drinks. Do not drink your "calories".

Just as the body requires energy, it also requires rest. For this reason, I also advocate periodic fasting, times when you do not eat or drink or when you avoid a specific food type. You might decide to try a raw foods-

only day, or you could undergo a partial fast or a complete fast for a day or longer. However you fast, it will be good for you. When the fasting period is over, you will feel lighter, more focused, present, and younger. If you feel worse, it may be either withdrawal from your addictive food, or it may be that you are very toxic and some toxins are being stirred up by the fasting process.

Some Healthy Eating Tips

- Ninety-five percent of your food should be plant based. People who eat a lot of raw vegetables and legumes, with an accent on the green, leafy ones statistically live longer.
- Meat should be consumed twice a week at the most. Eat meat only occasionally and in small quantities, always with vegetables and legumes. It is advisable that any meat you eat comes from free-range, organic farms. Eat fish more often, but it should also be eaten in small quantities. Remember that smaller fish that fit on your plate will contain less mercury and toxins.
- Cow milk should be avoided, especially unfermented. If you are worried about calcium deficiency, know that you can get plenty of calcium in all plants; the fact that they grow tall is due to their calcium content. Calcium is their “skeleton”.
- Eggs are important, one of your best sources of nutrition. Do not dismiss the fact that an entire organism forms from the egg yolk; this means the incredible, edible egg carries all the ingredients necessary for life. Eat them frequently! Contrary to popular opinion, eggs do not raise cholesterol. Special interest groups seem to try to feed us these myths and false information for their own agendas, but countless medical studies have proven them false. If you want to receive the healthiest benefits of eggs, eat real, whole eggs and not just egg substitutes or egg products.
- Eat beans frequently, even daily.
- Bread should be avoided, particularly American or industrialized bread. Occasionally and very rarely, you can enjoy a bit of Italian bread made from special flour like semolina; this bread will have thick, crunchy crust and many holes in the middle. Bread should

only be a rare treat, and if you want to be healthy, it is best to go without it.

- Flour-based products are not healthy. Whole grain is a no-no, a marketing gimmick, as are products with gluten-free labels. Do not fall for it.
- Most people believe losing weight is a matter of diet and exercise, in a 50-50 proportion, but this is also a misconception. Exercise is great for health, but it will not work for losing weight unless you carefully monitor and improve your diet as well. As far as losing weight is concerned exercise is 1% and diet is 99%. You can exercise for hours and wipe the benefits in a few bites.
- It is best to avoid sweets altogether: no sweets, no molasses, no sweeteners, no sweet meals, no desserts, and no sweetened drinks. As a rare treat, natural honey is acceptable, but even this should be eaten only on special occasions. Especially avoid ice cream, as it is one of the most addictive and unhealthiest of foods. Eat a few nuts every day, as they are very healthy. Almonds are particularly beneficial.

More Suggestions for Losing Weight and Getting Healthier

Being overweight is not due to one simple problem; rather, it is a consequence of a multitude of aspects. The good news is that some of these issues can be remedied by the methods below:

Mechanics

Chew well! All overweight people eat too fast and gulp down their food. Chewing is part of digestion, the first part of an important process, so chew enough times that the food in your mouth is liquefied, with no chunks left. Chew thoroughly and take your time, and you will eat less, only what the body requires. I can't overemphasize this point: Chewing your food properly will help you lose weight. People eat too quickly and do not chew their food properly, and this is a universal cause of problems with weight control. This and also drinking sweet drinks are causes of obesity.

Emotions

Do not eat when you are emotionally upset or angry, and never eat when you are stressed or in a rush. Instead, play nice, soft music and pleasant conversation or no conversation at all. Thoroughly enjoy your food! In time, solve all and any psychological issues related to food, including obesity, past trauma, or a need to isolate or protect yourself or hide; food should not be a substitute for emotional relief or comfort.

Purity

The more life energy is in the food, the better. Therefore, eat only fresh, organic foods, as close to raw as possible. Cooking, heating, freezing, microwaving, and all processing destroys the nutritional value of food. For the sake of example, if you boil a potato and plant it, it will not grow and will only rot! Use only light preparations that can be eaten immediately.

Timing

Try not to eat by the clock, on any set schedule. Only eat when you are actually hungry. The average person should eat only three meals a day and avoid snacking between them. Do not eat more often than every four hours. Try to differentiate actual hunger from food cravings. You should skip meals when you are upset, but do not skip meals in an effort to lose weight. Also, after the lunch meal, for the rest of the day, avoid eating animal proteins.

Snacking

It is best not to snack at all. As a rare exception, enjoy an apple or a similar fruit that does not taste too sweet.

Drinks

Do not drink anything other than purified water. If you have a good quality water ionizer at home use that most of the time. Be warned that

all sweet liquids, including diet products, will cause you to gain weight. Period, and end of the story. Occasionally, fresh, organic, home-squeezed juice can be enjoyed. Organic vegetable or fruit juices are sometimes acceptable, and lemon squeezed in water is beneficial.

Stress

Learn to manage stress, for stress hormones are known to cause weight gain and premature aging. Bless your food, be grateful and give thanks for it, and do not eat when you are stressed or upset.

Exercise

Regular exercise is important and should be done as an integral part of weight management, especially since it will lower insulin resistance. Insulin is the fat storage hormone, and it is released by all sweets and starches. You should exercise at least fifteen minutes a day, to the point of perspiration. Picking up the mail or walking the dog is not considered exercise.

Food Mixing

Eat simply and do not mix many foods. In fact, avoid eating more than three different foods at a time. Eat only one starch or protein at a time; for example, do not eat bread and potatoes. Cantaloupe and watermelon should be eaten alone or avoided entirely.

Do not drink milk regularly. Do not mix proteins with starches or sugars, as this creates gas and fermentation; do not mix proteins with fats, as fats slow the digestion of proteins; or proteins with fruits. Do not mix vegetables and fruits that grow above ground with those that grow underground. Do not mix vegetables with fruits, unless it is apples and rice. Do not mix nuts with fruit. Avoid eating breads/grains with cheese or meat; this includes macaroni and cheese. As often as we see it done, peas and carrots should not be eaten together.

Water

Drink only room-temperature. Drink a minimum of eight cups a day, including two cups when you wake up, then one thirty minutes before and after each meal. Refrain from drinking any liquids with your meals, including water. Occasionally it is great to loosen up this rule, or any other rule for that matter. Do not be strict and rigid in anything. This advice should be a guideline, not torture.

Top 5 Nutrition Mistakes in Hospitals and Nursing Homes

1. Allowing soda, juices, or any beverages other than clean water, especially for diabetics

All sodas and juice drinks are acidic, and most contain no natural ingredients and are generally toxic for the body. They increase insulin, depress mood, and are really a drag for anyone seeking to be healthy. They are especially dangerous for addicted individuals.

2. Allowing bread, pasta, grains, cereals, oatmeal, or grain products, especially for diabetics

They are all very high on the glycemic index, are toxic and addictive, and are made from genetically modified (GMO) grains. It is documented that people who eat these have more heart attacks, more cancer, and more depression. Overall, eaters of these things are more miserable and overweight as compared to ones that don't.

3. Allowing artificial, "diet," or "light" products

It is not surprising that there have been many complaints about these products, as they are all toxic and neurotoxic. The problems with them are endless; for a clue, research aspartame and its many horrible effects. These are sold with utter disregard for the health of human beings, and in spite of their labels, they ultimately lead to unhealthy weight gain.

4. Substituting eggs with egg whites or artificial egg products.

Eggs are the most complete of all foods, the very source of a living organism. Enclosed in that little egg shell is everything necessary to create life, lacking only one vitamin, with everything else being perfectly proportioned. On the other hand, egg substitutes offer no building blocks or healing properties. In spite of their lower calorie counts, they are a total waste of money and a detriment to overall health.

5 Allowing cow milk.

Many books have been written and products been made to counteract the rampant occurrence of dairy intolerance and allergies. The simple fact is that cow milk comes from a different species, and there are hormones, antibiotics, and chemicals in it as well. Thus, it is not generally fit for human nourishment.

A Civilized Society Sweetener Problem

We don't realize how much sugar we are consuming in one day, every day. Most sweet drinks, juices and even some "healthy" drinks have anywhere between 5-13 teaspoons of sugar in each of their 8 oz. serving. Imagine yourself filling an 8 oz. glass with water, then adding 10-13 teaspoons of white sugar to it; then drink it?

This is exactly what we are doing when we drink any kind of a sweet soft drink, juice or other sweet drink available on the market today. The worst is that it is not just drinks that are loaded with sugar or sugar substitutes. Most cereals and packaged foods have sugar (or some form of sugar) listed as the first or second ingredient (which means it is the ingredient in the highest or the second highest quantity). Sugar is used by food companies as a dehydrator or as a preservative. Besides that, sugar gives a great taste and is highly addictive.

The following words on a nutritional label may mean "sugar" and should probably be avoided: Glucose, Dextrose, Fructose, High Fructose Corn Syrup, Corn Sweetener, Corn Syrup, Dehydrated Cane Juice, Dextrin, Fruit Juice Concentrate, Lactose, Maltodextrin, Malt Syrup, Maltose, Maple Syrup, Raw Molasses, Raw sugar, Rice Syrup, Saccharin, Sucrose, Syrup, Erythritol, Xylose, and many others too. Honey or Stevia should only be used occasionally.

Fortunately in time, once you stop eating sugar, your addiction will eventually disappear. That is if you stop sugar not if you slow it down. Slowing down is like having less heroin instead of quitting. You will not overcome your addiction to carbs by just “slowing” down.

Sugar and starch are proven to contain morphine like addictive components. Individuals who are “on” sugar and carbs crave it all the time. Meanwhile, people who are “off” sugar, don’t even miss it. Weaning yourself off the sugar and sugar containing products will cause a change in your weight. Stopping refined carbs all together will cause not a change, but a dramatic change in your weight and overall wellbeing.

Because of the addiction component, the first few days off carbs may be a bit of a “detox” time (just like a drug) but these symptoms quickly disappear.

Artificial sweeteners are definitely not good for us. Sorbitol, saccharin, aspartame, sucralose and many other products, including “natural” products are actually worse for us than sugar itself. Every single one of these artificial sweeteners has been linked to cancer, tumors, and obesity.

Chapter Summary

- Don’t count calories. They are deceiving.
- Eat 70/20/10. Meaning water, good fats, proteins.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners natural or artificial.
- Eat as close to raw food as much as you can.

Chapter 6

Toxicity: Organic and Inorganic Toxins in the Body

WHEN IT COMES to analyzing the causes of fatigue, toxicity is certainly a foremost consideration amongst key reasons for feeling tired. This refers not only to present toxicity but also to past exposure as well. Although the level of toxic elements in air, water, food, and environment is sometimes considerably low, these levels can build over time, sometimes to worrisome heights. These toxic accumulations vary, depending on your location and the type of industrial waste that is discarded near you. Certain areas are polluted, such as areas near: coal-processing facilities, dumping sites, nuclear plants, and even the Mississippi River. In these areas, the level of toxins in the environment is very high and can be several times higher than admitted levels.

Certain symptoms can be caused by toxicity. These include tiredness, headaches, neuropathy, sleep problems, abdominal pain, and many other nonspecific symptoms. Nonspecific symptoms are those that can occur as a result of several medical conditions, and they are not specific to toxicity. Since we are all different, our bodies react differently to the same level of toxins. Some people can detox and naturally tolerate more toxins, while others are saturated with toxins and even a small extra amount can be hazardous and damage their health.

There are generally two types of toxins, organic and inorganic.

Organic toxins usually come from old or newly treated lawns or foreign vegetables sprayed with fungicides, chemicals, pesticides, etc. Organic toxins can find their way into our bodies when we unknowingly

absorbing them from known and unknown substances that slowly or sometimes rapidly poison us.

Blood tests are the best way to check for organic toxicity and volatile compounds. When it comes to organic toxins, there is not a lot of specific treatment, unless the exposure is rapid and massive, which is the case with some pesticides.

There is a very specific treatment for this kind of poisoning, but the treatment is long and slow. The first step is to identify and remove the offending agent. Someone very smart said that you can't dry off while still under the running shower.

After removing the offending agent, the treatment continues with the detoxification of the liver. The liver is the organ in charge with detoxification. Detoxing the liver not only purifies it from existing toxins but also supports the liver's ability, to deal with future toxins. For liver support and cleansing, abundant Vitamin C is absolutely crucial. Vitamin C helps the liver deal much better with toxins taken in from our environment. There are not many toxins that can't be neutralized by vitamin C.

Besides Vitamin C, other vitamins and supplements like all the B vitamins and compounds like silymarin or alpha lipoic acid are very helpful; they will boost your system, helping it recover from the damage the toxins have caused. Silymarin, the active component of milk thistle, is a great support for the liver; when used in combination with vitamins, glutathione, and other factors, it may regenerate the liver. Read other chapters of this book to see how vitamins help us stay healthy and strong.

Inorganic toxins include single elements like lead, arsenic, mercury, cadmium, and others. These toxins, otherwise known as heavy metals, can be very hazardous to the body, especially since they accumulate over time, migrating toward deeper and deeper tissues and eventually affecting the brain and nervous system.

After a few days of circulating through the blood, heavy metals usually penetrate deeper into the cells and tissues, attaching themselves to enzymes and blocking metabolism in different ways. In order to efficiently cope with them, our bodies are forced to overuse specific vitamins and minerals. When the blood level of these specific minerals, vitamins, and elements used to mitigate toxins is low, the negative impact from heavy metals is compounded.

A useful, but sometimes not very reliable test for heavy metals is **hair analysis**. Although this is not a very reliable test, it does offer some clues, just as an EKG alludes to a heart condition. If the tests and analysis show a trace of toxins in the hair, it may not mean anything serious; on the other hand, it can be a good indicator that more tests should be done to see if there are indeed any toxins present in body. In other words, while hair analysis is not very sensitive and is more specific, it can lead to further testing. Hair analysis gives a clue as to where to look for something more.

If there is suspicion of heavy metal overload, then the next recommended step is a **urinary toxic elements challenge test**. This test measures an initial level of toxic metals in the urine. Then, after detox treatment, the levels are checked again and compared to the previous results. The detox treatment removes toxins from the body through urine. If the levels are higher in the urine post treatment, logically, they had to come from inside the body, and then we know that the body is being slowly poisoned. Some doctors do not understand the irrefutable logic of the challenge test. There is no such thing as a normal level of some toxins the body. The fact that some toxins show up in the urine after a treatment means that the treatment is taking toxins out, and this means that the treatment is effective. It would stand to reason that an effective treatment should be duplicated over and over many times in order to mobilize toxins out, little by little.

Only so much toxic load can be removed with one treatment. The toxin-extracting agent has an upper limit for binding capacity, and many subsequent treatments may be needed to obtain a significant enough decrease in toxicity so that energy and other symptoms improve. This sequence of toxin-extracting process is called **chelation therapy**. It is usually done with a very safe and commonly used chemical substance called EDTA.

EDTA is usually administered intravenously under a doctors' supervision, two to four times a week for forty to sixty treatments, then monthly for maintenance. If no monthly maintenance is performed, the benefits of a forty-to-sixty-treatment series may last from three to four years. How long the beneficial effects of a detox series of forty to sixty treatments last depends on how toxic, how old, and how sick someone is. Sadly, this chelation therapy is typically not covered by insurance, and is

being intentionally ignored mostly due to political reasons and interference from the Big Old Pharma.

Oral chelation treatments are not very effective; they are weak and unreliable and they even work through a different mechanism. In fact, oral therapy is only from 1 to 5 percent as effective as an intravenous treatment. Oral treatment may be appropriate for long-term prevention on a younger patient, usually one who is not very sick. By the time you get sick, it is usually too late to rely on oral chelation therapy.

EDTA is the treatment of choice to detoxify from heavy metals other than mercury, but it only removes heavy metals from the blood. By eliminating toxic metals from the blood only, a new concentration gradient of toxic metals can develop between the blood and the tissues; while the blood may now have less toxins, the tissues will contain more. Within days or even hours, toxic metals will seep out of the deeper tissues and into the blood in order to equalize their concentration.

Once these toxic metals seep into the blood, less of them remain in deeper tissues. The heavy metals may be taken out of the blood again and again, little by little, in subsequent treatments. This process repeats with each new treatment. After ten to thirty treatments, a large enough portion of toxins is usually removed, and people experience marked improvement in symptoms. Every single treatment helps get rid of a portion of the toxic load.

If the treatments are stopped or interrupted for a long time, new toxic metals may slowly accumulate in the tissues due to constant environmental exposure.

For **mercury detoxification**, there is a special extracting agent or agents. These agents are sulphur based and are called **DMPS and DMSA**. There is much confusion as to what to use and when, but there is no question that DMPS is much stronger than DMSA by a factor of ten. DMPS should be used as a main mercury detox agent, preferably administered intravenously in conjunction with Vitamin C and B to protect the kidneys from the mercury onslaught. The number of DMPS treatments is usually ten to thirty. DMPS can also be used orally, albeit less effectively. DMPS treatment should be weekly or biweekly, as it can be harsh, and it should be given together with a comprehensive daily supplement regimen taken orally at home. DMSA is weaker and less effective, but for some good scientific reasons, it is a good follow-up to DMPS treatment.

Mercury treatments can and should be used after mercury (silver) fillings are removed from teeth. Filling removal should be completed by a very knowledgeable dentist, in the right order, at the right time, and with the right protocol. You are better off keeping mercury fillings in your mouth than having them removed in an unhealthy way, which can result in acute mercury toxicity and exacerbations of the chronic toxicity levels, with horrendous effects on one's health.

Chapter Summary

- Blood tests may reveal acute organic or inorganic toxicities.
- Hair analysis and specific vitamins and minerals deficiencies hint to toxicity.
- Toxic elements urine challenge tests confirm chronic heavy metal toxicity and establish detox efficiency.
- IV chelation treatments, thirty to forty treatments, up to three a week, can be beneficial for heavy metal detox.
- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
- Appropriate mercury detox treatments can and should be done after silver teeth fillings are removed.

Chapter 7

Detoxification

OUR SOCIETY HAS developed in many ways, especially during the last few centuries and especially in the areas of technology, science, and industry. Due to this amazingly rapid development, we now live in an increasingly polluted environment, and this has sparked new research to find ways to counteract it. Detoxification is a subject of many debates, and books have been written about it. Toxins come from various sources: the food we eat, the water we drink, the air we breathe, and the soil we walk on, as well as many other sources that surround us. Even small toxin levels can eventually add up to serious health problems. We are constantly bombarded by hundreds of known and unknown pollutants.

This book offers a bird's-eye view, so we will not delve deeply into the details of various toxicities. As explained in a previous chapter, toxicity can be divided into two categories:

Inorganic Causes

The major inorganic causes of toxicities include dental mercury fillings, fluoride toxicity, and toxic water (chlorine, city water, arsenic, lead, cadmium, etc.)

Organic Causes

Organic causes of toxicities include pesticides, herbicides, volatile organic compounds (VOCs), polychlorinated biphenyl (PCB), plastics, solvents, fire retardants, and industrial waste.

Naturally, the first step in detoxification is the removal of the offending agent. Without this removal, detox will only work partially, if at all. You know, it is impossible to dry off while still under the running shower.

Several organs in the body are tasked with dealing with toxic substances. These include the liver, kidneys, colon, skin, and lungs. By far, the hardest working and most important is the liver, which bears about 90 percent of this work. Inside the liver, many chemical reactions occur so that toxic agents (like alcohol, for example) are neutralized.

How does the body deal with toxic agents? One efficient way is to attach other molecules to the toxic agent, making the toxin much easier to eliminate. Another way is to dilute the toxin with water; this water dilution sometimes presents as an external symptom of water retention or edema. Many cases of edema have an unknown toxic overload at their core.

So how do we detoxify? We must help the liver process toxic chemicals.

To do so, we have to drink plenty of water to flush the toxins out and keep the kidneys working well.

We also have to brush the skin and make sure we have regular bowel movements.

This last part is absolutely crucial; bowel movements should happen at least once or twice a day. Logically, when something goes in by mouth, something should come out the other way. If we eat two to three times a day, it is not unusual to have two to three bowel movements a day. It is fine to remain on a stool softener for decades, as long as it accomplishes the goal of normal, healthy bowel movements. Most people are afraid to use softeners or mild laxatives, but you should not be. Detoxification is important, and regular elimination will help you feel lighter, with fewer body aches and less back pain.

It is clear that if you do not have at least two bowel movements a day you are retaining toxins inside your body.

There are many commercial liver or gallbladder flushes and intestinal detoxification kits on the market. Some work, and some don't. Some last for three days, while others require three weeks. Many of them are only effective depending on your toxic level, discipline, and commitment.

The liver actually goes through two steps for detoxification, and many nutrients can help with these steps. By far, the most important is **Vitamin**

C, taken every few hours. Also, we need to consider **milk thistle**, or its active component, **silymarin**, and also sulphur compounds, including the master of all antioxidants, **glutathione**. Glutathione precursors and anything that enhances the glutathione level in the blood, cells, or liver are excellent.

Taking Vitamin C, glutathione, and silymarin, as well as eating less and more carefully, ensuring regular bowel movements, and drinking plenty of water with lemon is a great daily detoxification that anyone would benefit from. Of course there are many more complicated versions of detox, enemas, chelation therapy, mercury detox and other procedures which should only be done under medical supervision.

It should be noted that when toxic, you are like a dirty pot that needs to be cleaned, so the first eliminations will be dirty when they come out. The more you wash, the cleaner the water and the pot becomes. And so are you inside.

Sometimes, these accumulated toxins need to come out rapidly, on their way out, because as they circulate throughout the body, they may produce further problems. In other words, you may feel worse before you feel better as the toxins take time to find their way out. This feeling of worsening symptoms when you start a detox program is called a “healing crisis”.

During the process of bringing you back to good health, you may experience temporary pain or discomfort, or cold and flu symptoms, dizziness, nausea, and fatigue. Do not be alarmed! These symptoms do not mean your treatments are not working; on the contrary, the discomfort is often a very positive sign that the healing process is taking place. The longer the symptoms last, the stronger the healing crisis. The worse you feel during a healing crisis, the more dramatic and spectacular the results will be, once the crisis is over.

Most patients do not understand the healing crisis because of their experience with conventional medicine. The focus of conventional medicine is on eliminating discomfort and curing disease, while functional and complementary medicine seeks to address the underlying cause of pain and illness. Increasing a person’s health reverses the disease process; it is almost like putting a video of your disease on rewind. You may move through previous states of health, so old symptoms may re-appear, occurring in the reverse order of their original appearance.

Sufficient rest is very important during the healing process, while your body is under a great deal of stress. Similarly, your diet should consist of only light and easy-to-digest meals. Heavy, hard-to-digest foods should be avoided. Plenty of water should be taken in throughout the day.

Exercise is often helpful, especially if the crisis also presents itself on an emotional level. Because many toxins leave the body through the skin, light brushing of the skin with a natural bristle can help stimulate the blood and lymph flow.

Reducing environmental stresses can help a healing crisis pass more quickly. Take a good look at your daily stress level. Your diet, smoking habits, alcohol intake, and other lifestyle elements may need to be changed.

An attitude adjustment can be one of the most beneficial factors in coping with a healing crisis. A positive attitude will allow you to relax and recognize that the symptoms are temporary and that your treatment is on target.

When will you begin to feel better? After you detoxify, you will regain your vitality! Medical history, including the use of medications, exposure to toxic materials in the workplace, and age can affect the rate of improvement. A slower response time is expected for older patients.

Most people begin to feel better within one to two weeks; others may take a longer time to see an improvement. If you exercise regularly, give yourself permission to ease up on the time and intensity of your workout. If you do not exercise regularly, it may be best to wait until you have finished the detoxification program. It is okay to go for a walk and enjoy nature.

There are short-term detoxification programs. For example, there are special diets that only last a few days. In the course of several days, you will eat simple, basic foods in small amounts. These are foods that can be digested quickly and easily. It is suggested that one day a week, you fast completely. If hunger is intolerable, you can eat one type of vegetable that day, such as an avocado. Fasting is one way to allow your body to detox while simultaneously taking a break from processing food. During the detox period, eat light food, exercise to a sweat, change bad habits, and maintain a positive attitude. The idea is to not eat anything that will require much effort to digest. Some people do not eat or drink anything during the detox day or drink only water.

Chapter Summary

- The first step of any detoxification is to remove the offending agent.
- Detox organs include the liver, kidneys, colon, skin, and lungs.
- Daily bowel movements are important, so use mild laxatives if necessary.
- Supplements that are helpful for detox include Vitamin C, milk thistle, and glutathione.
- During a healing crisis, you may get worse before you get better.
- Detox may benefit from periodic fasting.

Chapter 8

Plastic Bottles and Fluoride

Plastic Bottles

THESE DAYS, PLASTIC is the most widely used packing material. It is inexpensive and moldable, light and economic. However, this common material has a very dark side. Not only do plastics harm our environment, but they can harm human beings in a much more direct way than you likely realize.

There are different kinds of plastics and they are classified from one to seven. On the bottom of any plastic bottle you will see a triangle and a number inside the triangle. This number will tell you what kind of plastic this is.

All plastics have one nasty characteristic in common: They slowly leak chemical substances that are more or less toxic. Plastic is classified based on the material it is made from. Depending on the type, it can leak various toxic or nontoxic substances inside the plastic containers. This one to seven classification also allows us to determine recyclability of a particular plastic bottle. Some plastics are very toxic, while others are minimally so, but all plastics, no matter the type, are harmful to some degree, so we should avoid them as much as possible.

How do the leaked chemicals from plastics interact with our bodies? This has not been explained and examined in extensive detail, so we only have partial answers to this question. Most metabolic interference occurs because these chemicals behave as hormone and estrogen-like substances. Since plastic-derived compounds are not natural, bioidentical estrogens,

these chemicals may dislodge real hormones from their place and replace them with fake, inactive, hormone-like substances that act in many detrimental ways, sometimes even producing cancer.

How many chemicals leak from plastics? This is also not an easy question to answer; however, it is well known and documented that higher temperatures promote more leakage from plastics. At high temperatures, plastic bottles release chemicals on the inside of the bottle itself. Cooling the bottle down later has no reversal effect and cannot reduce the previous leakage. By that point, the toxic substance is already released, and the decrease in temperature cannot send it back into the plastic.

Why should this worry us? Well, not many of us intentionally warm up our plastic bottles; however, we have no idea where or at what temperature the plastic bottles we buy have been stored before they reached the warehouse or the retail stores. The plastic bottles might have been stored in an un-air-conditioned facility in Arizona for a month before they were shipped to the retail store where you bought them.

The best option, therefore, is to drink only water that you filter (and ideally alkalinize and ionize) in your own home, right from your faucet. If you intend to travel or attend gym classes, hike, or play sports and need to take water with you, fill glass bottles with home-filtered water. There are many glass bottles on the market you can use. We recommend dark blue glass bottles.

Fluoride

Fluoride Toothpaste and City Water

Personal daily dental hygiene, particularly the brushing of teeth, has been the subject of many studies, talks, debates, and writings, and much has been written over the years about the dangers of fluoride. Some consequences of fluoride ingestion include tiredness, fatigue, and lethargy, and a sense of mellowness that leads to nonchalance and obedience. Fluoride was initially a toxic waste product of the aluminum industry.

Since properly disposing of fluoride is extremely expensive, someone smart came up with the idea of using it and selling it rather than just dumping it. Thus, the fluoride in the toothpaste you are using every

morning is really just garbage being promoted as healthy and sold to you at a premium.

Fluoride allegedly helps to prevent cavities, but while it does harden tooth enamel, to some degree, it also renders teeth enamel more brittle.

Very concerning is the fact that fluoride is a feisty chemical competitor to iodine. There are several iodine atoms in a thyroid hormone molecule. If even one iodine atom is replaced by just one fluoride atom, then the whole thyroid hormone molecule becomes inactive and blocked.

Hormones are very effective in even extremely small amounts, so it does not take too long for fluoride to block enough thyroid hormones so that people begin to experience symptoms: fatigue, water retention, dry skin, high blood pressure, and hair falling out, to name just a few. I have a strong suspicion that the epidemic proportion of today's underactive thyroid problem is due, at least in part, to the introduction of fluoride into our toothpaste and drinking water several decades ago.

Check with your city water department to see if fluoride is added to the water supply in your locale. If this is the case, then we strongly recommend that you find another clean water source. City water departments are obligated to provide you with a report based on their annual water analysis. You can and should carefully review this report to determine if fluoride and other toxins exist in your water supply. There are also commercial companies who will analyze your drinking water for a fee.

Regardless of the annual result of your city water analysis, unfiltered city water is generally not recommended for drinking. It may be contaminated with chemicals and microorganisms from the reservoir in which the water is stored, as well as from the pipes through which it is transported. The pipes are generally made of plastic, lead, or copper. All these materials leak potentially toxic elements into the water.

Chapter Summary

- Avoid plastic bottles and containers.
- Drink tap water that has been filtered, detoxified, alkalized and ionized.
- Use no fluoride based toothpaste.
- Check to see if fluoride is added to your city water.

Chapter 9

Drugs, Fluorescent Lights, Microwaves and Alcohol

ILLLEGAL DRUGS DRAIN human energy by borrowing a high amount of energy upfront; then the repayment interval lingers for a long time. They are to be absolutely avoided. It is not necessary to list all their bad effects, as we all know that street drugs are bad for us. The hazards vary, based on the various types of drugs, but what they all have in common is that they harm you, the people you love, and society in general. Drug addiction never only attacks the addict; it will cause the addict to lose touch with reality, and the addiction will also hurt the ones the addict loves. The addict is too focused on the addiction to care about anything or anyone else. Drug addiction requires professional and medical help, as well as serious mental help.

Legal drugs include pills and medications that are bought over the counter or prescribed by a doctor. These are one major cause of fatigue and lack of energy. Make sure they are not the culprit in your case. Medications like beta blockers, blood pressure medications, and nerve pills like Lyrica are notorious energy drainers. Sleeping and anxiety pills drain energy too. Under medical supervision, you can slowly change or replace medications that are suspected of draining your energy.

Taking nerve pills when in stressful situations can cause a special kind of addiction. You will begin a dependency and reach for pills more often, thinking you are not strong enough to deal with problems. Don't let yourself become addicted to artificial medication.

Fluorescent lights

Fluorescent lights are not good for us because they are not comprised of a natural spectrum of light. The light is bluer, and the frequencies of light are not balanced. On top of that, fluorescent light is not continuous light; it flickers at a rate of the AC current – at 50 cycles per second - just fast enough that we do not really notice. Even if we don't notice the flickering, our eyes somehow sense it and have to constantly adapt to low and then high intensity light very quickly. In the end, after a few hours, the eyes may become tired and strained. Our energy may be drained, and we don't usually even realize why.

If at all possible, avoid fluorescent lights. If not, take walks on your breaks, basking in the natural light to compensate and give your eyes a rest. In no case install fluorescent lights in your home. If fluorescent lights are already present in your home when you move in, it is suggested that you replace them as soon as you can.

Microwaves

Many studies show that food heated in microwave ovens loses nutritive properties very fast. Microwaves cook through a process of radiation. They might save you time, but they will harm your health. In this kind of oven, the food and water changes the structure in such a way that it becomes unhealthy.

Microwave ovens also emit radiation up to a few feet around. When your microwave is in use, always maintain a healthy distance of at least a few feet. Use them as little as possible.

Excessive Alcohol

Alcohol is more or less toxic. The body can properly deal with small amounts of alcohol, if the body and the liver are healthy, but when alcohol consumption becomes more than a drink a day, it can become unhealthy.

Occasional drinks are fine, but daily drinks are not. I strongly believe that we should take breaks in just about anything we do every now and then, and this includes occasional drinking. Everything must be done in moderation.

It is important to note that hard liquor is more dangerous than beer and wine and should be avoided.

If you are prone to drinking either more frequently or more quantity than other people, it is even more important to take vitamins, especially B1 and B complex, as alcohol depletes them from the body. Also take Vitamin C and Niacinamide.

Alcohol also contributes to multiplication of candida; those who are battling yeast infections of any kind should avoid alcohol altogether.

Alcohol addiction is strong and requires professional, medical, and mental treatment just like any drug addiction, especially since alcoholics can be potentially dangerous to themselves and others. Alcohol destroys families all over the world. It is a major issue in our society. Young people are using alcohol early on. Teenagers like to get drunk, never considering the consequences this destructive habit will have on their health in the future. Alcohol is available all over the world and is a serious problem for all of civilization.

Chapter Summary

- Fluorescent lights are not a natural source of light and should be avoided.
- While under medical supervision minimize prescription drugs.
- Avoid OTC drugs.
- Microwaving robs food of its quality.
- Use alcohol in moderation, for special occasions only, if at all.
- Alcohol and drug addiction require professional help.

Chapter 10

Vitamins, Minerals and Amino Acids Deficiencies

About the “Miraculous Three”: Vitamins, Minerals and Amino Acids

VITAMINS, MINERALS, AND amino acids keep us alive. They are essential to life, and missing even one of them creates a domino effect in our bodies that can result in the worst consequences. The “miraculous three,” as I like to call them, are great, but unfortunately, due to propaganda and false claims and also because of intentional confusion in the marketplace, vitamins, minerals, and amino-acids are sorely misunderstood and misused. Vitamins, minerals, and amino-acids are essential and necessary. When taken properly, they have the ability to work miracles. By “properly,” I mean the right kind, the right amount, and the right mixture.

I myself am a huge vitamin and nutritional supplements fan and have been for over twenty years. Most inexpensive or even average supplements are of extremely poor quality, with insufficient dosage amounts and questionable ingredients. It is no wonder that no one is going crazy over them; they have not experienced all the miracles the good, proper rendition of the miraculous three can bestow.

Marketing in this day and age is simple: Everyone is on the lookout for profits, focused on the bottom line. The sad and the bad news is that this approach also involves many health products. In order to keep up with this kind of commercial game, most supplement formulations on the market are designed to be inexpensive to the customer, but still able to offer the manufacturer a huge profit margin.

The powers-that-be play this commercial game in order to maximize the profit margins of the sellers. I could spend weeks talking to you about the tricks and the intentional obstacles conventional medicine and Big Pharma employs, placing propaganda in the media, manipulating legislation, and confusing consumers. Ultimately, because of this game, we fearfully avoid supplements altogether or do not use them at their full power.

Why is this the case, you may ask? The answer is simple. Proper use of sufficient, powerful vitamins, minerals, and amino-acids will represent real competition for the huge, wealthy pharmaceutical companies and the medical industry, resulting in a massive loss of business. They take this matter very seriously, as anyone with a monopoly would. The trouble is that in this nasty, greedy mix, your health is considered an expendable risk.

Why would any manufacturer bother to make a good product at a higher cost, with fewer potential buyers, when they can make a poor-quality one and earn more profit? If the supplement manufacturer also owns a pharmaceutical portfolio of prescription medications, they will have guaranteed profits for the medication business when the supplement product fails. Unfortunately, this is how everything works today in the big corporate world, and healthcare is not immune.

Let me be clear: Vitamins, minerals, and supplements in high enough doses many times outperform conventional health-care treatments and even prescription medications. This is not information that the public is made privy to. False studies with tinkered-with results, false media claims, criminal legislation, and even physical suppression of vocal doctors has been used as part of a successful arsenal to silence the truth.

Yes, even in the twenty-first century, in a society that is supposed to be advanced and civilized, there still exists inquisition-style prosecution of many alternative doctors and therapies, especially if their methods and approaches have had the audacity to prove successful in the treatment of some particular illness that are big business cash cows.

Supplementation with vitamins, minerals, and amino-acids is even more effective when you undergo a blood test prior to taking them. This will offer you scientific evidence of what you are lacking, so extremely accurate and customized supplementation is then possible. When blood tests are properly performed, you can take more of the nutrients you are missing.

Can You Take Too Much?

The media loves the concept that you can take too much and that the supplements can harm you. They have no problem purporting that you can take too many supplements and suffer severe consequences because of it. Behind this idea is an obvious agenda and motive: They do not want anyone to take good doses, let alone high doses of supplements, because if those supplements prove effective, they will interrupt the business interests of Big Pharma, a very powerful force indeed.

Thus, the media intentionally and periodically confuse the general public with well-placed systematic propaganda “bombs” based on nothing more than speculation and greed. They know very well that confusion will keep people from buying a product, so they intentionally confuse the public to accomplish this goal.

The truth is that virtually every person has a deficiency in some vitamins, minerals and amino acids; no one is naturally too high in any of these, not even if someone takes a “mega-dose”.

Your deficiency of one or another nutrient depends on many factors, including: diet, genetic makeup, medications, pollution, etc.

The media may act as if they are truly and sincerely concerned and worried about people taking too much, and about public safety. However, if their allegations would even be partially true there would be lots and lots of people dead or seriously injured by now. The sheer true reality is that while half the population takes supplements, there are no dead bodies to sustain the claim that vitamins will harm you. Not only that there are no harmed people but the better and higher quality and potency supplements people use, the better and healthier they are.

The reality is that everyone has one or more vitamins or nutrient deficiencies based on their genetic makeup. No one is naturally “too high”.

Based on false media claims and lies by manipulative people in the medical community, everyone is afraid to take any amount of supplements for the fear of taking “too much”. In other words most people are deficient, but they fear having too much, which does not make logical sense.

Some people hide behind an affirmation that goes like this: “I don’t like to take pills”. The meaning behind this statement is “What else have you got available?” Or it may mean: “I do not believe in the value of

medication or supplements and I do not feel like spending money on them”.

Well, the answer is that you can NOT cherry pick your way to health.

These affirmations are similar with statements like: *”I don’t like to eat healthy”* or *”I don’t like to exercise”*. I am sorry, but there is a place and time to do the right thing in the right order. If you are not willing, well, you are kind of... out of luck. This is not about what you like! Stop being a pampered grown up child!

What Daily Supplements Should You Take?

I like to divide our needs in different categories. It took me many years of work and research to understand this concept, and it will serve you well if you apply it. The following is a strategy of what kind of supplements you should take in what priority.

If you do not apply a strategic priority to your supplements you will be drawn to buy the latest fashionable supplement from the latest media advertisement, always chasing the latest shiny object. This happenstance strategy will get you nowhere and will not have a systematic positive impact on your health, energy and longevity.

We always start with the Foundation or Tier I Supplements which is for EVERYONE. The Foundation is for young or old (not for kids though), men and women.

Tier I Supplements: The Foundation of nutritional supplementation

- It contains four elements and is not to be changed and modified at any time.
- A Great Multi: Multi vitamins, minerals , amino acids, herbal extracts, etc.; For example Power Source One at a dose of 6-8 a day; It is available at www.PowerSourceOne.com
- Magnesium 4-500 mg a day (not oxide). Glycinate is best.
- Fish Oil or other oils 1-2 a day (1,000 mg of good quality EPA is ideal).
- Vitamin C 1-2 a day (1,000 mg capsules, never chewables).

Tier II Supplements is for over 55 years of age and consists of the following supplements in addition to the Foundation.

- Vitamin D 5 -10,000 IU/day with Vitamin K2, keep Vitamin D blood levels between 70 and 90.
- Vitamin E: 6-800 IU of alpha activity. Make sure you take mixed tocopherols and tocotrienols and NOT just alpha tocopherol.
- Probiotics (20 billion or more).
- Digestive enzymes with each meal if over 65.
- If over 55 years old or if chronically tired, take Vitamin B12, 1 mg injections i.m. at least monthly for the rest of your life.
- Melatonin before sleep according to how many decades you lived. Ex. if you are 55, then take at least 5 mg, if 72 year old take at least 7 mg.

Tier III Supplements is for specific conditions or further wellbeing:

- Antioxidants, anticancer supplements (sulphoraphane, DIM, blueberries, spirulina/chlorella, Vitamin E with mixed tocopherols, etc.)
- CoQ10 (ubiquinol form) the more the better, alpha lipoic acid
- Supplements for special conditions like arthritis, cardiovascular, mental wellbeing, etc.

If your illness, fatigue, or tiredness is advanced then use the following:

- Magnesium Glycinate 400 mg.
- Ubiquinol 200 mg.
- Alpha Lipoic Acid (ALA) 600 mg twice a day.
- L-Carnitine 2,000 mg.
- D Ribose 5-10 grams.
- Niacinamide 1,000 mg three times a day.

It is crucial that the foundation (and Tier II for those in their later years) are never overlooked or substituted. In other words, the foundation must stay the same. You can build upon it, but never punch holes in a foundation. You should not say, "I take CoQ10 or Resveratrol or something else, so I don't need Vitamin C." Vitamin C must remain part of your

foundation, and you can take more if necessary, but it should not be eliminated. For the older generation, Tier II should also be constant, even though Tier III can be adjusted, depending on the specific conditions you may be suffering from.

Minerals and amino acids can be taken separately or specially-mixed and prepared for you by compounding pharmacies which are companies that specialize in creating safe, customized, healthy nutrient and prescription medications combinations. At this point in time compounding pharmacies are under heavy regulatory and legislative attack and is not clear how long they will be able to stay in business.

What Makes a Great Multivitamin?

A GREAT multivitamin and multi nutrient supplement is far superior to a good one. It is certainly not cheap, or junk, or full of unnecessary, useless fillers. A Great multi is a multi that can make a real difference.

One a day or two a day supplements are never powerful enough to be considered a Great Multi. The more a day the better, however, as you pass 10 a day there is usually some green powder or dry vegetables added to the formula.

The sweet spot of power seems to be anywhere between 6 to 10 pills a day.

In addition to looking at the recommended number of daily pills, check the label for B vitamins. B1 or B6 should be 35 to 50 mg or higher, ideally close to 100 mg. For more sophisticated evaluators, you can see if the product includes activated B vitamins like benfotiamine, P5P, etc. This is rare find, as these are expensive ingredients, however, you will occasionally run across some of these great supplements in your search.

Naturally, we strongly recommend **Power Source One**, a great formula developed and designed over a period of over ten years by Dr. Pop, the author of this book. Power Source One is the most powerful daily nutritional supplement on the market; it contains more than fifty high-dose, high-quality ingredients and everything you may need on a daily basis. It is the ideal consideration for the first spot in the foundation, that of a Great Multi.

This nutritional supplement is so powerful that one bottle of Power Source One offers the equivalent nutritional value of twenty-three bottles of

other high-end supplements. It is well tolerated by most patients, and many positive testimonies have been reported by the people who are using it.

Power Source One, which we call the Ferrari of Nutritional Supplements, is available online at www.PowerSourceOne.com. Use it yourself for a month and feel the difference.

Chapter Summary

- Due to lot of propaganda, false claims, and intentional confusion in the marketplace, the miraculous three—vitamins, minerals, and amino acids—are sorely misunderstood and misused.
- Vitamins, minerals, and amino acids are essential for our existence.
- Be wary of low-quality products in market, as well as false claims in the media.
- In good faith, you realistically cannot overdose on vitamins and minerals.
- Everyone has at least one nutritional deficiency and likely far more than one.
- Undergo blood tests to find out what your body lacks, then custom supplement accordingly.
- Learn to tell the difference between high and low quality multi-vitamins.

Chapter 11

Water, Lemon Water and Other Drinks

WATER IS ESSENTIAL for our existence and wellbeing. We are all made of water in a very high proportion, about 70 percent. Thus, we should pay close attention to water intake; it is one of the crucial elements of great health. Body water has to be replenished. Think of the water in your body as similar to the water you find in nature; if you don't replace and continuously refresh the water, it will become stagnant, like a swamp. Some say you should wash your body both outside and inside with the same amount of the water, and washing from the inside means drinking lots of water. Drinking enough water will take some toxins out of your body and leave you feeling refreshed and energized.

The quality of water is very important. I strongly suggest that you purchase at least a simple water filter, as I am entirely against plastic bottled water, due to the toxins in plastic bottles, a subject discussed in a previous chapter. The toxic chemicals in plastic bottles can actually trigger cancer. There are statistical links between plastic chemicals and endocrine cancers like breast, uterine, and ovarian cancer. These plastic-derived chemicals may also disrupt nerve connections and block important chemical and metabolic processes. Overall, the best choice is to drink filtered water.

If your city water is fluoridated, you should look for a different source of water. As discussed previously, it is my firm belief that fluoridated water is hazardous to human health. As we have mentioned before, fluoride competes with iodine, and this is just one good reason why so many develop under-functioning thyroid and become tired and exhausted.

When it comes to the amount of water we drink, most of us tend to underestimate, claiming we drank more than we actually did. As in many areas of life, being honest with ourselves is the first step toward changing this bad habit into a good one.

Optimal quantity of daily water intake is at least six to eight, eight-ounce glasses. This is considered a minimum; everything under this amount will only slowly build a still-water swamp inside rather than the crystal-clear river of life that your body requires. Water should comprise 70 percent of all that you eat and drink, the same proportion as the body composition. We should all eat and drink in the proportions we are made of.

Besides washing toxins away, water also plays many other roles in our bodies. Water is an active participant in many chemical and energy-producing reactions. By forming or splitting water molecules, energy is released or absorbed in different areas of the body.

Water is an amazing element. It is alive, it has memory, and it heals, soothes, and cleans and builds cells. It is a great foundation for the body. If we don't replenish our bodies with fresh water, we cannot expect to have an efficient metabolism. If the water inside is thickened, like molasses, chemical reactions will slow down and ultimately stop; the process of dehydration will quickly set in. People can live much longer without food, but we can only last a few days without water.

I mentioned that water has memory, but what does this really mean? Water has the ability, in certain conditions, to retain information. It can be structured in different ways, and clusters of water molecules can take on different forms and shapes. There are many articles and studies devoted to water and structured water.

Some people say filling a dark blue glass bottle with fresh water and leaving it in full sunlight for up to a half-hour will charge the water with a certain frequency, making it even more beneficial.

Ideally, your water should be at room temperature — not too cold and not too warm. I advise squeezing a real lemon for fresh juice in your water or adding a pinch of unprocessed salt. Adding these natural elements to water will prevent it from being too quickly passed through and flushed out and will reduce frequent urination. Negatively ionizing the water will make it enter cells easier and will help in better hydrating the body.

One of the best daily habits to have is to start every day with a cup of room-temperature water with real juice from a freshly squeezed lemon in it. You can squeeze half of a lemon or add just a few drops, depending on your taste preference. This simple elixir will clean, hydrate, and detoxify you. Whenever available, add lemon to your water.

Lemon juice will completely change the taste of your water and make it easier to drink. Another idea is to submerge some fresh mint leaves in a pitcher of water; lemon juice can be added to this as well. Leaving mint and lemon water in a covered pitcher throughout the day is a great idea. This drink is fresh and healthy and looks great sitting on the kitchen counter or dining table! The great taste of mint and lemon will have you wanting more of this easy refreshment. Make lemon water fresh daily and do not store it overnight.

Some people do not like plain water and insist on drinking tea, wine, coffee, juice, soft drinks, milk, or beer. While these are all liquids, they are not what the body needs to function properly. The body requires pure, plain water. For a simpler explanation, realize that you would never think to wash your car or your house with wine or orange juice, even though they are liquids. Likewise, your body should only be cleansed and refreshed with water. Humans need simple, healthy food and water. Eating raw, alive, unprocessed food and drinking plain water is what makes us healthy and strong.

Coffee can be enjoyed from time to time, but it should not be abused. For some people, even one cup of black coffee a day will cause anxiety and insomnia. Everyone is sensitive to caffeine to some degree, and you should be well aware of your personal degree of tolerance. If you do drink coffee, do not add sweeteners or flavors, as most are toxic. Good homemade tea is also occasionally acceptable, but commercial iced tea has little to do with real tea at all. Ready-made iced tea is often just a noncarbonated soft drink full of sugar and harmful chemicals. Not only that, but it is often stored in those dangerous plastic bottles we've already discussed.

Green tea is a great drink to have. As documented in many medical studies, green tea is good for alleviating many health conditions, including cancer. For several reasons, green tea is a healthier choice than coffee.

Green tea leaves are not fermented, and they don't go through the oxidation process that black tea undergoes. Green tea contains a

special compound, called epigallocatechin gallate (EGCG), a popular antioxidant known for fighting cancer and cardiovascular conditions. Green tea contains about one-fourth the caffeine load of coffee, so it is less of a stimulant.

Black tea is often consumed instead of coffee, and it contains more caffeine than green tea. Those who live in the UK often add milk, honey or sugar to a teacup, but it is never a good idea to add any sweeteners, including milk, to any beverage.

Avoid drinks that are decaffeinated. Use only never caffeinated products instead. Decaffeinated coffee and tea is not natural, as it once contained caffeine, but has been treated with a chemical solvent to extract caffeine out. This de-caffeinating process is repeated 10 to 12 times, until the caffeine content meets the required standard of 97 percent removal. Not only do decaffeinated products still contain small amounts (the remaining 3%) of caffeine, but they also contain byproducts or traces of the extracting solvents.

Avoid all commercial juices and sodas. It is amazing how much sugar people ingest drinking these liquids, even if the label reads “100 percent juice.” Keep in mind that these all contain sugar, as well as many kinds of additives and preservatives. Some chemicals add color, some add taste, and some add smell. These chemicals are toxic and harmful.

Another trap people often get caught up in is consuming “diet” or “light” products. While these may not contain conventional sugar, they do harbor molecules that exhibit the same insulin effects as sugars.

Erythritol, mannitol, xylitol, fructose, sucralose, and maltose are just a few names of sweeteners added to commercial drinks, so they can label them “zero sugar” or “sugar free.” These drinks may not contain white sugar, but they contain artificial sweeteners which are no better for you. For example, aspartame, very widely used in diet products, is very dangerous to the human body and is the number-one cause of complaints to the FDA. If you have diabetes or unexplained symptoms like fatigue, migraines, and irritability, stay away from sweet drinks.

If you are eager to drink some juice, then fresh, homemade juice is your best choice. Squeeze lemons and oranges or make a healthy cocktail by juicing some carrots, apples, and maybe just a lemon. This is always a good option, but be aware that you shouldn't drink juices too often. Fruits

are packed with fruit sugar, aka fructose.

Drinking fruit juice causes you to ingest higher doses of this kind of sugar than eating the whole fruits would. You may easily drink the juice of five squeezed oranges, for instance, while you would never really eat five oranges at once. Homemade juice is a far better option than buying juice from the store, however, you should still limit your intake of homemade juice.

Let's get back to water. This precious element has been valued in centuries past, so much so that in some cultures, a priest blesses the water in religious rituals. Treat water with respect, pray over it, and be thankful for it. Think lovely thoughts over water, and pray for blessings when you drink it.

There are many reasons to respect water. Whether you are religious or not, you have to admit that water is a sacred element for humans. Without the rain, we would not have food on our tables. Without water, we would not exist at all, we would not be able to enjoy food and breathe the air we are breathing.

Carefully choose and respect the water you drink, and drink plenty of it in good thought. Your health will be thankful for it!

Chapter Summary

- Your body is 70 percent water. Refresh it daily.
- Avoid plastic bottles and fluoridated city water.
- Use room-temperature, filtered water.
- Drink six to eight eight-ounce glasses of water per day.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Drink hot tea and coffee only moderately.
- Respect and be thankful for water.

Chapter 12

Diet as Lifestyle

TWO MOST CRUCIAL lifestyle elements are diet and exercise. These will be addressed more in the chapters to follow. You may find this information repetitive, however, bear in mind that the truth is worth repeating; we all learn by repetition!

We must face this truth early on, if we are to have any chance of fighting any serious medical conditions: If you want permanent victory over any serious health problem, you must start with diet.

A common thread in all the health promoting regimens is completely cutting all carbohydrates out of the diet. In spite of the conflicting reports you may have read, our bodies do not need even a fraction of the amount of sugar we shovel into our mouths daily. Sure, we can cope with it in small amounts, quite like “one glass of wine won’t hurt you much”, but to defeat illness, you must step entirely away from potatoes, bread and rice, sweet desserts, sugary foods and drinks, and anything that tastes sweet or is made with dough, flour, corn, or rice.

A person who is worried about health should eat no breads, cereal, or grains of any kind and no sweet fruits or juices. Even milk has too many carbs. It’s also important to note that anything labeled “fat free” generally compensates for the lack of taste by adding sugar. Fat is not bad, especially if it is naturally occurring. Remember that the worst possible diet to follow is a low-fat one.

Bread is particularly deceptive, particularly if you fall into the trap of thinking that it is healthy just because it is brown or claims to be whole grain. Whole wheat and white breads are not much different, and neither

is good for you. While it is not typically very sweet, bread is a food component that is very high in carbohydrates and should be avoided.

You may enjoy just a little of boiled carrots, yams, peas, rice, or corn. When eating raw vegetables, avoid or use very little salad dressing.

Avoiding sugar in any quantity is crucial to a healthy lifestyle. We are not talking here about the sugar you are commonly thinking about, the classical white powder you can buy from the store. Think of sugar in terms of anything that tastes sweet, anything made with starch or dough, or generally ends with -ose: Glucose, fructose, galactose, fucose, mannose, and xylose are all sugars. Many sugar alcohols end in -ol, such as xylitol, erythriol, and others. ALL artificial sugars and sweeteners are just as damaging, and often, more toxic than normal sugar.

These chemical sweeteners may please our senses and appeal to our taste, but because they are not natural, they are not usable by the body for fuel or for enhancing structures. Therefore, artificial sweeteners are junk, debris the body must work hard to dispose of since they are of no value whatsoever. They overtax the body systems and can even lead to sugar cravings. Besides refined and unrefined, sugar has many names: fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup. You should avoid all of these as much as possible.

We should avoid sugar under any name and sweeteners of any kind, but it is important to reiterate that starches must also be excluded. There are large quantities of sugar in most bakery products, bread, pasta, pizza, potatoes, bagels, donuts, cookies, cakes, candies, and ice cream, so these foods should not be eaten by health minded people and especially diabetics at all.

If you want juice, make your own fresh juice occasionally, but be aware that all fruits contain fructose, a fruit sugar that should only be used in moderation. Giving a soda to a child forces that little one's sensitive body to ingest eight times more sugar than they already have in their system. No wonder their bodies go into a genuine state of alarm, because these toxic drinks trigger a massive dose of insulin to be released from the pancreas. For all these reasons and more, it is best to avoid sugary drinks, soda in particular, altogether, for both children and adults.

One sugary treat many people have turned into a habit is ice cream, especially in the evenings. Some eat a pint or more, even up to a half-

gallon. This must change, as ice cream is full of sugar and, thus, severely raises insulin and promotes fat production.

It is best to eat no snacks whatsoever, nor any second portions. However, in the beginning, if you absolutely must have something to nibble on between meals, choose a boiled egg or a piece of cheese. The evidence against sugar is massive and simply cannot be contradicted. In general, we must avoid all forms of sugar, including natural ones like honey, grapes, or especially dried fruits. Grapes and raisins and watermelon have lots of sugar. Vegetables are a healthier choice, but try to stay away from the candy bars of vegetables: potatoes, sweet potatoes, pumpkin, carrots, rice, or corn.

Beware of sweets in disguise, like rice, potatoes, rolls, bagels, and pasta, all of which are loaded with carbs. Avoid fruit juices, even if the label brags about no sugar being added; the reason sugar is not added is because there is already an overabundance of sugar in the juice to begin with, therefore there is no need to add more.

The diet we call low carb is, in fact, what should be the norm, but most people eat dangerously high levels of carbs and consider it normal. My advice is to become almost fanatical about keeping your blood sugar low and constant. This means you need to do away with nearly all starches and sugars, as we've discussed here. You must be prepared for a lifelong lifestyle change, one that requires you to make tough choices and stick to them for decades. It is even advisable that you avoid eating out, as this is often like an alcoholic going to a bar. Even continental breakfasts can be a sugar bomb.

Can illness be reversed? Yes, but you must commit to this goal. You must maintain a low-carb lifestyle and eat mostly un-processed food. If you think you can go back to eating or living like you did in your 20s, gulping down oversized soft drinks, gorging on gallons of ice cream, or indulging in chocolate bars whenever you want, rarely exercising at all, then you are living in a dream world. Your diabetes will be back soon if you undertake this lifestyle, and it will come back with a vengeance.

Are we all addicted to food? Is food the modern day addiction? What happened with good old willpower? Well, broccoli and cabbage is not addictive at all, but cookies, chips, ice cream and soda are more addictive than any illegal drug. They are intentionally designed to be overwhelmingly addictive by food industry experts.

Specific combinations of salt, sugar and processed fat can be seriously addictive. We are all biologically conditioned to crave them and eat them as much as possible. Most of the time, your willpower does not stand a chance to this powerful level of addiction.

Liquid sweet drinks are the most addictive of all sweet foods. They cause diabetes and obesity in a larger proportion than sweet solid foods. They are empty foods we normally wouldn't eat. When we drink sweet liquids, we don't feel full, so we also end up eating more overall.

Each can of soda consumed per person each day increase their risk of being overweight by 60 percent, and their risk of diabetes almost doubles over four years. The good news is that like any addiction, after a few days or weeks without the addictive food, you won't crave them anymore.

Real fresh food that you prepare yourself is the most effective medicine known to man. Your kitchen has been hijacked by the food industry. Reclaim control by throwing away anything that is not real food. Stay away from food-like artificial junk named "food". Focus on food quality first and foremost.

Chapter Summary

- Avoid all sweets, including manmade or man-altered carbs.
- Do not drink sugar.
- Do not eat or drink anything that contains artificial sweeteners of any kind.
- Stay away from all products labeled *diet*, *light*, or *zero calories*.

Chapter 13

A Few Food Facts

Concentrated Carbohydrates

BELIEVE IT OR not, the amount of carbohydrates required by humans for health is zero. This is the overwhelming consensus of scientific wisdom today. Proteins and fat are essential to life, but carbs are not.

Our body systems are well built. We do not need carbohydrates in any large amounts, if any at all. While it would behoove us to avoid carbs completely, the simple fact is that almost every food has some carb content. This includes vegetables, cheese, nuts, and berries. All-natural foods contain more than enough carbohydrates for our needs. Any carbs we ingest beyond that are detrimental. You do not need to worry about ever developing a carbohydrate deficiency, because it simply is not possible. It is well known that putting sugar in the gas tank will ruin a car engine, and humans are really no different.

The liver is in charge of manufacturing glucose out of proteins and fats and is also in charge of slowly releasing glucose into the circulation, so that the blood glucose level stays above a certain limit at all times. It is only when the liver action is compromised by too much insulin from injections, or when someone is fasting while taking diabetic medications that the blood sugar can drop too low.

Diabetes is nearly nonexistent in cultures that do not consume refined flour or highly sugared products. Milkshakes, candy bars, white flour products, and soda were not included in the human diet till a few

generations ago. For 700,000 years, humans ate only meat, fat, nuts, berries, vegetables, and whole-grain products. The common drink was water, and milk or wine were luxuries, consumed only rarely. That should be all the evidence we need that we can and should survive with far fewer carbs than what most of us are eating nowadays.

The number-one food category consumed by Americans is bread, particularly white bread, rolls, and crackers. These are almost all pure carbs. Right behind these are donuts, cookies, and cake, more carbs accompanied by more fat. Number three is the alcoholic beverage, and most of these also contain carbs. In fact, 90 percent of the American diet is made of fat, the bad kind, and carbohydrates, also mostly the bad kind, both being genuine metabolic toxins.

Insulin

The discovery of insulin can be credited to a Romanian scientist, Nicolae Paulescu. A group of Canadians, apparently very “inspired” by his work, were later crowned as discoverers, and were awarded the Nobel Prize for it.

Insulin is a hormone produced by the pancreas. Its chief priority is to make sure that sugar does not rise too much within the body. What allows sugar to enter the cells from the bloodstream? Among other things, it is insulin. Glucose (sugar), in any amount above a certain threshold, is stored, mostly as fat. The threshold is low, about 2,000 calories in total. What directs this necessary transformation from sugar to fat? Again, the culprit is insulin. The human body cannot store much sugar, carbs, or protein. Thus, any excess of these is stored as fat, a conversion achieved under the direction and guidance of insulin.

Another of the important roles of insulin is to make sure blood sugar does not go up too much. On the other hand, the job of another hormone, glucagon, is to make sure sugar does not fall too low.

It is also insulin that activates the enzymes that power the cholesterol-making mechanism. Thus, overproduction of insulin results in overproduction of cholesterol. In other words, excess insulin stimulates excess cholesterol.

While protein ingestion may stimulate some small amounts of insulin, fat has no impact on insulin whatsoever; as far as insulin is concerned, fat does not exist. Here is a confirmation of this fact : if a farmer wants to fatten up his pigs or cows, he feeds them grain—not meat, butter, or eggs. Similarly, if you wish to fatten up, feel free to load up on grain, bread, pasta, potatoes, cake, cereal, and cookies. If you really want to speed up the fattening process, then add some extra fat to the mix, just like the fast food companies do. Most fast foods are made of bad (artificial) fats and carbs and are very low in protein.

Cholesterol

Cholesterol will increase if you eat fat, but this will only happen if you also eat carbs at the same time. This is because insulin runs the machinery that makes cholesterol. If you do not eat carbs, there is no extra insulin, so your cholesterol will not spike, no matter how much fat you ingest.

You can treat elevated cholesterol with a low-fat diet until the cows come home, but you will only see limited success. Fats don't make you fat; carbs are responsible for that. Fat intake is usually self-regulated, as no one really sits down to eat a bar of butter, lard by the spoon, or olive oil by the cup. Without carbs to wrap around the fat, the fat we eat is not very appealing. The more carbohydrates we eat in one sitting, the bigger the insulin response we stir up, and the more fat we put in storage.

Our bodies can make fat from carbs and lots of it. That is why you can't just eat fat-free cookies and ice cream and potato chips and expect to lose weight.

Can you really eat red meat and eggs without elevating your cholesterol? Yes, but these should be eaten in only small amounts. Does that mean you can have steak and eggs for breakfast? Yes! Pork ribs for lunch? Sure! But what you absolutely cannot do is eat all the eggs and red meat you want while, at the same time, loading up with starches and carbs (sugar). This means you can't have orange juice and biscuits and gravy and hash brown potatoes with your steak and eggs—and be sure to eat only a small amount of steak and eggs. When it comes to food, more is not better.

How to Eat and Drink

I advise people to eat small amounts because we seem to have lost all sense of moderation when it comes to food. We must exercise wisdom in eating. If you overindulge with too much food and too many drinks, you will cause yourself ill health. Do not overeat until you are full; always eat short of satiation. Then, take a short walk if you can. Do not eat at all after six p.m., close to retiring for the night.

Eat small amounts of good-quality food, mostly plants. If you avoid manmade or man altered foods and carbs, your blood sugar will remain stable throughout the day, ensuring that you will suffer fewer food cravings or false hunger pangs.

All the major diseases of Western civilization—diabetes, obesity, high blood pressure, heart disease, and even cancer— have a common denominator. In fact, these degenerative diseases that afflict, disable, and kill so many people are not diseases at all; rather, they are symptoms of a more basic, single disorder: excess carbs, insulin, and insulin resistance.

Drink room temperature water twenty minutes before meals or between meals, but avoid it during meals. If you follow this regimen, it will reduce hunger, and you will naturally and more easily eat less. If you have to drink during meals, limit your mealtime beverage to no more than one cup, being careful to sip and not gulp. Studies show that without a beverage to accompany our meals, we eat more slowly, chew our food better, enjoy our meals more, and eat a lot less.

We all seem to be 5-year-olds when it comes to eating. People who seem significantly successful in other aspects of life, capable of overcoming life problems and handling their careers, educations, marriages, and so on, easily succumb to the only thing they really have total control of: feeding themselves. Please realize that unless you are in a coma and on feeding tubes, you, and only you, are in complete control over what you put in your mouth. We like to say we cannot resist certain foods, but really, it is that we just choose not to. We must choose to eat, as well as not to.

A dietary regimen works relatively quickly, within a few weeks, but it will only be successful as you faithfully follow it. You cannot return to your childhood immunity against carb attacks, so you must continue the dietary guidelines in order to reap the benefits. A return to your former

eating habits will quickly return you to your former health problems, if not worse.

So how should we eat? What is the plan? We need a strategy, a game plan we can easily understand and implement. The good news is that there is a plan, and it really does work. The main principle of this game plan is very simple: All nature-made food is good, while all manmade or man-modified food is not. The more we mess with our food and with nature, the worse the adulterated food is for our health.

How badly do you want your health and vitality back? Your health depends on how committed and motivated you are to get back to nature and unadulterated food and drinks. Our primary problem is not ignorance of what we should do. This book explains this clearly. Our problem is actually doing what we know we should do. It may seem difficult, like a high mountain to climb, and many of us try to make excuses. “On second thought,” we say, “I’m feeling pretty good. No sense in bothering with that now.” If we continue to blow off what we know is right, we will continue to experience ever-waning health.

Why do we eat when we are not hungry? Why are we addicted to it? Well, this is a subject for another book chapter.

Raw Foods

Start eating more raw foods, for the link between these and good health is too obvious to ignore. Raw foods include vegetables, fruits, nuts, and seeds that are uncooked and unprocessed. The best thing about these is that the food industry has not tampered with them (yet), so they are not full of preservatives, chemicals, and additives. Strive for a target of at least 60 percent of your food to be raw and organic.

If you eat raw, you will know exactly what is in your food, exactly what you are putting into your body. You won’t end up eating garbage that just resembles food, concoctions cooked up in a factory a year ago, then engineered, colored, and preserved to taste like a food you know.

Eat more veggies and less meat and cut down on dairy. If you do have dairy, try to find European dairy, as that part of the world insists on strict rules against tampering with dairy products. Eat entirely raw for one day a week and be nearly vegetarian for a day.

Fruits in general are good for us, but always in small amount or moderation. We can't eat fruits every day, all day, because too much fructose, even if natural, is too dangerous. We should rarely eat fruits, and only as an occasional treat and even then, we need to choose only sour or non-sweet fruits. Fruits need to be a rare dessert. If you juice fruits then you concentrate the sugar from multiple fruit portions. This is not recommendable. It all goes to the belly fat.

Avoid processed or modified animal products, like meat and dairy. Strive for a plant based diet. Eat meat rarely, if at all.

Hunger

By far, the most important element in healthy eating is portion control. Everything good or bad comes from the size and quantity of our meals. As we age we need less and less daily food for living. Most people want to eat like they were used to eat decades ago. They then wonder why they gain weight. It is wise to adjust food portions based on your age and level of activity.

On a scale from 1 to 10, we generally eat when we are hungry at a 2 or 3 level. We should avoid doing so. Hunger has been vilified by the media. In fact they are confusing hunger with prolonged starvation and wasting out. These are not the same thing. Hunger is a feeling we can train. If you are a little hungry, well, enjoy this feeling, don't worry, you won't die. The hunger sensation is not that bad; it is not a villain to be avoided by any means. In no case hunger should be something scaring you, making you eat just to prevent it from appearing.

We are genetically built to be able to sustain prolonged hunger periods. We can and we should fast often to mimic these evolutionary conditions. We are not built to process an overabundance of food. On a grand evolutionary scale, only recently we had the luxury of food abundance that we now have. We don't need too many meals a day. We can eat three meals a day or we can eat none. We will still be ok. We won't die from one day of not eating. On the contrary we will feel lighter and better. I challenge you to try.

Our stomach is made to be empty most of the time. When we eat something and we just start to fill the stomach, even with a small snack,

what we do is we wake up a chain of events that will ultimately result in a higher demand for food.

We all have satiety hormones. They are released when the stomach is full, whatever fullness it is trained to usually achieve. However, this satiety hormone is mainly released when food reaches the small intestines, which usually takes about 15-20 minutes. What do we do in those 15-20 minutes? From the time we begin eating to the time we feel no hunger? We have a choice. We can wolf down half the refrigerator or we can take small bites, and mindfully chew food slowly and thoroughly. Or we can do anything in between. The choice is totally ours.

How to Reduce Cellular Glucose and Blood Insulin Levels

For better health, and particularly for diabetics, we must reduce cellular glucose and blood insulin. The correct approach to this is as follows:

- Fast frequently, for twenty-four hours or longer. Drink only water.
- Eliminate refined, manmade carbohydrates and reduce sweet natural ones.
- Eat natural, healthy fat, not manmade fat, and do not eat too much fat of any kind.
- Eat mostly fiber, vegetables, and plant-based food.
- Eat lots of raw food, spices, nuts, and herbs.
- Cut your portion in half or more, chew well, and don't eat yourself full.
- Eat three meals, with no second helpings and no snacks between.
- Eat limited meat two to three times a week; opt for chicken, turkey, fish, or eggs.
- Eat unlimited raw salads and vegetables.
- Eat unsweet fruits but limit yourself to two servings a day.
- Eat no starches, no sweets, and no flour of any kind.
- Keep nuts and cheese to portion sizes.
- Mix half a lemon in two liters of water and drink it all day.

Food Safety

How safe is our food? The Food and Drug Administration (FDA) is supposed to protect us from adulterated food, but this is not always the case.

Did you know there is an FDA law that allows companies to claim their chemicals and additives are safe, without even notifying the FDA? The FDA allows food manufacturers to do their own testing to determine whether an additive is safe. The testing is usually performed on animals, with questionable doses and for very short periods of time. They are allowed to conduct as many studies as they want on the same subject matter, then they can only report the favorable ones.

The whole process screams corruption and conflict of interest, but the government agency tasked with protecting us does not seem to care. Clearly, the food industry is in cahoots with the FDA. In fact, the FDA has never reviewed safety reports for more than 3,000 food chemicals, and they are so negligent and nonchalant about it, that most companies don't even bother to notify them. The question is: If the FDA does not know what's in our food, how can we?

If we want to be healthy, we have to take control. We can't trust the government or the food manufacturers. We can't trust anyone but ourselves. We need to be picky about our food choices. We need to be educated, read the labels, and ask questions. The less a food is processed, the more benefit it will be to our health. We need to eat real food, not substitutes. We need to eat organic most of the time, as nature is always the best way to keep our bodies naturally healthy.

There are over 10,000 ingredients added daily to our food, and most are not tested appropriately, if at all. Besides, an entire industry exists with the sole interest of concealing the potential health hazards in the food we eat daily.

When you eat meat and drink milk, you are ingesting a soup of antibiotics, hormones, steroids, and chemicals. This is precisely why you should look for organic products, grass-fed, sustainable, home-raised meat and milk.

Avoid common genetically modified (GMO) plants like corn, soy, sugar beets, papaya, zucchini, and squash. Only buy these if you know they are organic or, better yet, raise them yourself. Make sure to wash any purchased produce very well before use.

You should also throw away all the sugars, artificial fats, processed foods, artificial sweeteners, dyes and additives, and anything that is prepackaged. This may seem radical and wasteful to some, but your commitment to your health must be a radical one. To put it bluntly, all of those things are trash, and they belong in the trash can.

Eat real food and food made from scratch, like grass-fed organic meats, wild fish, avocados, organic veggies, and some fruits, nuts, seeds, and olive oil. Eat clean, toxin-free food. The last thing you need is for your body to become a toxic waste dump. Even just a few of these things is too many. How little is little enough for toxins? None!

Fortunately, there is a great deal of organic food available on the market today: meat, dairy, eggs, berries, peppers, tomatoes, celery, cucumbers, potatoes, grapes, apples, peaches, corn, soybeans, sugar from beets, papaya, zucchini, leafy vegetables, chocolate, herbs and spices, and tea and coffee.

Eat at any restaurant chain at your own health risk. Most ingredients on the plate come portioned, in plastic bags, frozen or shelved. Some come from far away continents. Many are microwaved and then assembled on your plate to look pretty and fresh, when they are anything but that. As for fast food, it is cheap by comparison because it is not real food. You are what you eat, so do not settle for cheap, fast, or easy. Fast food is never prepared onsite, and nothing is really fresh. Fast food is devoid of nutritional value and is manufactured to be addictive. It is fattening and dangerous for our health. For the sake of your health, give up fast food.

Stop eating processed or semi-processed foods. More than 80 percent of processed foods contain either GMO corn or soy or other GMO ingredients, and you should avoid any and all modified foods.

Why Diets Don't Work

Diets generally don't work because most people have no plans to make them a lifetime habit. Most are just looking for a vehicle to patch things up so they can later return to the way things used to be. Rather than replacing the tires, they simply patch up the leak. The trouble is, that the leak is destined to return unless a complete change is made.

Food is also very addictive. It is our drug of choice when we need to cover feelings, emotions, moods or mental states. Often, we do not even

realize this fact. For this reason, relapses are very common and people otherwise disciplined in every other fields of life become powerless when it comes to food. This is a common problem and will be addressed in a separate chapter and a solution will be provided in the ten week program.

If you are seeking good health, not only will you need to make some radical changes in your lifestyle, but for sustained benefits, you need to find a way to make these changes permanently. You need to be able to live with these changes for the next thirty or forty years, because you can't go back again. You mustn't take your body for granted. Diabetes, as well as many other conditions, calls for self-control and discipline.

Most Americans simply eat whatever they like, but we must take back control of our bodies. We cannot give ourselves a free pass to enjoy whatever we want, whatever tastes good, in exorbitant quantities. Does it take too much effort, too much willpower? Not if you consider the stakes involved.

You must also determine that partial victory is unacceptable. If you enter the battle with the idea of cheating a little here and there, you might as well stop right now. Those who don't involve themselves totally in this fight will not succeed.

This is exactly why I will not fall into the mistake many diabetes authors fall into when they say, "Well, I don't mean you have to completely stop carbs, chocolate, soda, or... Sure, you can cheat a little here and there, just enough to keep your addiction going." On the contrary, I can tell you that you absolutely, unabashedly, unapologetically must take total control of your eating habits. No cheating and no substitutes can be tolerated if you want to really change your life and give yourself a chance at a longer one. Do not think of it as going on a diet. You are not going to lose weight fast. Your improvement must be gradual, purposeful, and permanent.

Most people's idea of a low-carb diet is stuffing themselves with steak and eggs and eating little else, but this couldn't be more misguided. Instead, enjoy a fresh salad, full of good-for-you veggies like tomatoes, cucumbers, peppers, broccoli, and green beans—as many raw, uncooked vegetables as you can get. Diabetes is a formidable enemy. It wants to take away your limbs, your ability to walk, your eyesight, your joy, your peace, and, eventually, your life. You can't approach this battle lightly, and your biggest arsenal in fighting it is a healthy diet.

Respect the Food

We have to learn to respect food. The countless hours of handling and care of each and every ingredient in food is overwhelming and deserves respect. We should not just place the food in the microwave, then mindlessly throw a blob of food on the plate and wolf it down all while we are doing something else.

Our food is what nourishes us. It needs to be prepared with much love and care, ideally from scratch. Food should come from natural sources and never from pre-packaged meals that were on the shelves for months or years. Food needs to be nicely arranged on the plate. We need to mindfully eat all food while chewing each bite thoroughly while savoring the flavors and the texture food has.

We need to eat enjoyable small meals not the opposite. Always refuel yourself with the best food quality possible, don't feed yourself junk. Your body is supposed to be a temple not a garbage collector. Enjoy food and respect the meal time. Don't do anything else when eating.

Chapter Summary

- The amount of carbs we require is zero.
- Insulin builds fat and raises cholesterol.
- Eat little, mostly plants and mostly organic and as close to raw as possible.
- Don't drink anything during meals but be sure to drink water between the meals.
- Eat out only once or twice a week, if at all.
- Eat bread, meat, and dairy only a few times per week, if at all.
- Fast once in a while.
- You are what you eat, so do not settle for cheap, fast, or easy.
- Respect the food. Eat mindfully.

Chapter 14

The Importance of Food

BEGINNING THE DAY with healthy food is essential for a quality, healthy life. Breakfast refers to a breaking in our overnight fast, and it is crucially important. After sleep, as your body awakens, it needs energy to start working. In the morning, your body wants to be fed and energized. If you skip breakfast, your body will feel a need to conserve energy and this can result in poor overall body functioning, as well as fatigue and other symptoms.

Eat generally around the same time, as this will program your body to adjust. If your body becomes accustomed to receiving food on a regular schedule, it will be better prepared to handle it.

The best thing you can do is start your day with a glass of room-temperature water with real lemon squeezed in. If you take systemic enzymes, this is the perfect opportunity to take them.

Next, go through your regular morning routine. Perhaps this routine involves meditation, visualizations, energy balancing, reviewing your gratitude list and goals intentions, or saying a prayer.

Meditating early in the morning is a great habit that will help you have a better day overall. It will shield your mind from the onslaught of potential negativity later during the day. Regular meditation also helps you remain calm and composed, even if you face a really bad day.

After your morning routine, enjoy a hearty breakfast; ideally, this should be eaten within the first hour of waking. Never, ever leave your body to starve till lunchtime. When it comes to breakfast, keep in mind that you have to feed your body and your mind. Give yourself all the nutrients

you need for a fresh start. Eat plenty of eggs, tomatoes, cucumbers, and bell peppers, or enjoy some homemade guacamole, fresh berries, or even cheese or a piece of turkey if you are not allergic. Eggs are a great source of protein and energy, and perfect for breakfast. Vegetables will provide the fiber needed for proper digestion.

Avoid oatmeal or cereal, as those typically available in most stores are packed with sugar, offer very poor nutritive value, and contain chemicals that will lead to mental underperformance and addiction. Cereals often contain dried fruits, which rapidly increase the blood insulin level. For breakfast, you need slow-release energy that will last until lunch. Over-sweetened, chemicalized oatmeal and other cereals will only lead to health problems, without providing the energy you need.

Homemade, unsweetened tea with lemon juice is a great addition to breakfast. You may also have a fermented drink, like homemade kefir, in which you can add ground flax or chia seeds, pollen, plankton, or green powder. Thicker liquids like homemade kefir are excellent for helping you swallow your morning supplements. Even a small espresso is fine.

Notice that most of the above breakfast suggestions are homemade or natural foods, not over-processed, industrialized foods that were probably manufactured ten months ago and have been sitting on a shelf ever since.

For lunch, enjoy an avocado with lemon and tomatoes. If you are not a vegetarian, opt for turkey, chicken breast, or fish. Avoid heavy and most usual combinations of carbs and proteins, such as fried potatoes with red meat; in fact, it is ideal to avoid all meat. Carbs slow digestion and do not make good partners with meat. Instead of potatoes, eat cabbage, string beans, or broccoli, as these are healthy and packed with fiber.

There is an entire branch of science dedicated to the art of combining foods, because some go well together, while others block each other or interact badly, causing gas, digestion problems, and constipation. You can find food combination tables on the internet; print one out and place it on your refrigerator as a reminder and guide. If you combine foods correctly, you will feel lighter and will need less time to come back to your senses after lunch. The secret is to combine as few foods types as you can and eat only one or two different food types at each meal. The more you mix your food types, the greater the chance of negative interaction that could leave you feeling bloated and tired.

Some suggest that you should eat breakfast like a king, lunch like a prince, and dinner like a pauper. This is wise advice! Breakfast should be plenty abundant, albeit not exaggerated, because it is eaten at the beginning of the day. This gives you a chance to refill your reserves, and you will have a whole day to process and spend the energy you gain from the food. Lunch should be medium in size. Dinner should be the smallest meal of the day, since it is eaten only a few hours before bed, and you need minimum energy for sleep.

For your evening meals, eat something small early in the evening, no later than six p.m. Avoid carbs as much as possible; if eaten at all, these should be eaten earlier in the day, as those eaten late will only be stored as fat.

Snacks are not good for us, especially late at night. Ice cream is particularly dangerous. Most snacks are carb based and have little to no nutritional value; they are really just empty calories that offer no nutrients, and they can lead to weight and health problems. If you crave snacks, it means you have eaten too many refined carbs, and your blood sugar is crashing. The more carbs you eat, the more you will crave them. It is far more advisable and healthier to enjoy more natural fats and proteins.

Some of the greatest advice there is when it comes to food is this: Eat food, not too much, and mostly plants. This short, simple guideline holds great power in helping you take control of your health.

Also, remember that food is more than calories, nutrients, and stored energy. Food also contains information and instructions that communicate messages to our hormones, genes, immune system, gut flora, and every system and cell in our bodies. Give food the respect it deserves and use it to your body's advantage.

Chapter Summary

- Start your day with lemon water.
- Eat breakfast within an hour of waking.
- Breakfast should be packed with proteins and good fats; an excellent choice is eggs.
- Avoid oatmeal and cereal.

- Dinner should be your lightest meal of the day and should not include any carbs.
- Don't eat snacks; if you crave snacks, try eating more natural fats and protein rich food at mealtimes.
- Eat food, not too much, mostly plants.

Chapter 15

Food Allergies and Sensitivities

THE QUALITY OF modern food is simply not the same as the food people ate decades ago. Today's foods and drinks are genetically modified, filled with hormones, antibiotics, and known and unknown chemicals. These chemicals find their way into food and onto our tables in many ways.

Much of our food is directly treated with various chemicals. For instance, bananas are picked green from the trees and transported by ship to far, distant countries. When they arrive, they are sprayed with various chemicals to speed up the ripening process.

Another example is treating food with chemicals meant to fight diseases, bugs, and other organisms that may harm the food. Over time, the soil where the treated crops grow became polluted, rendering it unsuitable to supply healthy food anymore. Rain then washes those chemicals into rivers and lakes. From there the chemicals easily find their way into the aquifer and later into our drinking water supply. Water that evaporates from such toxic soil produces what we know as acid rain.

Chemicals are also injected into livestock. You may wonder why, but the answer is simple: These chemicals give meat that fresh look, making it the preferred red or pinkish color. Watered chemicals are also injected into the meat to make it heavier so it will cost more per pound when you buy it. We could discuss toxic food additives for days and still could not even scratch the surface of the many ways we are being poisoned, little by little.

Because of these factors, our food lacks the nutrients it once had. Not only does our food contain less nutrients, but toxins are increasingly

present too. Most processed foods contain heavy metals and pesticides residues. These are not healthy in any amount.

There is also the frightening issue of genetically modified (GMO) food. Why is this even an issue? As difficult as it might be to believe, it really is all based on profit and control. GMO animals and crops grow faster, with bigger yields. They better resist invaders, and shelf life is increased. All of these add to the bottom line for agro-industrial business.

The addition of toxic elements, pesticides, antibiotics, animal hormones, and fertilizers changes the structure of food particles; in many cases, the body is unable to even recognize them anymore. Our bodies consider these new foods alien structures, and our immune systems try to build up defenses and antibodies to ward off the strange invaders. This is one way of how food allergies and sensitivities develop. As a result, people are becoming more and more intolerant to various food components, and there are more and more food allergies. The most common sensitivity and allergy issues develop with grains, cereals, and dairy products. Please keep in mind that there is a strong possibility that you may be allergic or sensitive not to the food itself but to spices, additives, colorants, antibiotics, sauces, molds, etc. It is important to differentiate between food allergies, sensitivities, and toxicity, as each of these plays a different role in how your body reacts to a particular food or additive.

Food allergies develop when your immune system builds up defenses (like antibodies) to components of food. The allergy symptoms can be immediate, within a matter of minutes or hours. These are based on IgE antibodies. Those that are delayed and take effect in a matter of days and weeks are based on IgG antibodies or other mechanisms.

Food sensitivities are reactions to food that are sometimes obvious, but these are not based on a typical allergic mechanism. For one unknown reason or another, a person simply cannot tolerate a certain food, even if the allergy blood tests for that food come back negative. Even when no known allergy is present, these reactions are obvious and undeniable, indicating a clear sensitivity.

Food toxicity results from food sprayed with toxic pesticides, herbicides, heavy metals or any of the hundreds of other chemicals that

are presently used. Frighteningly, less than 5 to 10 percent of the presently in use food chemicals have been seriously studied; some end up being very toxic to the human body. When we ingest toxins, we are being slowly poisoned; therefore we develop toxic responses, not allergies to the poisons.

What can you do to prevent or mitigate allergic reactions from food?

The first step should be a food allergy and/or sensitivity blood test. A food sensitivity and intolerance test will reveal how your body reacts to the various components commonly found in the most common food categories. Keep in mind, however, that the elusive nature of these sensitivities lowers the reliability of blood tests.

As explained before, food allergies can be immediate and/or delayed. When the reactions are immediate, it is easy to determine what food caused the problem, so the obvious solution becomes to simply avoid that particular food in the future in order to prevent the allergic reaction to it. The problem comes when there is a delayed reaction that does not happen until several hours or days after ingesting the food in question. These delayed allergic reactions may include headaches, fatigue, joint pain, and water retention, just to name a few. None of these symptoms are very specific to one condition, and they do not resemble the standard allergy symptoms. It can be almost impossible to mentally connect these reactions to the food you ate several days prior.

An allergic reaction is like the body's alarm system: an alert that there is a fight with an intruder. The body is not functioning properly as it shifts into a fighting mode. Reserves are mobilized and diverted from regular metabolism to fight the invader. Inflammation may increase, and the immune system is on a constant red alert.

Not only that, but the defense buildup may also be directed at normal body structures, like joints or thyroid tissue, if the food components that the body deems foreign are very similar to our own body tissues and structures. This is how an autoimmune disease develops. There is also a good chance that many common autoimmune diseases like lupus, thyroiditis, and others are likely due to defense mechanisms meant to fight food components. Because processed food components may be very similar to joint, thyroid, or other tissue, your body may also attack your own tissues too, indiscriminately, just because of similarity.

The good news is that when you eliminate the foods you react to, you may feel more energy, and headaches and other symptoms will be alleviated. You will feel much better in a matter of a few days. Migraines, gallbladder attacks, fatigue, joint pain, and many other vague symptoms can be all due to food allergies and sensitivities and may go away entirely if you eliminate the problem food from your diet.

Another way to determine what foods are causing problems is to eat according to an elimination diet. This diet is more accurate, when it comes to diagnosing which food is causing the problem, but it can be very long and tedious to implement. You can start by eating bland food for three days (dry chicken and white rice, drinking only plain, unflavored water). Every three days, introduce a new kind of food. If you have a body reaction in those three days, write it down and eliminate the food you just introduced. If you don't feel any difficulties with the new food, keep adding one and only one type of food every three to four days. By continuing in this manner, you can discover what foods may be causing you harm.

Avoiding Grains and Dairy

Since the most common allergic and non-allergic culprits are grains and milk products, if you have a chronic condition and nothing you've tried has helped you feel better, then it is a good idea to go a whole month without any dairy, grains or their derivatives. Maintain this strict restriction for a whole month. This no-milk, no-grain diet will reveal if dairy or grain products are causing your problems. (Fun fact: Not many people know that "diet" really means a regimen of food intake, not a weight-loss program.)

For this to be a success, you must cut all dairy and grain out of your diet. This means no wheat, no rye, no barley, no oats, and no grain at all; it also means no milk, no yogurt, no cheese, no ice cream, and no other dairy products. This is a very strict regimen that is not easy to keep, but for those who have suffered for many years without relief, a month of such restrictions may bring real help.

If you have a chronic medical condition and none of the many treatments you have tried have done much to help you, then you owe it to yourself to try an entire grain-and-dairy-free month. You need to maintain this diet for at least thirty days to give your body's natural

defensive mechanisms time to be extinguished. This means absolutely no grains and no dairy at all. Do not just lessen your intake, as this may keep your internal defensive army on the alert. In order for that army to stand down and stop producing symptoms, it must see and sense absolutely no “enemies” for a while. Warning: Do not be fooled into thinking that gluten free means grain free. This is a doable process for one month; only then you can decide if you really want to continue, depending on whether this small dietary sacrifice is worth something to you or not.

Chapter Summary

- Food is not as nutritious as it used to be.
- Food nowadays is not the same as it used to be. It is mostly GMO, meaning it is modified in one way or another.
- There are immediate and delayed allergic reactions to food.
- There are also food sensitivities and toxic reactions to additives and chemicals.
- You can have blood tests for food allergies and sensitivities. Check for toxins too.
- Try an elimination diet for one month to observe which foods may be causing you trouble.
- Most people have some sensitivities or allergies to dairy and grain. Go a month without milk and grain and see how you feel.
- Lupus, thyroiditis, and other autoimmune problems may be connected with the food you eat.

Chapter 16

Leaving Bad Habits Behind: Sugar and Smoking

WE LIVE IN a world caught up in a wide variety of addictions. Millions suffer from addiction to drugs, alcohol, and smoking, but there are also those who are addicted to other things, like television, food or sugar. Everything we do can turn into a habit or obsession and can become an addiction, including even sports or an active life. The recipe for a healthy, happy life is moderation, and the keyword is balance.

In everyday life, we encounter various energy drainers, but we are often unaware of this, either because we are used to them or because we try to comfort ourselves by thinking the whole world does the same thing. Sugar, sweets, wheat, soda, juice drinks, smoking, and drugs are some of these. Some might say putting sweets in the same basket with drugs is not fair, since they are not on the same level, but I would say those people are wrong. Why? Just like drugs, sugar can easily lead to addiction. Just like drugs, sugar is hazardous to the body. Because sugar is widely available and affects how we feel, it has become the drug of choice for all of us in recent years, more so than alcohol. For that reason, let's talk a little more about this sweet disaster.

Sugar

Most of us use refined sugar on a daily basis, but what does it really do to our bodies? Refined sugar robs the body of essential vitamins and minerals, and unrefined sugar only robs it a little less. A higher quantity

of vitamins is required for the processing of sugar. Depletion of these vitamins can also lead to diabetes, heart disease, and other degenerative conditions. Another hazardous effect of sugar on the body is depletion of the immune system. Sugar contributes to fermentation, gas, and candida overgrowth. Sugar also acts as a diuretic and quickly dehydrates the body.

Refined sugars hide in so many products these days. You may not realize that ketchup or pretzels contain refined sugar, but they do. When it comes to tomato soup, taste testers almost always choose those that are higher in sugar. The high sugar products variety is exactly what the food industry produces for sale in grocery stores. Because sugar sells!

Sugar undeniably adds flavor, so it is added to many products that might otherwise be healthy. It is all about sale, and products that taste better sell better. The only true interest of big food corporations is making more money, so they will never sell truly healthy food. They know that people will always go for something that tastes better, and refined sugar is the magic ingredient. Sugar lurks in bakery products, bread, pasta, pizza, potatoes, bagels, donuts, cookies, cakes, candies, etc. If you had to name products with no sugar in them, you would have a big problem trying to find any.

It is important to know what you are eating. Don't be ashamed to read the labels in the store before you throw various items in your shopping basket. You have every right to know what you are going to put in your body and the bodies of your loved ones. As you read those labels, you will be surprised where you find sugar, you can find it even in unlikely to have sugar products like ham or mustard!

There are several types of sugar. Besides refined and unrefined, sugar has many names: fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup. You should avoid all of these as much as possible.

Another trap for poorly informed buyers is products that claim to be "diet" or "light". Never fall for this marketing ploy! As we've already discussed, these "diet" products contain artificial sweeteners and are extremely hazardous to your health and even toxic. Some studies actually show that people gain more weight eating diet products than eating the regular varieties. Any product that claims to be zero calories is also fraudulent; there is no such thing as a product with null calories. What they really mean by "zero calories" is that "diet" sweeteners are not broken or burned down completely to water and carbon dioxide.

The most widely used artificial sweeteners are aspartame, NutraSweet, Equal, Sucralose, saccharin, etc. None of these are good for you in any way. They are entirely unnatural and are number one on the complaint list at the FDA, but it is a billion-dollar market that will not easily give up its profits for the sake of human health. The only better, natural sweetener is natural honey or maple syrup, and these should be used very sparingly as they too raise insulin levels.

As diabetes is a disease of glucose or sugar cellular overwhelm, even the zero calories products will have their respective sweeteners penetrate, invade and sometimes intoxicate the cells with the sweet ingredient. This penetration into the cells may happen with or without insulin help. Since most of these products are toxic at the cellular level, even though they are labeled zero calories, they are extremely damaging to the cells and to the body.

Natural sugar from fresh fruits and vegetables is okay in small amounts. These come with natural enzymes and the vitamins necessary for their processing. Do not choose the sweetest fruits, like grapes or melons, just to satisfy a sugar addiction, and do not eat these excessively, especially if you want to lose weight. Eat fruits that do not taste sweet, and enjoy small berries. Sugar resulted from canned or processed fruits and vegetables is not okay, as the vitamins and enzymes that would have naturally accompanied them are destroyed in the processing. Never believe that canned fruits are as good as eating fresh fruits.

Liquid sugar is just about the worst thing you can do to your body. Unfortunately, sugary drinks have taken over the world. Avoid soda and sweet drinks, carbonated or not, under any name or form. One can of soda contain nine to thirteen teaspoons of sugar or a sugar equivalent. This is far above the recommended intake for an adult. Do not think fruit juices are a better option, as these also contain high amounts of sugar and preservatives to keep the color vivid and to improve the taste. If you are going to have juice, drink homemade juices occasionally, and be aware that all fruits contain fructose, a fruit sugar that should only be used in moderation.

One sugar habit many people have is eating ice cream, especially in the evenings. Some eat a pint or more, even up to a half-gallon. This is also a habit that needs to be changed, as ice cream is full of sugar and this too raises insulin and promotes fat production.

People believe that because glucose is used as fuel they have to ingest a lot of it. Don't worry much! When the liver does not have glucose to process anymore, the liver will make the glucose. The liver will make it, first from fats, then from proteins. In fact, this is exactly the mechanism by which we lose weight. The reason our body makes and stores fat is to be able to use the fat later by converting it to glucose.

Smoking

There is no question that smoking is toxic and in no way helps anyone. It is toxic to both the body and mind, as well as to relationships and to your pocket. Cancer and heart attacks are common for smokers.

If you smoke, the time to stop is now. The most efficient method to quit is cold turkey, as those who accomplish this, experience the fewest relapses. Crutches like patches and medications work minimally at best. For smokers, an addiction to nicotine can be even more difficult to conquer than an addiction to heroin. It is one of the most difficult addictions to overcome.

Nevertheless, the less you smoke, the better you feel. It takes many years for the body to rid itself of the effects of smoking. For lung cancer risk, this interval is over ten years.

Smoking used to be considered a cool thing to do, thanks to television and advertising. Today, it is still cool and more accepted in other parts of the world, but in modern North America, it is seen for what it is: A dangerous habit that ruins health and wastes resources. Every smoker can recite the reason why they started and why they still smoke today. Some smoke when under stress, some out of boredom, and some because they want to fit in or be cool, but they all have one thing in common: a bad, self-destructive habit.

Habits are hard to change! One method that seems to work effectively is to replace a bad habit with a better one. Change your smoking habit into something more productive and less hazardous. Have a piece of chewing gum every time you have the urge to light a cigarette, or call someone on the phone and talk for a few minutes. Distract your mind from wanting to smoke.

All habits take time to be inserted in our daily routines. It will take time to replace them with better habits, so be patient with yourself and

don't give up. Your health is too important! The first small steps are always the most difficult, but they are also the most important. Whenever you want to buy a pack of cigarettes, put that money in a designated jar. Think of something you really want to save up for, and use the money you would have wasted on cigarettes to buy that desired thing. Set a goal and stay focused on it. Save money for trips, for gifts for people you love, or for a nice meal in a fancy restaurant. Save it for anything that will be useful and make you happy. There is no good side to smoking, and the money spent on cigarettes could be spent in a million better ways.

Chapter Summary

- Sugar is very addictive, dehydrates the body, and leads to heart problems, diabetes, and fast aging.
- There are many names for sugar and sweeteners.
- There are no healthy diet, light, or zero-calorie products.
- Artificial sweeteners are hazardous to your health and are even toxic.
- Liquid sugar is the worst; a can of soda contains up to thirteen teaspoons of sugar.
- Smoking is toxic to your body and your mind.
- The most efficient method to quit smoking is cold turkey.

Chapter 17

A Sugarless Diet

THE AMOUNT OF carbohydrates absolutely **required** by humans for health is ...zero. This is the overwhelming consensus of scientific wisdom today. So remember: proteins and fat are essential to life. Carbs are not.

Warning: starting a sugarless diet seems simple, but is not easy to do. It takes 2-3 weeks on a very low carb diet for the body to get used with it. Even a small amount of extra carbs can set you back a few more weeks. Since sugar is the modern day addiction, to go cold turkey of it is not advised, if you do not read and educate yourself first on how to do it correctly. If you do not plan ahead and educate yourself first, you do not stand a fighting chance.

The information presented here is of an educational nature. It plants the seed of better lifestyle in your mind. How to do it correctly is another matter.

- Goal: avoid refined sugar under any form or name.
- Refined sugar robs the body of essential vitamins and minerals. A high quantity of these vitamins is required for the processing of the sugar. They are the same vitamins that in a depleted state will lead to diabetes, heart disease, and other degenerative diseases. Sugar also depletes the immune system, contributes to fermentation, gas and candida overgrowth and acts as a water pill, dehydrating your body.
- Starches like bakery products, bread, pasta, pizza, potatoes, pretzels, bagels, doughnuts, cookies, cakes, candies, etc., are considered refined sugars.

- Sugar under any name is still sugar. Avoid fructose, dextrose, lactose, maltose, high fructose corn syrup, corn syrup, etc.
- Don't eat so called "sugar free" products that taste sweet. They contain sugar under a different name which is worse for your health than sugar itself.
- Never eat or drink so called "diet" products. They contain artificial sweeteners that are bad for your health and are toxic too. Studies show you may gain more weight than with the "regular" products. No "zero calories" products.
- Artificial sweeteners under any names are to be avoided. Aspartame, NutraSweet, Equal, Sucrose, Saccharin, etc., are extremely unhealthy and unnatural. They are #1 on the complaint list at the FDA. However, the billion-dollar market will not give away its profits.
- Read labels very carefully. You will find sugar in products you would never believe like ham or mustard for example.
- The only good and natural sweetener that you may use on occasions, is a small amount of natural honey or maple syrup is OK for you.
- Natural sugar from fresh fruits and vegetables is OK because they come with natural enzymes and vitamins necessary for their processing. Do not abuse them though, especially if you want to lose weight. Sugar resulted from canned or processed fruits and vegetables is NOT OK (vitamins, enzymes were destroyed).
- Avoid soda or similar sweet drinks, carbonated or not, under any name or form (one can contains 9-13 tsp. of sugar) or fruit juices bought in the stores (they have added sugar and preservatives). The best would be homemade fruit juices on occasions.

Chapter Summary

- Avoid refined sugar under any form or name.
- Avoid "diet", "light" and "zero" calories products.
- Avoid starches.
- Read labels carefully.

Chapter 18

Tips for Weight Loss

WEIGHT LOSS IS not an easy quest, and many factors can prevent you from reaching your weight loss goals. Below are the top ten common weight loss mistakes that you should try to avoid for more successful weight loss efforts.

1. Not understanding that carbs, not fats, are the problem. Many of us have fallen for the media's false claims that eating fats will make you fat, but nothing could be further from the truth. Fats are not metabolized completely; some are incorporated into our structures and some are eliminated in the colon. If you eat too many fats, you may experience nausea, as the body is equipped with mechanisms to prevent you from eating too many fats.

Carbs, on the other hand, are dangerous. Carbs of any name, shape, or form are still carbs. They stimulate insulin and transform into fat in the body. There is only one hormone in the body that gives a clear signal for fat production, and that hormone is insulin. Insulin levels are raised when carbs are ingested; this is not the case when we eat fats.

To lose weight, follow a no-carb, no-sugar diet. Advice: Stay away from anything that tastes sweet or is made from starches or dough.

2. Exercising without cutting carbs (dieting). People think weight loss must include diet and exercise in equal proportions, but this is not the case. Rather, losing weight is about 97 percent influenced by what you ingest and only 3 percent or less is influenced by your exercise regimen.

You may exercise and sweat for hours, only to ruin all your progress by a few extra bites or a soft drink. Exercise is absolutely essential for great health, but it is not so essential for mediocre health and losing weight. By way of example, think of the poor souls who worked hard at concentration camps; they were not skin and bones for lack of exercise but for lack of proper nutrition. Naturally, those who incorporate exercise into their weight loss regimen will do better than those who diet alone, but diet is the most important consideration of the two.

3. Drinking your desserts. There are eight to thirteen teaspoons of sugar or sugar equivalent in just one can of soda. Juice, ice cream, and many other sweet treats will also pile weight on you. Alcoholic beverages can be another problem; a single serving of Long Island iced tea has over 700 calories! Some people may avoid dessert to lose weight, only to drink something far worse!

4. Wolfing down your food. Most overweight people do not eat consciously or chew slowly. Instead, they take big bites and gulp down sweet drinks in only a few minutes. In these cases, the feedback mechanism that tells your brain that you've eaten enough has no time to kick into gear. Your body requires ten to twenty minutes from the time to start eating to register when you are full. The food particles need to be absorbed first, and this takes a few minutes. If you gulp down a few thousand calories during those moments, you will bypass your natural protection mechanisms.

5. Snacking. Snacking is unnecessary and overrated and promoted mostly by commercial interests. Snacks usually contain fast-burning carbs, leaving you hypoglycemic and hungry just one to three hours later. If you feel you need to snack, this means that your main meals consist of too many carbs that burn too quickly (like burning hay) and leave you feeling empty fast. If your meals contain enough good fats and protein, especially in the case of breakfast, you will feel more even and calm all day and will not feel the need to snack. Fats and proteins are like logs in a fire; they burn slow and even, for a long time. Whole-grain snacks are like twigs; they burn a little slower, but not slow enough to make a great difference.

6. Letting your stress get out of control. Stress is another culprit that prevents us from losing weight. Cortisol is often dubbed a stress hormone because it is secreted during times of physical or psychological stress to help us cope with it. In times of high stress, we need glucose (sugar) quickly to handle the fight-or-flight stress reaction. These sugars must be quickly at our disposal. Cortisol, in response to stress, commands that stored sugar be thrown into circulation, thus stimulating insulin a little later. Studies have shown that cortisol secretion may not only promote weight gain but can also affect where that weight shows up on the body. Higher cortisol levels have been linked to more abdominal fat. Not only is abdominal fat unattractive, but it is also directly linked to serious health conditions such as diabetes and heart disease.

7. Eating out. A dieter walking into a restaurant is akin to an alcoholic walking into a bar. We often go out to eat for special occasions such as birthdays, anniversaries, and other celebrations. Perhaps you just do not feel like cooking or are simply craving some variety. All of these are understandable, but be aware that eating out can be dangerous to your weight loss efforts. Portion sizes are getting larger in restaurants, and so are our waistlines.

Not only that, but in a restaurant, you have little knowledge or control of what goes into those dishes and how they are prepared. You should avoid buffets at all costs.

8. Eating while distracted. A common habit that prevents us from reaching weight loss goals is eating in front of the TV. While we are distracted this way, we tend to avoid paying any attention to our own hunger cues and eat mindlessly for the duration of whatever program we are watching, paying no attention to just how much we are really eating. Research has shown that people who eat in front of the TV report feeling as if they haven't eaten at all. Because we do not register well how much we have eaten, we tend to overeat.

9. Lack of sleep. Failing to get the recommended hours of sleep can cause weight gain. Studies have shown that people who sleep less tend to weigh more and accumulate more body fat than those who got eight hours

of sleep each night. Sleeping regulates the production of two hormones that are responsible for fullness and hunger. When we do not get enough sleep, we feel hungrier and less full, so we end up eating more. Also, when we're tired, we tend to make less healthy eating choices and choose carb-laden, calorie-high comfort foods.

10. All-or-nothing mentality. Perhaps you fell off the wagon and ate five chocolate chip cookies when you had decided you would only eat one. Don't beat yourself up about it! However, don't convince yourself that you might as well eat the rest of the batch, along with a tub of ice cream and resume your diet tomorrow. Stop while you're ahead and continue to eat healthy. Counteract your cookie binge by eating more veggies, or step up your exercise regimen for the day.

Chapter Summary

- Carbs, not fats, are the problem; go carb free not fat free.
- Avoid snacking, don't drink your carbs.
- Exercising more won't help. You have to eat less.
- Avoid eating fast. Chew well.

Chapter 19

Relax

TOMORROW IS ANOTHER day! In some cultures, this is a way of life, the belief that *mañana* is always there. Cultures that hold this value and look at things from this perspective tend to suffer from fewer modern illnesses and far less stress than other cultures, such as the stressed-out culture we see here, in the United States. While relaxing is not a free ticket for procrastination, we can learn a great deal from those who proactively seek to relax and take life as it comes without worrying too much or trying to jam pack every day so full.

Here are some actions you can do to help you relax, reduce stress, and increase your energy:

Deep breathing. Deep breathing has been shown to reduce the body's natural stress response. Do a deep breathing exercise for just 2 minutes.

Prayer press. Put your hands together in front of your chest in a prayer position and press them together for fifteen to thirty seconds, as hard as you can. While maintaining this position, practice deep breathing.

Focus on beauty. Spend a few minutes looking at fine art, exotic travel destinations, or even puppies—anything that you find beautiful or calming.

Watch videos. Enjoy your favorites, specifically focusing on videos that make you laugh.

Make a gratitude list. Read it aloud and be happy for all you have!

Go for a walk. This has been proven to reduce stress and make you feel better, rejuvenating your mind and body.

Get plenty of sleep. As mentioned elsewhere in this book, good rest

is stress release at its finest.

Check your posture. Straighten up, don't hunch your shoulders, and make sure to smile!

Perform a random act of kindness. Doing for others is refreshing and will make you feel better yourself.

Thank someone who has made a difference in your life. Send an email, a text, or a card to thank someone for being part of your life.

Drink water. Proper hydration is crucial for optimum health, both mental and physical.

Take time to smell the roses. This is meant literally and metaphorically. Pleasant smells can make it easier to relax.

Volunteer. Doing something for others and contributing to something beyond yourself is a way to feel more love and connection.

Listen to your favorite music. Music will shift your mood.

Dance. Even if you aren't good at dancing, it is great for body, mind, and spirit.

Chapter Summary

- Relax and smile, tomorrow is another day.
- Practice deep breathing, sleep well and be kind.
- Pray often, be grateful, listen to music.

Chapter 20

Personal Hygiene and Showering

PERSONAL HYGIENE IS important for preserving good health. This includes dental hygiene and hygiene of the hair, skin, and nails. In addition, we add your attire and bed linens; everything that comes in contact with your body can be considered personal, since it directly touches your skin.

Hygiene is an important factor in good health because infections come from bacteria, which requires high humidity and dirty conditions. The clothes you wear may touch seats on public transportation or in your office. If there are many people passing by, there are more chances for bacteria to spread from one to another.

When conditions are not clean, we may develop itchiness, allergies, and infections. While you may enjoy being fashionable, style should never take precedence over clothing that is comfortable and feels nice against your skin. Underwear should generally be cotton, as that fabric allows the skin to breathe and absorbs humidity.

Always go for natural fabrics, and you will make the best choice. Avoid clothes made out of synthetics; man made fabrics literally choke the skin, causing skin problems. The best choices are cotton and wool. These will allow your skin to breathe and reduce perspiration, since they offer good air flow. They are much healthier and better for your skin than artificial fabrics. A notable exception are some recent high tech sportswear for those involved in heavy activity.

Clean sheets are important. We sweat at night, and our pillows and bed linens absorb this perspiration, creating the perfect humid, moist

environment in which bacteria can fester and grow. This may cause skin problems. It is important to change your bed linens often and to beat your pillows and blankets free of dust and debris.

Part of your daily hygiene routine should include showering, at least once a day. The frequency of showers depends, of course, on factors like exercising, sweating, and where and how intensively you work. It also depends on cultural factors, education, environment, and your personal obsession with hygiene. I suggest that everyone go beyond the scope of general hygiene and look at it from an energy improvement perspective. If you lead a very sedentary life, it may not seem necessary to shower daily, but showering daily is recommended for a great level of energy, if for no other reason.

How does showering change your level of energy? Showering washes your old energy away and refreshes your energy field. Imagine it as wiping a board clean. When a shower is taken in the morning, it encourages the movement of the lymph, and this is essential for the cleansing of your body. It is preferable to take two showers a day, once first thing in the morning and once after work or after exercise, in order to cleanse yourself from perspiration and some negative, tired energy. A shower will make you feel refreshed and lighter. You may feel the water washing your worries away, along with negative thoughts you brought home from the office.

What is the ideal temperature for a shower? Believe it or not, your shower should be cold, or you should at least alternate between hot and cold, finishing with a colder temperature. Dry vigorously with a towel.

If you have a chance to go outside after your shower and simply stand on unpolluted grass for a few minutes, that would be perfect for energy rebalancing. We have mentioned that city water is not a great choice for many reasons. It is good to have a water filter available for your shower as well. Showering with good, clean, quality water is as important as drinking it. All chemicals and chlorine from city water can linger on your body and may be absorbed through the skin.

What I am trying to underline here is the idea of showering not just to clean the outside dirt and grime but also to cleanse and renew your energy field. Shower to improve your circulation. Shower to purify your mind after a hard day at work. Shower to restart your system, to give yourself a boost. Do not overuse chemicals, like shower gels, shampoos, and soaps,

as these may actually dry your skin. Sometimes it is better not to use body wash or soap at all.

Last but not the least, maintaining overall cleanliness and good personal hygiene is important for maintaining a sense of self-confidence.

This book does not always recommend what is necessary, but it does suggest what may be a “good idea” for us to implement for an improved state of body, mind and overall health. Is it necessary to eat every day? Is it necessary to walk? Is it necessary to have a roof over your head? Well, none of this is really, truly necessary, but it is a good idea, isn’t it? The same holds true for personal hygiene and showering!

Chapter Summary

- Personal hygiene is more than showering.
- Wear natural fabrics.
- Wash sheets regularly.
- Shower first thing in morning and after work or exercise.
- Use water filters.

Chapter 21

Cholesterol

THE MAIN DOGMA of today's cardiology, the idea that lowering cholesterol reduces heart disease is in serious question. Researchers did not find a real and significant difference that the cholesterol made in causing heart disease, however, the politically correct media promoted the hoax that cholesterol is the cause of heart disease, and labeled heart disease America's number one killer.

Our body can't store carbs, can't store proteins, it can only store fat. So any excess carbs and even excess of fats and proteins are stored as fat under the direction and guidance of... insulin.

In fact it is insulin that activates the enzymes that runs the cholesterol making mechanism. Overproduction of insulin results in overproduction of cholesterol. In other words carb eating and excess insulin stimulates excess cholesterol.

Can you become fat, by eating fats? Yes, if you eat too much of anything you can become fat. However, remember that if a farmer wants to fatten up his pigs or cows he does not feed them meat, butter, or eggs, he feeds them grains.

But, how about your fats and cholesterol? Your cholesterol will increase if you eat fat but **ONLY** if you also eat carbs at the same time. Otherwise it does not! This is because it is in fact insulin that runs the machinery that makes cholesterol. If you do not eat carbs there would be no extra insulin and your cholesterol will not spike no matter how much fat you may ingest.

You can treat elevated cholesterol with a low fat diet with only very limited success all day long because fats don't make you fat. Carbs alone or added to fats are making you fat. Fat intake is mostly self-regulated. You don't see anyone who sits down to eat a bar of butter, a chunk of lard by the spoon or olive oil by the cup. Without some carbs to wrap around the fat, the fat we eat is not very appealing. The more carbohydrates we eat in one sitting, the bigger the insulin response we stir up, and the more fat we put in storage.

In fact our body can make fat from carbs and lots of it. That is why you can't eat fat free cookies and ice cream and potato chips and expect to lose weight.

Can you really eat red meat and eggs? Yes you can! But in today exaggeration prone society, eat small only amounts. And no, your cholesterol will not go up much if you eat meat and eggs. Does that mean you could have a steak and eggs for breakfast? Yes! Or pork ribs for lunch? Sure! But what you absolutely can NOT do is eat the eggs and red meat and *at the same meal* load up with starches and carbs (sugar). What this means is that you can't have orange juice and biscuits and gravy and hash brown potatoes with your steak and eggs. Just have a SMALL amount of steak and eggs, and you will be fine.

The public has been misinformed about cholesterol. Cholesterol is not technically a fat, it is a high-molecular-weight waxy alcohol that is manufactured in the liver and in most human cells.

Cholesterol and saturated fats in the cell membranes gives the cells the required stiffness and stability, otherwise the cell walls actually becomes flabby.

Cholesterol is a chemical precursor to steroids hormones that help us deal with stress and protect the body against heart disease and cancer. It is a precursor to most sex hormones like androgen, testosterone, estrogen and progesterone. Cholesterol is also a precursor to vitamin D and bile salts. Recent research shows that cholesterol may act as an antioxidant. This may be a good explanation for the fact that cholesterol levels go up with age.

Cholesterol is needed for proper function of the brain and neurotransmitters like serotonin. Serotonin is the body's natural "feel-good" chemical. Low cholesterol levels have been associated with aggressive and violent behavior, depression and suicidal tendencies.

Cholesterol is not the cause of heart disease but rather a potent precursor and building block of body cells, and a repair substance that helps heal arterial damage (although arterial plaque contains some cholesterol).

Like any fat, cholesterol may be damaged by exposure to heat or oxygen.

Damaged, oxidized cholesterol is found in powdered eggs, or powdered milk (added to reduced-fat milks to give them body) and in meats and fats that have been heated to high temperatures.

A pattern seems to be unraveling: it is not the cholesterol that is bad for us, it is the **processed** and de-natured cholesterol that is dangerous. It is not a certain type of food that is usually bad. It is the processing of that food, namely the intervention of man and modern food chemistry that makes that type of food bad.

The natural un-adulterated food is real food. The modern, fake, processed, packaged food is a monster that in fact can't be named food.

High blood cholesterol levels often indicate that we need more cholesterol to protect us. Just as a large police force is needed in a bad area, so cholesterol is needed in a poorly nourished body. Blaming heart disease on cholesterol is like blaming the police force for murder and theft in a high crime area.

Statins – a cholesterol reducing medication - is a multi-billion dollar empire. Statins lower cholesterol, but can also promote muscle pain, fatigue, dementia, Parkinson, weakness, memory loss, depression and even cancer.

Here are some facts about statin drugs you need to know: Statins reduce the risk of heart attacks by approximately ... drum roll please.... 0.6% a year, mostly due to their blood thinning effect, rather than by reducing cholesterol.

Patients with low HDL don't benefit from statins. If inflammation is not reduced there is no benefit from statins. There is no proof of benefit in healthy women. There is no proof of benefit (reduced heart attacks or deaths) if over 70 years old. Aggressive treatment with two medications led to no fewer heart attacks.

50-75% of heart attacks people have normal cholesterol. Older people with high cholesterol have lower risk of death

It is the ability of statins to lower inflammation, rather than lower cholesterol that may account for some benefits. Because of this effect,

statins may be used in acute settings like imminent heart attacks, and are somewhat effective, but mostly in men. However, there are many other, much more efficient anti-inflammatory medications or supplements that can be used in acute conditions, we don't need to use statins for this purpose.

Studies showed that death rates are unchanged from cholesterol between 205 and 265 and that blood cholesterol is **completely independent** of the amount of cholesterol eaten. There is no relationship between the amount of saturated fat ingested and the level of cholesterol.

How is the cholesterol carried in the blood? When we talk about cholesterol we need to remember that it is insoluble in water and therefore blood. In order for cholesterol to be suspended in blood, it has to be carried by a protein. This combination of cholesterol with proteins is called "lipoproteins". Lipoproteins vary in size from large to small sizes.

The particles that carry cholesterol to the cells are called LDL and labeled "bad cholesterol"; they can be small and more "dangerous" or big, fluffy and less "dangerous". Common blood tests can tell exactly what kind of cholesterol type you have and in what proportion.

The fact is that saturated fats never become cholesterol. They are entirely separate substances. Therefore eating meat cannot possibly raise your cholesterol levels. The only connection between saturated fats and cholesterol is, that, because they are both insoluble in water, they both ride around the body in lipoprotein form.

Cholesterol needs to be transported to and from remote cells for regeneration and repair purposes. It is transported to the cells by VLDL and their remnant residue, the LDL, the demonized cholesterol particle.

The HDL, labeled the good cholesterol, is mainly a protein with a small amount of cholesterol.

The liver does not use fats of any kind to make cholesterol. The liver does not make LDL, it makes VLDL. VLDL is converted into LDL through triglyceride loss. This all means that saturated fat intake has no impact on LDL levels.

The LDL level has become so obsessively targeted by the cardiologists as a result of Big Pharma fake studies, that they would want it in the drinking water. They totally and conveniently ignore the cancer rates, mental and behavioral problems linked to low cholesterol.

The concept that a normal level of any substance can cause disease is so aberrant and crazy that it runs contrary to any scientific or logical principle. It goes something like this: Dear patient, you have a NORMAL level of LDL, but it must be lower! What?!!

LDL cannot cross the blood vessel lining to form a plaque. It is only OXIDIZED LDL that can be absorbed through the lining of the blood vessels. Oxidized cholesterol is absorbed through the lining of the vessels due to specialized receptors, then, it is engulfed by white blood cells. It turns out that it is the oxidized LDL that counts and is a harmful substance. The level of LDL is completely irrelevant in the formation of plaque.

The levels of cholesterol and LDL are not influenced by what we eat unless we eat “plastic” fats which causes the liver to make more cholesterol trying to clean itself.

The lower your cholesterol level is, the higher your risk of dying from all causes. And the faster and earlier you have lower cholesterol, the greater the risk of death.

Did you know that mother’s milk provides a higher content of cholesterol than almost any other food. Mother’s milk has over 50% of its “calories” as fat, and much of it is saturated fat. Both cholesterol and saturated fat are absolutely essential for children, especially for the development of their brain. Yet, the politically correct “dietocrats” from the American Heart Association are still recommending a low-cholesterol, low fat diet for children! What an abomination! No surprise that studies now link low fat diets in children with failure to thrive and mental problems.

The cause of heart disease is not caused by animal fats and cholesterol. It is caused by a number of factors in modern diets, including excess consumption of vegetable oils and hydrogenated fats; excess consumption of refined carbohydrates in the form of sugar and white flour; mineral deficiencies, particularly magnesium; deficiencies of vitamins, particularly vitamin C, much needed for the integrity of the blood vessel walls, and of antioxidants like vitamin E, which protect us from free radicals.

The best way to treat heart disease, is not to focus on lowering cholesterol—either by drugs or diet—but to consume a diet that provides foods rich in nutrients and vitamins, especially vitamin K2, to avoid vitamin and mineral deficiencies that make the artery walls more prone to ruptures and the buildup of plaque; and to eliminate processed foods

containing refined carbohydrates, trans - fats and processed, free-radical containing vegetable oils that triggers the body in a constant repair mode.

Chapter Summary

- Cholesterol is necessary for life, but is unjustly vilified and demonized.
- It is insulin who triggers the cholesterol making process.
- Cholesterol levels have little to do with ingested cholesterol.
- Most heart attack patients have normal cholesterol.
- Saturated fat does not become cholesterol.
- Statins reduce the risk of heart attacks by 0.6 percent a year.

Chapter 22

What about Fats?

HERE IS A fact for you to remember: Fats are essential to life. Let this fact sink in. We can't live without fats. Some people insist to eat no fats, but the reality is this: Fats are crucial for wellbeing. They provide the main form of energy storage and they are also the required building blocks for cell membranes, brain, nerve structures and a whole wide variety of hormones including steroids and sex hormones.

Our body is literally made of 20% fat and 10% protein. Again only 10% of our body is made of protein. There is practically NO sugar and very little carbs in the make-up of our body structures.

At this point, please take a pause to contemplate this amazing fact: 70 % of our body is made of water, and **the NEXT 20 percent is fat.**

I actually mean that TWENTY PERCENT of the human body, including yours, is made of ... fat and this valid for a normal weight person. Please pause and let this fact sink in: the most common "ingredient" after water, in a human body is... fat.

Like everything else essential for the body, fats need to be circulated, recirculated, replaced, modified and utilized the correct way. If we do not ingest the correct type and quantity of fats, the whole body begins to suffer and most importantly it is the brain and nervous system who suffers.

Cell membranes must be made with good, natural fats. Making them with "plastic" fats like processed, artificial fats, prevents them from working correctly. You must remember that cells replace themselves frequently. Our body replaces almost every cell in approximately eight months. Since all the brain and nervous system, the liver and every cell

membrane is made of fat, you must eat lots of good fat to keep making good, healthy cells, with healthy membranes. You must eat fats that will spoil, meaning natural fats only, or they won't work to make good future cell structures.

Our politically correct nutrition is based on the mistaken assumption that we should reduce or even eliminate our intake of fats, particularly saturated fats from animal sources.

Do you think there could be a connection between the pervasive politically correct low fat diet and the onslaught of mental illness and mental problems in the western countries? I would not be surprised at all, since fats are the building blocks of the brain and nervous system.

So, What Are Fats Good For?

Fats are one of the main structural element of the human body. What they do is that they provide the building blocks for all cellular, mitochondrial and nuclear membranes, for the brain and nerve structures and a majority of body hormones including steroids and sex hormones.

Fats also act as carriers for fat-soluble vitamins A, D, E and K. Dietary fats are more than just needed, they are absolutely instrumental for the proper functioning of the metabolism. They have so many essential functions that it is difficult to even start listing them out.

Remember that it is only fats from animal sources that contain cholesterol, the famous, but much demonized villain of the civilized diet.

Is a low fat diet healthy? Not really! It is now proven that a low fat diet can have serious health consequences including low energy, difficulty in concentration, depression, weight gain and mineral deficiencies.

Studies now clearly state that the more saturated fat, cholesterol and "calories" from fat someone is eating, the lower that person's serum cholesterol is. They found that the people who ate the most cholesterol, most saturated fat, and the most calories from fat, weighed.... the least, had the most energy, and were the most physically active.

The studies show that those who weigh more and have high blood cholesterol are slightly more at risk for heart disease; but cholesterol levels and weight gain have are inversely correlated with fat and cholesterol intake in the diet.

People on a low fat diet may show a small reduction in heart disease, but they die more often from other causes. A low fat diet will bring more deaths from cancer, brain hemorrhage, suicide and violent death. Would you trade one for another? Would you trade a relatively quick death from a heart attack for a few miserable years dealing with cancer or stroke complications?

Study after study of traditional populations have yielded information that is an embarrassment to the “Dietocrats” and their powerful puppet, the mainstream media.

For millennia, indigent populations like eskimos and tribes in Africa live largely on milk, blood and meat. They are free from heart disease and have excellent cholesterol levels. What the indigent population do **not** consume is a lot of processed flour, sugar, sweets or oils.

The fat theory does not stand! The emperor has no clothes!

After all, the French, the Swiss, the Austrians and Greeks all have very high fat diets, however they are some of the longest, happiest and healthiest living people.

The French diet is in fact loaded with saturated fats from butter, eggs, cheese, cream, liver, and meats. Yet the French enjoy a lower rate of heart disease than many western countries. This phenomenon has been dubbed recently as the French Paradox. Recent science was able to explain this paradox. Not only that the fat-causing-heart-disease theory is wrong, but it seems that the paradox of eating more fat and having less heart disease is due to their high intake of natural sources of vitamin K2. Vitamin K2 directs the calcium out of the blood vessels into the bones, where it belongs. Vitamin K2 is found in many of the French fatty products because significant amount of natural source vitamin K2 is found only in cheese from grass fed animals.

Cows and other animals are able to take Vitamin K1 from grass and transform it into Vitamin K2 which in turn is passed onto us through healthy grass fed dairy products. We humans can't transform vitamin K1 in K2. In the US, we don't have much grass fed dairy products and cheese, unless you buy imported products. This is because the industrial meat complex in the US does not allow their cows to freely roam the pastures.

By now you should be convinced that something is definitely wrong with low fat theories and cholesterol-free foods. The concept that saturated fats cause heart disease is just plain wrong.

What is misunderstood and at least partially true is that some particular types of fat are bad for us. But which fats are bad and which are good?

There is a golden rule for everything we eat, and fats are no exception: Everything that comes from a natural, un-adulterated state, directly from nature, as is, is very good and beneficial for us in **small** quantities.

Anything that has been processed, packaged, engineered, faked, changed, or altered, in any way by man and mostly by modern food industrial complex is detrimental to us. The more we process the food, the worse food becomes, nutritionally, up to a point that it cannot be called food anymore.

Please remember that all fats and oils, whatever the source, either vegetable or animal, are made of a **combination** of saturated, monounsaturated fats and polyunsaturated fats.

In general, animal fats such as butter and lard contain about 50% saturated fat and are solid at room temperature. Vegetable oils from temperate areas are liquid at room temperature, and vegetable oils from the tropics are highly saturated. Coconut oil is 92% saturated. Vegetable oils are generally liquid in the tropics, but hard as butter in northern climates. At tropics, the increased oil saturation helps maintain the stiffness of plant leaves.

The public has been fed a great deal of misinformation about the relative virtues of saturated fats versus unsaturated fats. Politically correct dietary gurus and mainstream media tell us that the vegetable oils are good for us and that the saturated fats cause cancer and heart disease.

The only problem with this concept is that the more unsaturated an oil is, the more it can contribute to a large number of disease conditions. This is because unsaturated fats have the tendency to become oxidized or rancid when subjected to heat and oxygen when cooked or processed. Rancid oils contain free radicals which are extremely reactive chemically. Free radicals have been characterized as “marauders” in the body for they attack cell membranes and cause damage in DNA strands. They can cause anything from pre-mature aging, plaque building in the heart, to cancer.

You likely heard of different types of oils called Omegas. Some are Omega 3, some are 6 and some are 9. They are all necessary in a certain amount and proportion, however, too much omega-6 creates an increased

tendency to form blood clots, inflammation, high blood pressure, depressed immune function, cell proliferation, cancer and weight gain.

Too little omega 3 has been associated with asthma, heart disease, dementia, cancer, diabetes, immune problems and learning deficiencies.

Most commercial vegetable oils and animal products contain very little omega-3 and large amounts of the omega-6. This commercial tendency of an imbalanced omega 6 to 3 ratio in food is definitely one of the root-cause of modern illness.

Increasing omega 3 oils - like fish oil and flax oil - in our diet is recommended, however, due to the tendency to quickly become rancid, they should be never heated. Omega 3 oils should only be ingested cold, and properly packaged. They should be properly stored away from heat and oxygen. Bottled omega 3 oils should be refrigerated after opening. If you taste even a hint of rancidity, it should be discarded. If you taste rancidity in fish oil or if you burp rancid fish taste, discard the whole bottle immediately as it is damaging to your body.

For cooking, only use olive oil or grapeseed oil, which support a higher temperature before being damaged.

Be aware that most commercial oils including olive oil are not pure, they are usually adulterated, spiked and blended with less nutritional oils.

Always opt for GMO free, cold pressed, organic seed oils if possible. Avoid corn, soy, canola, vegetable oil, and cottonseed oil. They are almost always low quality GMO oils.

As you may finally realize, the unfairly demonized saturated fats—which Americans are trying to avoid—are in fact beneficial if they are not oxidized, and are toxin and hormone free. Saturated fats are not the cause of our modern diseases. In fact, saturated fats play important roles in the body. Saturated fatty acids constitute at least 50% of the cell membranes. They are what give our cell membranes stiffness and integrity.

Saturated fats help the immune system. In fact saturated stearic and palmitic acid are components of the highly saturated fat around the heart muscle.

When honestly evaluated, the evidence does not support the claim that “artery clogging” saturated fats cause heart disease. Actually, evaluation of the fat component in artery clogs reveals that only about 26% is saturated. The rest is unsaturated.

Chapter Summary

- Fats are essential to life.
- We are made 20 percent out of fats.
- There are natural fats (good) and artificial fats (bad).
- Don't eat spoiled or rancid fat even if "natural".
- Low fat diet is dangerous.

Chapter 23

Modern Methods of Processing Fats

IT IS NOT fat that is bad; rather, it is the modern processing of fats that is the problem. The three successive processing methods used in manufacturing modern fats are: 1) extraction, 2) hydrogenation, and 3) homogenization. Let's have a small talk about these, because it is important for you to understand what is going on.

1. Extraction

Naturally occurring oil in fruits, nuts, and seeds must first be extracted before it can be used. In the olden days, extraction was achieved by slow-moving stone presses. Nowadays, oil is obtained by crushing and heating the seeds in large factories.

The oil is then squeezed out at high pressure, thereby generating heat. In fact, for the duration of the process, the oil is exposed to damaging, heat, light and oxygen. In order to extract the last 10 to 15 percent of the oil, food manufacturers treat the pulp with solvents, usually hexane. The solvent is then supposedly eliminated, although some may remain in the oil. Such solvents are toxic.

High temperature processing causes damage to the molecular structure of fats and creates dangerous free radicals. Antioxidants like Vitamin E, which protect the body from free radicals, are also destroyed by high temperatures. To top this off, dangerous chemicals are often added to the processed oil to replace Vitamin E and other natural preservatives destroyed by heat.

The good news is that there is a safe modern technique for extraction under low temperatures, with minimal exposure to light and oxygen. Expeller-processed unrefined oil will remain fresher for a longer time, even if exposed to oxygen.

2. Hydrogenation

Hydrogenation results in products like margarine and shortening, which are unsaturated fats that turn solid at room temperature. Manufacturers start with the cheapest oil—soy, corn, cottonseed, or canola—mostly from GMO seeds and already rancid from the extraction process. This oil is mixed with tiny metal particles, usually nickel oxide, a known carcinogen, to speed up the process.

The nickel-saturated oil is then treated with hydrogen gas at high pressure and at a high temperature. The next step is the addition of emulsifiers, soap-like substances, and starch, for a better and more appealing consistency. The oil is then treated at high temperature again to remove unpleasant odors.

That sunshine-yellow stick of margarine in your refrigerator started out as gray, but that is taken care of through bleaching and artificial dyes. Strong flavors are then added to make it resemble butter. Finally, this dangerous mixture is compressed and packaged in blocks, then packaged and sold as a “healthier alternative” to real butter.

When food manufacturers heat fats at 350 degrees for several hours, the fats morph into a substance very similar to plastic.

Consumption of these plastic fats will negatively affect your cell membranes. Cell membranes made from plastic fats can’t clear toxins, can’t hold voltage, and can’t signal insulin. This “plastic surgery” on your cells renders them useless, and you become sick.

Partially hydrogenated margarine and shortenings are a disaster for your health, even more so than cheap GMO oils from which they are made. This is because the nickel changes the position of hydrogen in the molecule, resulting in the infamous trans fats that are so villainized these days, with good reason, though far too many people do not practice what they preach and insist on continuing to devour them.

Trans fats are manmade, and for the most part, not usually found in nature. They are toxic to the body because they are incorporated into cell membranes as if they are normal cis fats, thus partially hydrogenating your cells themselves. Trans fats have rigid molecular chains that cause a lack of elasticity in cell membranes. This can lead to ruptures. Chemical reactions are also highly impaired because trans fats are modified.

Artificially hydrogenated fats pose a major health problem, yet natural, saturated fats have often taken the blame. In fact, until recently, saturated fats were lumped together with trans fats in food research and various studies.

Altered, partially hydrogenated fats actually block the metabolism of natural, essential fatty acids, causing many health problems. For the last few decades, consumption of hydrogenated fats, which continues to be promoted as health food, has led to serious illness like cancer, atherosclerosis, diabetes, obesity, and impaired immune system.

The popularity of margarine over butter is a victory of modern advertising and a defeat of common sense. Fortunately, in the last decade, butter and natural products have been staging a major comeback.

3. Homogenization

Homogenization is the process in which fat particles are strained through small, tiny pores under great pressure. The homogenized fat particles are so small that they remain in suspension and do not rise to the top of the milk. This increases the surface of fats exposed to light and oxygen, therefore rendering the fat particles more susceptible to rancidity and oxidation.

Are fats contaminated with environmental poisons? Yes! In fact, it would not be an exaggeration to assume that all our foods, whether of vegetable or animal origin, may be contaminated with toxins. To make matters worse, fats of animal origin are often also contaminated with hormones, antibiotics, and pesticides.

The solution is not to totally eliminate animal fats, but to seek organic meats and butter from pasture-fed cows. Eat meat sparingly, just once or twice a week. Buy only organic meat, plants, and animal products. These are widely available nowadays on the internet, in health food stores and supermarkets, and through mail order and health food cooperatives.

Our choice of fats and oil is one of extreme importance. The fats we eat must be chosen with care. Avoid all processed foods and hydrogenated fats. Instead, use naturally extracted oil like extra virgin olive oil and small amounts of unrefined flaxseed oil. Eat plenty of raw avocados. Explore the merits of coconut oil for baking and animal fats for occasional frying. Eat organic egg yolks, European cheese, and plenty of real butter, as in moderation, they are great foods for you and your whole family.

Chapter Summary

- Natural fats are essential to life and good functioning of every cell.
- Man-made or man altered fats are toxic and deadly.
- Avoid all processed foods and hydrogenated fats.
- Eat meat sparingly, just once or twice a week.
- Buy only organic meat, plants, and animal products.

Chapter 24

10 Things You Need to Know Before You Choose a Doctor

1. The General Practitioner (GP): Family Practice (FP) vs. Internal Medicine (IM) Doctor?

When you are looking for a general practitioner (GP), it is important to understand the difference between a family practitioner (FP) and internal medicine (IM) doctor.

Generally, an FP takes care of any family member, including children, adolescents, young adults, and the elderly. The FP also may perform simple procedures in the office, including minor surgery. The care is broad and simple, having to do with one or few health issues.

An IM doctor, or internist, usually treats older individuals having deeper and more complicated medical problems. They do not perform as many procedures, though they may perform some necessary diagnostic tests in the office. While care is not offered to as many generations, it is deeper and more involved, sometimes dealing with five to ten medical conditions.

2. Medical Doctor (MD) vs. Doctor of Osteopathy (DO)?

Is there really a difference? The short answer is yes. In theory, doctors of osteopathy have more training in some natural medicine; however, there isn't any considerable difference in reality. If you find a good doctor, it really does not matter if he or she is a DO or MD.

Most doctors, when it comes to treating illness with natural methods, are not trained in what does and does not work. Doctors who are knowledgeable in this area generally learned and trained on their own time,

and such doctors are very rare indeed. Most other so-called “doctors”, who are not MD or DO are really not “doctors” at all. Generally, they offer limited care and procedures, and their responsibility is very limited. When you are suffering from a serious illness or medical condition, it is better to find a good MD or DO.

3. Hospital vs. Outpatient Only?

Until recently, it has been customary for a doctor to admit and take care of his/her own patients in the hospital when patients are admitted for treatment of a very serious condition. This was a great service, as it provided consistency in care, in-depth knowledge of the patient condition, and a peace of mind that the patient would be treated with the care and consideration they deserved and had come to expect.

Unfortunately, with modern medicine becoming more and more corporate, and with the advent of the most recent legislation and the implementation of electronic medical records, this is becoming a rarity.

Most good, decent, caring doctors who are even slightly efficient and competent have found, at least in the last few years, that seeing and managing their own patients in the hospital is a nightmare.

Between the maze of onerous rules and regulations and being treated as commodities by the hospitals, as well as the time needed to learn how to access and input electronic medical records, going to the hospital to see patients has become an unjustified burden for doctors. Hospitals and large healthcare corporations are more concerned about compliance with federal regulations and documentation rather than real medical care. No longer is the patient the top and first priority.

As such, beware of doctors who work in offices and hospitals nowadays.

They are likely employed by the hospital, or else they are overworked, stressed out, and close to nervous breakdowns themselves. They are seldom efficient enough in the office to be able to sever ties with the hospitals. These doctors are not ideal, despite the first impression that it would be good for you to be seen by the same doctor in the office and the hospital.

Times have certainly changed when it comes to this.

4. Effective vs. Covering Symptoms?

Most doctors are happy to prescribe medications to treat annoying symptoms without really doing anything to improve the root cause or underlying condition. Disease and illnesses can continue even when symptoms are treated, growing, festering and worsening under the surface. Also, many modern doctors do not consider the long-term implications of some of their treatments. For example, they do not consider the nutrient deficiencies that some medications or medical conditions create.

Sometimes, there can be severe, long-term consequences of only remedying the symptoms, such as in the case of steroid use.

5. Pill-Pusher vs. Treating Deeper Causes?

Some doctors are afraid to run tests on patients or wait too long to run them, until the patient develops a serious medical condition or the condition is too far gone. This can happen for several reasons, including insurance over scrutiny or underpayment for the medical test. For example, some doctors do not even order baseline laboratory tests until there is a problem. However, when there is a problem and tests are abnormal, if there is no baseline to compare it to, medical decisions will be cloudy at best.

Some basic tests, like laboratory tests with cholesterol panel, EKG, urine analysis, mammogram, and others, should be performed routinely and periodically.

6. Standard Doctor vs. More Natural Doctor?

Few doctors are trained or knowledgeable beyond standard medicine.

If you are fortunate enough to find an MD who will guide you more in a more “holistic” way between unconventional treatments and also can keep the balance with traditional medicine, treat him or her as gold.

These doctors can tell you which alternative treatments are good and promising and which are hype. They understand the value of the right diet and nutrition, as well as the benefits of exercising the right way and what vitamins and supplements are good or not. They may perform scientific biochemical testing other doctors have never even heard of.

They can offer more treatments, hope, and usually better care than standard doctors.

Beware of doctors who only regurgitate standard American Medical Association lines on health issues.

7. Nice Smile/Good Manners vs. Effectiveness?

There is a category of people in life who are not as knowledgeable, deep, or efficient, yet they get ahead in their careers simply because they are nice. They have a charm about them and smile a lot; they have a charisma and an ability to make others feel good. The medical profession is surely not spared of people like this.

When it comes to matters of your health, though, you need a guide who knows what he or she is doing, one who is swift, experienced, and efficient. You need someone who can guide you out of the health maze.

When you feel lost in the medical jungle, which can be very daunting, you cannot afford to have a guide who just smiles nicely but remains undecided on the best way out. You need an experienced, knowledgeable guide who will have your back and take your interests to heart. Yes, your doctor should be polite and have a decent bedside manner, but that is not the first trait you should look for. You need a doctor not a friend!

Many patients have died with a smiling doctor by their side, most of them naïve to the fact that there are treatments available that might have saved them.

8. In-House vs. Outside Testing?

Like everything in life, there must be balance and appropriate testing in medicine. Just as an airplane pilot looks at cockpit dials, a doctor must examine test results to figure out where a patient stands at any given time.

Every medical condition must be gauged by some kind of measurements and testing: once in the beginning, to see where the patient's journey starts, then periodic testing as the condition of concern is treated.

Some doctors just shoot from the hip, without relying on medical tests at all, and some doctors do too much testing. As a patient, you will probably be better off with too much testing than with too little. Many mistakes and misdiagnoses occur when a doctor assumes things about a medical condition without having the proof to back up those assumptions.

It is good for a doctor and the patient to test in the office at much as reasonably possible. This is more convenient, timely, and affordable for

the patient, but it also ensures that the doctor is involved and can interpret the results for him- or herself. In some cases, outside tests may read as normal, while in-house tests can come back with different results.

9. Eager to Refer vs. Conservative?

Some doctors want to deal with minimal health issues and will, therefore, easily refer a patient to a specialist. Many doctors refer frequently and too easily, some just to cover their actions. Some patients are also too eager to seek a specialist, hoping for a quicker solution to a medical dilemma. Like a general contractor, your FP or IM doctor should know when to refer, but he or she should keep a good balance and not refer too little or too excessively. In many cases, a specialist will not offer anything but confusion to the patient.

You would not build a house by dealing with contractors yourself unless you are a general contractor already. If you did, you would only be asking for trouble, and the job would not be done appropriately, thoroughly, or on time. The concept is the same in medicine. You need a good general doctor to coordinate medical care for you, including the specialist's recommendations, care, or concerns.

In general, there are two types of specialists:

The **Over Diagnosing specialist**: is the one who quickly diagnoses you with several serious health conditions and orders several complicated or invasive tests or even surgeries to follow.

Before you know, whether you need to be or not, you are under the knife!

The other type, the **under-diagnosing specialist**, will, no matter how serious the patient condition, dismiss it with an unexpected: "You're fine!" Very few specialists are comfortably balanced, and most lean — unbeknownst to the patient — to one side or the other, depending on hospital politics, insurance requirements, personal mishaps, and other underground factors not easy to discern. Not only will these specialists interfere with good medical care and patient wellbeing, but they also undermine the authority or credibility the GP may have, because the patient may often perceive the GP is mistaken simply because the so-called "specialist" said so.

The above considerations are good reasons for general practitioners to do necessary testing in house and to only make referrals to specialists

when absolutely necessary, and only when they can effectively work together as a team for the wellbeing of the patient.

10. Personalized, Custom, and Beyond Standard vs. One-Size-Fits-All, Minimally Necessary?

Some doctors do not bother to individualize treatments for their patients. As unbelievable as it may seem, they prescribe the same doses of medications, regardless of weight, gender, age, and other factors. Also, most doctors do not do in-depth testing unless a serious condition forces them to. There is no analysis of in-depth cholesterol testing, genetic markers, amino acids, and vitamin and nutrient deficiencies, let alone toxicity or unusual microbial testing.

Most doctors in standard medicine are afraid to step out of the medical standard even a little, even if they know it might make a big difference. For the great majority, it is far more important to conform and keep their metaphorical warm, cozy position than to step forward and take a stand.

Most of the time, when faced with complex and persistent medical conditions they have some difficulty understanding, standard doctors are happy to say, “It’s all in your head!” or “You are just depressed!” and send patients away without real answers. Some medical conditions just elude traditional medicine. The traditional doctor is generally ignorant that those complex medical conditions could greatly benefit from some small dietary changes and nutrient adjustments. Most traditional doctors refuse to look in that direction.

Even when traditional doctors hear about great medical successes from personalized functional medicine, these doctors dismiss it as hocus-pocus, as if they have the authority to decide what works and what doesn’t, regardless of recorded results. In fact, some doctors are blissfully ignorant, unwise and more than willing to dismiss the facts without even having enough information or the competence to logically make that dismissal. Doctors that practice natural medicine have been systematically patronized, belittled and ignored by traditional doctors even when traditional doctors have no understanding of the problem.

For these reasons, some patients go from doctor to doctor, only to be misdiagnosed or improperly diagnosed or treated. This can go on for years, and some patients ultimately pay with their lives. Without being

offered a different medical approach, they fall through the metaphorical cracks of medicine and are not saved when they might have been, simply because standard doctors are not willing to step beyond the standard.

Chapter Summary

- Consider a doctor who is going beyond the standard of care.
- Lately good doctors only work in their office or hospital, not both.
- Avoid the pill pusher, nice smile doctor. Look for deeper causes and results.
- Be careful of the undertreating specialist.
- Lots of tests are a sign of good medicine.

Chapter 25

Underrated versus Overrated Conditions

OVERRATED CONDITIONS ARE generally also Over-Treated conditions and the other way around. Some medical conditions are clearly the darlings of the medical pharmaceutical establishment. These medical conditions are not as dangerous as they want us to believe and are generally easy to treat by natural means, even though the medical establishment and the Big Pharma wishes to convince us otherwise for their own gain. Most of these diseases are simply normal or almost normal conditions, but the cutoffs for their normal limits have been manipulated in the interests of the pharmaceutical and medical establishment so that more and more people will fall into the definition of a so-called illness and therefore will “require” more medications at an extra cost.

For example, several decades ago, the cutoff for normal cholesterol was high enough that only the worst 10% would require medication; nowadays, the cutoff is so low that most of us will qualify for medications under the current guidelines. If you choose to listen to extreme proponents and most cardiologists, all of us should be on cholesterol medication. Never mind that cholesterol medication can cause memory loss, Parkinson’s disease, weakness, early aging, muscle pain, and liver damage. Never mind that these side effects can be mitigated by a natural compound, CoQ10, as proven decades ago; CoQ10, a natural compound is stubbornly not being added to cholesterol medication. Merck Pharmaceutical Company has held a patent on statins plus CoQ10 for decades, however they likely still hold the patent so that nobody else can offer it to you.

The medical-pharmaceutical cartel wants to keep us in a constant state of fighting illness, forcing us to pay big money to keep our medical conditions at bay, conditions that are often triggered by their governmentally approved actions. This is the very definition of racketeering and exploitation, if not something far worse.

One very common strategy of the cartel is to make an entire normal, healthy population believe they are ill and are in dire need of their costly medications. If they can make us think that they have the only possible antidote to what ails us, they can continue to take advantage of our fears.

Therefore, do not expect any corporate medical “expert” to be open to suggestions that, by their very nature, compete and threaten their livelihood or profession. They don’t want a cure, they want to keep treating us. There is no money in cures after all.

Below, we will take a look at some of the most overrated and underrated diseases:

High Cholesterol

As explained above, laboratory reference numbers for normal cholesterol levels have come down in a stepwise fashion over the years. There is more to the cholesterol issue than meets the eye.

Cholesterol is necessary for all cell membranes, for nerve cells, and for healthy brain maintenance. It is the raw material foundation of most hormones, including stress and sex hormones. Unfortunately, cholesterol has been vilified. As a result, the American egg breakfast that was previously touted as healthy is now accused of being bad for you, steering you to carb-loaded, illness-promoting breakfasts like cereal and oatmeal instead.

Despite the process of demonizing the cholesterol, studies show that eating eggs do not raise cholesterol. The body manufactures 60 percent of the total cholesterol and only about 40% or less is coming from our food.

Cholesterol is strictly an animal product, therefore you will not find cholesterol in any plant based oil.

Cholesterol comes in different particle sizes, and while some are dangerous, others are not. This can only be checked by labwork. There are also at least other twenty four different risk factors for heart attacks totally independent of cholesterol, even if you rarely hear about them.

Cholesterol has been conveniently taken out of context and “demonized” for the easy profit of commercial interests.

High Blood Pressure

This is also a term whose definition has become stricter and stricter over the years as more and more medications were introduced to “fight” it.

The guidelines have changed according to pharmaceutical lobbyists and their bottom-line interests. A staggering number of people are currently taking three or four blood pressure medications, along with other medications meant to combat their adverse side effects. The result is a zombified, tired, and overmedicated population. Yes, older people in general have high blood pressure as a result of many factors, including some hardening of the arteries, but, after all, the need to aggressively treat all of them is at least questionable.

Osteoporosis. Osteoporosis is another example where aging people are compared with individuals in their twenties and, because they are unable to keep up with the young, they are deemed to be in need of costly and risky medication. The guidelines advise doctors to compare the bone density of the elderly with that of a healthy twenty-five-year-old, and referring to an “average” bone density which is dictated by the medical establishment. The differences in age groups are to be ignored. This is not to say there are no extreme cases that require medications, as some certainly do; however, blanket judgments and biased guidelines are another matter entirely. One cannot compare a twenty-year-old car to a showroom-new one and expect them to function the same way, and this should also not be the case with human beings. Even in health, some depreciation should be expected and tolerated.

Vaccines. We will not linger on this topic long, as it is one in which many people debate very passionately, but vaccinations have long been another example of making the general population believe they need to be repeat clients of the Big Pharma. Why treat (or sell to) only 5 percent of the population when they can lobby for new guidelines and treat (read sell to) 99 percent of the population. Not only that, but the establishment can make anyone who protests against their tactics appear irresponsible and insane. Vaccine safety and efficiency are the least of their concern.

Many patients at my practice ask about vaccines. I encourage them to read all the pros and cons they can so they can make their own informed decisions. I also explain that there is no scientific evidence or serious studies (the way they require from natural compounds) that can attest for vaccine safety or efficiency. In general the vaccine safety and efficiency are taken as a gospel.

In the past, when I was a kid, we all had about 3-4 vaccines to take. Now, before one year of age, there are about 70 vaccines recommended. There are recent studies pointing to abnormal immune activation from the aluminum adjuvant in vaccines leading to disturbance in brain formation in children, autism and other major problems later in life.

I do not treat children, and I do not actively recommend flu vaccines or insist that anyone take them, but I also will not attempt to change their minds if they choose to be vaccinated. I do administer vaccines to those who already have their minds made up and demand them. As the old adage says, “A man convinced against his will is of the same opinion still.”

Low-fat diets. There has never been a more diabolical plan than to convince humanity to buy into the illusion that low fat is good for us. In actuality, such a diet can cause depression, reduced libido, brain and concentration problems, Alzheimer’s disease, and a whole plethora of illnesses.

There are good, natural fats that we should eat, and fat substitutes are just not healthy. When artificial fats are incorporated into the metabolism and cell membranes, they are making the membranes rigid and unhealthy. As for saturated fats, those found in nature are generally okay, and the same holds true for unsaturated fats and oils. It is when fats are cooked, modified and patented that they truly become dangerous.

The human body is comprised of a high proportion of fat, some 20 percent or so. This fat requires continuous replacement with healthy, natural fat. The real culprit is carbs. We should eat far fewer carbs than fats, if any at all.

Americans tend to live lives of exuberance and exaggeration and think that bigger is always better. As a consequence of this belief, when some pioneers made the brave and very true claim that fats are actually good for us, a few not-so-wise people began devouring buckets of oil and several pounds of bacon a day, and that did no one any good either. A good

philosophy to follow when it comes to everything in life is: Nothing in excess; all in moderation!

Underrated (Undertreated) Conditions

Not surprisingly, most natural or naturally treated conditions would fall into this category. Please realize that normal ranges for any laboratory test are determined by measuring 1,000 people and labeling the top and bottom 2.5 percent too high and too low. The 95 percent in the middle are considered normal. Big problems may arise later, when many of the 1,000 people sampled are discovered to be anything but normal, as indeed, many are plagued with illnesses, nutritional deficiencies, and imbalances. Therefore, the results on which normal lab values are based are representative of only the sickest of the sick, a seriously deficient population. Observe also that normal standards and guidelines are loosened or tightened depending on what the pharmaceutical-medical cartel needs to promote at the time, (backed by the federal government), usually for their own financial gain or to aid the agendas of their lobbyists. For this good financial reason, the answer is usually yes to expensive patented drugs and no to natural therapies.

Below is a brief list of some of the most common of these conditions.

Thyroid disease. Thyroid disease is definitely underdiagnosed and undertreated. Normal laboratory levels are set unreasonably and shamefully loose. Treatments are superficial, expedient and inappropriate, based on just numbers from a lab test. Symptoms are generally ignored. Most doctors these days seem to prefer to treat labs, not patients.

B12 deficiency and B vitamins. Again, the so-called normal levels for these important vitamins are unreasonably loose. Some people have, at early age, vitamin B12 levels extremely low. We usually see low levels of vitamin B12 in elderly people diagnosed with dementia. Studies have shown for decades that levels below 600 can produce definite neurological damage, but lower limits are intentionally set at a dementia level of 200, and most people are not treated. Everyone over fifty-five years old should have a vitamin B12 injection monthly for the rest of their lives, as small miracles happen when patients receive vitamin B12.

Multivitamin and supplements. Fake vitamins and low-quality one-a-days mostly owned by Big Pharma, are promoted, while high-impact, medical-grade supplements are conveniently ignored. Details can be found elsewhere in this book.

Adrenal insufficiency. When this condition is underdiagnosed and undertreated, it can leave many patients feeling tired, exhausted, and depressed without any understanding as to why or how to treat the problem.

Bioidentical hormone replacement (BIHR). Hormone replacement therapy (HRT) was the darling of the Big Pharma, a decade ago, when they were selling horse urine concentrate as a hormone replacement for humans at a high price, raking in billions. Strokes, blood clots, heart disease, and cancer were common side effects. We are humans, and nothing about horse hormones is natural or compatible with us! You didn't see Wilbur injecting Mr. Ed with his hormones, did you? When someone finally blew the whistle, this therapy fell out of fashion. Today, ignorant doctors still confuse horse urine and synthetic, non-bioidentical hormone treatment with BIHR. They do not understand that hormones levels can be measured and adjusted and risk factors mitigated. Besides, it is far easier and safer for their career to ignore what Big Pharma does not endorse.

Mood disorders. These are rampant in our society and are often treated with pills, and few doctors take the time to look for or treat the underlying causes. As a consequence of high stress, many suffer hormone imbalance; vitamin, minerals and amino acid deficiencies; toxicity; or sleep problems. It is far easier to take a prescription pill than to seek the real cause of these disorders.

Chapter Summary

- **Over-rated Medical Conditions:**

- High Blood Pressure
- High Cholesterol
- Osteoporosis
- Vaccinations
- Low Fat diets

- **Under-rated Medical Conditions:**

- Thyroid Disease
- Vitamins, B complex, and Vitamin B12 deficiency
- Bioidentical Hormone Replacement Therapy (BHRT)
- Mood disorders

Chapter 26

Relationships

WHEN IT COMES to relationships and sex, I am far from being an expert, but we all know that these can have a great influence on your energy, vitality, and even your longevity. Relationships are not only the romantic type, but may also include interpersonal relations with friends and relatives. Volumes could be written about them, and we could still not cover all aspects, as relationships are a very sensitive and complex thing. We are all different, yet there are many things we have in common.

Talking particularly about relationships between men and women, it is well known that each gender has a different means of communication, different frames of reference; it has metaphorically said that men and women are from different planets, and books like *Men Are from Mars: Women Are from Venus* illustrate this point quite convincingly.

Relationships are points of great challenges in our lives. They are how we grow and help others grow as well. None ever go perfectly smoothly; rather, they may be rather rough, but in this way, they polish us to be better human beings. The main role for relationships in our lives is to teach us to love and care about others.

The times in which we live dictate the tempo of our lives. It dictates what we want and how badly we want it. It dictates how much spare time we have and what we do in that spare time. Likewise, the tempo of our lives has a vast effect on relationships. People became shallow, looking only for material satisfaction and other factors that complement their egos.

We may have a short temper and be blind to our own faults while ardently criticizing the faults of others. Sometimes, we notice only flaws, and we do not have eyes to see much beauty and virtues. Because of this, many people fight and argue instead of learning to let go and forgive.

This short temper, a subconscious aggressiveness and confusion as to how to deal with our human differences, leads to breakups, misery, and resentment. People are often too prideful, especially when it comes to relationships. Not many of us are willing to admit when we are wrong, and not many will swallow their bitter words and move on. We too often prefer to fight and argue.

People often bring bad energy home from work or school, and this can poison otherwise good relationships. Instead of calming down and trying to release the stress, we tend to transfer our nervousness to everybody else. You should try to avoid this transference of bad energy, since it can harm you and your loved ones. Seek peace with those who are close to you. When you are bursting with desire to start a fight or get defensive, go for a walk or perform some strong physical exercise and let the bad energy out.

It is essential that we learn to forgive. Un-forgiveness and inflated egos are the main cause of so many divorces and couples going their separate ways, even after many years together. Always remember that no one is perfect; we all make mistakes. Love should always be stronger than pride, since it can heal your soul and help you grow. Pride, on the other hand, only leads to loneliness and misunderstanding of others.

Learn to listen to others, to their needs and feelings. Whenever you need to discuss something, do it in a nice way. When in state of disturbance, we often say severe words that cannot be taken back later. Even after the anger simmers down, the harsh words remain in the memory. This is why it is always better to talk calmly, with a cool head and a clear picture of what you want to say. When we are angry, we cannot think properly, and we say too much, often creating more confusion instead of solving the problem.

Most people suffer greatly from relationships in life. Together with health and finances, relationships are part of the big trio of challenges that can either destroy us or help us grow the most. Sadly, few people believe they can do much to change their money, health, or relationship situations and simply assume it is up to some luck and random events or

coincidences. Since we live in a cause-and-effect world, there are laws and rules to be successful in health, finances, and relationships, but our educational system doesn't teach us about these rules.

What no one tells you is that relationships require dedication, commitment, focus, and hard work. It is important to realize and consider how your partner is feeling, to stand in their shoes. It is important to be giving, compromising, and emotionally available, as much as we can. Many relationships drain our energy. At home and at work, relationships sometimes take an energy toll on us. When this happens, stand up for your beliefs, and do not let anyone manipulate you.

Love is great, as it can change you completely and make you a better person. However, if you notice that you are not changing into a better version of yourself, and if you become unhappy with who you become, then it is ok to avoid the person who triggered this feeling.

Happiness is all about choice. Despite people chasing happiness in the material world, it is really a chosen state of spirit, and it springs up from the inside. The world you see is a projection of the picture you create in your mind's eye. You have a choice to see things in a good or bad way. It is the same with happiness. You do not DO happiness or BECOME happy. You only choose to BE happy. It is always, always your choice. Happiness is not dependent on others. It is not your partner's job to make you happy, but is your job to BE happy in that relationship. If you are looking for someone else to make you happy, you are taking the wrong approach. Happiness is an internal choice.

A false sense of entitlement is also a killer of many relationships. Stop waiting and start living! Everybody is perfect with their imperfections!

There is someone perfectly imperfect for you as well.

Last, but not the least, in order to love others, you must first learn to love yourself. Have a relationship with your body, mind, spirit, and even your subconscious mind, the great manifestor in your life. Have an imaginary dialogue with these parts of you, respect and honor them. Listen to your emotions, body and mind.

The most attractive people we meet are usually self-confident. How can you improve your self-confidence to be attractive? Do what makes you happy! Dress in a way that makes you feel good. Exercise is also a great way to boost self-confidence. Naturally, there will be rainy days when no

one feels great. When you have such a bad day you can make yourself go for a jog or to a gym or take a walk anyway. It is good to start moving.

The first step is always the hardest, but after a workout you will feel better and have far more self-confidence than you did when you started.

These days, many people mistakenly believe that self-confidence is dependent on looking good, but your achievements can be an even greater boost. What you do and how well you do it will make an impact on how you feel about yourself, and when you love yourself more, you will do a better job of loving others. When your body feels physically strong and healthy, your mind will follow; good or bad, where your mind leads, your body will follow also.

Sex Life

There is no denying that sex is a big part of our lives. Respect it and enjoy it, as it can have a great influence on the quality of your whole life. Sex with someone you love is not only a physical experience, but a spiritual one as well. Energies collide, and souls meet. Sex is the most sacred of all human connections. Unfortunately, our present society in general and some religious circles especially, often have a very distorted view towards sex.

Society and media aggressively uses sex and sexual images for any marketing purpose. Sex is used as a tool to draw new viewers into TV shows and to sell all sorts of things. Because of this, young people may have an extremely difficult time approaching sex as anything more than a product, something with which we barter.

Sex has been demonized by some societies and religions, even though it is a very natural and necessary part of life. The truth is that sex is normal and important for humans, both for reproduction and for relationships.

In this book, we are focusing on energy, and sex is a great way to rebalance energy. Keep in mind that moderation is good advice for everything we do, and this also applies to sex. Listen to your body's needs and the needs of your partner. Don't dismiss or be embarrassed about your natural urges or libido. Fulfilling our natural needs is what brings balance to our lives; if you fail to satisfy your sex drive, you will somehow become energetically imbalanced and this will reflect upon your state of your body, mind and emotions.

Chapter Summary

- Relationships help us grow.
- Be aware of the grand differences between men and women.
- Learn to forgive. Don't focus on flaws, for no one is perfect.
- When you are angry, take a break.
- To love others and allow them to love you, you must first love yourself.
- Respect and enjoy sex.

Chapter 27

Energy Vampires

HAVE YOU EVER experienced a sudden drop in energy and felt exhausted and depressed after talking to someone? These people can be called energy vampires, and they are toxic. They suck positive energy out of you and leave you feeling mentally, emotionally, spiritually, and mentally drained.

Energy vampires usually, but not always, are people who grumble or complain all the time, those who seem to be in constant need of sympathy, help, and confidence boosting. They always expect the worst to happen and encourage you to feel inadequate, inferior, and guilty.

Avoid them systematically; eliminate them from your circle of friends or your client roster. They can't pay you enough for the damage they are doing. Protect yourself against these energetic attacks by different methods you can read about easily.

Often, we are trapped in energy-draining relationships. Energy vampires tend to act like victims in constant need of help, but the more you try to help them, the more they seem to be in need of your help. This is a vicious circle, leaving you drained of energy.

You may soon lose interest in previous hobbies and find yourself concentrating only on these toxic people, trying your best to help them out of their problems. If you notice that this person is not trying their best to improve the quality of their own life and is in constant need of your assistance, it is time to leave them behind.

These self-proclaimed victims feed on your energy because they cannot provide enough positive energy for themselves. Never feel sorry

about moving on. You have tried to help, but you cannot help those who don't really want to be helped and prefer to remain in their misery.

Sometimes it happens that people feel separated, strange, or dissociated and feel like someone or something else has invaded their personal space. Sometimes people experience feelings that are not their own. These are called introjects from important reference persons. Sometimes our strong emotions, irrational beliefs, and strong resistance point to these kind of energy structures not related to our self.

Sometimes a traumatic event occurs, and at the time, we can make no sense of it. Maybe you had a strange reaction to this event and could not process the full experience appropriately. This energy pattern of improperly processed experience literally forms frozen worlds of energy structures that drain an immense amount of energy from us, sometimes for a lifetime. These frozen energy patterns, as well as fears, anxieties, trauma, beliefs, and others can be dissolved and healed by some recent techniques including Emotional Freedom Technique (EFT), or Thought Field Therapy (TFT).

One therapy that I believe is most phenomenal, is called "logo-synthesis", and was developed by a Swiss Psychologist called Willem Lammers. He explains in detail in his books, which are available online, how to heal emotional frozen patterns by the power of the spoken word, sometimes in a matter of minutes. You must only say three or four well-designed sentences, and these abnormal frozen energies disappear, sometimes after a lifetime of suffering.

Energy vampires are all around us, and they can be anyone. Maybe a colleague at work is trying to set you back, decrease your job performance, and make you look bad. Maybe it is your partner or your mother. Some steal energy unintentionally, while others are well aware of it.

Chapter Summary

- Energy vampires drain your energy mentally, emotionally, and spiritually.
- Energy patterns of improperly processed traumatic experience form frozen worlds of energy structures that drain an immense amount of energy from us.
- Use different techniques including EFT, TFT or logo-synthesis.

Chapter 28

Time Management

THE OLDER WE get, the less time we feel we have. People get easily trapped in a web of daily tasks, lose their grip, and constantly feel rushed and overwhelmed. Disorganization and clutter are major energy drainers. What we can do in order to preserve our energy is to be well organized and manage our time wisely. We live in a time of multitasking and deadlines. Naturally, we all try to keep up with our fast pace developing society, but we often get lost, drowning in our numerous daily obligations.

Every morning, metaphorically speaking, we wake up with a cup full of energy. Throughout the day, everything we do empties that cup little by little. We can never really save time; we can only manage better the time we have and make the best of it.

If we have too many tasks to handle at once and too many active projects, our energy is dissipated, dispersed in too many directions. As a result, we may feel exhausted and feel like we cannot accomplish anything, even if some progress has certainly been made. For any important project we should be like a rocket, we should have all the engines maxed out, in the same direction.

It is helpful to make a list of your open projects and attack them just as you would financial debt, smallest to largest. When you finish and successfully close an open project, do NOT start another project right away. If you follow this method, (eliminate open projects that are draining your energy), you will soon feel lighter, more energetic, and will enjoy life again.

Enjoy the breaks, the time you have with less or no projects for longer, instead of moving on to a new project right away. Take time to

enjoy the results of your hard work. This way, you will refill your energy for the upcoming challenges.

Knowing and feeling that you accomplished previous work successfully, will make you more confident.

Finishing tasks one by one instead of chipping away at many at once will not only save your energy and keep you out of stressful situations, but it will also contribute to a better quality of your work. To give our best, we have to fully focus on the task at hand and direct all our energy to only one thing at a time.

Clean your house, clean your attic, and clean your office. Throw away what you are not using to make space for new items. Things you no longer use will harbor old, stale energy that stops the flow of any new energy you may need so much. Your desk should always be tidy, with only a few things that motivate you or help you get the work done. Too many things will only collect dust and distract you, as well as may block your energy flow. Get rid of old objects and clutter; and provide a clean, tidy place for your work skills to flourish. The clutter and the space around you are symbolic; Symbolic means how it is inside yourself, so it is reflected outside.

Having a schedule of daily tasks and projects that need to be finished will help you manage your time better. Knowing each deadline, you will know how much time you can spend for mid-work relaxation. One more benefit of putting things on a paper is that it allows you to clear your mind and frees mental space. You do not have to keep thinking about deadlines all the time, relying on your memory, you have it written down. Put all the excess information on paper and pin it to a memo board. Clear your mind of things that block your thinking process. This way, you will build new habits and clear the path for a better energy flow. Having too many things to think about at a time will keep you distracted; it will confuse you and make you feel as if you are always behind and in a time rush. Know your priorities. Do one project at a time and don't think in advance about the other million duties waiting for you. Focus is the key for success. Make a habit to write down your tasks, and make it a part of your everyday routine. Buy a memo board and hang it above your work desk. It may take a week or two to accomplish the goal of completing each and every task on the list, but once it's done, you just have to keep it clean. It will make your life much easier.

Why do I insist that cleanup is so important? It is because clutter occupies space in your mind and your subconscious mind. You can't think clearly and make sound judgments when you are surrounded by physical or mental clutter. Some may disagree, but this is what I strongly believe.

Let's try to metaphorically explain how clutter works and what it does to your mind and body. The internal body equivalent would be constipation. In order to be ready to receive new food, your body has to release the food already taken in. If it is unable to leave the body, digested food in the intestines will interfere with new food intake, and the intestines may become blocked with garbage.

All the clutter you have on your desk, on your computer, in your email inbox, or in your head will slow your productivity and may cause problems with delivering results in your projects. My advice is to clean up the environment where you work and sort things out in your mind. Keep a list of priority projects and follow the list, checking them off one by one. Take breaks between fulfilling tasks to give your brain time to refresh and recover, preparing yourself for the next upcoming challenge.

If you are always late, wear a watch and set it ten minutes ahead of real time. Respect your time and always manage it well during the day. Never give in to the habit of constantly being late. Know your limits and capacities; don't promise to deliver results by a deadline if you are aware that you won't have enough time to finish the work.

Always be aware of the energy flow in your productivity. Get rid of everything that is blocking your energy and distracting. You want to avoid future nervous breakdowns.

Chapter Summary

- Working on too many projects at once drains your energy.
- Take breaks between projects; never start another project immediately.
- Get rid of clutter; it blocks energy flow.
- Keep your word and do not make promises you cannot fulfill.
- If you are late often, set your watch ten minutes ahead of real time.
- Clean up your house, basement, attic, office, emails, and computer.

Chapter 29

Vital Energy

THERE ARE TWO kinds of energy: physical (physiological) energy and vital (or life) force. The first is represented by the power and warmth you feel as a result of your body metabolism. For this energy to be replenished you need a proper diet, rest and physical activity or exercise.

Vital force, on the other hand, comes from external sources outside the body. It has many names and is also known as chi, liveliness, or vitality. This kind of energy allows you to engage in energetic, efficient activity. It represents your vivacity, cheerfulness, optimism, and the feeling that you can move mountains at any given moment. This is the kind of energy that may have you feeling that you want to jump up and down.

In the first period of life, both types of energy exist in abundant supply. The older we grow, the more aware we need to be of the management of these two types of energies.

Vital force is stifled when creativity is suppressed and an individual fails to strive to a worthy goal, to grow, and to contribute. This will lead to people who are indifferent, who know it all, and who grow old and tired very early in life. A curious person allows him- or herself to become amazed. If you act with energy, more energy will come to you; in this way, you will remain young and full of energy. Some claim that the way to have more of this vital force is to hook it to a worthy goal.

It is not that we do not have continuous access to vital force; however, we waste it with obligations, unfinished business, strict rules, debt, duty, doubts, and worries. Vital force is activated by the energy of intention,

which is activated by goals. Every obligation you commit to will weigh on you, and if you are not careful, these will stack up and sap all the energy right out of you. Do not even commit to a worthy goal unless you intend to complete it. Leaving any project, word or promise incomplete, inadvertently or otherwise, will only add to your already monstrous pile of burdens. Vital energy is easily used up when you stockpile a wide range of many unrealized plans.

In order to free this vitality from the inside, you must free up your resources either by getting rid of old potential intentions or launching their realization. Either resolutely realize your intentions or get rid of them entirely, along with the weight of all the obligations that come with it. Anything that is endlessly postponed is a useless load, and this will rapidly drain you of energy. Also, it is better to become active, to act, to reevaluate, and to just keep going. In contrast, endless studying and filling your mind with volumes of irrelevant data only creates tension rather than resolution.

You can free up much mental space and conserve much energy by getting rid of things that are building up inside your head. Make a list of the limitations that are oppressing you and throw them off your shoulders to give yourself more freedom.

Make a list of all unfinished tasks around the house or at work, things you promised to do, and eliminate them from your to-do list or finish them.

You will notice a surge of energy with each successful completion of a task. The freedom from obligations to others and yourself is a necessary resource in order for you to effectively pursue your own goals.

Free up engaged resources by letting go of bad drinking habits, worry, anxiety, and doubts. Guilt, negative feelings, and overwhelm can suck energy out of you, but if you let go of these things, you will set that energy free to be of good use to you. Becoming free to live according to your own credo will provide you with amazing amounts of free energy.

All negative thoughts must be mercilessly and resolutely thrown away so they do not place a burden on your energy reserves. The same way you clean your house and discard garbage, you must get rid of any and all negative thoughts. Do not let any mental or emotional garbage to lie around in your head, for it will only lead to fatigue and exhaustion and a sense of failure.

To sustain your vital force, you also need physical energy. You can accomplish this by eating a diet of mainly fresh produce, preferably in

its raw state (not heated in any way). A high level of physical energy will make you look and feel inspired, creative, confident, and successful; on the contrary, skepticism, apathy, and depression are indicators of low energy levels.

If you are not aiming for anything, you will get nowhere. When you focus only on your efforts and not the goal ahead, you will exert too much physical energy. Children have plenty of energy, however adults think this energy is uselessly dispersed. In the same way, if you do not give your energy a clear direction, it will be of no good use to you!

Give your energy a specific direction toward a worthy goal. Focus and concentration create miracles!

Chapter Summary

- There are two kinds of energy: Physical Energy and Vital Force.
- Eat raw food as much as possible.
- Complete unfinished tasks and projects.
- Hook vital force energy with a worthy goal.

Chapter 30

Setting Goals and Finding Your Passion

EVERY PERSON WHO wants to achieve something in life has goals. Why is goal setting so important? Picture your life as a ship. If this ship has a home dock, it will set and keep the course and will use all engine power to reach it. If the ship has no particular home dock to reach, it will just wander the seas, wasting its engine power and fuel roaming the waters. Without a dock, the ship has no particular direction to move in. The same is true in our lives. If you set goals, you will direct your energy toward fulfilling your goals. Without goals, you will simply wander through life achieving nothing, and you will wake up ten years older one day and realize you have merely survived another decade without writing any new chapters in the story of your life.

In this book, I have mentioned writing various lists. Words have strength and power of which we are not aware of. We use words too much, wasting them for no reason and without any meaning.

The truth is that words are magical. They are verbalized thoughts, and thoughts are real things that create our lives. Spoken words can have great influence on the energy we attract. Buddhist monks know the power of words, and for centuries, they've been using this power by chanting. Repeating mantras over and over focuses our energy on words and sounds. Written words are powerful as well, as they are a graphical representation of our thoughts. Set goals and write them down. Pin them on a memo board and read them several times a day. It has been proven that whoever sets goals in writing and reads them daily has a 90 percent chance of achieving them.

Words are miraculous if you know how to use their power. Believe in your written words! When you read your goals over and over again, as you should, you will focus your energy and consciousness on fulfilling them.

What Are Goals?

Goals should be something we intend to achieve. Goals can fall into different categories: lifetime goals, five-year goals, monthly, weekly, and even daily goals. At the beginning of each week, write down what you want to accomplish for that week. Take this list with you wherever you go. Read it several times a day. Commit to resolve this list. Make it a priority!

There are many goal-writing books out there. According to goal setting gurus your intentions should be S.M.A.R.T. goals (specific, measurable, attainable, realistic and timely).

Contrary to the S.M.A.R.T. goal concept, I strongly believe that at least some intentions should also fall into a category named “impossible goals”. I believe that you should “shoot for the moon, for even if you miss, you may end up among the stars”. You should also challenge every element from the S.M.A.R.T. principle. What I mean by that is to set some fuzzy, undefined, immeasurable, impossible dreams without a deadline. You can’t really put constraints on the world/universe timing. You probably know the saying: Man plans, and God laughs!

When you are driving at night, your headlights may only enable you to see 50 yards ahead, but you can get to your destination by continuing on the path, even if that destination is not immediately visible in the dark. Repeatedly, you just advance 50 yards at a time, but eventually you will reach your destination, even though the final goal was not visible or “realistic” from the start.

Someone wise once said, “It is what you dream, not what you DO, that make a difference.” What Walt Disney, Martin Luther King, John F. Kennedy, Einstein, Copernicus, Galileo, Leonardo DaVinci, and many other visionaries dreamt was far more important and made far of a difference than what they actually did, because those dreams were so real, that someone else eventually picked them up and created a new reality – a reality that these dreamers and visionaries would not have even imagined.

Do you really think Walt Disney could have applied the S.M.A.R.T. principles and ended up with a clear vision of today's or next century's Disney commercial empire? I would venture to say: No way!

So, let's be **unrealistic!** Some of the most successful people on the planet have been "*unrealistic*" about their dreams. They dreamed impossible ideas. Most of them had no clue as to how they would implement and bring their dream into reality. To successful people, the "how" is not that important. The "how" comes later.

First figure out the "what", the big dream. What is your big "dream"? It all starts with a BIG dream. What is your dream? What would your ideal life look like?

Contrary to the popular opinion of today's entrepreneurs, action is overrated. Please do not misunderstand: I am not suggesting that you take no action at all or that you don't set S.M.A.R.T. goals or dreams. I am only saying that these S.M.A.R.T. goals should be balanced with just the opposite concept.

There are always two sides of a truth. I strive to understand the fine balance of different opposing principles, perceiving both the seen and the unseen. In today's times, we need to live in both worlds without belonging to any. I can't emphasize this enough: Please do not underestimate action. It is important to take action in life and not just stand on the sidelines. Even if you are wrong, you can make corrections and adjustments and keep going. No matter what, keep your S.M.A.R.T. goals AND your impossible dreams in your consciousness. As someone said, "Every master was once a disaster!" You correct and keep going.

You will get better and better in time. Please remember that the first step, the first action, is crucial, because it will give you momentum to continue.

The best way to work your intention out and manifest it is for you to take a few minutes in a relaxed state, preferably before sleep, and immerse yourself in really living and feeling your intention already realized. See, hear, feel, smell, and touch it, just as if you are inside your dream, inside your already realized intention. This only takes a few dedicated minutes a day. By also acting as if you already achieved the goal, you will direct invisible energy and your thoughts toward the goal. Some materialistic people argue that seeing is believing, and they pride themselves in this;

however, the balancing side of this concept is that in fact believing is seeing. If and when you truly believe in something, the world/ universe will turn that firm belief into a reality.

It is all about energy and consciousness. Energy is alive. It travels. It changes shape; you can never destroy or re-create energy. It is the same with consciousness. What you can and should do is each day is to consciously attract to yourself the reality that you choose. This is accomplished with positive thoughts. What happens in your mind is what will soon happen in reality if you focus enough and convince yourself repeatedly that your intention is already realized.

Naysayers often disregard recent techniques like meditation, affirmations, and thinking positively, purporting it will still not make things happen in the end. I am here to challenge them and ask: Is this really so? Then what is the evidence for their arguments? Have the naysayers really and truly tried saying the same positive affirmation hundreds of times each day and say it with conviction for year after year, believing it, only to see it fail in the end? Isn't it more likely that the negative naysayers just gave up because their limitations convinced them of the contrary?

Finding Your Passion

Many people experience an existential or identity crisis at some point in their lives. They don't know who they are anymore or who they became over the years. Having an existential crisis is part of being human. It is expected! We are all very similar!

The problem with our identity crisis lies in the propaganda we are bombarded with daily by the media. We see strong TV characters, hear uplifting music, and watch celebrities standing up for something we admire. They represent a blessed life, the one everyone wants to have, but in the end, we are still left with the nagging question: "Who am I?"

Your mind may tell you, "I want material abundance, to have a life just like his or hers, to be just like them." My advice is to please stop comparing your life to others and instead reconnect with your inner child. Don't watch TV programs or read news about stars and celebrities. Don't spend time on social networks looking at photos of someone else's seemingly perfect life.

Social networks are guilty for creating great disappointment and making us criticize our own personal achievements. On Facebook, everybody promotes themselves as perfect humans with perfect friends surrounded by all the material things they want. The truth is that some pictures are cropped and photo-shopped, showing only the best smiles and the best moments; if instead you saw the entire picture, you'd know they are in fact just as ordinary as anyone else. Don't let social networking bring you down, and never compare yourself with others. Be your own unique, genuine self.

What does passion have to do with this? Passion keeps you focused on the things that are important to you. It makes you realize that you really are a special person who has a life with a purpose. Finding your passion is an important task in your life. If you live seventy years doing things that never make you happy, how will you say you actually lived your life? Life without a purpose is just poorly spent time.

If you are having trouble finding your passion, that can be solved with one simple question: "How can I help people?" Even better, ask yourself: "How would I love to help people." When you ask yourself these questions, the answer will come naturally, maybe in just one second. The way you can really help people is usually through whatever it is that you are most passionate about, but we all tend to put this big emotional charge on the concept of passion.

Stop asking yourself what your passion is and start putting your energy and focus on how you might help others. If you do that, you will find your passion in the process! By helping others, you will discover your purpose in this world. Help doesn't always mean you have to become a doctor, a scientist, or a fighter for human rights. Help can come in other professions and hobbies and be just as meaningful and important.

Maybe you are great at playing guitar. You could go to a nearby hospital and ask to play to sick children who have been bedridden for a time. You can entertain them and make their day more cheerful. Maybe you make fantastic muffins or pies. Bake some and share them with homeless people you meet in the street. Are you a hard manual laborer? Offer to make some chairs or a table to be sold at a charity auction. If you are great with words, you can write motivational speeches and present them at schools to encourage and inspire children. You can write poems

and positive thoughts and simply print them out and share them with the people you encounter when you are out and about. There are millions of ways to help people around you. Ask yourself this question over and over: how can you help?.. and your answer will lead to your passion and your purpose in this world. If you still get stuck on this question, consider the challenges you have overcome in life. You will find passion in that too. If you love challenges and are competitive, sports might be a passion for you. If you still have trouble seeing what you are naturally good at, and because we all have our blind spots, ask those around you. If you ask enough people who know you well, you will find out much about yourself.

Because the energy you get is the energy you receive, by finding your passion, you will become a beacon of positive energy to those around you, attracting even more positive energy from the universe that will move you in an upward spiral. Passion helps us create a great life, love it, and enjoy it. When we aren't doing what we love, we are not living to the fullest. Without passion, we are just running in circles, trying to pay bills and mortgages. Don't be a slave to your life, for your life and your destiny are in your own hands.

Chapter Summary

- Words are powerful; write down a list of intentions and read them daily.
- Have S.M.A.R.T. goals but also have “impossible” dreams.
- For a few minutes a day, see, hear, feel, smell, touch and vibrate as if you are inside your already realized intention.
- Ask yourself how you would love to help people. This will lead to your passion.

Chapter 31

Social Life

SOCIALIZATION IS A necessary part of life. It signifies live interaction with people, face to face. Social networking and media are artificial socialization. When interacting with people face to face, you can read their body language, you can hear the tone of their voice, and you can look into their eyes while having a conversation.

Social networking leaves you with nothing more than words on a screen, mostly devoid of emotion. This is why text and online chat arguments happen; misinterpreted words are frequent when one cannot hear inflection or the tone of another's voice or see the facial expression that accompanies those words. My advice is to never have serious conversations on social networks or by text. You may not have much relevant or supporting information, and you will often understand in a wrong way what the other person is trying to tell you. Humans are social beings, and no matter how much you love being alone and undisturbed, it is in everyone's nature to long for a social contact. Humans have lived in groups throughout all of history.

We are naturally developed to function with others of our kind and to somehow play a role in a group. We feel better when we contribute to a community of some sort. In the early years of our human existence, every member had a role to play and obligations to fulfill. This way, groups functioned well, and humanity survived, facing great challenges throughout ages.

Unfortunately, today, the fabric of social interactions is changing in a flash on the historic scale. In terms of social interactions, we are exploring

new territory. We are making mistakes like any explorers would. Social life today is far from what has been over millennia or from what it was merely twenty years ago.

Instead of sharing ideas that could contribute to the prosperity of our environment, city, country, or species, we generally like to chat about more trivial, seemingly nonessential things. We may gossip about others, and talk more about problems than solutions. We may brag about material possessions, show off items we buy, all those new, fancy clothes, bags, shoes, cars, and cell phones. Sadly, most of what we have to say says nothing at all.

Who is talking about new ideas nowadays? Not many. If we don't take at least a small part in changing society for the better, eventually everyone will stop trying to make any changes or improvements. Not only are the evildoers guilty; the blame is also cast on those who could say or do something about it and don't. A culture brings along a civilization, but the civilization too often destroys the culture.

What Society Means for an Individual

To be part of a group, of something greater than ourselves, gives us great satisfaction and fills us with energy. In a circle of people with similar interests, you will refuel and receive fresh, new energy from those who are like you. You will also find new motivation to keep going and keep helping, revealing new purposes and intentions in your life. Encountering people with similar interests and hobbies can result in an explosion of positive energy, a communion of kindred spirits. Kindred spirits understand each other, help each other, and have a good time together. Find a circle of people who have the same passions, interests, or hobbies as you do and join them!

If you have no hobbies just yet, find something that is interesting to you and see if there are any associated groups in your area who gather occasionally. At the very least, you can join a women's circle or a men's gathering. Go out with your chosen group periodically and take advantage of the group energy. If it is a good fit, it will make you feel better, and quality time with them will recharge your batteries.

A group doesn't necessarily mean a large number of people. Two or three friends or good people will do. Close people having fun together can only do you good. Going out with friends is considered part of our personal energy management and hygiene.

If you have a sport as a hobby, join a sports fan club. This way, you can share your love for your chosen sport and cheer for your team together and even organize fan events. You may join a science group if you prefer science, or a biking club, a Rotary club, or a charity group. There is a wide array of choices, and you can choose whichever group suits you best.

When you find a group that is to your liking, be active within it. Don't waste the opportunity by remaining passive and staying in the corner. Help everyone. Be part of group activities and keep yourself in action. Meeting new people may require some effort from you to pull yourself out of your daily routine. You need to, especially if your daily activities are very solitary. Step out of your comfort zone and explore new people, places, and things.

If you live a full, interesting life, you will attract friends who will want to align themselves with what you are doing. Invite them to do something with you. Be the catalyst, the one who will gather them and organizes group activities. Propose interesting projects and take some initiative. Everyone loves being in a productive, interesting circle of people.

Sometimes you may need to compromise. You may need to occasionally inconvenience yourself or others for the sake of being part of your group. Being with your kindred spirits usually outweighs minor inconveniences. Always respect other members of the group. Be aware that while you may have many things in common, you are all individuals and different. Never let those differences be a reason for arguments.

If you're just not the very social type, then just one or two good buddies may be all you need in order to feel better or even to be happy. At the very least, if you have been lonely, joining a new club or a circle of people should be enough to improve those feelings or to even relieve them entirely.

A great principle when it comes to building a social life is to take initiative. It's a mistake to wait for others to put in an effort to befriend you; while that would be great, you cannot always count on it. Ultimately, only you can decide if you will go out or stay in your room. What you get out of your social life depends on how much you effort you put in.

If you don't know how to make friends, you may feel it is too complicated. One feature of more social people is that they throw the word friend around rather loosely when describing their relationships. However, this almost becomes a self-fulfilling prophecy, in a way. Sure, if you've just met someone, it may not be a deep, intimate relationship, but you can still hang out with them and have a good time. If you naturally tend to look down on everyone you meet, you need to make an effort to consciously override those negative impressions and feelings.

Give your social life a chance. Don't limit yourself. You may find yourself warming up to people rather quickly and enjoying friendships you never thought you'd have!

Chapter Summary

- Human beings are social creatures.
- Join a circle of people with the same passions, interests, or hobbies.
- Being with kindred spirits will energize you.
- Go out with friends regularly.
- Be active and take initiative.

Chapter 32

Building Boundaries

BOUNDARIES ARE CRUCIAL elements in the energy economy of our lives. They are rules we set so other people know what lines not to cross. They protect us from wasting energy on unimportant things. Setting boundaries will prevent energy loss throughout the day and prevent energy-draining people from disturbing your peace and bringing you to a place of emotional and mental imbalance.

The boundaries we set vary, depending on different factors such as age, sex, culture, and many others. The clearer the boundaries, the greater the respect you will receive from the people around you. The more you enforce your boundaries, the more people will observe and respect them. I have mentioned here energy vampires.

Energy vampires are people who try to break through your boundaries and steal some of your energy, leaving you exhausted and drained. You should find a way to keep yourself away from these people otherwise they may negatively impact your energy level.

We are all very different. Some people find it very difficult to say “no” to others, while some have no problem with saying “no” at all. Maybe people find it difficult to say “no” because they are scared of being rejected or because they are afraid of hurting someone. Some people are afraid to say no to authorities, to their bosses, or to their colleagues.

You should never feel afraid to protect yourself. It is your responsibility to say no to demanding, criticizing, bullying, abusive, and controlling people. By saying no, not only will you prevent them from draining your energy, but you will also save others from being victimized by them. Once

you face this energy-draining kind of people, you will encourage others to create their own boundaries, as well as protect their energy.

There can be many boundaries to set up. They can be physical, such as the ones you place around your personal space or the closed door to your room, a space where you expect others to respect your privacy.

On the other side, boundaries can be material things, such as the amount of money you are comfortable giving to someone. There are also emotional, sexual, and spiritual boundaries. You need to consciously be aware of these boundaries. You will often have to set them up and enforce them in your life in order to prevent unnecessary energy wasting.

People who don't speak up and don't set boundaries may feel powerless, let down, and abused. These people feel as if they have no control over their own lives, and they tend to suffer from depression.

Please honor yourself. The life you want is the life you can have, as long as you are brave enough to fight for it. Learn to love yourself enough to say no to things you don't want. Learn to say stop whenever you feel uncomfortable with anything. If you are not strong enough to do this, your energy will be sucked away, leaving you feeling tired and helpless, despite all the things you may be doing right.

You may have to set up boundaries at home and work. Write down a list of boundaries that you wish to be respected.

Review your list and communicate the top ten boundaries to both your family and to your colleagues or employer. They need to know where your personal "minefield" is and what lines are not to be crossed. At first, they might laugh or discourage you, but do not allow this to erase the boundaries you set; instead, it should only make your boundaries clearer and firmer. If they choose to cross those lines and disrespect you, be clear and express that they are not welcome to do so.

Boundaries are not meant to punish anyone. They are set for your own wellbeing and protection. Anyone who loves you and wishes you well will respect the lines you draw. Be particularly aware of people who want to push your boundaries through fear and guilt trips. Do not give in; if you do, you will face a downward spiral. Be assertive, calm, firm, and courteous.

Never feel guilty for not doing things that can harm you, no matter what people say.

Since the question of personal boundaries is very important for living a happy life and being content with your life, it is a subject of many books. I strongly recommend and encourage you to read at least one book and learn how to set appropriate, effective boundaries. You will learn how to appreciate yourself and how to make others respect you as well.

Boundaries build self-esteem, personal energy, and power. They are not selfish. Boundaries are an act of necessary self-love, something we should all possess. Make boundaries a priority and persist, especially if you receive a push back. This is a signal that people may not have enough respect for you or that they are trying you out. A push back signals that setting and enforcing boundaries is a must.

Chapter Summary

- Set and enforce boundaries.
- Learn to say “No”.
- Never feel bad for protecting yourself.
- Boundaries can be physical, emotional, sexual, or material.
- Put yourself first and prevent people from draining your energy.
- Boundaries build self-esteem, personal energy, and power.
- Boundaries are for your protection and wellbeing.

Chapter 33

Vacations and Recreation

HUMANS ARE DELICATE. Our bodies function sort of like a fine mechanism. In fact, you can compare our body to a very expensive machine. Just like any machine, the body needs to cool down from time to time, in order to work best.

Humans need rest and recreation. The brain needs time off, so it can perform better. Rest doesn't mean you should lie or sit on a couch all day; rather, it refers to a vacation, a break for the mind and body. Taking time away from complicated thinking processes and from making decisions at work is important. In fact, it is crucial for your sanity.

To relax and energize your body, you need to sleep every night.

Likewise, to relax and energize your brain, you need to take breaks and vacations and participate in recreation activities. When we take work breaks, we re-balance and re-create our lives. Then we can approach challenges from a different perspective, so we can be more effective tackling them. Anyone who has a demanding job, a stressful life full of obligations, dues, and deadlines has to refuel themselves with some quality time off. Quality time off is far from the noise, papers, demanding bosses, and sometimes hostile work environments. If you choose not to take time off to refuel and recharge, your system will eventually crash. This often results in nervous breakdowns, anger explosions, burnout, and immune system problems. Not only that, but if you are overworked, it will also affect your friends and relatives and all the people in your life with whom you cannot spend quality time.

Go out in nature, breathe fresh air, explore, and have fun. If you prefer solitude more than company, that is fine; just do whatever suits you. Being alone gives you an opportunity to reflect on life, and many benefit from meditating, walking in silence, and just being quiet for a time.

Because our world is a very noisy and stressful place, just being in silence is one of the hardest things to do. This is all the more reason for you to take a break.

We all talk too much, often about unimportant things. We all “yakety-yak” all the time, and some people seem addicted to hearing themselves talk. We waste words easily, paying no attention to their meaning or the problems they can create. Words are powerful, so use them wisely. Being quiet for some time will bring peace to your heart. Being alone and walking in nature will give you a wider perspective. You will notice things you don’t notice when you are working or chatting away with others.

Make a bucket list of the things you want to do and the places you’d like to visit. Include the adventures you’d like to experience in your lifetime. One of the greatest illusions of humankind is the perception of time; we think we have plenty of it, but the shocking truth is that we really have very little. Our lives are short, no matter how long they may seem.

The older we get, the faster the time appears to pass. Jokingly, we call this the toilet paper effect: the closer it is from the end the faster it spins. We become used to the same daily routines. We pass by the same buildings every day and watch the same TV programs every evening. This is one reason why time seems to fly by, because every day seems the same, mundane and monotonous.

When you go on a trip and visit new places and experience adventures, time will pass quickly as well; however, you will enjoy it. Not only that, but when you later reflect on it, those days will seem precious and will become cherished memories. Doing good, happy things worth remembering will make you happier in the future.

Have fun and do what makes you happy, for happy people are always more productive. We were not born to only earn money and pay bills. Go for a walk, meet someone new, share a word or two, read good books, travel, laugh, love, and fill your air with fresh air, as often as you can.

In your recreation activities, you can include physical activity as well. You might choose more active vacations, those that incorporate hiking,

walking, and biking. Put some physical effort in it, because the more tired your body gets, the less your brain has to think. Having a balanced mind and body is the key to great health. You will never be in balance without some recreation and vacations.

Be willing to invest money in these activities; in fact, 4 to 8 percent of your income should be spent on recreation and vacations. Some might say this is too much, but if you lose balance in life, you lose everything. Your productivity and the quality of your work depends highly on how well your brain and body can work together. Without breaks, vacations, and recreation, your body and mind will not function at their best. Therefore, vacations are an investment in yourself, a wise use of your money.

Vacations and recreation are all about staying away from the internet, email, and social media. Checking your email ten times a day while sitting by a beautiful lake won't feel like relaxation. If you are not willing to step away from cyberspace and be disconnected, you will constantly be in a state of alarm; work emails and social network comments can instantly pour much negativity into your life and steal your peace of mind. Thus, when you are on vacation, avoid your cell phone, laptop, or tablet. This is your time to reenergize, to recharge your batteries and find peace. Don't let the stress of the outer world get through to you.

There are no excuses for not taking a break from your work. Even if you have to work one day of the weekend, try to relax on the other day. Find a hobby, something that makes you happy and gives you a feeling of inner peace and joy. Maybe it is something active, like hiking, running, or kayaking. Maybe your hobbies are not sports at all and you prefer the arts, like painting or writing. Whatever it is that makes you feel more at ease and refreshed, make time for it in your busy schedule.

In the most extreme cases, when you cannot take days off, at least take a short walk in the evenings, perhaps for an hour or two. If you have the opportunity, go for a walk in nature or in a nearby park. Walking by a river, lake, sea, or ocean will rejuvenate you; water always has a calming effect.

Just sitting and looking at the surface of the water will help you find an inner balance. The nature around us is miraculous, and we should be grateful for every opportunity to enjoy it. Reconnect with nature whenever you have a chance, and you will find a source of everlasting energy.

Chapter Summary

- Vacations and recreation bring balance in life.
- Make a bucket list and start traveling.
- Enjoy active vacations, and include physical activity if you can.
- Vacations are a wise investment.
- When on vacation, avoid the internet, email, social networks, and all electronic, connected gadgets.
- Reconnect with nature and find balance in life.

Chapter 34

Enjoy Nature, Meditate and Pray for Guidance

IT MAY SEEM odd to mention these concepts as related to someone's level of energy; however, studies have proven time and time again that in the grand scheme of things, people who meditate and pray deal with stress much better and manage their internal energy much more efficiently.

They are mentally and emotionally more stable and are, in fact, happier individuals. Unloading all your cares to the very capable management of a higher power and asking for guidance really does work miracles. Enjoying nature and the great outdoors can be compared to active meditation.

In meditation, you sit with your eyes closed and focus on your breathing or a word and nothing more: no internal chat, no side thoughts, no worries. You must only be present and focus on your breathing. Do this every morning, for at least five minutes, but preferably more. Make it part of your morning daily routine.

Praying is best when you use it as an expression of gratitude for what was, is and what will be. Let the higher power know your intentions, wishes, and hopes, but let go of your expectations; do not expect things to always work out the way you envision them. Things will happen in a natural order, in the right time, and in the right way.

Go out in nature and take a mountain hike. Enjoy the mountains and valleys and bike, ski, kayak the waters, or even play golf in a natural setting. Taking part in nature will help you maintain your optimism and your sanity, give you a new and improved perspective, and just have some fun. Mankind and nature have belonged together for centuries, for we are an integral part of one another.

In modern times, we too often confine ourselves to a concrete jungle of buildings. It is no wonder that the minute we walk into a forest, near a waterfall, or to a beach, we immediately feel better, refreshed, and energized.

There is no better medicine than nature itself. In nature, your stress level will go down while your level of creativity goes up. Your immune system will improve, and you will benefit from better, more restorative sleep.

One of the most energizing things about nature is the sun. Sunlight is good for you, as it heals and lifts the mood. Use sunscreen only in moderation; be willing to spend at least fifteen minutes in the sun to benefit from unblocked, full-spectrum light.

Chapter Summary

- Meditate and pray daily.
- Unload your cares.
- Connect with nature.
- Be grateful.

Chapter 35

Smile, Forgive and Enjoy the Ride

SMILE, FORGIVE, AND enjoy the ride! When you forgive, new opportunities will be presented to you, and you will feel lighter and more energetic.

Forgive for your own benefit, not for others. Forgive not as an act of altruism but as an act of psychological and energetic hygiene. When forgiving someone, say, “I no longer assume responsibility for the behavior of another person, and I can go my own new way.” Forgiving our opponents frees us from the tunnel vision of the past and clears our energy systems. Great people always forgive, knowing they have to forgive in order to have a peaceful life and a clear mind. No one is perfect, and all humans make mistakes. The more you forgive, the more you will grow spiritually.

Below is the essence of a happy life with purpose. Follow this simple advice, and you will live your dreams. Take small daily steps to implement this advice in your life and make these habits, part of your everyday routines:

- Be positive and maintain a positive attitude. Purposely focus on the positive and be optimistic about what the future has in store for you.
- Simplify! Minimize the material distractions in your life and declutter so you have more time to focus on what you really value.

- Turn off the TV, the computer, and your cell phone. Disconnect from the imaginary world of pixels and social media and reconnect with nature and the inner you.
- Surround yourself with successful people. You are the average of the five people you spend the most time with.
- Every night before you sleep, visualize yourself inside the scene of your already accomplished goals.
- Smile to enhance your mood. The next time you are feeling down consider smiling instead of frowning, which only reinforces a negative mood.
- Be worldly. The successful person makes an effort to know what's happening in the world. That person has informed opinions about current events and can engage intelligent people in friendly discussions.
- Know about the finer things in life. This will show that you are a person of class and culture and allow you to be a peer among the leaders. I recommend that you familiarize yourself with food, wine, sports, finances, art, and literature.
- Utilize good manners. People do notice little things like pleases and thank-yous.
- Keep your network of contacts alive. The more people you know and interact with, the more good opportunities will present themselves to you.
- Travel to broaden your horizons. Go someplace different. Be curious about the world and soak in other cultures.
- Dress sharply, in contemporary styles that are comfortable and make you feel good about yourself. Groom yourself well and

maintain a clean appearance. Smell nice but not overwhelmingly strong.

- Wear rose-colored glasses. When you habitually put a negative emotional spin on facts, it's like piling on weights before a race. By contrast, when you put a positive spin on the facts, you'll be free to see opportunities and possibilities.
- Establish priorities. Make intelligent choices, decide on goals and intentions and the order in which you should pursue them, and have vision and foresight.
- Use resources wisely. Ask, "Do I really need this new item? Is this the best use of my money? What don't I see? What else is available?"
- Examine your life quarterly, then engage life with vengeance. Search for new pleasures and challenges.
- Have a spiritual routine. Pray daily.
- Be grateful and thankful and remember that pride will be your downfall.
- Sing, smile, and love yourself.
- Be concerned only about things that are in your control. Don't mind the things that are beyond your capacity to direct or alter.
- Be a responsible, kind person. Approach yourself with honesty and thoroughness; maintain spiritual hygiene; stop the blame-shifting for your errors and shortcomings.
- Go for it! There will never be a better time in your life to live your dream. Swing for the fences. Aim for the moon so you might hit the stars. Don't be afraid to fail. Even failures will become learning experiences.

- Dream big and act bigger. Your dreams are yours to make a reality. They are not for others to live, so don't allow anyone to stop you from anything you believe you can do. Remember to dream big, no matter what others say. Dreams matter, but you need to act boldly to make them your reality.
- Live the life you want, not the one you have to.

Chapter 36

Things to Remember

- Don't believe anything, check everything for yourself.
- This book applies to a majority but not ALL people.
- If your case is difficult, complicated, severe or unusual, please see a doctor.

Sleep

- Sleep is paramount to overall wellness.
- Sleep at least seven and a half hours a night.
- Anyone who sleeps less than eight hours a night will experience impaired performance the next day, even if they do not realize it.
- Sleep debt accumulates and is harmful to mental and physical processes.
- Sleep is important, as sleep is when the body recovers, debris is cleaned up, memories are classified, sorted, and stored, and the immune system regenerates.
- It is good to wake without an alarm, so that the morning hours of regenerative sleep cycles are not dangerously interrupted.
- Sleep in the dark, without electronics, in a comfortable, but not very soft bed.
- Use melatonin for better sleep and the improvement of other bodily functions, one mg for every decade of life.
- Do not eat too much in the evening and avoid meat and heavy meals; do not eat snacks or drink too much liquid before bed.

- Coffee may need to be avoided entirely, as some sensitive people may have their sleep disrupted by even one cup at any hour of the day.

Detox

- Detox organs include the liver, kidneys, colon, skin, and lungs.
- Blood tests may reveal acute – but not chronic - organic and inorganic toxicities.
- The first step of any detoxification is to remove the offending agent.
- Hair analysis and specific vitamins and minerals deficiencies hint to toxicity.
- Toxic elements urine challenge tests confirm chronic heavy metal toxicity and establish detox efficiency.
- EDTA IV chelation treatments, thirty to forty treatments, up to three a week, can be beneficial for heavy metal detox.
- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
- Appropriate mercury detox treatments can and should be done only after silver teeth fillings are removed.
- Daily bowel movements are important, so use mild laxatives if necessary.
- Supplements that are helpful for detox include Vitamin C, Milk Thistle, and Glutathione.
- During a healing crisis, you may get worse before you get better.
- Detox may benefit from periodic fasting.
- Avoid plastic bottles and containers.
- Drink tap water that has been filtered, detoxified, alkalized and ionized.
- Use no fluoride based toothpaste.
- Check to see if fluoride is added to your city water.
- Fluorescent lights are not a natural source of light and should be avoided.

- While under medical supervision minimize prescription drugs.
- Avoid OTC drugs.
- Microwaving robs food of its quality.
- Use alcohol in moderation, for special occasions only, if at all.
- Alcohol and drug addiction require professional help.
- Avoid plastic bottles and fluoridated city water.
- Use room-temperature, filtered water.
- Drink six to eight eight-ounce glasses of water per day.
- Start every day with a glass of lemon water.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Drink hot tea and coffee only moderately.
- Respect and be thankful for water.
- Smoking is toxic to your body and your mind.
- The most efficient method to quit smoking is cold turkey.

Diet

- Eat food, not too much, and mostly plants.
- Eat raw food as much as possible.
- Don't count calories. They are deceiving.
- Eat 70/20/10: water/good fats/proteins.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners, natural or artificial.
- Eat as close to raw food as much as you can.
- Avoid all sweets, including manmade or man-altered carbs.
- Do not drink sugar or sweet drinks.
- Do not eat or drink anything that contains artificial sweeteners of any kind.
- Stay away from all products labeled *diet*, *light*, or *zero calories*.
- The amount of carbs we require is zero.
- Insulin builds fat and raises cholesterol.
- Eat little, mostly plants and mostly organic and as close to raw as possible.
- Don't drink anything during meals but be sure to drink water between them.
- Eat out only once or twice a week, if at all.

- Eat bread, meat, and dairy only a few times per week, if at all.
- Fast once in a while, weekly if possible.
- You are what you eat, so do not settle for cheap, fast, or easy.
- Respect the food. Eat mindfully.
- Start your day with lemon water.
- Eat breakfast within an hour of waking.
- Breakfast should be packed with proteins and good fats; an excellent choice is eggs.
- Avoid oatmeal and cereal.
- Dinner should be your lightest meal of the day and should not include any carbs.
- Don't eat snacks; if you crave snacks, try eating more natural fats and proteins at mealtimes.
- Food is not as nutritious as it used to be.
- Food nowadays is not the same as it used to be. It is mostly GMO, meaning it is modified in one way or another.
- There are immediate and delayed allergic and non-allergic reactions to food.
- There are also food sensitivities and toxic reactions to additives and chemicals.
- You can have blood tests for food allergies and sensitivities. Check for toxins too.
- Try an elimination diet for one month to observe which foods may be causing you trouble.
- Most people have some sensitivities or allergies to dairy and grain. Go a month without milk and grain and see how you feel.
- Lupus, thyroiditis, and other autoimmune problems may be connected with the food you eat.
- Sugar is very addictive, dehydrates the body, and leads to heart problems, diabetes, and fast aging.
- There are many names for sugar and sweeteners.
- There are no healthy diet, light, or zero-calorie products.
- Artificial sweeteners are hazardous to your health and are even toxic.
- Liquid sugar is the worst; a can of soda contains up to thirteen teaspoons of sugar

- Avoid refined sugar under any form or name.
- Avoid “diet”, “light” and “zero” calories products.
- Avoid starches, bread, pasta, donuts, bagels, pretzels and potatoes.
- Read labels carefully.
- Cholesterol is necessary for life, but is unjustly vilified and demonized – for profit.
- It is insulin who triggers the cholesterol making process.
- Fats are essential to life.
- We are made 20 percent out of fats. More than that is deposit, but 15-20% is essential to life.
- There are natural fats (good) and artificial fats (bad).
- Don’t eat spoiled or rancid fat even if “natural”.
- Natural fats are essential to life and good functioning of every cell.
- Man-made or man-altered fats are toxic and deadly.
- Avoid all processed foods and hydrogenated fats.
- Low fat diet is dangerous.
- Eat meat sparingly, just once or twice a week.
- Buy only organic meat, plants, and animal products.
- Carbs, not fats, are the problem; go carb free, not fat free.
- Avoid snacking and don’t drink your carbs.
- Exercising more won’t help; you have to eat less.
- Avoid eating too fast and chew your food well.
- Your body is 70 percent water. Refresh it daily.

Over Rated Medical Conditions:

- High Blood Pressure
- High Cholesterol
- Osteoporosis
- Vaccinations
- Low Fat diets

Under Rated Medical Conditions:

- Thyroid Disease
- Vitamins, B complex, and Vitamin B12 deficiency
- Bioidentical Hormone Replacement Therapy (BHRT)
- Mood disorders

Lifestyle

- Exercise daily, not three times a week.
- The best exercise you can do is jump for five minutes daily on a mini-trampoline.
- Losing weight is 97 percent diet and 3 percent exercise.
- Relax and smile, tomorrow is another day.
- Practice deep breathing, sleep well and be kind.
- Pray often, be grateful, listen to music.
- Shower first thing in morning and after work or exercise.
- Learn to forgive. Don't focus on flaws, for no one is perfect.
- To love others and allow them to love you, you must first love yourself.
- Energy vampires drain your energy mentally, emotionally, and spiritually.
- Energy patterns of improperly processed traumatic experience form frozen worlds of energy structures that drain an immense amount of energy from us.
- Use different techniques including EFT, TFT or logo synthesis.
- Working on too many projects at once drains your energy.
- Get rid of clutter; it blocks energy flow.
- Clean up your house, basement, attic, office, emails, and computer.
- There are two kinds of energy: Physical Energy and Vital Force.
- Keep your word and do not make promises you cannot fulfill.
- Complete unfinished tasks and projects.
- Words are powerful; write down a list of intentions and read them daily.
- Ask yourself how you would love to help people. This will lead to your passion.

- Join a circle of people with the same passions, interests, or hobbies.
- Being with kindred spirits will energize you.
- Go out with friends regularly.
- Set and enforce boundaries. Learn to say “No”.
- Boundaries can be physical, emotional, sexual, or material.
- Boundaries build self-esteem, personal energy, and power.
- Vacations and recreation bring balance in life.
- Enjoy active vacations, and include physical activity if you can.
- When on vacation, avoid the internet, email, social networks, and all electronic, connected gadgets.
- Reconnect with nature and find balance in life.
- Meditate and pray daily.
- Unload your cares.
- Connect with nature.
- Be grateful.

Cholesterol, Doctors and Nutritional Supplements

- Cholesterol levels have little to do with ingested cholesterol.
- Most heart attack patients have normal cholesterol.
- Saturated fat does not become cholesterol.
- Statins reduce the risk of heart attacks by 0.6 percent a year
- Consider a doctor who is going beyond the standard of care.
- Lately good doctors only do office or hospital, not both.
- Avoid the pill pusher, nice smile doctor. Look for deeper causes and results.
- Be careful of the undertreating specialist.
- Lots of tests are a sign of good medicine.
- Due to lot of propaganda, false claims, and intentional confusion in the marketplace, the miraculous three—vitamins, minerals, and amino acids—are sorely misunderstood and misused.
- Vitamins, minerals, and amino acids are essential for our existence.
- Be wary of low-quality products in market, as well as false claims in the media.
- **In good faith, you realistically cannot overdose on vitamins and minerals.**

- Everyone has at least one nutritional deficiency and likely far more than one.
- Undergo blood tests to find out what your body lacks, then custom supplement accordingly.
- Learn to tell the difference between high and low quality multivitamins.

Chapter 37

General Rules to Follow

- Don't believe anything, check everything for yourself.
- This book applies to a majority but not ALL people.
- If your case is difficult, complicated, severe or unusual, please see a doctor.

Sleep

- Sleep at least seven and a half hours a night.
- Sleep in the dark, without electronics, in a comfortable, but not very soft bed.
- Use melatonin for better sleep and the improvement of other bodily functions, one mg for every decade of life.

Detox

- For heavy metals other than mercury, the treatment of choice is EDTA.
- For mercury detox, the treatment of choice is DMPS, with DMSA as a finisher.
- Appropriate mercury detox treatments can and should be done only after silver teeth fillings are removed.
- Supplements that are helpful for detox include Vitamin C, Milk Thistle, and Glutathione.
- Avoid plastic bottles and containers.

- Use no fluoride based toothpaste.
- Fluorescent lights are not a natural source of light and should be avoided.
- Microwaving robs food of its quality.
- Use alcohol in moderation, for special occasions only, if at all.
- Alcohol and drug addiction require professional help.
- Start every day with a glass of lemon water.

Diet

- Eat food, not too much, and mostly plants.
- Eat raw or as close to raw food as much as possible.
- Don't count calories. They are deceiving.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners of any kind, natural or artificial.
- Stay away from all products labeled diet, light, or zero calories.
- Eat out only once or twice a week, if at all.
- Eat bread, meat, and dairy only a few times per week, if at all.
- Fast once in a while, weekly if possible.
- You are what you eat, so do not settle for cheap, fast, or easy.
- Respect the food. Eat mindfully.
- Start your day with lemon water.
- Eat breakfast within an hour of waking.
- Avoid oatmeal and cereal for breakfast.
- Don't eat snacks, don't have seconds.
- Man-made or man-altered fats are toxic and deadly.
- Avoid all processed foods and hydrogenated fats.
- Low fat diet is dangerous.
- Eat meat sparingly, just once or twice a week.
- Buy only organic meat, plants, and animal products.
- Carbs, not fats, are the problem; go carb free, not fat free.
- Your body is 70 percent water. Refresh it daily.

Lifestyle

- Exercise daily, not three times a week.
- The best exercise you can do is jump for five minutes daily on a mini-trampoline.
- Losing weight is 97 percent diet and 3 percent exercise.
- Get rid of clutter; it blocks energy flow.
- Clean up your house, basement, attic, office, emails, and computer.
- Complete unfinished tasks and projects.
- Set and enforce boundaries. Learn to say “No”.
- Meditate and pray daily.
- Be grateful.

What They Don't Tell You about Health

- It is good to wake up without an alarm clock.
- Sleep in the dark, without electronics in the room.
- Use melatonin before sleep, one mg for every decade of life.
- Blood tests may reveal acute – but not chronic - organic and inorganic toxicities.
- Supplements that are helpful for detox include Vitamin C, Milk Thistle, and Glutathione.
- Avoid plastic bottles and containers.
- Use no fluoride based toothpaste.
- Fluorescent lights are not a natural source of light and should be avoided.
- Microwaving robs food of its quality.
- Avoid juice, iced tea, soda, and diet or light beverages.
- Eat food, not too much, and mostly plants.
- Eat raw or as close to raw food as much as possible.
- Don't count calories. They are deceiving.
- Eat sugarless, meaning nothing sweet or starchy.
- Avoid sweeteners, natural or artificial.
- Avoid all sweets, including manmade or man-altered carbs.
- Do not drink sugar or sweet drinks.

- Do not eat or drink anything that contains artificial sweeteners of any kind.
- Stay away from all products labeled diet, light, or zero calories.
- The amount of carbs we require is zero.
- Eat out only once or twice a week, if at all. Eat bread, meat, and dairy only a few times per week, if at all.
- Fast once in a while, weekly if possible.
- Eat eggs, not oatmeal and cereal.
- Avoid “diet”, “light” and “zero” calories products.
- Avoid starches, bread, pasta, donuts, bagels, pretzels and potatoes.
- Man-made or man-altered fats are toxic and deadly.
- Avoid all processed foods and hydrogenated fats.
- Low fat diet is dangerous.
- Eat meat sparingly, just once or twice a week.
- Carbs, not fats, are the problem; go carb free, not fat free.
- Avoid snacking and don’t drink your carbs.
- Exercising more won’t help; you have to eat less.
- Exercise daily, not three times a week.
- Losing weight is 97 percent diet and 3 percent exercise.
- Cholesterol levels have little to do with ingested cholesterol.
- Most heart attack patients have normal cholesterol.
- Saturated fat does not become cholesterol.
- In good faith, you realistically cannot overdose on vitamins and minerals.

Chapter 38

You Can't Be REALLY Healthy If You Don't:

- Breathe clean air.
- Sleep 8 hours a night.
- Eat only natural, mostly raw, not man-made or man-altered food.
- Drink only water and plenty of it.
- Eat little, mostly plants, and fast often.
- Exercise regularly.
- Detoxify the body.
- Quit smoking, alcohol.
- Quit commercial starches, milk, grains, flour and sweets.
- Cut down on stress, worry, anger.
- Take powerful supplements.
- Avoid eating snacks or second taking.
- Control your portion size and chew thoroughly.
- Avoid artificial sweeteners or artificial anything.

Addendum I

Action Checklist for Healthy Energy

- **Check adrenals, thyroid, and testosterone.**
 - Keep blood pressure systolic values over 120.
 - Keep TSH below 1.5
 - Keep testosterone over 600 for men.
 - Do not exceed normal values.

- **Check for depression and infections, including in the teeth.**
 - Take SAMe 800mg three times a day for three days.
 - Check with a dentist skilled in treating cavitations.

- **Correct vitamin, mineral, and amino acid deficiencies.**
 - See Addendum: Protocol

- **Get checked for food allergies.**
 - Check IgE, IgG panels and nonspecific panels, like LRA or ALCAT testing.

- **Check for toxicity, lead, and arsenic.**
 - Perform an EDTA, and DMPS urinary challenge test.
 - Work with a knowledgeable, skilled doctor.

- **Eliminate fluoride paste, plastic bottles, and city water.**
 - Call your city/county to find out if fluoride is present in city water.

- **Drink only water with lemon, and plenty of it.**
 - Start your day with lemon water.
- **Take vacations and days off.**
 - Avoid working on the weekends when you can.
- **Take extra supplements**
 - Use fish oil, Vitamin C, ginseng, multivitamins, DHEA, taurine, CoQ10, and royal jelly, in great quantities. Generally, you can't take too much of these unless you are doing so intentionally. Limit only DHEA to 50mg a day for men and 25mg a day for women.
- **Detox the liver.**
 - Use Vitamin C, silymarin, and glutathione, three to six capsules a day of each for a few weeks.
 - No alcohol, acetaminophen (Tylenol), or heavy food.
 - Fast periodically.
- **Keep your body clean.**
 - Filter your shower water.
 - Shower at least once daily, preferably twice.
- **Nurture and take care of your relationships.**
 - Forgive and be kind.
 - Take care of your sex life
- **Get a good night's sleep.**
 - Don't stay up late.
 - See Addendum: Use melatonin as per supplement protocol.
- **Avoid things that are bad for you.**
 - Avoid all of the following as much as possible: sugar, sweets, wheat, grains, soda, juice drinks, soft drinks, smoking, drugs, neon light, microwaves, or excessive alcohol.

- **Eat a good, healthy breakfast and lunch.**
 - Do not eat or drink when angry or stressed.
 - Do not eat late-night snacks or snacks in general.

- **Avoid clutter and colon clutter (constipation).**
 - Clean and tidy up your house, attic, basement, car, and office.
 - Make sure you have one to three bowel movements a day.
 - Take a stool softener, if needed.

- **Set boundaries at home and at work.**
 - Tell others what you will and will not do.
 - Make others aware of your do-not-cross lines in all facets of life.

- **Set high but achievable goals.**
 - Set S.M.A.R.T. goals.
 - Ponder on and set seemingly impossible dreams for yourself.

- **Join a club, go out with friends, and have fun.**
 - Find a hobby.
 - Make new friends.
 - Enjoy life.

- **Avoid being overwhelmed.**
 - Finish old projects, and do not start new ones until you are caught up.

- **Relax!**
 - Remember that you do not have to do everything today.

- **Avoid negativity and energy vampires.**
 - Stay away from toxic people and relationships.

- **Exercise daily, to a good sweat.**
 - Try rebounding, jogging, and power walking.

- **Enjoy nature, and meditate and pray for guidance.**
 - Visit nature often.
 - Meditate daily.
 - Pray for guidance and help for those around you.

- **Smile, forgive, grow, and enjoy the ride.**

Addendum II

What Supplements Should You Take Daily?

WE DIVIDE YOUR daily needs into different categories (tiers). It took many years of research to understand this concept, but applying these strategies will serve you well for better health.

Tier I: The Foundation

The Foundation is a regimen to be taken by **EVERYONE**, male or female, young or old. It contains four elements and is not to be changed and modified at any time:

- A **Great Multivitamin with Minerals**. Consider Power Source One, at a dose of six to eight a day, available at www.PowerSourceOne.com.
- **Magnesium**: 4-500 mg a day (not oxide).
- Good-Quality **Fish or Other Oil**: one to two a day.
- **Vitamin C**: one to two 1,000 mg capsules daily, never chewable.

Tier II: For Age Fifty-Five and Over

These should be taken **in addition to The Foundation**, for great benefit to people fifty-five and older:

- **Vitamin D**: 5-10,000 IU per day.
- **Probiotics**: 25 billion or more.

- **Digestive Enzymes:** with each meal.
- **Vitamin E** 4-800 IU (look for the word “mixed”, meaning mixed tocopherols and tocotrienols).
- **Vitamin B12** (for those fifty-five and older who are chronically fatigued): 1 mg injections i.m., at least monthly for the rest of your life. When tired more often.
- **Melatonin:** Before sleep, take 1 mg for every decade you have lived. Example: If you are 52 year old take at least 5 mg. If a little drowsy, mildly depressed or have low libido, please scale the dose down.

Tier III: For Specific Conditions or Further Wellbeing

- **Antioxidants, anticancer supplements:** sulphoraphane, DIM, blueberries, spirulina/chlorella, etc.
- **CoQ10** (ubiquinol form), the more the better.
- Supplements **for special conditions** like arthritis, cardio-vascular, mental wellbeing, prostate, cancer, etc.

Instructions and clarifications:

Never substitute any element from The Foundation or even Tier II. In other words, The Foundation must always remain the same. You can build upon it, but do not remove anything.

Do not remove Vitamin C, for instance, because you just chose to add CoQ10, Resveratrol, or something else; Vitamin C is part of The Foundation and should, therefore, be a constant form of supplementation. You may take **more** supplements if necessary, you can add, but **do not substitute**, especially not for anything listed in Tier I - The Foundation.

Those fifty-five years of age or older should also adhere to Tier II, and those suffering from specific conditions or just wanting to further improve a particular organ/ system or overall health should add Tier III supplements.

Minerals and amino acids can be taken separately or specially mixed and prepared for you by special companies that specialize in personalized pharmaceutical combinations.

What Makes a Great Daily Multivitamin and Supplement?

A great multivitamin is not junk or cheaply made. It is a multivitamin that can make a real difference and have a real positive impact on health.

A great multivitamin is never one or two a day. You just can't squeeze that many high impact ingredients into a one-a-day small capsule. If you want to take a high enough quantity of the ingredient powder mix necessary to have a high impact on health, this daily powder amount will be the size of a walnut. It will be difficult or impossible to swallow it in one setting, because of the size. For this simple reason and for convenience too, the whole walnut size amount of powder is further divided into 6 or 8 capsules a day.

A great multi should never be less than 4 a day. Ideally it will be 6-8 a day even more. There are also supplements with a daily dose of fourteen or more daily. Usually these provide only minimal extra benefit compared with 6-8 a day as the extra ingredient mix will generally consist of green powder or powdered herbs and vegetables.

How to Spot a Great Multivitamin

1. **Check the serving size.** Anything **less than 4 a day is no good.**

and

2. **Check the B vitamins it contains.** B1 or B6 levels should be **35 to 50 mg** or higher for a daily dose, ideally close to 100 mg.

More sophisticated evaluators should examine the label for the rare occurrence when the manufacturer includes activated B vitamins like Benfotiamine, Pyridoxal 5 Phosphate, 5 Methyl Folate, etc.

We strongly recommend a high impact formula developed and designed by Dr. Pop over the last fifteen years, called **Power Source One**. It is one of the most powerful and complete daily supplement on the market that you can find. It contains more than fifty high impact, high quality ingredients. One bottle of Power Source One has the equivalent of you taking twenty-three bottles of other commercial supplements.

Power Source One is very well tolerated by patients, and many have offered amazing testimonials. Power Source One is available online at www.PowerSourceOne.com. Use it for yourself and feel the difference.

Addendum III

Statements and Concern

AFTER READING THIS book, it is to be expected that some will have opinions or ideas about what has been read. In order to clarify and elaborate, I offer the following answers to some of these critics and concerns:

“This does not apply to me.”

My answer: Give it a chance, a full, meaningful try. You have nothing to lose and everything to gain. There is a 95 percent chance it will work.

“I can’t keep such a strict diet.”

My answer: Because chronic illness and fatigue is caused by diet, the only correct answer is diet. Medications are only crutches, not cures. The degree to which you are willing to follow a diet is the degree to which you will find relief from chronic fatigue and its multifaceted complications.

“You don’t provide proof of what you are saying.”

My answer: Scientific publications, quotations and footnotes are left out of this work on purpose. This guide is a practical one written for laypersons, not for fact-checkers, so-called scientists, or fault-finders. It is advice gleaned from my years in practice, and it is written for those who are searching for applicable methods at improving their health.

“I can’t give up my diet soda or sugar-free products.”

My answer: Continue drinking diet soda and eating sugar-free products at your own risk. If you do, you will not be able to reverse your fatigue. The fact that such items contain sugar substitutes and zero calories does not make them healthy or suitable in any way for anyone, diabetics or

otherwise; in fact, it is the utter opposite. Many are toxic and indigestible, but it is your choice to eat and drink what you will.

“The information in the book is repetitive.”

My answer: The truth is worth repeating, for it is by repetition that we learn. The media repeats false facts over and over, and people buy into it. How much more important is it, then, that we reiterate the truth, until we listen to its wisdom and apply it to our lives?

“Most of this is just common sense, things I know already and nothing special or unique.”

My answer: There are many, many new, forward-thinking concepts in this book, if you take the time to deeply think about them. Remember that negativity is bad for your health; try to find the positive and glean whatever truth you can.

“I do not agree with your position or a specific concept expressed in the book.”

My answer: You don’t have to agree with me. This book is for people who want to get better, not for those seeking debate. If you see the book as an argument rather than a guide, you would do better to walk away from it.

“I don’t believe in your ideas.”

My answer: You are under no obligation to believe a single word I’ve written here. As clearly stated, right from the very first page, these are *my* ideas, *my* concepts based on *my* experiences and *my* own personal convictions. I do suggest that you take all you read here cautiously and critically. Ultimately, any idea is proven by its results when correctly applied, not by our level of conviction or belief. This is not religion. Apply these concepts and experience a better life or not. The choice is yours, and it’s as simple as that.

“I would rather stay on my lousy diet and take my medication.”

My answer: You have free will. My question is: How is that working for you?

“I don’t really like the straightforward voice and tone of this book.”

My answer: We need to be direct and serious, because fatigue is a serious situation. Many books are written in a coddling, nicer way, granting more pity and leeway to patients, but this is not conducive to the best possible outcome. When you educate a child, you need to be firm and

convincing, with clear boundaries. If you say, “Oh, dear, do whatever you like,” the child will walk all over you. The same holds true for patients because, as humans, if given an inch, we will take a mile. This book is direct and to the point because that is how fatigue must be treated.

“There are no recipes in the book.”

My answer: This is not a cookbook. This book is designed to give you a better understanding of fatigue and health in general. Those who are looking for recipes can find them online or from countless other books.

“This book only tells me what *not* to eat, not what I *can* have.”

My answer: It is easier to tell you what not to eat, as telling you everything you can safely eat would require far too much space. Not only that, but no list would ever satisfy everyone. Personal preference does play a role, and this would only lead to arguments and complaints. It does not really matter much what you eat, as long as you keep the guidelines described in this book in force, including portion control.

“The food choices you offered are too limiting.”

My answer: There are plenty of choices left, but you should step away from many of the things you’ve grown accustomed to eating and drinking. As is said, if you always do what you’ve always done, you will get nowhere. Any major change can be overwhelming and needs to be done gradually. You have a choice to open up a door to a new universe of food. It is there, even if many choose to ignore it.

“Your book is okay, but the information seems outdated, nothing new and exciting.”

My answer: If you want excitement, visit an amusement park or casino! This is actionable information that works. Appreciate the information for what it is and put it to good use. If you do, you will live longer to enjoy the more exciting things in life.

“This information is contrary to sound science.”

My answer: It is only contrary to the present dogma in science, as well as to some corporate interests. The ideas in this book work, and the best proof is in results.

“You are not a specialist. What do you know?”

My answer: Are you looking for results, or are you looking for a title? You don’t need a specialist or a professor to treat you unless you have an unusual case or are on several medications. The specialists approach to

illness is very traditional. How is the traditional approach working for you now? An experienced MD with firsthand experience should be enough.

“This book suggests eating like a bird or even starving.”

My answer: Illness is caused by too much eating and/or drinking. Thus, in order to reverse it, you have to address this issue. You can’t continue to pig out and expect miracles.

“Low-carb eating generally means high-fat or high-protein diet, right?”

My answer: Not at all! A big chunk of the small meals recommended here includes raw vegetables, which are full of nutrients and fiber that are good for you.

“This book is too basic, too simple. Where are the details?”

My answer: This is intentional. There are too many complicated books out there. More details will be found in the workbook or program, but the advice here is general advice that will work when properly applied.

“Are you saying I can never eat my favorite foods again?”

My answer: If your favorite food is like vodka for an alcoholic or cocaine for a drug addict, then, no, you should not eat that food again. Find better culinary company to hang around with!

“I am disappointed with this broad-spectrum approach. I need to know more.”

My answer: This book is an educational tool intended to give you a broad understanding of fatigue as a medical condition. It is impossible to go into all details effectively, or there would have to be volumes written, and some specific cases still would not be adequately covered. More how-to will be addressed by a workbook and a 10 week program.

“I’m not going to stop eating out. I love restaurants.”

My answer: If you want to reverse illness, you must make some difficult changes and sacrifices. A sick person who insists on visiting restaurants is like an alcoholic who wants to continue bar-hopping. It is your choice and your life, but eating out is not wise.

“I noticed that none of the concepts presented in the book are endorsed by any other well-known organization.”

My answer: No, my ideas and concepts do not have the thumbs-up from any organization, but this should be seen as a good thing. The concepts herein are different, a fresh perspective, very different from the

official ideas promoted by the medical establishment, and they should be viewed as a welcomed change to old-school thinking.

“The book contains some questionable or controversial ideas.”

My answer: This is precisely why I believe the book is valuable, and you should feel the same. This new perspective is a refreshing break in a sea of propaganda. This book gladly declares, “The emperor has no clothes!”

Chapter Summary

- If you are a difficult, complicated, severe, or unusual person, it is likely that no amount of sound advice or guidance will work for you. You are what is called “psychologically reversed”. Until a person who is psychologically reversed corrects that problem, there is little hope that any of these concepts will be of value.
- It is easy to criticize but far more difficult to create something worthwhile.
- Your results will be proportionate with your effort and involvement.

Addendum IV

Hyper-Oxygenation

The Answer That Will Change Your Life

OXYGEN IS VITAL to every physiological function of the human body. Whether you're a Navy Seal, an Olympic Athlete or simply an unwell person, you will benefit greatly from flooding your cells with even more oxygen. Nothing will distance any person further from death than more oxygen.

Driving oxygen deep into tissue has a restorative, in many cases curative, effect on the body. This is not to imply that oxygen alone is a panacea and cure-all; however, when combined with exercise, proper diet, carefully selected vitamins and supplements and plenty of good, clean water, high levels of oxygen in the tissue enable the body to expel toxins and restore its ability to heal and repair itself naturally.

The foundational concept is to drive a lot of oxygen deep into the body via the blood stream. This is best accomplished by any activity which raises the heart rate. When the heart rate is elevated more oxygen is carried out to tissues.

The Exercising on Oxygen concept is simple: Hyper-Oxygenation physically forces oxygen into the body's cells. Oxygen then starts a healing and restorative process where normally there would be none..

More oxygen translates into more cellular energy, more healing energy and more overall energy to help us feel good, have more energy and perform better.

Exercising on Oxygen is healing without drugs, chemicals, surgery or invasive procedures. You can do it in the comfort of your own home or office. It can be used to prevent or address many health problems caused by poor oxygen delivery to the cells.

For more information about how to do this correctly please contact us.

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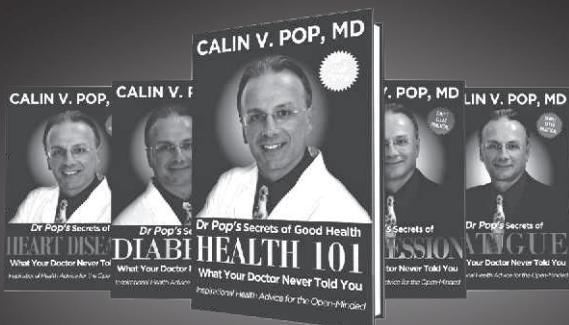


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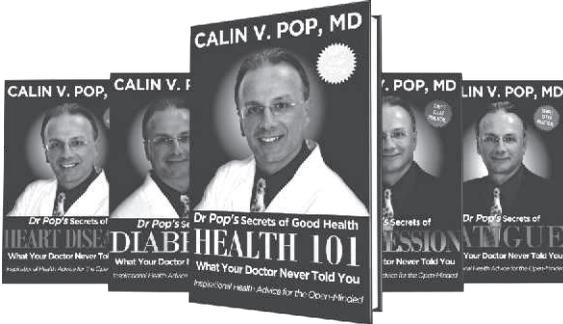
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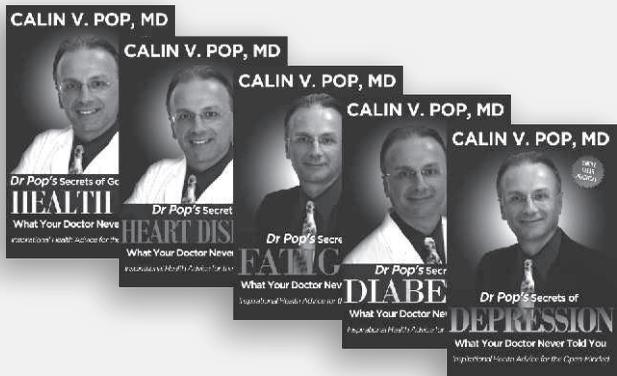


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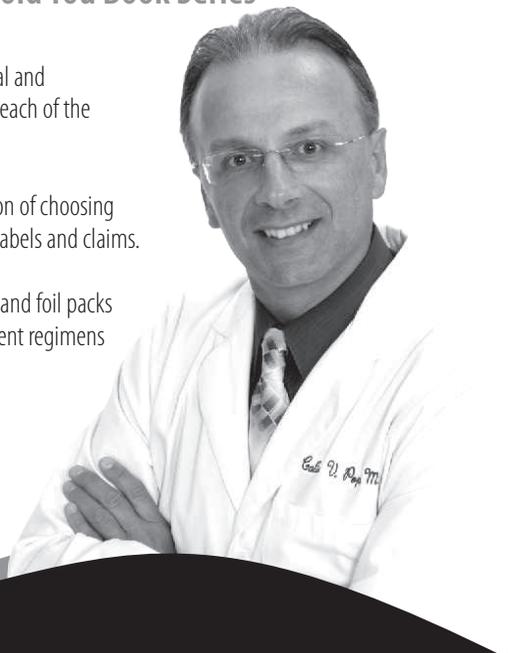
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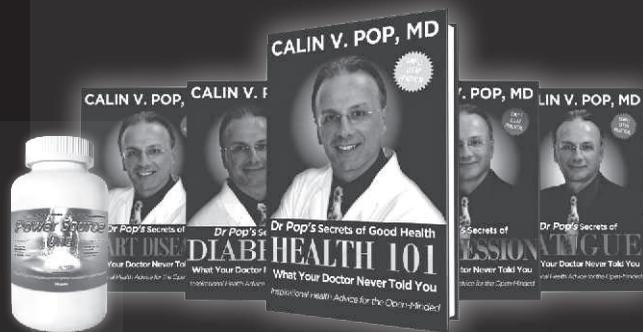
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