

How to flush your arteries clean of blood clots and “toxic blood,” reduce your risk of heart attack and stroke, detoxify your body of chemicals and increase your stamina, memory and concentration in the process

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Summary

Coupons

How to Clean, Widen and Elasticize Your Arteries

Have you ever been inside a 100-year old house?

When you look at the walls in an old house, you can find all sorts of ugly paint bumps covering dirt and dust and other materials that have accumulated over the years. What was at one time a smooth pristine surface is now covered with all sorts of clumps and bumps and mini-mountains of plastered-over contamination.

Imagine what the copper pipes in that house must look like after all those years of use as well.

Inside they must definitely be choked with a thick crust of heavy mineral deposits, and in some places the inner diameter of the pipes must have become so small that water can hardly pass through the lines anymore because of all the occlusions.

The water pressure will probably run uneven throughout the house because of all these obstructions, and so the pipes in an old house might even shake when you turn on the shower or faucets. In some bathrooms you might have to turn the faucet knob all the way open just to get the tiniest bit of water to flow.

Believe it or not, that's a pretty good description of what happens to the blood vessels inside your body as you age!

Your blood vessels fill up with blood clots and plaque and get obstructed in all sorts of places that affect the blood flow to various regions of your body. Because of these cumulative deposits that grow over time, as you age you eventually have less blood flow going to your organs and with less blood flow you have less oxygen traveling to your cells and a higher accumulation of cellular wastes than is normal.

In the brain this can mean loss of memory, poor concentration, depression and even senility or dementia.

In the legs this translates into leg pain and throbbing.

In the heart this translates into angina, and possibly the need for a coronary bypass or balloon angioplasty operation.

In every area of the body this impacts your health and quality of life in negative ways ... massively negative ways.

Fortunately, there are some natural things you can do about all this and that's what this book is about.

To start off, there are four simple things you can do to immediately start cleansing your arterial walls of internal obstructions and debris and restore the natural flexibility to your arteries that's the opposite of hardening of the arteries.

None of these possibilities involves invasive surgery, and with the better blood circulation they produce comes all sorts of health improvements.

What are these four things we'll talk about? They are:

- Nattokinase
- Wobenzyme
- Intravenous EDTA chelation
- Strain-counterstrain manual therapy

Let's get to them and begin.

Nattokinase, the Natural Clot Buster

Maybe at one time or another you've watched the popular Japanese cooking show on TV called *Iron Chef*.

In this show the Japanese host unveils a secret ingredient to two chefs, who are then usually given about one hour of cooking time to come up with a series of dishes containing that ingredient and accent its flavor. The inventive dishes are then judged for their flavor and presentation after the cooking time is up.

Iron Chef is an absolutely wonderful show to get your mouth watering, and there's one particular cooking battle that for some reason has always stuck in my mind. That was the cooking battle involving a special Japanese ingredient called "natto."

Maybe I always liked that particular show because the word "natto" is so easy to remember. Anyway, that show always struck me and it turns out that natto is one of the keys to our objective of cleaning our arteries.

Natto is a traditional Japanese food made from soybeans that is often referred to as "vegetable cheese" because it actually takes like cheese. It's been used for over 1,000 years in Japan (maybe even 2,000 years) and is made from boiling soybeans and fermenting them with special bacteria—*Bacillus natto*.

Natto is important to us, in our first step for cleaning our arteries, because it turns out that natto contains a natural blood clot busting agent.

Japanese and Western researchers have found that natto contains a proven fibrinolytic clot busting enzyme, called **nattokinase**, that not only prevents blood clots from forming inside our veins and arteries, but actually dissolves fibrous clots that have already formed.

Only one substance in our bodies dissolves clots – plasmin – but nattokinase works even better than plasmin and it turns out we can actually eat it to reverse atherosclerosis.

Wow, we're on the right track already. All we have to do is start eating something natural and it will help clean out the insides of our blood vessels.

Studies show that nattokinase can successfully dissolve blood clots associated with heart attack and stroke, and so it promises a great impact on increasing the blood flow throughout your body.

Nattokinase also enhances the body's production of both plasmin and other clot dissolving agents in addition to directly dissolving blood clots and fibrin accumulations on arterial walls. Therefore it works in two ways: (1) by dissolving clots directly and (2) enhancing the body's own clot-dissolving capabilities.

This makes nattokinase one of the few possible natural agents for countering aging, memory loss, senility and dementia caused by poor blood flow to the brain. It also

addresses the causal factor of poor blood flow to the extremities that can cause pain and related difficulties.

By clearing the fibrin accumulation that collects on the endothelial cells of arterial walls due to aging, nattokinase helps restore normal oxygen and nutrient transfer to our body's cells and can help in the removal of cellular waste products. That makes it one heck of a potential antiaging substance.

Maybe nattokinase even plays a role in helping the Japanese to live so long, though I think that has more to do with their diet and lifestyle in general.

Now remember that when the blood flow to our tissues becomes blocked, the oxygen supply to that region gets cut off and the tissues die, which is what happens in a heart attack, stroke, dementia and senility. By working to reopen arterial blockages that inhibit blood flow to certain body tissues, nattokinase holds the exciting promise of possibly restoring brain function, increasing energy levels, and even lowering blood pressure.

That's how it works.

One study that administered nattokinase to high blood pressure patients -- for only 4 days -- found that 80% of the volunteers experienced approximately a 10% drop in both systolic and diastolic blood pressure.

That's such a great result that this product is going to scare the heck out of the drug companies that make high blood pressure medication. Remember that if you dissolve the clots inside your veins and arteries, you're getting rid of the problem for good whereas with blood pressure medication, you usually have to keep taking it forever because you never address the root of the problem.

Another fact is that nattokinase seems to work even better than the drugs Alteplase (t-PA) or Abbokinase (urokinase) which are injected into your system when you're sent to the hospital suffering a heart attack. The effect of these clot-busting drugs lasts only a few minutes, whereas the effect of nattokinase has been determined to last from 8 to 12 hours in your system!

These clot busting drugs also suffer from the fact that they have to be taken intravenously, they're incredibly expensive, and they often fail because a heart attack or stroke victim's arteries have hardened far beyond the point where these

conventional clot-dissolving agents can effectively treat them. Nattokinase, on the other hand, has been shown to help prevent hardening on as little as an oral dose of 100 mg a day!

Is nattokinase safe?

Well, natto itself has been eaten in Japan for well over a thousand years and there are no studies showing it harmful in any way.

Bingo, we have our first winner!

Natto isn't readily available in this country, however, and you would need about 100 grams (3.5 ounces) a day to get enough nattokinase to clean your arteries and improve your general blood circulation.

What you can do, however, is buy **Allergy Research Group Nattokinase capsules** from Bio Botanicals (800-775-4140) or the product **Natto-K** from **Enzymedica** www.enzymedica.com (888-918-1118) and, with your doctor's permission, give the product a go. You only need about 4 capsules a day to start cleaning your arteries of clots, and most people report that they can feel the results in less than one month.

I've tried nattokinase myself and could actually feel my fingers and toes get slightly warmer due to new blood flow in less than a week's time, so I know from personal experience that it works. I also felt my legs get sore inside after the second or third day of use, and the soreness went away after a few more days.

I believe this soreness happened because clots in my legs were dissolving, and the arteries and veins weren't used to the extra blood flow. Therefore they needed a few days to adjust to the new rush of blood volume at which point the soreness went away.

I have a particularly sensitive body to nutritional substances, which is why I always test them on myself and why I can sense these things. I am also in pretty good shape to begin with, which means that I don't always get any major results from the nutritional products I test. So I love it when I get dramatic results on myself like this.

It's even better when I get favorable reports from friends, such as when I tell folks who've suffered congestive heart failure to get on CoQ10 immediately, or diabetics to start taking alpha lipoic acid to get rid of their neuropathy. One nattokinase manufacturer reported to me that people less sensitive than myself, and who have

major circulatory problems, are generally getting very good results in less than one month's time.

That's fantastic, especially when you consider that it only involves swallowing a few capsules every day (a painless solution) and that relatively long lasting change is the possible result.

Trying nattokinase is your first possible step to increasing the blood flow to your brain (to increase memory, concentration, and combat senility and dementia), reducing the risk of heart attack and stroke, getting rid of leg pains, and increasing the general blood flow throughout your body.

It's the first step to rejuvenation that will increase your system-wide blood flow and natural energy levels.

There is another natural clot busting product available other than nattokinase called **lumbrokinase** from China. This enzyme product is made from earthworms. When I lived in Hong Kong some years ago I was an advisor to a venture capital group that funded the professors in China who were developing this product, which is now being used in a number of Chinese hospitals.

While at times lumbrokinase worked miracles in helping restore the blood flow through blocked arteries for stroke victims, the batch quality for lumbrokinase was hard to maintain. Some batches of product showed very little therapeutic effect, and sometimes none at all, because they lacked sufficient quantities of the active ingredient that must be extracted from the earthworms.

It seems that the earthworms didn't want to cooperate in producing the enzyme all the time! Hence the product quality varied dramatically from batch to batch and could not be consistently maintained.

That's the inside story from years ago ... of course things now could be different because with time always comes progress. So maybe the lumbrokinase product has improved since that time, but based on my experiences with the Chinese inventors and having spent several years working in China and sorting through various claims for all sorts of Chinese businesses, I would rather put my own money on the nattokinase made from soybeans rather than as yet trust in this product and product claims.

In short, I'd have to see a few *western* studies on its effectiveness first.

Since nattokinase is a vegetarian product made from soybeans, the product quality is far easier to maintain and positive results are something I can actually attest to myself. I'm not writing off lumbrokinase for good – mind you -- but since you purchased this ebook I consider you my client, and it's my job to protect you.

If you take a look at the definition of the word “client” you'll see it refers to “a person who is under the protection of another.” Well, I hate people spending money on things that don't work or buying things when they don't have to, and so it's my self-imposed job to protect you from these and similar unfortunate situations. So for now I want to see more studies done before I say “try lumbrokinase.”

A rational first step to arterial cleansing is to check with your doctor on nattokinase, which you can just order from **Allergy Research** or **Enzymedica** and take yourself.

The great thing about the **Enzymedica** brand is that it also contains bromelain and a variety of other helpful enzymes that are natural blood cleaners as well. You'll find many of the enzymes in **Natto-K** are also found in Wobenzyme, which is the next product we should mention.

Wobenzyme for Clearing Your Bloodstream of Debris

Before we continue further, let's pause for a short refresher course in biology so that you will fully understand yet another step you can take for arterial cleansing.

As you well know from high school biology, our blood circulates throughout our body via a complex system of blood vessels called veins, arteries and capillaries.

Red blood cells in the blood, called erythrocytes, carry and deliver oxygen to all the body tissues and cells through arteries, while our veins collect and return the oxygen-depleted blood back to the heart.

Circulatory problems in the body can arise when either our veins or our arteries somehow become blocked or overly constricted. There are lots of possible causes for these obstructions, so let's mention just one or two types of abnormalities.

When arterial walls weaken, for example, they can balloon out and form dangerous pockets called aneurysms that trap blood. You'll often see aneurysms mentioned in the TV medical shows with anxious surgeons always wanting to operate on them because of the risk they would burst and kill you.

Our veins can also become over-stretched thus causing their internal valves to malfunction. That's when they become varicose veins, which is what hemorrhoids are. Vascular disease can also cause our blood vessels to constrict through occlusions as well.

Most of the time, circulatory irregularities will end up causing discomfort in our buttocks and our legs. This is why people often feel pain and aching in their legs as they get older – which is due to the poor blood flow -- so if you've had that experience and are reading this book, you've come to the right place.

If the blood vessels in your calves, thighs, feet or hips become blocked, possibly due to hardening of the arteries, this can also cause varicose veins. Sometimes they are unsightly, sometimes a bit painful, and in all cases we wish we didn't have them and that there was a way to get rid of them.

Of course nattokinase might help, but it's just one part of a varicose vein treatment.

When your fingers, toes or other body parts feel especially cold or numb in frigid weather, this can also be the result of poor blood circulation. Poor blood circulation can also be the cause of scaling, itchy dry skin and it can be the culprit responsible for the slow healing of sores and cuts.

With that small introduction behind us, this is where we now put on our thinking caps.

All these things can happen as a result of poor blood circulation, and if our circulation is poor in one area, it's probably poor in a lot of other areas as well.

Logical, right?

If we're therefore seeking some means to help the circulation of the entire body in general, we would logically want to investigate substances or procedures that would produce systemic rather than localized results.

Remember to think systemically rather than just locally when it comes to health care, because that's where we're going to get the response of overall general health improvement. By addressing a systemic problem, it's possible that we might start addressing various physical problems that seem to have an unknown origin.

So what we should be looking for is a substance that can scrub all our arterial walls clean from the inside, sort of like the popular drain cleaner, "Roto-Rooter," in order to help improve our blood circulation.

Nattokinase helps get rid of blood clots, but what about various other complexes that are contaminating your artery walls and floating around in your blood?

One of the other natural substances that can produce systemic results by helping to clean all our arteries and veins from the inside is **Bromelain**, which is an enzyme extracted from pineapples.

Pineapples have been used for centuries as a digestive aid, for improving the texture of the skin and for promoting the healing of wounds. Bromelain itself is used in exactly the same ways—it is commercially used as a component of many cosmetics, it's used as a meat tenderizer, and it's used as a dietary supplement to help with digestion.

Bromelain has strong anti-inflammatory properties, which is why my dentist in Hong Kong prescribed it for me to treat the swelling he caused when he removed my wisdom teeth. Because of these anti-inflammatory properties, it's very helpful in healing minor injuries, in particular muscle sprains and the pain, swelling and tenderness that accompanies injuries.

Here's the neat thing that's helpful to us ...

Bromelain is a natural blood thinner that counteracts excessive platelet stickiness, which in effect means it's a kind of natural blood thinner. In addition to keeping blood platelets from sticking, it has also been found to break down arterial clots and plaque and to help clots from forming in the first place!

Chinese researchers at the University of Iowa have found that bromelain mobilizes deposits in our blood vessels and carries them off. This means that any intensive, long-term therapy with bromelain can help "clean out" our coronary arteries from the

inside, which certainly seems like a much more intelligent approach than undergoing a bypass operation.

Why fix just one artery if you have a chance to naturally clean them all?

In most heart attacks the problem actually lies in the arteries rather than in the heart, which is why we're focusing on how to clean up the arteries to lower the risk of a first or second attack since a bypass doesn't always do that.

In most cases, heart attacks are caused when part of the blood supply to the heart gets blocked off by a small blood clot in one or more of the arteries that go to the heart rather than the big arteries they work on with a bypass.

Isn't it strange that we put all our energy into the big arteries that usually don't cause the problem and we have no way to address the little arterial occlusions that usually cause the problem?

Continuous large doses of bromelain can help dissolve obstructive deposits in the aorta and in leg arteries, which tend to cause pain, as well as blood clot residues, thus saving many a leg from amputation and even restoring them to normal functioning.

The pharmaceutical drugs streptokinase and urokinase can dissolve clots in heart patients by breaking down fibrin protein, and bromelain works in much the same way by stimulating the production of more of the body's plasmin, which in turn helps break down clots. It also helps with inflammation such that arthritis sufferers tend to use it instead of aspirin and NSAID medications. In Europe it's readily used to decrease symptoms of angina and thrombophlebitis.

Does all this information mean I want you to run out and start consuming bromelain?

Surprise ... No.

Rather, try not to take a single substance when helpful combinations are available. If you're going to spend your money and take anything, you should consider taking a mixture of similar substances that act in the same way bromelain does in cleansing your arteries.

In the health field it pays to always think systemically, and to always think about taking a combination of cooperative substances for problems instead of single ingredients ... that is, whenever you can find those combinations.

The rule is: Always look for combinations of substances that work together.

For our task, we're in luck because **Wobenzyme** (or Wobenzym), **W-Zyme**, **Megazyme** from **Enzymatic Therapy** and **Rutozyme** are all readily available nutritional supplements containing various combinations of enzymes, including bromelain, that work together to clean our arteries and blood of debris.

Without a doubt the most popular of these combo products -- having the longest history of usage, dozens and dozens of scientific studies attesting to its effectiveness, and extremely wide usage in Europe by professional athletes -- is the German product **Wobenzyme**.

Wobenzyme is composed of a variety of enzymes that have been shown to act like a biological "vacuum cleaner" to rid the blood of circulating immune complexes and other harmful proteins. Its enzymes have been shown to reduce internal inflammation, break down aberrant proteins (circulating immune complexes that cause inflammation) that may arise during various diseases, and partly dissolve thrombi.

It's proven ... it works.

Basically, the combination of enzymes within Wobenzyme is just the sort of natural cocktail that we're seeking to clean our blood and arteries. They constitute a collection of "broad-spectrum biological response modifiers" that act in large number of beneficial ways such as reducing your future risk for a heart attack, stroke, cancer, kidney disease, arthritis, and many other disease conditions.

Here's a list of the ingredients that Wobenzyme contains and what they actually do:

- **Bromelain** – strengthens the human immune system, supports anti-inflammatory activity, reduces joint swelling and inhibits excessive blood clotting
- **Pancreatin** – helps reduce joint discomfort and swelling
- **Chymotrypsin** - helps enhance blood circulation by keeping blood flowing freely
- **Papain** - exhibits strong anti-inflammatory activity

- **Trypsin** - boosts immune system activity, accelerates repair of injuries and helps maintain healthy circulation
- **Rutin** - scavenges free radicals and acts as an anti-inflammatory by inhibiting the enzymes that produce inflammation

In addition to nattokinase, Wobenzyme is therefore another arterial cleansing substance you might consider that works on a different principle.

Why does Wobenzyme work so well?

Because it contains these various proteolytic enzymes, which act to cleave other proteins apart and clean the blood in that manner. In basic research and dozens of clinical studies carried out over the years, Wobenzyme has been found to degrade harmful and abnormal immune complexes circulating in the blood that actually precipitate autoimmune diseases.

That's why it's helpful in cases of arthritis. Furthermore, these circulating immune complexes also thicken the blood, and overly thick blood is a potential trigger for an array of diseases.

Wobenzyme has also been shown to lower C-reactive protein levels in the blood (C-reactive protein measures the body's overall level of inflammation) and for patients with stable angina, has reduced the frequency and intensity of angina attacks as well as improved diastolic heart function.

That means it will definitely do something to help your blood circulation. The fact that it's used all over Europe attests to its proven abilities as well.

The enzymes within Wobenzyme produce such a helpful set of broad biological responses within the human body, without producing any significant toxicity, that they actually work better than any of the current crop of pain relievers in use today, particularly for long-term chronic or intermittent acute pain.

They support healthy blood flow by breaking down the necrotic matter that accumulates in the blood and blood vessels. They support the body's natural blood thinning process. They even mobilize the immune system and speed up the body's recovery and repair process, especially when it comes to sprains and strains.

The way you take Wobenzyme is on an empty stomach, 30 to 45 minutes before a meal, with water. You can take it safely with other nutritional supplements, but not with blood thinning drugs like Warfarin.

Wobenzyme is not a painkiller, and it's slow acting so you might have to take it for several weeks before deciding whether it's really of benefit. It's expensive, so if you're going to try it you should buy a big bottle for the savings and just keep taking it to see any results. As with everything, check with your doctor first, and do a little web research.

Experts say that if you have Wobenzyme available and experience any flare-ups of chronic inflammation, you should take five tablets three times a day to help with your condition. If you happen to injure yourself, to speed up internal healing the experts say you should take 10 tablets three times a day.

Hundreds of published scientific studies and clinical experience have shown that Wobenzyme can help quickly reduce inflammation, swelling, and internal bleeding. It can help clean your arteries of debris and your blood of circulating immune complexes that cause autoimmune reactions.

What's more, its enzymes are extremely safe, especially compared to other anti-inflammatory medical drugs that were especially designed for this purpose.

In short, think about Wobenzyme and its possibilities if you're ready to try a long-term approach to self-treatment, especially if you have arthritis or any of the other health conditions for which it has shown improvement. Nattokinase is quicker and cheaper, but this is another supplement that you should be aware of for your arsenal. You can even use the two together, or try the Natto-K which also contains amylase, protease, bromelain, and lipase enzymes.

Oral and Intravenous Chelation for Getting Rid of Arterial Plaque and Heavy Metals

The next big therapeutic possibility for cleaning out your arteries is a hot topic of contention in the health field today – EDTA chelation therapy.

I was first introduced to EDTA chelation therapy back in the late 70's when I had a high school job working in a health food store. The owner of the store, Mr. Bunn, had

heart problems, and one day – after not seeing him for several months – he reentered the store with a new spring in his step and looking as radiant as could be.

There was a very noticeable change in his energy level, stamina, and mental acuity. Furthermore, the change was so readily apparent to everyone as he went about his daily activities that I asked him what had happened.

I knew that no vitamins could have produced the results I was seeing in him ... remember that he was the owner of an organic health food store selling vitamins and minerals, so he was already doing everything possible in that area. His simple response was that he had undergone a number of weekly treatments of chelation therapy.

“Bill,” he said, “I feel like a new man or ‘younger man’ and have more energy than I did 20 years ago. It’s been a miracle for me. Look how different I am. I really wish more people knew about this.”

When I was in my thirties I underwent a series of preventative EDTA chelation treatments myself as part of a detoxification regime after returning to the States from Asia. Even though I was perfectly healthy and had no signs of cardiovascular disease, I thought so highly of this therapy that I did it as a preventative measure. It cost me some money, but I still count it as one of the really smart decisions I have made in my life.

In a few years I’m planning to undertake a number of preventative chelation treatments again. Just as my physician said would happen, the first time I went for a series of treatments I slowly experienced a tremendous lift in energy as my blood vessels gradually regained their elasticity, and I expect the same sort of positive experience in the future when I do the therapy for a second time. You have to remember that there was a noticeable result for someone in their thirties who didn’t even have any signs of blood vessel disease!

The current thinking in the alternative health care field is that any individual over the age of forty should have a series of at least twenty EDTA treatments simply to restore some degree of their youthful vitality lost due to the normal process of aging and arteriosclerosis.

Chelation therapy as “antiaging medicine” makes more sense than hormone therapy because who knows what levels of hormones you need? Who knows if you should even be mucking with your hormones? Everyone, on the other hand, can benefit

from their arteries being cleaned of gunk, who knows if you're creating more harm than good when you start playing with the level of hormones in your body?

Naturally a person who already has signs of cardiovascular disease will require more than twenty treatments chelation treatments. What you can expect to experience as a result of the therapy will depend upon your initial conditions, but it has been known to end of a variety of bothersome symptoms such as angina chest pain, leg pain, dizziness, cognitive impairment, and fatigue attributable to less blood flow going to vital organs. It's even been known to stem off gangrene and save people from amputations brought on by diabetic complications.

Since that time when I underwent chelation treatment myself, I've seen the great results chelation has done for other people despite naysayers claiming it's "unproven." I have therefore recommended it to a great number of people over the years.

The feedback I get back is always nothing but positive, and I hear loads of stories about my friends sitting in the therapy room and listening to other patients tell how their own doctors pooh-poohed this therapy ... but that it had saved their lives!

This shows you that you sometimes have to take your health into your own hands, and it also illustrates how much medical professionals know at times.

It's really true that people who undergo chelation therapy often do so against the advice of their physician or cardiologist, who usually shout something like "Quackery, pure quackery." Many tell the very same story in that their doctors advised them to undergo a coronary bypass operation or angioplasty, perhaps for the second or third time, and they finally realized they were doing nothing about their underlying condition. Unless it was a lifesaving emergency, they realized they really should be trying to attack the root of their problems.

In a large number of cases, individuals come in for chelation because of the recommendation of someone else who has already been successfully chelated and had their life turned around as a result. Their positive experience often gave people enough hope to try it, and when you read all the web information available on chelation you'll wonder why most doctors don't know too much about it.

On the safety of chelation, you have got to remember that bypass operations tend to fail quite often because they never correct the conditions which caused the clogging

of arteries in the first place, and replacing six to eight inches of clogged arteries doesn't do a damn for the miles of other clogged arteries in the body.

Studies have also shown that most heart attacks aren't even caused by clogs in the major arteries, but by occlusions in the tiny blood vessels elsewhere which only chelation and substances like nattokinase and Wobenzyme can reach.

That's right ... about 85% of sudden fatal heart attacks or strokes are due to the rupture of "vulnerable plaque." This is non-calcified arterial plaque and blood clots that don't even show up on angiograms and other types of vascular tests.

Imagine that! This means that heart surgery is usually addressing the wrong type of plaque!

Chelation therapy is a very simple process. To undergo chelation, you simply sit in a chair and relax as a painless IV drip of an amino acid called ethylene-diamine-tetra-acetic acid (EDTA) is infused slowly, about a drop per second, into your blood.

It's just that simple -- a painless IV drip – no pain, no nothing. Just time on your hands.

A single treatment lasts about three hours, so you can sit there watching television, reading a book, chatting, meditating or whatever ... it's a way to force you to catch up on your quiet time.

While it travels in the bloodstream, the EDTA molecules handcuff calcium in the blood and on arterial walls, and the handcuffed culprit is then treated like a prisoner who is carted out of the body through the urine. The EDTA infusion also bonds with unwanted metals in the body and quickly carries them away through the urine as well. Within 24 hours, 99% of the EDTA leaves the body through the urine.

Most of the minerals and trace elements essential for our health are more tightly bound within the body than the calcium plaques in the arteries, but the intravenous EDTA is great at removing abnormally located metal ions such as copper and iron, lead, cadmium, aluminum, mercury and other metals.

Medical science now thinks that excess iron deposits put you at risk for cardiovascular disease and cancer as well, so chelation helps reduce your iron load

and the theoretical risks of these diseases. It's one sure way to help detoxify your body of these metals.

In the heart itself, some heart disease conditions have as much as a 20,000 times increase in the level of toxic heavy metals as other organs, which by itself makes you wonder why chelation isn't practiced more often. But being fair, most people never take preventative measures about their health, so they are unlikely to spend money on therapies of prevention like chelation.

There's no doubt that EDTA chelation removes heavy metals from the body, which unfortunately accumulate inside us with age, and while the American Medical Association has not yet approved chelation therapy for atherosclerosis, it does endorse its use for treating lead poisoning and other heavy metal poisoning.

That means it's safe, and you can also know from this that it actually does indeed work. Furthermore, removing these unwanted metals helps restore enzyme systems to their proper functions.

Of course, the chelation of heavy metals isn't the only thing EDTA chelation therapy has been proven to do. In a 1989 double blind study of patients suffering from peripheral vascular disease who were treated with chelation therapy, 88% reported a marked improvement after only 10 treatments. Other reports have documented the following benefits:

- Improved cerebral arterial occlusion
- Improved memory and concentration
- Improved vision
- Normalization of cardiac arrhythmias
- Protection against iron poisoning

Brain function, kidney function, atherosclerosis, macular degeneration, arthritis, and heavy metal poisoning are all conditions that have been shown to be benefited by EDTA chelation. Just think of any condition caused by poor blood flow and it's a good bet it can be improved through chelation therapy.

The mechanism for how EDTA really works to clear your arteries is generally known, but not 100% understood. Of course that's no reason to shy away because we have lots of medical treatments like this, including the usage of aspirin.

Aspirin was invented in 1890 and as you know, has been used successfully for over 100 years. However, during all that time nobody really knew how it actually worked even though everybody used it and benefited from it.

It was actually only until *Scientific American* magazine published an article in May of 1999 that the general public learned that scientists had finally figured out its working mechanism.

I was really excited when I read that article because I had known that we had been using aspirin for over a century and had no idea of its *modus operandi*.

Imagine that ... we used aspirin for about a century before we understood how it actually worked. Yet all through that time no one complained that we shouldn't use it until we understood fully how it worked.

Why is it that drug manufacturers make that complaint for the natural substances used in the therapeutic nutrition field that people have also used for centuries? If you can think of a good reason, then let me know.

As to EDTA chelation, the main theory is that it changes the calcium and magnesium in the wall lining of arterial cells, and performs most of its magic through that mechanism. People used to simplistically think that it acted as a sort of Roto-Rooter on atherosclerotic plaque so as to widen the diameter of occluded arteries. However, its mechanism is much more complex.

We do know that calcium tends to accumulate inside our cells with age, and this accumulation of calcium plaque not only disrupts enzyme systems but also leads to the contraction or constriction of blood vessel walls.

EDTA chelation does indeed help to remove this plaque, and when the inner calcium lattice that accumulates inside veins and arteries is removed, they gradually soften to regain a degree of their original elasticity.

Improving that elasticity is what leads to better blood flow.

Presto – through chelation we've therefore found a way to reverse hardening of the arteries.

Being coated internally with calcium plaque, blood vessels tend to lose their original flexibility with age and their inner diameter tends to shrink as they get clogged. That means less blood flow, mental impairment, less energy and cellular death. However, the return of elasticity to blood vessels has a positive impact on blood flow ... and perhaps even moreso than simply increasing the inner diameter of the blood vessels themselves.

Another interesting thing is that EDTA chelation helps to remove calcium plaque on arterial walls and free floating calcium in the bloodstream, yet it leads to a recalcification of osteoporotic bones! So it's not going to pull calcium out of your bones, but actually produces stronger bones.

Perhaps this is because when EDTA lowers blood calcium levels, that in turn stimulates the production of parathyroid glands hormones that tell the body to remove calcium from abnormal locations (such as inside the arteries) and redeposit it in locations where it should be, namely in your bones! But we don't know for sure. All we know is that chelation has been proven to recalcify your bones!

The action of EDTA has also definitely been shown to increase blood flow throughout the arteries and to increase the blood flow going to all organs. It stimulates the enlargement of small blood vessels so that they can serve as a collateral circulation route around any blockages, and this helps to render the blockages as irrelevant.

Because EDTA binds to calcium, it also allows magnesium to flow through cells more easily, too, and magnesium is well known for relaxing and opening blood vessels to greater circulation. So that's another way in which it benefits your body.

Another benefit of EDTA chelation is that it serves as a powerful antioxidant and helps reduce the free radical damage of lipid peroxidation, which is known to be one of the causes of arterial damage.

EDTA also increases tissue flexibility by uncoupling age-related cross-linkages that build up over time and play a part in the eventual loss of skin tone and wrinkling. That's an antiaging benefit all by itself.

EDTA also reduces the tendency of blood platelets to coagulate too readily. This tends to prevent blood clots from forming that can block the coronary arteries and cause a heart attack. Of course you already know that nattokinase will help with that as well, and Wobenzyme to a lesser extent.

When you sit there and talk to the people undergoing chelation treatment, many will tell you stories that it helped their blood circulation so much that it made their angina go away, freed them from diabetic ulcers, or saved their gangrenous leg from amputation.

The stories I've personally heard are amazing. You cannot dismiss them as a placebo effect. Try as you might, it's impossible to do so. That's why doctors continue to perform chelation therapy. [The American College for Advancement in Medicine \(ACAM\)](#) (714-583-7666) is the national group of physicians who perform chelation.

Because blood flow in blocked arteries gradually improves because of chelation, the oxygen giving blood flow gradually increases to the heart, brain, to the legs and all throughout the body so that symptoms affecting many different body regions often get better.

It's also common for people to report a better memory and mental condition as the therapy progresses, perhaps because EDTA chelation removes harmful toxins from the bloodstream that would have affected the brain and nervous system, or simply because it increases the vascular blood flow to the brain.

The need for bypass surgery and balloon angioplasty often disappears entirely after chelation therapy, which unfortunately robs both the surgeon and hospital of their income, and many of those who have undergone the treatment will tell you that it has given them a brand new lease on life after their first, second, or third failed coronary bypass operation.

Why is chelation so darn effective?

Because unlike an operation, chelation therapy helps increase the blood flow through every blood vessel in the body from the top of the head to the bottom of the feet, including the ones too small for surgery or those located deep within the brain. Since it helps blood flow to the brain, it naturally helps with memory and cognition.

These are all the good things that we want, and the purpose for which we wrote this ebook in the first place. That's what you're here for ... systemic improvements like this.

Chelation therapy not only reduces the chance for heart attacks and strokes, but all sorts of other symptoms improve because the blood flow to diseased organs increases, the need for medication correspondingly decreases and your quality of life accordingly improves.

As you age, you have to consider that the smallest blood vessels are the ones likeliest to become blocked, especially when you have diabetes, and chelation therapy helps the blood flow through those vessels become normal again. To me this is really one of the best examples of antiaging medicine that works from the inside out. Nattokinase, Wobenzyme, chelation ... what a trio!

EDTA chelation therapy, administered by a properly trained physician in conjunction with a healthy diet, lifestyle and nutritional supplements, is an option that should seriously be considered by persons suffering from generalized atherosclerosis.

If you have coronary artery disease, cerebral vascular disease, or brain disorders caused by circulatory disturbances, you really should think about this option. It should also be considered for related ailments such as senility, dementia, and general physical decline. If you just want to undertake some preventative antiaging efforts, it is a winner again.

Blah, blah, blah, blah, blah ... the benefits of chelation go on and on, and we could spend hours writing about its benefits.

Frankly, it's really that good and if you want more information, there are tons of books and websites out there about it.

The files of thousands of doctors prove beyond the shadow of a doubt that intravenous EDTA chelation therapy is definitely able to help reverse arterial disease, and more than one million people have undergone chelation therapy without harm.

That's a total of over twenty million treatments, so why are the naysayers still fighting over it, especially since people who undergo treatment pay for it with their own discretionary income?

I'll tell you the truth ... it threatens the vested interests and established money flows of the medical establishment ... big medical business.

Chelation is so inexpensive and effective – a physician can do it in his own office -- that it threatens the multi-billion dollar hospital bypass business. Most of those highly paid cardiovascular surgeons would therefore gladly see it shut down.

Politically powerful medical groups and manufacturers of pharmaceuticals have consistently suppressed knowledge of chelation therapy, perhaps because the heart disease business of surgery and prescription drugs exceeds \$40 billion per year!

Wow, what an income stream. I certainly wouldn't want it threatened if I were on the receiving end!

Obviously, many hospitals, physicians, and pharmaceutical companies would experience a decline in their revenues and profits if chelation therapy were to become more popular.

Having worked in the chemicals business, I can tell you that when a new upstart competitor threatens a big organization with lots of capital equipment, the big guy will do everything possible to shut the little guy down, including going so far as to buy him out just to do it.

Frankly, the medical business is no different. First you have to recognize that it's a moneymaking business despite all the touchy-feeling emotional advertising used to sell its products to the public. The controlling managers of this industry can be just as cut-throat and profit oriented as in any other business, and will do anything to promote their products and crush competitors, especially when big money is at stake. Don't think otherwise.

I also fondly remember one time I interviewed an ex-cardiovascular surgeon for a venture capital project, and was told that this surgeon had performed over 3,000 coronary bypass operations. This surgeon didn't know anything about my background because this was a venture capital setting, and when I asked him about chelation therapy due to my curiosity about his response, all he could do is rant and rave against it and spout off all sorts of negative comments.

This guy was vehement.

After the interview I naturally checked out every single comment and claim he had made, and found none of them to be true! But if you had sat there listening to this "expert" you definitely wouldn't have touched chelation therapy with a ten-foot pole.

Someone suggested that because his income had been threatened by this inexpensive therapy over the years (remember that a full set of chelation treatments might cost around \$2,500 whereas a bypass costs far upwards of \$50,000, with lots of money going to both the hospital and the surgeon) that it had warped his judgement over the years. After all, who wants to say that all the work they've been doing over the years was unnecessary or could have and should have been done cheaper?

I can buy that. I don't know if it's true, but I can understand the situation.

I've also been told that doctors typically have a hard time ever admitting they were wrong. They are trained to act like Gods, and they have a hard time changing old ways just like everyone else, so it was also suggested that this surgeon couldn't admit -- after having performed so many intrusive operations -- that a safer and much cheaper alternative was available that seemed to solve the problems at the root.

Anyway, this cardiologist had convinced himself that chelation didn't work and was actually a health hazard. Like most doctors, he even overlooked the fact that bypass operations have about a 3% mortality rate, and that the complications rate following surgery approaches 35% and includes heart attacks, strokes, blood clots, mental impairment, infection, and prolonged pain. That's not all ... 5 years after surgery, 42% of bypass patients report a decline in intellectual abilities (which doctors like to downplay) although this number can be as high as 80%!

The AMA also admits that 44% -- that's nearly HALF -- of all bypass operations are also done for inappropriate reasons, and the 1-in-25 mortality rate is accompanied by a 1-in-20 heart attack rate during the operation!

Yuuch! Don't send me there. Now you can see why I prefer preventative measures.

When you compare EDTA chelation therapy with other treatments, it is non-toxic and basically risk-free. The risk of significant side effects, when properly administered, is less than 1 in 10,000 patients, which means it's at least 300 times safer than bypass surgery! That's just in regards to side effects because there is not a single death from chelation therapy in 40+ years of successful use.

Those are the type of safety statistics drug companies would love to claim on TV, but they can't. From a safety perspective, in reviewing these numbers I wouldn't risk a bypass operation at all if I didn't absolutely need it, but that conclusion comes from a host of other reasons as well.

To me, it just doesn't make sense to ignore going after the underlying cause of arterial blockages and occlusions, and try to clean all the arteries everywhere instead of just the 6-8 inches of arteries involved in a bypass. As to angioplasty, some 200,000 of them has proved that they often fail in less than one year, so why even bother? If you insert a "stent" inside an artery to keep it open, that doesn't address the cause of the disease either and can even increase the formation of plaque.

Hmmm.

Just this past week I saw a program on the news show *60 minutes* where some physician was recommending bypass surgery to almost everyone who came into his office – even people who didn't need it. Everyone in the hospital kept mum about it because no one wanted to lose their jobs ... and the hospital was happily reaping in the profits because of this surge of unnecessary surgery.

Hmmm, I wonder if the money involved had anything to do with this permissiveness. As they say about mice, when you see one in the house you can expect there are about 20 others around.

Now if more than one million patients have received more than twenty million EDTA infusions with no serious adverse effects -- when administered following the approved protocol – this is something the hospitals and insurance companies should be looking into. Safety certainly isn't an issue and chelation certainly produces beneficial results, so those who have tried to attack chelation have had to come up with a different approach to try and crush it.

The opponents and critics of chelation used to say that chelation "does not work" or that chelation is "proven not to work," but because they've clearly lost on that front they have started to take a different tact.

Now they simply state that chelation therapy's effectiveness is "unproven." What a great PR way to try to attack something ... say it is "unproven."

Unfortunately, people who swallow this line are ignoring their own smart buttons because what this charge ignores is the fact that coronary bypass surgery, angioplasty and most of all other therapies routinely used by medical doctors are also "unproven."

Yep, that's right, they are unproven.

You cannot find any double-blind studies showing that these therapies work or even provide better quality of life than doing nothing or choosing other alternatives. However, people don't apply those same standards of "proven" or "unproven" to these widely accepted money making therapies. They're already standard practice, so people don't apply to them the same set of standards they want to apply to chelation to get rid of it.

There are still lots of commonly accepted practices in use that are wrong, like when doctors used to perform surgery to take out tonsils, but you're not likely to hear about them.

For instance, recently a number of studies were performed showing that sham surgeries produced just as many positive results as genuine surgeries which doctors recommended. In one study, many \$5,000+ knee surgeries for osteoarthritis were shown to be just as effective as fake surgeries. Furthermore, an incredible number of surgeries for gall bladder removal, hysterectomies and even appendectomies each year have been found to be unnecessary as well.

I would like to think that doctors do not make so many mistakes, yet I can accept that they do make them. It's a fact of life. Either doctors simply make an incredible number of bad decisions on their own as we all do (they're not to be particularly blamed), and it's even possible that monetary incentives helps sway them in that direction whether they are conscious about it or not.

My best friend tells me the story of how his knee once got hurt and he went to see a knee specialist. The knee surgeon, who only got about \$80 for the visit, said that surgery was imperative. Not optional, imperative. My friend went home and did nothing at all and in less than two weeks time everything was back to normal. No pain, no problem, no nothing.

As he explained it to me ... and this is using his own words rather than mine ... "Whether the doctor really believed that he was giving me his best advice, or

whether subconsciously the \$5,000 he'd earn for surgery had biased him and his conclusions, I can't know for sure. But it certainly is possible that these guys, after awhile, actually convince themselves that surgery is required when it isn't. After all, the money is a powerful incentive, especially when you look at receiving \$80 for a consultation versus \$5,000 for an operation. Who knows when the self-deception tipping point comes?"

Some people say chelation is absolutely useless, and dismiss the great results people report as an expensive placebo effect. I say to that argument:

If people can buy a placebo that gets such great results, then by all means let them buy the placebo. Make it as widely available as possible. After all, it's their money, their discretionary income. If people are considered smart enough to be able to vote for the leader of their country, they should be trusted enough to determine how they wish to spend their own health care dollars. If they make a mistake, they're not hurting anyone but themselves, which is the common result of any bad purchase decision and an outcome which increases the stock of national wisdom. Furthermore, if you want people to become more responsible for their health care as a national goal, this is the only way to do it. You have to start somewhere and some time, so this is it ... permit people to spend their income as they wish on health services. With internet information widely available today, there are no excuses for people not becoming informed about their choices.

Does that make sense?

I've never heard people complain about how others spend their money except as regards the health care field, where competition from these inexpensive natural therapies threatens the money flows to more expensive establishment options. Some of these folks even come up with the crazy excuse, "but you deny them access to good health care."

What craziness. You don't deny people anything. If they want to do this extra therapy, then by all means let them. You or I don't have to pay for it – it's their money.

The common man is smarter than what people think because people are voting with their wallets and are going to alternative health care practitioners. Why? Because they know that modern medicine is failing them.

Medicine, like all industries, does not like competition. That's the real reason behind crazy comments that are actually about non-competition. And the only reason I'm going into this dialogue is to explain to you what you're likely to encounter now that you've taken the proactive step of putting your health care in your own hands.

If you know some of this response ahead of time, you'll be able to make more intelligent decisions about your health care options. Either way, what you do is always your own responsibility and as a medical disclaimer, you should always check out everything you wish to try with your doctor.

Getting back to EDTA chelation therapy ... even if you question whether EDTA chelation therapy actually does anything beneficial to help you, you cannot claim it does anything harmful to hurt you. Dozens of clinical studies have been published to document its safety and effectiveness for the treatment of atherosclerotic arterial disease and age-related degenerative diseases.

Sorry, but you cannot dismiss it on that account.

Today, thousands of doctors in the world perform chelation therapy. These doctors are bright people ... they're certainly not dummies. A lot of them graduated at the top of their class and since they were smart enough to become doctors in the first place or rise to the head of their class, they are certainly smart enough to know what they're doing and to recognize a beneficial response when they see it in their patients.

Can they all be wrong?

Perhaps the best thing we can say about this therapy is that nearly 100% of these doctors choose to undergo chelation therapy themselves because the effects are so beneficial.

You will be hard pressed to find such high self-usage "approval" statistics for any other type of medical therapy! Think about it.

The clinical benefits you can receive from chelation therapy will definitely vary with the total number of treatments you undergo. They'll also vary according to the severity of your condition being treated. On average, in general about 85% of chelation patients show very significant improvement in their conditions.

Here's my short conclusion – it's beneficial, it works, you should consider it for the benefits mentioned if you need them, or for preventative purposes if you are over 40 and can afford it.

Some people are now recommending “oral chelation” supplements instead of intravenous chelation, and the big question is whether oral chelation works.

Let's put it this way ... whether or not oral chelation works (there are indeed various supplements, such as vitamin C, that can mildly chelate substances out of the arteries), intravenous EDTA chelation therapy is so much better that any comparison between the two isn't worthwhile.

If you have the money and the time, I would go for the intravenous EDTA chelation at a moment's notice, no questions asked. However, if I was undergoing intravenous chelation therapy I also would take various oral chelation supplements at the same time, because that would definitely help me achieve a better final end result. But I would not rely on them just by themselves to produce the same end result. Those results just won't happen through oral chelation.

In fact, I believe that all intravenous EDTA chelation therapy should be done concurrently with the oral consumption of the appropriate nutritional supplements for the coronary condition in question, and supplements that can assist in chelation. But I don't believe all the hype about the effectiveness of oral EDTA chelation itself.

Another type of chelation product to consider, however, is **PCA-Rx** by www.maxamlabs.com (800-800-9119), which is a radically new chelation formulation that works through the process of clathration. **PCA-Rx** is a formula composed of specific peptides from microbial ferments that wrap around toxins and heavy metals using covalent, ionic and hydrogen bonds. Whereas normal chelation agents use just weak ionic bonds to grab unwanted metals in the body, clathration agents use three types of bonds to grab offending molecules in multiple places.

Because the **PCA-Rx** molecules engulf heavy metals and other unnatural substances, they cannot be reabsorbed by the body but end up being escorted out of the body.

PCA-Rx works on more factors than EDTA chelation, and is a bit different than Wobenzyme in that it helps remove heavy metals, toxins, plaque, triclosimines, PCB's, pesticide residues, yeast forms, parasites, viral residues, mycoplasmas,

vaccination residues, and anything that is not naturally supposed to be a part of the blood, lymphatic fluid, or cerebral spinal fluid. The **PCA-Rx** nutrient particles are peptide configurations of the size of nanograms that are suspended in a colloidal solution. Your body just thinks they are nutrients.

When the **PCA-Rx** peptides find heavy metals in the cell, they bind with cellular receptor sites more strongly than the metals, which are therefore released and then clathrated by companion molecules. These companion peptides wrap around the toxic substances keeping them enclosed as they are escorted out the body's elimination pathways. Beneficial minerals aren't bonded by the **PCA-Rx** peptides because they are tightly bound and protected by their natural enzymes; the peptides target only loosely bound, noncomplexed metals.

Heavy metals are clathrated according to the following priority due to their valences: lead, thallium, cadmium, arsenic, aluminum and mercury.

The elimination of toxins with **PCA-Rx** is 85% through the colon, 10% through the urine, and 5% through the skin. So when I'm going to detox my body and clean my veins and arteries, I would go all out and use **PCA-Rx** as well.

So with all this information, what should you do ... should you undertake EDTA chelation at all?

First of all, nothing in this book can or should be construed as medical advice. Run everything you want to do or would consider doing past your doctor. We're only reporting on the findings of the naturopathic health care field as good journalists do, and then adding in comments that hopefully contain a bit of worldly wisdom you might not normally be exposed to.

With that as a disclaimer, here's my conclusion on EDTA chelation therapy. First, since it's expensive and takes time, don't expect immediate results from this sort of treatment. To determine whether it's worth your \$2000+, take everything you're reading and then do some more research on the internet, consult your own doctor, and then make your own informed decision.

I'd also consider doing the cheaper other things we mentioned ahead of time because they might produce the results you are seeking, or go a long way to producing them.

Definitely, without a doubt, EDTA chelation is a powerful way to help restore normal blood flow to blocked areas of the body, as are nattokinase and Wobenzyme in some instances. If my parents were suffering from angina, leg pains, arterial diseases, or senility or dementia, I'd have them do chelation in a instant, but I'd also have them try out Wobenzyme and nattokinase. In fact, that's what my mom is currently using.

As for myself, in a few years I'll undertake a series of chelation treatments again for preventative measures, whether I need it or not.

Imagine a person spending \$2000+ for preventative purposes when they don't openly need it. That shows I've personally reached some conclusion as to its benefits if I'm willing to spend such money, but I urge you to do lots more research on the web before you can come to such a conclusion yourself.

In the meantime, you already have nattokinase, Wobenzyme and PCA-Rx options galore.

Strain-Counterstrain Bodywork to Unwind Your Blood Vessels of Accumulated Tension

There's yet another thing I would also consider doing for my veins and arteries which you won't find mentioned in any health newsletters or publications. In fact, I've had this done as well, and also highly recommend it.

We've talked about how you can get rid of arterial clots, decrease the calcium plaque and heavy metal buildup on the insides of your arteries, and how to clean your blood of circulating immune complexes and lower arterial inflammation, but there's yet something more you can do in these areas to help your blood circulation.

Through the field of bodywork, or manual therapy, you can actually physically unwind much of the torque or tension that's accumulated through the twisting of your arteries, veins and blood vessels over the years, and which is restricting blood flow because of the physical constriction of the blood vessels. This "unwinding" will relax your major blood vessels and make them more flexible so that they open up more and can physically pump more blood.

The field of Western bodywork that can do this is absolutely amazing and has progressed light years since Ida Rolf first developed Rolfing in the 1930's and 1940's. Unfortunately, regular medicine doesn't yet recognize all the benefits of bodywork because it's something that most doctors don't do themselves, and lots of studies on the practice haven't been done yet.

Nevertheless, anyone who's had a lot of bodywork can tell you that a great bodyworker is worth their weight in gold.

Having studied bodywork for years – Rolfing, Hellerwork, the Barnes Method, St. John's method and so forth – I feel that the most advanced treatments available are the IMT protocols developed by Sharon Weiselfish-Giammatteo and Thomas Giammatteo. I'll give you their contact information in a moment.

Here's the relevant theory of IMT therapy as it applies to veins and arteries. Over time, arteries and other channels in the body become twisted and get wound up with tension. A useful analogy is a twisted telephone cord.

Just think about it for a moment ... blood vessels, nerves and lymph channels are very long tubes in the body that get scrunched here and there and become twisted all the time. It's logical to believe that some of these vessels can retain some residual degree of torsion after becoming twisted, and that's what most therapists observe in practice.

They can also get pushed out of place because of various injuries to your body.

In order to protect the veins and arteries from breaking when they become over-wound or over-stretched, the body has created an ingenious mechanism to protect them ... it tightens the muscles.

Basically, the muscles surrounding over-stretched or over-twisted arteries and veins will constrict and become tighter as a defensive mechanism in order that any movements that would stretch the blood vessels get restricted, and the arteries and veins are thereby protected from possible rupture.

Restricting the movement of the body prevents the relevant arteries from becoming over-stretched when they're wound up, otherwise they would be in danger of breaking.

This is one of the reasons why an appreciable number of people have “stiff necks,” and cannot seem to turn their necks around very far to look behind their back.

Yes, their muscles become tight which prevents this from happening, but why are their muscles tight even after you massage those muscles and work on relaxing them? Why can't these folks still not turn their necks?

I'll tell you why ... because the body will do anything to protect an artery, and to protect the neck arteries it locks those muscles to prevent a full range of motion.

The reason these people cannot move their necks is because the aorta or carotid arteries have become overly stretched or twisted, and thus the neck muscles have also tightened to protect them. This tightening prevents or restricts the neck from moving too far which would over-stretch those arteries.

When you free up that tension by unwinding the vessels, however, then a person will regain full movement of their neck again immediately.

There's actually an entire hierarchy behind this mechanism I've just described. The body will do anything to protect an artery because it's the most important structure in the body – one rip and you can immediately die.

Muscles are lower down on the totem pole of importance – you can rip muscles and you'll still go on living. Normally your body protects injured muscles by creating muscle spasms and making them tighter so you don't use them.

Although muscles are important, joints are even more important to your body so your body will spasm an area and create swelling and inflammation to protect an injured joint that needs healing.

See how these protective mechanisms work? If you cannot protect an area one way, you protect it through another. Your body does whatever it must to protect crucial structures, and the most important ones receive the most attention.

Your joints are important, but there are other structures in the body more important than muscles and joints, and as I stated regarding arteries, the body will do anything to protect these more important areas at the expense of structures of lesser importance.

So that you are not always wondering what structures your body is trying to protect, here's the hierarchy of importance to the body of various structures ranked from greater to lesser importance:

- Arteries
- Bones
- Veins
- Nerves
- Viscera (organs)
- Lymphatics
- Joints
- Muscles

From this chart you can see that your body will do almost anything to protect an artery ... it will spasm a muscle, restrict a joint, and can even cause scarring or fibrosis in a nerve to protect it.

Forcing a muscle to let go, or stretching a joint that the body is locking in order to protect an artery, can therefore actually cause harm or just be a temporary solution that the body will reverse as soon as it can. What you want to do instead is provide a "fulcrum" to the body around which it can safely unwind any restrictions it has imposed upon itself to do its work of protection.

That's the key of IMT work – creating a safe fulcrum around which your body can unwind.

Unwinding the aorta and carotid arteries involves a simple, painless manual massage procedure called "strain-counterstrain" that takes about three to four minutes to perform. The procedure is so simple that anyone can do it once they see it. It's even in a book I'm going to recommend, with pictures! After the manual procedure is performed, the arteries can unwind and the neck – as the example we're using -- can turn again immediately thereafter.

This is something I've witness over half a dozen times in demonstrations of strain-counterstrain protocols and the IMT method, which often produces seemingly miraculous results in a whole host of situations.

Here's how the relevant strain-counterstrain procedure works.

Imagine a twisted phone cord. To unwind the cord you usually either unplug it from the phone entirely and let it untwist, or just dangle one end freely and let it unwind. Another way to unwind a portion of it, when it's really tight, is to seize two parts of the cord and then push the ends closer together so that a buckle forms in-between the clasped ends. If you hold the cord in a certain position when you do this, this tension free buckle area offers the cord a chance to unwind a bit as well.

This is the same thing done with strain-counterstrain manual bodywork therapy. A manual therapist will hold an individual's body in a special position that creates a buckle in the blood vessels, and this buckle freedom thereby gives those vessels the freedom to finally unwind themselves of accumulated tension and constriction.

The results can be simply amazing.

There are all sorts of strain-counterstrain protocols to unwind the various veins and arteries in every section of the body, including the small arteries and veins in the head responsible for cerebral function. There are artery and vein procedures for cranial and cervical regions, for the cardiopulmonary system, the extremities, various organs, and so on.

If you want to increase the blood flow to a specific body region that needs healing, you simply book one or two bodywork sessions for strain-counterstrain procedures for your major arteries and veins, and then you're finished. The procedure doesn't have to be repeated.

In fact, in a one or two hour session you can usually complete the unwinding or "opening" of almost all the major veins and arteries in the body which accordingly, will restore a lost degree of flexibility to these blood vessels and therefore increase rejuvenating blood flow and tissue oxygenation.

If you're a woman, you might consider one or two sessions of lymph drainage or lymph strain-counterstrain massage to fully open the lymph vessels in your arms, chest and in the breast to help reduce the risk of breast cancer. To me that's more important than a yearly mammogram.

Seriously, I believe that women should do one or two sessions of lymph drainage for the breasts as quite a few health professionals believe that cancer starts when the lymph gets backed up, and you want to do everything possible to prevent this from happening. In my view, nutritional supplements alone are not enough.

If you ever wanted to naturally increase the blood supply flowing to the brain or heart or legs or whatever, strain-counterstrain bodywork is definitely another natural, non-invasive procedure to investigate. It's a way to lower blood pressure as well because you're effectively increasing the venous and arterial elasticity, and therefore making it easier to pump blood.

There are lots of manuals on bodywork therapy available, but the one I recommend the most (since it shows many procedures you can do at home) is **Integrative Manual Therapy for the Autonomic Nervous System and Related Disorders**, by Thomas Giammatteo and Sharon Weiselfish-Giammatteo, (North Atlantic Books, Berkeley: California, 1997).

To find a qualified practitioner in your area who can do these unwindings for you when you don't have a "significant other" available who can follow the pictures in the book and perform them for you, you can contact the IMT headquarters office in the following location and ask for a referral:

CenterIMT at Regional Physical Therapy
800 Cottage Grove Road
Building 2
Bloomfield, CT 06002
860-243-6571 phone
860-243-6579 fax
RPTHEALTH@aol.com
www.centerIMT.com

Another smart thing you can do -- to look for a qualified bodyworker or massage therapist -- is buy the IAHP **International Association of Healthcare Practitioners Directory**, which contains the addresses of over 50,000 qualified bodywork therapists along with their qualifications.

This inexpensive directory can be ordered online for just \$7 at www.iahp.com/pages/order/index.php, and you should use the directory to look for bodywork therapists in your area who have the most number of training certifications after their name.

There are no guarantees as to who is a good therapist from looking at a piece of paper, but common sense suggests that the individuals with the most training have a higher likelihood of being better prepared to do you some good.

Anyway, this is another way to get started, and I think every family should have their own bodyworker in addition to their own doctor, dentist and nutritionist.

Also, please accept the following bit of advice when you have to use some of these professionals. This is a rather important fact of life I always pass along to help guide people when they are trying to pick a bodyworker, doctor, dentist, lawyer or any other professional.

Nearly 70-80% of the people in any profession are just “average” at what they do. Whether we’re talking about doctors, lawyers, accountants, brokers, or whatever, only about 10-20% in any field can be called “above average” or “really good” in terms of their skills and capabilities. The rest are “just about average” or even “below expectations” in terms of their talent, capability or service.

It’s a sorry state of affairs, but in most cases it’s true.

Therefore, your chances of finding a highly trained, excellent professional in any field are always rather slim unless you already know something about that field or know someone who does.

They’re slim because you have a 70-80% chance of not dealing with the best unless you do a lot of research to find them. Your chances of finding a great professional are only about 10-20%, and your chances of finding an “excellent” or “outstanding” professional are only about 2-3% because only 2-3% of people in any field are the superlative ones.

So if you walk off the street into someone’s office, you have a 70-80% chance of getting mediocre results.

This short aside explains why people go from doctor to doctor when they are sick yet never doubt the validity of the field of medicine. They know that some doctors are better than others -- even though they are all trained in the same basic science of medicine -- but they keep searching for that “great one” who can help them with their problem because they recognize that skill levels vary all over the place even though the basic science stays the same.

This same principle holds for lawyers, chiropractors, bankers, and others ... and so it applies to body workers (physical therapists or manual therapists) as well.

If you don't get good results from going to a professional, it's not that the field in question doesn't work or is invalid. When the results you get are not that great, it might simply be that you went to one of the poorly skilled professionals in that arena. Unless you've been around and know the lay of the land, the chances are not in your favor.

That's why you so often hear, "I tried that and it didn't work." After all, you have a 70-80% chance of making that mistake. So if something doesn't work for you right away, don't immediately dismiss that avenue entirely, but see if the approach might be successful through another, perhaps more highly skilled professional.

If you do go to an unskilled professional and don't get the results you are seeking, remember that you may have simply used the right approach but gone to the wrong person.

That's why I advise you to buy the inexpensive IAHP directory (it's only \$7 and will last for years) and then look for someone listed who's been in the field for a while, who has taken strain-counterstrain IMT training, and who is committed to continual training which you'll be able to verify by the number of credentials listed behind their name.

Following this route, you'll have the highest chances of being successful with just one shot.

There you have it. Strain-counterstrain therapy for veins and arteries is yet another way to help increase the blood circulation and blood flow throughout your body, and help bring about a physical rejuvenation in general.

Summary

In this journey we've begun, we've talked about substances like nattokinase and Wobenzyme and PCA-Rx, and therapies like EDTA chelation and strain-counterstrain to open up the blood flow in arteries and veins. All these things are helpful, but which ones are the most helpful, and which ones would I do first?

Here's what I would do in terms of protocols to help the blood flow in my own body

First, I would definitely use the nattokinase. It's cheap, it's quick, it's effective.

I might even get most of the results I'm looking for from that alone. Why not try to painlessly dissolve some blood clots that have already formed in your body ... for less than fifty bucks? Makes perfect sense if I want to do something about anti-aging and physical rejuvenation.

If I had the cash, I'd also go for EDTA chelation therapy if I really needed it, but not necessarily for prevention because the costs are prohibitive. With some of the blood clots out of the way, chelation will help you rejuvenate your arteries by stripping away as much other gook lining the arteries as possible and turn back the clock on the age of my blood vessels.

As to the Wobenzyme and strain-counterstrain therapy, they're always available but you have to keep taking Wobenzyme tablets for several months, and a good bodyworker might not be available in your area. Whether or not you go for these things depends upon availability and whether you can stick with something you start.

Detoxification Here and There

Our first task is out of the way.

We've talked about cleaning your arteries to immediately increase the blood flow and oxygen to all of your body's organs, so now let's talk about how to clean your body and blood in general.

The religions of Buddhism and Taoism often refer to this body of ours as "a stinking bag of filth," and as you get older it accumulates all sorts of strange chemicals, heavy metals, toxins, pesticides, viruses, funguses and other things that destroy its purity and interfere with its functions.

You normally attack these things via your immune system and get rid of them through your body's normal channels of elimination – through your urine, feces, breath and through your sweat. However, sometimes these elimination systems actually get overloaded and backed up, and toxic substances build up in your body.

That's part of the reason people usually get cancer, and diet is usually the other reason.

The internal filtering systems inside our bodies which partition the good stuff from the bad can become overwhelmed as well and start getting clogged. When that happens you have to flush out all these organs of elimination through a process known as "detoxification."

When we started this little journey I asked you to imagine an old house whose walls had been painted over, and whose pipes had become rusted and clogged with all sorts of debris. The first task of rejuvenation we had set for ourselves was to clean these pipes of major internal obstructions and blockages, which we've already talked about a bit. Now we're going to proceed further and do something different.

Do you remember those older style washing machines that had filters for trapping all the lint and dirt that collected from the washing cycle? Every now and then these filters would get clogged with gunk and you'd have to clean them out and get rid of all the gook that they had trapped inside.

I can fondly remember many instances where I had to clean out these filters and throw away all the wet mush they collected when the wash cycle was over. The dryer, too, had its own filter for catching lint that had to be emptied.

The reason I mention this is because this build-up of gunk actually happens to the liver/gall bladder and kidneys in an analogous manner, so what we're going to do is flush out as much of it as possible.

If we flush out these two organ systems, whose purposes include making proteins and filtering our blood, we're going to end up "cleaning the blood."

Naturally this isn't any sort of accurate technical description, but this is one of the ways in which the naturopathic community describes matters to simplify things. The field of "functional medicine" in general also explains that part of the liver's and kidney's job is to filter and clean the blood as well.

Before we talk about how to clean and detoxify these two organs of accumulated filth, I want you to have in your mind a clearer picture of what we're doing.

Many kitchens have a filtration system above the stove that sucks away the smoke and fumes from cooking, and every now and then these filters have to be washed or replaced because they get so encrusted with gunk that they stop working.

Car filters start out spotless but also get so dirty over time that they have to be replaced, too, and yet if you could clean them they'd last a lot longer.

These images of clogging are what happens to your physical body over time as it ages and your detoxification systems can no longer keep up with the load of poisons and debris they have to filter from your blood.

What happens is that your body eventually ends up storing poisons that it cannot eliminate to deal with this toxic overload ... they're shoved into your fat cells and connective tissues wherever possible. This not only interferes with the filtering of your blood but also can lead to disease and accelerated aging all by itself.

Even your kidneys can deteriorate over time. In particular, your kidneys can get coated with mineral deposits that somewhat block its filtering mechanisms, and your liver and gall bladder can become filled with gallstones.

Okay, so what next? What do you do?

What you have to do to get rid of this mess is perform a very simple kidney and liver flush routine.

There are entire books written on the topic of liver flushes and kidney flushes, but I'm going to make this very simple because I don't want you to have to do too much with any detoxification protocol.

Frankly, having worked with people for years I know that if any protocol involves a lot of work that people have to do themselves (rather than have done to them) or if it requires that people have to think too much, most people won't do it. So I'm going to be simplifying things to an extreme, yet you will still get the "meat" that summarizes 85-90% of what you need to know and do to detoxify.

While there are all sorts of therapies that can pull a large portion of the accumulated stock of poisons and toxins out from your body, I like the approach of first dredging out as much of the heavy crap as possible before working on the lighter duty stuff. Otherwise you waste your dollars trying to pull out etheric stuff that will just come sliding out with heavy-duty detoxification.

That's why I encourage a liver-gall bladder and kidney flush once a year because in less than 2-week's time they can both be done and they clear the way for a lot of the fine tuning detox programs you might later consider.

The Liver - Gall Bladder Flush

Here's how you first approach the task of detoxifying the liver and gall bladder, and freeing them of congestion through a liver and gall bladder flush.

There's lots of protocols out there on liver-gall bladder flushes. There's the Hulda Clark liver flush protocol, the William Donald Kelley protocol, Claude Lewis cleanse, John Christopher protocol, "Classic Coke" liver/gall bladder flush, apple or orange juice flush, and the Richard Schulze protocol among others.

I'm not going to go into a lot of explanations on all these flushes because they all follow the same basic principles, and the details can be found on the web such as at www.curezone.com/cleanse/liver/default.asp.

The basic idea behind a liver/gall bladder flush is that your liver and gall bladder get congested after awhile, and you can force the gall bladder and liver to dump liver/gallstones that have formed over time by drinking a large quantity of olive oil. The presence of a large quantity of olive oil in the stomach and intestines will force the bile ducts to open and flush in order to send out the bile salts that will help digest the oil.

What you first want to do before undertaking any flush, however, is soften any stones that have formed in your liver and gall bladder. You do this either by drinking a large quantity of apple juice for several days (since it contains malic acid which softens the stones), by taking high quantities of **American Lecithin PhosChol** for several weeks (which softens the stones), or by taking **orthophosphoric acid** (**Phosfood** from **Standard Process**, **Orthophos** from **Nutra-Dyn**, or **Ultra Phos** from **Western Herbal Supply**) for a short period of time.

If you take high doses of **lecithin**, **PhosChol** and **pancreatic enzymes** (remember Wobenzyme?) for several months, this protocol has been know to dissolve the stones entirely for some people just by itself.

Now on the day of the flush -- after having softened the stones ahead of time -- you simply drink a large glass of olive oil mixed with some orange juice or apple juice to mask the taste, and wait until you have to go to the bathroom to flush out the stones.

That's the simple procedure.

Some protocols want the glass half filled with oil, and some prefer it is two-thirds filled with oil. Some protocols have you drink it all at once, and others have you sip it over the course of an hour. Some people advise you to drink this at night, and others in the morning. Some advise you to do this several days in a row, and some advise you to drink some herbal teas after the olive oil drink.

In any case, the oil will put pressure on your liver and bile ducts to empty themselves of their contents -- essentially flushing them out -- and you will eventually defecate a smaller or larger collection of green colored stones which people call the liver and gall stones.

Most of the green stones that come out from the liver-gall bladder flush are really just soft complexes of the olive oil, minerals and whatever else you drink for the flush, but the flush does help to get rid of gall stones and get the bile ducts working.

Is this entire process really useful?

Yes, it's effective.

Some people hate it, mind you, and some people love it. Some say you should do it once a year in the Spring time, and others say twice a year. I do recommend it at least once every several years, so if you've never done it this is a good time to try. As for myself, I try to do it once a year or every other year.

Mark Konlee (**Keep Hope Alive**, PO Box 27041, West Allis, WI 53227), who wrote ***How to Reverse Immune Dysfunction*** for people who are HIV+, also created a similar detox drink made of lemon juice, ginger root, orange juice, and olive oil. Many people drink this other olive oil detox cocktail on a daily basis and swear that it's what's keeping them together. Quite a few people have created detox drinks using olive oil, and I always encourage people to try them.

All in all, I've seen very good things with the liver-gall bladder flush, and encourage people to try it at least once.

Some doctors claim they have supervised flushes for several thousand people without any trouble, but others who have never done it usually warn people that there's a danger of being rushed to the hospital for a trapped gall stone that's released into the ducts.

I've never ever heard of even one instance where this has happened, just as I've never ever encountered even one case of vitamin C causing kidney stones, yet some doctors seem to fixate on these theoretical possibilities while gall bladder operations and pharmaceutical prescriptions are proliferating beyond count.

To each his own.

As stated, I've done the liver flush quite a few times myself – sometimes the stones come out and sometimes they don't – and one time I was surprised that my PhD biochemist/doctor advised me that I should do the flush to help a detoxing skin condition I had developed. I didn't even know he knew about such things, and here

was a prestigious doctor advocating this home remedy that has been used for decades, if not centuries when we count Europe.

In any case, the flush does seem to remove liver and gall bladder congestion and help clear your bile ducts of gunk. That's what flushing does. This is especially the case for the Richard Schulze protocol which includes a set of detoxification herbs you boil up and drink afterwards to help detoxify the liver and eliminate various poisons.

My philosophy is this: I like health protocols that are as simple and complete as possible, so I usually tell people to buy the liver-gall bladder flush package, developed by herbalist Richard Schulze and sold by the **American Botanical pharmacy**, which can be reached at 800-437-2362.

You simply buy the special teas and formulas, follow their instructions, and do the liver/gall bladder flush as described. That makes it simple.

Because his protocol is so simple and he packages everything for you, I highly recommend his liver and kidney flush packages which run about \$44.

Of course you can always do the same thing at home, without the herbal drinks, for dirt-cheap. Just do a little internet research, and you'll learn more about how to do it.

The Kidney Flush

To cleanse and detoxify the kidneys and help restore kidney function, I also advise doing the Richard Schulze kidney flush protocol as well.

Why this one?

Once again, it's simple to do through the package he provides. You just buy the special teas, follow the directions for making the drink, do it for five days in a row and then it's over.

The American Botanical people use very high quality herbs in their formulas and I like the fact that you have to boil some herbs in a pot, as the Chinese do, to make your own herbal formula which you then drink. That's what we used to do as medicine in America, and it's nice to experience some continuity with our old American cultural traditions.

Whole Body Detoxification through Herbs, Supplements, the Far Infrared Sauna and Homeopathics

Once you've done the initial job of the coarse dredging of the liver, gall bladder and kidneys, the next stage is to do something to detox your whole body in general.

When I was getting my Master's Degree in clinical human nutrition, I spent some time interviewing all the best nutritionists, Chinese medical doctors, naturopaths and chiropractors in the country who would talk to me.

There were two things I was really interested in finding out: (1) a set of success principles for running a successful nutritional practice and (2) a list of what each expert had found to be the best supplements and protocols that they had discovered over the years.

I'd really press these guys on their list of "top" or "best" supplements. I'd ask them for their list of the best vitamin A, C, E, CoQ10 and other supplements out there, and whether this or that supplement was really better than others they had tried. Then I'd press them for the "proof" of why they knew it was the best.

I always questioned whether they could really back up their opinions with objectivity, and found that quite a few of them would take a new supplement, read all the research reports, interview the manufacturer, do muscle testing with it, watch the blood work of their patients specifically with the supplement in mind, and perform all sorts of other tests just to see if the "new guy" was better than what they were already using.

These were the folks I loved.

Some of my mentors would just rip these things to pieces looking to see whether they were really good or bad. They were more skeptical than I am, for sure. That's why I try to keep in touch with them, because finding these guys (and girls) is like creating a Board of Directors composed of superstar doctors and nutritionists.

The amazing thing is – and you would expect this or at least hope for it -- that if a supplement was really, really better than most of its competitors, you'd usually find all these independent individuals (who don't know each other and who live in

different parts of the country) coming to the same conclusions regardless of their testing criteria.

Some of these professionals would focus on blood chemistries to make determinations about supplements. Others focused on kinesiology, electro-medicine, patient surveys, biochemical theory and product assays, etc. ... but I was often astounded to find the same manufacturers and supplements being recommended over and over.

I gave my classmates a long list of these supplements plus a detailed report on my findings. For instance, **A.C. Grace's "Unique E"** was consistently voted the best vitamin E in the world. **Rainbow Light's "Ultra Gram C"** scored highly as one of the best vitamin C's. The most absorbable calcium-magnesium supplement was **Biotic's Cal-Mag Plus** or **BioCMP**, and **SuperNutrition** was often identified as the best manufacturer of multivitamin supplements.

One of the things I kept asking everyone was who produced the best full body detox program?

I consistently received over and over again the name of one product for this question. It was even rated #1 in an independent analysis by *Natural Health* magazine which found that even after only 30 days use, it helped to improve digestion, rebalance the pH of the colon, and re-establish the overall balance of colon microflora.

Usually in detox regimes people want to do a Candida detox, but we're not going to talk about that in this ebook since it doesn't directly help us attain the benefits we want to accomplish.

What we're really interested in is the fact that in test results, this particular full body detox product definitely reduced the body's levels of toxic chemicals and having personally tried it on lots of people, you can actually see the results in their skin complexion as it gets lighter.

Urine test measurements showed that this product reduced, from counts of 57 to 36, compounds formed in response to the presence of toxic chemicals. It also reduced, from 61 to 46, counts measuring the liver's neutralization of toxic substances.

The best thing of all is that this detox formula did this without requiring other changes in the diet or exercise!

Bingo ... another easy to use supplement that only requires you to swallow something to get some results. Of course if you change your diet and exercise that's even better, but I want to recommend something to you that will give you results even if you don't change your diet or exercise.

That's what I'm after ... the best, the cheapest, the easiest to use, the one that works!

The fact that you get results without changes in diet or exercise is what you want to hear because it means you simply take these herbal tablets according to the instructions without having to do anything else, and you will still get these great results whereas other detox programs tell you that you have to undertake fasts and vegetarian diets and all sorts of other inconveniences that people just really don't want to do ... and won't do.

As you can tell so far, I'm trying to make everything as easy as possible.

I'm in your corner so I want the detox process as simple as possible, as powerful as possible, and as inexpensive as possible.

This product is therefore a big winner because it scores on all three counts, and more! You simply take a couple of herbal tablets with a glass of water before breakfast, and then again before dinner, and you are detoxing!

The name of this product is the **Nature's Pure Body Cleansing Program** available through **The Pure Body Institute** of Ventura, California or Beachwood Canyon (888-803-5333). It's a broad spectrum two-part herbal cleansing program of herbal tablets designed to help clean and restore your intestinal tract as well as your liver, circulatory system and bloodstream.

That's what we did all the preparatory work to accomplish, and now we're going to suck out stubborn poisons in your connective tissues.

This product will also help improve your kidney function, rebalance hormones, stimulate your adrenal glands and endocrine system, cleanse mucus from your

respiratory system, stimulate your lymphatic system, and reduce instances of internal inflammation.

Wow! That's all the things we hope to accomplish.

Ever since I first discovered this product and seen the results and ease of use, I've enthusiastically recommended it to others especially when they want just one detox product to take.

You can't see what this herbal product is doing on the inside of your body, but in many people you can actually see their skin getting appreciably lighter as the formula starts pulling toxins out of the body's skin and connective tissues.

That's where your body starts jamming all the poisons it cannot excrete, in addition to storing them in the fat cells of the body.

To really start pushing all the poisons out of your body, you can also encourage them to start moving by giving them an "energetic push" or "nudge" with some homeopathic medicines.

Most people don't think homeopathics work, but they honestly do if you use the right formulations. The ones I'd employ for a general detox program are all manufactured by Pekana GmbH, and can be ordered from www.DrNatura.com (800-877-0414) and various other web merchants.

The particular Pekana substances I would take for a full detox program, by putting a few drops of each together in a small glass of water taken two or three times a day, are the following:

- **Apo-hepat**, to help drain the liver and gallbladder of toxins
- **Renelix**, which is probably the best kidney drainage formula in the world
- **Itires**, to help clear the lymph system
- **Toxex**, to help start flushing out various types of toxins and heavy metals

This isn't the place to make a case for whether or not homeopathic medicines work, although I must admit they do *when you use the right products and right brands*. They aren't even necessary for what we're doing, so I've made this step optional in your cleansing program. Nevertheless, the use of these four homeopathics for 2 months will help the **Nature's Pure Body Program** work that much better.

Pharmaceutical firms and conventional doctors typically maintain that homeopathic medicines are nonsense and sham “hocus pocus” formulations, but they cannot discredit the double-blind studies that show they do work, or explain why entire hospitals in India using homeopathic remedies keep getting curative results far beyond what’s expected of placebos. Plus, they cannot explain the reactions people often have to these medications.

The fact is that they work, but science still doesn’t understand why. That’s the problems ... they shouldn’t work according to current medical theories, and yet they do, but because we cannot explain their effectiveness, they are commonly dismissed.

I’ll tell you the truth ... while they do work, it’s very hard to find a good homeopathic doctor to select the right formula you might need, and many companies make ineffective formulations despite their best efforts.

Just for the record, here are four of the best homeopathic manufacturers out there that I really trust and use in protocols to help cleanse and then rebuild various organ systems. Keep these in mind if you ever do any homeopathic shopping:

- **Apex Energetics** 800-736-4381
- **Professional Complementary Health Formulas** 800-952-2219
- **Pekana GmbH** 800-334-4043
- **Herbalist and Alchemist** 800-611-8235

As I said, the four Pekana detoxification remedies will help your body start discharging all the toxins out of its systems, and this will give you various antiaging benefits you might be looking for.

Since many researchers think that cancer is a product of toxic overload, the excess toxic load of the body will go a long way to lowering your risk of cancer, but of course at present there’s no direct evidence to prove this. That type of study would take at least twenty to forty years to do, and who’s going to spend the money to do it?

Nevertheless, toxic buildup in the body is a very serious problem. The World Health Organization has estimated that environmental factors constitute 25-33% of global disease burden. The CDC has conducted a variety of studies investigating the presence of toxins in the human body, and now the studies of human fat biopsies

reveal that nearly everyone shows buildups of cancer causing styrene, dioxins, xylene, 1,4-dichlorobenzene and ethyl phenol in their bodies.

This is incredible ... and people are wondering why we are coming down with cancer, chronic fatigue and mental illness at alarming rates, and why our kids are sicker than before.

Here's what I would add to the **Nature's Pure Body** protocol if I really wanted to accomplish some chemical detoxification at the same time. I'd add some formula to the mix that contains glutathione and alpha lipoic acid, which are the body's most important and strongest antioxidants with a multitude of detoxification benefits. Two formulas, in particular, come to mind.

Detoxification programs typically target our livers because of the chemical overburden they have to deal with, and therefore involve other detoxification substances such as alpha lipoic acid, NAC, glutathione, MSM and various liver cleansing herbs (such as dandelion root or milk thistle). Two of the best formulations I typically for heavy duty chemical detox include the following:

- **GSH 250** from **Douglas Labs**
- **Recancostat** from **Tyler Encapsulations**

These formulas all contain the detox helpers selenium, NAC, and alpha lipoic acid used to help detoxify chemicals in the body. The way I choose between these two formulations is the following: if you usually take a multivitamin already, use the GSH250. If you never take vitamins, use the Recancostat.

A more intensive body detox program will usually involve an entire host of extra supplements, such as the following:

- **Alpha lipoic acid** (100-300 mg/day) – found in GSH250 or Recancostat
- **N-acetylcysteine** (600 mg/day) – found in GSH250 or Recancostat
- **L-carnitine** (250-1000 mg/day)
- **CoQ10** (30-100 mg/day)
- **Lecithin** (1-2 tbsp/day)
- **probiotics**

That's an extensive list – and an expensive list if you're not careful. We could go into all the details about why each of these substances work, and how to detox your intestines and other organs, too, but this isn't a book on detoxification. In mentioning

the liver and kidney flushes, GSH250 and Recancostat, and the Nature's Pure Body Program, that's actually more than enough to get really good results.

Frankly, the topic of detoxification deserves a book in itself, nevertheless I've actually told you 85% or more of what you need to do to really make inroads into detoxing your body through these very few supplements I've just recommended. So let's review what we've covered to make sure it's clear.

First we've done a lot to unblock, clear or enlarge your blood vessels so that you have better circulation. Because this will transport more oxygen to your cells, this in itself will go a long way to rejuvenating your body.

Next we've targeted cleaning the body's major filtration systems—the kidneys and liver and gall bladder. We've focused on performing a coarse level of drainage using liver/gall bladder and kidney flushes.

Then we've turned to a whole body detoxification formula, optionally powered a bit by homeopathics, and then to help deal with the chemical detoxification overload, we've turned to formulations containing glutathione and alpha lipoic acid such as GSH250 and Recancostat.

We could turn to lots more liver and kidney detoxing formulas, and talk about intestinal detoxification (involving Candida, healing the gut wall, probiotics and so on) and juicing and colonics, but this is the best basic detoxification regime to start with that doesn't involve a lot of oversight.

If you want to detox, I would definitely take the **Nature's Whole Body Program** for at least 2-3 months with a 1-2 month simultaneous consumption of **GSH250** or **Recancostat**. The liver and kidney flushes require a little more work than just taking pills, but you can throw them into this period as well ... at the beginning of the period.

Later you can do even more detoxification with a far infrared sauna, but that requires even more money and more work which isn't worthwhile unless you first take care of the basics and do this coarse drainage first.

When your body starts cleaning itself of many of the toxins it has accumulated over the years, big changes ... good changes ... great changes ... will start to occur and you want your body to get used to them.

Your body may not rebound immediately as you dump these poisons. After all, your body has been holding onto these poisonous materials for years, and needs a chance to adjust to their absence. However, in time it will rebound.

If you're going to undertake a detoxification regime, know that it takes time and that you cannot do everything in one day. With the GSH250/Recancostat and Nature's Pure Body, along with the flushes, you'll go a long way to lowering your risk of cancer, cleansing your blood, and accomplishing physical rejuvenation.

When **meditators** ask me what they should do for a whole body detoxification program to help them clean their bodies and make quicker progress in meditation, I tell them exactly the same thing I just told you.

First I have them go on the **Nature's Pure Body program** for a minimum of three months, which is three bottles worth of herbs. During the first and second months I also have them take the **GSH250** or **Recancostat**, perhaps a bottle of each to mix things up or just two bottles of just one. Together, these two supplements (the Nature's Pure Body and GSH250/Recancostat) will take care of a lot of the coarse dredging involved in preliminary physical detoxification. They take care of the "low hanging fruit."

After about the first month into this program, I then have meditators do a **kidney flush** and **liver/gall bladder flush** using the Richard Schulze kits that you can buy through the American Botanical Pharmacy ... there's even enough herbs in the kits to do the flushes one more time about a week later. So, you'll usually do them twice during this period although they'll be spaced apart by one or two weeks or more.

That's all people really need to do to get started with detoxification. Detoxification takes a long time, but this is the quickest way to make inroads into detoxing. Think of all the disease states you'll be heading off if you do just this one little routine from this book.

If you also do **breathing exercises**, as we'll explain later, and add in **nattokinase** after you've done the flushes, then you'll do more than most Americans will ever do in their lifetime ... and you'll be better off for it. Believe me, the results will show. I cannot prove this will lower your cancer risks, but I sincerely believe it is so.

The overall idea is to first get rid of the coarse poisons in the body that have accumulated over time in your organs and tissues, and then the ones harder to dislodge. Homeopathics are therefore something I do later rather than earlier, especially since I can sometimes get all the results I want just from the herbal formulations themselves, which therefore saves people a lot of money.

You cannot hurry through any detoxification routine but have to take things slowly. Real detoxification requires almost two years of work including diet changes, meditation, stretching exercises, special supplements and cleansing the intestines, which we didn't even get into. Cleansing your intestines of yeast, and getting rid of leaky gut, curing constipation and correcting intestinal dysbiosis require more work than I can describe in this book. Getting rid of heavy metals, like mercury and aluminum, is a specialized topic as well.

Nevertheless if you generally follow this little protocol, you'll do an awful lot in terms of reducing your toxic load and flushing your body free of all sorts of nasty materials that just haven't had a chance to be expunged.

Most people will see results in the first month of detoxification, and certainly by the end of the second month, but I encourage you to keep it up for a full three months the first time you do it.

I've found over the years that *the time we want to stop doing some practice is usually just about the time it's ready to "take off" and show results* (just like when you throw something away you haven't use in years right before it's desperately needed), or the practice that we most hate is the one that's best for you.

Don't ask me why this is so ... it's just something I've noticed but can't prove. Whether true or not, it's certainly reemphasizing my point that **you should stick with a three month commitment to go through a whole detox routine** and should hold to it when the going gets rough, because that's probably the time it's starting (or just about ready) to show results that's provoking the response to say "STOP!" in the first place.

So keep that in mind when you need to tell yourself something to stay on track, as every little bit of motivation helps when we're out to change our bodies, our mental habits and behaviors.

Infection, Inflammation and Hypercoagulability are the Roots of the Problem

Modern medicine is slow to turn, especially when money interests are at stake, but mostly because the medical field has always been extremely conservative and slow to embrace new ideas. In fact, new ideas in medicine usually meet with large-scale resistance which in a way, functions usefully as a protective mechanism.

On the other hand, if you've found a new discovery that can save lives, but which goes against prevailing medical views, pushing the new idea in the medical field can result in career suicide. How many more people would be saved if this were not the case?

The sluggishness of this field results in the fact that what people are taught as the cause of a health condition is sometimes wrong but kept in circulation by inertia, or even vested interests that derive profit from the prevailing view and don't want to see any changes. We can therefore go on for years parroting health views that are just not true unless we use our minds to cut through the nonsense.

For instance, people have been told that dietary fat is bad because it causes heart disease and obesity, but it turns out that sugars are the main problem rather than fat. We now consume far less fat than we did fifteen years ago because we're so fat conscious, and yet heart disease and obesity continue to rise at an alarming rate.

Let's see ... heart disease and obesity rates climb to their highest levels ever ... but fat consumption dramatically decreases in straight line fashion for over ten years running ... dozens of societies have a higher fat consumption than us and those people are lean ... and they're still saying that fat is the culprit?

The important thing is the type of fat you eat, for there are both good fats and bad fats. Even then, it's not so much that fat will make you fat, but that bad fats are bad for your body because of the damage they cause and weak cells that they are used to create.

Believe it or not, the fats found in olive oil, coconut oil, butter or fresh fish are the ones good for you while the popular corn and soybean oils are the bad fats. If you want to know a real killer, margarine is it—avoid it at all costs!

We've also been told that cholesterol is the main culprit in our bodies causing heart disease and atherosclerosis, but cholesterol is a symptom rather than a cause. Just pick up a copy of **The Cholesterol Conspiracy** by Russell Smith and Edward Pinckney, or [The Cholesterol Myths](#) by Uffe Ravnskov, and you'll get the entire picture.

In the meantime, cholesterol-lowering drugs make a fortune for the pharmaceutical firms – there's Lipitor and Zocor and Zetia, etc. -- but they're all attacking the wrong problem. These firms found a way to make artificial substances that lower the levels of cholesterol in your body, but they're attacking a symptom rather than producing a cure.

Let's overlook the fact that these drugs are bad for your heart and your general health because they interfere with energy production and block your capacity to reduce oxidation in your heart and arteries. Let's forget that they may lower cholesterol, but probably are contributing to more cases of congestive heart failure.

If you want to understand this problem better, sign up for a health newsletter like Dr. Julian Whitaker's [Health & Healing](#) and you'll begin to see the big cholesterol myth that has been foisted on people, yet is so entrenched that it will probably not go away because it supports a multi-billion dollar drug network. But let's put this aside for now.

Please realize that cholesterol isn't the problem – the oxidation of cholesterol is the problem (because you take insufficient antioxidants) and inflammation of your arteries is the problem. In fact, oxidation, inflammation (often caused by infection), and hypercoagulability are the three main problems we have to worry about for the problems we're seeking to address.

Let's talk about infection first.

Infection

Years ago when I was first entering the health care field, a number of individuals suggested that there might be an infective – a bacteriological or viral – cause of

cancer and heart disease. The hypothesis got people wondering because it was logical, but no real evidence was ever found to support it. Since nothing conclusive was ever found along these lines, the hypothesis was eventually dismissed.

Nowadays people don't think that the topic is so funny anymore because various infective organisms are being implicated in a wide number of health conditions.

For instance, *H. Pylori* bacteria is now known to play a significant role in the cause of stomach ulcers, which doctors once thought were totally due to excess acid production. Nutritional researchers and clinicians (such as Dr. Jonathan Wright) are actually finding over and over again that most people are actually deficient in stomach acid production rather than suffering from any sort of acid excess, and that's what causes upset stomachs or gastric reflux. Rarely is the problem too much acid.

Time marches forward and knowledge progresses ... yet there are still many individuals promoting the "too much acid" explanation despite evidence to the contrary because it supports the sales of a heck of a lot of medications, and a large proportion of doctors still never check for *H. Pylori* infections when it's the proven cause of ulcers in a tremendous proportion of ulcer cases.

Here's a rule of life to remember that this brings to mind: people are slow to change and let go of old, disproven medical notions ... or any notions for that matter, especially when they sound reasonable and logical. Furthermore, the "powers that be" will tend to go after you if you're one of the early adopters of cutting edge science, too. So while everything I tell you has good science behind it, I guarantee that it will still take years before the medical establishment catches up.

Nevertheless, you still need to know the claim that cholesterol is the major culprit of atherosclerosis is one of the biggest mistaken and outdated medical notions there is. It's not the big number you should be worrying about on your blood test.

Let me explain.

It's now well known that inflammation plays a major role in heart disease. It's also been well proven that a number of bacterial organisms and viruses, like *herpes simplex*, can make their way from our mouth (food intake, or tooth and gum infections) or sinuses to our coronary arteries where they damage the arterial walls.

H. Pylori itself – our ulcer bug -- can ride piggyback in white blood cells and then land on the walls of coronary arteries where it will start drilling holes in the arterial walls. *Chlamydia pneumoniae* and cytomegalovirus are also known to build up colonies in arterial walls and cause damage.

Chlamydia pneumoniae in particular, which is the common cold and flu bug that often causes sinus and throat infections, has already been flagged as a big contributor to hardening of the arteries. It tends to make its way to our arteries where it finds a spot on the artery wall. Then it begins to drill in and establishes a small colony, producing a sore spot that festers for years inside the body. That produces inflammation and obstruction.

When they drill in, these little critters also damage the area between cells in our arterial walls where we normally make heparin sulfate, our own natural blood thinner. That's one reason why these damaged areas of inflammation produce dangerous blood clots that can end up killing ... these critters actually end up inhibiting our ability to dissolve blood clots in our bodies.

Our body, in its haste to respond to the threat of all these various invaders which like to “dig in,” sends in cholesterol as a sort of Band-Aid to plug the leaks they make and patch up the damage they cause. Like the Lone Ranger, cholesterol comes galloping to the rescue.

Cholesterol is therefore simply a compensatory mechanism sent to plug up arterial holes. If you didn't have cholesterol to plug up these leaks then you'd bleed to death. So rather than take drugs to lower cholesterol, you should be looking to get rid of the causes that create the holes in the first place! You should be trying to figure out why your body has decided to make such high levels at all.

You should be asking, “Why is my cholesterol so high in the first place? What purpose is it serving that my body has deemed it necessary to produce such high quantities for the blood?”

Our body, in an attempt to wall off these bugs to prevent them from spreading, tends to form excessive blood clots around these local sites of inflammation. The scene is one of chaos, sort of like a Roman army that surrounds and then besieges a city. Soon you have a big patched mess of fibrinogen, platelets and cholesterol forming blood clots surrounding an area of infection to seal it off.

Calcium is eventually attracted to these areas where it hardens into plaque, and then you slowly get hardening of the arteries coming into the fray. As we saw when we discussed EDTA chelation, clearing away part of this calcium matrix restores some flexibility to the arteries, which leads to increased blood flow.

These abnormal clots – which are technically called thrombosis – obstruct blood flow, and I don't have to tell you that they tend to form just where you don't want them to be.

You really want to do everything in your power to prevent them from forming in the first place (or you want to dissolve them if you can through natural means, as we've been describing) because abnormal clots can break off and travel elsewhere in the body to cause disaster.

If a clot breaks off and travels to the lungs, the situation becomes a pulmonary embolism or infarction (lung cell death). If a clot travels to somewhere that blocks the coronary artery, you get a heart attack. If it goes into the brain then you get a stroke. These are all life threatening situations ... so do what you can to dissolve those clots in the first place.

Now you know why the first thing we discussed was how to dissolve these blood clots and restore elasticity to your veins and arteries.

This problem is serious, and it accumulates with age. About 500,000 people a year in the U.S. die from coronary artery disease and over 150,000 die from strokes. Cancer death counts don't even come close to the number of yearly deaths involving thrombosis in some form or another.

What's ultimately behind this thrombosis?

Well, many factors can cause these blood clots.

The causal factors include excess platelet aggregation or platelet stickiness (adhesiveness) of the blood, excess fibrinogen in the blood, and hypercoagulability (viscosity) of the blood, which is a "thickening" of the blood. We're going to get to all these causes in a moment and show what you can do about them. The great news is, the "cure" is rather simple.

Other major causes include alterations in arterial blood flow causing arterial thrombosis, sluggish blood flow that causes venous thrombosis (especially in the lower extremities) and injury to the (endothelium) cells that line our arteries and veins and our heart. Get this ... all these outcomes can happen as a result of infections. To be precise, they can happen as a result of inflammation caused by infection!

On the topic of infection, we didn't even mention a big culprit scientists have recently discovered -- a tiny bacteria called *Nanobacterium sanguineum* (or "**Nanobac**") that researchers now believe may be the main culprit behind coronary artery calcification itself, and which may possibly play a big role in heart attacks.

Here's the scoop on this bug, which might be a big part of the problem.

The Nanobac bacteria lives inside our cells and is so tiny (.05 microns) that it cannot be seen with regular microscopes and readily passes through filters used to sterilize vaccines and medications. That's tiny—this bug can go anywhere!

What this tiny bacteria does is secrete a calcified suit of armor to protect itself from our immune system, and doctors are finding that this calcification is not only the cause of coronary heart disease but plays a role in cataract formation, kidney stones, calcified tendons, and other forms of calcification in the body. If you have any of these other conditions, it should get you thinking about connecting the dots.

The evidence is mounting so quickly that Nanobac is now suspected to be one of the main culprits behind some of these hidden infections in the body that cause the inflammation and hypercoagulability of the blood responsible for triggering heart attacks. But Nanobac doesn't take all the honors itself because we already know that other critters can play a role as well.

For instance, the death rate from heart attack and stroke jumps skywards during flu season and increases dramatically for people who have just experienced a respiratory infection ... especially among the elderly. Since heart attacks and strokes seem to occur more frequently in people with recent infections, especially respiratory infections, the flu bug is implicated in the problem ... something you already know.

Digging deeper into the problem, studies show that people who catch the flu bug tend to have much higher levels of **CRP** or **C-reactive protein**, which is a marker of internal inflammation triggered by infection. Researchers therefore believe that

elevated levels of C-reactive protein may accelerate vascular inflammation and trigger specific mechanisms that cause the blood to coagulate more.

That's what can cause a heart attack.

Since inflammation plays a role in both heart attacks and unstable angina, researchers have been collecting all sorts of evidence, linking the pieces together, and paying a lot of attention to the idea that infections may be contributing to these conditions. The idea even helps explain why most angioplasty or bypass operations are rather worthless in that within six months after these procedures have been performed, over 40% of the people have already started to experience re clotting in their blood vessels.

As I stated before, it happens because the operation has done nothing to correct the underlying pathology.

Okay, so now the scientists think that infections can cause internal inflammation and other biochemical changes within your body, which under the right conditions, can trigger a heart attack or stroke.

Because of the potential link between infections and the inflammation involved in heart disease, investigators have logically started testing whether clearing infections with antibiotics can benefit heart disease patients.

The approach is logical but so far, the results for most of these studies are inconclusive.

However, in one study of 148 patients who experienced a heart attack or an episode of severe, heart-related chest pain (*Circulation* April 2, 2002), half were given a 3-month course of the antibiotic Zithromax (clarithromycin) and the other half were given an inactive placebo. Those given the antibiotic were 41% less likely to have another cardiovascular "event" during the next year and a half than patients who received the placebo. The apparent beneficial effect began when patients started taking the antibiotic, but this effect did not diminish after the patients stopped taking it.

Unlike other studies that tested the effectiveness of short-term antibiotic treatment, these researchers evaluated the effects of a 3-month course of this antibiotic, which is a pretty long time. That gives this study some credence.

If you're ever going to do such a thing, however, you're going to have to take probiotic supplements afterwards because the antibiotics will kill a large number of the beneficial bacteria in your intestines. You absolutely need those bacteria to produce biotin and for all sorts of other reactions; birth control pills, as an example, tend not to work when you use antibiotics which means you need backup forms of contraception during those periods.

Now the results of this one study are not enough to confirm the major hypothesis researchers have as to the cause of heart attacks and stroke – internal infection and inflammation. You need to collect lots of evidence and then weave it all together. But we've established that infection and inflammation are a big cause of heart disease.

The questions now remaining are how to determine if you have signs of internal inflammation and infection, and then what to do about it?

Specifically, how do you tell if you have bacteria or viruses contributing to coronary artery disease?

To determine whether there's inflammation from all these bugs (or from other causes), nothing beats the blood measurement we've introduced called **C-reactive protein** (hsCRP or CRP for short), which measures signs of chronic, low-grade inflammation in the body. Ten studies so far—including some in the US and Europe—have shown that C-reactive protein is a powerful predictor of a future coronary event.

When C-reactive protein levels are high, there's definitely inflammation in the body that could be disrupting plaque buildup in arteries sparking a rupture that can cause sudden clotting, and then stroke or heart attack.

But that's not the only blood measure to look at. To get a complete picture of what's going on, you have to get a blood test, such as a **Cardiovascular Risk Profile** from labs like **Great Smokies** (www.gsdl.com) or **MetaMetrix** (www.metametrix.com), and look to see whether your blood is showing elevated signs of blood **fibrinogen**, **C-reactive protein** or **LP(a)**.

Your physician can also measure **bacterial and viral titers** to determine what organisms your body is trying to fight off. After you have all this information, you can then determine the next course of appropriate action.

Doctors have come up with various tetracycline (antibiotic) protocols to kill some of these organisms in the coronary arteries, but remember that (1) not all heart bugs are killed by tetracycline and (2) tetracycline-class antibiotics can cause auto-immune problems on their own such as the overgrowth of yeast in the gut, especially if they have to be taken over a long period of time.

That's why it's best to do as much testing as possible before you jump to conclusions and try out an antibiotic based approach. You must really see if the need is actually warranted.

Two things you can and should do are change the biological terrain the bugs live in, and attack the bugs. This addresses the big question as to why your immune system is so low in the first place so that they were able to get a foothold in your system.

Part of the answer always lies in a poor diet and malnutrition, including vitamin and mineral deficiencies, since those are the factors affecting your internal biological terrain. The pH balance of your blood, because of the food you eat, usually plays a role as well. The problem is not so much the infection but the biological terrain itself, meaning your internal biochemistry. You have to fix the terrain that supports these bugs, and make their living less hospitable if you want to get rid of them completely.

You do that by taking the steps you would normally take to get healthy.

As to attacking the bugs themselves, you can go after them directly by using natural substances like colloidal silver (only the brand made by **Purest Colloids**, whose particles are about 2-3 atoms across), and substances that systemically bolster your immunity and raise your immune function.

These substances include **beta glucan** derived from mushrooms, **colostrum** and colostrum based **transfer factors**, **vitamin C**, and bug fighting antibody **immunoglobins** (such as in the product **Immune26**). As a national service in case of an emergency, I've written another book like this one on how to naturally kill all sorts of viruses, bacteria, even fungus when pharmaceuticals fail, and you can look for it if you get into trouble.

Another popular product to try is **Olivirex** (Bio-Botanical Research 800-775-4140) together with **Kyolic garlic liquid** (1 teaspoon 4X), which works wonders against viruses and internal infections. Quite a few studies have shown an ever growing list of benefits behind taking garlic which helps lower cholesterol, lowers homocysteine,

kills *H-pylori*, and reduces the platelet stickiness of your blood (making it less likely to clot).

Many organisms – which cause hidden infections – surround themselves with thickened blood as a protective mechanism, and thinning the blood through garlic removes their shielding so that your immune system and other agents can go after them. That's one of the reasons garlic is so effective as an anti-infective agent.

Remember that when we do turn to taking a supplement for our health, we would like multiple benefits so that we can attack many different culprits or conditions at once, and garlic is one of those substances that does everything we're looking for it to do.

In the Middle Ages garlic was even put into the wine that gravediggers drank to keep themselves from getting a plague that killed the citizens of Europe. During World War I and II, many soldiers were also given garlic to help prevent gangrene.

Garlic consumption is one way to help fight infection and inflammation. Obviously when you take something like nattokinase to remove blood clots and Wobenzyme to remove floating immune complexes from the blood, you're going to be opening up enclosures wherein infections had been quietly brewing, and you want to be taking substances like mushrooms, colloidal silver, and other immune enhancing extracts to help kill off the culprits when they're finally exposed or released into your system.

This is another reason to consider taking something like Wobenzyme for several months because many infectious organisms in your body hide behind soluble coatings made of fibrin which can be broken down by the materials in Wobenzyme.

When the coatings break down, that's when you'll be able to finally destroy these infections. Once again, however, you will need large doses of Wobenzyme to get the job done and when it starts working, you better have a pumped up immune system ready to deal with the pathogens you expose. And you better be detoxed as well so that your body can handle the onslaught of killed pathogens.

The moral is that when you do these protocols you want to be taking anti-infective agents and you want to be somewhat detoxed. That's one of the reasons we went about cleaning out your kidneys and liver because when you start killing these critters, you want your body to be able to handle the increase in toxic load.

Everything in these protocols tends to help everything else, but you have to go about accomplishing your objectives in a balanced way.

Hypercoagulability

Hypercoagulability is the other problem we have to deal with to prevent clogged arteries and lower the risk of stroke and heart disease.

What is hypercoagulability? It is the increased tendency for your blood to become too viscous. The problem is that when it becomes abnormally thick it forms clots too readily inside your blood vessels.

In other words, if your blood “thickens” it increases your chances for blood clots in your veins and arteries, which produces the condition called “thrombosis” or “phlebitis.”

Of course the problems associated with thickened blood are even more complicated than that.

First, thickened blood is more difficult to pump and since blood is the major carrier of oxygen and nutrients, hypercoagulability can impair muscle, nerve, and organ function simply because not enough blood makes its way through your tiny capillaries.

That in turn can cause pain, such as a headache or fibromyalgia, and can contribute to a host of other chronic conditions.

Since hypercoagulability means that the blood becomes thicker because of excess fibrin complexes formed in the blood, we also have to consider what this excess fibrin accumulation means.

When fibrin coats the walls of the blood vessels, they’ll be blocked from releasing **heparin**, the body’s natural blood thinner. In addition, we’ve discussed the fact that viruses and bacteria will be able to hide underneath the fibrin complexes where they’re shielded from antibiotic and antiviral treatments, and thus you’ll never be able to get rid of them. So that’s another bad outcome of hypercoagulability.

To hammer home the idea of hypercoagulability, just for a second I want you to step aside and think about the big cholesterol myth that the public has been swallowing for years. The big myth has always been – and remember that despite millions of dollars in studies, the hypothesis has never been proven (it's actually been disproven) – that cholesterol was the main culprit responsible for atherosclerosis because when cholesterol is high, there is indeed a higher tendency for heart disease.

Consider this, though.

If cholesterol itself was the ground level nuisance to blame for atherosclerosis, then all the arteries in the body would be draped with cholesterol deposits because cholesterol would be deposited in all of them. However, people with heart trouble tend to have plaque deposits only in a few places! They have them primarily in the:

- Carotid arteries leading to the brain
- Femoral arteries in the legs
- Coronary arteries leading to the heart

By the way, these three places explain the memory and concentration, leg pain, and energy problems we promised to get rid of through the information in this ebook. It also explains some cases of senility, brainfog, cognitive dysfunction, fatigue, and generalized malaise.

There's a reason these three particular arteries suffer the most harm in the body. When the blood becomes viscous, the heart has to pump harder to move the blood, and you then get high blood pressure. High blood pressure stretches arterial walls, and since they're closer to the heart the carotid and coronary arteries are particularly affected. In being fully exposed to the heart's pumping actions, these arteries eventually harden and thicken, as do the femoral arteries in the legs due to the increased pressure of gravity.

Hardened arteries increase your blood pressure even more, blood flow in turn becomes more turbulent with higher blood pressure, and over time this damages the walls of arteries because of friction, and then plaque is ushered in to protect the region just as a callus forms on hands. The plaque buildup, however, can eventually lead to complete artery blockage.

That's how hypercoagulability -- the tendency for the blood to clot too readily -- can contribute to heart disease.

Of course we already know that nattokinase helps dissolve blood clots.

We also know that blood clots can break off from the veins and arteries and then travel to other regions of the body where they can cause massive injury. A thrombus that makes its way to the lung where is called a "pulmonary embolus" and blocks blood flow from reaching the lungs, so that lung tissues die. Clots traveling to the brain cause strokes, while clots lodging in blood vessels leading to the heart can cause heart attacks.

Obviously, blood clots due to hypercoagulability are a dangerous matter. So how do we prevent hypercoagulability?

By our favorite means ... by attacking the causes.

There's all sort of reasons behind hypercoagulability -- a poor diet and lack of exercise are standard culprits -- and even sitting on an airplane or lying in bed for several days time can cause a thrombus.

Cancer patients are also commonly diagnosed with hypercoagulability (research confirms that cancer patients have an increased incidence of blood clots) because it appears that cancer cells produce a pro-coagulant acting protein. Low-dose heparin, as a blood thinning adjunctive therapy in cancer treatment, therefore tends to increase cancer survival rates.

Hypercoagulability is also just part of the inflammatory response itself. When you have inflammation in the body, that inflammation can cause hypercoagulation (without blood clots) and then plaque formation. Initially, the inflammatory response can come from anywhere ... from viruses, bacteria, autoimmune diseases like arthritis ... from all sorts of causes. Whatever the cause, anything that activates the process of inflammation can then activate a state of hypercoagulability.

Altogether, the regulation of blood coagulation is very complex and involves the balance of more than a dozen protein and enzyme factors. Only special tests can determine if a someone is deficient in these factors, and doctors don't normally run these special exams.

So how do you know if you have hypercoagulability?

The first method is that you can actually test for hypercoagulability with a blood test that measures the "sed-rate". The sed rate, or erythrocyte sedimentation rate, measures the rate at which blood cells separate from the plasma of your blood and then settle. If the sed rate is less than 5 it generally indicates hypercoagulability.

You can also be suffering from hypercoagulability if you have chemistry abnormalities with any of the following blood measures:

- Elevated fibrinogen
- Elevated homocysteine
- Elevated Lp(a)
- Elevated C-reactive protein (hsRP)
- Elevated triglycerides (and high blood sugar)

Let's go into a few of these factors.

Fibrinogen

Fibrinogen is a protein made in your liver that plays a role in proper blood clotting and platelet aggregation. If the fibrinogen level in your blood gets too high, it can play a key role in producing vascular disease.

Here's how.

High levels of fibrinogen promote blood clots that lead to arterial occlusion, that accelerate atherosclerotic plaque formation, and which promote damage to arteries.

I've told you before that people overly fixate on cholesterol, but fibrinogen is probably a bigger risk factor for heart disease than cholesterol ever was. A large number of studies have shown a stronger correlation, or association, between cardiovascular deaths and fibrinogen levels than for cholesterol. One such study involving 3043 angina sufferers, who were followed for 2 years, even found that fibrinogen levels were an independent predictor of heart attack and sudden death.

Did you know that studies reported in the *New England Journal of Medicine* showed that individuals with high levels of fibrinogen in their blood were more than twice as

likely to die of a heart attack. Another study of two hundred stroke victims found a link between fibrinogen blood levels and stroke mortality.

The studies go on and they tell us that fibrinogen levels, when high, indicate a higher risk of stroke and heart attack.

Okay, so why do fibrinogen levels rise?

Infections tend to increase fibrinogen levels, so once again we want to get rid of hidden infections. Nutrient depletion can increase your blood fibrinogen levels, and so can homocysteine which we want to lower because of its own contributing causes to arterial blockage. So we'll get to homocysteine next.

Homocysteine

Homocysteine is another related risk factor for heart disease, but what is homocysteine?

Homocysteine is an amino acid that's produced in your body as a result of metabolism. When your body has enough of the right nutrients, namely folic acid along with vitamins B-12 and B-6, homocysteine is converted to cysteine and other substances. When these cofactors are absent, however, it builds up to toxic levels in the blood.

These high levels of homocysteine have been correlated with arterial damage and blood clotting. One study of nearly 14,916 men without any history of heart disease, but having extremely high homocysteine levels, found that they were three times more likely to have a heart attack over a five year period, and that this increased occurrence was independent of their blood lipid levels.

Another study in the *European Journal of Clinical Investigation* found that 40% of stroke victims had elevated homocysteine levels whereas only 6% of a control had elevated levels.

In a clinical study involving 21,500 men in England, who were followed for nine years, the homocysteine blood levels were higher in men who died from heart disease than those who did not. In fact, the higher the homocysteine levels, the higher the risk of dying from heart disease.

A study from Norway found that the risk of death – for known heart patients – was directly related to homocysteine levels in the blood. Another multi-country study, done in 1997, showed that the death rate from heart disease is directly related to blood homocysteine levels once again. It's also been implicated in strokes caused by tears in arterial walls.

All right, all right. Enough is enough.

Based on a variety of studies, the evidence has collected that homocysteine levels are directly related to heart disease.

Homocysteine can damage the inner lining of arteries causing narrowing and hardening of the arterial walls and it also increases the tendency to excessive blood clotting, which diminishes the flow of blood throughout the body.

On top of this, it's definitely a better predictor of heart attack than cholesterol and you can manage, that is "lower" homocysteine levels, through the adequate intake of B-vitamins and folic acid.

Lipoprotein(a), or Lp(a)

Now we're down to lipoprotein(a), which is one of the components of cholesterol. It's a sticky lipoprotein, similar in structure to LDL cholesterol, which easily gets tied up in blood vessels where it causes LDL, calcium and other bloodstream substances to accumulate and form occlusions.

Lipoprotein(a) has been called one of the most important predictive factors of stroke and heart attack. The risk of a heart attack nearly triples when Lp(a) levels fall in the highest 20% of its range. It's also a predictor of the recurrent narrowing of blood vessels (restenosis) and premature hardening of the arteries in other parts of the body.

We're not going to go into all the studies on Lp(a), but I will mention one interesting point. Japanese researchers, in trying to determine why heart attacks usually occur in the early hours of the day, found that high levels of lipoprotein(a) were the distinguishing factor between those who suffered heart attacks during the 6-hour morning peak period and at other times.

In any case, lipoprotein(a) is another component of your blood that should be managed, through nutritional means, in order to lower your risk of heart attack and stroke.

C-Reactive Protein and Inflammation

C-reactive protein is the final component of blood we'll discuss, though we briefly touched upon it earlier, but now it's time for the details.

We already know that the cholesterol myth is starting to fall away, and attention is starting to focus on inflammation as a driving force in the process of heart disease rather than cholesterol. Since C-reactive protein measures inflammation, it's receiving quite a lot of attention for insight into heart disease.

Two separate medical studies recently published in the *New England Journal of Medicine* reported that C-reactive protein (CRP), the marker for systemic inflammation inside the body, is a strong predictor of heart attack and stroke. In one study, individuals with the highest CRP values had three times the incidence of heart attack and two times the incidence of stroke. Thus in general, large studies have shown that high levels of CRP can raise your risk of cardiovascular disease several-fold.

That's really all you need to know.

Another analysis evaluated inflammation levels in over 28,000 healthy women and found that for women, C-reactive protein was the most predictive marker for future cardiac events such as heart attacks. Women with the highest CRP levels, as compared to those having the lowest CRP levels, had a greater than fourfold risk of experiencing a cardiac event.

Wow! Who cares about cholesterol with biomarker forewarnings like that?

Hence like most of these other measures, CRP has been found to be an independent predictor of coronary risk that actually has more predictive value than cholesterol. In fact, a consensus is building that C-reactive protein is the best measurement for predicting future coronary risk (although evidence is mounting that interleukin-6, which stimulates the liver to make CRP in the first place, is another

powerful contender). It seems that cholesterol filled arteries do not pose any real danger unless there is also inflammation, which weakens plaques and makes them more vulnerable to bursting or closing off an artery.

Some researchers even theorize that aspirin helps reduce cardiovascular risks only because its anti-inflammatory effects lower the C-reactive protein levels of the blood! High C-reactive protein levels have also been linked with Alzheimer's disease, type II diabetes, and depression.

Here's some other interesting news to help start tying things together again. The evidence also suggests that previous infections of our old friends, *Chlamydia pneumoniae* or *H. Pylori*, may be the initial triggers of the chronic inflammation that CRP detects, and so we've come around in one full circle.

We started with infection causing inflammation, we went on to other measures of your blood, we came upon C-reactive protein, and now we're back to infection once again.

Summary

Thus, we've covered some of the various factors affecting hypercoagulability of the blood, which puts you at greater risk for heart attack and stroke and which can explain an entire host of other chronic health problems.

Hypercoagulability also is one of the chief characteristics of aging. If you want to experience the true results of antiaging, then work on increasing the blood flow throughout your body and reduce any internal signs of infection, inflammation and hypercoagulation.

Oh, yes ... you should also take up meditation as well and cut down on sugar intake because sugar promotes inflammation.

Look at it this way.

Tissues atrophy when they are deprived of oxygen, which happens when they are starved of life giving blood. After all, you only need to turn off the oxygen supply for 15 seconds before your mitochondria, the powerhouses of your cells, turn off and

start a cascade of cellular death. As our organs then atrophy with age, all sorts of other problems can start marching in through the door.

For instance, if you lose heart tissue you get congestive heart failure.

As your glands atrophy, you will suffer from hormone deficiencies.

As your brain cells die, you will suffer from all sorts of cognitive dysfunction.

The death of your lung tissue will produce emphysema, and so on it goes.

These are the normal results of aging and we can say that they are all caused by oxygen deprivation due to poor blood flow. So by cleaning your blood and increasing blood flow throughout your body, we are attacking a major underlying cause of aging and degenerative disease.

We've talked about hypercoagulability, but haven't talked too much about prevention or management of the condition. A good question to ask is whether there any natural substances that can help prevent hypercoagulation and clotting of the arteries?

Actually, there's too many substances to list them all, so let's just follow our normal rule and concentrate on those substances which do multiple "good things" by being useful for variety of reasons.

We want to get rid of infections, reduce inflammation, reduce clotting, lower cholesterol ... all sorts of good stuff. How do we do it?

We're in luck because a wide variety of micronutrients are antioxidants and anticoagulants, so we can hit two birds with one stone. We can counteract various procoagulant factors naturally and safely through the following supplements:

- **Fibrinogen** – curcumin, bromelain, garlic, fish oils, Wobenzyme
- **Homocysteine** – folic acid, B12 and B6, trimethylglycine
- **Lipoprotein(a)** – niacin (or inositol hexanicotinate), vitamin C, lysine and proline, fish oil, avoid trans fats
- **C-reactive Protein** – vitamin E, borage oil, fish oil, DHEA, nettle leaf
- **Blood viscosity** – bromelain and Wobenzyme
- **Platelet aggregation** – curcumin, ginkgo biloba, ginger, garlic, vitamin E

I don't think we need to go into all these ingredients, or even need to expand upon the list.

For instance, we could write pages talking about garlic and the fact that countless studies show that garlic lowers infection, lowers blood pressure and cholesterol, and makes the blood less likely to clot or agglutinate.

We could mention that bromelain decreases fibrinogen concentrations.

A discussion on vitamin E and C could take days. One famous study, which recently rocked the medical world, was done on individuals who were given 1000 mg of vitamin C and 800 IU of vitamin E before a fatty meal, and the combo prevented 28% of the blood vessel constriction and clotting normally seen with fat intake. This tells you that taking a daily multivitamin containing adequate amounts of vitamin E and C is a wise thing.

In another study where individuals were given 600 mg of vitamin C, 300 mg of vitamin E, 27 mg of beta-carotene and 75 mcg of selenium, platelet aggregation (clot forming ability) fell 24%, lipid peroxidation fell 20%, and clot production fell 51%. No drug on earth has this power, which is why a lot of firms are afraid of lots of information coming out on multivitamins.

All these reports simply tell you that you (1) should be taking a rather good multivitamin/multimineral supplement, (2) if you have elevated blood factors that indicate some problem, then you should take an appropriate supplement full of ingredients targeted for that condition, (3) you should measure your blood chemistries to get this valuable information using a lab like Great Smokies or Metamatrix.

The whole point of this chapter is to tell you that your risk for heart attack and stroke can be estimated by the presence of a high level of certain components in your blood, and then lowered through appropriate supplementation. That's news your doctor your doctor won't tell you.

Doctors always focus on cholesterol, but cholesterol as a leading indicator or risk factor for heart attack and stroke offers little accuracy compared to these blood measurements. Unfortunately, you doctor usually doesn't even know about these things.

If you truly wish to get an estimate of your cardiovascular risk, stop focusing on cholesterol and get a **Cardiovascular Risk Profile** done by **Metamatrix** (www.metamatrix.com) or **Great Smokies Laboratory** (www.gsdl.com). Other labs, such as **Immunoscience Labs** (800-950-4686) or **Quest Diagnostics** can do some of the routine or specialty testing as well. If your C-reactive protein and Lp(a) levels are high, that's when it's time for even more thorough testing.

With those results in your hand, you can then consider the need for appropriate preventative supplementation – rather than drugs – to help counter your condition. Believe me, this type of intervention is worth it – it's worth more than paying for medical or life insurance.

In most cases the supplementation indicated will be a substance like Wobenzyme, a strong multivitamin, or a targeted multivitamin/multimineral supplement for heart patients so the point is to be in the know and identify your risk rather than spend your money uselessly.

As a naturopathic educator concerned that you are not getting the whole story about your health risks, but that you are indeed concerned (otherwise you wouldn't have purchased this book) this is the best thing I can do for you.

Doctors are notoriously behind-the-times when it comes to applying the results of the latest research in the nutritional or complementary health field, but if you insist on taking these tests you'll be sure that you are doing the best you can for your health.

You're the one who has to pay for any mistakes in the end, so trust to your own wisdom to decide what to do.

Smart Exercise

I happen to be on a lot of charity mailing lists, and as I write this chapter I must recount a true coincidence ... I have just received a letter from the American Heart Association (asking for a donation) which says the following on the back of the envelope:

Regular, moderate-to-vigorous physical activity helps prevent heart and blood vessel disease. The more vigorous the activity, the greater your benefits. However, even moderate-intensity activities help if done regularly and long term.

Thus we come to the topic of exercise, which most people already know is good for your health.

Exercise increases your heart rate and really gets your blood flowing through all your veins and arteries. If you have opened all your veins and arteries by following the preceding protocols, the possible beneficial effects of exercise due to increased blood flow will be even greater than before! Exercise will really enable your blood flow to flood all your organs and radically increase your body's ability to cart away cellular wastes and debris.

That ability to increase oxygen, nutrient and waste transport is why you end up getting healthier and feeling better when you exercise (without overdoing it) on a regular basis.

The question is, what type of exercise regime is best for you?

A simple answer is that the best form of exercise is the one you choose to do and stay with, because continuity is the biggest problem with following an exercise regime. You know what I'm talking about, so I need discuss this no further.

People typically start out with good exercise intentions, but motivation is hard to maintain so they usually drop away from their exercise schedule after awhile. If you do get in shape through exercise, however, it's nice to know that you only need roughly half that level of initial effort to maintain any new degree of fitness you end up achieving.

Body for Life and Weight Lifting

If you want a good exercise program that's simple, that's all laid out for you, which produces all sorts of great results, and which has variety but doesn't require too much thinking about what you must do on a daily basis, you can turn to the [Body for Life](#) program created by Bill Phillips.

I took up this program awhile ago to see what it was like and religiously stuck to all its recommended routines. One reason I did it was to find out why it was so popular. Another reason was to determine whether it was actually as effective as people said it was, and also because it also gave me a chance to bone up on the topic of weight training which we didn't cover in nutritional school.

Lots of research has been done on weight training, and I have to say it's all very positive.

Quite a few of the alternative medical doctors have finally recognized that weight training helps with weight loss and osteoporosis, and were starting to recommend it publicly, so this was another reason to get involved. If you don't always push yourself to keep up with what's new out there, your knowledge base will tend to stagnate after sometime. So you have to test, test, test and test again everything that comes your way. That's why I can even write this type of ebook.

Immersing myself in the program gave me an opportunity to check out all the research claims on weight lifting, visualization techniques, Olympic training and so forth, and get some first hand knowledge on why Arnold Schwarzenegger, the weight lifting community and body sculptors were all crazy about it.

The topic prompts me to mention that some of the really serious guys and gals in the field of weight training know every ounce of muscle or fat on their body, and watch absolutely everything they eat and know its effect on their bodies. They know, from experience, exactly what will cause them to gain weight or lose weight ... so if you want to know what the possible effect of diet is on your weight, you should at least listen to these folks because they can speak from *measured* personal experience.

Too often the studies you read about in medical journals are done improperly and then everyone goes around repeating these erroneous or meaningless results. Serious lifters in competition, however, know what works and what doesn't – at least

for themselves and their own biochemical individuality – because they tend to measure everything due to the competitive nature of their sport.

The situation reminds me of a story one of my professors told us when he was in college lifting weights himself. He said that a bunch of research PhD nutritionists and doctors laughed at the body builders consuming all the protein powders because “this study” and “that study” had shown that protein couldn’t help with weight gain. Of course, several years later all those conclusions were “discovered” to be wrong, although the weight lifters knew from the start what worked because of their own personal experiences.

Countless studies in medicine are just so poorly done that you really have to ignore a lot of what some of them say. They measure one thing and extrapolate it to a thousand things, and say one thing this year while ten years later the conclusion is reversed.

Sometimes you just have to use your common sense and practical experience to determine what’s best to do.

As to the quality of the simple [Body for Life](#) routine, I’ve got one word for you about it: “great.” Enroll, follow the exercise program and stick with it, and you’ll be in pretty good shape pretty darn soon.

Here’s what I personally found out from the experience, and which confirmed everything I had heard about or read about from the health community.

When you go to the gym you’re usually going to find two groups of people.

There will be those with slim or muscular physiques – let’s just call this the category of those in “pretty good shape” – usually lifting weights. There will also be a second group of people doing cardiovascular work who are generally the ones most overweight and out of shape.

While doctors usually recommend “cardiovascular work, cardiovascular work ... go running, biking or run on a treadmill,” the cardio group usually stays overweight whereas the weight lifters -- even moderate weight lifters -- tend to lose the poundage.

Even when they're initially overweight, the weight lifters are the ones who seem to make the best progress in their overall level of fitness.

Part of the reason for this is because you can go through all the motions of doing cardio work every day without really pushing yourself to make progress, whereas that's less likely to happen on the road of weight training. In weight training you must practice routines which cause you to exercise the large muscles of your body, and you are taught to do cardio work in a special manner that makes all the difference in the world.

When I went through the [Body for Life](#) program, for three times a week I did my cardiovascular training in the gym on bikes and the treadmill, and my weight training on opposite days as well. Over time I confirmed these exact same finding which others had forewarned me about.

For weeks I would stick to my routines and any bystander could see that progress was being made. I was slowly getting in shape and improving in strength, stamina and appearance every week. It was really about the seventh or eighth week when the changes became extremely noticeable, and that's also the time frame that others had indicated would be the tipping point.

Just as I had been informed, indeed those others in the gym religiously doing their weight training seemed to be making progress with their strength, health and appearance, too, while the same crowd of cardiovascular folks, who also religiously followed their routines, never seemed to improve an iota. Week after week they seemed to stay at the same weight, and nothing ever seemed to change.

Why?

Because they never pushed themselves, and cheated themselves that they were really doing cardio training. Yes, they ran or biked religiously, but they would never put in any effort to raise their heart rate significantly or even vary their speed during their training. They'd simply walk their 20 or 30 minutes on a treadmill or slowly pedal their bike, and that's about it.

To get the maximum benefit from these machines, you have to pace yourself for several minutes at one speed and then increase it. After a few minutes at the new higher speed level, you must increase your speed again. Then you must repeat this upward ratcheting again. After a few minutes at that new speed, you must run (or

pedal) all out until you can no longer do so, and then drop all the way back down to a steady state pace you started out with (or a bit higher).

You can find a detailed explanation of the process, with diagrams, in the [Body for Life](#) book.

You only need to spend about twenty minutes on a treadmill to gain all its benefits, and putting in the time is how you're going to get great cardio improvement.

That's all ... cardio training for as little as 20 minutes a day has been known to reduce risk factors like high blood pressure and cholesterol, and recent data has shown that it helps buffer the heart against "acute triggers" like sex or sudden exertion.

Treadmills and Running

I liked the treadmill routine much better than running outside in the cold or wet weather where I live. In truth, I find running incredibly boring and like the fact that when you have a treadmill at home, you can even watch television while running.

That actually helps eliminate your excuses for not exercising and helps insure that you will put in the exercise effort. Then again, studies show you tend to lose more weight if you do your running outdoors, but the key is whether you'll continue the practice or not. Once again, it comes down to motivation and pushing yourself.

Running while watching the nightly news is something one of my best friends loves to do. Afterwards, he immediately hops into the shower and then into the bed with his wife to make use of all his extra energy. When you have your own treadmill you can also program the machine to vary your running or walking speed according to some timetable so that you're energized by the workout or become tired, and once you set the machine it's going to remember your settings forever.

Picking the right treadmill can be a daunting affair, but I've got a suggestion for you. One of the most popular, quiet and reliable treadmill manufacturers is Smooth Treadmill, which can be reached on the web at [Smooth Treadmill](#).

Smooth Treadmill was rated one of the top ten treadmill brands by *Runner's World* magazine and a "**Best buy**" by *Prevention* magazine in December 2002. Don't buy

an overly fancy, expensive treadmill because the fancy ones have more things that can break, and most people don't use the extra options anyway.

If you're going to get started, buy a simple one like the Smooth Treadmill 5.0.

Because they're so good, Smooth Treadmill is one of the largest online suppliers of exercise equipment. Part of their popularity is the fact that they offer factory direct equipment at huge savings (as much as 45% off – why should you pay top dollar?) backed by leading warranties. Having used lots of treadmills, my favorite models are the Smooth 5.0, 9.1, or 9.3 that you should check into.

Standing Bikes

Other than treadmills, there's also standing bikes you can buy for your cardio routine.

There are so many different models for standing bikes that it boggles my mind, and since everyone has their own preferences, to each his own.

Personally I prefer the treadmill to the bike, but if you lean toward the idea of buying a standing bike for your house, you can browse through a large selection of all shapes and sizes on the internet at [Bally Total Fitness](#).

Simply log on and find the style you like (remember they're fitness experts so they have a large selection). However, unlike a treadmill, I think it's best you try out a bike in person before you buy one. I don't know too much about bikes, but I do know that [Bally Total Fitness](#) has a bunch of styles you can browse through.

Are treadmills, running and biking the only ways to get cardio training?

Here's something surprising I found out years ago, and I just don't have the right sized apartment to do something about it.

Mini-Trampolines (Rebounders) !

My good friend and fellow naturopath/nutritionist, David Getoff, is someone I respect tremendously for his knowledge of the health field. He is someone with whom I often confer when I need some information or encounter with some naturopathic dilemma.

David resides in San Diego and has served as Vice-President of the Price Pottenger Nutritional Foundation (which to me is a far better and more deserving organization for your charitable contributions than the American Heart Association, American Cancer Society, American Diabetes Association and several other large charitable institutions), and is such an expert in the naturopathic field that clients from ten states come to visit him, haven chosen him as their naturopath/nutritionist for life.

Here's what David told me was perhaps the best form of exercise for the busy individual, and which provide cardiovascular benefits and muscle training as well. What David feels – and this is a guy who researches everything ten times over -- is even better than [Body for Life](#), running or biking is of all things an indoor trampoline.

That's right ... a small, indoor mini-trampoline. Sometimes they're called "rebounders."

If you just bounce up and down on an indoor rebounder it's a great way to get a cardiovascular workout, and it's great for your lymphathic system, too. It's a great way to stimulate the detoxification of your cells, which very few other forms of exercise can do.

Buying an indoor trampoline is much less expensive than a treadmill. It's also small enough that you can set it up and stick it in front of the TV and just bounce on it for a couple minutes a day to reap the benefits. You can even buy videos with exercise routines so that using the rebounder isn't so boring. These are all great benefits.

Since it's small enough, you can even take a rebounder with you on trips in a car or plane. With a rebounder you also don't need to exercise for twenty minutes three times a week at your target heart rate to get great benefits, because just a few minutes a couple times a week will do it.

Here's why.

All forms of exercise have a specific purpose. Maybe the purpose of some specific exercise might be to get your heart rate up (cardiovascular), or build specific muscles as in weight training, but the rebounder has the ability to work on all the muscles and cells in your body. No other exercise can do that. It's only considered a

low level of trauma to the musculoskeletal system as well, so it's not likely to hurt you at all.

At least that's the word from research done by NASA.

Because you're bouncing up and down, a rebounder lets you exercise *every cell* of your body through the factor of whole body vibration ... so it gets you exercising muscle groups that would never get exercised otherwise. In fact, NASA has determined that "the magnitude of the biomechanical stimuli is greater with jumping on a trampoline than with running."

I don't know if you are keen on trying something as non-traditional as the mini-trampoline (all this stuff is "unorthodox" until everyone starts doing it), but it's my job to let you know the easiest and best ways to stay in shape that offer the most benefits, and this is one of the secrets to great health.

If you want to get one, the only rebounder I recommend is the U.S. made **Needak Rebounder**, either the ½ fold or non-fold.

About one million people join health clubs every month, and in two months time about 75% of this number won't return to use their memberships anymore. So remember that the most important exercise is the one you do ... or should we say, "the one you *continue* to do."

Exercise won't help anyone if it doesn't get done, so don't try to choose the "perfect exercise" to do. Rather, select the one you'll continue with. There's running, biking, weight training and the rebounder as well as tennis, volleyball, skiing and the other "normal ones" you'd normally consider.

Exercise is another factor to help you get in shape and reduce the risk of heart attack and stroke, and enjoy the effects of antiaging. Next on our list is meditation, which is also an 'exercise' that leads to rejuvenation and life extension.

The Rejuvenating Power of Meditation and Deep Breathing

We come to what I believe is the most interesting and effective thing you can do to reverse the aging clock and rejuvenate your body through the elimination of all sorts of health problems.

Up to this point, if you've done everything we've previously discussed on cleaning your arteries and veins, getting rid of "dirty blood," detoxifying your body and getting rid of hidden sources of infection and inflammation, then you've done a lot and should see a measurable uplift in your state of health.

You might have to wait for your body to respond to the new and cleaner you, but it will respond. Sometimes you simply need a small spark to help it get started responding.

What's that spark?

That spark is meditation.

Meditation

I've written quite a few books on the practice and benefits of meditation, and if you're interested you can find most of these materials at my website www.meditationexpert.com. The topic of meditation for spiritual practice is actually my first love, but the benefits of meditation tie right in with the field of holistic medicine, antiaging and how to get *really* healthy.

People never really realize the true power of meditation until they actually start meditating themselves and personally experience its benefits. So the important question is, how do you get started?

Well, you can always take some participative courses on meditation since they're available in local communities everywhere. You can also buy some taped meditation courses through the internet.

If you don't have a good teacher available, I often recommend the [Holosync audio program](#) to help people get started. It's one of the best courses out there to get you started on the meditation trail and it's packaged with a lot of good material on how to use meditation to lower stress levels and break old habits to change your life. Based in part on Nobel Prize-winning research, [Holosync](#) gives your brain a very specific audio stimulus that tends to create states of deep meditation.

If you want to understand meditation, here's what I also suggest you do.

Skip all the New Age junk on channeling, angels, crystals and so forth. That stuff is attractive nonsense, but nonsense nonetheless. It's going to waste your time and money, and it's not going to get you anywhere.

Instead, go immediately to www.amazon.com and purchase [Tao and Longevity](#) by Nan Huai-Chin, which is the best beginner's book on meditation out there. It will tell you everything you need to know about what really happens to your body as you begin to meditate. Nothing else is like it out there. I've got my own book on amazon called [Twenty-Five Doors to Meditation](#) but it can't hold a candle to [Tao and Longevity](#). In fact, no book out there can.

[Tao and Longevity](#) will tell you what meditation is all about, and will go into all the advanced stages of physical rejuvenation you can expect to occur along the path of meditation practice.

This is priceless information you absolutely cannot find elsewhere, and I hope to heaven it never goes out of print. Science is so far behind the information presented in this book that you'd have to wait several lifetimes for science to catch up to a small iota of the teachings in this small paperback.

Why wait that long?

It's sort of silly to always wait for some "scientific" study to confirm this or that when common sense let's you see the results for yourself, and when thousands of years of tradition survive usually because there's some truth to a matter. The benefits of meditation are something that spiritual schools have recognized for centuries, which is that meditation is useful not just for health purposes, but adds to your longevity and assists you in the climb for spiritual progress.

I also want to say the following to you if you are a man and are starting to have problems with your libido. If you want to increase your inner vitality, meditation is the world's best natural Viagra because it will cause all your natural chi, or life force, to once again begin arising fully. With the rising of your chi comes energy and stamina that's natural rather than artificially induced, which means your body is ready for it.

If you want to start healing your body of internal hurts and harms, meditation is also the world's best inner healer because it causes your vital energies, or life force, to circulate to where it needs to go.

Meditation never causes any illness or sickness in the human body. It just heals it.

When your vital energies start to flow because of meditation practice, meditation functions like an X-ray in provoking your latent illnesses to reveal themselves so that you can intervene and take some appropriate actions. It also does a fair job of helping to heal those imbalances itself.

The older you get the more you tend to realize that prevention (or early action) is tons better than cure. Knowing is also far better than not knowing and not acting, too. That's why I'm always emphasizing prevention in this book (steps that cost you pennies rather than thousands) and knowledge.

Here's how meditation is related to the principles of prevention and knowledge.

Meditation helps you with both the healing and knowing because it gives you the ability to spot any problems with your health, and intervene immediately.

If you want to learn how to calm your mind and get rid of anxiety or stress then I can also recommend no other better practice than meditation. This is what most people recognize that meditation is for anyway – to calm the mind.

The way meditation works is that it helps you calm our mind as well as the “chi” life force of your body. If your mind calms then your chi calms, and if your chi calms then your mind calms because the two are interlinked.

Did you ever notice that all those advanced martial artist movie stars seemed so calm and collected on TV? When you cultivate your chi, as they do, then your mind tends to become calm and gradually reaches a state where it can flow freely and smoothly.

Because chi is linked to our physical nature, when you cultivate your mind to a state of calm, your physical health will improve as a natural result as well. For example, if you've ever noticed that people look great after a vacation, you've also recognized the reason is because they gave up their cares and worries for awhile. To de-stress has a rejuvenating effect on the mind and body.

Here's the esoteric biophysics of the matter in more detail: your thoughts and life force (consciousness and chi) are interlinked so that if you calm one, you calm the other. That's how meditation – the practice of detaching from your discriminative thoughts – will help with anger, depression, anxiety and all sorts of other mental bothers.

These mental problems aren't just the product of thoughts, but are usually involved with habitual energy streams that are running errant within your body. If you can pacify those streams through meditation, then you will go a long way to pacifying the mental and emotional part of those conditions.

If you want to increase your life span then meditation is also the way to do this as well.

Meditation initiates the rise of vital energies within your body. The rising of your vital energy, or chi, will start to open the energy channels (acupuncture meridians) that run everywhere in your physical nature – just like your nerves, veins and arteries -- so that the life force which circulates through these channels can now do so without friction and obstruction.

When you reduce friction you reduce the wear and tear of any mechanism, so clearing your body's energy channels of obstructions through meditation will help your body to last longer.

Meditation is thus the way to health and longevity.

That's how the Eastern medical schools of Chinese TCM and Indian ayurveda describe the process, and they are as empirical in their own right as we are in our ours.

Modern western science has started to confirm that meditation helps lower your blood pressure, reduces stress and anxiety, can bolster your immune system, and

produces all sorts of other health benefits. It seems that every month a new study comes out proving that meditation can do this or that to help you, so modern science is simply reproving the findings of the ancients.

It's really beneficial ... you should take it up as a daily practice, like brushing your teeth.

There's no need to go citing all these studies or all the books on this matter. It's enough to know they simply reconfirm what the Eastern sages have been saying for centuries ... meditation is a great thing to do.

Now don't go talking to an acupuncturist, martial artist or Chinese medical doctor and say that the "chi channels" cited by meditators and various spiritual traditions don't exist. These folks know from lots of personal experience that they do exist because they work with them on a daily basis, and will just laugh at you if they hear this.

If you simply start meditating then in time you will start to feel your own chi and acupuncture meridians yourself, and that's all the proof you'll ever need. The proof is in the personal experience rather than in books or government reports, just as it is with the actualities of spiritual attainment.

I remember the very first time my own father came to visit me in Asia and experienced acupuncture for the first time. He had no preconceptions of acupuncture because he didn't know anything about it, but with only one needle inserted in his hand he was able to feel the entire acupuncture meridian running up and down his arm.

That's rare, but the doctor explained it does happen to people who are really healthy, and through that one experience he verified for himself that these meridians (called "chi channels") actually do exist. But not all people accept their existence. Some people are still vehemently opposed to acupuncture.

It's interesting that when the Western world was first introduced to videotapes of acupuncturists treating surgery patients without pain, which came back from Richard Nixon's trip to China, some doctors even walked out of the showing rooms claiming that what they were seeing was all nonsense and fabrication.

Anger was flying in the air because people would not open up their closed knit worldviews to admit there was something they didn't know about, and accept the two

thousand-year-old findings of another culture. Doctors have a tendency to adopt this “I know it all attitude,” which illustrates how open-mindedness often plays no role in the progress of modern science.

Even today acupuncture is still only slowly being accepted. Of course I’ve experienced acupuncture loads of times myself, have talked with and been treated by some of the best Chinese acupuncture doctors, and have seen “miracle cures” such as cripples being cured with a single needle.

None of this is “miracle stuff,” however. It’s just that the common man doesn’t know the principles of this sort of science, and therefore calls it a “miracle.”

Not knowing the principles behind why something works doesn’t mean the practice isn’t effective ... it just means it’s not understood well. After all, we saw the same thing for aspirin, and you could go so far as to say that lots in this ebook is “unproven” from the same vantage point, so while these methods have been safely used for decades, for legal purposes I always ask you to run them past your doctor.

Yes, you should do that. Always run these various protocols past your personal physician.

On the other hand, what does it mean if something is “unproven” by today’s standards ... that certainly doesn’t mean it doesn’t work, does it?

If I’m in need and something offers promise but we don’t understand why it works, and yet it’s safe and effective, then “shoot” ... I’m personally going to use it. That’s how practical I am. There’s a saying that runs, “a wise healer uses what works regardless of what other authorities may say to the contrary.”

If I don’t try something safe and effective because I’m scared, then Buddhism says it’s because I lack sufficient wisdom and merit for the cure. If that’s the case, then there’s probably nothing anyone can do to help me through natural means because I probably wouldn’t listen to them either.

You always have to consider that there might be some validity to processes and procedures that have lasted several thousand years because if they weren’t effective, they would not have lasted so long. That’s what I always think to myself when I encounter something strange or unusual or unorthodox.

Yes, I'm always skeptical, but I'm also always open and willing to try new things. That's why I'm called "The Skeptical Nutritionist." You have to be open to everything but test everything, and remember that not everything works for everybody. Sometimes things only work under certain conditions.

For instance, I always have to tell people that nutritional supplements might be the answer to their specific health condition, and yet they might never know under various conditions:

- a supplement can work, but if your client used a lower quality replacement brand other than the one recommended, it might have no effectiveness whatsoever even though that protocol may work and be correct
- a supplement may work, but if the client didn't follow the protocol you gave them and take the supplement, they won't get well either; they'll never get well by what they don't do
- a supplement/protocol can work, but if a client doesn't give it enough time to kick in then they won't show results, so be conservative in saying how long it'll take to see improvements in a condition
- a supplement might work, but the potency/dosage but not be strong enough for *this* person
- the supplement might work, but another necessary co-factor might be missing
- the supplement might work, but it might not be absorbed
- the supplement might work, but it might be counteracted by another substance or medicine taken at the same time

Here's another one of those "unproven" health teachings, but actually the foundation of Chinese and Indian medical systems.

The key to becoming really healthy according to Chinese and Indian medicine – and I mean *really* healthy – is (1) to clean out all the chi channels of your body so that your body and organ systems can function more optimally and (2) to cultivate your life force, or chi, to a state of purity.

We have nerves, lymph channels, veins and arteries and chi channels (acupuncture meridians) running all throughout our bodies. So far we've talked about how to clear out these other channels of your body ... your blood vessels and certain organs like the liver and kidneys, and even how to purify your blood ... but in turning to this topic we're now speaking of how you can open up your chi channels and purify your chi life force instead of your blood.

That's another big step to physical rejuvenation.

There's two methods I recommend that can help you do this so that you can obtain all the benefits of greater health, more energy, mental clarity, vitality and longevity: **meditation**, which we've briefly mentioned, and **breathing exercises**.

If you buy the [Holosync Technology](#), this is the first step in teaching you one way – an assisted means using sound -- to meditate. The Holosync technology is great because it encourages the brain to produce endorphins – the famous brain pleasure chemicals – and helps you synchronize both sides of your brain. Most people who use the program also report tremendous leaps in insight and self-awareness.

If you don't need this outside help to get started, then don't even bother buying this stuff but just learn to meditate by letting go of your thoughts, which is actually a higher method.

Meditation is the process of letting go of the thoughts that arise in your mind so that they eventually die down due to the lack of injected energy. When you watch them you can eventually separate from your thoughts so that they are just passing things, and you then you can remain watching them as an objective silent observer.

If you just watch your thoughts and let them go as they arise and depart, then slowly over time ... with practice ... your mind will tend to become more settled and will become open, free, cool, calm and clear. You'll eventually develop the acuity and sharpness of a Zen master.

People call this resultant state selflessness, egolessness, emptiness, one-pointedness, calming, spiritual grace and all sorts of other terms because it's a state without much mental chatter.

For instance, since you no longer identify with the thoughts that run in your head, and no longer identify with them as being the real you, that's why we say you become selfless. Furthermore, rather than attach to thoughts that would formerly impel you, with meditation practice you can connect with your larger self, which is empty of thoughts and universal, and can choose better courses of action in the world.

You can use all sorts of meditation methods to help you get to this state, which is prized by all true religions. My book [Twenty-Five Doors to Meditation](#) lists over twenty such methods including the practice of reciting mantras or the rosary, visualization practice to learn the inner quiet of one-pointed concentration, vipassana cessation-contemplation practice which is used by most religions, and even esoteric methods like kundalini cultivation, sexual cultivation and “inner watching.”

People always ask me what time of day is best to meditate. I always tell them that the best time to meditate is whenever you can, because the real issue is to do it rather than have a best time.

The same thing goes for exercise.

If I said that the best time is 2:00, you'd be surprised how many people would talk themselves out of meditation if that time wasn't convenient, so the best time to practice is whenever you *do* practice. And the best type of practice is *consistent* practice because only consistency produces results.

However, there is a general rule to follow: try to practice meditation on an empty stomach so that you're not drowsy. As to how long you should meditate, just start and see what happens.

Eventually 20 minutes of meditation turns into 40 minutes after several weeks of effort, and once you start tasting the benefits, you can decide whether or not once or twice a day is right for you. Shoot for at least twenty minutes a day when beginning, and try to extend it to at least 40 or 60 minutes a day if you can.

Over time the effects of meditation are like compound interest, so if you really stick with it you will definitely reap its fruits.

I'm not going to say anything that might possibly dissuade you in any way from starting to practice meditation. To further encourage you, I want you to know that most religions have meditative practice of some form or another embedded in their worship and self-improvement systems, but most people usually don't realize it.

Once you sit down, meditation takes some time to begin to activate your life force energies so that they really start impacting your physical body, just as a car needs to warm up in the winter time before it gets started. Nevertheless this is the truest, highest and best way to health and physical rejuvenation.

To speed things up there are some extra things you can do, and that's to start practicing breathing practices, called "pranayama," that can help push your life force.

Pranayama Breathing Exercises

If you wanted to become involved with an activity more energetic than meditation that would also help with your health, longevity, mental clarity, energy, focus and ability to get things done – and which costs nothing to boot -- I'd recommend the practice of pranayama, or yoga breath control exercises, that teach you to hold your breath.

If you practiced holding your breath in a certain way every day, the results will be so beneficial to your health that you should be rewarded with a discount on your health insurance.

I'm not kidding! That's how powerful this stuff is.

There's hundreds of pranayama breathing practices out there. Some of them have you inhaling your breath through one nostril for a certain count of time, then holding it for another count of time or as long as possible, and then exhaling it through your other nostril according to yet other timing instructions.

There are all sorts of various yoga positions and counting schemes for inhaling and holding your breath.

Nonetheless, the best single method of pranayama practice I've ever found was one my Teacher taught me from the esoteric school of Tibet called the "9- bottled wind practice." It only takes about 15 minutes a day to practice it.

If you do practice this breathing exercise every day, it will restore the color to your cheeks, help open up closed veins and arteries even past what we've already done, you'll definitely lose some extra weight, your mental clarity will increase, headaches will disappear, your energy will rise, your natural vitality will return and it will tend to force all sorts of hidden sicknesses out of your body as [Tao and Longevity](#) explains.

By now if you've followed a number of the previous instructions, you've already done a lot of preparatory work in cleaning and detoxifying your body, and with this

technique you can now work at opening up your chi channels to help purify your actual life force.

In the world's various religions, purifying your chi and chi channels is the real route to physical, mental and spiritual health, and that's what you're going to be doing.

Whether you believe in this or not, in any case this sort of exercise definitely leads to big improvements in your state of health and especially in your mental clarity, focus and acuity. Some of the most famous Chinese poets stated they were able to write their beautiful prose only because they followed a daily routine of breath cultivation practice like what I'm going to teach you. It's a worthwhile topic to study, and there are lots of websites on pranayama.

The way you perform the 9-wind breathing practice is as follows (more detailed instructions can be found in my book [Twenty-Five Doors to Meditation](#) which also has pictures). You're going to be doing three sets of holding your breath. During each set, one of your nostrils will be closed while the other is kept open, and during each set you will have to repeat the same routine three times.

That's three times three, which is a total of nine breath retentions, which is how the "9-wind" practice gets its name.

Here's the method.

First you hold your left nostril shut with your left pointing finger while sucking in the air through your right nostril, and then you'll continue holding that nostril shut while holding your breath for as long as possible. You'll do that a total of three times.

Next you'll hold your right nostril shut with your right pointing finger while drawing in air from the left nostril, and then you must hold your breath for as long as possible before exhaling ... for a total of three times.

Then for your final three repetitions, you'll breathe in through both nostrils of your nose, and practice holding your breath without exhaling.

That sounds simple enough, so here are the further details that enable this method to produce the best results.

When you draw in your breath before holding it, you should draw it in as slowly as possible, and into your lungs as deeply possible.

Most people, no matter how many times you tell them this, inhale their breath in a short period of time or series of short gulps.

Sorry ... wrong.

Furthermore, they don't do anything you can describe as packing it deeply into their lungs. But you have to fill your lungs deep down with your slowly inhaled breath – you've got to pack it in there -- and while inhaling you never use your mouth. You just use the nostrils.

While you are inhaling and holding your breath, you should be practicing this while sitting on a hard surface, and in a lotus style meditation posture if possible. If you can't assume that famous cross-legged posture, then just sit on firm ground.

While inhaling and holding your breath, you must also stick one arm out in the air perpendicular to your body, so that your ribs are opened fully, and you hold that nostril shut using only your index finger from your raised arm while the rest of your fingers are closed in a fist. As to the other arm, it should be locked in an extended position that tries to open up the rib space between your shoulder and crossed legs.

Since this can only be accurately described with a picture such as in my book, don't worry too much about that other arm position I've just described. Just make sure that when you pinch one nostril shut, that pinching arm is raised perpendicular to the body, and is held that way throughout the breath retention period.

Next comes the stage of breath retention itself. Here are the instructions.

You simply hold your breath for as long as possible, using very little strain or effort, and when you can hold it no more you exhale it with one *forceful push* through the open nostril.

That's it.

For the last set of repetitions where you hold your breath without breathing out through either nostril, you exhale through them together when you can hold your breath no longer. For the prior two sets of left-side or right-sided inhalation-

exhalation, the inhalation nostril is the same nostril you use to shoot out your exhalation. (Hint: you better have some tissues handy)

It's very important that your breath is ejected with force on the exhalation when you can hold it in no longer. The force you use to expel it can be compared to the speed of an arrow shot from a bow, and it's important that you use as few muscles as possible to hold in your breath during the stage of retention. That's also very important.

The key to most of the pranayama breath retention methods, which are called "kumbhaka" exercises in yoga literature, is the following rule: using as few muscles as possible (maximum physical relaxation), you must hold in as much breath as possible, as deeply as possible, for as long as possible, and then exhale it as quickly as possible.

In the old days, yogis used to practice controlling their breath through all sorts of breath retention exercises, which you can find listed in books such as the **Hatha Yoga Pradipika** and all sorts of modern books on pranayama. You can safely practice any of these techniques today, but don't overdo your efforts and try to climb Mount Everest on your first time out. Make haste slowly with pranayama methods.

Only through a gradual, progressive training process will you be able to increase the amount of breath you can pull into your lungs and hold, and the amount of time you can retain it.

If you're not used to holding your breath, then don't ever do the exercises standing up because the lack of oxygen, when you're not used to it, can cause you to fall down or momentarily lose consciousness.

If you were really good at using the breath retention exercises to purify your body, then when you've really reached a good stage of effectiveness it will cause your perspiration to break out all over. At a higher stage of attainment your body will begin to shake as your chi channels become opened, and at an even higher stage of attainment your internal vital energy will be "ignited" and you can be initiated into the ranks of the saints and sages.

These stages of attainment are so rare, however, that we should all bow down to you if they were to happen.

When that does happen, however, the yogis (and Tao school adepts as well as Tibetan Buddhists and other “inner alchemists”) have recorded that real chi of your physical nature will start traversing throughout your body initially going upwards to the head using the chi channels of your spine. Then they will eventually reach your head where they will pour into your brain.

The rush of chi into your brain will silence your wandering thoughts and bring about an advanced spiritual state of mental calm called “samadhi,” which is what the yogis were all after because that’s the real beginning of spiritual progress. People become seers, prophets, adepts, saints and sages all because they had initiated this same spiritual process and attained samadhi. Now you know one of the secret methods to achieving the same thing.

If you can reach this stage, you should be the one writing this book because your chi will start clearing all the chi channels of your body, and will totally rejuvenate it from head to foot from within.

If you don’t reach this advanced stage of physical purification, pranayama breath exercises will still produce wonderful health benefits just the same, so they are one of the steps I actively encourage, especially if you want to increase your mental acuity.

Anyway, those are the very advanced results from practicing forceful methods of breath control found in various branches of Taoism, yoga, Tantra, Tibetan Buddhism and other religions.

The lesson is that if you can ignite your internal chi life force energy within, through force-based breathing practices that have you draw in your breath and then hold it until your internal chi channels open up, then you are really on the way to physical rejuvenation.

Special meditation substances

Meditation and breathing exercises, to clear your chi channels so that your chi rises from within, are not the only ways to bring your vital energies to your head to produce an advanced mental state of clarity co-joined with calm.

Over the years I've searched the world for natural substances that can help people make progress with meditation. I've read old books, climbed mountains, visited temples and isolated places, interviewed revered monks and nuns and done all sorts of things hoping to bring back some useful stuff to the modern world.

During that time I've investigated Indian rasayana formulas, secret Tibetan mineral derivatives, Chinese mulberry herbal concoctions, ayurvedic medicines ... all sorts of things including modern Western electrical equipment whose inventors claim do the same thing.

I hate these artificial crutches, but because of the state of today's world where it's almost impossible for people to reach advanced stages of meditation anymore, I've searched them out in order to see whether I can find anything useful to help people get started on the spiritual trail and the path of physical rejuvenation. The story of these searches is a book in itself.

Throughout this search I've found very few genuine substances that can really help you cultivate your chi or advanced mental states, and lots of junk and unsubstantiated claims.

The right type of mineral supplements can be very helpful with your meditation, however, and I have found one mineral substance that actually lets you taste some of the minor results of advanced meditation practice ... provided that your body is prepared for it because of prior consistent practice.

This product also helps with memory, eye-hand coordination, energy, concentration, eyesight and all sorts of other benefits that would normally result from your chi rising to your head.

If your body has already been prepared through a lengthy set of prior practices of purification and meditation, you can use this product to produce a state I jokingly call "artificial meditation," but please don't rely on this substance to produce this state. Rather, you can use it to get a taste for the possible benefits, but remember that it is only effective for those who have first learned and practiced meditation for some time so that their chi channels have already been opened a bit.

The only people who should use it regularly are those who find it beneficial for a difficult health condition – because it does help with a variety of illness situations -- and have no other health alternatives.

The product I'm speaking of is called "colloidal gold," but only the colloidal gold made by one company in the world because of its advanced manufacturing technique. That company is [Purest Colloids](#), run by an individual named Frank Key.

Purest Colloids produces colloidal gold, silver and copper solutions that are incredibly unique because the colloids (tiny bundles of minerals) are only .66 nanometers wide, which is the width of just about 3 atoms! That's so small the particles can slip through cell walls just through osmosis.

Incredible. Nature rarely makes free particles this small, and this guy has learned how to do it en masse.

I'm one of the few people in the world who has visited the company and been privileged to actually see the secret manufacturing technique for producing particles this small. Having been trained as an engineer, I can tell you that this manufacturing technique is absolutely revolutionary and is different from any other type of colloidal mineral production today. Furthermore, I can also tell you from lots of personal experiments that if you buy a colloidal mineral product from any other company then you're just kidding yourself as to its effectiveness.

The colloidal products from this company are so effective because the particles are so incredibly small, and no other company can make them this tiny. Because they are only two or three atoms wide they can immediately slip into cells and produce a beneficial response.

As an example of the fact that the colloidal gold particles are so small, a solution of the gold isn't shiny yellow in color but actually looks purplish or ruby red in color.

Purest Colloids also produces [Colloidal Silver](#) which is one of the best natural remedies out there for fighting bacterial, fungal and viral infections. Reports keep coming in that countless Hepatitis C users are using it to lower their viral counts and keep themselves alive.

[Colloidal Copper](#) is also available for softening your arterial walls and is one of the greatest cosmetics I've ever found for the skin ... just spray it on and over time it even fades age spots.

If you're a man, buy a sample spray bottle for your wife and see how she likes it. I've used it on individuals with discolored scars and had those ugly scars return to normal color and softness in about three days time, which is almost a miracle.

I like these products so much that I've asked the company to give you an introductory 10% discount on a first order if you simply call up to order any of these products and mention this ebook.

As to the results of colloidal gold you can possibly experience, you'll find lots of testimonials on the **Purest Colloids** website. Using the descriptions of Chinese medicine, the Chinese say it works because it causes all your natural vitality, or chi, to arise in your body and ascend to your head. That's why people reap so many energy and brain related benefits from the product.

They also reap energetic benefits because your chi that arises is the life force of your body, so you are stimulating your life force that is responsible for human energy. People also reap vision, memory, concentration, and eye-hand coordination benefits because the chi rises to the head and interacts with the chi channels in the brain.

In ancient times, the school of Chinese Taoism found that eating gold in specially prepared forms could help people in a variety of ways, especially people with mental illness. I've seen old Tao school prescriptions from over 1,500 years ago where the Taoists would actually tell people to boil a gold ring in some water and then drink the water to counter mental illness or instability. The process of boiling would create gold ions in the water, and people suffering from mental illness who drank it would experience a calming effect from the remedy.

This means that 1,500 years ago people recognized that gold helped produce calming mental states, and the modern testimonials from people show that we're only just beginning to rediscover this today. From my own experience I would re-label the material "Zen Focus" or some other name because for the first two weeks when I used it, it did indeed help put me into a special mental state – almost a meditative state -- of focused concentration.

These 1,500-year old Chinese Taoism texts – and we're talking about quite a few of them rather than just one -- also stated that various advanced formulations of gold allowed people to reach high states of samadhi more easily, which is that state of

spiritual concentration we were talking about. As I previously explained, that was my reason for searching out and then investigating this material.

I've tried this **colloidal gold** on myself and others and want to tell you that for some people this stuff does exactly what the Taoists say it would do ... but only for people who have meditated a lot to clear their chi channels somewhat prior to consumption, and only if they take a large enough dose (which is about 1-2 tablespoons).

Most people who try it feel their mind and body become light inside, and you can usually see a big smile break out on their face because of the feeling. The next day you will often find them singly and joking whereas they might normally walk around with a stiff and formal countenance.

Since many people aren't too sensitive about their own moods or their body, sometimes they cannot even notice the change whereas everyone around them certainly notices.

I've seen colloidal gold used for meditation, for restless legs syndrome, and to break people out of depression. In fact, it's a great remedy for depression, which ties in with the fact that gold has historically been used as just such a cure.

This is pretty neat stuff and I want people to know about it, but like everything else I don't want people to rely on it.

Why?

Not because I feel it's unsafe, but because for meditation purposes I don't feel anyone should rely on artificial or external substances. The best way to learn meditation is to just sit down and meditate without relying on anything external.

Even the [Holosync Program](#) just a crutch to help you get started with meditation, though a good one at that. However, I do recognize that people follow the rule of the world in that we tend to use what works as long as it doesn't hurt us.

Nevertheless, I just don't like people becoming dependent on anything other than food, water and oxygen. That's why I introduced you to nutritional supplements that I just want you to be using for a short period of time, which is far better than having to take a drug forever.

I also don't like people drinking a gold mineral solution for extended periods of time when there is no RDA for gold, even though it's so far proven to be non-toxic. Sampling one or two bottles to taste the results certainly won't hurt you, however, for the amount of gold in one bottle is less than you consume eating those gold-leafed pastries you find in the orient, or drinking a bottle of that famous liquor with the gold leaf floating around inside.

You can eat that gold and not feel anything at all, but when you break the atoms up into tiny clumps like this, you'll experience all these positive reactions.

Purest Colloids colloidal gold is a supplement you can try to immediately feel what it's like when your chi rises up inside, so it's my responsibility to definitely mention it. It's been a real winner for people with depression, arthritis, restless legs syndrome, ADHD and other health conditions, so check out the website and the testimonials on its usage.

If you're going to try any colloidal mineral product, this company makes the ones that work so buy from them, even though they are more expensive. Otherwise you're definitely wasting your money.

Remember that our reason for mentioning colloidal gold in the first place is that we're talking about your chi and chi channels and the role they play in memory, energy, focus and rejuvenation. So now you know of yet another method to artificially prompt your chi to arise so that you can experience an increase in vitality, energy, mood and concentration.

Diet and Nutritional Supplements

There's one last topic of concern we should discuss to help you get into and maintain tiptop shape. This is the topic of diet and nutritional supplements you might take to maintain your general health.

As a nutritionist I have used hundreds of herbs and supplements over the years to help people with their various health conditions, but here's my attitude on these "green pharmaceuticals": use them when you need them, but try to use as few as possible, and strive as much as possible to cure your health conditions through your diet.

Most problems start with the diet, so if you don't correct this underlying factor of causation, in truth you'll never really get well.

Food is usually your best medicine. You simply need to learn what to eat and what not to eat to make it an *active* and *effective* medicine.

Food is indeed the best medicine, but with the proliferation of artificial and convenience foods, and advertising to eat this or that, we've lost our innate wisdom as to what is a good diet.

Before discussing a proper diet that can lead to freedom from disease, weight loss and physical rejuvenation, I want to focus on the topic of supplements.

I personally don't want anyone to ever have to spend money if they don't have to, and because nutritional supplements can be expensive -- very expensive -- I really want you to avoid them if you don't need them, or get the best value for your dollar. After all, if you spend money on supplements that don't do a diddly for you, that's wasting money.

It's also far better to get to the root of a health problem and fix that rather than have to rely on nutritional supplements as some sort of green fixer-upper pill. Then again, sometimes using nutritional supplements is the best way to modulate your biochemistry so that you can manage a condition for which there is no cure. That in itself is often far more preferable than relying on drugs and powerful pharmaceuticals that can produce long term damage to your body.

Relying on drugs often means relying on more drugs to treat the side effects of the initial medications, and so on and so on and so on the piling up of prescriptions goes. The cascading effect of using drugs to treat the side effects of earlier drugs sends thousands of people to the hospital each year, and drug complications cause nearly over a hundred thousand deaths a year.

Actually, in my own view the number of deaths or complications due to drugs is far understated as people don't like to report things and certainly not prescription mistakes that they made themselves ... especially when those reports might open them to lawsuits.

Think about it for a minute.

I guarantee that the number of deaths due to pharmaceuticals each year is **vastly understated**, and is probably the leading cause of death in the US.

At least that's my view. I remember reading somewhere that in France doctors were required to report the side effects of prescription medications, and they were underreporting reactions by a factor of 9-22 times, so you can imagine what the real numbers are in this country.

The problem of drugs prescribed to treat the side effects of other medications is so bad that you can find many cases where people cannot even remember why they were taking certain drugs in the first place.

What a sad state of affairs we've created ... and nothing is done to target the underlying condition. Doctors want to, but they're not trained to do so and now they don't even have time to spend with patients. The average physician's visit lasts less than ten minutes due to the system we've built up.

Nutritional supplements, on the other hand, rarely produce the same negative side effects of drugs -- despite what the pharmaceutical industry and sometimes the press scares you into believing -- so in that way they are often superior to medications.

After all, most nutritional supplements are natural foods in some form or another whereas drugs, in order to be patented, are artificial chemicals we've created that cannot be found in nature.

Are those artificial things even supposed to be in the body in the first place?

Many times scientist will find something like that vitamin A or D does wonders as a skin cream, but because they cannot patent the natural substance, they set out to create an artificial molecule that looks like vitamin A or D and then they push it like crazy whereas the natural vitamin is best. That's how the industry works. That's how it *has* to work if drug manufacturers are to make profits.

Think of it also in this way.

Nutrient and nutritional therapies are modulation therapies that promote the body's ability to produce some desired end result. Drug therapies, on the other hand, are typically blocking therapies created to block some biochemical mechanism. Blocking may block a symptom, but rarely will it produce a cure. It will probably produce other problems as side effects of the blocking.

If a "drug" used a mechanism natural to the body the reaction would no longer be patentable, which is why drug companies never pursue natural therapies. This explains another reason why drugs typically have nasty side effects ... they're not supposed to be in the body, so of course they are going to produce side effect reactions.

Think about that.

Every year hundreds of people die from Viagra, Tylenol, or sleeping pills and those things are still on the market. A couple dozen children die each year from the fluoride poisoning in toothpaste as well, but should even one person die from something like ginkgo biloba or ephedra and you'll hear the drug companies screaming from the rooftop.

Why? To kill the potential competition.

Herbs and nutritional supplements often help you "modulate" a health condition whereas drugs tend to simply mask conditions or suppress their symptoms entirely without doing anything to cure the underlying problem.

This means that in some cases drugs will permit your underlying problem to fester and worsen without your notice, and the problem will still be there ... possibly increasing ... when you avoid treating the cause of your condition.

That's why you have to get to the bottom of a situation, as we've tried to do here by addressing arterial inflammation, infection, blockage and hypercoagulability. If you are worried about heart disease or stroke, please, please, please get yourself tested for a full **Cardiovascular risk profile** and you'll see if you have any of those risk factors.

Prevention, or modulation of your condition will probably just require a special multivitamin that costs a few pennies a day, and that's tons better than being rushed to the hospital. That sort of knowing and prevention are the basis of wisdom.

Popular arthritis pain medications are a perfect example of the "hiding problem" caused by drug. Arthritis medications do indeed block the pain of arthritis but when you use them, your joints will continue to degenerate and some of these medications will even hasten this degeneration. I've written an entire ebook on arthritis at www.arthritisgardening.com, and you don't have to be a gardener to reap the benefits of that publication.

Let's get back to our main concern, however, and think about a coronary bypass operation. It just doesn't make sense to replace six inches of piping in the body without treating the underlying causal factors that caused them to become blocked in the first place, otherwise the destiny of the "new artery" is that it is going to immediately get clogged as well.

Furthermore, with a bypass you're doing nothing about the miles of other clogged veins and arteries in the body where a stroke, heart attack or pulmonary embolism is likely to occur. A bypass is a great way for the surgeons and hospitals to make money, but the operation is ... well, er ... "unproven."

So what do I think you should focus on the most in order to get healthy and stay healthy?

From hard experience, and not because I'm a naturopathic nutritionist, I have to honestly say that the biggest thing you can do about your health is change your diet for the better.

I know, I know ... people hate to hear the "diet" word.

They know they don't have such a great diet but change is too difficult, or they don't know how they should change, or it's too expensive or inconvenient to change. I'm

going to make this lesson short and simple, and give you just a couple of basic rules to follow that will make all the difference in the world.

That's it ... just a couple of rules to follow ... and some information you probably have never heard before in your entire life which will help you lose weight and keep fit for life.

Before I go into this, however, I want to re-emphasize the one thing that the best doctors, nutritionists and naturopaths have told me in my travels. This information shocked me.

When I originally got into the field of nutritional consulting, I was surprised when medical doctors would tell me that their pharmaceutical cures would not completely work, and in fact would fail, if the individuals seeking treatment did not change their diets. Even famous Chinese doctors trained in acupuncture and herbal medicine have told me that their natural herbal remedies would fail if the diet wasn't changed as well. This was a shocking admission as I used to think their herbal concoctions would cure people just by themselves.

"No," they would tell me, "for this stuff to work, 80% of the time you have to alter the diet. That's when you'll get the true cures."

Hence here's the big secret to the field of alternative, complementary or naturopathic medicine: you can take every supplement, herb, homeopathic remedy or medicine that's appropriate to your condition, but 70 to 80 percent of the time the "cure" will not work – it won't really take hold -- unless you change your diet.

These substances can give you a special extra boost, but the best objective is to therefore strive to become so healthy that all you need to maintain your health is follow a good diet rather resort to herbs or consume a daily handful of supplements.

Your diet is the major factor affecting your body's biochemistry – the nutrients you provide your cells, the underlying acid-base balance of your blood, and so forth -- so if you want to change the underlying physiological condition of your body, *you must change your diet.*

There is no other way around this.

Whether it's herbal medicine, vitamins or minerals, homeopathic medicines and so forth, changing your diet is BASIC because food is the strongest and best medicine.

Get this. The following information is also another mind-blower.

You are not so much a product of your genes as you are a product of your diet -- your genes are not your destiny. You can have lousy genes for cancer or heart disease or whatever and never see those conditions appear. Why? Because **it's the chemicals that you wash over the genes through your diet that will activate your genes to express themselves for better or worse.**

Sickness all comes down to diet — the components of your diet are what you wash over the receptors of your cells that cause your genes to activate in the first place. If you flood your blood stream with trash, your cells will pick that up and express themselves in negative ways, but if you wash your receptors with wonderful life-giving nutrients, you can stem off disease and decline.

To beat the genetics of potential illness, you should therefore make sure your genes are exposed to good supplements and good food that are broken down by your digestive system and delivered throughout your body to all your cells via the blood.

Please don't fall for this new scientific notion that medicine will invent some miracle gene therapy that tinkers with the genes themselves and then cures disease. So many things can go wrong with this approach. I guarantee you that you will never see this approach successful in your lifetime, if at all.

Instead, we should be going after the problem in a simple way -- like using sunshine to melt ice -- by researching how to modulate the expression of your genes through food and supplements rather than through medicines and medical procedures.

But of course drug firms won't do that since those results cannot be patented. The responsibility for this sort of research – to help the public – should therefore fall on the government.

Let me say it again. Your food can be a cure or a poison.

If you eat the right stuff it'll be a blessing to your health whereas eating the wrong stuff will be a curse, so the big task is to identify what you should and shouldn't be eating.

Everyone is biochemically different, so you can personally eat things others cannot and must stay away from things that others can enjoy.

To determine the good foods and bad foods, tradition and folk wisdom has provided us with general rules of thumb, but there are scientific ways now to determine EXACTLY what you should and shouldn't eat with some certainty.

That's what we're going to get to.

The Health Newsletters You Should Be Reading

First, however, let's go into the dietary basics. If you want an extensive list of the dietary rules that I generally agree with – as to what is generally good and bad for people -- then go right now and sign up for the free internet health newsletter at www.mercola.com and look at his recommended diet plan.

Rather than pad this book with useless dietary rules you may or may not follow, I want to use this chance to introduce you to Dr. Mercola's free health ezine as it is one of the best out there containing this sort of information and to keep you updated in the health field. While he's generally on the forefront of reporting new nutrition news although a little slower in adopting some of the advanced nutritional protocols.

From experience, however, he's come up with many of the same rules you'll find that the Price-Pottenger Foundation, Gary Null or other top nutritionists recommend, and it seems that the smartest nutritionists are all zeroing in on the same few rules and dietary factors causing most of the problems in America.

Avoid those diet mistakes and you've taken care of most of the problem.

Eventually I'll have my own nutritional sites you can peruse for various naturopathic approaches that work -- www.theskepticalnutritionist.com and www.naturopathiceducator.com -- but until then (and even afterwards) I suggest you sign up for Dr. Mercola's ezine because it really is fantastic and you don't have to pay for anything.

I get perhaps three dozen health newsletters per month -- which doesn't even count the other publications I receive on other matters – and for your own health I

absolutely, positively recommend that you stay abreast of this field by subscribing to one or two of these newsletters.

Because I don't like you wasting your money, I've boiled down the list of recommended newsletters to only four or five you should consider:

[Dr. Julian Whitaker's Health & Healing/Healthy Directions](#)

If money is not an issue, I advise you to immediately go right now and sign up for Dr. Julian Whitaker's [Health & Healing](#) newsletter.

If you're not already a subscriber then don't even think about it, but just go right now, click on the above link and subscribe to this newsletter right away. It's that good and you'll thank me for it.

Because you purchased this particular ebook, I can tell you that Whitaker's [Health & Healing](#) is the best source for the health topics particular to arterial and heart health, memory and concentration, pain, energy and aging ... and is the number one general health newsletter I'd recommend for your concerns.

Forget about those ads for health newsletters from famous universities you get in the mail because while these newsletters carry a university name, those folks rarely stick their necks out to let you know of something non-establishment that really works. I keep subscribing year after year hoping to find something useful in those newsletters, but all I usually get is just boiled down baby food. Even at only \$12 a year I usually consider the money I've spent a complete waste, which is a pretty rare comment from me.

[Dr. David Williams' The Alternatives Newsletter](#)

If you like the hottest cutting edge news for new supplement discoveries that really work, as well as detailed intelligent discussions of topics that affect your health, then you should also sign up for Dr. David Williams' newsletter, [The Alternatives Newsletter](#).

This guy, Dr. Williams, is the "Indiana Jones" of the health world in that he travels all over the globe to research health breakthroughs and interview people first hand about their health discoveries and their ramifications for our health. A lot of the other health newsletter writers

in the field simply copy whatever he finds, so he usually lets you know what's proven and works before everyone else. Then it takes about ten years or more for the regular media to pick it up, but of course by that time it's too late for a lot fo people.

So why did I mention Dr. Whitaker first? The Whitaker newsletter has less discussion but simpler protocols for the conditions you and your family are likely to encounter over a life time like heart disease, arthritis, obesity, cancer, diabetes, etc. It's easier to digest.

The Williams newsletter, on the other hand, can go for many issues before touching upon a condition like this. However, the Williams' information is far more insightful and better researched, and I prefer the Williams supplements to the Whitaker supplements.

Jonathan Wright's Nutrition and Healing

If you still want more, such as a newsletter where you like feel like you're talking to a physician, then **Jonathan Wright's Nutrition and Healing** is another newsletter I'd sign up for. This doctor has helped pioneer the field of using nutrients and nutritional supplements to cure disease, and we all owe him a lot. I cannot fault it in any way, but for some reason I always feel like I'm in a sterilized clinic when I read this newsletter. Strange. Don't get me wrong ... there's nothing to fault his newsletter at all. It's just the feeling I get when I read it. To each his own.

The Dr. John R. Lee Medical Letter

If you're a woman, you might consider signing up for the **Dr. John R. Lee Medical Letter**. The common topics of this newsletter are natural progesterone, breast cancer, PMS, fertility, and other topics targeted for women.

If you're a guy, this is a great gift for that special woman in your life who will unendingly thank you because of all the good it ends up doing. One read of this newsletter and most intelligent women will start questioning the cancer causing estrogen hormones pushed on them by the big drug manufacturers, and lots of other things big medicine pushes them to do.

I'm so sick of so many establishment lines I hear that are blatantly false – and which are reversed after five, ten or even twenty years -- that you can understand why I'm called "The Skeptical Nutritionist." No, I'm not cynical, just skeptical. Yes, you have to be **open enough to try everything, but also skeptical enough to test everything** and not just swallow the lines people throw your way that support their money flows.

For instance, many women people are on estrogen overload and don't need any more estrogen. Rather, they simply need some natural progesterone to balance their hormones and deal with their health problems. After all, progesterone is the hormone that drops the most as women get older, so why aren't we supplementing that one? Once again, it's money politics.

Don't think I'm sour or jaded on this stuff. I'm really just being honest and bleeding a little with concern for your health in telling you the way things are. I talk to countless "defectors" from the medical industry who tell me these things over and over again but honest, ordinary people cannot and do not believe this stuff until they bump into it themselves.

What I'm trying to do is widen your field of wisdom so that you start taking more responsibility for your health, and I hope these comments are one way to help warn you and get you thinking. After all, the primary responsibility for your health ultimately rests in your own hands.

Dr. Sherry Roger's Total Wellness

Lastly, if you suffer from chemical sensitivities and are fascinated with the idea of detoxification, you can do no better than subscribe to **Dr. Sherry Roger's Total Wellness newsletter** (800-846-6687). This is a fantastic, very helpful homey newsletter with lots of little protocols and good discussions on health problems, especially the topic of environmental medicine.

There. Done.

I've boiled down all these newsletters to just a few.

Definitely sign up for the Dr. Whitaker newsletter at [Health & Healing/Healthy Directions](#) and the Dr. Williams newsletter at [The Alternatives Newsletter](#). As to the others, it's basically up to your interests and finances.

Diet Rules to Live By

Now that that's over, here's the first general rule for a good diet that I want you to remember.

It comes from my best friend's Chinese grandfather, who taught this to me before passing away of old age in his late nineties. Since that time, I've also encountered the same idea elsewhere, for it's very easy to remember and it's a popular rule for teaching children how to eat properly at the table.

Here's the rule: choose your foods by their color and you'll always be getting the different nutrients and antioxidants that your body needs. Eat as many different colors with each meal as possible, because the different colors indicate different nutrients. And of those foods, make sure you are eating a good quantity of non-starchy vegetables every day (remember to forget the breads and potatoes).

Naturally you should also eat as many fresh, organic foods as possible, which is common sense that doesn't even need to be mentioned, and you shouldn't eat the same foods all the time. That's also a common mistake many people make. Rather, you should eat as many different colored vegetables with each meal as possible, and fruits when they're in season.

If you teach yourself and your children to eat by colors — trying to have as many colors on your plate with each meal as possible (excluding the white of bread and brown of meat and potatoes) -- that will tend to keep you away from excessive sugars, and in good health.

Some further rules: eat foods when they are ripe, and eat foods that will spoil.

As to becoming a vegetarian? Nah, I don't recommend it although I can say that eating less meat is usually better than more, and that organic and range fed meat is far better and tastier than the factory stuff they're now growing.

But I don't think most people should become vegetarians.

Most of the vegetarians I've met are actually of poor health because they don't know how to practice vegetarianism properly. In many cases, after years of practicing vegetarianism poorly, a nutritionist can do very little to help these people regain their full health when they get sick ... unless they start consuming a little fish, eggs, beef soup or other meat.

If they are not willing to make changes that will help their health, many of my colleagues refuse to even deal with these people because they know they won't be able to help them. Can you believe that? Quite a few of my nutritionist/naturopathic friends refuse to treat vegetarians who won't eat eggs or fish or beef soup to get healthy not because they disagree with vegetarianism, but because they know they'd be wasting that person's money.

As to the topic of organic or free-range meat, the last time I was in Nepal I had free-range chicken that made me remember what real chicken tasted like. On the other hand, the last time I was in Las Vegas I went to one of those inexpensive buffets and had prime rib, which actually tasted like honest-to-god cardboard.

I couldn't figure out why prime rib could taste this bad (I had the same experience in London, though) until I realized they go through so much of it that it must have come from those factory produced beef feedlots in the West.

This is artificial meat, as far as I'm concerned, and the taste proves it. How can this low cost production possibly be the route to health and happiness?

So you already know my other advice that organic fed, and free-range meats are better than the alternative. The general rule for meat consumption is that you should eat some form of *quality* animal protein with breakfast and lunch (a smaller amount with dinner if desired) and you should NEVER over cook meat. That means stop ordering "well done" in restaurants.

Fish, red meats, and eggs (of high quality) should be eaten less cooked rather than more cooked for better digestion and to prevent denaturing of their amino acid content. It's best to try to consume meats that have eaten their traditional diets. Cattle do not know how to farm and would never eat corn, soy, or wheat except that we feed it to them, so you can rest assured that grass fed beef is best. Fortunately, you can buy lots of this stuff through www.mercola.com .

Now on top of everything I've just told you, I want you to be aware of what I call the "Getoff diet," which is a very simple set of principles to follow that will cause you to stay healthy, lose weight and keep off the pounds.

The Getoff diet actually contains the gist of most all the diets out there – the Atkins, Protein Power, Pritikin, Carbohydrate Addicts diet, etc. As David reminded me, "if a diet is so complicated that people cannot remember the rules, they won't stay on it regardless of how good it is."

David Getoff therefore teaches people three main eating rules for good nutrition, which are so much easier to remember than the list supplied by Dr. Mercola.

In fact, these three simple rules encompass most of the recommendations you'll find among top nutritionists, and you **cannot go wrong** following them:

- (1) Dramatically **reduce your consumption of sugar and sweet tasting foods** (sodas, sugar, ketchup, milk ... anything that tastes sweet except for fresh fruits and stevia) and
- (2) Dramatically **reduce your consumption of processed grain products**, especially, but not limited to, those made of wheat flour (pasta, bread, crackers, bagels, etc.) because these are foods that quickly turn into sugar in your body (they're "high glycemic" foods). Even better ... a "**No Grain**" diet like Dr. Mercola says.
- (3) **Substitute good fats for bad fats** in your diet (like butter for margarine and olive oil or coconut oil for soybean, corn, sunflower, safflower and other oils)

If you follow these first two rules, you'll lose weight very fast and your health situation will likely show tremendous improvement. It's all about eating less sugar and fewer grains, which are foods that quickly turn into sugar inside our bodies (high "glycemic" foods).

The reason for a health improvement from this regime is that sugars, and foods that quickly turn into sugars inside our bodies (flours and grains), depress our immune systems, increase cholesterol levels, screw up our hormone systems and make it that much more likely that we'll get cancer, heart disease, diabetes and other chronic illnesses.

As to the fats, we're all screwed up because of misinformation fostered for over a decade, so I'm going to leave the rule at that and tell you to pick up a copy of

[Nourishing Traditions](#) by Sally Fallon and Mary Enig and read that for a better explanation. By the way, **this is probably one of the top ten cookbooks of all time, so it's a great gift to buy!**

I cannot tell you the number of people I've counseled, who were already in pretty good shape but wanted to lose some weight, who lost 15 pounds in one or two months just by drastically reducing their consumption of bread, rice or some other grain product — especially products made of flour.

The problem with modern diets is that we consume too much of the wrong types of carbohydrates, namely simple sugars and starches that quickly turn into sugars that are then stored as fats, and that's what causes a lot of weight gain.

If you look at the Atkins diet, the Pritikin diet, the Zone diet and any diet, whether or not they want you to consume lots of protein or lots of complex carbohydrates, they never tell you to consume a lot of simple carbohydrates such as sugars, and foods that quickly turn into sugars. That's a big key.

Look at the Atkin's diet, for instance.

A Duke University study just showed that the Atkin's Diet, in which 60% of calories come from fat, is far superior to the American Heart Association's low-fat diet.

On the Atkin's low-carb diet, people lost an average of 31 pounds over 6 weeks while the AHA group lost on average 20 pounds. For both groups, LDL cholesterol levels stayed about the same but the Atkin's group showed a 11% increase in the "good" HDL cholesterol whereas the AHA group showed no improvement at all. Lastly, the AHA group showed a 22% drop in triglycerides while the Atkin's group showed a 50% drop!

Three other studies last year showed exactly the same results!

Do you know why these people really got great results? It's not from "low carbs" but from eliminating sugars and grains, that's why. You have to lower a specific type of carbohydrates.

The same results appear from the Zone diet, the high protein diet, and so forth all because they reduce the consumption of simple sugars and foods that quickly turn into sugars. Most people eat the wrong type of carbs (simple sugars and grain products) and if you eliminate *those* carbs, you usually see weight loss.

Gigantic weight loss!

There's nothing wrong with broccoli, lettuce, carrots, squash, cabbage, cauliflower, mushrooms, cucumbers and all sorts of other carbohydrates but there's a big problem with white sugar, flour, bread, muffins, pastries, bagels, pizza and other things made of grains, wheat flour or just filled with sugar (like milk, orange juice, jelly, coke, etc.).

That's the no-secret secret key to weight loss – reduce your consumption of grains and get rid of sweet tasting foods that have sugar added because sugar is stored as fat.

You are not going to get fat on fat as much as you are going to get fat on sugar.

One hundred years ago the average person ate about 4 pounds of sugar a year, and now it's about 170-180 pounds per year. That's why we have obese America. Excess sugar is stored as fat in the body so increase the consumption of sugar and grains and “wah lah” ... obesity galore.

It's just that simple.

Not only that, but an incredibly large number of people are also allergic to, or intolerant of processed grains, such as wheat flour, which produces its own set of health problems. Studies are showing that grain sensitivity is about 1 in 100 people but to tell you the truth, it's definitely higher than that!

I always wonder if there's some connection between the fact that the most genetically engineered or hybridized foods seem to be the ones producing the most allergies. That includes wheat, corn, soybeans, peanuts and some other staples. But let's put that aside and get back to our main story.

Consider that heart disease and cancer were virtually nonexistent less than 100 years ago. That in itself is evidence that fats cannot escalate cancer and heart disease because at that time animal fat consumption was very high and yet cancer and heart disease were virtually nonexistent. If you're my age you can remember Crisco and lard being used for cooking, so you can remember how things have changed over these last several decades.

What's changed since that time has not been a gradual improvement in our diets, but a gradual degradation of our diet.

On top of that, we're also eating tons of new chemicals, pollutants, plastics, pesticides and "toxic whatever" every time we open our mouths, or simply absorb them from the environment. If they aren't excreted they must be stored in the body, and since we're already in toxic overload because of the incredible volume of these chemicals we've been exposed to, most of the time they're stored in our connective tissues and in our fat cells.

That toxic build-up, just by itself, is another major cause of illness. Now we can get rid of some of these toxins by detoxification supplements, but sometimes that just isn't enough. Sometimes we have to sweat them out.

Heat therapy, especially the use of the new **Far Infrared Sauna** (High Tech Health 800-794-5355 and the "Sauna Hothouse" by Evergain), is another way to get rid of these chemicals by sweating them out of the body. Tools for Wellness also has a far infrared hothouse you can look into.

Far Infrared is a form of energy that penetrates deeply into the body to improve blood circulation, promote metabolism, and gets rid of body toxins. Since it increases blood circulation to the extremities, it helps bring oxygen to the joints and skin to speed the healing of strains, bruises and pain.

Cellular activities are instantly invigorated by the energies, so metabolic processes are speeded up which can result in weight loss. Most important to us, however, is the fact that metabolic and toxic wastes can be quickly purged from the body through the skin through perspiration caused by the energies.

Here's why sauna therapy can be so valuable: your body does not have the chemistry to get rid of many of the cancer causing chemicals it stores, so sauna heat therapy is sometimes the only way to coax them out of the body. Even the Mayo clinic uses sauna therapy because it's a scientifically verified way of detoxifying the body.

Be careful about saunas if you are pregnant or have heart disease ... clear them with your doctor first. If okay, then a sauna once or twice a week can do wonders to sweat out toxins, as can taking 3 fifteen-twenty minute saunas in a row interrupted by cold showers to get your blood circulation really going.

You've already gone a long way to lowering your toxic load and clearing your channels of elimination if you have followed the previous steps outlined in this book, and sauna therapy will help even more. That's why you'll immediately start to get healthier and experience a reversal in aging conditions when you follow these recommendations.

Remember, however, to check everything with your doctor.

Food Allergies, Sensitivities and Intolerances

Those are the general rules to help you out with a diet, but here's the one secret rule doctors rarely mention even though it can solve a bundle of seemingly unrelated health conditions. It can succeed in producing "cures" where everything else fails.

But before I explain it, let me ask you a quick question. In fact two questions.

Do you know of someone who is allergic to alcohol or shellfish or some other food to the extent that eating just one bite ... one tiny bite ... can send them to the hospital?

Or, is there any food that you loved when you were younger but which you cannot eat now because it gives you perhaps a stomach ache, headache, makes you itch, causes pimples or hives or produces some other type of reaction?

If so, that's because you probably suffer from some sort of food intolerance -- perhaps because of your genetics or a weakened immune system and digestion -- and you're probably slightly allergic to the substance. In fact, you might have been sensitive to that food when you were younger without knowing it because you were young and healthy and that overflow of robustness helped mask the reaction.

Or maybe it's just that your internal biochemistry has indeed changed with age.

Regardless of the reasons, now that you're older and your immune system and vitality are declining, your body is broadcasting a highly recognizable lesson that can no longer be masked ... "Stay away!" it's saying. "That food is no good for you!"

Once you know of this food offender, does that mean you should eat *less* of that particular food until you reach the point where it seems like you no longer experience the reaction and can still enjoy it?

No.

It means you should avoid that food entirely, and not eat it at all!

What this scenario tells us is that some foods are bad for you and if they are bad for you, then no amount of those foods are good. Furthermore, if you can identify the particular foods that cause unfavorable reactions in your body due to your unique biochemistry, then avoiding them ... by eliminating those foods from your diet ... it will produce a tremendous improvement in your health condition. You might even turnaround a condition that no doctor has been able to help you with.

Whether it's a food allergy, food intolerance or food sensitivity ... the rule is to just avoid that particular food!

The existence of food offenders may sound like science fiction and certain doctors may snicker at this, but this is perhaps the biggest single thing you can do to correct your diet to get healthy. You must identify and then stop eating those foods to which you are innately sensitive.

If you follow this rule, you'll usually lose start to lose weight almost instantly since most people are actually intolerant of the very foods which cause them to gain weight.

The weight gain is often a reaction to eating the wrong foods!

Eliminating these foods, once they are identified, has also been known to totally eliminate high blood pressure, depression, arthritis, headaches, depression, even epileptic fits ... and none of this is science fiction. The results are often miraculous, but they are real and true and existent.

Just ask anyone who has a food allergy and then eliminated the offender from his or her diet. Let them tell you it was all in their head!

What are some of the most common food offenders? Dairy, wheat, corn, yeast, sugar, soy, peanuts, eggs and nightshades head the list. But this is such a long list

to test that there should be a better way to determine what you're allergic to. In fact there's lots more foods to test than this, so how are you going to know?

When people normally follow an elimination diet that eliminates true food sensitivities, they usually report effortless weight loss, tremendous energy gain and an increase in mental acuity without any special efforts ... except the act of eliminating the food offenders from the diet.

So how do you find these foods you should avoid?

Through a lab test that checks your blood for an immune response, not through skin testing.

There's only one blood test I recommend in America for finding your food allergies, and there's only one laboratory I recommend you do it through to test for food intolerances. As an expert in the nutrition field, I recommend only this one particular lab because it's the only one in the entire United States whose quality control measures insure consistent lab results from test to test.

No other lab in America has such high quality standards and documented reproducibility like this one, so you can really trust the results it produces. In addition, the test is so effective in over 95% of cases that they even offer a guarantee!

If you want to find out the foods you should be avoiding, I strongly recommend you have your doctor order a special **ELISA IgG antibodies blood test** from **Immuno Laboratories** (contact Immuno Labs at 1-954-486-4500 or search www.betterhealthusa.com for information), and they will arrange to test your reaction to 115 different foods and scientifically identify the food intolerances you may have.

And we all have them!

As long as you avoid eating your own personal food allergens, then you won't be taxing your body as much and excess poundage will tend to fall off even if you eat more calories than usual.

This is the one dietary investigation you should really perform in your life, especially if you have some sort of chronic condition, because eliminating identifiable food

offenders will relieve a big burden on your immune system, and once that burden is lifted it will produce dramatic changes in your health.

No matter what diet you follow, you have to avoid the food allergens that cause trouble for your immune system. Food can be a medicine or a toxin, a poison or a cure, and this is the one sure way to discover which foods are toxins to your system.

The beauty of discovering what foods aren't good for you is that it doesn't just help you with arthritis and joint pain, but with all sorts of other conditions such as unexplainable headaches, irritable bowel syndrome, skin problems, hyperactivity, depression, tiredness, sinus problems, problems with focus and attention, and being overweight.

Once people discover the foods they should avoid and then avoid them, time and again these and other unexplainable conditions disappear.

That's right. Disappear ... gone ... forever.

Think of the healing outcome in this way. If you stop taxing your body with immunological responses to foods it doesn't like, your immune system will finally be freed up enough to go after and then repair a whole host of other long standing health conditions. But if your immune system is constantly engaged in producing reactions to foods it doesn't like, it'll get stretched thin and you'll experience a whole host of conditions that just shouldn't appear.

The second great benefit of this approach is that after you receive your **Immuno Laboratories** test results, you won't have to remember so many different dietary rules, but just (1) the three primary Getoff rules and (2) the foods you should avoid because they're not good for your body.

Remember: fewer sweet tasting foods and sugars, fewer grain products and flours, good fats rather than bad fats, and avoid your personal food allergens.

Simple, isn't it?

I just saved you a bundle of diet books because this is what they're all about. Yes, they also talk about the necessity for exercise and eating discipline, but now you have the food component down pat.

If you really want to do something great about your health, then have your doctor order the **Immuno Laboratories** test so you can discover and then eliminate those foods that are provoking unhealthy reactions. It's another powerful thing that you'll be glad you did. Honestly, the power of this test is hard to believe.

The **Immuno Lab test** is such a powerful factor for your overall health that I begged and pleaded with the owners of this famous lab to do something to tip you to get tested, and what a deal they are going to give you.

Honest to God, I had to chase these guys for months to get them to agree to something ... that's how much I like this test as a nutritionist and believe it will help you. It can do miracles for you if you indeed have a hidden food sensitivity that you're not aware of.

Unfortunately, a food tolerance test like this can cost six, seven, eight or even nine hundred dollars in a doctor's office. **However, if you use the coupon provided at the back of this book when you call in, the firm will test you for their absolute rock bottom physician's price of \$546 (which is what physicians are charged before they add on their own fees), they will provide you with * FREE * nutritional counseling support for an entire year.**

It's not unusual for a visit to a nutritionist to easily cost \$75-150 for a consultation. Even if you just available yourself of 3 consults – the initial test results and two follow-ups, you'd have \$200+ easily.

Here's the cool part. They will even send someone to your own home or office to draw your blood for the test and they've agreed to waive the normal \$55 fee for this service.

For something like this that can radically affect your health, this is a great deal.

In fact, it's a fantastic deal and I encourage you to take advantage of it for yourself and your family because food is your best medicine ... or a poison ... and finding out which is which and acting accordingly is the best thing you can do to avoid or eliminate all sorts of illnesses.

This test is the equivalent of a miracle drug, and you should think of the test and the counseling as an investment that's going to keep paying you back over a 20, 30, or even 40-year period!

Honestly, it's the thing to do. Rarely will you find something more powerful than this for the potential good it can do for your health.

I've tried to haggle manufacturers and others into providing coupons for other supplements and services for you, **but this is the best deal by far** that I've been able to pull off for you and your health. Do it for your whole family if you can afford it, especially for kids. You'd be surprised how much hyperactivity or ADHD is really just a function of the diet and how many illnesses or strange conditions just disappear when the food offender is removed from the diet.

Why wouldn't you want to know which foods are secretly making you sick and contributing to low immunity, unexplainable aches and pains, and embarrassing weight gain that requires a whole new wardrobe and keeps you from the beach?

If you've ever wondered about what diet is right for you, please take my advice, do this one test and save yourself years of secret tears, grief and hassle. Just decide for yourself you're going to do something about this.

If your kids are having problems with acne or headaches or weight gain or study habits in school, try it as well. Remember that the results will last for a number of years, and that's what you're after. With so many parents not knowing what to feed their kids nowadays, at least this tells you what you *shouldn't* be feeding them because it will make them sick and decrease their performance. Any type of performance activity – whether it's playing sports, doing academics, or playing an instrument – requires a healthy body and mental state that you can steady through the avoidance of food sensitivities.

This could be the one solution you've been looking for that none of the traditional doctors is going to tell you about, so I cannot keep recommending it enough. Go ahead and check the website out to find out more, and when you order be sure to mention this ebook to claim the special deal.

Your Own Biochemistry Tells You What You Should Eat

There's yet another thing you can do to determine the right type of diet for yourself, other than to avoid sweet tasting foods and grains that quickly turn into sugars, and

replace bad fats with good fats. It's called Metabolic Typing, and the Bible on the topic is the book [The Metabolic Typing Diet](#), by William Wolcott.

Many people have heard of Peter D'Adamo's book, [Eat Right for Your Type](#), which suggests a link between blood types, and the foods you should eat. The premise sounds attractive, but it's a little too simplistic. Nevertheless, that attractiveness has swayed people to really fall for D'Adamo's conclusions without investigating them too closely and looking for the hard evidence that supports them, which really isn't there.

What you end up doing by following the set of instructions in [Eat Right for Your Type](#) is eliminate a large proportion of foods likely to be allergens, and the weight promoting foods I just mentioned. For instance, several blood types are told to cut out grains and wheat.

After what I just told you, you already know this is probably going to help your health *regardless* of your blood type. So telling people to reduce their grain consumption is right no matter what blood type you have.

Most people are also slightly allergic to milk because it produces mucus, and milk is also a simple sugar, so once again it doesn't matter what blood type you pick ... eliminating milk consumption will usually help with one's health as well. As to whether blood type O, AB, A or B should really avoid milk, no one has done any studies on the matter.

[The Metabolic Typing Diet](#) is different than a blood typing diet, but follows the same underlying idea that you should differentiate your diet according to some underlying biochemical principles. In this case the underlying factor is your metabolism or metabolic type.

The idea of metabolic typing is that everyone has a different metabolism because we are all biochemically unique, and so the foods you eat should be geared to that metabolism.

Nutrients optimal for one person of one metabolic type can therefore be undesirable for those of another metabolic type; one man's food can indeed be another man's poison.

Let me explain.

In general, you can classify people as being one of three metabolic types: “protein,” “carbohydrate,” or “mixed.” Let’s say your biochemistry does not classify you as a carbohydrate type diet person and yet you follow a vegetarian diet heavy on grains. The end result is that you will get sick because you need to focus on consuming more protein. Everyone is genetically and biochemically unique so the same diet does not work on everyone. For some people a low-fat, vegetarian Pritikin-type diet might clear up all of their health problems and yet for other people that very same diet might end up destroying their health, and they might do better on an Atkins-type or Protein-power type diet. You see, it’s all based on your metabolism.

The whole premise of metabolic typing is that if you eat the right type of food for your body, determined according to your metabolic type, it should produce a noticeable and lasting improvement in your energy and well being and keep you satisfied without hunger for hours.

The underlying concept of metabolic typing is based on the premise of a balanced blood pH, which is the acidity or alkalinity of your blood. The normal pH of blood is around 7.46 (a higher number is more alkaline and a lower number is more acidic). The further one’s blood pH deviates from this ideal – which is where the optimal absorption and utilization of nutrients is designed to take place in the body – the less efficient will be the absorption and utilization of food and its constituent nutrients. Therefore sickness tends to result when you eat a diet that causes internal pH imbalances and a set of cascading effects from those imbalances.

Those imbalances, because of an abnormally high or low pH, set the stage for fatigue, headaches, allergies, digestive problems, ... all sorts of conditions including cancer. So how do you avoid these imbalances? By eating the foods best for your metabolic type that help balance your pH.

Metabolic typing categorizes individuals according to their dominant metabolic category. First there are the oxidative metabolic types, where the term “oxidation” refers to the rate at which nutrients are converted into energy:

- fast oxidizers (who have an acidic blood pH)
- slow oxidizers (who have an alkaline blood pH)
- balanced oxidizers (who have a balanced blood pH)

Next we have the autonomic metabolic types, where autonomic types are defined by the relative prominence of the autonomic nervous system and its function as the master regulator of metabolism:

- sympathetic (who have an acid blood)
- parasympathetic (who have an alkaline blood)
- balanced types (who have a balanced blood pH)

Without going into the specifics, the goal of metabolic typing is to discover which type you are, and then select your nutrition according to the foods most favorable to that type in order to restore your body's pH levels to a more normal condition.

That restoration will set the background for normal health.

After you discover your metabolic type, you might be prescribed a high protein, high carbohydrate or balanced diet. For instance, you have protein types that do better on a low-carb (10-30%), high-fat (30-50%), high-protein diet (about 40% protein). You also have carbohydrate types that do better on a high protein (about 65%), low-protein (about 25%) and low-fat diet (15%). The recommendation that comes your way is based on your biochemistry.

What you need all depends upon your genetics, which professionals discover through testing, and you should not get too particular about the percentages I've just mentioned as these are just the general indications for how you should slant your diet one way or another.

Even then, you should still follow the injunction to avoid sugars, grain products, and food allergens. If you follow *those* rules, you'll eliminate most of your problems anyway.

Whether you have slightly acidic or alkaline blood, I want you to know that the premise of metabolic typing is that the underlying cause of imbalance is due to your body's energy conversion system or its autonomic nervous system. The idea is that you have to adjust your standard diet of proteins, fats and carbs according to these systems and your individual biochemistry.

A certain food can have different effects on people depending upon which control system is more dominant in the individual. Actually, that's also the idea behind

eliminating food allergens in that you might be reactive to a food while others are not, so you also have to adjust your diet according to your own specific biochemistry.

You can investigate a bit more about metabolic typing by going to www.bloodph.com. I don't recommend that you run out and find a metabolic typing practitioner, but that you become aware of this approach because I want you to be well informed, and it will probably become better developed as more time goes by. If you really don't need weight loss, I don't see the need for this approach as being imperative.

In the meantime, the more powerful, useful, easier and your primary approach to follow should be to combine the principles of Getoff eating plan with eliminating food allergies.

And one more thing about your blood pH before we leave this topic. Your blood pH is kept in a very tight range (7.35-7.45) through a number of buffering systems. This is a slightly alkaline pH, but most people have diets that produce a slightly acidic pH. When you have a disease condition, your pH usually shifts to the acidic side as well.

A lot of foods can help shift your pH back to the alkaline side. Citrus fruits do that even though they are acidic ... they seem acidic in taste but their effect on the body is actually alkalizing. Then again, if you eat them with starches they become acid forming.

Big deal ... so what's the point?

The point is that I've come across a recipe that helps flush your kidneys and tends to restore an alkaline pH which tends to keep you free of colds and flu.

Don't keep taking this every day and over-alkalinize your system, but if you eat too much meat, dairy products, grains and sugars which are all acidifying, then try this blender recipe for Tangy lemonade. The ingredients are:

- Juice of 2 lemons
- ½ cup of water
- 1 carrot
- a pinch of sea salt
- a pinch of cayenne pepper liquid (try Dr. Schulze for a source)
- 1 tablespoon of flax seed oil

1 tablespoon maple syrup or raw honey

This little cocktail will help you lower your body's blood pH but if you want to make sure your effort isn't countermanded by the other activities you do, then try to also eliminate coffee, nicotine, and stress.

A Multivitamin-Multimineral Supplement is a Must

Okay, so you've eliminated from your diet those foods that produce a toxic reaction whether you've identified them by Immuno Labs testing, blood typing, metabolic typing or our simple David Getoff rules.

Bingo, your health improves.

Anything else to be done along the lines of diet?

Because of the depleted nature of our soils today, it's absolutely imperative that you consume a multivitamin and mineral supplement.

I'll repeat: everyone – absolutely everyone -- needs to take a multivitamin-multimineral supplement today.

I don't care who you are or how well you eat, our food no longer provides even the RDA for most vitamins and minerals, and there are countless people walking around with one vitamin or mineral deficiency or another.

Most health professionals, myself included, believe we actually need more vitamins and minerals than we ever did before because of higher levels of stress and higher levels of chemical exposure that require detoxification. All these things burn nutrients, so we definitely need more nutrients than before, and even the minimal amounts are no longer in our diets.

It is a sad state of affairs but countless government studies, medical research studies, blood work studies and autopsies, diet histories and other research methods unanimously show that nearly every one of us is deficient in various vitamins and minerals because they are absent from our diets. For instance, even if you eat right,

our soils are depleted of minerals because of extensive over farming. So you're not going to get all the minerals you need from American grown food.

As another example, the crops we grow are also devoid of nutrients because through hybridization we've bred out the genes that make nutrient-heavy crops. It turns out that insects like those healthy nutrient-laden crops, but don't like sickly ones, so we've bred out the factors that make crops enticing to the insects.

Can you believe it ... we've purposefully destroyed the nutritional value of our crops in order to make them less attractive to the bugs!

Of course that's different than what we've done to genetically alter our soybeans. We haven't made them healthier through genetic engineering. We've only made them hardier so that they can now stand lots more pesticide sprayings than before without dying, so farmers now spray on ten times the amount of pesticides they previously used without killing the plants.

Guess who ends up eating all the extra pesticides?

Case after case of genetic engineering hasn't made healthier foods, just foods easier to process. Check it out if you don't believe me. Quite a few websites will fill you in on the details. Furthermore, we no longer get even the minimum amounts of vitamins and minerals in these foods because they're grown on depleted soils. The net result is that we need to supplement our diet with a variety of essential vitamins and minerals.

We just don't eat nutrient dense foods anymore because they're over-processed and grown in poor quality soils. Nutritional supplements are therefore a necessity.

Furthermore, consider this.

For many disease conditions, you need higher doses of vitamins and minerals than the RDA to obtain a protective, curative or modulating effect that helps moderate the condition. That in itself necessitates consumption of a multivitamin-mineral supplement.

Remember that study I told you about where I asked the top health practitioners across the nation about the best multivitamin/multimineral they ever found?

One of the consistent answers was **Super Nutrition “Perfect Blend”** or **“Super Blend,”** which is the multivitamin-multimineral supplement I therefore most often recommend. No, I don’t make any money out of them ... I’m just reporting what I’ve found and it’s really a fantastic multi. You can find the **Supernutrition** brand in stores or reach them on the web at www.supernutritionusa.com . This is a top brand, and the one I take, so if you want to take a multivitamin/multimineral, this is the one I recommend.

Dr. Whitaker and Dr. Williams also offer good multivitamin/multimineral supplements on their websites. You’ll also find **Thorne** and other high quality manufacturers make good ones as well. In fact, the big names tend to make good ones and that’s the topic I want to talk to you about.

Buy a good one if you’re going to buy one at all.

Buy a good multivitamin/multimineral from a store rather than through an offer in the mail because many times those mail offers you get are usually from low quality manufacturers who don’t have any reputation to risk, and are out to make a quick buck.

The markup on vitamins can be tremendous – it’s normally several hundred percent -- so they’re out to use your desire to become healthy to make a lot of money for themselves.

In this field, like all others, you tend to get what you pay for, so protect yourself from buying “slop” by buying from reputable manufacturers.

And one more bit of advice along these lines.

While that major brand advertised on TV for seniors is quite popular (you know the one I’m talking about), there are far, far better brands available. Yes, it’s true that almost any vitamin is better than no vitamin, but nearly every quality brand out there puts that popular one to shame. Spend a little bit more and get more value for your dollar, because you get what you pay for.

What companies pay in advertising costs for TV commercials means less money for quality ingredients, so consider what that means in terms of your purchasing dollar.

Remember that you’re wasting your money if you don’t get the results you are after, and you won’t get good results if you consume products containing the lowest cost

ingredients. You can buy a pair of shoes for cheap but I can guarantee they'll wear out quickly. If you spend very little money on vitamins, I can also guarantee you'll be getting very little results at all because the quality of the ingredients will be lousy. Therefore you shouldn't buy a vitamin unless it's a good brand. Otherwise it's the same as throwing your money away.

I hate having you spend your money at all but I need to tell you that if you're going to spend your money, spend it on a good multivitamin/multimineral!

I always recommend people take a multivitamin/multimineral supplement, and perhaps a green powder if they're older and not absorbing their food efficiently or not eating as well as before. Sometimes I recommend an oil supplement as well, such as **Udo's Choice** that has to be kept refrigerated, but that's about it ...

... Just three supplements unless people have some other specific health condition we have to work on:

- A multivitamin/multimineral supplement
- A green powder
- An oil supplement (fish oil capsule, or a mixed oil like **Udo's Choice**)

Since there are countless green products out there like **Greens+**, **ProGreens**, and various other green formulations, most people always ask me about an appropriate green powder to take.

Because of great marketing, there's a tendency to focus on barley grass or chlorella or some other single green component rather than buy a mixture of green ingredients, but I can tell you once again that that's not the best use of your dollar.

Do you remember the rule I said about eating as many different colors as possible because they represent different nutrients? Well, you should consume a green product that has a large number of different ingredients as well.

Try not to waste your money on a green powder having just one ingredient, such as barley grass or chlorella (unless it's for a specific health condition), but buy one that has a wide combination of ingredients because you want something that has the highest chance of producing a beneficial systemic effect.

The more ingredients a green powder has, the higher the chances that it will end up providing you with what you need.

In fact, here's another rule for buying green powders: Buy a different green powder every time you run out of the old one, and keep rotating the brand you consume.

That's the rule for selecting a green powder, which you can mix with **L-glutamine** for detoxing and muscle growth, or **Immune26** for immune function, or various other health powders for specific reasons.

You can even buy a powdered multivitamin such as **All-One-People** to mix in with it, and even various detox powders such as **UltraClear**.

We'd need another book to describe all these options and their usage, so in general, just stick with the multi and perhaps a green powder if you need it. As to other ingredients you can add to the mix, they would depend upon your specific health condition.

I suppose the biggest one I might comment on is **Immune26**, which I love and loathe at the same time.

I love **Immune26** because it's the best damn all around immune booster I've ever come across – better than mushrooms, colostrum, colloidal silver, you name it. I've used it on clients to knock out painful shingles in a single day, to get crippled rheumatoid arthritis patients walking again in 3 days, to improve memory and concentration in older folks whose immune systems are declining, to silence all sorts of strange aches and pains in the elderly.

Strangely enough, for women over 50 years of age, I've found that it's the best cosmetic I've ever seen. After they eat two scoops a day for about a month, age spots often fade and their face begins to shine like a porcelain doll with the skin taking on a transparent luster. I've even seen it return hair color from gray to normal.

Truth be told, I ship loads of this stuff to Taiwan every month simply because the women are buying it for what it does for their skin and complexion. It wasn't selling there for health purposes, even though its immune boosting properties cut down on your chances of catching the flu and help heal so many other immune related diseases, but when all the women saw how great their friends started looking after just a can or so, it started flying off the shelves. I don't know if that is a general result or if the high humidity and high arthritis rate in that nation (a low immune system condition) have something to do with it.

If you're over 50 and suffer from arthritis, cancer, diabetes, or piddly aches and pains ... if you commonly get the flu or know your immune system is declining and want to see what it's like if it gets a systemic immune boost, you should try one can and one can only of this product (which is about a month's supply) to see the results.

You'll usually see miraculous immune stimulating results in one week or less if there are any to be expected for your condition. For something more serious like Parkinson's or Alzheimer's, however, you'd need three scoops a day for about two months to see whether it's helpful.

My nutritionist buddy, David, has gotten Parkinson's patients out of their wheelchairs and has seen other remarkable results just like me. We both keep hoping that the product's success does not lead to a decline in manufacturing quality so that we continue to keep seeing great results in the future. Too many times, a product's success will lead to a change in formulation to make more money and then efficacy goes out the window.

I love this product because it's so good (it has over 150 patents) and absolutely hate it because it's so expensive ... about \$45 a can. If you want to try a can, you can call **Legacy for Life** at 800-557-8477 but you have to mention my name as the distributor (William Bodri Distributor # 512372), otherwise they won't sell it to you.

Don't sign up as a distributor yourself if you find it useful, but simply buy the product and try it for one month. Like CoQ10 and a multivitamin, it's one of those few nutritional products you can give as a gift and because it's a powder, it can easily be mixed in with any green drink for consumption. If you find it useful, save yourself some bucks by putting yourself on the autoship purchasing program where they ship it to you automatically every month at a discount.

That's all I wanted to say about vitamins and minerals and your diet.

I've tried to simplify a gigantic field into a few short pages of wisdom so that you get oriented in the right direction. You can say it's enough and you can say it's not enough, but in any case I hope it's been helpful.

In short, here are the major recommendations for the diet you should be following:

1. Everyone needs a multivitamin/multimineral supplement. The **Supernutrition** brand is the best one I've ever discovered.

2. Avoid foods you are sensitive to – definitely order the **Immuno Labs Elisa IgG test** and avoid the foods it identifies as bad for you
3. Follow the three major principles of the **Getoff diet** ... no sugar, no grains, and good fats rather than bad fats.
4. Keep up to date by subscribing to the Whitaker [Health & Healing/Healthy Directions](#) and Williams [The Alternatives Newsletter](#), the free Mercola ezine and my own ezine when it gets online at www.TheSkepticalNutritionist.com

Summary

You might have thought this was going to be a short ebook, but it's longer than expected because I tried to give you much more than your dollar's worth (including coupons at the back) and tell you about all sorts of things you can do that are low cost, natural, and have a big payback for your health.

I believe that prevention is better than cure, and that you should save your health dollars if you can by avoiding what doesn't work, and by going for systemic improvements even if specific improvements aren't possible for your condition.

Remember, I'm not saying I'm right with all my recommendations, but I am saying you should take responsibility for your own health and always approach health care through wisdom. Everything we've discussed can be verified or dismissed with a little bit of research on the internet, and by running things past your doctor.

We've gone over the keys to cleaning your arteries naturally, and thereby lowering your chances for stroke and heart attack, eliminating leg pains, improving your memory and concentration and accomplishing all sorts of general overall health and appearance improvements. That's what we started out to do, and I hope we more than delivered.

I hope you're satisfied but to go over it once again, I'm going provide you with another short recap as follows:

First, work on cleaning out or widening your veins and arteries that tend to get occluded over time. This will increase the blood, nutrient and oxygen flow to all your organ systems, and speed in the elimination of cellular wastes. You've got nattokinase, Wobenzyme, EDTA-chelation and strain-counterstrain as possibilities.

Second, do a short detox program to help eliminate the toxic buildup of wastes in your body that naturally occurs overtime and contributes to disease and aging. Clean out your organs of elimination to improve their functioning. You've got Dr. Schulze's liver and kidney flushes, GSH250 and the Nature's Pure Body Program to get you started.

Third, eliminate the internal signs of inflammation, infection and hypercoagulability that are responsible for disease, and especially coronary risk. A test from Great Smokies or Metamatrix will tell you if your blood chemistry is off, and a good multivitamin or other appropriate supplement will provide a lot of the ingredients you need to modulate any “toxic blood” conditions.

If you’re worried about heart attack stroke or senility, check out your blood chemistries and then intervene with preventative nutritional measures as we’ve mentioned. What we’ve covered is more than most doctors will tell you.

Next, exercise. Whether you use a treadmill or rebounder or whatever, move.

Fifth, learn meditation and breathing methods to increase your health and mental acuity. Holosync is a way to get started in meditation if you don’t have a teacher around. Don’t buy my book on meditation to get you started because it’s really for advanced practitioners.

However, try taking up some pranayama breathing exercises because they really are a way to open up your blood circulation, and they really do wonders for mental clarity. If you’re looking for a way to get more ideas, the breath retention exercises are a wonder.

Lastly, change your diet to avoid sugars, grain/four products and food allergens, and start taking a multivitamin/multimineral supplement. I made a great deal for the Immuno Labs test you can order (remember that **they’ll send someone to come to your home or office to draw the blood without charge**) and there’s my favorite Supernutrition multivitamin/multimineral supplement.

If you do the simple things I’ve talked to you about ... of course check with your doctor first ... I’m sure you’ll end up seeing a great improvement in your overall health.

Best of luck to you and stay in touch.

Bill Bodri

The Skeptical Nutritionist and Naturopathic Educator

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Here are all the benefits which you'll receive...

115 foods tested by Immuno Laboratories, Fort Lauderdale, Florida. - pinpointing which foods are toxic to your particular system and which foods blend harmoniously.

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IMMUNO HEALTH GUIDE: Your step-by-step guide on how to implement your program - includes recipes, food combining, tracking forms and much, much more.

Handy reminder card: A laminated (credit card size) card for your wallet or purse so you'll always know which foods to avoid wherever you may be.

A full year of nutritional support: Call toll free or email our **certified nutritionists**.

Satisfaction guarantee: Just give the 90-day program a fair chance - you'll significantly feel better and experience the relief you expected or your program fee is fully refunded.

Call 1-954-486-4500

*Please mention the “**Clean Your Arteries Naturally**” ebook when
Ordering*

Other Recommendations:

[Holosync audio program](#) to learn meditation, a good beginner's basic

[Smooth Treadmill](#) for really great deals on home treadmills which you won't find locally because of the savings

Newsletters you definitely must get:

[Dr. Julian Whitaker's Health & Healing/Healthy Directions](#) newsletter

[Dr. David Williams' The Alternatives Newsletter](#)

Other nutritional supplements:

[GSH250](#) by Douglas Labs (1-2 bottles)

[Recancostat](#) by Tyler Labs (1 bottle)

[Nature's Pure Body](#) by the Pure Body Institute (2-3 months worth)

[Immune26](#) – Call 800-557-8477 and mention distributor #512372 (Bodri)

Only try 1 can at 2-3 scoops a day, and you'll know if it's for you

[ProGreens](#) or [Greens+](#) or any other Green powder

[Wobenzyme](#) – only if you need it, buy a lot and use for at least 4-6 months

[Udo's Choice](#) – a great 1 teaspoon a day oil

[SuperNutrition brand](#) – the best multivitamin supplement out there

I advise everyone to take the **GSH250** (or **Recancostat** if you never take a multivitamin) + **Nature's Pure Body** for standard detoxification and the **Immune26** if you have an immune problem, are feeling the results of aging and especially if you suffer from arthritis, muscle aches, diabetes, Parkinson's/Alzheimer's or some other immune related condition. And of course, a daily multivitamin ... **SuperNutrition**.